

## Musical 'Fireworks'

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**As Chief Warrant Officer Sheila Klotz conducts, Sergeant Jamal Brown performs a solo on the piccolo. The Army Band 4th of July Concert at Reston Town Center attracted a huge audience providing Restonians memorable 'musical fireworks.'**

### Reston Resident Tells 'Gadfly' Father's Story

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### Of Diets And Dieticians

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# RCA to Hold Annual Elections

Residents can vote at Reston Festival or by mail.

BY ALEX McVEIGH  
THE CONNECTION

The Reston Citizens Association will host its annual elections this weekend at the Reston Festival, with the position of president, two At-large directors and four district directors open. The election booth will be open July 9 and 10 at the festival, and results will be announced July 11.

All Reston residents over the age of 16 are eligible to vote for board members and president. Voters can vote at the festival, or mail ballots to the RCA at P.O. Box 2851, Reston, VA 20195, which must arrive no later than July 9.

Marion Stillson, current RCA president, will not seek re-election. She says the next year is a crucial one for Reston, and that the RCA plans to maintain its involvement in the planning process for Metro.

"If the Wiehle Avenue station is the terminus for the Silver Line, it will be extremely bad news," she said. "Things like the toll increases in the toll road will also affect Reston enormously. People who choose to avoid the toll road if costs increase for Metro will be driving through the side roads and neighborhoods in Reston."

Stillson also said the RCA is hoping to become more involved in Phase Two of the Reston master Plan Special Study Task Force, which will examine the futures of Reston's village centers.

Colin Mills, who has lived in Reston for 32 years, is the lone candidate for president. He has previously served as RCA's vice president and been a part of the organization's board of directors since 2005. He also serves as vice chair of the Reston Community Center's board of governors, and served as chair of the Long-Range Planning Committee which recently developed the RCC's five-year plan.

He said his goals are to "restore RCA as Reston's ear, make RCA a forward-looking organization committed to improving Reston's future; improve two-way communication with our citizens, keep Restonians informed about important matters and seek



**Colin Mills,**  
candidate for  
RCA presi-  
dent.



**C.J. Basik,**  
candidate for  
RCA At-large  
director



**Tammi  
Petrine,**  
candidate for  
RCA At-large  
director



**John Hanley,**  
candidate for  
RCA Hunters  
Woods Dis-  
trict director.



**Gary Walker,**  
candidate for  
RCA Lake  
Anne/Town  
Center/Tall  
Oaks District  
director.



**Debra  
Eastham,**  
candidate for  
RCA North  
Point District  
director.



**Diane Lewis,**  
candidate for  
RCA South  
Lakes District  
director.

PHOTOS CONTRIBUTED

out community opinion on those matters; improve RCA's organization through fundraising, volunteer recruiting and issue advocacy and institute more RCA signature events."

C.J. Basik is a candidate for one of two open At-large spots. She has lived in Reston for 18 years, and is part of Reston 2020, where she helped the Environmental Working Group write a paper on issues that need to be considered as the community develops. She is also a founding board member of the Positive Aging Coalition, a group that facilitates connections that lead to community service, lifelong learning, self-discovery and well being.

She says her goals for Reston are to "make Reston the best place to live for all ages and stages of life, including retirement; keep the unique character of Reston based on the founding principles and partner with other organizations to improve our community."

Tammi Petrine, a 35 year Reston resident, is running for the other open At-large seat. She is the co-chair of Reston 2020 and the director at large of the RCA board.

"In addition to being the active watchdog organization which protects Reston's founding principles, I favor enhancing RCA's mission by becoming a sounding board for citizens' concerns about Reston issues," Petrine said. "Denied the status of a town, Reston as a community has little influence with county and state officials and lacks a central mechanism for publicizing and seeking solutions to resident complaints and concerns, the function of a town council. RCA should be the organization to provide this function to its citizens."

Incumbent John Hanley, a 15-year resident of Reston, is seeking re-election to the Hunters Woods District Director position.

He also serves as co-chair of the Reston 2020 committee and is co-chair of the RCA's Election committee.

He says his goal are to: "contact, listen to and represent the interests of the residents of my district; ensure that RCA elections are carried out successfully and that candidates are found for open board seats; further the goals and ideals of Reston; work to see that whatever development occurs in Reston maintains a healthy balance between office and residential space; maintain the character of all local developments and village centers; work to implement the best developmental and infrastructural options as the Dulles Metro is constructed and stations are built and work constructively with other Reston associations such as Reston Association, Reston Community Center and Alliance of Reston Clusters and Homeowners to achieve the above goals."

Gary Walker, a 17-year resident of Reston, is running for the Lake Anne/Town Center/Tall Oaks District director. He volunteers at his children's day care and cites his career in Information Technology as giving him a focus on strategic goals of multiple parties.

"I would work to help the RCA craft concrete and measurable steps that all of us can take to make steady progress towards the larger strategic goals we set for ourselves in our mission statement," he said. "I would see RCA return to the place where it speaks for the Reston community, I see no other organization ready to take up that challenge. The citizens of Reston need to have a voice in the future of Reston."

Debra Eastham, an 11-year resident, is running for North Point District director. Over her time in Reston, she has participated in religious and social justice efforts,

family organizations and community organizations, such as the Browns Chapel Park initiative and Habitat for Humanity. She also has served in the religious exploration initiative at her church, where children explore many difference faiths in order to familiarize them with different cultures.

"With the coming of Metro to Reston, our community will face new issues that may challenge some Restonian qualities that we hold dear," she said. "As I both live and work here in Reston, I would like to help protect the truly admirable principles on which this town was founded. My goal as RCA director is to be a conduit for communication on any issues that will impact our neighborhood and families and an advocate for common sense solutions."

Diane Lewis is the candidate and current incumbent for the South Lakes District director. A 30-year Reston resident, Lewis has served as secretary and treasurer of the Fairfax Coalition on Smarter Growth and a Steering Group member of Sustainable Reston, which is an initiative of the coalition and a committee of the RCA.

"RCA speaks for all of the people of Reston. It served as a conduit for the information that our citizens will need to step into a challenging future, informed and able to deal with the changes that are certain to come," she said. "RCA can also aid in the effort to help our community become more sustainable. Areas in which we need to coordinate, in coordination with other community organizations, include energy independence, food security, locally-based business and increasing the tree canopy."

More information, including candidate bios and ballot forms, is available at [www.restoncitizensassociation.org/elections](http://www.restoncitizensassociation.org/elections).

## SCHOOL NOTES

**Nicole Ehrhardt** of Reston has been named to the spring 2011 dean's list at Chestnut Hill College of Philadelphia.

**Elisa Becker** of Reston has been named to the spring 2011 dean's list at Lycoming College of Williamsport, Pa., and was inducted into Phi Kappa Phi honor society.

**Karin Paige Steinmann** of Reston has been named to the spring 2011 dean's list at High Point University of High Point, N.C. The elementary education major was also initiated into the Kappa Delta Pi International Honor Society.

**Adrian Trninic** of Reston has received a bachelor's degree in his-

tory from Wells College of Aurora, N.Y. He is the son of Mr. and Mrs. Nebojsa Trninic.

**Grant Leighty** of Reston has graduated cum laude with a degree in business administration from Messiah College of Grantham, Pa.

**Gareth Bossard** of Reston has graduated from Villanova Univer-

sity of Villanova, Pa.

**Valerie A. Moyer** of Reston has been named to the spring 2011 dean's list at the University of Vermont in Burlington. She is a sophomore English major.

**Kendrick Castro** of Reston has graduated with a bachelor of arts in arts and sciences from Cornell

University of Ithaca, N.Y.

**Tsiyon Gurmu** of South Lakes High School has received a Horatio Alger Association of Distinguished Americans scholarships awarded to outstanding high school students in the District of Columbia, Maryland and Virginia. He will receive \$2,500 toward his college education.

**Restonians enjoy the concert at the Town Center.**



PHOTOS BY  
MICHAEL MCKEE/  
THE CONNECTION

## Musical 'Fireworks'

**Fourth of July Concert at Reston Town Center delights the audience.**

The 257th Army Band from Washington, D.C. prides itself on seeking to always be “musically entertaining” and they certainly were on the Fourth of July in Reston. They had the large crowd at the Reston Town Center in the palm of their hand all evening: They simply overwhelmed everyone with their musicality and sheer talent. Piccolo soloist Sgt. Jamal Brown from Washington, D.C. delighted audience members with his range, control and sheer beauty of tone. He made the “Dance of the Southern Nights” number particularly memorable.

Specialist Kyle Schrotel from Sterling gained everyone’s attention with his fine trombone work. Then Sgt. Victoria Golding, a percussionist from Brisbane, Australia, changed into a gown and re-



**Sergeant Jamal Brown performs a solo on the piccolo.**

appeared to impress the audience with her rendition of Irving Berlin’s “What’ll I Do?”



**Sergeant Vicki Goldring, from Brisbane, Australia, donned a gown to sing Irving Berlin’s ‘What’ll I Do?’**

In sum, this concert provided everyone with its own type of Independence Day “fireworks.”

— MICHAEL MCKEE

**Conductor and Commander Chief Warrent Officer Sheila Klotz comes to the podium (far left).**



PHOTOS BY SAMRA KHAWAJA

**Families and friends gather in the party area to barbecue under the gazebo.**

## Festive Fourth At Lake Fairfax

**Visitors celebrate an eventful July 4th.**

BY SAMRA KHAWAJA  
THE CONNECTION

As cars kept flooding into Reston’s Lake Fairfax Park for the Fourth of July festivities Monday afternoon, families unloaded portable gazebos along the grassland to prepare for all day barbecuing and celebrating.

At the Water Mine water park, which was filled to capacity, visitors waited outside in line for their chance to get wet under the blazing sun.

With events taking place starting at 10 a.m. with pony rides and a small petting zoo, visitors could watch the fire-

works show over the lake later in the day.

“It’s family fun,” Michele Babey from Reston said. “There’s a little bit of everything

to do.”

The picnic and party areas were filled with families and friends, some relaxing in hammocks, others playing a game of soccer.

On top of the hill, vendors lined up serving summer treats such as fresh squeezed lemonade and ice cream cones.

The Lake Fairfax staff was spread throughout the park, monitoring the large crowds and directing the heavy traffic flow.

For those visiting from far like Tonya Bridges from Washington D.C., the safety of Lake Fairfax made the festivities more attractive.



**Michele and Matthew Babey, with son Ian Babey, enjoy many of the events during the Fourth of July weekend at Lake Fairfax in Reston.**



Jason Baldessari, director of sales for Spohn Ranch Skateparks (right), speaks to local skaters about the proposed Lake Fairfax Skate Park at Aldrin Elementary School June 15.



Local skaters examine the preliminary drawing of the proposed Lake Fairfax Skate Park at a public meeting at Aldrin Elementary School June 15.

# Skaters Plan Park at Lake Fairfax

## Public input sought on proposed Lake Fairfax Skate Park.

BY ALEX MCVEIGH  
THE CONNECTION

**M**elissa Romano grew up skateboarding around the Herndon and Reston area. She remembers skating wherever there was space. Now that she has children of her own, the Reston resident has seen them get into skateboarding as well, taking advantage of the skate park in Herndon. When word came out about the proposed skate park at Lake Fairfax, she was even more excited.

"There's a lot of moms that are really excited about this. We have a lot of 4, 5, 6, 7-year-olds, and we want to make sure there's space for them to learn without getting in the way," she said. "From what I've seen at the Herndon park, the older kids are great about helping the young kids."

The Fairfax County Park Authority held a public meeting June 15 at Buzz Aldrin Elementary School to demonstrate the process that will be happening over the next

nine months, as well as solicit feedback from the skaters who will actually be using the park.

Jason Baldessari, director of sales for Spohn Ranch Skateparks, who will design the park, says they want to hear feedback throughout the process from skaters, BMXers, rollerbladers and anyone else who will use the park.

"Our goal isn't to cater to one type of skater or BMXer, but to have something for all skill levels," he said. "We want to know what you want in your skate park."

**THE PARK AUTHORITY** plans to develop the design plan over the summer and finalize it by November, and they hope to break ground by March 2012, with a possible opening by July 4, 2012.

"This is really exciting, it's something we've been talking about bringing to Reston for the past 15 years," said Bill Bouie, chairman of the Park Authority board.

Funding has already been approved for the \$1.2 million skate park as part of the 2008 Park Bond. David Bowden, director of Planning and Development for the Park Authority, said the park would be located on Lake Fairfax Drive, right across from the new administration building. The park will be around 18-20,000 square feet.

The park will feature what Baldessari

called "skateable art," which are features that can be skated on, but also enhance the aesthetics of the park to passers by.

"That makes the park more of a community place for everyone, rather than just appealing to skaters," he said. "Even if you're not a skater, we want people from all over town to look at it and appreciate it."

Baldessari also said that they try to use local architecture in designing the park.

"We can try to re-create your urban architecture," he said. "That's what will make it your skate park, not just a skate park."

**LOCAL SKATERS**, used to traveling to Alexandria or Leesburg until the opening of the Herndon Skate Park last year, say they're excited to see another park coming so close to home.

"I think it's great that something like this is happening in Virginia," said Darrien Williamson of Burke. "Every skate park in the area has at least one thing wrong with it, but this one should be perfect, because we have a say in what will be there."

Issa Kaddissi of Great Falls said he was "too excited for words" after spending an hour at Aldrin Elementary bouncing ideas off Baldessari and other skaters.

Baldessari says he will have a conceptual plan put together in about a month, then



Local skaters brainstorm on what they would like to see at the proposed Lake Fairfax Skate Park during a community meeting at Aldrin Elementary School June 15.

they will post the designs to Facebook and solicit feedback from people on Facebook.

"We want this to be a full-on destination park, so we're going to take our time and make sure we do it right," he said.

The Facebook page isn't up yet, but users can start to search "Lake Fairfax Skate Park" within the next few weeks, and then will be able to see and comment on the drawings.

## July 4th Flooring Sale

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## OPEN HOUSE LISTINGS

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## 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



Sponsored by Lake Anne, FOLA, and Port City. Lake Anne Plaza is located at Village Drive and North Shore Drive in the heart of North Reston.

### The 2nd annual Ukulele Festival will take place July 9.

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

### 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)

Boogie Mysterioso (1993).

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

Visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com). The festival is free, rain or shine.

### 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.

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# More on Summer Food

**F**airfax 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. Calls are also being made to needy families to let them know about summer meals sites. See [www.strength.org](http://www.strength.org)

Anyone can find the closest site in Virginia for summer meals by calling 211.

Anyone in Fairfax County who would like to volunteer or host a meal site can visit <http://www.fairfaxcounty.gov/rec/summermeals/> or call Brent Quarles, Department of Community and Neighborhood Services, at 703-324-5330, TTY 711, for more information.

## 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

### COMMENTARY

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

**W**e politicians like to take credit for accomplishments even when our connection to what has been achieved may sometimes seem less than clear. We also tend to ignore things that are not going as well as they might. For example, Governor McDonnell, as most governors before him, regularly announces new jobs that are created in the state as though they might have something to do with a private business decision that will be implemented over many years. When there are job layoffs and companies closing, the news is announced in the business section of the newspaper with no press releases from the governor's office.

As an eternal optimist I tend to focus on the good things that are happening with less emphasis on what goes wrong. Hopefully you read my recent columns in which

## Lowest Score in the House



I made sure you knew about my perfect score on the Virginia League of Conservation Voters scorecard leading them to call me a "champion of the environment." Or you may have heard about the Virginia teachers giving me their "Solid as a Rock for Public Education" recognition for my perfect voting record on public education issues. And there are others ([www.kenplum.com](http://www.kenplum.com)).

To be fair, if I am going to point out when I am doing well, I may need to point out when I do not do too well. For example, on the

2010-2011 Virginia Family Foundation Report Card I and four other delegates made the lowest scores in the House of Delegates ([www.familyfoundation.org](http://www.familyfoundation.org)). Our scores were 5 out of a possible score of 100. As near as I can tell, they did not make any errors in their calculations. While I highly value family, we just disagree fundamentally on what constitutes family values. They did not like my vote against a constitutional amendment that would have attempted to define parents' rights in the U.S. Constitution; another amendment protecting public prayer; and one that defined state sovereignty under the Constitution. They did not like my vote against denying funding for stem cell research and Planned Parenthood. I also voted against their position to increase regulations for clinics in which abortions may be conducted and against their bill to require that all women seeking an abortion be given an ultrasound

and be offered a chance to review it.

Others will be able to see my low score on the Family Foundation Scorecard as the group has plans to distribute 100,000 copies of them and a half-million voter guides through their campaign IGNITE, "an enduring cultural transformation." Among "our Biblically-based beliefs" they intend to promote are the ideas that "moral, physical and spiritual absolutes exist and were given to mankind to govern all of life...the sanctity of marriage between one man and one woman is the essential element of the family." Actually, their involvement in the fall campaign will give me an opportunity to talk about my family and my values. It will provide me a chance to explain why I believe my lowest score in the House of Delegates correctly reflects my position on the issues considered and the opinion of a majority of my constituents.

### LETTERS TO THE EDITOR

## How to Save the Fairway?

To the Editor:

The developer, by purchasing the property, has inherited certain responsibilities of which he apparently may not be aware. These responsibilities include respecting the Reston community, understanding the social history of

Reston, and being a good steward of Reston's infrastructure. This includes more than the existing physical elements but also the attributes of history, reputation, community spirit, diverse population, beauty, and that special uniqueness inherent to Reston.

Therefore, since these attributes come with the community in which this property is located, the

developer owes the community the assurance that none will be ignored and that they will be enhanced instead. This the developer can do by using as a model, one that is much better than the one shown, which seems to have no redeeming value. In fact, what was suggested is the absolute minimum requirements put together in a cheap or very economical package. Instead, a proposal should be

provided that includes imagination, diversity, and positive value. These enhancements will prevent degradation to Reston's infrastructure.

Suggestion to the developer: Contract a prominent, imaginative architect and start from scratch.

**John Stroik**  
Reston

**NEWS DEPARTMENT:**  
To discuss ideas and concerns,  
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e-mail:  
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# Task Force Trapped in Time Warp

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/  
HOST



INDEPENDENT  
PROGRESSIVE

to Reston residents at this delicate time. What I observed for myself confirmed what I had heard. I am used to Fairfax's ponderous processes, but this Task Force seemed actually to be operating in reverse!

The transportation analysis promised to the Task Force a year ago is still not done—not even in the offing. [In fact, I bet it will not be completed at all. If it were done with professional integrity, it would reveal planned infrastructure to be woefully inadequate to support the building program proposed.] Instead, the staff talked about a new "Flexible Framework" for densities and land uses—a concept growing out of developer suggestions to avoid meaningful limits to building. At some unspecified point in the months ahead, county staff will test a "flexible framework" of commercial (mostly) and residential uses at proposed high density growth levels plus 20 percent over the next 20 to 30 years against planned infrastructure. There was no talk of action beyond that. My head hurts.

Three weeks ago, I attended a full public meeting of the Reston Master Plan Task Force. After having faithfully attended nearly all Task Force and Task Force subcommittee meetings—over 100 in total—during 2010, I had concluded this wasn't the best use of my time. Thus, my top New Year's resolution for 2011 was to stop doing so. I kept that resolution until I stepped into the room on June 14. This was my first Task Force meeting in over six months.

But, lo, it was as though I had entered a time warp. The 20 Task Force members and Fairfax County Planning staff present were having a discussion nearly identical to ones I had heard in Task Force meetings in the summer of 2010, a full year ago. But, now they were not as far along in reaching conclusions about recommendations for the areas proximate to the

three Metro-stations-to-be as they had been at the last meeting I attended! For the Task Force time stood still!

When I began my abstinence, the Task Force's station area subcommittees were wrapping up their work. The Town Center and Wiehle Committees had made oral reports to the full Task Force. Their proposals were set for final discussion and adoption on their way to Fairfax Board of Supervisors. Recently, I had heard that it was likely that the Task Force, in fact, would delay making its recommendations until after the November Board of Supervisors elections. Folks campaigning for re-election were concerned that Task Force recommendations featuring dramatically higher densities favored by developers might be upsetting

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

## 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 student 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

**Be Part of The Pet Connection in July**

Send Your Photos & Stories Now to [reston@connectionnewspapers.com](mailto:reston@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.




**PUBLIC NOTICE**

**AMENDMENT TO THE FAIRFAX COUNTY PARK AUTHORITY REGULATIONS, SECTION 1.16-1, AND THE NORTHERN VIRGINIA REGIONAL PARK AUTHORITY REGULATIONS, SECTION 1.16-1.**

Notice is hereby given that the Fairfax County Park Authority (FCPA) will hold a public hearing on Wednesday, July 13, 2011, at 7:30 p.m. in room 941 at the Herry Building at 12055 Government Center Parkway, Fairfax, VA, to receive public comments on a proposed amendment to FCPA Regulations, Section 1.16-1 Athletic Field Use.

Notice is hereby given that the Northern Virginia Regional Park Authority (NVRPA) will hold a public hearing on Thursday, July 21, 2011, at 7:30 p.m. at 5400 Ox Road, Fairfax Station, VA to receive public comments on a proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use.

The full text of the proposed amendment to the FCPA Regulations Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Fairfax County Park Authority, 12055 Government Center Parkway, Suite 927, Fairfax, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at [www.fairfaxcounty.gov/parks/press/html/pr073.htm](http://www.fairfaxcounty.gov/parks/press/html/pr073.htm)

The full text of the proposed amendment to the NVRPA Regulations, Section 1.16-1, Athletic Field Use, is on file and available for public inspection and copying during regular office hours of the Northern Virginia Regional Park Authority, Public Information Office, 5400 Ox Road, Fairfax Station, VA. For the convenience of the public, the full text of the proposed amendment to Section 1.16-1, Athletic Field Use, is available for review at [www.nvrpa.org](http://www.nvrpa.org)

All persons wishing to speak on this subject at the FCPA public hearing may call the Public Information Office at 703-324-8662, to be placed on the Speakers' List. Person's interested in speaking at the NVRPA public hearing may call Chris Pauley, Park Operations Director, at 703-359-4613 to be placed on the Speaker's List. Individuals are not required to register in advance, and may also sign up to speak at the public hearing.

For more information, call 703-324-8662 (FCPA) or 703-359-4603 (NVRPA).



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least ten working days in advance of the registration deadline or event. TTY (703) 803-3354 703-324-8700 • ONLINE : [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks) • E-mail: [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov)



**Third Annual Dog Days of Summer**

**Sunday - July 17th from 12pm to 5pm**

- Free Hot Dogs & Soft drinks
- Free Frosty Paws
- Sidewalk Sale
- Boutique Sale
- Frontline Sale – **8 Doses \$75, any size**
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- Cool off Laps in Our Pool – For the Pups



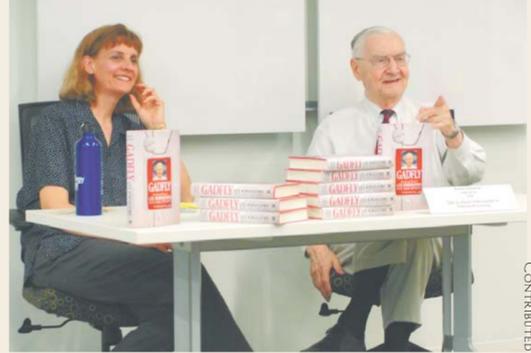
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PHOTO BY AMIEE FREEMAN/THE CONNECTION



Reston resident Kathleen Kinsolving has published a biography of her father, Les Kinsolving.



Kathleen and Les Kinsolving discuss the 'Gadfly: the Life and Times of Les Kinsolving, White House Watchdog.'

CONTRIBUTED

# Reston Resident Tells 'Gadfly' Father's Story

## Kathleen Kinsolving publishes biography of her father, Les Kinsolving.

BY AMIEE FREEMAN  
THE CONNECTION

"Gadfly" is not typically a term one would care to have applied to one's father. Reston resident Kathleen Kinsolving has done just that, however, in her biography of her father, Les Kinsolving.

"Dad was first called a gadfly by a clergyman. The name gadfly has both positive and negative meanings. The gadfly forces people to face something they need to face," said Kinsolving.

The book, "Gadfly: the Life and Times of Les Kinsolving, White House Watchdog," tells of Les Kinsolving's life first as an Episcopal priest, then as a journalist and member of the White House press corps, to his present occupation as radio talk show host. Kathleen Kinsolving discussed her book on June 13 as part of Reston Association's Reston Presents series.

Kathleen Kinsolving, who teaches English and journalism at Centreville High School, felt that her father's life story told itself. "He's got to have had one of the most fascinating and colorful lives," she said. "He has done so much in the service of truth and of being fair."

Les Kinsolving began his career as an Episcopal priest. He eventually left his position in the church and began writing for a religious bulletin. Following a controversial article regarding bishops' salaries, he was fired. He then began writing a column on religious life for the San Francisco Chronicle. A photo taken of him interviewing a naked hippie sparked interest and resulted in national syndication.

In 1972, Les Kinsolving left the Chronicle to write for the San Francisco Examiner. It was for the Ex-

aminer that he wrote the first articles about the Peoples Temple and cult leader, Jim Jones.

In 1973, Les Kinsolving moved his family once again, this time to the Washington, D.C. area. He also made a professional switch. Noticing that the religious section of newspapers was shrinking, Les Kinsolving began reporting on politics as the Washington-based correspondent for a group of Idaho and Wyoming newspapers and later for WAVA-FM.

In this position he became known for asking questions that were often "met with moans and groans and laughter from the other members of the press corps," said his daughter. He was the first reporter, however, to question the Reagan Administration about AIDS which was just beginning to be recognized as an epidemic. The exchange between Les Kinsolving and Reagan press secretary, Larry Speakes, illustrated the Administration's ignorance of AIDS.

According to Kathleen Kinsolving, Les Kinsolving has remained true to the Kinsolving family motto: Humble to the humble, inflexible to the arrogant. "He feels everyone should have a chance to ask a question. Dad's still fighting for fairness. He hates arrogance and likes to needle the arrogant." Currently, Les Kinsolving lives in Vienna and has a daily radio show from 9 to 11 p.m. on WCBM-AM.

**"He's got to have had one of the most fascinating and colorful lives."**  
— Kathleen Kinsolving

Kathleen Kinsolving's writing career continues. She has written a screenplay, "Madman in our Midst," based on her father's articles about Jim Jones. She has also written a second book, "The Dogs of War," about the canine pets of Presidents Franklin Delano Roosevelt and Dwight Eisenhower and Gen. George Patton. This book, also to be published by WorldNetDaily, is due out in December.

ASKED if she had any advice for someone interested in writing a biography or memoir, Kathleen Kinsolving said to "make sure it is an interesting enough subject. I wouldn't have written Dad's story if he wasn't colorful. I also thought writing Dad's story would help with the culture wars. He is neither totally conservative, nor totally liberal. He is very much a 'call-it-as-I-see-it' type of person. Not a lot of people do have lived a life like this."

## ENTERTAINMENT

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

### 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: Cheers 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 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, 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**

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



PHOTO CONTRIBUTED

**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 reenactors 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.

**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).

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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).

**SteveSongs.** 11 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. For ages 2-10. 11AM. Sing and dance with "Mr. Steve," cohost of the PBS KIDS preschool show. \$8 day pass (includes Baba Jamal Koram show at 10 a.m.), under age 3 free. 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).

**Money Matters.** 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Explore the importance of money and the economy at every stage of life. Monthly group discussion focuses on personal finance and investing. Adults. 703-242-4020.

**The Magic of Hans Christian Andersen.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Applause Unlimited presents "The Ugly Duckling," "Thumbelisa," and "The Emperor's New Clothes" told with puppets and masks. 703-689-2700.

### WEDNESDAY/JULY 13

**SteveSongs.** 11 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. For ages 2-10. 11AM. Sing and dance with "Mr. Steve," cohost of the PBS KIDS preschool show. \$8 day pass (includes Baba Jamal Koram show at 10 a.m.), under age 3 free. 1-877-WOLFTRAP or [www.wolftrap.org/TITW](http://www.wolftrap.org/TITW).

**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.

**Mother Goose Time.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Songs, stories and action rhymes. Birth-23 months with adult. 703-437-8855.

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Lindsay Jo Pell and Robert Monier Ryder.

## Lindsay Jo Pell and Robert Monier Ryder Engaged

**S**haron Pell of Franklin, Pa. announces the engagement of her daughter, Lindsay Jo Pell, to Robert Monier Ryder, son of Robert and Marlene Ryder of Reston. Lindsay is also the daughter of the late R. Scott Pell Sr.

The bride-to-be received a doctor of pharmacy degree from the University of Pittsburgh in 2001. She is a specialty practice pharmacist with The Ohio State University Medical Center.

Her fiancé received a bachelor's degree in communications from

George Mason University in 2002 and a master's degree in education from The Ohio State University in 2011.

The wedding will take place at 3:30 p.m. Aug. 6 at Liberty Presbyterian Church in Delaware, Ohio.



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# Of Diets and Dieticians

Sometimes advice from an expert can help achieve weight and nutrition goals.

By JON ROETMAN  
THE CONNECTION

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.

"[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 in-



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

volve questioning credentials, Omar said.

"I think there's something to say 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.

"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 dietitian [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.

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

## HEALTH NOTES

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

### 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.

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

### THURSDAY/JULY 28

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

**Alzheimer's Association Memory Care Support Group.** 11 a.m. Great Falls Assisted Living, 1121 Reston Avenue, Herndon. Facilitated by a geriatric care counselor. Meets monthly through December. Free. [www.greatfallsassistedliving.com](http://www.greatfallsassistedliving.com) or 703-421-0690.

### 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. Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon. School entrance and 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.

### THURSDAY/AUG 25

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

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Three generations meet at the Reston golf course: Steve, Jay, Manny, and Steve Hershkowitz

## Three Generations Gather for Golf

**Manny Hershkowitz, 94, returns to Reston National Golf Course.**

BY JULIE INGLIS  
THE CONNECTION

Last Friday, three generations of the Hershkowitz family had a golf game at the Reston National Golf Course. The oldest of the group was Manny Hershkowitz, age 94.

Steve and Jay Hershkowitz, Manny's sons, played with their dad; Jay's son Steve played as well. Manny and his wife, Ruth Hershkowitz, have three children in all—two sons and one daughter. "...my oldest son has two daughters. And the two daughters got two boys each. So we [have] got four great-grandsons," Hershkowitz said.

Family means a lot to Manny Hershkowitz: when asked about his favorite moments with his children, he referenced the bar mitzvahs of both of his sons. But, as he explained, his wedding day was the most wonderful time of his life.

"The best day of my life was the day I married my wife [Ruth]. We are married 68 years." He added, "She's the intellect, I'm the jock."

The couple originally moved to Reston from Westbury, Long Island. "I was in New York originally as a furrier...But when we moved here, [it] was the wrong time of the year for the fur market. I'm a born salesperson so I got a job selling furniture in Bloomingdales at Tysons Corner."

Hershkowitz shared some advice as well. "Please respect seniors." Manny Hershkowitz proved his point that, "a senior can...pick up a ball without falling flat on his face" by setting the Guinness World Record in 1999 for being the oldest ballboy, 82-years-old, at the United States Tennis Open.



Manny Hershkowitz lived in Reston for more than 30 years.

**"The best day of my life was the day I married my wife [Ruth]. We are married 68 years."**

— Manny Hershkowitz

Manny and Ruth Hershkowitz lived in Reston for more than 30 years before moving again—this time to Ashburn. "We love Reston,"

said Manny Hershkowitz, later adding that his favorite thing about Reston was, "Oh [the] trees! Oh I'm definitely a tree person."

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**THE CONNECTION**  
NEWSPAPERS

# 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.

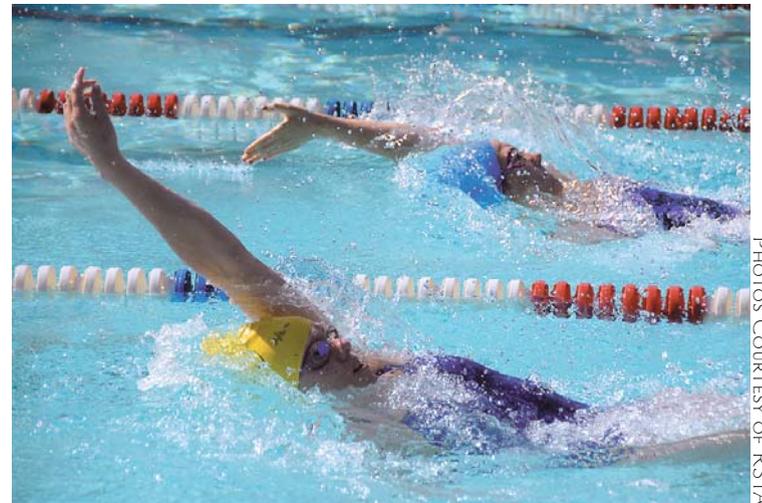
For Newbridge, Ryan Ha broke a record in the Boys 11-12, 50 Backstroke that had stood since 1999. His time of 34.18 broke the mark of 35.15 that was set by Myles O'Keefe during the summer of that year.

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.**

PHOTOS COURTESY OF RSTA

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, Kevin 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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**21 Announcements**  
**OBITUARY**  
Manuel S. Pina of Herndon, VA died on Monday June 27, 2011.

**21 Announcements**  
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.

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**4 RE for Sale**

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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 in 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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