

Solutions for Herndon

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Gov. Bob McDonnell examines technologies on display at the Dell Solution Center in Herndon at its grand opening Tuesday, July 26



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PHOTO BY ALEX McVEIGH/THE CONNECTION
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To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com
All listings due by Monday at 3 P.M.

WEEK IN HERNDON

Family Abducted and Robbed in Herndon area

Police are investigating a report of a family that was abducted from their apartment, robbed, and left in a remote area of Fairfax County on Thursday, July 28.

A masked man entered an apartment in the San Moritz Circle complex through an unlocked door around 9:30 p.m. He implied that he had a gun, and ordered the residents — a woman, her teenage son and toddler — into a back room where he tied up the teen. Minutes later, a family friend entered the home and was assaulted by the suspect when he did not immediately comply with orders to get to the ground. The man sustained non-life threatening cuts with a sharp object.

The father then entered the home and was also assaulted by the suspect.

According to police, everyone was ushered out to the family sedan and the suspect ordered the driver to a nearby ATM.

After withdrawing money, the suspect ordered the father into the trunk of the vehicle and the friend continued to drive.

He eventually parked in a secluded business park area off of Innovation Drive. The victims were released except for the father. They ran away and



Sketch of suspect.

flagged down a passer-by who called police. Once the father realized the suspect was gone, he was able to escape the trunk and found police who had responded to the area.

The suspect is described as black, in his 30s, around 5 feet 9 inches tall and lean. He wore a dark hat, a dark, baggy sweat suit, black athletic shoes and dark cloth gloves.

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

County Police at 703-691-2131.

Boy Scout Holds a Book Drive

Jared Nielsen will be holding a book drive for his Eagle Scout Project from Aug. 17 to Aug. 27. Donation boxes will be placed at the following locations: Reston Regional Library, Hunters Creek Pool, Kingstream Pool, and the Reston LDS Building. All donations will be delivered to the Loudoun Abused Women's Shelter at the conclusion of the drive. Both new and used books are welcome. For more information, contact Jared, Tel: 703-318-6741 or email jhoops13@gmail.com

ENGAGEMENTS

Amanda Mattea and Michael Robson

Mr. and Mrs. Robert Brock of Herndon announce the engagement of their daughter, Amanda Mattea, to Michael Robson, son of Mrs. Sue Robson and the late Peter Robson of Waynesboro, Pa.

The bride-to-be is a 2000 graduate of Herndon High School. She received her Bachelor's degree from James Madison University and her Master's degree from Savannah College of Art and Design. She is employed as a Graphic Designer with the Federal Government.

The future groom is a graduate of Waynesboro Area Senior High School. He attended James Madison University and is employed by Jacob's Engineering.

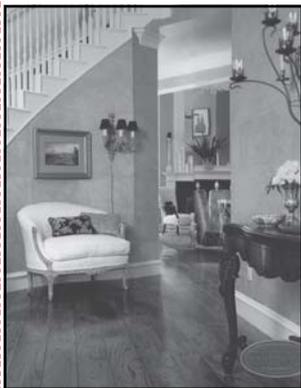
A September wedding is planned.



Michael Robson and Amanda Mattea

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, Jared Scott, Jan Urich, Gov. Bob McDonnell, Richard Pineda and Lee Morgan cut the ribbon on the new Dell Solution Center in Herndon, Tuesday, July 26.

Dell Opens Solution Center in Herndon

BY ALEX McVEIGH
THE CONNECTION

Gov. Bob McDonnell was one of the first guests to tour the newly opened Dell Solution Center in Herndon Tuesday, July 26, the second such facility in the country. Visitors were able to tour various modules of Dell technologies that are aimed to assist educational, health care and law enforcement institutions and others with their information technology needs.

"We realized we had to be in a place that was close to our customers," Jan Urich, vice president of Service and Solutions Group. "We're going to have people here, and in all our centers around the world, helping our customers, who can come in work with our solutions, test their environments, get access to engineers and our global network."

Guests were able to walk around the center and get a look at what the technology can do, whether it's allowing college students to add and drop classes from their mobile phone or work in virtual labs that

"We look at Virginia as being a technology leader for the world, and it's obvious when you look at the numbers ..."

— Gov. Bob McDonnell

can replace computer labs and their associated power costs.

Lee Morgan, executive director of Dell Solution Centers, said this location, the second U.S. location after one in Austin, Texas, is a great location for both Dell and their customers.

"When we selected this location, there were a couple of things that excited us," Morgan said. "We're right here to support the federal government and the entities around it, but also we like the proximity to Dulles Airport. We can fly customers in, and it's five minutes to get here from the air-

port."

THE NEW SOLUTION CENTER allows customers to make sure that the products will work for their specific needs.

"We want to make sure our IT molds around businesses, not vice versa," said Richard Pineda, vice president of Dell Services Federal Government. "And as a Virginia and Fairfax County resident, I think this is a real win for Northern Virginia."

As McDonnell walked around looking at the various solutions offered at the center, he said he was impressed with the technology and pleased Dell chose a Northern Virginia location.

"We're honored that you chose this location in Virginia to open this center," he said. "We look at Virginia as being a technology leader for the world, and it's obvious when you look at the numbers: 280,000 technology workers in Virginia, I think second only to California. Some of the most innovative solutions anywhere in the world come out of Northern Virginia."



From left, Gov. Bob McDonnell speaks with Jan Urich, vice president of Service and Solutions Group, Lee Morgan, executive director of Dell Solution Centers and Richard Pineda, vice president of Dell Services Federal Government at the ribbon cutting of the new Dell Solutions Center located in Herndon Tuesday, July 26.



PHOTO BY ALEX McVEIGH/THE CONNECTION

Secretary of Transportation Ray LaHood addresses employees at the Volkswagen Group of America's Herndon headquarters Tuesday, July 26 about distracted driving.

LaHood Speaks at VW Headquarters

Transportation Secretary praises company's efforts to combat distracted driving.

BY ALEX McVEIGH
THE CONNECTION

Secretary of Transportation Ray LaHood spoke at Volkswagen Group of America's Herndon headquarters Tuesday, July 26. He spoke to hundreds of employees to thank them for the more than 4,000 employees who signed off on the company's "Enjoy the ride. Don't text and drive" initiative.

"How many times have you driven with your knee while sending a text message?" he said. "While you're looking down for those four seconds, in that time your car has gone the length of a football field."

LaHood didn't mince words when talking about the dangers of distracted driving.

"I call it an epidemic," he said, while holding up a cell phone. "Everyone in America has one of these devices. It's not an epidemic because we have them, it's an epidemic because we all think we can use them anytime, anywhere."

He likened it to the "Click it or ticket" initiative, which he says changed the culture of safety around automobiles.

"Before that, no one was buckling up, and now almost 85

percent of people do," he said.

According to the Department of Transportation, distracted driving resulted in more than 5,500 deaths and 450,000 injuries in 2009. LaHood said that when it comes to reducing those numbers, people must take it upon themselves to be distraction-free.

"There's no call or message that can't wait until someone gets to their destination," he said. "Put the device in the glove compartment. Take personal responsibility."

He called the Volkswagen Group of America's pledge an example of taking personal re-

sponsibility, and congratulated the company for getting 4,000 employees to sign the pledge.

Jonathan Browning, president and CEO of Volkswagen Group of America, said the policy is part of the company's regular product delivery and that the company created the initiative because "our customers and their families deserve better."

More information about distracted driving is available on the Department of Transportation's www.distraction.gov.

Concussions: More Than a Headache

More sports-related concussions reported in Fairfax high schools.

BY JULIA O'DONOGHUE
THE CONNECTION

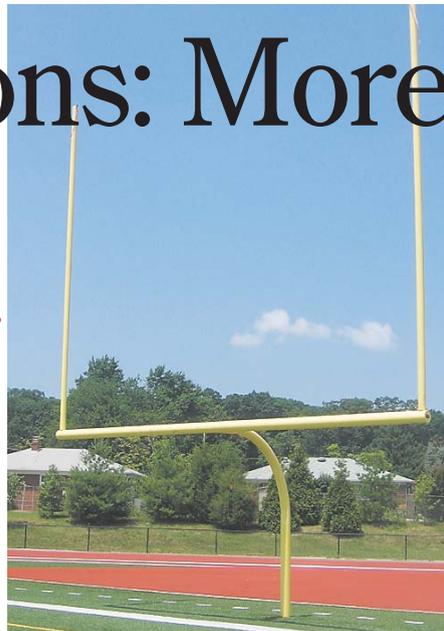


PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Jim McLaughlin knows he had at least one concussion while playing football at Woodson High School in the 1980s. At the time, coaches and players thought it was simply a matter of “shaking it off” before getting back in the game.

Over two decades later, Woodson’s cavalier attitude toward concussions has evaporated. Fairfax County Public Schools now has a stringent protocol for concussion treatment. Any student suspected of sustaining a concussion is prohibited from returning to sports games or practice on the day the injury took place.

McLaughlin, for one, is grateful for the more conservative approach. He will have two sons participating in the Woodson’s football program this fall and is a former assistant football coach with the Braddock Road Youth Club.

“One of the things that impressed me last year about Fairfax County Public Schools was that there was a real emphasis on educating parents and players about concussions,” said McLaughlin, whose sons also play lacrosse.

ACROSS THE COUNTRY, concussions have come a frontline concern at all levels of athletics, from youth leagues to professional sports. Boston University is currently studying the brains of professional athletes to determine the impact of concussions and repeated blows to the head on long-term cognitive functioning and emotional well-being.

Just this year, a few high-profile incidents brought a new level of attention to concussion treatment.

The star of the National Hockey League, the Pittsburgh Penguins’ Sidney Crosby, has not been able to resume playing since he sustained a concussion in early January.

Dave Duerson, who played professional football, committed suicide this winter. He had requested that his brain be examined for a degenerative disease that is caused by repeated blows to the head and linked to depression and dementia.

Virginia implemented new concussion policies for high school sports programs on July 1. The commonwealth’s General Assembly unanimously passed a bill to strengthen concussion guidelines last year.

Sen. Ralph Northam (D-6), the bill’s chief sponsor, is a child neurologist and faculty member at the Eastern Virginia Medical School.

Among other things, the Virginia Board of Education now recommends that students get a written medical release from a licensed health care professional before re-

A George Mason University professor found more than half of the sports-related concussions in Fairfax County Public Schools occurred during football.

In the 11 years tracked by Caswell, 231 athletes in Fairfax schools suffered two concussions and 26 athletes had three or more concussions.

turning to team practices or games if they are suspected of having a concussion.

It is also suggested that parents and students participating in high school sports programs be required to review information about concussions on an annual basis.

Most of the policies drawn up by the Virginia School Board have already been in place in Fairfax County for several years.

“We have been ramping up our process for several years now,” said Jon Almquist, who oversees the Fairfax school system’s athletic trainers.

Fairfax has had a certified athletic trainer,

Fairfax County Public Schools Concussion Data

George Mason University professor Shane Casewell studied trends in sports-related concussions by examining 12 high school sports programs in Fairfax County Public Schools from the 1997-1998 school year to the 2007-2008 school year.

The following is data on the number of concussions Fairfax students sustained while playing each high school sport over that time period. The information is taken from Casewell’s study published in the American Journal of Sports Medicine last January.

The professor only examined concussions reported in the following sports programs: football, boys lacrosse, boys soccer, wrestling, boys basketball, baseball, girls soccer, girls lacrosse, girls basketball, field hockey, softball and cheerleading.

Sport	Number of Concussions (Percentage of Total)	Number of “Exposures” to Concussions (Percentage of Total)	Rate per 1,000 Athletic Exposures*
All Athletes	2,651 (100%)	10,926,892 (100%)	0.24
All Boys Sports	1,986 (74.9%)	5,833,723 (53.4%)	0.34
All Girls Sports	665 (25.1%)	5,093,169 (46.6%)	0.13
Football	1,407 (53.1%)	2,335,666 (21.4%)	0.60
Girls Soccer	195 (7.4%)	554,500 (5.1%)	0.35
Boys Lacrosse	244 (9.2%)	800,085 (7.3%)	0.30
Girls Lacrosse	114 (4.3%)	559,295 (5.1%)	0.20
Boys Soccer	103 (3.9%)	606,100 (5.5%)	0.17
Wrestling	123 (4.6%)	724,430 (6.6%)	0.17
Girls Basketball	120 (4.5%)	730,876 (6.7%)	0.16
Softball	47 (1.8%)	439,175 (4.0%)	0.11
Boys Basketball	77 (2.9%)	788,022 (7.2%)	0.10
Field Hockey	58 (2.2%)	588,456 (5.4%)	0.10
Baseball	32 (1.2%)	579,420 (5.3%)	0.06
Cheerleading	131 (4.9%)	2,220,967 (20.3%)	0.06

*A higher rate indicates that concussions occurred more frequently.

who can help monitor concussion treatment, on every high school campus since 1983. The school system increased the number of athletic training positions at each school from two part-time slots to one full-time slot and a part-time slot in 2005.

“Our athletic trainers are available to assess the athletes every day. No child is going to go back to a sport team unless they can get through a rigorous workout without the return of symptoms. And you have to make sure that they get not only physical rest but also cognitive rest,” said Almquist.

STUDENTS with concussions typically have to take a hiatus from doing any type of physical activity and may have to refrain from cognitive activities — including reading, writing and completing math problems — for several weeks. They also must return to their normal exercise and academic routines slowly, with a gradual increase in rigor drawn out over several weeks, according to the National Children’s Medical Center in Washington D.C.

Though his children haven’t had concussions, McLaughlin said he knows many of their classmates have. According to McLaughlin, Fairfax’s coaches appear to have been supportive of long-term treatment plans for students. Teachers have also been understanding and willing to adjust academic workloads.

“There is no way on the front end of things that we can tell how long the healing process is going to take. A concussion is more of a software injury than a hardware injury,” said Almquist.

An academic study suggests that the frequency of concussions in contact sports might be on the rise in Fairfax County Public Schools.

George Mason University professor Shane Caswell examined concussion data collected for 12 contact sports programs in 25 Fairfax County high schools from 1997 to 2008.

According to Caswell, the frequency of

Signs and Symptoms Of a Concussion

This following list was compiled by Children’s National Medical Center. These signs may not appear directly after a blow to the head and adults should be on the look out for concussion symptoms several days after an incident.

SIGNS OBSERVED BY PARENTS/TEACHERS/COACHES:

- ❖ Student appears dazed or stunned
- ❖ Student is confused about events
- ❖ Student answers questions slowly
- ❖ Student repeats questions
- ❖ Student cannot recall events prior to the hit, bump or fall
- ❖ Student cannot recall events after the hit, bump or fall
- ❖ Student loses consciousness (even briefly)
- ❖ Student shows behavior or personality changes
- ❖ Student forgets class schedule or assignments

SYMPTOMS REPORTED BY STUDENT:

- ❖ Student has difficulty thinking clearly
- ❖ Student has difficulty remembering or concentrating
- ❖ Student is feeling more slowed down
- ❖ Student is feeling sluggish, hazy, foggy or groggy
- ❖ Student has headache or pressure in the head
- ❖ Student is vomiting or experiencing nausea
- ❖ Student has balance problems or dizziness
- ❖ Student feels fatigued or tired
- ❖ Student has blurry or double vision
- ❖ Student has sensitivity to light or noise
- ❖ Student has numbness or tingling
- ❖ Student is irritable, sad, nervous or more emotional than usual
- ❖ Student is drowsy or has trouble with sleep
- ❖ Student is sleeping too much

sports-related concussions in Fairfax schools’ sports programs grew four times as great over that 11-year stretch. Caswell admitted that this could be, in part, because Fairfax improved its detection and reporting process for concussions during that time.

The rate of concussion was rising in all the sports studied. Approximately 11 percent of the 2,651 concussions tracked during that time period were “repeat” concussions, where one student suffered a head injury more than once. In the 11 years tracked by Caswell, 231 athletes in Fairfax schools suffered two concussions and 26 athletes had three or more concussions.

“If you put them back in the classroom or on the field too soon, it is just going to delay the healing process,” said Almquist.

Caswell found concussion rates across all 12 sports to be on the rise and concluded it was important to monitor concussions across many athletic programs in Fairfax.

“The high-participation collision sports of football and boys’ lacrosse warrant continued vigilance, but the findings suggest that focus on concussion detection, treatment and prevention should not be limited to those sports traditionally associated with concussion risk,” he wrote.

Indeed, South Lakes parent John Farrell said three of his four children suffered from sports related concussions, though they were all in sports where concussions are not nearly as frequent. One daughter got repeat concussions after being hit in the head during a basketball game. A son had a concussion after he was hit in the head with a baseball and another daughter had a cheerleading accident, he said.

Dulles Rail Moves Forward

BY NICHOLAS HORROCK
THE CONNECTION

The Fairfax Board of Supervisors voted July 26 to approve the new cost allocation plan for Phase 2 of the Dulles Rail project, but said if it cannot find sufficient funding to build the Route 28 Metro station at \$83 million and the Fairfax and Herndon parking garages at \$109 million, the work should be completed by all the Dulles Rail partners.

In a plan by Secretary of Transportation Ray LaHood, provided to the board at its July 12 meeting, one way to reallocate costs of the project was to have Fairfax and Loudoun counties assume the cost of building parking garages at the rail stations. The plan also called for Fairfax to pay the cost of building a station at Route 28.

The Dulles Rail partnership includes Fairfax and Loudoun Counties, the State of Virginia, the Metropolitan Washington Airport Authority and the Federal Government. LaHood's office concluded that Phase 2 could not be completed without a reallocation of costs and an abandonment of the

underground station at Dulles.

The Metropolitan Washington Airport Authority has since abandoned plans for the underground station and instead will build it near the North Garage, providing a covered walkway to the terminal. This will save an estimated \$300 million but DOT officials believe other cost reductions will be necessary to make the project viable. In a report to Fairfax County citizens, Board Chairman Sharon Bulova called the demand that Fairfax "assume the full cost of the station... problematic."

She wrote "the Route 28 station will service both Fairfax and Loudoun Counties."

She said the north side entrance pavilion connects with land owned by the State of Virginia at the Center for Innovative Technology and "will provide the State with significant development opportunities."

She said the county therefore "prefers that a State or Federal grant (or funding) be put toward the cost of the station and that the station remained funded through the project."

Fairfax would agree to building the garages in part because it can

collect parking fees and in hope of getting federal transit assistance.

The Route 28 station would transfer about \$83 million in costs to the county. It would include two station entrances on both sides of the Dulles Toll Road, a pedestrian bridge across the toll road and parking for 2,000 cars.

At Tuesday's session the board voted to send County Executive Anthony H. Griffin to further meetings with the Dulles Rail partners with these instructions:

1. On the funding of the Route 28 station. "Fairfax County will make every reasonable effort to assemble a funding option for the Route 28 Station" and the two garages. But if it could not get the funding, "the construction costs... should remain in the overall project."

2. The Route 28 station and the garages would remain under the Dulles Partners until Fairfax was able to arrange funding.

Funding may include federal transportation loans and grants from Virginia. At a July 20 meeting, Virginia promised \$150 million toward the project.

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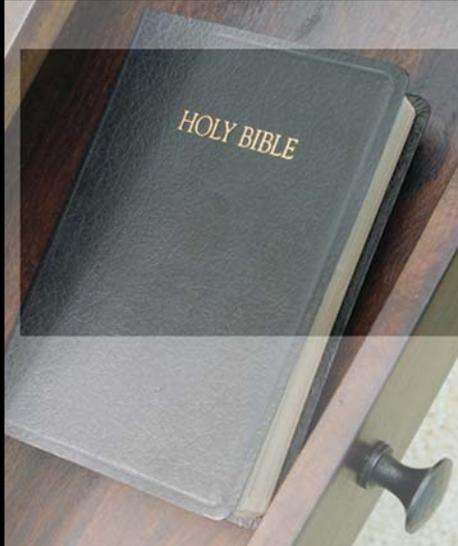


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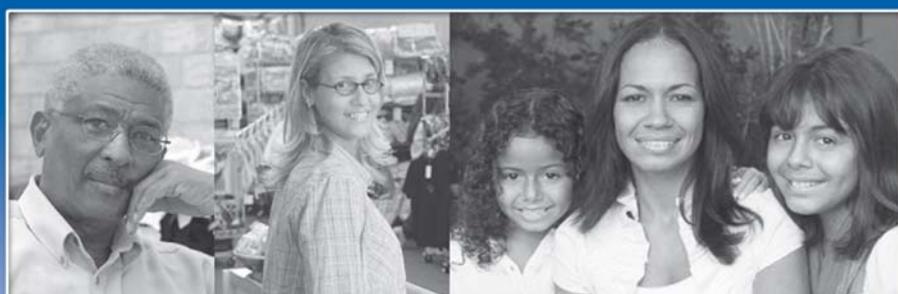
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• HomeLifeStyle, publishes Aug. 10, closes Aug. 4

• A+ Education Learning Fun, publishes Aug. 17, closes Aug. 11

• Insider's Edition: Community and Newcomer's Guide, publishes Aug. 24, closes Aug. 18

THE CONNECTION NEWS PAPERS



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Herndon Family Medicine would like to thank you for supporting our practice over the last 25 years. We understand that you have many choices for medical care and are privileged that you have chosen us to care for your family's wellbeing.

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As a thank you to the community, we are pleased to announce that all co-payments collected on our 25th anniversary will be donated to The Jeanie Schmidt Free Clinic. This facility provides primary care health services to uninsured and low-income residents of northwest Fairfax County.

We appreciate your loyalty to Herndon Family Medicine and look forward to the next 25 years of service in Northern Virginia.



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ENTERTAINMENT

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

WEDNESDAY/AUG. 3

Paleoclimate: Climate Change Lessons from the Past. 7 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Lecture by Dr. Harry Dowsett. Learn about the impacts of future climate and how to understand the changes forecast for the end of this century. A panel of climate change experts will answer questions from the audience. Free and open to the public. Federal facility, photo ID required. 703-648-4748 or www.usgs.gov/public_lecture_series.

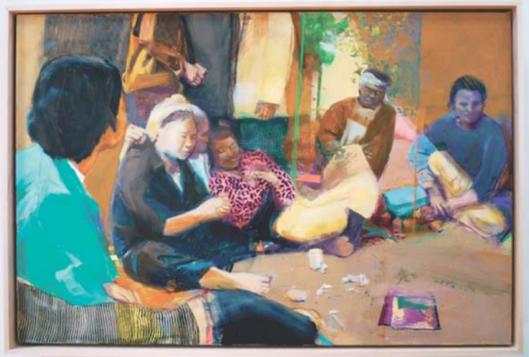
Herndon Book Club After Hours. 6 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. 703-437-8855.

Theatrical Jazzercise. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Jazzercise class with Broadway and a range of dance-inspired movements. Age 12 and up. 703-689-2700.

THURSDAY/AUG. 4

Sol y Rumba Latin Band. 7 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Live jazz music. Sesut@aol.com.

Disney in Concert: Magical Music from the Movies. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. The National Symphony Orchestra, led by conductor Steven Reineke, present songs from The Little Mermaid, The Lion King, Aladdin, Pirates of the Caribbean, Beauty and the Beast and



"Refugees: Japan" by Doug Kinsey. There will be an Artist Reception and Gallery Talk on Saturday, Aug. 6 from 7:30-9:30 p.m. at the ArtSpace Herndon, 750 Center St., Herndon. "Sons and Daughters of the Golden Dome" will feature paintings, ceramics and sculpture by former professors and students of the University of Notre Dame. The exhibit will be on display from Aug. 2-28. 703-956-6590 or www.artspaceherndon.org.

more. Tickets \$20-\$52. www.wolftrap.org.

FRIDAY/AUG. 5

"Ain't Misbehavin'." 8 p.m. The Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The Elden Street Players in Thomas 'Fats' Waller's musical comedy of 1930s Harlem. \$22 adults, \$19 students and seniors. 703-481-5930 or www.EldenStreetPlayers.org.

Tan Dun: Martial Arts Trilogy. 8:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. National Symphony Orchestra, led by conductor Tan Dun, presents concertos based on the films

modern instruments including herald trumpets, piccolo trumpets and others. Free. www.restontowncenter.com.

The 63rd Annual Fairfax County 4H Fair and Frying Pan Farm Park Show. 9 a.m.-5 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. 4H club demonstrations of crafts and woodworking, food and nutrition, floriculture, photography, and science and technology. Rides, animals shows, blacksmithing demonstrations and live entertainment. Free admission, \$5 parking fee. Stephanie.Ballard@fairfaxcounty.gov.

Rebecca Harrison Reed, Illustrator of "Only Cows Allowed." 11 a.m.-4 p.m. At the 63rd Annual Fairfax County 4H Fair, Frying Pan Farm Park, 2709 West Ox Road, Herndon. Reed will sign copies of the book and help children draw farm animals. Frying Pan's Jersey cow, Dandy, was one of the primary inspirations for cows in the book and is featured with Reed in the book jacket. www.fairfaxcounty.gov/parks/fpp/.

"Ain't Misbehavin'." 8 p.m. The Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The Elden Street Players in Thomas 'Fats' Waller's musical comedy of 1930s Harlem. \$22 adults, \$19 students and seniors. 703-481-5930 or www.EldenStreetPlayers.org.

Arlo Guthrie & Time for Three. 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Arlo Guthrie, Time for Three and the National Symphony Orchestra present an evening of folk and classical music collaborations. \$20-\$52. www.wolftrap.org.

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Horticultural tips and strategies. 703-242-4020.

Reptile Wonders. 10:30 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Meet and learn about reptiles with Reptile Wonders' Nature Center on the Go. Age 6-12. 703-437-

8855.

SUNDAY/AUG. 7

The 63rd Annual Fairfax County 4H Fair and Frying Pan Farm Park Show. 9 a.m.-5 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. 4H club demonstrations of crafts and woodworking, food and nutrition, floriculture, photography, and science and technology. Rides, animals shows, blacksmithing demonstrations and live entertainment. The Great Zucchini will perform at 1 p.m. Free admission, \$5 parking fee. Stephanie.Ballard@fairfaxcounty.gov.

"Ain't Misbehavin'." 3 p.m. The Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The Elden Street Players in Thomas 'Fats' Waller's musical comedy of 1930s Harlem. \$22 adults, \$19 students and seniors. 703-481-5930 or www.EldenStreetPlayers.org.

Artist Reception and Gallery Talk. 7:30 p.m. ArtSpace Herndon, 750 Center St., Herndon. "Sons and Daughters of the Golden Dome," in the Post Gallery. Paintings, ceramics and sculpture. 703-956-6590 or www.artspaceherndon.org.

Artist Reception. 2-4 p.m. Reston Community Center at Lake Anne, 1609-A Washington Plaza, Reston. "Evolution," abstract paintings by Mary Rainey-Medlin. Exhibit open through Aug. 28. maryrainey2026@comcast.net.

Alison Krauss & Union Station. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Bluegrass music. With dobro player Jerry Douglas and folk-rock band Doves. \$30-\$48. www.wolftrap.org.

Stream Splash. 2 p.m. Walker Nature Education Center, 11450 Glade Drive, Reston. Explore the life cycle of a frog and look for aquatic insects. \$4 RA members, \$6 non-members. Children under 12 must be accompanied by an adult. Reserve at 703-476-9689 or naturecenter@reston.org

MONDAY/AUG. 8

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

TUESDAY/AUG. 9

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

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.

ESL Pronunciation Group. 12 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Pronunciation practice in group setting. Adults. 703-689-2700.

THURSDAY/AUG. 11

"Ain't Misbehavin'." 8 p.m. The Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The Elden Street Players in Thomas 'Fats' Waller's musical comedy of 1930s Harlem. \$22 adults, \$19 students and seniors. 703-481-5930 or www.EldenStreetPlayers.org.

Iona Celtic Band. 7 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Live jazz music. Sesut@aol.com.

Bubble Bath Bunny with Kamp Kreatures Puppets. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Eager Beaver tries to get his pet Magic Bunny to take a bath. All ages. Register at 703-242-4020.

Bubble Bath Bunny with Kamp Kreatures Puppets. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Eager Beaver tries to get his pet Magic Bunny to take a bath. All ages. 703-689-2700.

Art Competition Winners Announced

Reston Bike Club and ArtSpace Herndon have announced the winners of the 2011 Reston Century T-Shirt Art Competition. Artwork and photography entered in this year's competition was to carry a theme that identified it with Ashburn and road cycling.

"We were especially pleased with the quality of entries received this year," said Randy Karn of the Reston Bike Club. He congratulated the following winners:

- ◆ Jill Banks, 1st Place, "W&OD BBQ"
- ◆ Ruth Blackwell, 2nd Place, "Bike Run"
- ◆ Jeff Yambor, 3rd Place, "BBQ"
- ◆ Thuy Dong, Honorable Mention, "Ashburn"

This is the third year the Club has worked with ArtSpace Herndon, which administers the competition. "This is a fun project for us at ArtSpace," said Robin Carroll, President. "We were delighted when the club came to us with the idea for the competition, which integrates art with an everyday activity,



Jill Banks, 1st Place, "W&OD BBQ," Oil.

such as road cycling. We enjoy working with the cyclists that are such a vital part of our community."

The Reston Bike Club sponsors a Century Bike Ride every year at the end of August. This year is the 29th consecutive year. For more information on the Century Bike Ride see our website, Reston Century (http://restonbikeclub.org/restoncentury/) Reston and Herndon, respectively, were featured in the first two years of the competition. The winning artwork is printed in full color on the back of the shirts given out to approximately 1,200 riders and displayed on the club website. The artists will also be exhibiting their work at the Reston Bike Club Annual Meeting in the fall.



Ruth Blackwell, 2nd Place, "Bike Run."

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OPINION

Five Percent Off

Back-to-school sales tax holiday a reminder of other back-to-school rituals; buy extra supplies for needy students.

While some of us are not sure how it got to be August, never mind time to start thinking about going back to school, the first day of school is about a month away, Tuesday after Labor Day, Sept. 5.

Virginia families can take advantage of what amounts to a three-day coupon for five percent off on many back-to-school items. Sales tax is suspended for the coming weekend, Friday through Sunday, Aug. 5, 6 and 7 (restrictions apply).

During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be exempt from sales tax.

The tax holiday should encourage more families to spend their back-to-school dollars in local stores rather than online. This is an excellent time to support local businesses, many suffering from the recession as well as competition from online businesses that offer tax-free shopping all the time. Local businesses that

don't get their money from the federal government need support from local shoppers now more than ever.

Also, remember that many families in the area are struggling. There are many options to help.

❖ FACETS in Fairfax, which provided more than 300 students with backpacks filled with supplies last year, is collecting school supplies until Aug. 12. Drop donations between 9-5, Monday-Friday, at 10640 Page Avenue, Suite 300, Fairfax. Volunteers will gather for Back to School parties to

stuff their new backpacks with supplies. Go to <http://facetscares.org/donate/back-to-school-drive/> for a list of needed supplies or to make an online financial contribution. To help with a donation drive in your workplace or organization, contact Stacy Boden at 703-352-3268 or sboden@facetscares.org.

❖ Our Daily Bread's Back to School program will help more than 350 needy children in the Fairfax High School pyramid receive the sup-

August Sales Tax Holiday: School Supplies and Clothing

When: The 2011 holiday will take place on Aug. 5-7, 2011.

What's exempt: School supplies selling for \$20 or less per item, clothing and footwear selling for \$100 or less per item will be exempt from sales tax.

See: www.tax.virginia.gov

plies they need.

In addition to financial contributions to purchase the supplies, Our Daily Bread is seeking donations of new teen-sized backpacks and scientific calculators. ODB will accept donations through Aug. 12. Contact Jennifer Rose at 703-273-8829 or holiday@ODBFairfax.org or visit www.ODBFairfax.org.

❖ Arlington Doorways for Women and Families is collecting money, school supplies, winter coats and more for needy students. Contact Wyatt Schroeder at wshroeder@DoorwaysVA.org. www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/

❖ United Community Ministries plans to raise \$10,000 and fill 1,000 backpacks this year. School supplies will be distributed to students in need on Aug. 25-26. Send donations to Attn: School Supplies, United Community Ministries, 7511 Fordson Rd., Alexandria, VA 22306. Contact Christine Fiske, 703-768-7106 ext. 328 or christine.fiske@ucmagency.org.

EDITORIAL

LETTERS TO THE EDITOR

Record Misrepresented

To the Editor:

Voters should expect a candidate for School Board to know how the School Board votes on motions. Certainly Louise Epstein, a candidate for School Board and a lawyer, should know that every member of the School Board voted to strengthen the parental notification requirements in our student disciplinary code. But instead of apologizing for misrepresenting Janie Strauss' vote on parental notification, Ms. Epstein continues to misrepresent the record.

On June 9, the School Board voted on revisions and changes to the Student Rights and Responsibilities, the code of student conduct. The "main motion" made a number of changes to the 2010-2011 document. One change added the following sentence: "The principal will make a reasonable effort to notify parents or guardians at the earliest opportunity regarding student disciplinary actions." That motion passed unanimously. (Minutes of June 9, 2011, pp. 8-9)

In a letter to the editor ["Voting Record," Connection, July 27-Aug. 2, 2011], Ms. Epstein notes correctly that Ms. Strauss voted against two amendments that — in the judgment of many, including me — would have jeopardized

student safety and inhibited the efforts of administrators to maintain safe schools. But it is a flat out falsehood to claim that Ms. Strauss voted against strengthening the requirement that administrators notify parents when their children make mistakes at school — we all voted for that change. The citizens of Dranesville District deserve to know the truth about these votes, not some misrepresentation of the record by a candidate for office who, frankly, knows better.

Stu Gibson
Reston

Author is a School Board Member from Hunter Mill District.

Evidence of Quicker Parent Notification

To the Editor:

This spring two high schools, understanding the School Board's requirement to notify parents quickly when students are involved in serious misbehavior, called parents at the start of an investigation. To the relief of one parent who left work and rushed to school, he was told he could turn around and go home. His child, as it turned out, was not involved. In another quick response

episode, parents who were initially called but could not come to school were called back a bit later to say it was a false alarm; their child was not involved and their presence wasn't needed. I applaud the immediate calls to these parents and expect to see more of this in the next school year. I would much rather hear about calls going out somewhat prematurely than parents complaining that they were brought in too late.

Jane K Strauss
Dranesville Representative
Fairfax County School Board

Windmills vs. Oil Spills

To the Editor:

This week on WTOP 103.5 FM's "Ask the Governor," Virginia Gov. Bob McDonnell was asked what he was doing with regard to offshore drilling.

Governor McDonnell assured the caller that in fact he had been lobbying the federal government to allow drilling off Virginia's coast, claiming that, "You got 4,000 rigs in the Gulf. They've been doing it safely for the most part for a while. We can do it off the Atlantic coast."

Even a cursory look at the facts shows that the governor is misinformed. The Bureau of Ocean En-

ergy Management tracks all spills larger than one barrel (42 gallons), and their statistics, publicly available on the Internet, show that since the year 2000 alone, there have been 362 reported spills of petroleum products from drilling platforms and rigs in the Gulf of Mexico, totaling more than 850,000 gallons.

I'm not sure what Gov. McDonnell considers "doing it safely," but from where I'm sitting, that's not it.

Our choice for Virginia's Continental Shelf: risk drilling for oil and gas in order to recover an estimated 6 days worth of oil or 18 days of gas supply ... or install windmills in the very same area 13+ miles offshore that will supply up to 83 percent of the electricity Virginia requires. Let's choose windmills, not oil spills.

Jane Twitmyer
Ashburn

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Looking for Improved Fitness — How About Tennis?

Sport combines fun, good exercise, and social interaction.

BY RICH SANDERS
THE CONNECTION

Like the perfect service point that produces an ace and a match victory, the sport of tennis, while its overall popularity over the years has gone through its highs and lows in the United States, is an absolute winner when it comes to its fitness and enjoyment benefits.

For those, from youngsters to young adults to the middle-aged and beyond, looking to improve their physical conditioning as well as taking up a fulfilling sport, recreation or competitive tennis is almost a perfect solution. The enjoyment of successfully volleying the ball back and forth with a partner is a sort of athletic exhilaration, an instant gratification that if learned to achieve consistently can grow towards passion and perhaps a deep love for the sport.

"I think one of the things that draws people to tennis is that one can get a real good workout in an hour playing a game of singles with one other person," said Hank Harris, director of the Hank Harris Tennis Academy, a summer program for youngsters ages 7 to 18 at Episcopal High School in Alexandria, where Harris serves as the head boys' tennis coach during the school year. "It's a sport that's all you — you can out-think your opponent [in a match] or [simply] work on your game."

Harris, a former University of Virginia men's tennis standout who went on to coach former women's professional star Pam Shriver, said the fitness benefits of the game are a natural byproduct of tennis if one is taught how to play the game the right way.

Harris explained that a good tennis player is constantly moving his or her feet and body during a volley, anticipating where an opponent might hit the ball, getting into position to put forth a fluent swing on the ball, and always being prepared to move forward or backward, left or right in readiness to how an opponent might react and where the ball might be headed. For beginners, recreation players, or competitive players, the sound principle of constantly being in position to move and go after the ball is a key principle for any tennis player.

"If you're playing good tennis, you're always moving," said Harris. "At no point should you not be moving. It's a game of movement, stopping and starting."

PEOPLE LOVE TENNIS for the physical conditioning benefits, the social aspect of going out and hitting the ball around with a friend, the whole idea of improving one's game, and the opportunity of competing against another person in a match.

"Tennis keeps you moving and engaged and having a good time," said John Kratzke,



PHOTO COURTESY/CHANTILLY INTERNATIONAL TENNIS

Coach Doug Kegerreis (front, right) spends a moment with young tennis camper Annabel Hoyes of Oakton at the recent Chantilly Chargers' Tennis Camp.

tennis director of the Highlands Swim and Tennis Club in McLean. "It doesn't matter if you're 5 or a 55-year-old."

Kratzke, a former player at William & Mary College, has been a full-time tennis instructor throughout Northern Virginia for the past 12 years. At Highlands, he oversees a tennis program of which 175 youth and 100 adults are participants.

"People enjoy competing and that side of it, and others love learning something new and adding to their skill set," he said, of the different mindsets his students have in regards to the sport.

He said he does not have one set teaching formula for all of his players or students, but instead tries to help individuals learn strategies and playing techniques best suited for their temperament, skill level, and goals in the sport.

"Having it being fun and fast-paced is what gets people interested in tennis," said Kratzke.

Most seasoned tennis professionals or teachers believe it is imperative that individuals desiring to take up the game take lessons from a tennis professional at a local club or tennis academy.

"I would highly recommend taking a few lessons," said Doug Kegerreis, president of Chantilly International Tennis (CIT), a tennis management service that helps create and provide tennis programs for clubs, youth organizations, and neighborhood associations.

Kegerreis, a physical education teacher at Oakton Elementary School in Fairfax County and the head tennis coach, along with his wife Karen, of both the Chantilly High boys' and girls' spring season teams, gives a tennis lesson through a media venue on YouTube. Individuals, after getting an idea for his teaching methods upon viewing the YouTube program, will sometimes call Kegerreis for personal tennis instruction.

"Tennis is a skilled sport but can be very difficult if you don't have guidance," said Kegerreis, who said the primary goal of CIT is to give students a desire to play the sport throughout their lives. "If you go out and spend most of your time chasing balls two courts over, it's frustrating. I feel like you



PHOTO COURTESY OF HANK HARRIS ACADEMY

A young girl works on a shot during tennis at the Hank Harris Academy.

need some basic guidance. For some people that's all they need and want. They don't want to be tournament players."

He said one of the first elements he teaches newcomers to the sport, both younger and older students, is to learn how to successfully volley or rally — hitting the tennis ball back and forth over the net with a partner. He said a key to good rallying back and forth is for players to execute easy, fluent swings and not try to hit the ball too hard.

"I don't care how much power you have, you have to learn to control your swing speed," said Kegerreis, who believes consistent seven or eight hit rallies can develop good physical workouts for players.

He recommends that someone new to the sport purchase a mass merchandise tennis racquet at a place such as Wal-Mart for between \$19 and \$40. A more experienced player, or someone who plays 10 or more times a year, should look for performance rackets which, at close-out sales, can be as inexpensive as between \$70 and \$90.

GLENN ADAMS, the boys' tennis coach at Madison High for the past 10 years, tries to create in all of his team members — whether they are standout players on the Warhawks' squad or backup team members — a will to play tennis for years to come. He said he often, when talking to prospective Madison players coming out of junior high schools, notices a lack of true love for the sport. Adams believes youngsters who are taught tennis at a young age develop a lifetime love for the sport. For those youngsters who take it up during, say, their teen years, there is not that immediate passion.

"It just doesn't develop on its own or spontaneously," said Adams, of rising ninth graders developing a bond with tennis. "When I talk to rising freshmen from [Madison feeder schools] Thoreau or Kilmer I don't sense tennis has become a passion in their lives. They have to be afforded a few lessons to develop a passion."

Adams keeps a large Madison team roster during the spring season in hopes that his players will catch tennis fever for life. The benefits, he said, are so rewarding. A runner/jogger of 40 years, Adams said he

much prefers the fitness routine of tennis to that of running, which to him is quite grueling.

"Tennis is a great cardio activity," said Adams. "In tennis you get to exercise without the pain and torture of running. I always tell the guys to stick with the sport through the [beginner] frustration level."

"Tennis only requires one hour for a good workout for a singles game and, if you're playing doubles, and hour-and-a-half," he said. "You can play a tennis game during a work break or in the middle of a work day."

Adams said the first 6 months of playing tennis could be frustrating as one learns how to consistently hit the ball over the net.

"But get that first six months in and you'll definitely start to land those shots, whether they are lucky shots or not," he said, with a laugh.

Harris, the Alexandria area tennis pro, is trying to spread the word about the sport he loves in Alexandria. He had two daughters who were a part of the T.C. Williams High girls' tennis team this past spring. While thrilled to have had his daughters a part of the Titans' program, he and others are disappointed that the school, despite massive upgrades and renovations to the campus in recent years, did not include outdoor tennis courts on the campus. As a result, the Titans play their home matches at Wakefield Park in Arlington or elsewhere.

Harris, at his summer camps and over the course of the year when he is teaching and working with young people and adults in the sport, makes it a priority to emphasize that first and foremost, tennis should be a fun endeavor.

"If it isn't fun, you shouldn't play," said Harris. "We try to make it fun. You try to be encouraging to kids whether they make contact with the ball or not. You can't be disappointed with them but positive."

Harris, like his colleagues, stresses lessons for newcomers to tennis. Some early success can breed confidence and the sky is the limit from there.

"Like anything in life, if you can do something on a pretty good level it improves your self confidence," he said. "And the more steady and consistent you get, the more exercise you get playing."

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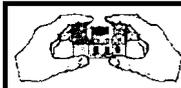
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