

Karen Chisholm, of Reston, is looking forward to a new Fairfax Symphony Orchestra season, opening on Sept. 11. The season preview is featured on page 4.

# Symphonic Season

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- Volunteer Appreciation**  
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- Board of Directors Meeting**  
Stay for the Board of Directors meeting at 8 p.m. and hear more about the issues facing the community.

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**RSVP:** Ha Brock via phone 703-435-7986 or via e-mail: habrock@reston.org

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**Top row, from left, Jean Boston, Karen Hale, Anne Strange, Trisha Marty, Joe Estrada, Diane Blust, Nancy Herwig, Jim Cleveland and Katie Shaw. Bottom row, from left, Marion Stillson and Terri Phillips.**

## Sustained Excellence

BY ALEX McVEIGH  
THE CONNECTION

**S**ustainable Reston and the Reston Citizens Association recognized a youth, individual, organization and a business for their 2010 Sustainability Awards Aug. 18. They recognized members of the community who have gone out of their way to make Reston a more environmentally friendly place.

**THE CEREMONY** took place in the Jo Ann Rose Gallery at the Lake Anne Reston Community Center, and guests were greeted with the sounds of the Doug Sedgwick band, who played mellow cover versions of hit songs from across several decades.

Gar Alperovitz, an economics professor at the University of Maryland, and author of several acclaimed books about history and economics, served as the event's keynote speaker.

He spoke about several economic models around the world, and the effect they had on the quality of life of its residents.

"People like the ones here in this room are ones who can make a difference," he said.

Colin Phillips, a rising eighth grader at Herndon Middle School, was awarded the youth award. He helped his family create a certified wildlife habitat in his backyard. He built a habitat for birds and animals by providing fresh water and food all year.

Phillips was unable to attend, as he was in California visiting his cousin and writing partner. Phillips



PHOTO BY TERRI PHILLIPS

**Colin Phillips, a rising eighth grader at Herndon Middle School, was awarded the youth award.**

is an aspiring artist, writer and filmmaker among his environmental interests. The individual award went to Anne Strange, Karen Hale and Jean Boston for their efforts creating Grateful Spaces, an organization dedicated to providing support to those moving from homeless shelters to local low-income housing.

Since their founding in 2008, they have helped 20 families with 60 children, volunteered 2,100 hours and collected \$9,000 for families in need.

"The vision of Anne and Karen, who just wanted to make life a little more beautiful for those who don't have the resources to do so, is incredible," Boston said. "I feel blessed to have been part of this group."

The organization award went to the Friends of Reston, who launched a capital campaign to raise \$1.5 million for the Walker

Nature House, which opened in November 2009.

**THE NATURE HOUSE** offers the community the chance to enjoy the many natural wonders of this area, and was just certified LEED Gold—a grade based on its environmental friendliness—last week. It is one of only 17 such buildings in the state.

"It was a mission from the get go to make sure the building was a model for our environmental ideals," said Katie Shaw, manager of the Nature House and executive director of the Friend of Reston, who also accepted the award. "It's important Reston not compromise our ideals."

Nancy Herwig, president of the board of the Friends of Reston, who accepted the award with Shaw, said "this is a house we built for everyone in Reston."

Thrive Plan Healthcare Solutions was this year's winner for business of the year. They are a tree and plant management company that strives to use the best environmental practices when it comes to landscaping, pest management and other arboricultural and horticultural services.

"Thrive really strives to be a well-established local business, and we're dedicated to serving residents and the environment alike," said Joe Estrada of Thrive, who accepted the award.

Sustainable Reston is an initiative of the Reston Citizens Association, aimed to encourage activities that meet present needs without compromising the needs of generations to come.



**Reston founder Robert Simon speaks to the breakfast crowd at the National Jewish Retreat at Reston Town Center Aug. 20.**



**Former Virginia Governor George Allen speaks to the audience at the National Jewish Retreat about his discovery of his Jewish heritage in August 2006.**

## A Welcome Retreat

### Reston Town Center hosts National Jewish Retreat.

BY ALEX McVEIGH  
THE CONNECTION

**T**he National Jewish Retreat came to Reston this year, where hundreds of Jewish adults, teenagers and children came to enjoy five days of inspirational programs. Former Virginia Governor George Allen and Reston founder Robert E. Simon were among the local luminaries invited to speak at the event.

The Rohr Jewish Learning Institute organized the annual retreat, which moves around the country each year. For organizers, Reston gave them a chance to check out a new, urban center that is also close to the nation's capital.

"The people of Reston, including Mr. Simon himself, were very gracious to us during the retreat, if we could, we would come back every year," said Bruce Backman, liaison for the retreat, who helped choose the location.

**ALLEN**, who in 2006 discovered his Jewish lineage, spoke to most of them at dinner Aug. 19.

"It was four years ago, about this time, that my mother revealed to me her family's Jewish ancestry," Allen said.

Allen was in the midst of a campaign for governor when the rumors began to surface, and his mother admitted it to him, but swore him to secrecy. He described hearing the ru-

mors, then asking his mother about them over breakfast one morning.

"My mother very seriously told me she would tell me something, but only if I swore not to tell anyone. No one," he said. "[Then] my mother haltingly told me that 'Pop-pop was Jewish.'"

Allen described himself as "surprised," and said he wondered why it was such a secret. Allen said his mother, even sixty years after World War II, was still afraid of prejudice.

"It hurt my heart to see the pain my mother was experiencing ... and how she had lived over 60 years with this fear that was born and seared into the life of a teenage girl in the early 1940s," Allen said. "From that day forward, the core principle of freedom of conscience, belief and religion ... became deeply personal in my heartwrenching realization how fear and persecution so tormented my long, loyal mother's life."

**SIMON** came to breakfast the next morning, and spoke of how honored he was that Reston was chosen for the location. He was recognized with a special reproduction of a Torah scroll.

"It's wonderful to know that Reston is being honored by this organization," he said.

Even the management at the hotel was honored that Reston was chosen to host such a massive, annual event.

"This is one of the largest learning symposiums in the country, and we're thrilled and honored they chose to come here," said David Eisenman, general manager of the Hyatt at Reston Town Center, where the retreat was held.

## RCC Candidate Registration Underway

The RCC Board of Governors invites residents of Small District # 5 to consider running for a seat on the RCC Board. Three seats will be open. Among their duties, Board of Governors members set Center policy, adopt the budget, attend monthly public meetings, participate on committees and represent the Center at community functions. Residents wishing to register as candidates must complete a Statement of Candidacy Form available at RCC Hunters Woods and Lake Anne facilities and on the RCC website [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com). Signed forms must be returned to the RCC no later than 5 p.m. Sept. 13.

Residents and commercial property representatives may vote from Sept. 23-Oct. 14 until 5 p.m. Residents and commercial property representatives will receive their ballots by mail and may vote online, by mail, or in person at RCC Hunters Woods or Lake Anne. For more information, go to [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## Circles of Support Announces Fall Sessions

The Circles of Support at United Christian Parish in Reston meet to support anyone that is dealing with a major life changing loss and those that are grieving. The Fall and Spring Circles of Support, an independent program, invites participants to come together once a week so they might get guidance and share their thoughts, questions, feelings, challenges and concerns.

The upcoming Fall Circle of Support meetings are held for 10 weeks and are led by a licensed professional counselor and a thanatologist with decades of experience in helping individuals trying to regain some equilibrium when hit with a life changing loss and/or grief.

Registration Required. Minimum Attendees: 5. Weekly Contribution: \$30. Each Wednesday evening for 10 weeks starting on Sept. 15, 7 – 8:30 p.m. at the United Christian Parish d Christian Parish, 11508 North Shore Drive in Reston. Contact: Church Office – 703-620-3065.

## RA to Hold Open House

Reston Association will hold an Open House and More on Thursday, Sept. 23, 5 -7:30 p.m. Events include Newcomers' Night, Volunteer Appreciation and tours. Plan to stay at 8 p.m. for the regular meeting of the Board of Directors. RSVP to Ha Brock at [habrock@reston.org](mailto:habrock@reston.org) or call 703-435-7986.

New address: Reston Association, 12001 Sunrise Valley Drive, Reston, VA 20191-3404. Take an opportunity at the conclusion of the open house to meet and talk with Del. Ken Plum (D-36) at 7:30 p.m. Bring your questions and comments.

## Is the Lawyers Road 'Diet; Working?'

If you live, drive or bike in the Lawyers Road area between Reston Parkway and Myrtle Lane, the Virginia Department of Transportation wants your opinion. VDOT is conducting an online survey to learn how the method to improve traffic safety is working. The deadline to complete the survey is Sept. 19; you can access it here <<http://www.surveymonkey.com/s/T2M9SLC>> or follow the VDOT link on our home page <<http://www.reston.org/default.aspx?qenc=HzT9ACzZbNs=&fqenc=HzT9ACzZbNs=>> under "What's New."

## Correction

In the article titled "Community By Association" [Reston Connection, Aug. 25-31] reported that the Reston Association had 11 members on its board of directors. However, there are only nine voting members, Treasurer John Higgins and CEO Milton Matthews are non-voting members. Also, while the RA provides the Planning and Zoning Committee with meeting space and staff support, the committee is its own entity that sets its own agenda and does not answer to the RA Board. Finally, the story reported that the Reston Town Center Association "gained its independence from the RA," which is incorrect, the RTCA has always been a separate entity.

## NEWS

# FSO Growth Continues

## Fairfax Symphony Orchestra opens new season on Sept. 11.

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 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 *Pojhola's Daughter*, another of his 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



PHOTO BY BARRY WHEELER

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

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*. "Written within only a few years of each other," said Zimmerman, "Sibelius' and Webern's creations here show just how differently beautiful works of art can be expressed in the hands of great and sensitive composers. There, the prevailing techniques and modes of expression seem to have been shattered in the pursuit of a new voice." Sibelius' 5th Symphony is also programmed as part of the FSO's ongoing exploration of his symphonic development.

"In his own way, too, Beethoven can be regarded as an artist who seemed to "tear up the rules" in his need to express himself fully," Zimmerman said. Beethoven's *Piano Concerto No.5*, his final piano concerto, will be played by the eminent Finnish pianist, Matti Raekallio.

The Fairfax Symphony Orchestra's 2010-2011 season will close with another double performance on **May 14, 2011** at GMU's Center for the Arts in Fairfax and on May 15 at the Hylton Performing Arts Center in Manassas. The Fairfax Choral Society, with Artistic Director Douglas Mears, and the Reston Choral Society with Artistic Director David Brian Lang, join the FSO in a performance of Mahler's spectacular *Symphony No.2*, "Resurrection." A step beyond Beethoven's 9th, "Resurrection" is a musical journey which speaks of the human condition in all its complexities and paradoxes and touches on the nature of existence, religion, and the afterlife. "Only Mahler could embrace such an ambitious agenda and succeed in producing one of the most exciting, beautiful and exultant works that has yet been written," said Zimmerman.

SEE FSO, PAGE 15

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## FSO PROFILES

# Electricity in the Air

**Name:** Karen Chisholm  
**Age:** 30  
**Instrument(s):** Cello  
**E m a i l :**  
 karen.chisholm09@gmail.com  
**Town of Residence:** Reston  
**Years in FSO:** 5 years  
**Studied Music At:** George Mason University  
**Career Outside of FSO:** I am an Orchestra Director in Fairfax County Public Schools.

**Groups Other Than The FSO:** I perform with the Haase String Quartet and other chamber groups in the area.

Did you grow up/go to high school or college in this area?

Herndon High School; George Mason University.

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

A cellist came to my elementary school and played, I was 7 or 8. I knew I wanted to play professionally when I was a Junior 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?

Work as hard as you can and never give up. You will encounter



**Karen Chisholm**

obstacles, but if you use your failures and learn from them you will be a stronger person.

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?

Do it! You are never too old to learn again. Relearning an instrument is not like riding a bike, but it can be just as much fun.

What is your favorite piece to play?

Any Brahms Symphony (one of the four!)

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

My family is very supportive of the arts and music in particular. My father used to play french horn in one of the army bands. My grandmother was a music teacher, so my mother grew up playing the piano, she also played in the band at school. Currently, she is studying voice with a member of the Washington National Opera. My sister is an accomplished violinist living in New York. She also plays regularly with a band.

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

Reston! I like to read, watch movies, listen to music, walk my dog, and eat.

What is your favorite thing about playing with the FSO?

It is a fantastic ensemble, we have a great conductor and wonderful sections. My favorite thing about playing with the FSO is concert night! There is always an electricity in the air that comes with the audience.

## Growing Up With Music

**Name:** Saskia Guitjens  
**Age:** 30  
**Instrument(s):** Violin  
**E m a i l :**  
 saskiaguitjens@hotmail.com  
**Town of Residence:** Reston

**Years in FSO:** About 4 years  
**Studied Music At:** University of Michigan, Carnegie Mellon University

**Career Outside of FSO:** I work full-time at the Library of Congress in the Copyright Office, in the Performing Arts division.

**Groups Other Than The FSO:** I also play with the Alexandria Symphony Orchestra, Baltimore Concert Artists and many other contracted gigs around the area.

Did you grow up/go to high school or college in this area?

Grew up on Long Island, N.Y. but went to high school at Centreville High School.

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

I started when I was 4. My sister played the violin and I wanted to be like her, so I asked my mom if I could try it and she said yes. I knew when I was



**Suskia Guitjens**

choosing colleges.

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

Be realistic. it's not an easy world and there are many others who are working hard, as well as yourself. Be prepared to have disappointments, successes, hardship but in the end it is worth the time and effort.

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?

Just have fun with it. If you're

SEE GUITJENS, PAGE 15

### 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.



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## Code Red

**T**his 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.

### EDITORIALS

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.

## Division of Powers

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



**O**n my recent vacation to Scotland I took time out to visit the Scottish Parliament. Although the Parliament was not in session that day, the visit was worthwhile to

### COMMENTARY

see what has to be the most unique structure of any governmental body in the world. Drawing on symbols of the people, land, and history of Scotland, the building itself is worthy of study, ([www.scottish.parliament.uk](http://www.scottish.parliament.uk)).

Equally as fascinating is the debate continuing over centuries about the division of power with the Mother Country that resulted most recently in 1998 in a devolution of power to the Scottish people to control their education, transportation, health, housing, police, and cultural matters with the United Kingdom Parliament taking care of taxes and defense.

Returning to this country I find that the debate over division of powers between the federal and state governments continues. It has been an issue from the writing and ratifying of the Constitution to today.

The Tenth Amendment was supposed to clear things up by establishing that those powers not granted to the federal government were reserved for the states and

the people. As phrases like "inter-state commerce" were given broader interpretation, a shift of power to the federal government seems to have taken place.

The economic recession has tended to amplify the debate as the federal government has taken significant

action to stimulate the economy. Virginia has been among the states whose leaders roundly criticize federal stimulus monies but accept it by the billions to balance the state budget.

Virginia used more than a billion federal dollars to balance the state budget last year and was spared greater cuts with federal dollars this year.

At the same time, Attorney General Kenneth Cuccinelli is running up millions of dollars in lawsuits paid for by state taxpayers for cases of dubious purpose. One suit brought against the federal health care reform would say that Virginians cannot be required to buy health insurance because of a state law that says they cannot be required by the federal government to buy insurance.

His suit brings forth arguments not unlike John C. Calhoun and interposition, saying that the states can interpose themselves between the federal government and the people and more recently by segregationists asserting state

SEE DIVISION, PAGE 7

## Let's Clean (the) House!

BY JACK KENNY  
PAST PRESIDENT,  
REPUBLICAN CLUB OF  
GREATER RESTON



**S**everal weeks ago, most of our mailboxes were stuffed with a glossy, photo-packed, professionally-produced, 10x10 inch, eight-page flyer entitled "Leading the Way" from the Desk of Congressman Jim Moran. This flyer touted the performance of the current Congressman in fixing the health care insurance industry and financial reform of our banking industry. Other measures included the Gulf of Mexico oil disaster, local transportation as a result of BRAC, and earmark appropriations. Yes, our congressman earmarked \$700M for local projects adding to our already burgeoning debt which will need to be paid for by our grandchildren. He also has the best of the best healthcare coverage available in the country at our expense.

Back to the flyer. This flyer was mailed at our expense. It was no accident that he needs to cover his tracks in an election year. We are funding his re-election campaign with our hard-earned dollars. The word "arrogance" does not even approach the cajones exhibited by this representative of his colleagues in the Congress - surely you do not believe he is representing his constituents. It takes a lot to vote oneself a pay raise while voting against a Social Security

increase and voting for a reduction in Medicare funding. Have you experienced one of your primary care physicians quitting the practice of medicine? It's happening. His voting record shows that he voted with Speaker of the House Nancy Pelosi over 95 percent of the time.

However, voters like a comparison of candidates vying for office. In this case, a highly qualified, former Army officer Pat Murray offers a startling comparison to the daily corruption we currently encounter on the Hill. Where Moran voted against the will of the people: 68 percent oppose nationalizing the entire healthcare industry to fix an insurance problem, Pat Murray opposed such a drastic measure. Moran voted for the failed stimulus bill. Pat Murray holds that we must control the urge to tax and spend. It will be Pat Murray's job to work to get us out of bankruptcy. Where Moran voted for financial reform, Pat Murray reminds us of the impending demise of the community banks driven out of business by crippling over-regulations. The list goes on and on and on.

Nov. 2, 2010 is just around the corner. It is time to elect a representative who will represent us, not ignore our demands. Vote for honesty, integrity, and positive performance. Vote Pat Murray to represent Virginia's 8th Congressional District.

### A DIFFERING POINT OF VIEW

# LETTERS

## No Signs for Reston

To the Editor:  
Some years ago I shared a platform at a fund-raiser with then Virginia Governor Linwood Holton. I used the occasion to point out to him that one sign on Route 7 going East from Leesburg gave the distance to Dranesville, Falls Church and Alexandria and another sign gave the distance to Tysons Corner. There was absolutely no recognition of the fact that beyond Dranesville and before Tysons Corner was the internationally recognized "new Town" of Reston. Reston's population, I said to Holton, far exceeded Dranesville's, that I estimated to be 53 people and 200 cats and dogs. How come no sign for Reston?

Several decades have passed since then. Today, Yahoo says Dranesville's population is over 100,000. Looks like I was wrong about relative population then. But that didn't stop me from being saddened the other day, as I drove East on Route 7 from Leesburg, and found no change from yesteryear — still no sign for Reston. Certainly, Reston does warrant sign recognition, not just on Route 7 but in all of the area's road networks, similar recognition to the treatment Columbia gets in Maryland; there are billboard size directional signs for Columbia on all of the major highways within its range.

**Bob Simon**  
Reston Founder

## Division of Powers

FROM PAGE 6

rights to defend their right to maintain separation of the races. A decision in the case may provide additional clarity as to the division of power between the states and federal government but may simply be dismissed by the courts as not having merit.

Resolution of Mr. Cuccinelli's case in this and other lawsuits may provide great interest to legal scholars, but they will do little to give economic relief to anyone but the lawyers involved.

Historically, the shift in power to the federal government has occurred to fill a void when the states refused to act. When the federal government does act there are the responding cries of conservatives about division of powers and states' rights.

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# CALENDAR

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

## THURSDAY/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

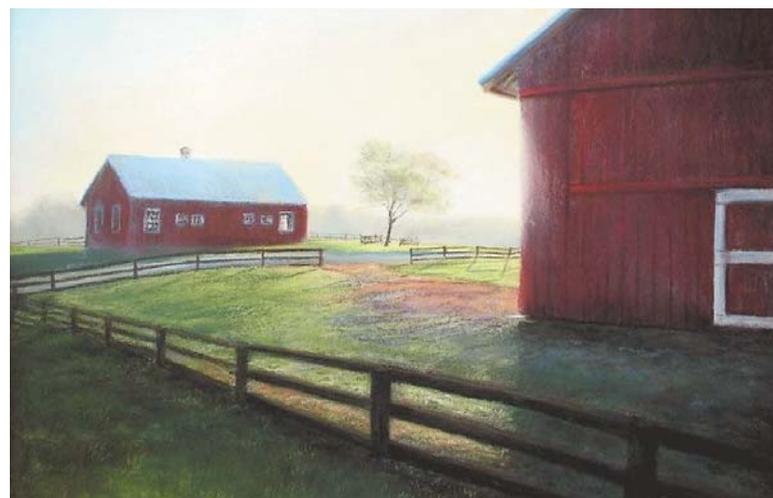
**Demonstration.** 5 p.m. Bikram Yoga Reston, 11495 Sunset Hills Road, Suite 100, Reston. Welcome party, demonstration and discussion with 2010 Bishnu Ghosh Asana Champions Brandy Lyn Winfield, Kaspar van den Wijngaard and Griffin Peddicord. [www.restonyoga.com](http://www.restonyoga.com).

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



**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.**

[www.ncjoc.org](http://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](http://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](http://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](http://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](http://www.wolftrap.org).

**Bobbe Shore Jazz Combo.** 8:30 p.m. at the Hyatt Reston Town Center,

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## BULLETIN BOARD

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](http://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)

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

### 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 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).

### SATURDAY/SEPT. 4

#### Lake Anne Farmer's Market.

8 a.m.-12 p.m. at Lake Anne Plaza, Reston. Local produce, honey, meats and more. Live music. [www.restonfarmersmarket.com](http://www.restonfarmersmarket.com).

### WEDNESDAY/SEPT. 8

#### Reston Chorale Auditions.

6:30 p.m. at the Reston Community Center, Hunter's Woods Plaza, Reston. Schedule auditions at 703-834-0079 or [www.restonchorale.org](http://www.restonchorale.org).

#### Moms Club of Reston.

10 a.m. at the

Hunter's Woods Community Center, 2310 Colts Neck Road, Reston. An international non-profit organization providing support for mothers. Playgroups, babysitting co-op, regular monthly activities and events, moms' night out and more. [momsclubofreston@yahoo.com](mailto:momsclubofreston@yahoo.com).

#### Reston's Wednesday Farmer's Market.

3:30 p.m.-6:30 p.m. at the NE corner of Reston Parkway and Sunrise Valley. Producer-only locally grown fruits and vegetables, locally raised meats and poultry, and local breads, cheeses, salsa and sausage. <http://smartmarkets.org>.

#### Frying Pan Farmers Market.

8 a.m.-12:30 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Freshly picked fruits, vegetables, cut

flowers, eggs, baked goods, honey and more. Every Wednesday through Oct. 703-642-0128.

### THURSDAY/SEPT. 9

#### 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).

#### Lupus Support Group.

12 p.m. at Reston Hospital Center, The West Wing, 1850 Town Center Parkway, Reston. [lh@ascendcomm.com](mailto:lh@ascendcomm.com) or [www.lupusgw.org](http://www.lupusgw.org).

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# FAITH

# Rosh Hashanah – More Than Just a New Year

BY RABBI LEIBEL FAJNLAND  
DIRECTOR OF CHABAD OF  
RESTON-HERNDON

**A**s 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

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/herself 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 announced 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).



**Rabbi Leibel Fajnlend**

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 cel-

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Ashburn

43154 Gatwick Sq.....\$310,000...Sun 1-4.....Marnie Schaar.....Long & Foster.....703-509-3107

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## FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.

**Heritage Fellowship Church**, 13515-C Dulles Technology Drive in Herndon, is hosting a weekend of worship and praise services and workshops for musicians, worship leaders, choir members and liturgical dancers. \$25 fee. Contact 703-620-9515 or [cbarrett@heritagefellowshipchurch.org](mailto:cbarrett@heritagefellowshipchurch.org).

❖**Opening Worship Celebration:** 7:30 p.m. on Friday, Sept. 10 with Bishop Norman Lyons, Senior Pastor of the Fountain of Life Church in Uniondale, N. Y.

❖**Workshop Sessions:** 11:30 a.m.-5 p.m. on Saturday, Sept. 11. There will be a worship celebration at 6 p.m. with the spoken word delivered by Bishop Lyons and music by Gospel recording artist Stephen Hurd, minister of music at the First Baptist Church of Glenarden in Glendale, Md.

❖**Sunday Services:** 7:45 a.m. and 10:45 a.m. on Sept. 12.

# OPINION

## Master Planning-Chart Equals 1,000 Words?

BY JOHN LOVAAS  
RESTON IMPACT  
PRODUCER/HOST



INDEPENDENT  
PROGRESSIVE

The seemingly endless meetings of the Reston Master Plan Special Study Task Force continue.

The developers and some residents now are getting down to the nitty-gritty, happily shaping dreams of how much to build, what to build and where in areas near the to-be Metrorail stations in the Dulles corridor.

This week, rather than bore you with more on the exciting dynamics of this year-long process, I thought I'd show you just one chart that captures the essence of the county's process to determine Reston's future. What you see below is a chart assembled by a co-chair of Supervisor Hudgins' Task Force's Wiehle Avenue Committee, the group shaping development plans only for the area around the rail station coming there. The

numbers might otherwise confuse, leaving you thinking they depicted, say, all of Reston, Vienna, Herndon and perhaps Falls Church.

The Chart's columns show current estimates and projections for: (1) the number of employees [jobs]; (2) number of residents; (3) Total of (1) and (2); and, (4) parking needed [spaces]. The lines reading across reflect first, today's numbers estimated by George Mason University. The next three lines reflect projections for jobs, people and parking first at developer JBG's low estimate — kind of minimum wish; then at JBG's true vision of sugar plums high estimate; and, finally an estimate offered by the Reston civilian co-chair as an alternative to the developer's aspirations. The latter low-end bid would be an increase of barely 225 percent from the

### Estimated Population and Traffic Impacts

Wiehle Avenue Area Only

	# Employees (@4/1000SF)	Residents (@2/1000SF/	Total residents & employees	Estimated Parking*
Current (GMU)	28,000	0	28,000	18,200
JBG low	69,182	28,662	97,844	68,000
JBG high	146,723	58,839	205,562	142,400
Alternate X	47,152	16,131	63,283	43,700

\* Based on 2.6 spaces/1000SF office; 1.6 spaces/1000SF residential; +2300 spaces w/ metro

present. Mull these numbers over a few times. Note: these numbers are not official projections, only

figures currently under discussion reflecting the views of the Supervisor's Task Force partici-

pants. For a site where the intersections already are failing — just imagine ...

### Upcoming Events

♦ **First Congenital Heart Walk**, Sept. 12, at George Mason University, 10 a.m., registration opens at 9 a.m. The walk is a joint effort between the Adult Congenital Heart Association and the Children's Heart Foundation. See [www.congenitalheartwalk.org](http://www.congenitalheartwalk.org).

♦ **2010 Northern Virginia Memory Walk and Candlelight Rally** at Reston Town Center, 11921 Freedom Drive in Reston on Sunday, Sept. 26. (a 1 mile walk followed by a candlelight rally). 4 p.m. - Registration Opens; 6 p.m. - Program and Walk Begin; 7 p.m. - Candlelight Rally. Contact: 703-359-4440 or send an email to [memorywalknova@alz.org](mailto:memorywalknova@alz.org)

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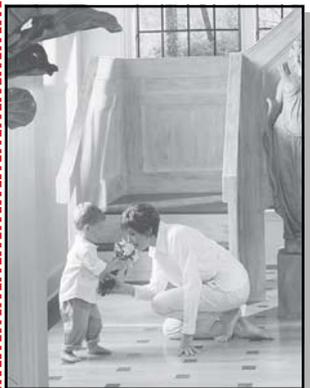
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# A Season-Ending All Star Performance

## 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?

**Bruce Butler**, Principal, South Lakes High School

1. We have 33 new superior teachers. We recruited top educators from FCPS, Loudoun and around the USA to work with our students. We also have 2,050+ students enrolled for the year of which

**Aimee L Monticchio**, Principal, Langston Hughes Middle

1. Hughes Middle School is ready for the incoming 7th graders and returning 8th graders to fill the hallways again for more joy of learning. The community can join in the celebration of last year's academic success on the state exams. Langston Hughes received a passing

state report card thanks to the dedication of the staff and students to stay focused on the goal.

2. This year the goal of the Hughes community is to see even more success for all learners. Our staff will focus on ingraining the International Baccalaureate Middle Years Program into more of our practices at school.

Students will connect their subjects to their life and the world around them in real world applications of their knowl-

**Elizabeth English**, Principal, Sunrise Valley Elementary

1. SVES staff members and parents have identified six goals that will assure success for our students in the 21st century. These goals include: Literacy Skills, Problem Solving/Critical Thinking Skills, Interpersonal Skills, Entrepreneurial Skills, Creative Skills, and Intrapersonal Skills. During the 2010-



65 percent are accessing honors and IB level work.

2. Most Important Goal: To tighten up aspects of our instructional planning, assessment, and intervention processes in support of learners at all levels.

3. Next Thursday, Sept. 2, we have our new student orientation at 9 a.m.



edge and will be asked to develop thinking skills to solve problems and create solutions. In addition, this year Hughes Middle School celebrates 30 years as a learning institution serving Reston's middle schoolers. A recognition t-shirt has already been designed and is available for purchase through the Hughes PTA.

3. Keep in touch through our webpage of upcoming events that will celebrate the 30th anniversary.

2011 school year, we will be focusing on the first three.

2. Our single most important goal is to assure that students not only have academic knowledge but have mindful habits that assure they can use acquired knowledge to solve complex and ambiguous problems.

3. Our fall field day featuring the SLHS



marching band.

## FSO PROFILES

# The Beatles Inspiration

**Name:** Erik Cohen

**Age:** 54

**Instrument(s):** Double Bass

**Email:** erik.l.cohen@comcast.net

**Town of Residence:** Reston

**Years in FSO:** 22 years.

**Studied Music At:** M.M. in Music Performance at Stony Brook

**Career Outside of FSO:** I am a database administrator for SAIC, a system's integrator.

**Groups Other Than The FSO:** During my 23 years living in Northern Virginia, I have subbed for the Alexandria, Arlington, Piedmont, Symphony of the Potomac and Little River Symphony orchestras. I also freelance with National Christian Choir, Fairfax Choral Society, Reston Chorale ...

Did you grow up/go to high school or college in this area?

Grew up in Brooklyn, N.Y. Went to John Dewey High School in Brooklyn. Received B.A. in Political Science and M.M. in Music Performance at Stony Brook University on Long Island.

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

The Beatles. I was 8. I wanted to be John Lennon. I started playing professionally in college.

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

Dive in head first and don't look back. There is no fall back plan when you are an artist. Keep plugging away until you either succeed or fail so often you can't go on. It's a brutal business that only rewards passion, determination and skill. Always remember that luck happens when preparation meets opportunity.

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?

## Guitjens

FROM PAGE 5

doing it for enjoyment, then take it as that.

What is your favorite piece to play?

In an orchestra, anything Beethoven or Rite of Spring (Stravinsky). Solo Violin - Beethoven Violin Sonatas or Solo Bach.

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

The D.C. Metro area is chock full of venues/experiences. Try them all! Wolf Trap,

## FSO Opens New Season

FROM PAGE 4

**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



**Erik Cohen**

Start slowly. Your mind remembers how to play, but your body needs to relearn the skills.

What is your favorite piece to play?

Beethoven's 5th.

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

Community theater. Local choral groups. Is there any other information you would like to share about your family?

My wife plays piano and is a wonderful singer. My daughter graduated with a Drama degree from Ithaca College.

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

I like to play softball, racquetball, frisbee, bicycle and swim. I like to read and watch baseball.

What is your favorite thing about playing with the FSO?

The group gets better every year.

the Kennedy Center, the sculpture garden. There are so many opportunities in this area and many are for free.

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

Currently not married and no children.

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

I spend a lot of time in Reston, spending time with friends. Otherwise, I greatly enjoy horseback riding (in Middleburg), boating, traveling and just enjoying life.

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.

# Reston Community Center



## RCC Preference Poll Candidacy Registration August 30–September 13 until 5:00 p.m.

### Serve Your Community—Become a Candidate for the RCC Board of Governors

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**Voting • Mail in and Online**  
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