

Reston CONNECTION

inside



Girl Power!

A+, PAGE 15

PHOTO BY JEANNE THEISMANN / THE CONNECTION OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 13 ♦ SPORTS, PAGE 10 ♦ CLASSIFIEDS, PAGE 17



Changing Gardening Culture

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More than 7,500 Girls on the Run participants take to the streets of the campus of George Mason University during Sunday's 5K race.

Celebrating Arts in Reston

NEWS, PAGE 11

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WEEK IN RESTON

Man Robs Bank in Reston

A man entered the Cardinal Bank, located at 11150 Sunset Hills Road, around 10:44 a.m. on May 13 and robbed an employee working behind the counter. The suspect displayed a gun and demanded money. He struck the employee, a 54-year-old man, in the upper body, took an undisclosed amount of cash and fled. The victim was taken to a local hospital and treated for non life-threatening injuries.

The suspect was described as black, about 5 feet 10 inches tall and 250 pounds. His face was covered and he was wearing a dark-colored sweatshirt, blue jeans and black gloves.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Suspicious Man on Path Near School

Police were called to Dogwood Elementary School, located at 12300 Glade Drive on Monday, May 16 around 8:40 a.m. for a suspicious event. A 12-year-old student and an 11-year-old student reported that they encountered a suspicious man on a path near the school, who displayed a gun. The students reported this to school employees who summoned police. After an extensive search, police were unable to locate the man.

He is described as black, wearing black clothing with a white bandana. Police will increase patrols in the area of the school. Anyone with information is asked to call Fairfax County Police at 703-691-2131 or contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637.

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SEE WEEK, PAGE 12

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NEWS

Changing Gardening Culture

Permaculture garden opens at Unitarian Universalist Church.

BY ALEX McVEIGH
THE CONNECTION

Growing up in Fairfax County, Alex Barrows has always been interested in sustainable design principles. Now living in Colorado, he has made his living bringing the philosophy of permaculture around the world. Permaculture is the idea that systems such as renewable energy, landscape and home design and food production can all be tied together if planned properly.

Barrows has brought his talents back to Reston over the past few months, helping install the first permaculture garden in the area at Unitarian Universalist Church on Wiehle Avenue.

"I've been interested in sustainable design since I was a kid, in school I studied energy efficient building techniques and I've been gardening since I was a teenager," Barrows said.

BARROWS' MOTHER is a member of the church, which is how he came to design the garden. He says he is guided by the idea that everything is part of a system, and as long as a system can sustain itself, there is no need for external maintenance.

"I didn't realize we were part of a worldwide movement."

— Church member Sterling Pilette

"Every need of a system not provided by that system is work, and every product created by the system, but not used by the system is waste," he said. "It's about getting maximum yield with minimum input."

Church member Sterling Pilette got involved when he saw the garden being installed late last year, but didn't realize what he had stumbled upon.

"It wasn't until a few days ago when I was watching C-SPAN and instead of the usual session of congress, they were replaying a speech Prince Charles gave at Georgetown University, and he was talking about the same things we were doing," Pilette said. "I didn't realize we were part of a worldwide movement."

Barrows says that the farming techniques used by man for thousands of years, which in-



PHOTO BY ALEX McVEIGH/THE CONNECTION

This permaculture garden was opened May 7 at the Unitarian Universalist Church in Reston and features a variety of plants including fruits, vegetables, nuts and herbs.

clude planting large quantities of the same crop together and tilling the soil are not only poor methods, but could mean trouble in the future.

"When you till you end up setting in motion a process that depletes the soil," he said. "When air gets into the soil, it brings with it 70 percent nitrogen, which makes the microbe population go nuts, which in turn means they consume large amounts of organic compounds. This creates the need for fertilizers and pesticides."

The church started with a mix of leaf litter, topsoil and composted manure mixed together. As the plants within the garden grow, they will help attract beneficial pollinators, hold onto moisture and keep the soil arable.

There are three separate parts to the garden. The primary section has an apple tree that was there originally, which will help provide shade for plants such as currant, while plants at the other end will benefit from more sunlight. Another section of the garden is located on the hill in front of the church entrance. Barrows and his team turned the hill into terraces, creating steps of flat land that will help with water absorption.

THE GARDEN features herbs, fruits and vegetables that members hope to be able to contribute to groups outside the church.

"It was very exciting to be a part of what I think is the only garden like this in Reston," said Irma Brosseau, a church member. "We've got a wide variety of crops to grow, and we hope to be able to share them with the community as soon as we can."

While there are currently a few small sprouts coming out of the soil at the church's garden, Barrows says that it won't be like that for long.

"You won't see any bare ground in this garden, bare ground is a sign of poor environmental health," he said. "It will grow in steps people can see, and hopefully it serves as an example of how to effectively use open space in Reston."



PHOTO BY ALEX McVEIGH/THE CONNECTION

Sheikha Farhanahz Ellis of the All Dulles Area Muslim Society speaks to an audience during a prayer breakfast May 14 at Great Falls Assisted Living in Herndon.

Early Morning Understanding

Ecumenical Council hosts interfaith prayer breakfast.

BY ALEX McVEIGH
THE CONNECTION

Faith community members from Great Falls, Reston, Herndon and beyond gathered at Great Falls Assisted Living in Herndon Saturday morning for a morning of interfaith dialogue.

Reverend Nancy Childress of the Great Falls United Methodist Church helped organize the event on behalf of the Great Falls Ecumenical Council, a group of eight local churches. She invited Sheikha Farhanahz Ellis of the All Dulles Area Muslim Society to speak on how people of all faiths can come together through the power of prayer.

"It's about getting more information and admitting that you don't know what you don't know," Childress said. "There's militant branches of Christianity like there is any other, and while you can't defend them, you usually find it's people who haven't been fully educated."

ELLIS SERVES AS A CHAPLAIN at George Mason University, as well as the chairman for Interfaith and Community Outreach at ADAMS. She spoke of prayer as a way to unite multicultural communities.

She spoke of the similarities between the Quran, the Christian Psalms and other religious texts when it comes to loving one another and loving God.

Such unity, she said, can only serve to strengthen any faith community.

"We are facing the strengthening of our individual and congregational religious beliefs by the acknowledgement of the existence of the other traditions," she said.

More than 20 people attended the breakfast, and most said they felt that due to recent events, understanding between faiths is more important than ever.

"The council is made up of Christian churches, but I know Reverend Childress feels that Christians, Jews and Muslims need to know and understand each other," said Beverly Bradford, a member of St. Francis Episcopal Church in Great Falls. "I have a lot of admiration for the courage it took for people to come out here and listen this morning."

BUILDING BRIDGES was a theme of the morning, and while many guests spent the breakfast sharing their thoughts on everything from upcoming church fundraisers to summer vacation plans, Charles Stevenson said he hoped this was just a first step.

"I'm very pleased to see something like this put together, I think it really helps to build bridges," said Stevenson, a member of Loudoun Interfaith Bridges, which is an organization of faith groups.

Bulova Launches Campaign for Second Term

May 15 event draws regional Democratic Party power players.

BY VICTORIA ROSS
THE CONNECTION

Democratic power players rallied around Fairfax County Board of Supervisors' Chairman Sharon Bulova (D-at-large) Sunday, May 15, as she kicked off her campaign for a second term.

Terry McAuliffe, former gubernatorial candidate and chairman of the Democratic National Committee, U.S. Rep. Gerald Connolly (D-11), Del. Mark Keam (D-35), State Sen. Chap Petersen (D-34), and the seven Democrats on the Board of Supervisors gathered with 200 other supporters at the Mason Inn on the campus of George Mason University in Fairfax. The message of the day: Bulova is a strong leader who, despite the economic free-fall of the past few years, has preserved Fairfax County's status as the best place to live with an A-plus school

system and progressive transportation plans.

McAuliffe got a loud round of applause and cheers when he bounded onto the stage and said, "Let's hear it for Sharon Bulova, the greatest chairman in our history." "She has been a great leader," McAuliffe told the crowd, noting that Bulova has sustained the county's status as a vibrant economic center. McAuliffe announced that he and other partners recently purchased the shuttered International Paper Plant in Franklin, Va. "We put our headquarters here because of Sharon Bulova. She is good for business, and she's the leader for the future."

WHILE THE MASON INN was decorated like a political rally with dozens of signs and slogans, the kick-off had the feel of a family reunion cum political roast.

"I'm here to complain about my

assessment," Connolly said, to laughter as he took the stage to introduce Bulova, who succeeded Connolly as chairman in 2009. He received mock jeers when he called McAuliffe, "the state's greatest new-car salesman," referring to McAuliffe's quest to find a site for an electric vehicle factory that could create 3,000 to 5,000 jobs. Bulova took the stage to raucous cheers, chants and applause. The longtime supervisor and community leader was relaxed and conversational. She introduced her family members, including her father, sister, grandchildren and son, Del. David Bulova (D-37), and she talked about the importance of her personal relationships with supporters. Known for being consensus-driven, Sharon Bulova called up the other Democratic members of the board to stand with her during her speech. "My remarks will take exactly 8 minutes, unless you interrupt me with loud applause," she said, before listing the challenges and accomplishments she has overseen

SEE BULOVA, PAGE 5



Power players in the Democratic party, including former gubernatorial candidate Terry McAuliffe, turned out on Sunday, May 15, at the Mason Inn on the campus of George Mason University to support Sharon Bulova as she kicked off her campaign for a second term as chairman of the Fairfax County Board of Supervisors.

PHOTO BY
VICTORIA ROSS/
THE CONNECTION



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Bulova Kicks Off Re-election Campaign

FROM PAGE 7

as chairman. "There is much that we can be proud of," Sharon Bulova said. "Throughout this term, our board has worked with our residents and workforce to navigate the most serious economic downturn in most of our lifetimes. And we did so in a way that held the line on taxes, protected our excellent public school system, maintained our status as one of the safest communities of our size, encouraged economic development and protected the quality of life we value."

"Our board has worked together as a team," she said, pointing to accomplishments achieved with each Democratic board member.

"With Supervisors Cathy Hudgins (D-Hunter Mill), John Foust (D-Dranesville)

and Linda Smyth (D-Providence), we have adopted an exciting new Comprehensive Plan for Tysons Corner and have advancing rail through Tysons to Reston," Sharon Bulova said. She also highlighted her work with Hudgins on affordable housing and the homeless problem. "[Cathy] and I serve on the Governing Board to Prevent and End Homelessness and are proud of this board's efforts to provide a roof over the heads of those most in need, and workforce housing for younger, entry level, and lower income, employees so that people who work here can also live here," she said. She ended

"To maintain our excellence it is important that we never stop peddling."

— Chairman Sharon Bulova (D-At-large)

her remarks by saying that "continuity matters." "To maintain our excellence it is important that we never stop peddling. There is work yet to do. I look forward to

working with our Fairfax County community as we provide more lifestyle choices for our current and future generations, compact, walkable and transit oriented communities," she said. Lauded as an advocate for important regional issues, supporters pointed to her experience as chair of the board's budget committee will be invaluable in navigating the fiscal crisis. "She knows how to manage a budget like no-

body else," said Sandra Klassen, co-chair of the Fairfax County Democratic Committee and co-chair of its National Affairs group. "She shows masterful judgment on many issues, and she takes care of the community."

WHEN ASKED how she would define herself politically, Sharon Bulova said "I'd say I am a fiscal conservative with a social conscience." A resident of Northern Virginia for 45 years, Sharon Bulova became active in local government in the 1980s, first serving as president of the Kings Park West Civic Association, and then becoming the Braddock District supervisor, a position she held for 21 years before being elected Board of Supervisors chairman in 2009. She faces Republican challenger Spike Williams in the general election on Nov. 8.



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OPINION

Reminder on Preparedness

While images of most natural emergencies — hurricanes, floods, tornadoes — seem remote from the D.C. suburbs, last month more than a dozen tornadoes touched down in our area.

Many households in our area have suffered through multiple-day power outages related to snowstorms and thunderstorms.

Virginia's annual hurricane preparedness sales tax holiday is next week, May 25-31, 2011. During this seven-day period, purchases of "hurricane and emergency preparedness equipment" will be exempt from the Virginia sales tax.

As long as they cost \$60 or less each, items including batteries, flashlights, tarps, rope, duct tape, smoke detectors, fire extinguishers, bottled water, first aid kits, and many others,

will be tax-free. Portable generators priced at \$1,000 or less are also included.

This is one of three tax holidays in Virginia; a three-day sales tax holiday for school supplies and clothing begins on the first Friday in August, and the four-day holiday for Energy Star qualified products is in mid-October.

For good information on emergency preparation, see www.readyvirginia.gov; for details on the sales tax holidays, see www.tax.virginia.gov.

EDITORIALS

Father's Day Photo Gallery and More

Father's Day is Sunday, June 19, and once again the Connection will publish a gallery of Father's Day photos.

Send in photos in jpeg format as soon as possible, including the full names of all the people in the picture, hometowns, the approximate date and location the picture was taken, the ages of the children and sentence or two about the people and/or event.

PROMS AND ... While Connection photographers and writers will likely attend some proms as schedules permit, we also urge parents and students to document their proms (or alternative activities) and send in photos in jpeg format, and also including who, what, where, when and why.

We're also interested in other events at your school, church, synagogue or mosque, milestone events, etc.

Email photos to reston@connectionnewspapers.com.

Messing with Food

BY JACK KENNY
PAST PRESIDENT, REPUBLICAN CLUB OF GREATER RESTON



A DIFFERING POINT OF VIEW

It is quite obvious when one has touched a hot point in writing a column - when the response occupies twice as many column inches as the initial piece (The Reston Connection, April 13-19, 2011, Letters to the Editor by Ms. Diane Blust). Aside from the many "coulds" and studies and remote possibilities, anything sustainable could be considered applicable and good for any community. Why not visit www.CampaignForLiberty.com/VA/

Having spent summers in my early years working in my grandmother's "Victory Garden" (Yes, the last big war - WW II), I learned the advantages of growing your own food. I spent hours weeding the garden. I recall picking wax beans and canning them - no freezers back then. I remember boiling tomatoes to peel the skins off before canning until the juice ran down off our elbows. I remember washing out tin cans and removing the bottoms with a hand can opener, squashing them flat and taking a bag of them to the curb on Monday morning for pick up - to smelt off the tin - a critical component we were short of. I remember spending weekends picking milk weed pods to harvest the silk inside - a substitute for the kaypok in life preservers. It was our patriotic duty as the whole nation mustered for war.

The most egregious example of the misuse of food is the ethanol boondoggle. What has happened? In our quest to go green, 10 per-

cent of each gallon of gas contains ethanol - produced mostly from corn. Roughly 25 percent of the arable land available for other crops has been planted with corn to feed the ethanol producers. Has our dependence on foreign oil dropped? Has the air quality in Reston improved? What has happened is our wheat exports have been reduced. There is evidence that the increase in wheat prices worldwide has been responsible for much of the unrest in the Middle East. Wheat flour being the prime ingredient of breads. As we all have experienced - our food costs have increased. Now the ethanol producers want to up the percentage to 15 percent.

A more recent local example occurred in the 2011 General Assembly session where our politicians, in their rush to clean up The Bay - not a bad idea - eliminated phosphate from the fertilizer mix spread on farms. We may lose some undetermined quantity of production per acre. Hopefully, and if the other six states contributing to the Bay enact similar restrictions, we will see a cleaner Bay. However, there is a downside to less phosphate - read phosphorus with some oxygen added. Phosphate is a critical component in our bones. Even more serious, phosphorus is a significant contributor to our DNA. Will a reduction of phosphate in our foodstuffs require that we up the daily vitamin dosage of phosphorus? Perhaps we will demonstrate Darwin's theories. Something to ponder.

LETTERS TO THE EDITOR Is the Reston Design Review Board for Hire?

To the Editor:

The April 19 meeting of the Reston Design Review Board (DRB) raised serious ethical questions. A group of neighbors who have lived on the same cul-de-sac for 30 years are opposing a proposal to tear down an existing home and build an oversized replacement at 2004 Cutwater Court.

We are not against the concept of a rebuild; we do object to the size and mass of the rebuild proposed for this site. The proposed structure would be nearly twice as big as the current house, all above grade, on a small 11,000 square foot lot. It would seriously infringe upon the privacy of close neighbors as well as some neighbors across the inlet. Several huge trees will be destroyed. The proposal is out of scale and not in harmony with the neighborhood.

On April 19, the third DRB meeting on this matter, Richard Newlon, one of nine listed DRB members, announced that he is now advising the applicant, the owners at 2004 Cutwater on their project and would therefore recuse himself from voting. We were shocked to hear this without any prior notification.

The architect for the 2004 Cutwater applicant then made his presentation before the DRB. Mr. Newlon, from his DRB chair, spoke in support of revisions. He questioned an affected party when she voiced her concerns. Mr. Newlon sat like a DRB member, but he talked and acted like an advocate and lobbyist for the applicant.

When asked, DRB Chair Barbara Byron said that what Mr. Newlon is doing was something that was done all the time. She was dismissive about any possible unethical implications. At one point, Mr. Newlon even left his seat with the other DRB members, moved around to the front of the table, presented arguments in favor of the applicant, and quipped that perhaps he belonged on this side. He then returned to his seat next to the other DRB members, engaged in discussion with the other members when the merits were deliberated, argued forcefully for the applicant, and recused himself only from the actual vote.

Was Mr. Newlon acting as a DRB member or a consultant to the 2004 Cutwater applicant? And, more importantly, was Mr. Newlon advising the owners of 2004 Cutwater on a friendly basis or was he being compensated? He is listed in directories as Richard Newlon Associates Architects and presumably charges for his services. Paid or not paid, it is influence peddling. Were there no other consultants available or was this a calculated pick?

The official DRB letter that followed said the owners of 2004 Cutwater now only need to make some architectural fixes on the proposed structure, and we, the affected parties, can no longer bring up the primary issue, which is the size and massing of the proposed structure. Even though a number of DRB members also expressed concern about the size and massing, this arbitrarily shuts off debate. It is impulsive and subjective. Mr. Newlon's new role was not mentioned.

Building "McMansions" on small

SEE LETTERS, PAGE 19

THE CONNECTION

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1606 King Street
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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com

Nick Horrock
County & Projects
703-778-9411
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Rich Sanders
Sports Editor
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Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Michael O'Connell, Kemal Kurspahic
Photography:
Louise Krafft,
Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong,
John Heinly, John Smith
Production Manager:
Jean Card

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

**CONNECTION NEWSPAPERS,
L.L.C.**
Peter Labovitz
President/CEO

Mary Kimm
Publisher/Chief Operating Officer
703-778-9433
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales, 703-778-9444
debfunk@connectionnewspapers.com

Jeanne Theismann
Special Assistant to the Publisher
703-778-9436
jtheismann@connectionnewspapers.com

COMMENTARY

Hail to Shenandoah, Hail

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

The Board of Directors of Shenandoah High School Alumni Association gave me the "Distinguished Alumnus" Award at its annual banquet last weekend. Last year I wrote about my graduating class's 50th reunion that I could not attend because I was out of the country. I did attend this year and was honored by the recognition. More than 20 of the 41 graduates of my class were present as were our two class sponsors, Mrs. Kite and Mrs. Foltz. The theme of this year's banquet was "Celebrating 72 Years of Heritage and Fellowship." The Alumni Association has been in existence since 1939 with an annual celebration possibly making it the oldest such association in Virginia. The class after mine in 1961 was the last to graduate from Shenandoah High School; it was turned into an elementary school when the three high schools in Page County were consolidated into two.

School buildings have occupied the site of the current Shenandoah Elementary School since 1884. The first two people to graduate from high school at the site graduated in 1911. Various buildings with different configurations occupied the site over the years with one burning down and another being torn down. The core of the current structure was built in about 1920 with a more modern addition constructed in the 1980s. The original building has hallways lined



with ceramic blocks about 6-feet high. The gymnasium was the smallest in the area being known as the "cracker box." Some really good teams came out of that modest gym. Our small school of about 150 high school students had some problems producing a successful football team. One year as I recall we had only 12 players.

I attended Grove Hill Elementary School for my first seven years. There were no public kindergartens in those days, but I felt I had excellent teachers for all the other years. As were all schools in Virginia at that time, Grove Hill Elementary and Shenandoah High School were segregated. The half-dozen Black children in the community were bused to Luray where there was a regional school for Black children. It never made any sense to us as young children and makes even less sense today. Grove Hill closed as a school this year.

As I said to the more than 200 people at the banquet, I learned the basic values at Shenandoah High School that I needed to live life. I learned the value of education and became an educator and legislative advocate for quality education. From my parents and members of the community I learned the value of honesty, decency, and hard work. A long-standing organization like the Alumni Association provides a great opportunity to look back to have a greater appreciation of how we got where we are.

As our school song opened, "Hail to Shenandoah, Hail. Hail to our School."



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Bob Dillon of Springfield walks with his granddaughter, 2-year-old Macie Brooks of Chantilly and dog, Maggie, in the 6th Annual Northern Virginia Vision Walk 5K at Browns Chapel Park in Reston on Saturday morning, May 7.



Hundreds of Northern Virginia residents turned out Saturday morning to participate in the 6th Annual Northern Virginia Vision Walk 5k at Browns Chapel Park in Reston. More than \$110,000 has so far been raised for the cause.

Vision Walk Attracts Hundreds



The 6th Annual Northern Virginia Vision Walk 5k was held at Browns Chapel Park in Reston on Saturday morning, May 7. Throughout the year, there will be over 50 walks nationwide with more than 60,000 participants to support the Foundation Fighting Blindness.



Brendan Friedrich, 9, of Leesburg, stretches with his brother Cameron, 7, and mother Kristen, prior to beginning of the 6th Annual Northern Virginia Vision Walk 5K in Reston. Brendan and his brother both have Leber Congenital Amaurosis.



Participants of the 6th Annual Northern Virginia Vision Walk 5K in Reston on Saturday morning, May 7, listen to the opening speaker.

PHOTOS BY
ROBBIE HAMMER/
THE CONNECTION

BULLETIN BOARD

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

WEDNESDAY/MAY 18

Alzheimer's Caregiver Support Group. 6:30 p.m. Reston Police Station, 12000 Bowman Towne Drive, Reston. 703-204-4664 or 703-723-4657.

THURSDAY/MAY 19

Committee for Dulles Luncheon. 11:30 a.m. Crowne Plaza, 12200 Centreville Road, Herndon. With representatives of Air France, Airbus, and MWA members. \$50, non-members \$70. 703-430-8749 or www.committeefordulles.org.

WEDNESDAY/MAY 25

Fall Prevention for Seniors: Know the Facts. 10 a.m. Great Falls Assisted Living, 1121 Reston Ave., Herndon. Improve one's quality of life and prevent falls. With Dr. Tino Vilches on medication management and Drs. Gordon Culp and Joan Gillard on vision. Light refreshments served. Reserve at 703-421-0690 or 703-475-3044.

Bereavement Workshop: "Journey through Grief." 2 p.m. Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Registration required at 703-941-7000 or www.havenofnova.org.

THURSDAY/MAY 26

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

Greater Reston Chamber of Commerce Legislative Series. 8 a.m. Dominion Virginia Power, 3072 Centreville Road, Herndon. "Redistricting: How it will affect your business for the next 10 years." With Senator Janet Howell (D-32nd District) and Delegate Ken Plum (D-36th District). andrap@restonchamber.org.

Committee for Dulles: Rail to Dulles and Beyond. 7:30-11:30 a.m. Executive Conference Training Center, 22685 Holiday Park Drive, Dulles. An update on Loudoun County's planning for rail, new detailed descriptions of projects in the works, and a discussion of the challenges and opportunities that await. \$50. 703-430-8749.

SUNDAY/MAY 29

Alzheimer's Caregiver Support Group. 6 p.m. Sunrise of Reston, 1778 Fountain Drive, Reston. 703-956-8934.

THURSDAY/JUNE 2

Herndon Farmer's Market. 8 a.m.-12 p.m. Lynn Street in downtown Herndon. Thursdays through Oct. Seasonal fruits, vegetables, flowers, meats, eggs, jams, plants and baked goods. All items are homegrown or baked by the vendors at the market. www.herndon-va.gov or 703-787-7380.

FRIDAY/JUNE 3

Auditions for Master Singers of Virginia. Ashburn. Singers should be prepared to perform a familiar tune without accompaniment. The audition will include exercises on tonal memory and ability to blend vocally. Contact manager@msva.org or 703-829-6782 to schedule an audition.

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SPORTS

South Lakes, Fairfax Conclude Regular Season Baseball Schedule

Seahawks' six seniors honored before Liberty District game.

BY RICH SANDERS
THE CONNECTION

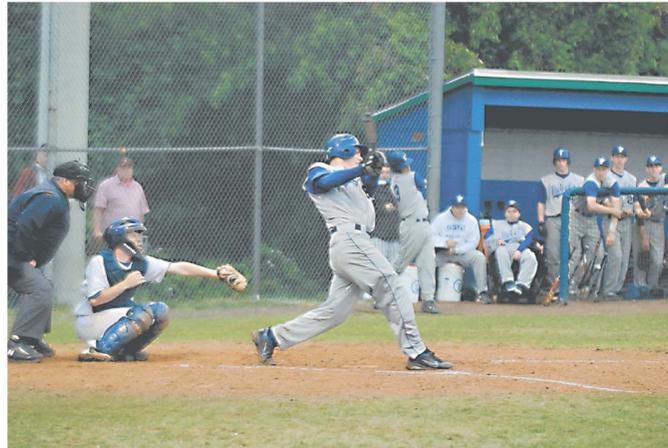
Standout pitcher Joe Vanderplas and his Fairfax High teammates are playing their best baseball at the perfect time. The Rebels have struggled throughout much of the spring season but, with Vanderplas on the mound last Friday night, concluded the regular season schedule with a convincing 12-3 Liberty District road win at South Lakes High in Reston. It was the third straight win for Fairfax, which entered this week's district tournament with a 9-11 overall record and as the No. 4 seed.

South Lakes, which entered districts as the No. 7 seed, closed the regular season with a tough seven-game losing streak and entered the postseason with a 5-15 record. In order to qualify for the upcoming 16-team Northern Region tournament, South Lakes must win two district tournament games - a district play-in game as well as a quarterfinals-round game.

But at playoff time, anything can happen. Seahawks coach Galvin Morris, going into the postseason, was not about to sell his underdog team's chances short of surprising some people. South Lakes has some solid starting pitchers in seniors John Beck and Will Sweet, who are capable of pitching lights out ball when on top of their games. Also, a line-up that features standout hitters such as senior center fielder Wilfredo Corps-Ortiz, third baseman Billy McLaughlin and outfielder Ryan Forrest could break out for a few big games at districts.

But in Friday's regular season finale, the host Seahawks, celebrating their Senior Night, were going up against one of the region's top pitchers in Vanderplas, a left-hander who has accepted a scholarship to pitch at the University of Tennessee next school year.

Although Vanderplas, an outstanding wrestler for Fairfax the past several winters, struggled with his control early on against South Lakes, he got into a groove after a tough first inning and gave Fairfax a strong, although brief outing. The southpaw, who has a good fastball and stellar off speed pitches, pitched 3-2/3 innings, allowing three runs (2 earned) and four hits with six strikeouts. The abbreviated outing, meant to conserve Vanderplas for this week's districts, was nothing great from a statistical perspective. But following a bumpy first inning in which he threw 10 straight balls to start his night, Vanderplas got into his



With catcher Austin Schweppe behind the plate for South Lakes, Fairfax High's Joseph Vanderplas swings at a pitch.

rhythm and threw like a front-line pitcher against a good South Lakes batting line-up that showed patience and scrapped for a few early runs.

"He's got some good stuff and he's a competitor," said Morris, the South Lakes coach, of Vanderplas. "I think he takes that wrestling mentality to the mound. I can see that one-on-one [mindset]."

Rick Freeman, the Fairfax High coach, said Vanderplas has been a pitching force throughout the season for the Rebels. "He's pitched extremely well and he's been the man on the mound for us," said Freeman, who is in his first year of a second stint as head coach of Fairfax baseball. The skipper was at the helm of the Rebels from 1999-2007 before being coaching at Flint Hill School from 2008-10.

Fairfax junior right-hander Kyle Walsh entered the game with two outs in the fourth inning to relieve Vanderplas and did a nice job over 2-2/3 innings of scoreless ball to earn the win. Sophomore Brandon Ginch was the third Rebels' pitcher used on the night, recording the game's final two outs in the seventh.

SOUTH LAKES jumped out of the gate with two runs in the bottom of the first inning to take a 2-0 lead. The Seahawks, who defeated Fairfax in the two teams' first meeting, 5-2, on April 14, were selective during that first inning as Vanderplas attempted to harness a fastball that initially could not find its way into the strike zone.

Leadoff batter Corps-Ortiz (1 hit, 1 walk) and No. 2 hitter Sweet both walked on four straight pitches. Next, McLaughlin hit a ball into the outfield which resulted in an error and loaded the bases. That brought up junior second baseman Nick Beaulac, who

lofted a high, fly ball into right field. The ball, on the dreary, rain-drizzling evening, carried and landed at the base of the fence. Two runs scored on the extra base hit and the Seahawks still had runners on second and third with no outs.

But Vanderplas then seemed to put things together. He struck out the next two batters before hitting South Lakes catcher Austin Schweppe with a pitch to load the bases with two outs. But he struck out the next batter and Fairfax was finally out of the rocky first inning, trailing 2-0.

Fairfax then put together a four-run inning off Sweet, a right-hander who was hurt by three South Lakes errors in that sloppy second inning. Vanderplas and Tyler Lescure both hit singles to start the big inning. Later in the inning, after Fairfax had scored three unearned runs, shortstop and No. 3 batter Sean Ranson knocked an RBI single into right field to put his team ahead 4-2.

South Lakes got within 4-3 with a two-out rally in the third inning. With two outs, Forrest (1 hit, 2 walks) hit a sizzling groundball off of Vanderplas for a single. Vanderplas, who was struck in the lower leg/foot on the batted ball, took a moment to gather himself before pitching to the next batter, sophomore first baseman Austin Gibbons, who grounded an RBI single into right field before being thrown out trying to go to second by Fairfax right fielder Dylan Lescure for the final out. But the run counted and South Lakes was within 4-3.

Fairfax began taking control of the game in the fourth inning by scoring three times and knocking out starter Sweet. Singles by Walsh (2 hits), Sam Weaver (2 runs), and leadoff hitter Mitch Ardinger, who reached base three times, made it 5-3 Fairfax.

Ginch, with Sweet now out of the game,



South Lakes senior pitcher Will Sweet was on the mound for the Seahawks during their Senior Night game against visiting Fairfax last Friday night.

then hit a high, fly ball over the left field fence for an apparent three-run homer. But a base-running mishap, as the Fairfax players were rounding the bases, resulted in the umpire ruling that Ginch had to return to first base. The official scoring was a two-run single. Nonetheless, by the end of the inning, Fairfax held a 7-3 lead.

Later in the game, Fairfax added a run in the sixth inning and four more in the seventh, the big hit of that final inning being an opposite field, two-run home run over the left field fence by left-handed hitting Vanderplas, who reached base in all four of his plate appearances. It was his second home run of the year, the first having come in a game versus Madison.

"It felt really good," said Vanderplas, of the round-tripper against South Lakes. "I'd been having some trouble at the plate lately."

In South Lakes' final at-bat, Fairfax backup third baseman Kyle Rohlfing, a sophomore, made a leaping catch off a sizzling liner hit by McLaughlin for the first out of the inning. South Lakes did not score in that final inning and Fairfax was the 12-3 winner.

SOUTH LAKES celebrated its Senior Night festivities prior to Friday's game with each of the Seahawks' six seniors being introduced, along with family members. Those Seahawks who were honored were: Wilfredo Corps-Ortiz, Taylor Gose, John Beck, David Odlen, Wesley Casson, and Will Sweet.

"Will is the last 'Sweet' to go through the program," chuckled coach Morris, who coached Will's two older brothers in past years.

RESTON CONNECTION SPORTS EDITOR RICH SANDERS
703-224-3031 OR RICHSANDS@AOL.COM

PHOTOS BY CRAIG STREIBITZEL/THE CONNECTION

NEWS

Celebrating Arts in Reston

Fine Arts Festival returns Saturday, Sunday.

The Greater Reston Arts Center (GRACE) has announced the artist line-up for the 20th Annual Northern Virginia Fine Arts Festival taking place May 21-22 from 10 a.m. to 6 p.m. at Reston Town Center: 220 of the nation's most accomplished artists, from across the U.S., will showcase their hand-crafted, one of a kind works of art from 17 categories including; 2D & 3D, Mixed Media, Ceramics, Decorative Fibers, Drawing and Pastels, Furniture, Glass, Jewelry, Leather, Metal, Oil & Acrylic Painting, Photography, Printmaking, Sculpture, Watercolor, Wearable Art, and Wood.

This year a record number, more than 1,000, of artists from across the U.S. and internationally, submitted applications. Each year the festival jurors are only able to select 220 artists to participate in the largest fine arts festival in the D.C. Metro area. There are many talented artists such as: Ann Barbieri, Paul Germain, Ginny Herzog, and Connie Slack who are long timers of the festival spanning the full 20 years. In addition to returning artists, there are 59 new artists who are exhibiting at the Festival for the first time. Some notable new additions are Diaga Henson, Robert Flowers, Alison Palmer, and Rita Troller. Forty local artists will represent the D.C. Metro region. They include: Wiwat Kamolpornwijit, Matthew Parker, Huguette Roe, and Andrew Zimmermann, who is also featured as one of three solo artists currently on exhibition in the Greater Reston Arts Center gallery. The complete listing of artist profiles is available at: <http://www.northernvirginiafineartsfestival.org/faf2011/artistList.php>.

GRACE INSIDE, OUT AND ALL AROUND IN THE CHILDREN'S ART TENT

Get a taste this year of the many programs offered by GRACE in the Children's Art Tent. Children can explore, discover and create fun, wonderful art with activities such as: Chagall "stained glass" creations from the Art in the Schools program, the ever popular design your own birthday party paper bag hat, Explore More Art Buckets, jewelry making, self portrait masterpieces, or participate in the colorful community mural. Local radio station Mix 107.3 is a returning sponsor of the Children's Art Tent and will be on site Saturday, May 21 (10 a.m.-2 p.m.) to take



Thousands of area residents browse a variety of arts by over 200 artists during the annual Reston Fine Arts Festival on May 16-17, 2009.

part in the activities and provide prize giveaways. The Children's Art Tent is open 10 a.m. to 5 p.m., Saturday and Sunday and is free to all.

This is the largest, top-rated, juried Fine Arts Festival in the Washington Metropolitan region, attracting more than 50,000 art enthusiasts, and providing an interactive experience to view and purchase original art directly from the creating artists.

GRACE will kick off the weekend festivities with a "First Look" Preview Night Party on Friday, May 20, from 6:30-9:30 p.m. presented by Fidelity Investments and emceed by ABC7/WJLA-TV reporter Natasha Barrett. The event is open to art lovers, sponsors, media, and donors. Tickets are limited.

A complete listing of Festival activities, preview party details and sponsors are listed at <http://www.northernvirginiafineartsfestival.org/>.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION



Photography by Savannah artist Emerson Matabele was just one of over 200 artists that had work on display during the annual Reston Fine Arts Festival on May 16-17, 2009.

Website: <http://www.northernvirginiafineartsfestival.org/>

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- Thursday 5/26/11: Sanford Markley 8pm-12am
- Friday, 5/27/11: Brian Frank 9:30pm-1:30am
- Saturday, 5/28/11: Hall Vote 9:30pm-1:30am

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* By readers of the *Virginia Gazette* 2007-2009



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WEEK IN RESTON

FROM PAGE 2

Town Center Pavilion, 6:30-9 a.m. Bicycling is a pollution-free, low-cost, fun way to get to work. Prizes will be given to registered participants. Food and drinks will be provided by area sponsors. For more information or to register visit www.waba.org.

Tennis Tournaments Serve a Cause

Tennis Serves a Cause will host two tournaments in Reston this summer. The first tournament, featuring men's and women's clay court doubles in a compass draw format, is called Raise a Racquet for Kids.

All proceeds benefit the children of Reston Interfaith and the Laurel Learning Center. The tournament is open to all levels and will be played Friday, June 3 through Sunday, June 5, at the North Hills Clay Courts.

The cost is \$40 per team and all teams are guaranteed at least two matches. Register online by June 1 at www.active.com and choose "Tennis in and around Reston."

The Rally for a Cause tournament is for players that prefer hard courts. All proceeds from this tournament will benefit the American Cancer Society. This men's and women's play offers single and doubles in a compass draw format.

It will be held from Friday, June 24 through Sunday, June 26, at Lake Newport hard courts. The cost for these tournaments

is \$35 for singles and \$40 for doubles. Register online by June 20 at www.active.com and choose "Tennis in and around Reston."

Reston Tennis Serves a Cause is the first of its kind in the community. There is no pressure to win and both events are open to everyone in the greater Washington, D.C. area.

Non-players can become a sponsor or donate prizes. To learn more, contact rtadvisorycomm@yahoo.com

One Arrest, Seven Summonses at Sobriety Checkpoint

Fairfax County police officers from around the county conducted a sobriety checkpoint to deter and apprehend intoxicated drivers on Friday, May 13 from 11:30 p.m. until 2:30 a.m. Saturday. All motorists were stopped and drivers were checked to assure that their abilities to drive had not been impaired by alcohol or drugs.

Approximately 695 motorists passed through the checkpoint in the northbound lanes of the Fairfax County Parkway near the intersection of Walnut Branch Road. One arrest was made for DWI; seven summonses were issued for miscellaneous traffic offenses and two people were charged with minor criminal offenses.

Ten auxiliary officers and eight police officers participated in this operation.



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ENTERTAINMENT

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

THURSDAY/MAY 19

Book Discussion. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Plague of Doves by Louise Erdrich. Adults. 703-242-4020.

"Les Misérables." 7 p.m. Thomas Jefferson High School for Science and Technology, 6560 Braddock Road Alexandria. Imprisoned for stealing a loaf of bread, Jean Valjean becomes an honest man and mayor of a prosperous town, but violates his parole. Snacks inspired by the musical sold before and after the show. \$10. makhatcheres@fcps.edu.

FRIDAY/MAY 20

Northern Virginia Fine Arts Festival Preview. 6:30 p.m. College Board, 9th Floor, 11955 Democracy Drive, Reston. Art auction and preview. Honorary chairman, Sharon Bulova. Refreshments included. \$75 per person. 703-471-9242.

Student Art Show. 5-8 p.m. The Auburn School, 13525 Dulles Technology Drive, Suite 101, Herndon. Live music, refreshments and more. 703-793-9353 or www.theauburnschool.org.

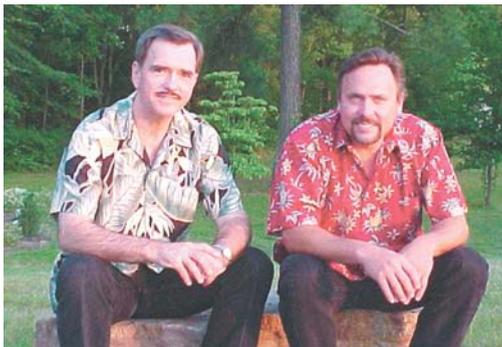
SATURDAY/MAY 21

20th Northern Virginia Fine Arts Festival. 10 a.m.-6 p.m. Reston Town Center, 12001 Market St., Reston. With over 220 artists, showcasing works in ceramics, decorative fibers, drawing and pastels, furniture, glass, jewelry, leather, metal, painting, photography, printmaking, sculpture, wood and more. Children's Art Tent, 10 a.m.-5 p.m. Free admission. www.northernvirginiafineartsfestival.org.

Creative Life: Writing and Illustrating for Children. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Cosponsored by the Society of Book Writers and Illustrators - Mid-Atlantic. Adults. 703-689-2700.

Voce Chamber Singers. 7:30 p.m. St. John Newmann Church, 11900 Lawyers Road, Reston. "Flower Songs", directed by Ken Nafziger. \$8-\$25. 703-277-7772 or www.voce.org.

Walk for Hope 3-mile & 1-mile Walkathon. 8 a.m. Connections for Hope, 13525 Dulles Technology Drive, Suite 103, Herndon. Proceeds benefit Connections for Hope, Jeanie



The Weekend Bluegrass Concert Series presents Jimmy Gaudreau and Moondi Klein on Saturday, May 28 at 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road in Herndon. Vocals and instrumentals by two legends of bluegrass music. Tickets are \$15. www.jimmyandmoondi.com.

Schmidt Free Clinic, Just Neighbors, Reston Interfaith, Literacy Council of Northern Virginia and Vecinos Unidos Neighbors United. \$15-\$40. 703-793-9521 or www.connectionsforhope.org.

Yard Sale. 8 a.m.-12 p. Trinity Presbyterian Church, 651 Dranesville Road, Herndon. Clothes, household items, furniture, crafts and more. Proceeds will be used to send 35 youth to a week of service in York, Pa. and Middletown, Ohio. office@trinityherndon.org.

Hunter Mill Backyard Earth Fest. 11 a.m.-3 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Hourly geocaching adventures, a look at Virginia's first hybrid trash truck, scavenger hunt and eco-friendly crafts. Live entertainment by the Reston Teen House Band and the Noon Tzu Chi Foundation. Admission free. Food available for purchase, wagon rides \$3 and the antique carousel \$1.75. 703-437-9101.

SUNDAY/MAY 22

Mighty Moms & Daughters. 10 a.m. Artistree Studio, 1141 Elden Street #218, Herndon. Chair massages, treats and making art. For mothers and 9-12 year-old daughters. \$75 per mother/daughter pair. mightygirlart.blogspot.com.

Voce Chamber Singers. 7:30 p.m. St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. "Flower Songs", directed by Ken Nafziger. \$8-\$25. 703-277-7772 or www.voce.org.

20th Northern Virginia Fine Arts Festival. 10 a.m.-6 p.m. Reston Town Center, 12001 Market St., Reston. With over 220 artists, showcasing works in ceramics, decorative fibers, drawing and pastels, furniture, glass, jewelry, leather, metal, painting, photography, printmaking, sculpture, wood and more. Children's Art Tent, 10 a.m.-5 p.m. Free admission. www.northernvirginiafineartsfestival.org.

MONDAY/MAY 23

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for

non-native speakers. Adults. 703-242-4020.

TUESDAY/MAY 24

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.

Mystery Writers Salon. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local mystery writers talk about their books and the writing life. Adults. 703-689-2700.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Adults. 703-242-4020.

Sarah McQuaid. 7:15 p.m. The Folk Club of Reston-Herndon at The Tortilla Factory, 648 Elden Street, Herndon. Singer, songwriter and guitarist. \$11, \$10 members. DAHurdSr@cs.com, www.sarahmcquaid.com or 703-435-2402.

WEDNESDAY/MAY 25

Happy Birthday, Library! Preschool Storytime. 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories and rhymes celebrating the Herndon Fortnightly Library's birthday. Age 2-5 with adult. 703-437-8855.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities. Age 2-3 with adult. 703-242-4020.

One-on-One Computer Tutoring. 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Adults. 703-242-4020.

SATURDAY/MAY 28

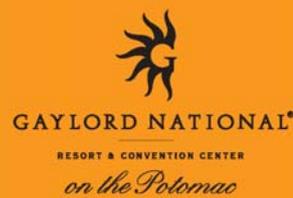
Weekend Bluegrass Concert Series: Jimmy Gaudreau and Moondi Klein. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Vocals and instrumentals. \$15. www.jimmyandmoondi.com.



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What The Future Holds

Students pursue college and careers after high school.

BY JULIA O'DONOGHUE
THE CONNECTION

Sarah Locke applied to Howard University, George Mason University and a few other colleges. In the end, however, she just couldn't see herself going anywhere besides The United States Military Academy, better known as West Point.

"I also looked into R.O.T.C or enlisting but this seemed like a better deal to me. I like the structure," said Locke.

West Point is not for the faint of heart. The academy is highly competitive, with just a 12.65 percent acceptance rate.

Out of the 1,300 people who start out each academy class, only 1,000 or so will make it through the four-year program, according to its website.

Just 10 days after her graduation from high school, Locke will have to report on June 27 for the beginning of Cadet Basic Training at West Point, also called "Beast Barracks."

Women tend to outnumber men in higher education, but West Point is an exception to that rule. Females usually make up just 15 percent of the cadets in each class, according to the academy's website.

Locke said she was inspired by her mother, an African American who was among the first 62 women to graduate from West Point in 1980.

Pat Walker Locke was already in the U.S. Army as an enlisted soldier when West Point opened its doors to women in the late 1970s. At the time, Pat Locke — who was from inner city Detroit — had never heard of West Point, but her battalion leader had encouraged her to apply for a slot at the school.

"There are more women there now than when we were there ... and people are trying to help you instead of keep you out," said Pat Locke, who is extremely pleased to see her own daughter attending the service academy.

"She was so excited. She was running around the house dancing when I got the letter," said Sarah Locke, who attends Mount Vernon High School.

NORTHERN VIRGINIA typically sends a large cohort of students to the military service academies each year.

Virginia's 11th congressional district, which includes Fairfax and Prince William counties, had 49

2011 University of Virginia Acceptances By High School



The following data are based on information provided by the University of Virginia's Office of Institutional Assessment, Fairfax County Public Schools, Arlington County Public Schools and the City of Alexandria.

| School | Number of Students Accepted To UVa. | Number of Seniors (April 2011) | Percentage of Seniors Accepted To UVa. |
|--------------------------------|-------------------------------------|--------------------------------|--|
| Thomas Jefferson High School | 223 | 425 | 52.4% |
| H.B. Woodlawn High School | 16 | 93 | 17.2% |
| McLean High School | 50 | 406 | 12.3% |
| James Madison High School | 53 | 454 | 11.6% |
| South Lakes High School | 37 | 357 | 10.3% |
| Marshall High School | 25 | 286 | 8.7% |
| Lake Braddock Secondary School | 51 | 588 | 8.7% |
| Langley High School | 41 | 487 | 8.4% |
| Oakton High School | 44 | 532 | 8.2% |
| Robinson Secondary School | 50 | 624 | 8.0% |
| Fairfax High School | 39 | 496 | 7.8% |
| Centreville High School | 39 | 507 | 7.7% |
| Washington-Lee High School | 33 | 431 | 7.6% |
| West Potomac High School | 32 | 422 | 7.5% |
| Yorktown High School | 31 | 444 | 6.9% |
| West Springfield High School | 32 | 525 | 6.1% |
| South County Secondary School | 25 | 442 | 5.6% |
| Chantilly High School | 32 | 587 | 5.4% |
| Westfield High School | 35 | 669 | 5.2% |
| Herndon High School | 21 | 450 | 4.6% |
| T.C. Williams High School | 29 | 632 | 4.5% |
| Lee High School | 18 | 399 | 4.5% |
| Edison High School | 16 | 370 | 4.3% |
| Annandale High School | 23 | 557 | 4.1% |
| Wakefield High School | 12 | 291 | 4.1% |
| Hayfield High School | 16 | 443 | 3.6% |
| Mount Vernon High School | 6 | 346 | 1.7% |
| Falls Church High School | 5 | 300 | 1.6% |
| Stuart High School | 0 | 305 | 0% |
| Woodson High School | 0* | 449 | 0%* |

* The University of Virginia sent data to The Connection Newspapers that indicated no students were accepted into as freshman into its undergraduate program from Woodson High School this year. Members of the Woodson community have said this is not the case, pointing to at least six students who have reported they will attend the school in the fall.

students accepted to academies in 2011, the most of any congressional district in the country. Virginia's 10th congressional district, which includes northern and western Fairfax County, ranked second in the number of students attending military academies next year.

Several of the students attending one of the academies next year have a family connection to the military already.

"I was influenced by my dad, who is over in Iraq right now," said Jason Ko, a Robinson Secondary School senior who will be attending West Point next year.

In Fairfax County, the number of students attending service academies also appears to be on the rise. In 2005, a total of 40 students from Fairfax County Public Schools attended the five academies. By 2009, that number had increased to 54.

"That is just the kind of lifestyle that is appealing to me," said Lisa Marie Junta, a Springfield resident who is a senior at Thomas Jefferson High School for Science and Technology.

Perhaps it shouldn't be surprising that Northern Virginia high school students interested in joining the military would pursue a career through a service academy that provides a college education.

A much larger percentage of Northern Virginia high school students attend four-year colleges in general. Last year, more than 60 percent of high school graduates in Arlington and Fairfax counties enrolled in four-year college programs, compared to just 46 percent of Virginia high school graduates overall.

Graduates from the Fairfax County Public Schools overwhelmingly choose to go to school within the commonwealth, which rivals California as having the best public higher education in the country. In 2009, 75 percent of Fairfax high graduates attending college choose to enroll in the Virginia school, according to a school system report.

U.S. News and World Report regularly ranks the University of Virginia and College of William & Mary among the top 10 public undergraduate programs in the United States. The schools' stellar reputation has been double-edged sword however, creating an incredibly competitive admissions environment in which several high-achieving Northern Virginia students are vying for admission.

Steep Competition

This year, the University of Virginia saw record-breaking 24,005 applications for its freshman class. William and Mary had 12,820 applications, according to a New York Times database.

The commonwealth's most prestigious universities ended up with similar admission rates of 32.2 percent and 34.6 percent respectively. Private colleges such as Carnegie Mellon (30.4 percent), Connecticut College (31.5 percent) and The George Washington

University (32 percent) have comparable admission rates.

STILL, several Northern Virginia families complain about their children's ability to get admitted to the commonwealth's top tier schools. At three Fairfax high schools, fewer than 10 students were admitted to UVa. this year, according to data released by the university.

Yet UVa's own data also shows that students applying from Northern Virginia localities were accepted at higher rate than average. The school acceptance rate for applications from Fairfax County (45 percent), Arlington County (43.1), City of Alexandria (40.1 percent) and the City of Fairfax (39.5 percent) was much more generous than the normal 32 percent.

In fact, it is often the next tier of Virginia public schools where students face more trouble getting accepted than average applicant.

For example in 2009, Fairfax County Public Schools reported that the school system's graduates were often accepted at a lower rate than the average applicant to George Mason University (59.5/63.3), James Madison University (50.2/59.3) and Virginia Tech (51.1/66.7).

One reason that the Northern Virginia community may perceive a shortage of slots at the commonwealth's most selective college, UVa., is because a large share of the students admitted come from one school, Thomas Jefferson High School for Science and Technology.

Nearly 18 percent of all the students admitted to UVa. from Fairfax and Arlington this year attend Thomas Jefferson. The university accepted 223 Jefferson students into its freshman class next year, which is more than half of the number of students in Jefferson's 425-person senior class. The next largest cohort of accepted students came from the Maggie L. Walker Governor's School in Richmond, where 75 seniors were admitted. Madison High School in Vienna was next, with 53 students.

A fair number of Jefferson graduates choose to attend UVa. Ninety-three students in the 2010 freshman class came from Jefferson, according to the university.

But some parents believe

SEE PURSUING, PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM

Pursuing College, Careers

FROM PAGE 14

Jefferson students are also more likely to get into other prestigious schools that it is difficult for students from base high schools to access.

From 2005-2009, Fairfax schools sent approximately 100 of its students to Ivy League universities every year, less than one percent of the number of seniors than normally apply to college.

Out-of-State Decisions

Despite the strong reputation of the Virginia's public universities, many Northern Virginia students still decide to go out of state for school.

Fairfax graduates who are going outside the commonwealth tend to stay close by, according to a school system report.

The popular destinations for seniors include Pennsylvania, North Carolina and New York in 2008 and 2009. West Virginia University (95 students), Pennsylvania State University (73 students) and East Carolina University were the most popular out of the state schools two years ago.

Some Fairfax seniors may also need to go outside of Virginia to get what they need. For example, one of the most popular out-of-state schools for Fairfax residents is Brigham Young University, the flagship college of the Mormon Church in Utah.

Forgoing College Altogether

Several students also decided a four-year college is not the right choice for them, even in a highly-educated community like Northern Virginia.

Beth Clapsaddle is one of the 30 percent of Fairfax County students that has decided to pursue an associate's degree instead of a traditional four-year college. She has won two scholarships to the New York Conservatory for the Dramatic Arts, where most of her classmates will either have already attended college or worked professional in the performing arts world already.

"I know it sounds silly but I really want to be on Saturday Night Live. I want to become part of Second City in Chicago," said Clapsaddle, who has been active in the theater and music departments at West Springfield High School.

The New York City-based program will take two years, during which Clapsaddle will live on her own, since there are no student dorms connected to the conservatory.

The high school senior said her parents have been surprisingly supportive of her decision to forego college, though it may have helped that she landed a scholarship to a well-known prestigious arts program.

"I told them that I would really be excited to go away to college," she said.

High School Is The End of The Line

Though Northern Virginia has a higher-than-average rate of students attending four-year and two-year college programs, there are also a fair number of students for whom education stops after high school.

"I want all kids who can excel to the highest level to get to highest level but not all of our students are going to go to college," said School Board Member Brad Center (Lee). Center said one of his own son's is considering going into automobile repair, which would require some more school but not college-level coursework.

"I do want all kids to get some kind of education after k-12 but it doesn't need to be college," said Center.

Yet students who are Black or Hispanic in Northern Virginia are much more likely to graduate high school with "no plans" for further education — including trade school or apprenticeship programs.

While only 11.7 percent of all Arlington County students graduate high school with no plans, 17.4 percent of its Black students and 18.6 percent of its Hispanic students fall into that category. And only 38 percent of Hispanic students and 53 percent of Black students that graduated from Arlington high schools last year planned to attend a four-year college.

In Fairfax County, the situation is similar. Eleven percent of Hispanic students and 7.3 percent of Black students who graduate from high school have "no plans" for pursuing higher education. Hispanic (26.5 percent) and Black (48.1 percent) students are also far less likely to be attending a four-year university or college.



PHOTOS BY DEB COBB/THE CONNECTION

Some of the girls from Lake Anne Elementary School's Girls on the Run team prepare to run in the May 15 Girls on the Run of Northern Virginia 5K at George Mason University's Fairfax Campus.

Girl Power!

Girls on the Run 5K celebrates healthy eating, fitness.

BY JEANNE THEISMANN
THE CONNECTION

Months of training paid off as thousands of young girls from throughout the region — accompanied by running buddies, parents and friends — took to the streets of George Mason University May 15 for the Girls on the Run of Northern Virginia 5K race.

"This is an incredible event," said celebrity chef Spike Mendelsohn, who ran the race alongside 7,500 other participants. "There is such a happy vibe here and it's exciting to be a part of it."

Also participating in the race, which drew an additional 2,600 spectators to the GMU campus, were local politicians and dignitaries.

GOTR of Northern Virginia is a non-profit organization that uses running as a mentoring tool to educate young girls on self-esteem and healthy eating and lifestyle choices. The 10-week program, which currently serves more than 6,500 girls in 200 schools, combines lessons that help adolescent girls in grades 3 through 8 build confidence and develop healthy lifestyles with training for a 5K race.

"These amazing girls are the future powerhouses of our nation," said Mendelsohn, who works closely with First Lady Michelle Obama and the Let's Move healthy eating initiative in schools. "We need to start teaching healthy eating and lifestyle choices at a young age and this organization perfectly complements that."

The 3.1-mile race, sponsored by United Healthcare, Inova Hospital, Verizon, Running Brooke, Washington Gas and George Mason University, ended with a finish line festival that included rock music provided by Studio Rock of Northern Virginia, hair coloring and healthy food



PHOTOS BY JEANNE THEISMANN/THE CONNECTION

More than 7,500 Girls on the Run participants take to the streets of the campus of George Mason University during Sunday's 5K race.

and training booths. "This gives a whole new meaning to the term 'running for office,'" laughed Del. David Bulova (D-37) following the race. "I wish everyone could experience this because there is nothing more inspiring than seeing what these young girls have accomplished out here today."

For more information on Girls on the Run, visit www.girlsontherunofnova.org.

OPEN HOUSES

SATURDAY/SUNDAY, MAY 21 & 22



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411 W. Broad Street.....\$319,850.....Sun 1-4....Troy Sponaugle...Samson Properties... 703-408-5560

Great Falls

991 Falls Ct.....\$1,395,000.....Sun 1-4.....Eileen Dubose.....National Realty... 703-403-6030

Herndon

12007 Meadowville Ct.....\$754,900.....Sun 1-4.....Karin Ebner.....Weichert... 703-899-7952

2713 Viking Dr.....\$499,900.....Sun 1-4.....Tony Yeh...United Realty, Inc... 202-257-0830

McLean

1707 James Payne Cir...\$1,289,000.....Sun 2-4.....JD Callander.....Weichert... 703-606-7901

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10816 Oldfield Drive.....\$509,900.....Sun 1-4.....Debbie Kent.....Cottage St. Realty... 571-276-0430

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21927 Thompson Sq.....\$324,900.....Sun 1-4.....Photini Riner.....Weichert... 703-606-1878

45607 Grand Central Sq. . \$335,000.....Sun 1-4.....Nilsa Rivas.....Weichert... 917-294-2546

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HOME SALES

In April 2011, 97 Reston homes sold between \$1,115,000-\$113,265.

| Address | BR | FB | HB | Postal | City | Sold Price | Type | Lot | AC | Subdivision |
|-----------------------------|----|----|----|--------|--------|-------------|---------------------|------|----|---------------------------|
| 11990 MARKET ST #1012 | 3 | 3 | 0 | | RESTON | \$1,115,000 | Hi-Rise 9+ Floors | | | MIDTOWN AT RESTON TOWN |
| 11104 CHESSINGTON PL | 5 | 5 | 2 | | RESTON | \$1,100,000 | Detached | 0.24 | | HUNTERS END |
| 1389 CAMERON HEATH DR | 5 | 4 | 1 | | RESTON | \$1,045,000 | Detached | 0.22 | | HUNTERS END |
| 11195 LONGWOOD GROVE DR | 6 | 5 | 1 | | RESTON | \$920,000 | Detached | 0.34 | | RESTON |
| 2020 BEACON HEIGHTS DR | 3 | 3 | 2 | | RESTON | \$860,000 | Townhouse | 0.08 | | RESTON |
| 11414 NIGHT STAR WAY | 4 | 3 | 1 | | RESTON | \$825,000 | Detached | 0.26 | | RESTON |
| 1124 ROUND PEBBLE LN | 4 | 3 | 1 | | RESTON | \$820,000 | Detached | 0.56 | | RESTON |
| 1964 BARTON HILL RD | 5 | 3 | 1 | | RESTON | \$805,000 | Detached | 0.49 | | RESTON |
| 2643 WILD CHERRY PL | 5 | 4 | 1 | | RESTON | \$740,000 | Detached | 0.39 | | FOX MILL WOODS |
| 11776 STRATFORD HSE PL#1206 | 2 | 2 | 0 | | RESTON | \$710,000 | Hi-Rise 9+ Floors | | | STRATFORD |
| 2045 BEACON PL | 4 | 3 | 1 | | RESTON | \$700,000 | Detached | 0.11 | | RESTON |
| 2031 BEACON PL | 4 | 3 | 1 | | RESTON | \$662,000 | Detached | 0.14 | | RESTON |
| 2106 SOUTH BAY LN | 3 | 2 | 1 | | RESTON | \$650,000 | Detached | 0.13 | | RESTON |
| 1260 LAMPLIGHTER WAY | 4 | 3 | 1 | | RESTON | \$625,000 | Detached | 0.12 | | RESTON |
| 12647 THUNDER CHASE DR | 5 | 2 | 2 | | RESTON | \$599,999 | Detached | 0.24 | | POLO FIELDS |
| 11453 HOLLOW TIMBER CT | 3 | 3 | 1 | | RESTON | \$585,000 | Townhouse | 0.06 | | RESTON |
| 11776 STRATFORD HSE PL#106 | 2 | 2 | 0 | | RESTON | \$560,000 | Hi-Rise 9+ Floors | | | STRATFORD |
| 1830 FOUNTAIN DR #801 | 2 | 2 | 0 | | RESTON | \$545,000 | Hi-Rise 9+ Floors | | | PARAMOUNT |
| 1320 PARK GARDEN LN | 3 | 2 | 2 | | RESTON | \$540,000 | Townhouse | 0.06 | | WINDSOR PARK |
| 11776 STRATFORD HSE PL#501 | 2 | 2 | 0 | | RESTON | \$530,000 | Hi-Rise 9+ Floors | | | STRATFORD |
| 1682 MOORINGS DR | 4 | 3 | 1 | | RESTON | \$520,000 | Townhouse | 0.07 | | RESTON |
| 1554 DEER POINT WAY | 2 | 3 | 1 | | RESTON | \$520,000 | Townhouse | 0.05 | | RESTON |
| 2341 PADDOCK LN | 5 | 2 | 1 | | RESTON | \$510,000 | Detached | 0.33 | | RESTON |
| 11406 RUNNING CEDAR RD | 4 | 2 | 1 | | RESTON | \$510,000 | Detached | 0.32 | | RESTON |
| 1657 CEDAR HOLLOW WAY | 4 | 3 | 1 | | RESTON | \$510,000 | Detached | 0.25 | | RESTON |
| 1932 CRESCENT PARK DR | 3 | 2 | 1 | | RESTON | \$503,000 | Townhouse | | | LINCOLN PARK |
| 11776 STRATFORD HSE PL#105 | 2 | 2 | 0 | | RESTON | \$500,000 | Hi-Rise 9+ Floors | | | STRATFORD |
| 10803 WINTER CORN LN | 4 | 3 | 0 | | RESTON | \$495,000 | Detached | 0.40 | | RESTON |
| 11619 CHAPEL CROSS WAY | 3 | 3 | 1 | | RESTON | \$495,000 | Townhouse | 0.07 | | RESTON |
| 2069 COBBLESTONE LN | 3 | 2 | 2 | | RESTON | \$490,000 | Detached | 0.08 | | RESTON |
| 11403 HERITAGE OAK CT | 3 | 2 | 2 | | RESTON | \$457,000 | Townhouse | 0.04 | | RESTON |
| 2310 ROSEDOWN DR | 4 | 2 | 1 | | RESTON | \$455,000 | Detached | 0.47 | | STRATTON WOODS |
| 12001 MARKET ST #414 | 2 | 2 | 1 | | RESTON | \$450,000 | Garden 1-4 Floors | | | MARKET ST TOWN CENTR |
| 1394 PARK GARDEN LN | 3 | 3 | 1 | | RESTON | \$450,000 | Townhouse | 0.03 | | BALDWIN GROVE |
| 12348 COLERAINE CT | 5 | 2 | 1 | | RESTON | \$421,000 | Detached | 0.46 | | STRATTON WOODS |
| 1821 WAINWRIGHT DR | 3 | 2 | 1 | | RESTON | \$415,000 | Townhouse | 0.03 | | RESTON |
| 11744 INDIAN RIDGE RD | 4 | 2 | 1 | | RESTON | \$411,000 | Townhouse | 0.05 | | RESTON |
| 1332 SUNDIAL DR | 3 | 2 | 1 | | RESTON | \$408,700 | Townhouse | 0.04 | | RESTON |
| 11427 SUMMER HOUSE CT | 3 | 2 | 1 | | RESTON | \$405,000 | Townhouse | 0.04 | | RESTON |
| 1840 GOLF VIEW CT | 3 | 2 | 2 | | RESTON | \$399,900 | Townhouse | 0.04 | | RESTON |
| 2180 POND VIEW CT | 3 | 3 | 1 | | RESTON | \$399,900 | Townhouse | 0.05 | | RESTON |
| 1663 BACHAN CT | 4 | 3 | 1 | | RESTON | \$395,000 | Townhouse | 0.04 | | RESTON |
| 12033 INSHA CT | 4 | 2 | 2 | | RESTON | \$390,000 | Townhouse | 0.06 | | RESTON |
| 1305 VINTAGE PL | 3 | 2 | 1 | | RESTON | \$380,000 | Townhouse | 0.03 | | RESTON |
| 1478 AUTUMN RIDGE CIR | 3 | 2 | 2 | | RESTON | \$377,000 | Townhouse | 0.03 | | RESTON |
| 11706 PUTTING GREEN CT | 3 | 2 | 2 | | RESTON | \$373,000 | Townhouse | 0.04 | | RESTON |
| 11505 HEARTHSTONE CT | 3 | 2 | 2 | | RESTON | \$368,000 | Townhouse | 0.04 | | RESTON |
| 1855 STRATFORD PARK PL #211 | 2 | 2 | 0 | | RESTON | \$365,000 | Garden 1-4 Floors | | | STRATFORD |
| 12000 MARKET ST #337 | 2 | 2 | 0 | | RESTON | \$360,000 | Garden 1-4 Floors | | | SAVOY AT RESTON TOWN CNTR |
| 2226 WHEELWRIGHT CT | 2 | 3 | 1 | | RESTON | \$354,000 | Townhouse | 0.04 | | RESTON |
| 11756 BAYFIELD CT | 3 | 2 | 1 | | RESTON | \$350,000 | Townhouse | 0.03 | | RESTON |
| 1944 WINTERPORT CL | 3 | 2 | 1 | | RESTON | \$349,000 | Townhouse | 0.06 | | RESTON |
| 1539 CHURCH HILL PL #1539 | 3 | 3 | 0 | | RESTON | \$347,000 | Garden 1-4 Floors | | | HAMPTON POINTE |
| 1547 CHATHAM COLONY CT | 3 | 2 | 1 | | RESTON | \$338,000 | Townhouse | 0.03 | | RESTON |
| 11800 SUNSET HILLS RD #320 | 2 | 2 | 0 | | RESTON | \$335,000 | Hi-Rise 9+ Floors | | | CARLTON HOUSE |
| 1657 OAK SPRING WAY | 3 | 2 | 2 | | RESTON | \$334,900 | Townhouse | 0.03 | | BENTANA PARK |
| 11158 BOATHOUSE CT #74 | 2 | 2 | 1 | | RESTON | \$325,000 | Garden 1-4 Floors | | | DOCKSIDE |
| 11800 SUNSET HILLS RD #713 | 2 | 2 | 0 | | RESTON | \$320,000 | Hi-Rise 9+ Floors | | | CARLTON HOUSE |
| 12309 TIGERS EYE CT | 4 | 2 | 0 | | RESTON | \$320,000 | Detached | 0.07 | | RESTON |
| 2046 CHADDS FORD DR | 3 | 2 | 2 | | RESTON | \$319,000 | Townhouse | 0.04 | | RESTON |
| 1855 STRATFORD PARK PL #215 | 2 | 2 | 0 | | RESTON | \$307,500 | Garden 1-4 Floors | | | STRATFORD |
| 2056 CHADDS FORD DR | 3 | 3 | 1 | | RESTON | \$305,000 | Townhouse | 0.04 | | RESTON |
| 11912 SLOANE CT | 3 | 2 | 1 | | RESTON | \$287,000 | Townhouse | 0.03 | | DEEPWOOD |
| 11209 SILENTWOOD LN | 3 | 2 | 1 | | RESTON | \$285,000 | Townhouse | 0.02 | | RESTON |
| 2279 CHESTNUT BURR CT | 2 | 3 | 0 | | RESTON | \$275,000 | Townhouse | 0.03 | | RESTON |
| 11800 SUNSET HILLS RD #924 | 1 | 1 | 0 | | RESTON | \$260,000 | Hi-Rise 9+ Floors | | | CARLTON HOUSE |
| 12001 MARKET ST #375 | 1 | 1 | 0 | | RESTON | \$249,900 | Mid-Rise 5-8 Floors | | | MARKET ST TOWN CENTR |
| 2118 WHISPERWOOD GLEN LN | 2 | 1 | 1 | | RESTON | \$247,500 | Townhouse | 0.02 | | RESTON |
| 12001 MARKET ST #218 | 1 | 1 | 0 | | RESTON | \$245,500 | Mid-Rise 5-8 Floors | | | MARKET ST TOWN CENTR |
| 12001 MARKET ST #169 | 1 | 1 | 0 | | RESTON | \$245,000 | Garden 1-4 Floors | | | MARKET ST TOWN CENTR |
| 2237 LOVEDALE LN #L | 2 | 2 | 0 | | RESTON | \$244,000 | Garden 1-4 Floors | | | BRISTOL HOUSE |
| 2350 SOUTHGATE SQ | 3 | 1 | 2 | | RESTON | \$240,000 | Townhouse | 0.03 | | RESTON |
| 2233B LOVEDALE LN #402A | 2 | 2 | 0 | | RESTON | \$238,000 | Garden 1-4 Floors | | | BRISTOL HOUSE |
| 2233 SOUTHGATE SQ | 2 | 2 | 0 | | RESTON | \$237,500 | Townhouse | 0.03 | | RESTON |
| 1516 NORTH POINT DR #04-010 | 2 | 2 | 0 | | RESTON | \$229,900 | Garden 1-4 Floors | | | NORTH POINT VILLAS |
| 1379 NORTHGATE SQ | 3 | 1 | 1 | | RESTON | \$225,000 | Townhouse | 0.04 | | RESTON |
| 2222 CARTWRIGHT PL | 2 | 1 | 1 | | RESTON | \$225,000 | Townhouse | 0.03 | | RESTON |
| 2247 HUNTERS RUN DR | 2 | 1 | 0 | | RESTON | \$219,900 | Garden 1-4 Floors | | | HUNTERS CROSSING |
| 12311 TIGERS EYE CT | 3 | 1 | 1 | | RESTON | \$215,000 | Detached | 0.07 | | RESTON |
| 11733C SUMMERCHASE CIR #C | 2 | 2 | 0 | | RESTON | \$212,000 | Garden 1-4 Floors | | | SUMMERRIDGE |
| 2255 COQUINA DR | 3 | 1 | 1 | | RESTON | \$210,000 | Detached | 0.07 | | RESTON |
| 11723E SUMMERCHASE CIR #0 | 2 | 1 | 0 | | RESTON | \$210,000 | Garden 1-4 Floors | | | SUMMERRIDGE |
| 11228 CHESTNUT GROVE SQ#230 | 3 | 1 | 1 | | RESTON | \$205,000 | Garden 1-4 Floors | | | CHESTNUT GROVE |
| 1550 MOORINGS DR #1A/2C | 2 | 2 | 1 | | RESTON | \$202,500 | Garden 1-4 Floors | | | LAKEVIEW |
| 1401 NORTHGATE SQ #22C | 3 | 2 | 0 | | RESTON | \$200,000 | Garden 1-4 Floors | | | NORTHGATE |
| 2237 HUNTERS RUN DR | 1 | 1 | 0 | | RESTON | \$179,000 | Garden 1-4 Floors | | | HUNTERS CROSSING |
| 1435 NORTHGATE SQ #35/12B | 2 | 2 | 0 | | RESTON | \$178,500 | Garden 1-4 Floors | | | NORTHGATE |
| 11705D SUMMERCHASE CIR | 1 | 1 | 0 | | RESTON | \$175,000 | Garden 1-4 Floors | | | SUMMERRIDGE |
| 1435 NORTHGATE SQ #35/1C | 3 | 2 | 0 | | RESTON | \$172,500 | Garden 1-4 Floors | | | NORTHGATE |
| 1729 ASCOT WAY #1729B | 1 | 1 | 0 | | RESTON | \$170,000 | Garden 1-4 Floors | | | PARCRESTON |
| 1532 MOORINGS DR #8A/2A | 1 | 1 | 1 | | RESTON | \$165,000 | Garden 1-4 Floors | | | LAKEVIEW |
| 2229 LOVEDALE LN #302B | 2 | 1 | 0 | | RESTON | \$165,000 | Garden 1-4 Floors | | | BRISTOL HOUSE |
| 2239 CASTLE ROCK SQ #12C | 3 | 2 | 0 | | RESTON | \$150,000 | Garden 1-4 Floors | | | SHADOWOOD |
| 2234 CASTLE ROCK SQ #11C | 3 | 2 | 0 | | RESTON | \$145,000 | Garden 1-4 Floors | | | SHADOWOOD |
| 11629 STONEVIEW SQ #79/2B | 2 | 2 | 0 | | RESTON | \$132,500 | Garden 1-4 Floors | | | SHADOWOOD |
| 2235 CASTLE ROCK SQ #1B | 2 | 2 | 0 | | RESTON | \$114,900 | Garden 1-4 Floors | | | SHADOWOOD |
| 1533 NORTHGATE SQ #33/1A | 1 | 1 | 0 | | RESTON | \$113,265 | Garden 1-4 Floors | | | NORTHGATE |

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"I Can Live With That"



By KENNETH B. LOURIE

The call I've been waiting for; the results I've been hoping for:
"Hello Mr. Lourie? This is Diane from Kaiser."
"Hello Diane-from-Kaiser. How are you?"
"I have your CT Scan results. Everything is fine. There's no change."
"No change? I can live with that."
And so I shall, for another two months – until my next set of scans which will be a Bone Scan and an MRI of the brain. When I lie through them, it will have been six months since the last set. This six-month interval (three months longer than they had been scheduled/occurred for the previous two years when they were "ordered," as part of my treatment protocol, every three months) is the new year-three schedule as agreed upon last December when my year-long participation in a Phase II Study officially ended. My CT Scan, which this column is reacting to, is now scheduled for every four months rather than the previous every three months as previous columns have explained.
In effect, no news (so to speak), is certainly good news, especially when you're a cancer patient and/or a terminal patient. "Good news" as in the tumors haven't grown and/or moved is as good as it gets, realistically speaking. Of course, shrinkage or disappearance of the tumors would be even better news, but having been told on day one by my oncologist that he "couldn't cure me," that he "could only treat me" creates a different reality by which you must learn to live; at least I have. Expectations change. And since my original prognosis was "13 months to two years," and this is month 26, I'm unlikely now to look a gift oncologist in the mouth; I will look him in the eye and listen to what he says. And though I don't doubt the accuracy of his original diagnosis/prognosis, I'm happy to report that this most recent scan confirmed that I am surviving/not getting worse – despite the apparent odds.

So what happens next? Uncertainty, for sure. More or less of the same? Deterioration? Continued remission? No guarantees. Just knowing – and trying to understand – that I've now outlived my prognosis. Thank God! I don't view any of this as a challenge though, as in an affront. I view it more as a challenge like a hurdle, an obstacle to overcome so I will persist and persevere in my routine. Perhaps I can become an even better eater, a better pill-taker, a better exerciser. After all, I come from good peasant stock (as my father used to joke) with very encouraging immediate family history: both my parents lived into their mid-80s. If I help myself, maybe my genes will help me.

Nevertheless, I live in time intervals: from one scan to the next, from one doctor's appointment to the next, from one lab result to the next, waiting for the medical shoe to drop. There are limits to what I can control but unfortunately there are no limits to how much I can worry. Certainly I'm used to the ebb and flow of information, results, anxiety, etc., but it never goes away, it only goes into your subconscious where unfortunately it doesn't remain too long.

But hopefully I will remain a bit longer. And as the two- or four- or six month- intervals between miscellaneous scans pass, life will continue to go on – not exactly as it did before I was diagnosed but, given where I am today and how well I'm doing, comparatively speaking, I'd like to invoke the memory – and share the quote and sentiment from the legendary New York Yankee great, Lou Gehrig, in his retirement-from-Baseball speech: "Today, I consider myself the luckiest man on the face of the Earth."

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

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PEOPLE



Christine L. Waleski

Seeing England 'At Its Best'

Reston resident since July 1965, Christine L. Waleski of Waterview Cluster at Lake Anne, revisited her native England during the Easter holiday, just in time to experience the excitement of the Royal Wedding.

"England was at its best, with a youthful Royal Wedding, and a future King and Queen. Our plan was to give my twin daughters Rebecca and Melanie a treat, visit my sister and family in Yorkshire and then visit family on the Isle of Portland, my birthplace, to see my uncle and cousins. The contrasting scenery in Bronte Country, beautiful Dales sheep and horses, daffodils and bluebells and then the seaside resort of Weymouth, and then the cliffs and rocky

coastline of Portland Dorset. We took Shearings coach from Halifax to Weymouth, stayed in Georgian Hotel on Weymouth Front, with excursions to Salisbury

Dorchester Market and Dorset villages, T E Lawrence home and the local Church of his burial ..." writes Waleski of the family trip to England.

She is a member of the Washington Cathedral and loves to photograph "the beauty of Reston" and sell at the Museum.

"I am an advocate for seniors and have worked in Home Care in Geriatric Rehab. I volunteer at Tall Oaks Assisted Living and am a member of Ms.Va. Snr. America Pageant where I perform English songs. Love tennis at Hidden Creek," Waleski says.

LETTERS

FROM PAGE 6

lots is not in keeping with the character of Reston and is precedent setting. It should be fully debated. The entire proceeding is tainted by Mr. Newlon's clear conflict of interest and should be rejected. A new hearing should be held with a group of non-encumbered, untainted DRB members.

A community entity as powerful as the DRB should adhere to a strict Code of Ethics that prohibits the cutting of deals between DRB members and those who appear before them. Recusing oneself from a vote is not enough, particularly when a DRB

member remains on the Board and participates in active deliberation. It is naïve to argue that such a tainted Board can render an impartial decision. The practice should be banned altogether.

Carol and Carl Grant, Susanne and Nelson Joyner, Cora and Barry Rudolph, Jeremy Novak, Carole and Neil Medoff, and Jan and Tony Thompson, most of whom have lived in the Cutwater Court neighborhood for 30 years.

FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@connectionnewspapers.com. Deadline is Thursday.

The Vajrayogini Buddhist Center will offer a Monthly Meditation Class at 1 p.m. on June 4 at Brown's Chapel, 11450 Baron Cameron Ave. in Reston. Weekly Meditation Classes are 7 p.m. at The Griffin Center, Suite 5, 3800 Fairfax Drive in Arlington. Classes are free to members, \$12 non-members. www.meditation-dc.org or 202-331-1790.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg www.CONNECTIONNEWSPAPERS.COM

Pike, Herndon. Sunday Worship Services for this new Southern Baptist church are at 10:45 a.m. The public is invited to join a growing Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at **St. Timothy's Episcopal Church**, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.



Refined policy has ever been the parent of confusion, and ever will be so, as long as the world endures. Plain good intention, which is as easily discovered at the first view as fraud is surely detected at last, is of no mean force in the government of mankind. Genuine simplicity of heart is a healing and cementing principle.

—Edmund Burke



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Making more and better disciples of Christ

1133 Reston Avenue, Herndon, VA 20170
Worship: Sunday, 8:00 A.M. and 11:00 A.M.
Sunday School: 9:30 A.M.
Rev. Dr. William H. Flammann, Pastor
Church Office: 703.437.5020
Preschool: 703.437.4511
www.gslcva.org

Child care available at all services



Progressive & Welcoming

ST. ANNE'S EPISCOPAL CHURCH • Reston



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday school/Music: preschool - grade 2
10:25 a.m. Sunday school/Music: grades 3 - 12
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 and 11:15 services

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Denise Trogdon
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



LivingFaith A.M.E. Church

"Serving the People of God"

SHERATON RESTON HOTEL

SUNDAY SCHOOL 9 A.M.
SUNDAY WORSHIP 10 A.M.

LET US WORSHIP GOD TOGETHER

Rev. Dr. Peter G. Taylor, Pastor
703-899-8378 LivingFaith4U.org

Herndon United Methodist Church

www.HerndonUMC.org

Sundays

8:30 AM Traditional Worship
11:00 AM the Connection, Contemporary Worship Service
11:00 AM the Garden, Traditional Worship Service

other weekly services

5:30 PM Saturdays: Relax & Renew, Casual Worship Service
6:30 PM Wednesdays: Chapel, Prayer Service

Holy Week and Easter Services:

4/21-Maundy Thursday Tenebrae Service at 7:30pm
4/22-Good Friday Service at 7:30pm
4/23- Saturday Easter Vigil Service at 5:30pm
4/24- Easter Sunday Traditional Worship at 8:30 and 11am
Contemporary Worship at 11 a.m.

701 Bennett St., Herndon, VA • 703-707-6271

To Highlight your Faith Community,

Call Karen at 703-917-6468



Reston Community Center

ANNUAL RCC PUBLIC HEARING FOR PROGRAMS AND BUDGET



Monday, June 20 at 6:30 p.m.
RCC Hunters Woods
2310 Colts Neck Road • Reston, VA 20191

Small district 5 residents are invited to attend the Reston Community Center Annual Public Hearing to hear RCC's new Five Year Strategic Plan.

*Comments may be sent to
RCCContact@fairfaxcounty.gov if you can not attend.*

RESTON COMMUNITY CENTER'S FREE SUMMER FUN!

FAMILY FUN ENTERTAINMENT SERIES

FREE!

Saturdays • 10:00–10:45 a.m.
 Reston Town Square Park
 11990 Market Street,
 Reston, VA 20190

| JUNE | JULY | AUGUST |
|---|---|--|
| 18 Mark Lohr's Classic Comedy Show  | 2 Beowulf T. Wonderbunny  | 23 Plunkett & Tremolo  |
| 25 Percussion Discussion  | 16 Blue Sky Puppet Theatre  | 30 Presto!  |
| | | 6 Prelude Brass  |
| | | 13 Rocknoceros  |

JUNE

16 Sin Miedo


23 Ruthie & The Wranglers


30 Miles Stibel Band


JULY

7 Satyr Hill


14 Mystic Warriors


21 The Dirty Pints


28 Chris Vadala Band


AUGUST

4 Sol y Rumba


11 Iona


18 Uptown Vocal Jazz Quartet


Take-A-Break Concerts

Thursday Evenings
 7:00–9:00 p.m.
 Lake Anne Village Center
 1609-A Washington Plaza
 Reston, VA 20190

Bring a lawnchair and a picnic!



So Close to You.
 So Much to Do.™

Reston Community Center
 2310 Colts Neck Road, Reston VA 20191
www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY)

