

# Oak Hill & Herndon CONNECTION

Sisters Andrea, Gaby and rising Herndon High School senior Fiorella Garcia show off their 4th of July spirit with face paint and red, white and blue attire.

## Festive Fourth in Herndon

NEWS, PAGE 3

New CEO  
For MWAA  
NEWS, PAGE 4

Quilts with  
A Story  
NEWS, PAGE 3

Of Diets and Dieticians  
WELLBEING, PAGE 2

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 6 ♦ SPORTS, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY DEB COBB/THE CONNECTION

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## WELLBEING

# Of Diets and Dieticians

BY JON ROETMAN  
THE CONNECTION

NOTICE TO THE PUBLIC OF THE  
APPLICATION OF COLUMBIA GAS OF VIRGINIA, INC.  
FOR APPROVAL OF A SAVE PLAN AND RIDER  
CASE NO PUE-2011-00049

On June 1, 2011, Columbia Gas of Virginia, Inc. ("Columbia Gas" or "Company") filed with the State Corporation Commission ("Commission") its application ("Application") for approval to implement a plan and rider pursuant to Chapter 26 of Title 56 of the Code of Virginia ("Code") §§ 56-603 et seq. - Steps to Advance Virginia's Energy Plan ("SAVE") Act. The Company proposes to recover costs associated with the replacement of approximately \$100 million of infrastructure during the five (5) year term (2012-2016) of its plan ("SAVE Plan"). The Company also proposes to recover costs associated with approximately \$2.9 million of incremental infrastructure replacements occurring in 2011 that are not included in the Company's current base rates. The Company intends to spend approximately \$20 million annually and requests the flexibility to spend up to 5% above or below the projected annual level of investment. Recovery would be through a rider ("SAVE Rider") on customers' bills authorized by the SAVE Act.

As Columbia Gas discusses in its Application, the SAVE Act provides for the recovery of the costs of replacing gas utility infrastructure to enhance system safety and reliability and reduce or have the potential to reduce greenhouse gas emissions. The Company represents that the replacement of the SAVE eligible infrastructure will not increase revenues by directly connecting such infrastructure replacements to new customers and that the replacements are limited to replacements commenced after January 1, 2011, and do not include replacement costs included in Columbia Gas' rate base that underlie its current base non-gas rates.

The projects proposed in the Company's Application are the replacement of bare steel mains, cast iron mains, pre-1971 coated steel mains and services, certain first generation plastic pipe, isolated bare steel services, and certain risers that are prone to failure.

The monthly SAVE Rider would take effect with the first billing unit for January 2012, which the Company states is scheduled to be billed on December 30, 2011. The Company's proposed SAVE Rider would be billed as a fixed monthly charge. The Company projects that the SAVE Rider would add \$0.36 per month to a typical residential customer's bill in 2012 and would add \$2.86 per month in the final year of the Company's SAVE Plan, 2016.

A public hearing on the Application shall be convened at 10:00 a.m. on September 7, 2011, in the Commission's Courtroom, Second Floor, Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, to receive into the record the testimony of public witnesses and the evidence of Columbia Gas, any respondents, and the Commission Staff.

Any person desiring to testify as a public witness should appear at the hearing location fifteen (15) minutes before the starting time on the day of the hearing and contact the Commission's Bailiff. Individuals with disabilities who require an accommodation to participate in the hearing should contact the Commission at least seven (7) days before the scheduled hearing date at 1-800-552-7945 (voice) or 1-804-371-9206 (TDD).

The Company's Application, Commission orders, and all documents filed in Case No. PUE-2011-00049 may be inspected in the Commission's Document Control Center, Office of the Clerk of the Commission, First Floor, Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, between 8:15 a.m. and 5:00 p.m. on regular business days.

The Application, the unofficial text of the Commission's orders, and other materials may be viewed at the Commission's website, <http://www.scc.virginia.gov/case>, by clicking the "Docket Search" function and entering the case number, PUE-2011-00049, in the appropriate box.

The Company will provide to anyone who requests, and at no charge, a copy of the Application and all testimony, exhibits, and schedules filed with the Application upon request to counsel to the Company, James S. Copenhaver, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. If agreeable to the person making the request, copies may be provided by electronic means.

On or before August 31, 2011, any interested person may file written comments on the Application with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. Compact disks or any other form of electronic storage medium may not be filed with written comments. Interested persons desiring to submit comments electronically may do so on or before August 31, 2011, by following the instructions found on the Commission's website, <http://www.scc.virginia.gov/case>, and clicking "Public Comments/Notices." All comments shall refer to Case No. PUE-2011-00049.

Any person or entity may participate in this proceeding as a respondent as provided by 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice and Procedure, 5 VAC 5-20-10 et seq. ("Rules of Practice") and the requirements set by the Commission's Order for Notice and Hearing ("Order") entered in this proceeding. On or before July 29, 2011, a respondent must file an original and fifteen (15) copies of a notice of participation with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. In the alternative, the notice may be filed electronically as provided by 5 VAC 5-20-140, *Filing and service*, of the Commission's Rules of Practice. A copy of the notice of participation simultaneously shall be served on counsel to the Company, James S. Copenhaver, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836 and Bernard L. McNamee, McGuireWoods LLP, One James Center, 901 East Cary Street, Richmond, Virginia 23219.

Pursuant to 5 VAC 5-20-80 B of the Commission's Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. All filings shall refer to Case No. PUE-2011-00049. For additional information about participation as a respondent, any person or entity should obtain a copy of the Commission's Order.

The Commission's Rules of Practice may be viewed at: <http://www.scc.virginia.gov/case>. A printed copy of the Rules of Practice and an official copy of the Commission's Order in this proceeding may be obtained from Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118.

COLUMBIA GAS OF VIRGINIA, INC.

Some people might hesitate to consult with a dietician, whether it's to lose weight or eat healthier. Isn't there a chance the dietician will tell you that you need to do everything differently?

Fairfax-based registered dietician Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietician should speak with several to find the best fit.

While trying to improve one's diet can involve time, effort and struggle, Omar said someone looking to get healthier shouldn't have to worry about making unreasonably uncomfortable changes.

"Most of us are not going to try to make you something you're not," she said "Don't be scared you're [going to be told] to go to a specific store and buy food you've never heard of."

Omar's initial interaction with a client involves gauging the client's eating habits and establishing goals. The client sends Omar three-to-five day's worth of food logs to help determine what changes need to be made.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person "every two or three weeks for a couple months." If the client simply wants to improve his or her diet, the two will probably meet two or three times and be done. Omar's services do not include long-term counseling.

"I'm not the kind of person," she said, "who meets weekly for several months. I don't drag it out."

Saving money can be another benefit of seeing a dietician. Omar said some of her clients are people with busy schedules who eat out often. Omar offers healthy alternatives to prepare at home.

### HEALTH NOTES

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

#### WEDNESDAY/JULY 6

**Lupus Support Group.** 6:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. A free support group for lupus patients and their families, with education, medical information and emotional support. <http://tinyurl.com/lupusgrps>.

#### THURSDAY/JULY 7

**Herndon Farmer's Market.** 8 a.m.-12 p.m. Lynn Street in downtown Herndon. Thursdays through Oct.



Farmers' markets can be a source of food for a healthy diet.

"[Eating] out too much can be expensive," she said. "[Some clients] really want to learn how to cook for themselves [so they are] eating healthy."

**THE PROCESS** of selecting a dietician should involve questioning credentials, Omar said.

"I think there's something to say

**"A lot of people rely on eating out. It's difficult to eat healthy when you're eating out."**

— Danielle Omar, dietician

for gathering information," said Omar, who has a master's degree in health sciences and a bachelor of science in dietetics, according to her Website, [foodconfidence.com](http://foodconfidence.com).

"Maybe you're not sure that working with a dietician is the right thing for you, but you should contact some. ... Tell them what your goals are and see what their approach is. Interview some and see what their approach is and see if it works for you.

"[Becoming a] registered dieti-

tian [requires] a bachelor's degree in dietetics and a 9-to-12-month internship and exam and continuing education every five years," Omar said.

Omar warns that some people who call themselves nutritionists are people who have taken a few classes and possibly lost weight themselves. "They're very good at marketing themselves, but a lot of times they're not really qualified, especially with clinical stuff."

**TIME, OR LACK THERE OF**, is the greatest deterrent to eating healthy, Omar said.

"Some of the obstacles that people have [involve] their schedule — a lack of time to prepare meals [and] to do what it takes in terms of planning," she said. "A lot of people rely on eating out. It's difficult to eat healthy when you're eating out. You can, but some people don't want to go that route." Portion size can also be a problem. Some people simply eat too much per serving while others eat too much of one food group in a meal and not enough of another. As far as problem foods go, cheese is a popular culprit.

"People love their cheese," Omar said.

every month. 703-878-1928.  
**Motherhood Without Stress and Guilt.** 12 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Learn how to keep a balanced perspective, how to filter outside pressure, how to reduce negative messages to yourself, and how to increase motherhood enjoyment. \$35 non-members, \$25 members. Register at [www.thewomenscenter.org](http://www.thewomenscenter.org).

#### WEDNESDAY/JULY 20

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

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Siblings Brody, Jonah and Emily Neihardt of Herndon make a stop at the craft tent at the Town of Herndon 4th of July party at Bready Park.



Lucien Cheng of Herndon chases bubbles with his brother Simon Chen and new friend Sophia Kelly of Herndon during the Town of Herndon 4th of July celebration at Bready Park.

## Festive Fourth in Herndon

### Independence Day celebrated at Bready Park.

BY JULIE INGLIS  
THE CONNECTION

Herndon celebrated America's 235th birthday on the Fourth of July with Herndon's annual festival. The event took place at Bready Park and was put together by the Town of Herndon Parks and Recreation Department.

"This [festival] has actually been happening throughout the history of the department, since 1976 or '77," said Cindy Roeder, Director

of the Town of Herndon Parks and Recreation Department.

Families sat around the park in lawn chairs or on blankets. There were booths where one could purchase food such as ice cream bars, drinks, and funnel cake.

As the festival went on, more activities became available including an arts and crafts table, a bingo game, and face painting. There were also balloon artists. An Uncle Sam on stilts posed with kids for pictures and held up his hand so that they had to jump to high five him.

At 6:30 p.m., the DJ turned on music over loud speakers. The music included hits such as Taio Cruz's "Dynamite" and Taylor Swift's "Love Story."

"[My favorite part of the festi-

val is] the atmosphere," said Chevella Harris, a second time festival guest from Laurel, Md. "The connection with the people, seeing when the firework shoots off, how the kids get excited and screaming and hollering."

Michael Drabin from Fairfax said his favorite part of the Fourth of July in general was that it is "always a nice time to share with the family, being a holiday. And good food and celebrating our nation's birthday—always a good thing."

John and Barbara Correira recently moved to Herndon. This year they tried out the festival for the first time. "[The Fourth of July in Herndon has been] pretty good so far," said John. His wife, Barbara, added later that in Herndon, "Everyone's very friendly."



PHOTO BY JULIE INGLIS/THE CONNECTION

Cindy Roeder, of Reston, is Director of the Town of Herndon Parks and Recreation Department that has organized the Herndon 4th of July festival 'since 1976 or '77.'



PHOTO BY DEB COBB/THE CONNECTION

Tessa Russell's family regularly attends the 4th of July festivities held by the Town of Herndon. This year, Russell shows off her hula hoop prowess during the celebration at Bready Park.



PHOTO BY JULIE INGLIS/THE CONNECTION

John, Barbara, and Nathan Correira of Herndon pictured at the Fourth of July celebration at Herndon's Bready Park.



PHOTO BY DEB COBB/THE CONNECTION

Nothing says the 4th of July like a pickup game of football - or in the case of Hayden Russell who is visiting Bready Park for the Town of Herndon 4th of July festival - a game called '500.'



PHOTO BY JULIE INGLIS/THE CONNECTION

The face painting table attracted many of the festival goers.

# Dominion, Reston Interfaith Keeps it Cool

**EnergyShare program helps cool, heat houses of those in need.**

BY ALEX McVEIGH  
THE CONNECTION



PHOTO COURTESY OF DOMINION POWER

**Dominion Power's EnergyShare program helps those in need pay for cooling or heating costs during tough times.**

As the summer heat rolls in, air conditioners all over the area start running more, using more power, which leads to increased electricity bills. Most can absorb it, but when the unexpected strikes, it can be a tough burden to bear.

Rhina Granados of Reston is one person who found the burden especially tough. When her husband began to have health issues last year, he became unable to work, which made things tougher on them and their four children. While Rhina began to work part-time, she was limited in her hours due to her husband's ailment and the need to take care of their kids.

Last winter, she was informed that her heat would be cut off due to nonpayment of the bill, so she turned to Reston Interfaith, who turned to Dominion Power and their EnergyShare program.

**THE PROGRAM**, which started 29 years ago to help with heating bills recently expanded into helping customers keep their air conditioning on as well.

"Summer heat and high humidity can have serious health effects for those struggling to stay cool in their homes," said Paul D. Koonce, CEO of Dominion Virginia Power. "Through EnergyShare, Dominion, its customers and its employees have been helping families in need for nearly three decades. These grants make a real difference in the quality of life for those most in need."

Since its inception, the EnergyShare program has raised \$52 million, and they helped with cooling bills for more than 8,000 customers last year. More than \$2 million will be provided this summer by Dominion, which consolidated its regional headquarters in Herndon earlier this year.

The cooling period runs until Sept. 30, and applicants can receive a one-time payment of up to \$300 to keep their source of cooling on. Applicants are only eligible to receive assistance once per season. During the heating season, applicants can receive up to \$600.

Dominion teamed up with Reston Interfaith last December to help connect with people already in need.

"We chose Reston Interfaith because of their excellent reputation for outreach in our service area, where we didn't have outreach before," said Le-Ha Anderson of Dominion. "The closest partner we had before was on Ox Road in Fairfax, which is pretty far away from a lot of our service area. They're a great agency and have been a wonderful partner."

When a customer receives a disconnect notice, they take it to the nearest agency, in this case Reston Interfaith, and the agency will look at the circumstances and decide if the applicant qualifies.

"It's based on need, not income level. People have medical issues, or a loss of income suddenly, or a temporary situation," Anderson said. "It's a program of last resort, when all other resources are out."

Minnie Oroczo, program manager for Reston Interfaith's Emergency and Self-Sufficiency program, said the partnership has been beneficial to both organizations.

"It's a huge thing for us, because a lot of families are familiar with our agency, they know where to come and they know our staff," she said.

Oroczo knows how fast money can go in these tough economic times. She remembers getting

\$17,000 for the program earlier this year that was gone within a week.

"It means a lot to me and my children to stay warm in the winter and cool in the summer," Granados said.

Granados isn't content to sit idly by and accept help from Reston Interfaith, she has been helping them out as well.

"She really appreciates what she has received," said Mandy Guernsey, a volunteer manager with Reston Interfaith. "Rhina takes time when she can and volunteers with Reston Interfaith."

**GRANADOS HELPED** with the gift distribution last Christmas, and helps sort and stock the food and clothing supplies.

"Sometimes she'll call before work and say she's got an extra hour or two to help, and she comes right in," Guernsey said. "She's great at sorting and stocking, she's very organized"

Granados said working with Reston Interfaith has been a good experience, and she is more than willing to give back what she can.

"I've really liked the experience, the staff of Reston Interfaith has been great to me, they love to help," she said.

Dominion customers can make donations through their monthly bill, and anyone can donate to the EnergyShare program. For more information, visit [www.dom.com](http://www.dom.com) and search "EnergyShare."

Applications for the cooling season will be taken until Sept. 30, and the heating season runs from Oct. 1 to May 30. Applicants can also visit their local agency, or get more information at [www.dom.com](http://www.dom.com).

## New CEO for MWAA

Former head of postal service to get \$350K annually plus bonuses to head authority building Dulles rail.

BY NICHOLAS HORROCK  
THE CONNECTION

The Metropolitan Washington Airport Authority, severely criticized for its handling of the Dulles Rail project, last week appointed a president and chief executive officer who has never run an airport nor built a rail system.

John E. "Jack" Potter, 55, who worked his way up from postal clerk to head the 500,000 employee U.S. Postal Service for 10 years, was credited with transforming the agency into a customer-focused, service-driven and cost-sensitive organization. Potter retired from the Postal Service in December after 32 years.

Though the Post Office still is losing billions of dollars a year, Potter won the admiration of the rank and file postal workers in his effort to trim and modernize the organization. He closed hundreds of post offices and cut thousands of jobs. He recommended to Congress that it end six-day mail delivery but the plan was defeated shortly before his retirement.

**CHARLES D. SNELLING**, chairman of the Board of Directors, said Potter had the ability to continue providing "outstanding aviation services to the Washington region and the travelers throughout the world who use our airports. Jack is also the right person at the right time to meet the challenges of building Metrorail in the Dulles Corridor and improving the Dulles Toll Road."

Sharon Bulova, chairman of the Fairfax Board of Supervisors, which has been critical of

cost estimates on Phase 2 of Dulles Rail, said when she first heard of Potter's appointment her "very first inclination was to wonder whether with no airport or rail experience he would be the best man for the job." But as she has learned more about his management of the giant postal service and its role in flying, trucking and rail transfers of mail, she thought he might be a "very valuable choice."

Potter has said with the Postal Service's \$2 billion a year air freight business, he has learned a lot about aviation issues.

Another critic of costs in the Dulles rail construction, U.S. Rep. Frank Wolf, (R-Va.10), had no comment according to Joe McNulty an aide to the congressman.

Bulova said that talks between Fairfax, Loudoun and Virginia officials and the airport authority were "very positive" and a settlement to let project move forward could come shortly. The key issue is to reduce the \$3.5 billion estimate of Phase 2 costs back to the \$2.5 billion original price tag for 11.6 miles from Reston to the airport and Loudoun County.

The appointment ends a painful chapter for the board which was poised to appoint Nathaniel R. Ford, head of the San Francisco Transit Agency, but dropped the plan after bitter disagreement among the board members. Potter was appointed by a vote of 11 to 2. But Snelling said the Potter choice will bring the board together.

Potter begins work on July 18. He has a five-year contract at \$350,000 a year with a \$25,000 "signing bonus" and a chance to earn up to 20 percent in bonuses each year.

## Emily Ronis Receives Pamplin Leader Award

Emily Ronis is the recipient of the 2011 Pamplin Leader Award at Herndon High School. The Pamplin Leader is a one-year, \$1,000 tuition scholarship to Virginia Tech. It is presented annually to a top student from each public high school in Virginia. It was established by Robert B. Pamplin, Sr. (VT, Class of '33) and Robert B. Pamplin, Jr., to acknowledge students with a record of outstanding academic achievement that is balanced with a commitment to community service and leadership experience.



Emily Ronis

## SCHOOLS

**Susan Brittle of Herndon**, James Madison High School history teacher, will travel to the University of York in York, England this summer to attend a one-week seminar entitled "Middle Passages: A Shared History of the Transatlantic Slave Trade." Directed by James Walvin, Professor of History Emeritus at University of York in England, and Stephanie Smallwood, Associate Professor of History at the University of Washington in Seattle, the seminar invites ten teachers from the United States to join teachers from the United Kingdom and Ghana to study the history and legacies of the transatlantic slave trade.

**Andrew Baybutt** of Herndon has graduated with a bachelor of arts in history from York College of Pennsylvania.

**Derek Shortt** of Herndon has received a bachelor of science in mathematics at the University of Massachusetts Dartmouth.

**Danielle Ward** of Oak Hill has received the Outstanding Student Award in Teacher Education and Leadership at Radford University's College of Education and Human Development.

**Connor J. Bergeron** of Herndon has graduated with a bachelor of arts in television/film from DeSales University of Center Valley, Pa.

Navy Seaman Recruit **Chelsey A. Jefferies** of Oakton has completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the program, Jefferies completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. Jefferies is a 2010 graduate of Oakton High School.

**Robert C. Bruderle** of Oakton has received a bachelor of arts in business administration from the University of Vermont in Burlington, Vt.

**Pablo Sacilotto** of Oakton earned a certificate of participation in the U.S. Treasury Department Challenge Exam. The Randolph-Macon Academy senior is the son of Alessandro and Juliana Sacilotto.

Several Oakton residents have been awarded degrees from the University of Mary Washington:

◆ **Lauren Paige De Ridder**, bachelor of arts in music.

◆ **Kristen L. Haynor**, bachelor of science in biology.

◆ **Sofia G. Lang**, bachelor of science in biology.

◆ **Lourdes E. South**, bachelor of arts cum laude in English and Spanish.

◆ **Evan J. Weiss**, bachelor of science in business administration.

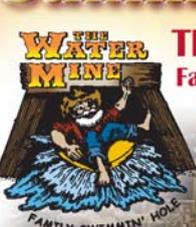
Air Force Airman **Caitlin M. Graeber** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. She is the daughter of Michael Graeber of Hamilton, and Lauren Clearwaters of Herndon. Graeber graduated in 2006 from Mount Hebron High School, Elllicott City, Md.

**Eileen D. Foley** of Herndon graduated magna cum laude with a bachelors of science in biomedical engineering from Bucknell University. The daughter of Thomas and Linda Foley is a graduate of Chantilly High School.

**Colleen E. Oliver** of Herndon graduated with a bachelor of arts in economics from Bucknell University. The daughter of Brian and Patricia Oliver is a graduate of Paul Vi Catholic High School.

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To Lake Fairfax park, take Beltway Exit 47A (Leesburg Pike, Rt. 7) west about 6.5 miles to left on Rt. 606/ Baron Cameron Ave. to left on Lake Fairfax Dr. to park entrance.  
Additional discount coupons available at Fairfax County Park Authority RECenters and [www.fairfaxcounty.gov/parks/rec/watermine](http://www.fairfaxcounty.gov/parks/rec/watermine)

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# Be Part of The Pet Connection in July

## Send Your Photos & Stories Now to

[herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com)

Be sure to include your name, address and phone number, and identify all people and pets in photos.  
Submission deadline is July 22.



## Third Annual Dog Days of Summer

Sunday - July 17th from 12pm to 5pm

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# ENTERTAINMENT

Send announcements to [herndon@connectionnewspapers.com](mailto:herndon@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).

## WEDNESDAY/JULY 6

**Earth History of the National Capital Region -Volcanoes, Earthquakes & Dinosaurs...Oh My!** 7 p.m. U.S. Geological Service, 12201 Sunrise Valley Drive, Reston. For over 120 years, USGS has studied the Reston region, revealing a diverse geologic past. Learn the story of the formation of continents and oceans, the eruption of ancient volcanoes, climatic changes, the hazards of landslides, earthquakes and karst. Discover the region's fossils, dinosaur tracks, gold and more. Bring your favorite local rocks, minerals and fossils for identification after the talk. Free and open to the public; federal facility, photo ID required. 703-648-4748 or [www.usgs.gov/public-lecture-series](http://www.usgs.gov/public-lecture-series).

**Herndon Book Club After Hours.** 6 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Book discussion. 703-437-8855.

**k.d. lang and The Siss Boom Bang with The Belle Brigade.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Alternative rock. \$45 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org).

## THURSDAY/JULY 7

**Reptile Wonders.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet and learn about these animals with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-689-2700.

**National Symphony Orchestra:**

### BULLETIN BOARD

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

## THURSDAY/JULY 7

**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](http://www.herndon-va.gov) or 703-787-7380.

## MONDAY/JULY 11

**First Monday with Supervisor Hudgins.** 1-3 p.m. Patrick Henry Library, 101 Maple Ave. East, Vienna. Redistricting: How Our Boundaries Changed. Residents in the Colvin precinct and part of the Nottoway

This sculpture by Rachel Collins will be featured as part of the "Ebb and Flow" Exhibit at Herndon ArtSpace, starting July 7.



PHOTO CONTRIBUTED

**Tcheers for Tchaikovsky!** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Pietari Inkinen, conductor, and Caroline Goulding, violin. The all-Tchaikovsky program includes Suite No. 1 from The Nutcracker and ends with the thunderous 1812 Overture. Tickets \$20-52. [www.wolftrap.org](http://www.wolftrap.org).

## FRIDAY/JULY 8

**Live and Silent Auction.** 5-7 p.m. Reston Museum, 1639 Washington Plaza, Reston. Reston pictures, maps, and memorabilia. Refreshments

## MONDAY/JULY 18

**Assistance League of Northern Virginia.** 9:30 a.m. at the Sully Government Center, 4900 Stonecroft Blvd., Chantilly. A nonprofit, volunteer organization promoting literacy and well-being for women and children through community based programs, such as Operation School Bell: New Clothes for Kids and Weekend Food for Kids. Meetings are the third Monday of every month. 703-878-1928.

**Re-entering the Workforce.** 5:30 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Essential pointers on how to get started including the nature of the job market, what hiring managers seek,

served. 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

**Wild Tails.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Wildlife Ambassadors bring animal guests to explore how these animals use their tails to communicate, climb, protect themselves and more. Age 6-12. 703-242-4020.

**National Symphony Orchestra: Play! A Video Game Symphony.** 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Andy Brick, conductor. Accompanied by music from Super Mario Brothers, World of Warcraft, Final Fantasy, the Legend of Zelda,

## MONDAY/JULY 25

**Be Prepared for Your Children: Learn Legal Aspects of Child Support, Custody & Visitation.** 7 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Discuss how courts determine what financial support is required based on spousal income(s), what is deemed to be in the "best interests" of the child and what to expect during the custody proceedings. A support group will be available. \$55 non-members, \$45 members. Register at

Halo, Battlefield 1942 and more, scenes from these video games projected onto massive screens. Tickets \$20-52. [www.wolftrap.org](http://www.wolftrap.org).

## SATURDAY/JULY 9

**Reston Festival: Reston through the Decades.** 11 a.m. Reston Town Center, 11900 Market St., Reston. Enjoy the 60s, 70s, 80s, and 90s and more, as each color-themed area includes historical displays, children's entertainment, street performers, contests, food, local organizations and charities. Time Machine concert at 8 p.m., DJ dance party at 10 p.m. Street festival ends at 7 p.m. [restonfestival.com](http://restonfestival.com).

**Tour of Reston's Community Garden Plots.** 12:30-3 p.m. Meet at the Reston Museum, 1639 Washington Plaza, Reston. Join a tour of 270 garden plots in four locations, many of which go back to the earliest days of Reston. Naturalist Claudia Thompson-Deahl will lead the tour and sign copies of "Nature of Reston." 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

**Ukelele Festival.** 11 a.m.-5:30 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Cathy Fink & Marcy Marxer, Hoa Mele Wakinekona, Bruce Hutton, Aloha Boys and The Sweater Set. Includes an Open Jam Session with public participation welcomed at 4:30 p.m. Free. [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

**World War II Living History.** 10 a.m.-3 p.m. Sully Historic Site, 3650 Historic Sully Way, Chantilly. Sully Historic Site hosts Allied and Axis re-enactors for a weekend of demonstrations, memories, and music. Get an up-close look at what life was like for soldiers and civilians throughout WWII and talk to them about their jobs, living quarters, food and life in the 1940s. House tour included. \$8 adult, \$6 senior and child or two day ticket \$14 adult, \$10 senior and child. Free to active duty military with ID and veterans. 703-437-1794.

[www.thewomenscenter.org](http://www.thewomenscenter.org)

## FRIDAY/JULY 29

**What Does The Path To Full Economic Recovery Look Like?** 11:30 a.m. Westfields Marriott, 14750 Conference Center Drive, Chantilly. Dr. Jeffrey Lacker, President of the Federal Reserve Bank of Richmond will address the Dulles Regional Chamber of Commerce's Newsmaker Luncheon. Members \$45, prospective members \$60. [lswifi@dullesregionalchamber.org](mailto:lswifi@dullesregionalchamber.org).

## THURSDAY/AUG. 4

**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

## Opening Reception and Gallery

**Talk:** 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. With artists Rachel Collins and Jessica Beels and their exhibit, "Ebb & Flow", in the Post Gallery. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

**"Road Less Traveled": Screening Premiere of Appalachian Trail Documentary.** 8 p.m. Walker Nature Education Center, 11450 Glade Drive, Reston. A 1.5 hour reality-style show which followed eight hikers attempting to hike the 2200 miles of the Appalachian Trail. Refreshments available. Free. [jpavelko@comcast.net](mailto:jpavelko@comcast.net).

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

**National Symphony Orchestra: Three Broadway Divas.** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Emil de Cou, conductor, and Debbie Gravitte, Christiane Noll, and Jan Horvath. Broadway music from Gypsy, The Music Man, A Chorus Line, My Fair Lady, Wicked, Mamma Mia! and Evita. Tickets \$20-52. [www.wolftrap.org](http://www.wolftrap.org).

## SUNDAY/JULY 10

**Artists' Reception.** 2-4 p.m. Jo Ann Rose Gallery, 1609-A Washington Plaza, Lake Anne Village Center, Reston. With father and son photographers John Mendez and Michael Mendez. The exhibit will continue through 31. [www.MichaelMendezArt.com](http://www.MichaelMendezArt.com).

**"Road Less Traveled": Screening Premiere of Appalachian Trail Documentary.** 8 p.m. Walker Nature Education Center, 11450 Glade Drive, Reston. A 1.5 hour reality-style show which followed eight hikers attempting to hike the 2200 miles of the Appalachian Trail. Refreshments available. Free. [jpavelko@comcast.net](mailto:jpavelko@comcast.net).

baked by the vendors at the market. [www.herndon-va.gov](http://www.herndon-va.gov) or 703-787-7380.

## SATURDAY/AUG. 6

**Reston Farmers Market.** 8 a.m.-12 p.m. Lake Anne Village Center, Reston. Open Saturdays through Oct. Vegetable farmers and fruit orchards, baked goods, homemade sausages and soups, goat and cow cheeses, honey, kettle corn, ice cream and more. Live music, the Reston Crafts Market and the Master Gardeners to help with lawn and garden problems. [www.restonfarmersmarket.com](http://www.restonfarmersmarket.com) or 703-318-9628.

## SATURDAY/AUG. 13

**Free School Physicals Event.** 9:30 a.m.-1 p.m. Jeannie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon. School entrance and

**Béla Fleck & The Original Flecktones, with the Carolina Chocolate Drops and Abigail Washburn & The Village.** 7 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The Acoustic Planet Tour 2011. \$40 in-house, \$25 lawn. [www.wolftrap.org](http://www.wolftrap.org).

**Reston Festival: Reston through the Decades.** 11 a.m. Reston Town Center, 11900 Market St., Reston. Enjoy the 60s, 70s, 80s, and 90s and more, as each color-themed area includes historical displays, children's entertainment, street performers, contests, food, local organizations and charities. Costume Dance Party and awards at 9 p.m. Street festival ends at 7 p.m. [restonfestival.com](http://restonfestival.com).

## MONDAY/JULY 11

**English Conversation.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for adult non-native speakers. 703-242-4020.

**The Magic of Hans Christian Andersen.** 2:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Applause Unlimited presents "The Ugly Duckling," "Thumbelisa," and "The Emperor's New Clothes" told with puppets and masks. 703-437-8855.

**Smoky Bear and Friends.** 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet Smokey Bear, learn about his life and how "Only You Can Prevent Wildfire." Age 6-12. 703-689-2700.

## TUESDAY/JULY 12

**Soundgarden.** 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Frontman Chris Cornell, guitarist Kim Thayil, bassist Ben Shepherd and drummer Matt Cameron are reuniting for a summer tour. Tickets \$59.50, available at [www.ticketmaster.com](http://www.ticketmaster.com) and 703-573-SEAT. [www.soundgardenworld.com](http://www.soundgardenworld.com) or [www.patriotcenter.com](http://www.patriotcenter.com).

sports physicals will be provided free of charge, by appointment only, for ages 3-19. Children are eligible to make an appointment if they currently live in Fairfax County have no health insurance, and have a family income of 200% or less of the poverty level. [www.jsfreeclinic.org](http://www.jsfreeclinic.org) or 703-481-8160.

## MONDAY/AUG. 15

**Assistance League of Northern Virginia.** 9:30 a.m. at the Sully Government Center, 4900 Stonecroft Blvd., Chantilly. A nonprofit, volunteer organization promoting literacy and well-being for women and children through community based programs, such as Operation School Bell: New Clothes for Kids and Weekend Food for Kids. Meetings are the third Monday of every month. 703-878-1928.

# Ukulele Festival Returns to Lake Anne Plaza

Back by popular demand, tiny strings kicking out tropical tunes will take over the Lake Anne waterfront when the 2nd Annual Ukulele Festival takes place Saturday, July 9, 11 a.m.-5:30 p.m. in the heart of historic Reston. The free music festival will feature performances by several internationally known and local ukulele musicians, music demonstrations, an open-to-the-public jam session, beer/wine garden, festival vendors, and other family friendly activities. The event will kickoff during the Saturday Farmers & Arts/Craft Market.

Headlining the festival this year will be female acoustic blues artist Del Rey.

Del Rey plays concerts worldwide and also conducts concert/lectures on women musicians called Women in American Music. She has contributed to projects in honor of The Mississippi Sheiks, Sister Rosetta Tharpe and Johnny Cash. Del Rey has recorded five solo albums, Blue Uke (2008), When The Levee Breaks (2006), X-Rey Guitar (2000), Hot Sauce (1995) and Boogie Mysterioso (1993).

The festival will also include special guests and Grammy award winning artists Cathy Fink and Marcy Marxer and



2011 Ukulele Festival Poster

## Performance Schedule

11 a.m. Hoa Mele Wakinekona  
11:30 a.m. The Sweater Set  
12:15 p.m. Bruce Hutton  
1 p.m. Marcy's Potted Plants  
1:30 p.m. Aloha Boys  
2:15 p.m. Fink & Marxer  
3:30 p.m. Del Rey  
4:30 p.m. Open Jam Session (public participation welcomed)

other performers such as Hoa Mele Wakinekona (Hawaiian), Bruce Hutton (old-time folk), Aloha Boys (Hawaiian), and local girls duo The Sweater Set. The festival is hosted by the Lake Anne Merchants with support from the Northern Virginia Ukulele Ensemble. The beer and wine garden is hosted by Port City Brewery and Unicorn Winery.

V i s i t [www.lakeanneplaza.com](http://www.lakeanneplaza.com). The festival is free, rain or shine.

# COMMUNITIES OF WORSHIP

**GOOD SHEPHERD LUTHERAN CHURCH**  
1133 Reston Avenue, Herndon, VA 20170  
Summer Worship Hours: 8:30 am and 10:30 am  
Rev. Dr. William H. Flammann, Pastor  
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Preschool: 703.437.4511  
[www.gslcva.org](http://www.gslcva.org)

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10:00 a.m. Holy Eucharist Rite II  
Children's Chapel July 10 through Aug 28  
5:00 p.m. Come as You Are Contemporary Service  
Nursery care provided at 10:00 a.m. Service  
The Rev. James Papile, Rector  
The Rev. Jacqueline Thomson  
The Rev. Denise Trogdon  
703-437-6530  
[www.stannes-reston.org](http://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](http://LivingFaith4U.org)

**Herndon United Methodist Church**  
[www.HerndonUMC.org](http://www.HerndonUMC.org)  
Sundays  
8:30 AM Sanctuary, Traditional Worship Service  
10:00 AM Garden, Traditional Worship Service  
11:00 AM Connection, Contemporary Worship Service  
other weekly services  
5:30 PM Saturdays: Relax & Renew, Casual Worship Service  
701 Bennett St., Herndon, VA  
703-707-6271

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**THE CONNECTION NEWS PAPERS**

## More on Summer Food

Fairfax County is constantly working to expand the number of sites offering meals to needy children in summertime. In the summer of 2008, the county served 60,000 meals at 37 sites.

In the summer of 2010, approximately 105,000 meals were served at 47 sites, a 75 percent increase in meals served and 27 percent increase in the number of sites providing services.

Alexandria City has 46 summer meals sites, and Arlington County hosts seven summer meals sites, according to the No Kid Hungry campaign in Virginia.

An editorial last month, relying on information from the Fairfax County Public Schools, understated the number of sites available for summer meals.

Fairfax County has more than 44,000 students enrolled who are poor enough to qualify for subsidized meals who, during the school year receive breakfast and/or lunch at the county's 141 elementary schools, 26 middle schools, 30 high schools and secondary schools either for free or at very low cost. That's nearly

200 places where students go every day that can help provide for their nutritional needs.

While 105,000 meals at 47 is a great improvement, it's still fewer than three meals per needy student for the entire summer.

The No Kid Hungry campaign is promoting summer meals programs in Virginia and increasing awareness by distributing statewide nearly 55,000 pieces of outreach materials including postcards, yard signs, direct mail, posters, and banners.

### Primary Election Aug. 23

Several key races in Arlington, Alexandria and Fairfax County are likely to be decided in the primary election, next month. Because they are in heavily Democratic districts, the winner of the primary will be the favorite to prevail in November.

To vote on Aug. 23, you must be registered to vote by Aug. 1. If you think you might be on vacation, you can apply now for an absentee

ballot. The deadline to register for the Aug. 23 primary is Monday, Aug. 1.

Primary Election Day, Tuesday, Aug. 23

General Election Day, Tuesday, Nov. 8

Monday, Oct. 17 is the deadline to register to vote or update one's address for the Nov. 8 General Election.

For more information, see <http://www.sbe.virginia.gov>

### EDITORIALS

### LETTERS TO THE EDITOR

#### How Sad Can it Get?

To the Editor

We read in newspapers that, in Maryland, camp counselors must get written parental consent for the use of sun screens on their charges. Furthermore; regulations state that "Camp staff should limit touching the camper as much as possible." In Reston a friend of mine was preparing to take a photo of a bunch of campers to add to his collection of Lake Anne Plaza shots. The camp counselor accompanying the kids intervened saying that my friend could not take the photos because he, the counselor, did not have disclaimers from the parents of all the campers.

Without further comment.

**Bob Simon**  
Reston

#### Out of Touch

To the Editor:

Del. Barbara Comstock (R-34) again has voted for legislation that caters to downstate interests at the expense of Northern Virginia. The new state law that she helped pass allows air guns to be discharged on private property, even if next to a school or busy road. Such guns may be appropriate for use in rural areas, but they are downright dangerous in suburban areas where homes are a few feet apart.

Make no mistake about it, these guns can inflict significant harm;

they pose a particularly serious risk for small children and pets. Manufacturers tout these guns for hunting squirrels, rabbits, and small game. The US Consumer Product Safety Commission warns that their use can cause serious injury or death. With a range of 100 yards or more, a pneumatic weapon can shoot across a neighboring yard or street.

Fairfax County has treated these guns as regular firearms under the Fairfax County code.

County officials and members of the Board of Supervisors have expressed concern with this new law and have sought changes. In spite of these efforts by our local officials, the change in the state law will most likely go into effect unchanged on July 1.

It is unfortunate that Delegate Comstock votes for downstate interests of her party, rather than those of her constituents in McLean, Great Falls, and throughout the 34th district. With the new apportionment, Northern Virginia will gain representation in the General Assembly. Gaining seats means little, however, if our representatives are unable or unwilling to protect our interests.

We need to send a delegation to Richmond that stands up to the entrenched forces that have spurned Northern Virginia for decades. We can start by replacing Barbara Comstock with Pamela Danner who is running to be our delegate in November and who has served our neighborhoods for nearly three decades as a community leader. Danner understands

our legitimate concerns for public safety. Moreover, she has the fortitude and political skill to stand up to those who threaten the interests of Northern Virginians.

**Shelley R. Slade**  
McLean

#### 'Amend Your Thinking'

To the Editor:

You may wish to amend your thinking about the PLA (Project Labor Agreement) in question for Phase I & II of the Dulles Metrorail Project. Phase I has a PLA that works very well because it was voluntary and was negotiated between project management/contractor and the labor force. The HOT lanes project has had a similar experience. Both Labor and Management are satisfied with the benefits those PLA's bring.

The proposed Phase II PLA was drafted by a national union organization, proposed and pushed by the union member of the MWAA Board, endorsed and pushed through Committee approval as a mandated contract element by a Democrat Party official who chaired the Committee for MWAA, and lacked any opportunity for negotiation by the potential contractor/management team.

There was never any doubt that Virginians, in particular Virginia Republicans but with many supporting Democrats, would object to this blatant power play in a Right to Work state.

Yes, costs are an item in dispute, but the mandated union-made PLA is the cause of the real schism.

**H. Hollister Cantus**  
Chairman & CEO  
The ILEX Group  
McLean

#### Constitution Applies

To the Editor:

The recent controversy surrounding Fairfax County Public Schools' discipline policy, particularly parent notification, needs some clarity. Some parents have claimed that student's Fifth Amendment rights would be violated if parents are not notified before disciplinary action is taken. It is true students keep their constitutional rights even after entering the school building and they should not be coerced to incriminate themselves. However these rights pertain to violations of school and criminal rules and not to school infractions, like tardiness and cheating, in this case Fifth Amendment rights would not be involved. So in the case of violations of school and criminal rules, a students must not be coerced to incriminate themselves, that would be in violation of their Fifth Amendment rights, and therefore one could claim that their parent should be notified before action is taken.

**Lawrence Bussey**  
Reston

# Independence Day Fireworks for RSTA Swimmers

**W**ith the long weekend just starting and only a handful of meets taking place, one could realistically expect that Saturday would be a rather ordinary day for swimmers at Reston Swim Team Association (RSTA). However, what one might expect and what actually materialized were quite different.

Within the context of just three meets, four new pool records were set. For Glade, the Girls Mixed Age Freestyle Relay team of Sophia Landeryou, Natalie Bardach, Emily Landeryou and Olivia Wolfe broke their old record of 2:12.76 with a new time of 2:10.28.

For Hunters Woods, Eric Tang improved upon his old time of 31.96 in the Boys 13-14, 50-Meter Backstroke with a new time of 31.93.

Also for Hunters Woods, Alex Li set a new mark in the Boys 13-14, 50 Butterfly with a time of 30.22, besting the record of 30.52 that was set by Sean Shada during the summer of 2007.

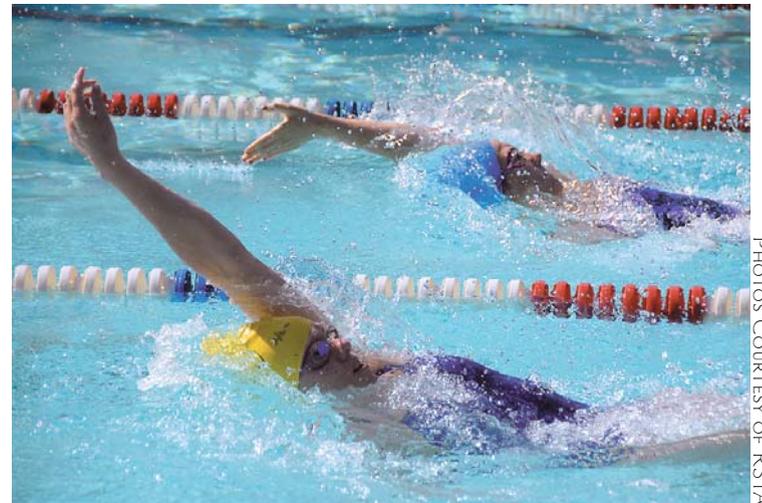
For Newbridge, Ryan Ha broke a record in the Boys 11-12, 50 Backstroke that had stood since 1999. His time of 34.18 broke the mark of 35.15 that was set by Myles O'Keefe during the summer of that year.

Scores and highlights of Saturday's meets follow:

**Lake Audubon Barracudas 633, Newbridge Dolphins 497:** For Lake Audubon, triple event winners were Austin Chute,



**Lake Audubon's Kaliyana Haering maintains her lead on teammate Alaina Cordts in the girls' 9-10, 25-meter breaststroke event.**



**Lake Audubon teammates Siera Scoggin (bottom) and Sasha Avilov battle it out in the girls' 15-18, 50 backstroke event.**

Seretha McHugh, Conor McBride, Sierra Scoggin and Will Sickenberger. Double event winners were Sasha Avilov, Ingrid Boyum, Brendan Burke, Molly Clough, Alaina Cordts, Sabrina Groves, Dean Huber, Michael McDermott, Julia Sofia Nassau, Brooke O'Donnell, Aidan Scanlan and Griffin Scanlan.

For Newbridge, triple event winners were Celia Compton, Ian Ha, Ryan Ha, Joseph Sgambati and Jocelyn Wulf. Double event winners were Maura Burke, Theo Burton, Melanie Ford, Brian Gibbons, Emma Grossback, Megan Ha, Jessica Klonaris and Patrick O'Malley.

**Hunters Woods Blue Marlins 697, Glade Gators 349:** For Hunters Woods, triple event winners were Alex Li, Philip Pan, Carolyn Qu and Jair Valenzuela.



**Sisters Emi, Mara and Anna Redican of Lake Newport celebrate in advance of the 4th of July.**

Double event winners were Alla Cartwright Luke Dawson, Nathan Dawson, Eric Deng, Kate Deng, Thomas Evans, Jack Ham, Colleen Jender, Marissa Jerome, Daniel Li, Dylann Nasr, Cooper Rosner,

Nathan Rosner, Sean Shada, Rachel Tang, Ashley Thai, Nima Tuberson, Katie Vintimilla, Kevin Vintimilla and Isabella Wnek.

For Glade, triple event winners were Natalie Bardach, Andrew

Draganov, Emily Landeryou, Sophia Landeryou and Zea Nims. Double event winners were Morgan Barlow and David Clark.

**Lake Newport Lightning 623, Autumnwood Piranhas 360:** For Lake Newport, triple event winners were Amanda Jacobson, Ryan McLaughlin, Dan Ni, Kunal Sharma, Casey Storch, Katie Storch and Ryan Williams. Double event winners were Grant Bommer, Kent Bommer, Amy Edgmond, Isabelle Kahng, Jimmy Keys, Conor McLaughlin, Meghna Sharma and Matthew Williams.

For Autumnwood, their triple event winner was Alice Robertson. Double event winners were Robin Brazier, Hugh Curran, Kerry Curran, Sullivan Gholson, Victoria Jenkins, Diya Murthy, Maggie Williams, Ellen Wait and Jake Xeller.

## McLean, Great Falls Swimming Season Heats Up

**W**ith numerous personal best times, sweeps and a team record set by Will Kemmerer in 50 Back for 13-14 Boys with a time of 31.68, the **Great Falls Rapids** (0-2) were unable to beat Arlington Forest (2-0) and lost by a score of 208-194.

Double first place winners included Julia Bullock, Mary Liz Elliott, Will Kemmerer, Annie Mahoney, Emma Marcille, Joseph Thomas, Max Wingo and Alexandra Zeidan. Single first place winners included Eric Eichler, Joseph Fallon and William Long. In Div. 2 action, Highlands whopped Little Rocky Run by a final score of 256-146. Double winners from Highlands were Diego Cruzado, Hayden Evans, Chuck Katis, Allison Martin, Charlie Putnam and Olivia Tripodi. Highlands' single event winners were:

Ben Charles, Aedan Collins, Claire Collins, Xenia de Cazotte, Colton Heuple, Chris Hylton, Jayme Katis, Amanda Moore, Griffin Romanek, Greer Schuman, Sydney Stocks, Zach Tripodi, and Helen Yablonski. Scott Callander set a team record in the boys 13-14, 50 Butterfly with a time of 29.11, and the 13-14 boys 100 Medley Relay team of Chris Hylton, Griffin Romanek, Scott Callander and Matthew Grocock improved their own team record with a time of 57:07.

**The McLean Marlins**, in their second Div. 1 meet, lost to neighborhood rival Tuckahoe by a score of 179.5 to 222.5. Double winners for McLean were: JJ Horsfield, Isabella Rongione, Andrew Seliskar, Stephen Seliskar and Libby Ulrich. Single event winners for McLean were: Dereck Charles, Quin Frew, Jake McCarron, Christopher Murphy, Jack Saunders, MJ Ulrich, Dora Wu, and Timothy Wu. There were

seven new team records set at the meet. The girls 8 and under freestyle relay team of Natalia Rongione, Abby Lucas, Skylar Tennant, and Dora Wu broke the record set the previous week with a time of 1:15.26. Isabella Rongione set a record in the girls' 11-12, 50 freestyle with a time of 29.36. For the boys, Andrew Seliskar set two individual team records in the 13-14 backstroke with a time of 28.45, and in the breaststroke with a time of 32.36. Stephen Seliskar also set two individual team records in the boys 15-18 backstroke with a time of 27.40, and in the butterfly with a time of 26.89. The 13-14 boys medley relay team of Christopher Murphy, Andrew Seliskar, Justin Nguyen and Jack Saunders set a new team record with a time of 55.58.

**The Langley Wildthings** won the second meet of the NVSL season against the Fox Mill Woods Fantastics by a score of

210.5-191.5. Double event winners for the Wildthings included: Vincent Watson (8-under free, back), Jinwon Bailar (11-12 Breaststroke, Fly), Elena Shklyar (11-12 free, fly), Emily Wallach (11-12 back, breaststroke), Katie Robinson (13-14 free, breaststroke), Chris Paul (15-18 back, fly), Meghan Overend (15-18 free, back), and Schuyler Bailar (15-18 breaststroke, fly). Single event winners included: Audrey Wallach (8-under free), Kate Walter (8-under back), Dillon Kaldes (9-10 back), Izzy Schone (9-10 back), Zach Johnson (11-12 back), and Alexandra Cramer (13-14 fly). Two records were broken: Jinwon Bailar broke the 11-12 breaststroke record with a time of 36.78 and the team of Liliana Schone, Kate Walter, Addison Collins, and Audrey Wallach broke the 8-under girls' freestyle relay record with a time of 1:22.82

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## 22 Prayers

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The sacred heart of Jesus be adored glorified, loved, and preserved throughout the world now and forever. The sacred heart of Jesus help us. St. Jude help of the helpless help us. Say nine times a day for nine days. It has never been known to fail. Thank you, St. Jude. Publication must be promised

## 21 Announcements

### OBITUARY

Manuel S. Pina of Herndon, VA died on Monday June 27, 2011.

He was born in Marion MA and served for 28 years in the United States Army. After retiring as a Colonel he went to work for The National State Bank in NJ as Branch Manager. An avid bridge player and golfer he was a member of the Reston Bridge Club, the 918 Golf Club in New Bedford Mass. and was a board member of the Herndon Centennial Golf Club.

He is survived by his wife Belmira Pina and his 4 children, Virginia Jones (David) of California, Manuel M Pina (Dianne) of Massachusetts, Ricardo Pina (Debra) of New Jersey, Marina Matthes (Verlyn) of Virginia, a sister Candida Tavares, two brothers Edwin and Theodore Pina all of Massachusetts. He is also survived by 16 grandchildren, 22 great grandchildren and 1 great great grandchild.

Services will be held at Huber-Moore Funeral home in Bordentown NJ on Friday, July 1st 9-11am with burial services immediately following at Bordentown Cemetery. In lieu of flowers memorial contributions can be made to Inova Health System Foundation (Heart and Vascular Institute) 8110 Gatehouse Rd. 200E, Falls Church VA 22042.

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Comm. Yard sale, 7/9, 9-1, Golf Course Sq. -Reston across from New Bridge pool.

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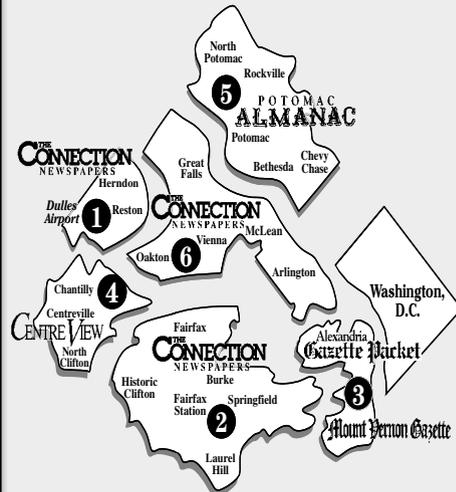


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## The "Canswer" Man



By KENNETH B. LOURIE

If you've ever wandered through or wondered about the slings and arrows of outrageous misfortune that accompanies a totally unexpected – and unprepared for – diagnosis of terminal cancer to an otherwise healthy – and asymptomatic, lifelong non-smoker in his mid-50s, read on and discover even more questions – and occasional answers, about life in the cancer lane, a bumpy road if there ever was one.

I have a very close friend (my writing buddy, as I call him), who has characterized me as an expert with respect to this whole cancer-surviving experience. Not so much having expertise as I know things: facts, figures, doses, pronunciations, protocols, etc., which I don't, really, but more so in that whatever I do know – and have assimilated into my life over these last 30 months. I have outlived my original prognosis ("13 months to two years") and in surviving have become a source of somewhat unique and experiential, if not reliable information: I have in fact been there and done that and so far, have lived through it (and as you regular readers know, have written about it, too).

I don't think I can say with certainty that I'm ready to teach a class on the subject but, I would certainly say I could be a guest speaker for 10 or 15 minutes. Aside from writing the "cancer columns" nearly non-stop as I have, through the passage of these two and one half years – including the original testing/diagnosing, which led to the biopsy/malignancy, I have accumulated a sort of institutional knowledge on being a surviving cancer patient. Living, as they say, is its own reward. And my reward is that I'm still alive and ticking (if John Cameron Swayze were still alive, he'd be doing a Timex watch-type voice-over right here) and as such, have collected, through fits and starts, knowledge and first-hand experiences concerning what cancer treatment can be like, generally (patients/protocols/side effects are all different) and what that patient might feel – and need (and I'm not talking about food when hungry either, I'm talking about aid and comfort during the heat of battle and the throes of depression) to help navigate through this minefield of physical and emotional tumult. It takes a toll; on patient, family, friend (even foe, I would imagine), doctor, health care professional, anyone with whom there's contact. A diagnosis of cancer is the most unwelcome news, the consequences of which are life-changing to say the least, and life-ending to say the most.

Not that any of my insights are particularly unique or proven in any way to soothe the savage cancer beast that appears in cancer patients, occasionally, but denying its existence or doubting its insidious hold would be my first warning shot across the bow – or brow of any caregiver (whomever; family, friend or professional) primarily responsible for the care and feeding of a cancer and/or terminal patient. The physical manifestations of a cancer diagnosis are likely apparent, but it's the psychological/emotional erosion that might not be seen that requires the softest touch.

Thirty months post diagnosis, that's what I still need the most: emotional reinforcement. Not constantly, but certainly regularly. It's almost as if, weakening that emotional resolve compromises my defenses somehow, thereby enabling the cancer to do what all cancer patients fear the most: metastasize. What us cancer patients call "the m word." A slippery slope – make that an avalanche, if there ever was one.

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

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