

# Symphonic Season

NEWS, PAGE 2

**Patti Reid, of Herndon, is looking forward to a new Fairfax Symphony Orchestra season, opening on Sept. 11. The season preview is featured on page 2.**

## ADAMS Hosts Interfaith Iftar

NEWS, PAGE 3

## In Search of Excellence

BACK TO SCHOOL, PAGE 12

OPINION, PAGE 4 ❖ CALENDAR, PAGE 6 ❖ SPORTS, PAGE 8 ❖ CLASSIFIEDS, PAGE 9

PHOTO BY BARRY WHEELER

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# FSO Growth Continues

The Fairfax Symphony Orchestra's 2010-2011 season repertoire will include performances at George Mason University's Center for the Arts in Fairfax, and the expansion of their performances to the new Hylton Performing Arts Center on the GMU campus in Manassas.

"We are thrilled to be performing in Merchant Hall at the stunningly beautiful new Hylton Performing Arts Center," said Elizabeth Murphy, Executive Director of the Fairfax Symphony Orchestra.

Maestro Christopher Zimmerman, who is entering his second year as Fairfax Symphony Orchestra's music director said, "This is a great opportunity for the orchestra to expand both its audience and its opportunity to play together. This orchestra is definitely up to the challenges presented by adding another venue."

**THE SEASON** will open Sept. 11 with Tchaikovsky's *The Tempest Fantasy-Overture*, Schumann's Piano Concerto, and Rachmaninoff's Third Symphony. Tchaikovsky and Rachmaninoff have always



PHOTO BY BARRY WHEELER

**Maestro Christopher Zimmerman is entering his second year as Fairfax Symphony Orchestra's music director.**

been staple fare of the FSO - and deservedly so, since these two composers have penned some of the most heartfelt and passionate music ever. °

"Here are two major works of theirs which, unaccountably, are not particularly known to both orchestras and audiences alike, but they show every bit the inspiration and mastery of their better known cousins *Romeo and Juliet*

and *Symphony No.2*," said Zimmerman. The guest artist is the French pianist Philippe Bianconi who, according to Zimmerman, "is both a beautiful pianist and profound interpreter."

The **Oct. 23** concert highlights the FSO's three-year Sibelius exploration. The symphony will perform the symphonic fantasy *Pohjola's Daughter*, another of his  
SEE FSO SEASON, PAGE 5

FSO PROFILES

## A Perfect Instrument

Name: **Patti Reid**  
Age: **0**  
Instrument(s): **viola**  
Email: **trumpola@cox.net**  
Town of Residence:

**Herndon**

Years in FSO: **20 years**  
Studied Music At: **Juilliard Precollege and Eastman School of Music**

Career Outside of FSO: **I worked for many years as an Electrical Engineer. I worked at Unisys in New York and then GE and Lockheed Martin in Northern Virginia. I am not working as an engineer now, but teach viola and piano to private students as I raise my family. I volunteer quite a bit in the community and am on the Board of Directors of the American Youth Philharmonic Orchestras.**

Groups Other Than The FSO: **I have performed with the Alexandria Symphony and some other small ensembles.**

Did you grow up/go to high



PHOTO BY BARRY WHEELER

**Patti Reid**

school or college in this area?

No. I grew up on Long Island (Massapequa Park) and went to college at the University of Rochester and Eastman School of Music.

What sparked your interest in music? How old were you?

I started viola in a school program in 4th grade. I did not really know what a viola was at that time! I wanted to play cello because I liked its low range, but my mother said to try the viola instead because it would be easier to carry to school. Later that year, I heard an older student play viola in a recital. (She plays in the National Symphony now.) I can  
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**NOTICE OF PUBLIC INFORMATION WORKSHOPS**  
On Proposed Updates to Phase 2 Design of the Dulles Corridor Metrorail Project

The Dulles Corridor Metrorail Project will hold two public information workshops to update the public on the latest design plans for the 11.6 mile section of Phase 2 of the Dulles rail project from Wiehle Avenue on the eastern edge of Reston in Fairfax County to Route 772 in Ashburn in eastern Loudoun County. Information will be provided on the six new Metrorail stations in Phase 2, including an alternative option for the Washington Dulles International Airport station. The other Phase 2 stations will be located near Reston Parkway, Herndon-Monroe, Route 28, Route 606 and Route 772. The meetings will be held:

- Monday, September 13 – 6:00 p.m. to 8:00 p.m.  
Sheraton Reston, 11810 Sunrise Valley Drive, Reston VA 20191
- Tuesday, September 14 – 6:00 p.m. to 8:00 p.m.  
Loudoun Heritage Farm Museum, Claude Moore Colonial Farm, 21668 Heritage Farm Lane, Sterling VA 20164

The meetings will be held in open house format and will provide an opportunity to learn about and comment on the changes. If you need special assistance, including a request for an interpreter, please call 571-265-2658 or TDD 711 by Friday, September 10.

Information on the latest plans for Phase 2 will be available on the Dulles Metrorail Project website [www.dullesmetro.com](http://www.dullesmetro.com) on September 2. Comments on these plans can be made online by visiting the website [www.dullesmetro.com](http://www.dullesmetro.com) after September 2 by clicking on the "Phase 2 Information" section. Written comments can also be emailed to [Phase2Comments@dullesmetro.com](mailto:Phase2Comments@dullesmetro.com) or mailed to: Dulles Corridor Metrorail – Phase 2, c/o Cordell & Crumley, PO BOX 2562, Reston, VA 20195.

**The comment period ends October 1, 2010.**

METROPOLITAN WASHINGTON AIRPORTS AUTHORITY

**Akbar Ahmed, author and former ambassador, speaks to the crowd at the Interfaith Iftar, a meal in which Muslims break their dawn-to-dusk Ramadan fast with community.**



PHOTOS BY  
ALEX MCVEIGH/  
THE CONNECTION

## ADAMS Hosts Interfaith Iftar

**Muslim society shares Ramadan meal.**

BY ALEX MCVEIGH  
THE CONNECTION

**T**he All Dulles Area Muslim Society (ADAMS) in Herndon hosted an interfaith iftar Aug. 29, welcoming leaders from all faiths to celebrate with them. With a message of tolerance and education, elected officials, as well as leaders of the faith community gathered to dine for a Sunday evening meal.

An iftar is the evening meal in which Muslims break their dawn-to-dusk fast during the holy month of Ramadan. The dinner began with a prayer from seven major faiths, read by Boy Scouts and other children from local youth organizations.

Farooq Syed, president of ADAMS, began by telling the several dozen gathered about the interfaith tradition that runs strong in this area. Local churches and synagogues have space where Muslims can conduct their daily prayers, and the ADAMS center has hosted seder dinners.

"This is all possible because of the support and favors of our friends of different faiths," Syed said.

Virginia Delegate Mark Keam (D-35), of Korean descent, spoke about the importance of the American tradition of religious freedom.

"America is about individuals who will not sit back and let others define us," he said. "Each of us has the opportunity to practice our faith, live our faith, or not have faith at all if we choose."

**THE KEYNOTE SPEAKER** of the evening was Akbar Ahmed, current chair of Islamic Studies at American University, who has served as an advisor to Gen. David Petraeus, ambassador to the United Kingdom from Pakistan and he has authored many award-winning books.

His current project involved a journey around

America, to more than 100 mosques in 75 cities, which included a documentary and a book.

"We must look to notions of all the great faiths, they all talk of charity and compassion," Ahmed said.

"We need more understanding of issues, it's not just saying 'these are racists, these are bigots,' we need to hear them, to listen to them. As scholars we must ask 'Why? What has gone wrong?'"

The theme for the evening was unity, which includes interfaith efforts to help with disasters such as what is currently happening in Pakistan, as well as serving the local community.

Reverend Richard L. Killmer, a Presbyterian minister who serves as the executive director of the National Religious Campaign Against Torture, which is made up of more than 220 religious organizations, spoke about the important work that gets done when those of different faiths work together.

"Interfaith work works, plain and simple," he said. "Working together is more powerful, more effective than any of us could ever be working alone."

It wasn't just faith leaders speaking. Sean Henry, assistant director in charge of the Washington FBI office, talked about the constitution, and how it has shaped his career.

"When I joined the FBI 23 years ago, I swore to uphold the Constitution of the United States and its two most important tenets: freedom of speech and freedom of religion," he said. "Those tenets require understanding and tolerance and for people to be aware and respectful of their environment."

**AT 7:46 P.M.** the group broke their fast in the traditional way, by eating a fresh date. Then the group participated in the evening prayer, and many officials went to the prayer room to take part in the Muslim tradition.

After the prayer, a buffet-style dinner was served to all, and leaders from many different organizations dined together.

SEE VIEWPOINTS, PAGE 6



**Virginia Delegate Mark Keam (D-35) speaks about his experiences assimilating in America, and the importance of working beyond religious differences.**



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

**Volunteers clear a large section of stiltgrass, uncovering an old horse jump that had been buried by the invasive species.**

## Repelling Invaders

**Volunteers remove invasive plants at Frying Pan Farm Park.**

BY ALEX MCVEIGH  
THE CONNECTION

**F**rying Pan Farm Park hosted a session on invasive plants Monday to give people hands-on experience getting rid of pesky plants. Several scouts from Troop 572 of Potomac Falls and members of the Herndon 4-H Club stopped by to help clear a section of forest.

While the park may be best known for the live animals at Kidwell Farm, the museum or the country store, there is still plenty of wooded areas on the property, much of which has been invaded by the wrong kind of plants.

"Frying Pan Farm Park is a preserved, depression-era farm, and we have a responsibility to manage our natural areas," said Tawny Hammond, park manager. "Invasive plants can do a lot of damage, and we want to lead by example. Homeowners can do this as well."

**WHILE WORKING** as a summer intern, Ben Madison was asked to look into the problem of invasive plants. Coming from a geographical background, he did a survey on the property, and made maps of where to find certain species.

"We want to set up an invasive-free zone as a step in the educational process," Madison said.

"The thing about invasive species is, they're not native, so the environment isn't used to controlling them," Madison said. They don't have any natural diseases and pests to keep them under control, and they're almost impossible to remove when they've taken hold."

The volunteers were given six kinds of plants to look for: the wineberry, multiflora rose and Japanese barberry shrubs, the Japanese honeysuckle and wintercreeper vines and Japanese stiltgrass.

Park staff had marked a plot of land behind the barns for the plant removal, and the volunteers also worked along a nearby section of path. While clearing the path of stiltgrass, they found a wooden horse jump, which wasn't visible with the grass standing.

"You couldn't even see it before we took the grass out," said Alina Ampeh, 8. "I hope a horse can jump over it soon."

**VOLUNTEERS** used an array of rakes, shovels, hoes and pickaxes to take up the plants. The stiltgrass, which clogged any open space alongside the path could be raked up, but some wineberry plants had grown and taken root in the soil.

More information on events being held at Frying Pan Farm Park can be found at [www.fairfaxcounty.gov/parks/fpp](http://www.fairfaxcounty.gov/parks/fpp)

# OPINION

## Code Red

This summer, despite the heat, we've had fewer "Code Red" air quality days than one might have expected, possibly a result of the slower economy. On "Code Red" days, children, older people and people with asthma, heart or respiratory problems should reduce outdoor activities. Even healthy individuals should limit strenuous outdoor work and exercise.

The primary causes of air pollution in Northern Virginia are vehicle emissions and pollution from coal-burning power plants here and to the west.

Approximately 60-70 percent of the pollutants that cause ground-level ozone are created from vehicles, lawn mowers, other garden equipment and common household products, according to the Washington Metropolitan Council of Governments.

Here are a few suggestions to help air quality in the short term:

- ❖ Limit driving, combine trips or work from home.
- ❖ Use area bus and rail lines.
- ❖ Avoid mowing lawns with gasoline-powered motors.

- ❖ Refuel vehicles after dusk; avoid idling.
- ❖ Conserve electricity, turn up the thermostat for air conditioning, turn off unneeded lights.

For the air quality forecast for Northern Virginia and links to maps, see <http://www.deq.virginia.gov/airquality>.

## Starting School after Labor Day

We cruise into the last week of summer vacation for most Virginia school districts with temperatures in the high 90s and "Code Red" air quality, the state mandate to delay opening schools until after Labor Day doesn't seem like such a bad thing.

While students across the river in Montgomery County headed back to the classroom on Monday, Aug. 30, Virginia students have an

extra eight days of summer break.

Long held up as an example of corporate influence over the General Assembly (King's Dominion makes strategic donations to state delegates and senators while lobbying for the "start after Labor Day" rule), if the result is that families have a little more time for vacation, possibly giving the economy a little boost in the process, perhaps no harm is done.

## Rosh Hashanah – More Than Just a New Year

BY RABBI LEIBEL FAJNLAND  
DIRECTOR OF CHABAD OF RESTON-HERNDON



As America gears up for Election Day, another "election" is taking place. For Jews the world over, this Rosh Hashanah (the Jewish New Year) as on every other one, G-d will be voted in for another year-long term. The vote is cast through simple acts of devotion, goodness and kindness and belief in His ultimate rulership.

Throughout the year, the Jewish calendar is filled with Holidays commemorating key historic milestones in Jewish history. Passover recalls our flight from Egypt, Shavuot receiving the Torah on Mount Sinai, Purim the saving of the Jewish nation. One might wonder as Rosh Hashanah approaches, what happening, what key event in Jewish history do the Days of Awe celebrate?

The Talmud tells us that Rosh Hashanah, the Jewish New Year, is the anniversary of, not the first day of creation, but rather the sixth, the day of creation that brought us Adam — Mankind. It is poignant that it does not celebrate the creation of the physical world, which actually occurred five days earlier.

Mystical thought explains the focus on

people, rather than the world, on these holiest of Days this way. G-d created the world not to have static, lifeless planetary matter but rather a dynamic changeable world whose material crassness could be transformed into vehicles for good and meaning—this is accomplished through the positive actions, thoughts and words of people.

Furthermore, our sages teach us that the reason Adam/Man was created a single being (unlike other species which were created in large numbers) was to demonstrate how one person equals a whole world. Every individual regardless of personal status has the capacity to rise and attain the highest degree of fulfillment for his/her self and the rest of the world.

So when Rosh Hashanah arrives, we commit ourselves to a more meaning oriented, and spiritual lifestyle, and to a deeper relationship with G-d. We don't need a specific event to be the focus of Rosh Hashanah, for the holiday commemorates the very purpose for which we are here.

May we all merit to be written and sealed in the Book of Life for a happy, healthy and meaningful year.

In anticipation of the upcoming Jewish New Year, Chabad of Reston - Herndon has an-

nounced its High Holiday Services schedule.

**SERVICES** for Rosh Hashana (Sept. 8 -10) and Yom Kippur (Sept. 18 ) will take place at The Chabad Aleph Center, 718 Lynn Street, Herndon. All the information for dates and times as well as to reserve, can be found at [www.chabadrh.org](http://www.chabadrh.org).

Unlike many congregations, membership is not required to join. All are welcome, free of charge, regardless of background or affiliation.

The services will be user-friendly, making it enjoyable and meaningful for both the seasoned and the unversed. The services will be traditional and follow traditional customs, yet will have a thoroughly contemporary message as it will be interspersed with modern Jewish tunes, English readings and a running commentary led by Chabad's rabbi.

Chabad of Reston - Herndon is a branch of the Chabad movement, an international Chassidic organization under the leadership of the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson. With over 3,000 centers and establishments around the globe, it is by far the largest network of Jewish religious and social services in the world.

For more information on the above event, call Rabbi Leibel Fajnlend at 703-476-1829 or write to [Rabbi@chabadrh.org](mailto:Rabbi@chabadrh.org).

### LETTERS TO THE EDITOR

#### Lack of Action

To the Editor:

US Congressman Frank Wolf should be taken to task for voting against the Financial Reform bill recently passed by Congress. Our financial markets are part of what makes our nation great, but they cannot be allowed to run amuck the way they did over the past decade. Complex derivative securities were created without adequate regulatory oversight, and

the individuals who dealt in these instruments likewise managed to slip through the cracks. With banks entering the securities field more and more, the line between the two became blurred, both for regulators and in the public's mind. Public faith in the stability and fairness of our securities markets is what makes them run, and when it is lost you have a debacle of the kind we have seen in the past few years.

No one was better positioned to

see what was happening and to take the initiative to address these matters than Frank Wolf. From 2001 until 2006 he was the Chairman of the subcommittee of the House Appropriations Committee that had oversight authority for the Securities and Exchange Commission. During each of those years, the Chairman of the SEC had to appear before Frank Wolf and justify the agency's performance. Where was Frank Wolf? Why didn't he take any action to

stop the slide towards economic meltdown?

Frank Wolf has not been part of the cure for the problems in the financial markets on any level: not as Chairman of the oversight subcommittee and not in his role as legislator, voting instead against financial reform. What possible explanation can he offer for his lack of action?

**Cesar del Aguila**  
Herndon

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# FSO Season Opens Sept. 11

FROM PAGE 2

wonderfully evocative tales. Mozart's Sinfonia Concertante features FSO Concertmaster, David Salness, and Principal Viola, Gregory Rupert, as soloists. Bartok's Concerto for Orchestra makes similar virtuosic demands on individual players and orchestral sections alike, allowing the FSO to, as Zimmerman says, "place the spotlight on itself."

**Nov. 20**, guest conductor Eckart Preu will lead the orchestra in a performance of music from the first half of the 19th century and the second half of the 20th. Maestro Zimmerman described the musical selections as "sparkling, clean, and clear." The mischief and humor of Rossini's La Cenerentola Overture contrasts with the drama and poetic introspection of Mendelssohn's Symphony No. 3 of the early Romantic Period. Both are counterbalanced by the unpredictability and rhythmic intensity of John Adams' Violin Concerto which reaches almost hypnotic proportions when played by guest artist, Timothy Fain on violin.

The **Jan. 15, 2011** program will mark the Fairfax Symphony's first concert in a series of double performances, and its debut performance at the beautiful new Hylton Performing Arts Center in Manassas. From England, Central Europe and the United States, Zimmerman has chosen three masterpieces which he believes aptly exemplify Western music's profound and beautiful legacy. **Bernstein's Overture to Candide** and **Dvorak's Symphony No. 9, "From the New World"** are traditional audience favorites, beloved in the repertoire. **Walton's Violin Concerto, not as frequently performed, will feature guest artist Chee-Yun**, who returns to the FSO after her acclaimed performance of Sylvie Bodorova's *Concerto dei Fiore* in its 2008-2009 season.

The first part of the 20th Century was one of the richest and most exciting eras in all of Western music, with composers reacting and responding to a successful aesthetic which had reached saturation point, i.e. the opulent orchestral language of the late Romantics. On **March 19, 2011** the FSO will present Webern's Six Pieces for Orchestra (revised/reduced version) and Sibelius' Symphony No. 5.

**SUBSCRIPTIONS** are available by calling 703-563-1990 or on the

Web at [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org). Single tickets for the 2010 - 2011 Season range from \$25 - \$55 (Fairfax) and from \$25-\$45 (Manassas).

Directions to the concert halls and information on the FSO's education and outreach programs, podcasts, and other activities may also be found on the FSO's Web site. Program notes for each concert

are posted on the site at least one week prior to the performance.

The orchestra is supported in part through funding by the Virginia Commission for the Arts, the Arts Council of Fairfax County, and the County of Fairfax, along with generous support from corporations, foundations, and individuals.

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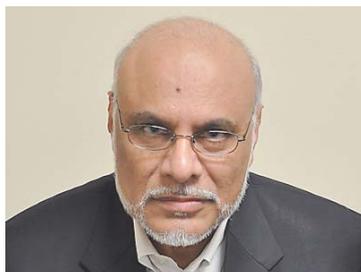
### What role do you think Muslims play in this community, and what challenges do they face?



**Farooq Syed**, banker, Herndon  
 “Our role is the betterment of the community around us. We believe in the mercy of God, and we practice mercy on Earth. We love our families, our community, our society and our country, and we show this through community outreach. Our challenge, as more and more people come to us for help, is being able to help all of them.”



**Ahsan Ullah**, IT consultant, Reston  
 “My main concern is making sure our children grow up understanding citizenship and service. We want to make sure our youth become good citizens, ready to serve our community and extended community. The biggest challenge is keeping open communication when the kids hear things in public places, to make sure they’re learning the right ideas.”



**M. Omar Ashraf**, chairman of ADAMS board, Herndon  
 “We need to stay involved in the interfaith community, as well as with our elected officials, to work with them to express our views and concerns about freedom of speech, freedom of religion and civil rights for all Americans. The challenge comes when our friends and neighbors aren’t educated about Islam. Muslims have the same concerns as all Americans, and we need to encourage people to get a clearer perspective.”



**Farhanahz Ellis**, chaplain, Herndon  
 “I deeply believe in our place in this society. Most of us migrated here on our own, we chose to live here, and we wanted to be treated as any other Americans. Things that hurt the community hurt us, as part of that community. What’s going on now will be past soon, we are not the first group of Americans that people are suspicious of, but hopefully we will be the last.”

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/SEPT. 2**  
**Wildlife Rescue Exhibit Reception & Silent Auction.** 7-9 p.m. at GW Virginia Science and Technology Campus, Building 2 Gallery at 44983 Knoll Square, Ashburn. Proceeds benefit the National Wildlife Federation’s short term response and long term restoration work to safeguard oil-impacted wildlife in the Gulf of Mexico. The exhibit is on display through Sept. 13. 703-726-3650 or [www.gwvirginia.gwu.edu](http://www.gwvirginia.gwu.edu). [www.nwf.org/Oil-Spill/On-the-Ground.aspx](http://www.nwf.org/Oil-Spill/On-the-Ground.aspx).  
**Open Mic for Bands Night.** 9 p.m. at Jimmy’s Tavern, 697 Spring St., Herndon. 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.

**FRIDAY/SEPT. 3**  
**One More Friday Night.** 6-10 p.m. at the Herndon Town Green, 777 Lynn St., Herndon. Proceeds benefit the Herndon Dulles Visitor’s Center. A town-wide Block Party, complete with live music, food and drink to show appreciation for everyone who supports the Town’s public events. 703-437-6366.

**SATURDAY/SEPT. 4**  
**Paint Herndon 2010.** 9 a.m.-9 p.m. at ArtSpace, 750 Center St., Herndon. Everyone is invited to come paint scenes set-up on the lawn featuring Eggnog, a prize-winning dairy cow. At 3:30 p.m. cake and ice cream will be served and participants can vote for their favorite paintings. At 7 p.m. there will be a reception for California watercolorist Douglas Simms Stenhouse. Free. 703-956-6590.  
**Bikram Yoga Champions Demonstration.** 5 p.m. Bikram Yoga Reston, 11495 Sunset Hills Road, Suite 100, Reston. Welcome party, demonstration and discussion with 2010 Bishnu Ghosh Asana Champions Brandy Lyn Winfield, Kaspar van den Wijngaard and Griffin Peddicord. [www.restonyoga.com](http://www.restonyoga.com).

**SUNDAY/SEPT. 5**  
**Forest Friends.** 2-3 p.m. Walker Nature Education Center, 11450 Glade Drive, Reston. All ages. \$4 RA members, \$6 non-members. Meet a box turtle up close, and examine

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**Morning Mist - 2009 Paint Herndon winner by Lori Goll. The Paint Herndon 2010 will be held on Saturday, Sept. 4, 9 a.m.-9 p.m. at ArtSpace, 750 Center St. in Herndon.**

some of the nature center artifacts such as feathers, fur and antlers. Reserve at 703-476-9689 or nature@reston.org.

**NCJOC 46th Annual Concours d'Elegance.** 8 a.m.-3:30 p.m. at Reston Town Center, Market St., Reston. Jaguar car show and competitive judging event, with most years from the 1927 Swallow to the 2011 XJ. Free and open to the public. www.ncjoc.org.

**MONDAY/SEPT. 6**

**Herndon Labor Day Festival.** 12-6 p.m. at the Herndon Town Green. Virginia wines from Peaks of Otter Winery, Veramar Vineyards, Chateau Morrisette, North Gate Vineyards, Horton Vineyards, Rebec Vineyards, Inc., Cooper Vineyards, Barboursville Vineyards, Davis Valley Winery, Loudoun Valley Vineyards, DelFosse Vineyards and Winery and Well Hung Vineyard, plus micro-brew beers. Crafts and food. Admission \$8-\$15, age 12 and under free. No pets allowed. www.herndon-va.gov/Content/Parks.

\*12:30 p.m. Andrew McKnight and Beyond Borders.

\*2 p.m. The Mary Ann Redmond Band.

\*3:15 p.m. The Caleb Hawley Trio.

\*4:30 p.m. Bruce in the USA :A Musical History of Bruce Springsteen and the E. ST Band.

**Mr. Knick Knack Children's Performance.** 10:30 a.m. Reston Town Center Pavilion, 11900 Market St., Reston. Music for kids. Free. www.restontowncenter.com.

**TUESDAY/SEPT. 7**

**Tail-Waggin' Tutors.** 6:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Read to a well-trained therapy dog, ready to provide a listening ear. Age 6-10 with adult. Register at 703-437-8855.

**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.

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

**WEDNESDAY/SEPT. 8**

**Book Discussion.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. "The Namesake" by Jhumpa Lahiri. Adults. 703-689-2700.

**ESL for Jobs.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. English Conversation and Job Skills. 703-689-2700.

**THURSDAY/SEPT. 9**

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

**Friends' Book Discussion.** 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. "Been Here A Thousand Years" by Mariolina Venezia. Adults. 703-689-2700.

**FRIDAY/SEPT. 10**

**Lord of the Rings: Return of the King - Movie and Orchestral Performance.** 7:30 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$44-\$471. 703-938-2404 or www.wolftrap.org.

**SATURDAY/SEPT. 11**

**Lord of the Rings: Return of the King - Movie and Orchestral Performance.** 7:30 p.m. at Wolf Trap Foundation for the Performing Arts, 1551 Trap Road, Vienna. \$44-\$471. 703-938-2404 or www.wolftrap.org.

**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.

**Living Well Expo.** 9 a.m.-5 p.m. at the Hyatt Dulles, 2300 Dulles Corner Blvd., Herndon. Health, wellness and fitness companies, hospitals, physicians, dentists, natural and alternative practitioners, chiropractors and more. Radio Disney, games, contests and prizes. www.livingwellvirginia.com.

**Bone Up on Bones.** 10:30 a.m. Walker Nature Education Center, 11450 Glade Drive, Reston. Learn about bones and how to identify different types in our bone lab. \$4 RA members, \$6 non-members. For all ages. 703-476-9689 or enviroed@reston.org <mailto:enviroed@reston.org>

**SUNDAY/SEPT. 12**

**Classic Car Show.** 10 a.m.-3 p.m. at the intersection of Lynn and Station Streets in Herndon. DJ, 50's Music, raffle, silent auction, free blood pressure and glucose screenings. Register online before Sept. 1 for \$15, at gate \$20. Plaques for the first hundred cars, trophies for Best in Show, Mayor's Trophy. Spectators free. Rain Date Sept. 19. Proceeds benefit scholarships for Geriatric Nursing students at George Mason University. Sponsored by Dulles Area AARP, Wiygul Automotive and NARFE. Register at AARPDulles.org/Show.

**Congenital Heart Walk.** At George Mason University, 4400 University Drive, Fairfax. Registration at 9 a.m., Walk at 10 a.m. A joint effort between the Adult Congenital Heart Association and the Children's Heart Foundation. www.congenitalheartwalk.org.

**September Bird Walk.** 7:30 a.m. Upper Glade Stream Valley. Meet at Walker Nature Education, Center, 11450 Glade Drive, Reston. Beginning and expert birders welcome. Sponsored by Reston Association and its Environmental Advisory Committee, the Audubon Society of Northern Virginia and The Bird Feeder store. 703-435-6579.

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# A Season-Ending All Star Performance

## RSTA swimmers finish in a flash with 23 records set.

It is sometimes said that if you blink you will have missed it. So it may have seemed to the hundreds of spectators and swimmers that witnessed and participated in the Reston Swim Team Association (RSTA) All Star Meet held in late July at the Lake Newport pool in Reston. Concluding their thirty-seventh season in grand fashion, RSTA swimmers put on a performance that could be truly described in just one word - astonishing. Twenty-three individual or relay records were broken, making this event one of the most decorated in RSTA history.

As Terry Redican, father of Lake Newport swimmers Anna and Mara (8 and Under) and Emi (ages 9-10) said, "I felt like if I took my eyes off of the pool for a moment I was going to miss another record being set. It was that amazing!"

Weather that was unseasonably cool for late July provided the perfect backdrop to these races. And this year's theme, "Let the Games Begin," was certainly the proper selection given the events that unfolded.

The following is a listing of the 23 record smashing performances:

## Lake Anne Stingrays

In the girls 9-10 age category Joanne Fu continued her dominance. She lowered her 50-meter freestyle time from 33.30 to 32.07 while also lowering her time in the 25 butterfly from 16.46 to 16.40. In the boys 13-14, 200-medley relay, the team of Greg Mayo, Jason Fu, Matthew Rodakowski and Joseph Hosi broke a Lake Anne record that had stood since 1997. Their time of 2:17.68 bested the previous record of 2:19.49, set by Matthew Nissley, Adam Temple, Michael Pickup and Bobby Burns.

## Autumnwood Piranhas

In the girls 8 and under category, Diya Murthy continued to set the bar a little higher for forthcoming swimmers. In the 25-backstroke she lowered her time from 21.37



**The thrill of victory: North Hills Hurricanes 100-meter medley relay teammates, from left, Christina Mazziotta, Teresa Poirier, Allison Cimino and Lindsey Hill celebrate their first place finish in the 11-12 age group.**

PHOTOS COURTESY/RSTA



**Winning smiles: Lake Newport Lightning mixed age relay teammates, left to right: Siena Shannon, Emi Redican, Sally Storch, Anna Redican and Sally Storch celebrate their record breaking performance at All Stars. Their time of 2:11.25 in the 200-meter event broke the old record of 2:12.08 that was set in 1994.**



**David Odlen (left) from Lake Audubon and Lucas Sandler from Lake Anne compete head to head in the boys' 15-18, 50-meter breaststroke.**

to 21.15 and in the 25-butterfly she set a new mark of 20.20. She held the record with a previous

time of 20.53, which she set in June.

## Glade Gators

For Glade, it was all about the women, and specifically all about the relay teams. In the 8 and under 100-freestyle relay, the team of Lindsey Hirshfeld, Amelia Flavin, Rachel Smith and Sophia Landeryou shattered a record that was set back in 1995. Their time of 1:23.22 easily beat the mark of 1:26.83 that was set by Stephanie Satterfield, Katelyn Smith, Katie Cochran and Katie Powell 15 years ago. In the girls 6-18, 200-freestyle relay, the team of Sophia Landeryou, Natalie Bardach, Emily Landeryou, Mackenzie Evans and Maggie Morris broke the old pool record that was set in June by almost a second with a time of 2:13.66. In the girls 9-10, 100-medley relay, the team of Emily Landeryou, Madie Evans, Madeline LaPorte and Natalie Bardach broke a record that was set in 1997. Their time of 1:18.79 eclipsed the mark of 1:19.79 that was held by Stephanie Satterfield, Cristin Hand, Katie Cochran and Katie Powell.

## Hunters Woods Blue Marlins

In the boys 13-14, 200-medley relay, the team of Eric Tang, Greg Blanpied, Jonathan Valenzuela and Logan Nasr set a new record with a time of 2:16.46, taking over a half second off of the pool's previous best time of 2:16.97.

## Lake Newport Lightning

In the girls 6-18, 200-freestyle relay, the team of Anna Redican, Emi Redican, Siena Shannon, Katie Storch and Sally Storch posted a record setting time of 2:11.25, lowering the mark of 2:12.08 set by Sarah Bowen, Kelly Burke, Lesley Horton, Tiffany Seal and Katie Freer back in 1994.

## Lake Audubon Barracudas

For Lake Audubon, John Hughes continued to dominate. In the boys 11-12, 50-freestyle he lowered his mark from 29.88 to 29.06 while also beating his old mark of 35.38 in the 11-12, 50-backstroke with a new time of 34.86. In the boys 15-18, 50-backstroke, Austin Chute broke a record that had stood for 21 years. His time of 29.07 broke the record of 29.19

set by Andy Faberelle in 1989. In the girls 13-14, 200-medley relay, the team of Sasha Avilov, Kaylyn Macaluso, Sabrina Groves and Madeleine Daum took off over three seconds from their own record-setting performance in June of this year. Their new time of 2:17.51 easily surpassed their previous best of 2:20.89.

## Newbridge Dolphins

For Newbridge, the focus of their success was in the 15-18 age category. In the girls 15-18, 50-freestyle and also in the 15-18, 50-breaststroke, Shannon Burke led the pack. Her time of 29.60 in freestyle took the record away from Nicole Pederson, who swam that same stroke in 2003 with a time of 29.68. In the breaststroke, Shannon lowered her own mark of 38.39 to 38.20. In the boys 15-18, 50-freestyle, John Baldwin bettered his old record of 25.28 with a new time of 25.14. Christian Matthews lowered his time in the 15-18, 50-backstroke from 30.32 to 29.96. In the girls 15-18, 200-medley relay, the team of Kat Mckinstry, Maura Burke, Shannon Burke and Mary Okoth shattered the record of 2:21.44 that was set in 2003 by Pamela Baldwin, Nicole Pederson, Megan Minougue and Kaitlyn Baldwin. The new record setting time is 2:19.13.

## North Hills Hurricanes

For North Hills, Rachel Swartz continued her record setting ways. In the girls 15-18, 50-backstroke she set a new record with a time of 32.82, besting the old mark of 33.39 set by Katherine DeCrosta in 2007. In the girls 15-18, 50-breaststroke she lowered the record that she already owned with a new personal best of 38.62. In the girls 9-10, 100-medley relay, the team of Nicole Flint, Grace Tierney, Marlee Czarny and Logan Kruse set a new record of 1:19.35. The old record of 1:19.81 was set by Angelica Laws, Jessica Shelton, Natalie Kendall and Veronica Poirier back in 2001. In the girls 15-18, 200-medley relay, the team of Rachel Swartz, Keara Jones, Ellie Shelton and Lindsay Najjoum set a pool record with a time of 2:21.82, taking almost two seconds off of the previous record that was set in June of this year.

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# In Search of Excellence

**A**s we are approaching the beginning of yet another school year, The Connection has asked area school principals to respond to the following three back-to-school questions:

1. What is the most exciting news in

your school approaching a new school year?

2. What is your single most important goal (in a new school year)?

3. Some of the upcoming events at the school?



**Amy T. Goodloe**, Ed.D., Principal, Oak Hill ES [right, pictured with Phyllis Sledge, Assistant Principal, left, and Oak Hill students]

1. We continue to be very proud of the outstanding academic performance of Oak Hill students: 2009-10 was the third year in a row Oak Hill was recognized with the Governor's Academic Excellence Award. This year we plan to continue providing students with the tools necessary to be successful in life and contributing members of the surrounding community. We plan to expand our Kids Helping Kids Community Outreach program which provides weekend backpack meals for local students in need as well as reaching out to students in local shelters with art supplies. Service learning

is a vital part of the educational experience for students at Oak Hill ES.

2. We want to eliminate achievement gaps in our school and ensure that 100 percent of our students are successful in the not only the core academic areas but also in the community. Oak Hill Elementary provides an excellent educational experience for all students by guiding and challenging them to become independent thinkers and reflective lifelong learners.

3. Our theme for the year is "On the tracks to success - healthy bodies, healthy minds." We will be providing monthly wellness events for students and the community including assemblies sponsored by the PTA and local health organizations, as well as hosting our fifth annual Oak Hill 5K in May.

**Augie Frattali**, Principal, Rachel Carson Middle School

1. Rachel Carson will be "Going Green" for its 2010/2011 school fundraiser. We will offer parents the opportunity to purchase reusable grocery bags, water bottles, evergreen seedling trees, etc. In keeping with our namesake, Rachel Carson, we would like our students to be stewards of the environment and learn the importance of making a difference.



2. Rachel Carson is committed to the achievement of academic and personal excellence for all students within a safe and nurturing environment.

Carson Middle School will open its doors to our parent community so that they can observe their children in classes. Parents may attend several classes or choose to visit the entire day.

This is a great opportunity for our adult community to see our staff and students in action.

3. On Veteran's day, Nov. 11, Rachel

## FSO PROFILES

# Power and Mystery of Music

FROM PAGE 2

still remember what she played! I loved it and decided that the viola was the perfect instrument for me. It has the low range that I love and I feel like I can "sing" through my instrument. I knew I wanted to play professionally when I was in high school.

What is one piece of advice you would give to a young person who is deciding how serious he/she is about music?

My one piece of advice for a serious student would be to play as much as possible. The Fairfax County Public School music program is among the best in the nation. Take advantage of all it has to offer. Join a local youth orchestra, band, or jazz band and play in small chamber groups with your friends.

What is one piece of advice you would give to someone who has stopped playing an instrument but would like to take it up again? It is never too late! Don't be afraid to start playing again. Find a teacher and they will be able to help you get started.

What is your favorite piece to play?

I love to play the Bach Cello Suites. (They have been transcribed for viola.) They are beautiful and are challenging to play with very intricate phrases. These works are full of power and mystery and are absolutely amazing!

What are other local music venues/experiences that you would recommend?

See the Fairfax Symphony, of course! Take advantage of the Fairfax Symphony free ticket program for students. Also, see the local youth orchestras such as the American Youth Philharmonic Orchestras during the school year. The Marine Band and Army Band offer free concerts throughout the year. This area is very rich with musical performances; The Washington Perform-

ing Arts Society, Kennedy Center, Strathmore Hall, Wolf Trap, George Mason University Arts Programs are all easily accessible.

Is there any other information you would like to share about your family?

I have lived in Herndon for 16 years with my husband, Bob, a Hematologist/Oncologist, and 3 kids, Allison (17), a senior at Westfield HS, Scott (15) a sophomore at South Lakes HS, and Jenny (12) a seventh grader at Rachel Carson MS. My entire family plays music. My husband plays trumpet, and I met him playing a Children's Concert in a local community orchestra. Allison plays cello, Scott plays the french horn and Jenny plays the violin and viola. My house is rarely quiet!

Where do you "hang out?" What do you like to do when you are not working?

I volunteer in the community quite a bit. I have been a Girl Scout leader for many years, have coordinated the Odyssey of the Mind program at Oak Hill and Floris elementary schools and been a team leader several times, have run the Reflections program at Floris ES, and have done fundraising at Fair Oaks Hospital and for the American Youth Philharmonic Orchestras. I really like to support programs that encourage children to be creative.

What is your favorite thing about playing with the FSO?

I am excited about our new conductor and feel that the orchestra can grow under his leadership. I am also happy that the FSO can provide quality programming in Northern Virginia. It reaches the community through the regular concert series, plus Sounds of Summer performances in the parks, and school outreach programs. I really do enjoy playing with the other FSO musicians!

## WEEK IN HERNDON

### Town of Herndon Labor Day Schedule

Town of Herndon government offices and services will be impacted by the Labor Day holiday, Monday, Sept. 6 as follows:

Town Offices: Closed Monday, Sept. 6.

Refuse Collection: No refuse will be collected on Monday, Sept. 6. Refuse normally collected on Monday will be collected on Tuesday, Sept. 7.

Herndon Community Center: Closed Monday, Sept. 6.

Herndon Centennial Golf Course: Open 6:30 a.m. - dark.

Labor Day Event: Herndon Labor Day Festival, Town Green, noon - 6 p.m. Information: [www.herndon-va.gov](http://www.herndon-va.gov) or 703-787-7300.

### Paint Herndon 2010 at ArtSpace

ArtSpace celebrates its 2nd birthday and honors Herndon's dairy Farming Past with free events on their lawn and inside the gallery on Saturday, Sept 4, during Labor Day Weekend.

Starting early in the morning and continuing all day, everyone is invited to come to the ArtSpace lawn and paint scenes set-up on the lawn featuring "Eggnog," a prize winning dairy cow who just loves to pose.

Around 3:30 p.m. birthday cake and farm fresh ice cream will be served and participants will be able to vote for their favorite paintings.

That evening there will be a reception open and free to all to welcome the September exhibit inside ArtSpace of California watercolorist Douglas Simms Stenhouse. His paintings of farm buildings and scenes titled "farms, barns, and grain elevators to the sky!" will be introduced at 7 p.m. by a multi-media show and a gallery talk. Address: 750 Center St. Downtown, Herndon.

# OPEN HOUSES

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## BACK TO SCHOOL

# In Search of Excellence

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**Justine Klena,**  
Principal, Herndon Middle School

1. The most exciting news to share about Herndon Middle School this year is that we are making truly re-



markable gains in student achievement. When looking at the available data, it is evident that more of our students are learning and achieving at a higher level. We have more students in advanced classes and high school level classes and our pass rates on end of year tests (SOLs, etc) are showing significant gains over last year. We've made AYP (Annual Yearly Progress) and the gap in achievement between different groups of students as defined by No Child Left Behind is closing.

2. The most important goal in the new school year is for the staff at Herndon Middle School to continue working collaboratively to ensure every student learns the curriculum in a rigorous setting. We are a professional learning commu-

nity and at Herndon Middle School everyone is focused on learning. Our teachers will continue to analyze student achievement data and strive to work together to do whatever it takes to ensure every student learns.

3. A new and exciting events coming up at school I'd like to mention is that on Sept. 2 we will add a new feature to our "Open House for New Families," which is from 4 to 6 p.m. and designed for rising 7th grade students and new 8th graders and their families. In addition to being able to tour the new school and walk a middle school 8 period schedule together, Baja Fresh will be on-site catering near the cafeteria. So, we hope families will make this a night out to enjoy visiting the school, visiting with other HMS families, and getting to know each other as we start the year.

## BULLETIN BOARD

### THURSDAY/SEPT. 2

**Jeff Barnett Town Hall Meeting.** 7 p.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Barnett is the Democratic candidate

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

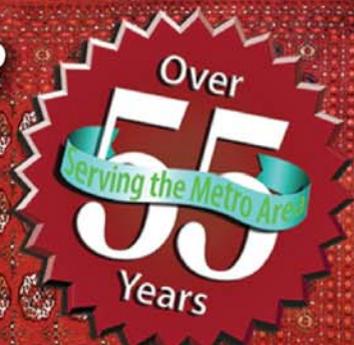
for Congress in Virginia's 10<sup>th</sup> Congressional District. <http://jeffbarnettforcongress.com>.  
**Herndon Farmer's Market.** Every Thursday, 3:30-6:30 p.m. at the Herndon Center, 460 Elden St.,

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](http://smartmarkets.org).

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