

Herndon Hosts July 4th Celebration

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The crowd at the Herndon Community Center eagerly awaits the annual Fourth of July fireworks show Wednesday, July 4.

Horse Attacked for Second Time

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Herndon Environmental Network Hosts 'Battle of Bottles'

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PHOTO BY ALEX McVEIGH/THE CONNECTION

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THE CONNECTION
NEWSPAPERS

NEWS

Hundreds gather for the annual Fourth of July celebration in Herndon Wednesday, July 4.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Herndon Hosts July 4th Celebration

Live music, games, fireworks highlight events at Herndon Community Center.

BY ALEX McVEIGH
THE CONNECTION

The Herndon Community Center hosted its annual Fourth of July celebration last Wednesday, welcoming hundreds of local residents to the fields next to the community center for an afternoon and evening of live music and entertainment, followed by fireworks.

"I lived in an apartment in Arlington for years, and to see fireworks I had to either head down to the mall and fight 100,000 people, or bargain my way onto a neighboring roof," said George Casillas of Herndon. "But since I came to Herndon a few years ago, I've been able to walk down the W and OD Trail, spread out on the grass and watch a show that's happening 1,000 feet from me. It's not a bad way to be."

Children who came early could participate in face painting, spin a wheel to win a T-shirt and other activities.

"I tried to wear as much red, white and blue as I could, but when I got to the face painting station, I realized I could get more," said Caleb Benjamin, 5, who got American flags painted on both cheeks. "Now I'm pretty sure that I have the most red, white and blue of anyone here."

Benjamin might have had the most outward display of patriotism at the event, but for many, it was a chance to celebrate a land that they weren't born in, but have built a life in.

"I grew up in El Salvador, and after a long process was finally able to live here, so I don't take anything for granted," said Armando Garcia of Herndon. "On the surface it might just be burgers, music and fireworks, but for me and my family to get here, it required us to learn a new language and culture, and learn to make our home in a completely new place. I don't regret it for a second, and events where people of all different races and backgrounds can celebrate the same thing is something that I want my kids to experience."



Children and parents color American flags and other patriotic items at the Herndon Fourth of July celebration at the community center.



The Darby Brothers perform at the annual Herndon Fourth of July celebration.

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Herndon Environmental Network Hosts 'Battle of Bottles'

Two neighborhoods to face off.

BY ALEX McVEIGH
THE CONNECTION

This month, two Herndon neighborhoods will be facing off in a "Battle of the Bottles," to see who can recycle more by weight. Hastings Hunt, located off Dranesville Road south of Leesburg Pike and McNair Farms Landbay2, located off Fox Mill Road, will do battle throughout July.

The initiative is being hosted by the Herndon Environmental Network, which formed earlier this year, and in coordination with American Disposal Services, which does the trash and recycling pickups for both neighborhoods.

"We've been thinking about something like this for some time, we thought it would be fun to involve neighborhoods in a competition involving recycling," said Carlin Anderson, president of HEN. "It's a way to raise awareness about recycling, especially what can and can't be recycled, and to encourage greater participation in recycling around the area."

AMERICAN DISPOSAL SERVICES will be tallying the results, weighing the percentage of recycled materials against the total trash weight, and the winner will receive \$500 gift certificate for Meadows Farms Nurseries, another business involved with the event.

"Since the neighborhoods are different sizes, with 423 homes in Hastings Hunt and 264 in McNair Farms, we thought percentage would be the only way to properly gauge who has been recycling more," said Amanda Busey with American Disposal Services. "We measured throughout June to set baselines, and we'll see whose percentage of recycled material goes up the most."

Busey said they are always looking at marketing initiatives to increase recycling awareness, so this was a natural fit for them.

"We're big on education, but the hardest part is getting information out to the neighborhoods, and this helps out a lot with that," she said.

Anderson said HEN members walked around to the almost 700 homes to pass out fliers, educational materials and other information for the competition. Some residents, even those who were consistent recyclers, have already learned a few things.

"We're heavy recyclers, but since being a part of this competition, we've done a total re-evaluation of how we do it," said Susan Bayliss, who lives in Hastings Hunt. "Finding out that you can't recycle Styrofoam was my 'ah-ha!' moment. We've always done cans and bottles, but I also learned we're able to recycle junk mail, phone books and flat cardboard, like cereal boxes."

BAYLISS says her family has already started to get creative with finding things to recycle and that they plan to do a big cleanup of their home office and recycle all the paper there.

Anderson said the money will be used for neighborhoods to purchase plants, trees, flowers, shrub-



PHOTO BY ALEX McVEIGH/THE CONNECTION

Susan Bayliss, a resident of Hastings Hunt, prepares her recycling for pickup this week. Hastings Hunt and McNair Farms Landbay2 will compete for who can recycle the most during the month of July, in a competition hosted by the Herndon Environmental Network.

"We're heavy recyclers, but since being a part of this competition, we've done a total re-evaluation of how we do it."

—Susan Bayliss, Hastings Hunt resident

bery or anything else to beautify their neighborhoods. She said she is hoping to hear from residents about ideas to spend the money, so it can be used most efficiently, rather than just sent to the homeowners association management company.

She also said the Herndon Environmental Network hopes to use this month's competition as a jumping off point.

"We're hoping this serves as a pilot program, especially for the Town of Herndon. Both neighborhoods are technically outside the town borders, so we'd like to eventually get something town-wide going. I think there's a lot of potential to replicate this on a bigger scale," Anderson said. "We've been really pleased with the support from local businesses, American Disposal Services and Meadows Farms, they liked our ideas and were very willing to work with us."

More information on the Herndon Environmental Network can be found at www.herndonenvironment.com.

Lucinda, a horse housed adjacent to Frying Pan Farm Park, was attacked for the second time in three months over the weekend. The first attack was part of the animal slashings that resulted in the arrest of a 17-year-old male. Police are currently investigating the possibility of a connection.



PHOTOS CONTRIBUTED

Horse Attacked for Second Time

Lucinda, victim of earlier slashing, assaulted again over weekend.

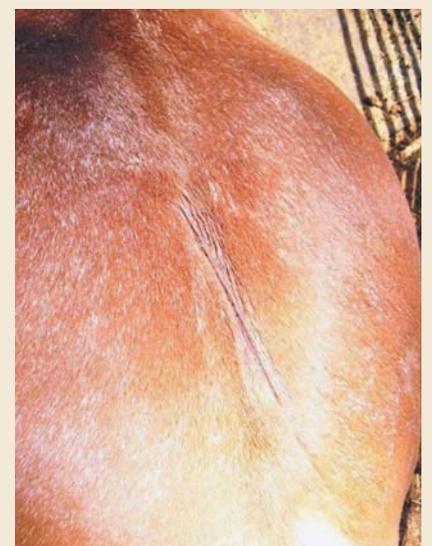
BY ALEX McVEIGH
THE CONNECTION

Lucinda, a horse housed adjacent to Frying Pan Farm Park, was assaulted for the second time in the past three months sometime between the evening of Saturday, July 7 and the morning of Sunday, July 8.

Lucinda suffered wounds that police described as "non-life threatening" in the attacks. Previously, she was one of three horses attacked on the evening of April 26.

The suspect in the first attack, a 17-year-old male, is also accused of attacking two goats, a calf and a chicken sometime between the night of May 26 and the morning of May 27. The teen was arrested Saturday, June 23 and is currently in custody at the county's Juvenile Detention Center, and is charged with four felony counts of maiming animals, three misdemeanor counts of cruelty to animals and two counts of unlawful entry.

Police said they are investigating the possibility that last weekend's attacks are from



Wounds sustained by Lucinda, a horse residing on Centreville Road in Herndon. Lucinda was attacked for the second time in three months over the weekend.

someone that knows the 17-year-old in custody.

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

County Police at 703-691-2131.

OPINION

Every Vote in Virginia Will Count

Top presidential donor zip codes in this area show Virginia is purple; Romney or Obama to be decided on Election Day.

If you wonder if presidential politics really matters in this area, consider that Northern Virginia and suburban Maryland hold some of the top zip codes for contributions to the two major party candidates.

Donors who live in McLean 22101 gave \$422,770 to Romney this presidential cycle, and \$232,876 to Obama. In McLean 22102, donors gave Romney \$255,444, and Obama \$193,321. In Arlington, 22207, donors gave \$193,543 to Obama and \$178,196 to Romney. In Alexandria 22314, donors gave \$172,425 to Romney and \$142,467 to Obama.

While Maryland consistently votes for Democrats in presidential races, donors who live in Potomac, Md. 20854 gave Romney \$340,885, and Obama \$291,402.

In order to vote in the presidential election on Tuesday, Nov. 6, residents must be registered to vote at their current address by Monday, Oct. 15.

Virtually everyone in Northern Virginia is eligible to vote absentee, and absentee voting in person begins Sept. 21. Here is the qualification that applies: Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for 11 or more hours of the 13 hours that the polls are open.

Any commute in Northern Virginia could potentially take four hours or more in a crisis situation. This is definitely a case where voting early is an excellent idea. Don't take the risk that the next derecho storm or earthquake

EDITORIALS

Some Top Local Zips, Presidential Donors

McLean 22101

❖ Romney \$422,770
❖ Obama \$232,876

Bethesda 20817

❖ Obama \$359,656
❖ Romney \$249,399

Potomac 20854

❖ Romney \$340,885
❖ Obama \$291,402

McLean 22102

❖ Romney \$255,444
❖ Obama \$193,321

Arlington 22207

❖ Obama \$193,543
❖ Romney \$178,196

Alexandria 22314

❖ Romney \$172,425
❖ Obama \$142,467

Great Falls 22066

❖ Romney \$166,457
❖ Obama \$91,290

Arlington 22202

❖ Obama \$79,568
❖ Romney \$39,740

Alexandria 22301

❖ Obama \$52,347
❖ Romney \$42,095

Source: OpenSecrets.com and VPAP.org

will keep you from the polls on Nov. 6.

This area has very high rates of voter registration. Consider that Fairfax County, with a population of just more than 1.1 million people, has 711,817 registered voters. And 24 percent of Fairfax County's population is under 18, so not eligible to vote.

Arlington has a population of 216,000 and 157,236 registered voters. Sixteen percent are under 18.

The City of Alexandria has a population of 144,000 with 101,887 registered voters; 17 percent are under 18.

We're lucky in Virginia to have the Virginia Public Access Project, vpap.org. On the VPAP website, maps of Virginia's zip codes showing shades of red and blue give a quick visual sense of how purple the Commonwealth really is. Take a look.

Compromise on E-ZPass Transponders

While the Virginia Department of Transpor-

tation initially proposed that all E-ZPass customers would pay \$1 a month for each transponder they have, on July 9 VDOT announced that if one had a transponder before July 9, 2012, no fee will need to be paid until one has to replace the transponder.

New E-ZPass customers will pay a 50-cent monthly fee for a standard transponder and \$1 monthly fee for a "Flex" transponder. The Flex transponder allows drivers to switch to a high-occupancy position if they have three or more people in the vehicle so that they can drive in the new Beltway toll lanes for free. Drivers with fewer than three passengers will pay a toll to drive in the express lanes that will vary depending on how much traffic there is.

This is certainly better than charging all E-ZPass users \$1 per month per transponder. We still wonder why the cost of transponders is not recovered in the tolls paid rather than as a separate fee whether or not drivers are regularly driving on toll roads.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

LINK Celebrates 40 Years of Community Service

To the Editor:

In 1972, five churches in Sterling and Herndon came together with the idea of delivering collected food donations directly to the homes of the needy. Members would store the food in their basement and deliver it themselves within 48 hours in order to eliminate the necessity for families to have transportation to receive food staples. To carry out this plan, the group created the LINK Food Pantry and held its first meeting on July 12, 1972 at Sterling Middle School. In the meeting minutes, LINK Secretary Joyce Corn wrote, "I thank you all for taking the time to come to this meeting. Your interest and enthu-

siasm will make this dream a reality."

Forty years later, LINK comprises 17 member churches in Herndon, Sterling, Chantilly and Potomac Falls and has provided thousands of families with assistance. LINK clients request aid via phone, social services staff refer clients to us and our volunteers also work with the public schools in Fairfax and Loudoun to assist children and their families. Each qualified family is given about a five-to-seven day supply of non-perishable food and a grocery certificate to purchase perishables.

In the past few years of this recession, the community has become more aware of the hunger issue and has responded with much needed food and monetary donations. LINK President Lisa Lombardozzi commented that "when donations lag behind, volunteers recruit neighbors, friends and co-workers to help restock the shelves." Social networking has

been a major factor in getting the community involved. "When LINK gets low on food," said Food Pantry Manager Bob Ashdown, "volunteers send out a message on Facebook and people share the message and respond to the need."

Lombardozzi publically thanked all of LINK's volunteers for giving their generosity and time. "While it may seem that it doesn't make a big difference," she said, "I can assure you that it does!" LINK asks the community to continue to contribute to organizations that need help in 2012. Even the smallest donation will make a difference to a family or individual in need.

The LINK board thanks all of the churches, businesses and civic organizations who help disseminate our program requirements through their networks and the LINK mini managers who take on the important tasks that keep LINK up and running.

Mark Gunderman
Sterling Park

Obtaining Solar Panels

To the Editor:

In light of the recent storm and power outages, I began to think more about solar power. If our home had solar panels and battery storage, we may not have been able to operate the air conditioning, but we could have run fans, had lights on, charged phones, and maybe cycled the refrigerator on a few times. I also wondered why Dominion does not incentivize businesses and residences to obtain solar power systems. It would help with energy demand and would take the pressure off of Dominion to restore power after outages. In all of the literature Dominion sends to us, never have I seen offers, incentives, or even ideas about obtaining solar power systems. Food for thought.

John Dukovich
McLean

Oak Hill & Herndon CONNECTION

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Connie Hutchinson Elected Vice Mayor

Town of Herndon Mayor Lisa C. Merkel and members of the Herndon Town Council approved a resolution naming Connie Haines Hutchinson as vice mayor for the town for the 2012-14 term.

The resolution naming Hutchinson passed with a vote of 6-0, with Hutchinson abstaining. Traditionally, the councilmember who receives the highest number of votes during the general town elections is named to the post of vice mayor; Hutchinson received the highest number of votes during the election on May 1.

Hutchinson, who grew up and raised her family in Herndon, was first elected to the Town Council in 1992 and previously served as Vice Mayor during the 2008-2010 term. She has achieved designation as a Certified Local Government Official of the Virginia Elected Officials Leadership Academy, and she completed the Virginia Mayors Institute, sponsored by VML and the Weldon Cooper Center for Public Service. She has chaired the Virginia Municipal League's (VML) General Laws Policy Committee and currently serves on VML's Community and Economic Development, and Legislative Committees. She also serves as secretary of the Dulles Area Transportation Association (DATA) and represents Herndon on the town's Inter-jurisdictional Committee with Fairfax and Loudoun Counties.

Visit the town online at www.herndon-va.gov.



Connie Hutchinson

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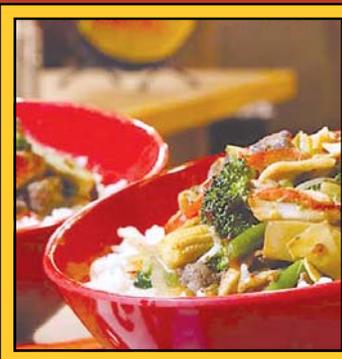
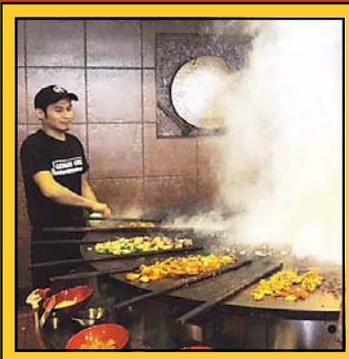
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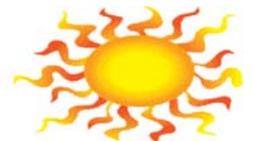
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Home Life Style



David Vogt of Case Design Remodeling, Inc. created an open kitchen and dining area in this Falls Church home. Local contractors say developing a list of everything that one might want in a dream home is a good starting point when remodeling.

PHOTOS COURTESY OF CASE DESIGN/REMODELING, INC

Home Remodeling 101

Experts offer suggestions for a timely and efficient renovation.

BY MARILYN CAMPBELL
THE CONNECTION

Whether expanding a home or just remodeling an existing interior space, building projects can be daunting, especially if the goal is to be finished by a certain date.

"If you wanted to get going on a project and your goal was to be done by Thanksgiving, the planning process and permit process is

probably as long as the building process, but you don't want to rush through those aspects of it and then wish you'd done something differently," said David Vogt of Case Design/Remodeling, Inc.

LOCAL CONTRACTORS say there are a few things that homeowners can do before the first nail is hammered to ensure a smooth and an efficient construction process. Creating a list of everything that one might want in a dream home is a good starting point.

"A client can benefit from doing their homework and being engaged in the selection process early on," said Vogt. "Maybe start by collecting photographs and magazine articles of things you like. That will help paint an overall picture of the feel that you want for the space."

Bob Gallagher, president of Sun Design Inc., in Burke, says a good source for ideas is the Houzz Interior Design website www.houzz.com as well as the iPad and iPhone applications. "It is phenomenal. There are many amazing photos on there."

The next important step in the process say experts is determining a budget. The National Association of the Remodeling Industry advises homeowners to decide how much they are going to spend before calling an architect or contractor. "The truth is not many people enjoy establishing a remodeling budget," said Dean Herriges, National Association of

the Remodeling Industry National President in a statement. "Many homeowners prefer to call a contractor and expect him or her to create the budget for them, which is not the best way to begin."

"I'd love for a client to have some numbers of how much they want to spend," said Jeff Pregman of Two Poor Teachers in Annandale. "I'd rather have a client that has a little bit of knowledge, a budget and a timeline so I can come in and give them everything they need."

The National Association of the Remodeling Industry recommends that homeowners decide how long they plan to live in their home before deciding how much to spend on remodeling costs. "If you are going to stay in the home for more than 10 years, you should spend as much as you are able to create the home of your dreams," said Herriges. "However, if you are planning on moving in the near future, you should take care not to over-build for your neighborhood."

AFTER A BUDGET is established, experts say homeowners must tackle the task of interviewing and selecting a contractor. Contractors can be found through the National Association of Home Builders and the National Association of the Remodeling Industry. Homeowners should ask prospective contractors for references and proof of insurance. The National Association of the Remodeling Industry also suggests checking with the government Consumer Affairs Office and the Better Business Bureau for complaints on record for the contractor.



PHOTO COURTESY OF SUN DESIGN/HADLEY PHOTOGRAPHY

Bob Gallagher, president of Sun Design in Northern Virginia remodeled the kitchen and dining area of this Fairfax Station home. Local contractors say coming up with a budget can help ensure a smooth and efficient construction process.

Once a decision is made about who will do the construction, it is time to seal the deal. "The contract is a critical step in any remodeling project. This is the one item that holds the job together and ensures that all parties involved agree to the same vision and scope for the project," said Herriges.

The contract should detail what the contractor will and will not do, and should include a list of materials for the project, including size, color, model, brand name and product, said Herriges. Homeowners are advised to make sure financial terms, including final price and payment schedule, are spelled out in the contract.

"The homeowner could and should ask questions about the process for the project's development. They should make sure they understand

the sequence of things that are being done so that decisions needed are made when they are needed," said Potomac resident Susan Matus of Case Design/Remodeling, Inc. "Don't design while you are under construction. Spend the time in the beginning so that you are not making changes constantly during construction. A good remodeler will have helped you make the right decisions before the project starts."

Maintaining a good relationship with a contractor is paramount to bringing a project to fruition. "The key to a good homeowner-contractor relationship is open communication," said Herriges. "Start a dialogue over issues you have, no matter how small you think they are. Chances are the problem can be overcome."

"A client can benefit from doing their homework and being engaged in the selection process early on."

— David Vogt
of Case Design Remodeling, Inc.

OPEN HOUSES SATURDAY/SUNDAY, JULY 14 & 15

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

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	12404 Shari Hunt Grv. \$1,500,000, Sun 1-4 Carol Hermandorfer. Long & Foster. 703-503-1812
	13201 Johnny Moore Ln. \$800,000, Sun 1-4 Scott MacDonald. RE/MAX. 703-727-6900
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Kingstowne/Alexandria	6233 Cocksbur Dr. \$500,000, Sun 1-4 Susan Mckenney. RE/MAX. 703-283-6881
McLean	6302 Kellogg Dr. \$835,000, Sun 1-4 Dane Work. RE/MAX. 703-869-4567
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Reston	10911 Knights Bridge Ct. \$439,000, Sun 1-4 Holly Weatherwax. Momentum. 571-643-4902
	11775 Stratford House Pl #105. \$434,900, Sun 2-5 Nan Gilley. Keller Williams. 703-402-9576
	11775 Stratford House Pl #402. \$499,000, Sun 2-5 Wade Gilley. Keller Williams. 703-402-9576
Springfield	8238 Taunton Pl. \$449,900, Sun 1-4 Carol Hermandorfer. Long & Foster. 703-503-1812
	9015 Golden Sunset Ln. \$459,900, Sun 1-4 Etta Gabel. Long & Foster. 703-425-5163
Stone Ridge	24783 Prairie Grass Dr. \$599,900, Sun 1-4 Chris Pezzana. Weichert. 703-447-1662
Vienna	2423 Holt St. \$565,000, Sun 1-4 Casey Samson. Samson Proprs. 703-508-2535
	1440 Crowell Rd. \$959,000, Sun 1-4 Sheilla Cooper. Weichert. 703-759-6300

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-776-9422 or E-Mail the info to kwashburn@connectionnewspapers.com. All listings due by Monday at 3 P.M.

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This bathroom, in a Potomac home, was remodeled by Case Design/Remodeling, Inc. The National Association of the Remodeling Industry advises homeowners to develop a budget before calling an architect or contractor.

SPORTS

Otters Dominate at Swim Meet

The Oakton Otters dive team dominated the boards at their second home meet of the season on Tuesday, July 3 evening and had a convincing win over Tuckahoe (41.5 to 26.5). The Otters winning record is now 1-1. The Otters placed in nearly every category and swept the top three places in both Junior Girls (Mackenzie Brennan 1st, Kenna Campfield 2d, Kyla Straker tied 3d) and Intermediate Boys (James Crowley 1st, Gil Osofsky 2d, Grant Newberry 3d). The Otters also took first place in three other categories: Brad Burgeson (Junior Boys), AJ Colbert (Senior Girls), and Daniel Nugent (Senior Boys). Other Otter divers that placed were: Haley Liddell (3d Freshman Girls), Elana Colbert (2d Intermediate Girls), Julia Powell (3d Intermediate Girls), and Everi Osofsky (3d Senior Girls).

The Otters next meet will be on Tuesday, July 10 away at Wakefield.



Daniel Nugent, first place finisher for Senior Boys at the July 3 meet.



Elana Colbert, 2nd place finisher for Intermediate Girls at the July 3 meet.

Oakton vs. Tuckahoe (July 3) Top 3 places for each age

Freshman Girls:

1. Katherine Quatrini (T) 61.30
2. Sarah Raimon (T) 55.30
3. Haley Liddell (O) 50.20

Freshman Boys:

1. Alex Glassman (T) 81.25
2. Kier Strom (T) 70.95
3. Joey Bymon (T) 65.45

Junior Girls:

1. MacKenzie Brennan (O) 98.85
2. Kenna Campfield (O) 96.90
3. Kyla Straker (O) 87.90 (tied)
4. Sam Peters (T) 87.90 (tied)

Junior Boys:

1. Brad Burgeson (O) 109.65
2. Liam Klopfenstein (O) 92.90
3. Chris Dorr (T) 81.35

Intermediate Girls:

1. Delaney Gallagher (T) 171.25
2. Elana Colbert (O) 139.15
3. Julia Powell (O) 125.40

Intermediate Boys:

1. James Crowley (O) 108.65
2. Gil Osofsky (O) 100.05
3. Grant Newberry (O) 97.10

Senior Girls:

1. AJ Colbert (O) 217.20
2. Claire Lewis (T) 190.80
3. Everi Osofsky (O) 157.60

Senior Boys:

1. Daniel Nugent (O) 159.85

As Temperatures Rise, RSTA Swimmers Heat Up

Five more pool records set.

Saturday, July 7 brought some of the hottest weather this area has seen this summer. Searing temperatures coupled with extraordinarily high humidity levels made for an extremely uncomfortable day. Indeed, all three of the Reston Swim Team Association (RSTA) meets were moved up by one-half hour to accommodate for the high temperatures and humidity levels. With heat indexes well over the 100-degree mark, no one could have predicted that this day would bring about more pool records from RSTA swimmers. But if there is one thing that parents and friends of these swimmers have come to expect - it is the unexpected.

As Jim Mizner, RSTA Board member for Lake Newport remarked, "Just when you think that the kids have given their all, they seem to be able to reach a higher level. It's almost like they found another gear. It really is amazing to watch." And as friends and spectators of Lake Newport and

Newbridge witnessed at their meet on Saturday, they really did find that next level. At this meet another pool record was set. Newbridge's Ryan Ha broke a nine-year-old mark in the boys 11 - 12 50 meter butterfly. His time of 32.23 easily surpassed the old record of 33.51 that was set by Matt Hochstrasser back in 2003.

Adding to the excitement was the fact that this meet pitted the last two RSTA undefeated teams against one another. And as is fitting in a contest of this type, the winner was in doubt until the very end. At the final tally, Lake Newport outpaced Newbridge by just 16 points. With just one meet left in the season, this puts Lake Newport in the driving seat to secure the league championship when they host Lake Anne in two weeks for their final contest.

And while the meets between Ridge Heights - Lake Anne and Lake Audubon - North Hills didn't have the title implications of the Lake Newport - Newbridge encounter, pool records continued to fall.

For North Hills, Rachel Swarts continued to break her own records. In the girls 15 - 18 50 meter butterfly, her time of

31.18 set a new mark, bettering her old record of 31.63 which she set four weeks ago. Scores and highlights of Saturday's meets follow.

Lake Audubon Barracudas - 622 North Hills Hurricanes - 498

For Lake Audubon, triple event winners were Vela McBride, Conor McBride, Julia Sofhia-Nassau, John Hughes and Winston Evans. Double event winners were Aidan Scanlan, Spencer Harris, Matthew Hughes, Michael McDermott, Sydney Hahn, Emily Fritz, Matthew Fritz, Jacob Cole, Ellen Huber and Suya Haering.

For North Hills, triple event winners were Joseph Sciortino, Grace Tierney and Rachel Swarts. Double event winners were Brenna Emery, Samantha Sciortino, Landan Grange, Miles Yang, Peri Schiavone, Allison Cimino and Caelen Grange.

Ridge Heights Sharks - 583 Lake Anne Stingrays - 482

For Ridge Heights, triple event winners were Hailey Wang and Diego White. Double event winners were Harrison Hughes, Jade Wang, Ryan Vanderhoof, Matthew

Heffernan, Emily Sennett, Jared Decker, Margo Moyer, Mac Sogandares, Kaitlyn Smith, Kati Imel, Chris With and Samantha Lowe.

For Lake Anne, triple event winners were Hannah Lane, Sean Hagerup, Victor Espinoza, Emily Meilus, Tope Oladimeji and Joanne Fu. Double event winners were John Gilbert, Maxwell Mescall, Morgan Stup, Fred Zhang, Devin Conley, Peyton Raphael and Sam Sligar.

Lake Newport Lighting - 568 Newbridge Dolphins - 542

For Lake Newport, triple event winners were Anna Redican, Jeffrey George and Casey Storch. Double event winners were Megan Long, Katie Storch, Morgan Giebel, Lindsey Jacobson, Grant Romero, Amy Edgmond, Nathan Williams, Alexander Liu, Jimmy Keys, Vincent Kahng, Andrew Shedlock and Alan Yu.

For Newbridge, triple event winners were Emily Sun, Elise Baldwin, Celia Compton, Jocelyn Wulf and Stephen Baldwin. Double event winners were Justin Compton, Bradley Torrington, Emma Schaller, Amy Springfield, Ryan Ha, Megan Ha and Ian Meikle.

ENTERTAINMENT

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



Margaret's Garden Pastel by Lori Goll. This special exhibit of local artists features works inspired by and celebrating the beauty of this once Fairfax County landmark affectionately known to all as "Margaret's Garden." Exhibit reception will be on Saturday, July 14 from 7 -9 p.m. at Post Gallery ArtSpace Herndon, 750 Center Street, Herndon.

Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. The opening reception for this tribute exhibit featuring artists who painted and photographed in Margaret Thomas' iris garden. Free. 703-956-6590.

Third Annual Uke Fest. 11 a.m.-

5:30 p.m. Lake Anne Plaza (Waterfront) - 1609 Washington Plaza, Reston. The free music festival will feature performances by several internationally known and local ukulele musicians and other family friendly activities.

www.lakeanneplaza.com

Beauty Multi-Taskers. Reston Town Center Pavilion, 11900 Market Street. Free choice of one of three deluxe samples with any skincare purchase and consultation. 703-481-1956 or origins.com.

CINE CLASSICS Movie Series. 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Watch movies like Jaws, Jurassic Park, Back to the future and Raiders of the Lost Ark. Seats \$5; \$4 for Criterion Club. 703-464-0816 or bowtiececinemas.com.

Family Fun Entertainment Series:
Blue Sky Puppet Theater. 10:00-10:45 a.m. Reston Town Center Pavilion, 11900 Market Street. "Pig Tales", a puppet show filled with audience participation and humor. 703-476-4500 or RestonCommunityCenter.com.

SUNDAY/JULY 15

Wolf Trap Opera Company: From Bel Canto to Can Belto. 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Recital with Steven Blier and singers from the 2012 Wolf Trap Opera Company. Preshow talk one hour before performance. www.wolftrap.org.

July Bird Walk: Upper Glade Stream Valley. 7:30-10:30 a.m. Upper Glade Stream Valley - 11550 Glade Drive, park at Glade Pool. Ages 16 to adult. Beginning and expert birders are all welcome. Free. 703-476-9689 and press 5.

Turtles, Turtles Everywhere. 2-3 p.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Bring your walking shoes and go in search of these slow moving reptiles. Reservations required by July 12. RA Members \$4, Non-members \$6. 703-476-9689 and press 5.

CINE CLASSICS Movie Series. 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Watch movies like Jaws, Jurassic Park, Back to the future and Raiders of the Lost Ark. Seats \$5; \$4 for Criterion Club. 703-464-0816 or bowtiececinemas.com.

MONDAY/JULY 16

Wine Tasting. 7 p.m. Il Fornaio restaurant, 11990 Market Street #106, Reston. Five wines from Robin Cellars paired with antipasti. \$25 (plus tax & gratuity). Reserve at

banquets.reston@ilfo.com or 703-437-5544.

Mr. Knick Knack! Children's Performance. 10:30-11:15 a.m. Reston Town Center Pavilion, 11900 Market Street. Unique, heart-centered music for kids. Free.
Tribute to Margaret's Garden. Post Gallery, ArtSpace 750 Center Street, Herndon. Exhibit will feature local artists celebrating the Fairfax County landmark of "Margaret's Garden." Free and open to the public. 703-956-6590.

TUESDAY/JULY 17

Rani Arbo & daisy mayhem. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. A blend of blues, swing, and country that incorporates everything from a ukulele and banjo to a cardboard box and suitcase. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Wilco with Lee Ranaldo Band (of Sonic Youth). 7 p.m. Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$35 lawn. www.wolftrap.com.

WEDNESDAY/JULY 18

DMV2GO. 9 a.m.-4 p.m. Reston Town Center Pavilion, 11900 Market Street. Apply or renew an ID card and driver's license; obtain driving records, vehicle titles, license plates, decals; order disabled plates, and more. dmv.state.va.us.

Celebrating Comic-Con. ArtInsights, 11921 Freedom Drive, Reston. Exhibit of exclusive DC, Marvel, Disney, and Star Wars art featured at the world-famous San Diego convention. 703-478-0778 or artinsights.com.

French Cooking Class at Williams-Sonoma. 6-8 p.m. Reston Town Center Pavilion, 11900 Market Street. The homey food of the French countryside features fresh, local ingredients. \$45. 571-203-8815 or williams-sonoma.com.

Tribute to Margaret's Garden. Post Gallery, ArtSpace 750 Center Street, Herndon. Exhibit will feature local artists celebrating the Fairfax County landmark of "Margaret's Garden." Free and open to the public. 703-956-6590.

THURSDAY/JULY 19

Robbie Schaefer. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Guitarist from folk-pop group Eddie From Ohio and host of Sirius XM radio's Kids Place Live. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

FRIDAY/JULY 20

Kirov Academy of Ballet of Washington D.C. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. The secrets, techniques, and history of one of the art forms. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Good Ole Days Campfire. 7-8:30 p.m. WNC Campfire Ring - On Soapstone Drive, between Glade Drive and Lawyers Road. All ages. Listen to stories, sing fun songs and cook some yummy treats. Reservations required by July 17. RA Members \$5, Non-members \$8. 703-476-9689 and press 5.

Tribute to Margaret's Garden. Post Gallery, ArtSpace 750 Center Street, Herndon. Exhibit will feature local artists celebrating the Fairfax County landmark of "Margaret's Garden." Free and open to the public. 703-956-6590.

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WEDNESDAY/JULY 11

Big Head Todd & The Monsters. 7 p.m. Filene Center, 1551 Trap Road, Vienna. With Ben Harper, Los Lobos, JJ Grey & Mofro, The Lumineers, North Mississippi Allstars, The Wood Brothers, James McCurry, David Lindley, Nathaniel Rateliff, Matthew Curry and more. \$30-\$75. 703-255-1900 or www.wolftrap.org.
Reston Interfaith's Cedar Ridge Community Garden Celebration of Collaboration & Partnership. 6:30 p.m. Cedar Ridge Community Garden off of Becontree Lane, Reston. RSVP fresha.nawabi@restoninterfaith.org or call 571-323-1436.

"The Farm" Cookbook Club at Williams-Sonoma. 6-8 p.m. Reston Town Center Pavilion, 11900 Market Street. Ian Knauer's book makes the best of seasonal produce or treats from the Pennsylvania farm that's been in his family since the eighteenth century. \$75, includes book. 571-203-8815 or williams-sonoma.com.

THURSDAY/JULY 12

Aaron Nigel Smith. 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. High-energy, interactive shows designed to get kids moving. \$8-\$10 at 1-877-WOLFTRAP or www.wolftrap.org/TITW.

Dragonfly Class: An Introduction. 7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Learn about the lives of Reston's "flying dragons." Learn how to identify Reston's common dragonflies, and get a basic introduction to their bizarre behavior and complex natural history. Fee: \$5/person. Adults. naturecenter@reston.org

Take a Break Concert Series: Uptown Vocal Jazz Quartet. 7-9 p.m. Lake Anne Plaza. Enjoy live outdoor music brought to you by the Uptown Vocal Jazz Quartet. Free. 703-476-4500.

FRIDAY/JULY 13

Fireflies in July. 7 - 8:30 p.m. Brown's Chapel, 1575 Brown's Chapel Road. Fireflies, or lightning bugs, are incredible insects. Discover what makes them glow and why they blink their lights on and off. Find out what they eat, how they grow and where they live. Learn how to attract them to your yard and take home a glowing treat. RSVP by July 10. Fee: \$5-\$8 per person. All ages. naturecenter@reston.org

SATURDAY/JULY 14

Jukebox Revue: The Originals. 7:30 p.m. Reston Town Center Pavilion, Market St., Reston. The Legendary Orioles, the Jewels and The Memories. Doo-wop and motown. www.restontowncenter.com.

Dragonfly Count. 10 a.m. - 4:30 p.m. Meet at Bright Pond Lane. Park at the end of the cul de sac. Adults. Join the annual Dragonfly Count through Reston's natural areas. Meet local dragonfly experts, learn tips on identification and have fun while helping to obtain important information on our fast-flying friends. RSVP by July 11. Free. naturecenter@reston.org

A Tribute to Margaret's Garden Exhibit Reception. 7 p.m.-9 p.m.

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A Victim of My Own Circumstances



By KENNETH B. LOURIE

Outliving one's prognosis leads to all sorts of twists and turns and treatment conundrums: the longer one lives, the fewer the treatment options. Over the course of time and in consideration of the miscellaneous drugs which are infused (or ingested if you're lucky enough for oral chemotherapy), success in fending off the cancer (tumors remaining stable at a minimum; shrinkage would be better, but one can live with "stable," duh!) breeds a familiarity (biochemically) which is contemptible: eventually, the drugs which have been effective stop being effective. Either the cancer cells become resistant to them, or your body becomes weakened and/or damaged by its prolonged infusion (too much of a good thing becomes a bad/harmful thing) by them. Not only is it important – as I've learned, to treat the underlying problem (in my case, stage IV lung cancer: "NSCLC"), preventing collateral damage to the patient is of equal consideration and significance (the patient needs to live, and have the operation be successful; to turn an old saying around). Ergo, treatment is an ongoing, ever-changing process of elimination based on the diagnostic results from lab work and scans; a delicate balance of stopping and starting drugs before they harm the patient more than they harm the cancer. And when you've survived for as long as I have, whatever protocols may have been relevant at the beginning of treatment are much less so now, 40 months later.

In essence, if one is lucky enough (like me), to tolerate all the various treatment options, and live beyond your original prognosis (because of it?, in spite of it?), it is possible that one might run out of treatment options. It's sort of like out-kicking your punt coverage (to use a football analogy): the punter kicks the ball beyond the distance that his punt coverage team is timed/expected to cover and as a result, the receiving team gets time and opportunity for a successful return. The whole process is based on averages. When you're not average, the system can break down. As my treatment has continued, it has become apparent that I'm not average. The longer I live, the fewer documented cases and/or clinical studies exist to support a protocol for my treatment. Common sense begins to play as much a role as efficacy. Oddly enough, for those who live beyond expectations, the choices are not nearly as clear as for the newly diagnosed.

Since I've been there and done that: received drugs when they were hoped/thought to be most effective, I've sort of become a successful victim – of my own longevity. The longer the drugs/chemotherapy/targeted treatment work, the shorter the time that they will continue to work and/or your body will tolerate having them work. Given the toxicity of the drugs, generally speaking, it's just a matter of time. You're sort of damned if you do, and probably really damned if you don't (although there are many nontraditional pursuits which don't involve chemotherapy). However, as a long-surviving cancer patient, I am happy for any conundrum which presents itself.

The way I figure it, the longer I am alive to deal with any of it, the greater the chance at overcoming it. My goal is to try and stay in the game for as long as possible; as my oncologist says: "Have another swing at it." The only problem is, this isn't a game; this is life – and death, and it doesn't get any more real – and serious than that. Forty months post-diagnosis and still being treated. I don't see any reason to stop now. Unless of course, I run out of choices.

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

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May 2012 Top Sales in Great Falls, McLean, Reston, Herndon, Oakton and Vienna



1 8111 Spring Hill Farm Drive,
McLean — \$3,694,416

4 7105 Capitol View Drive,
McLean — \$2,300,000



2 612 Innsbruck Avenue,
Great Falls — \$3,462,000



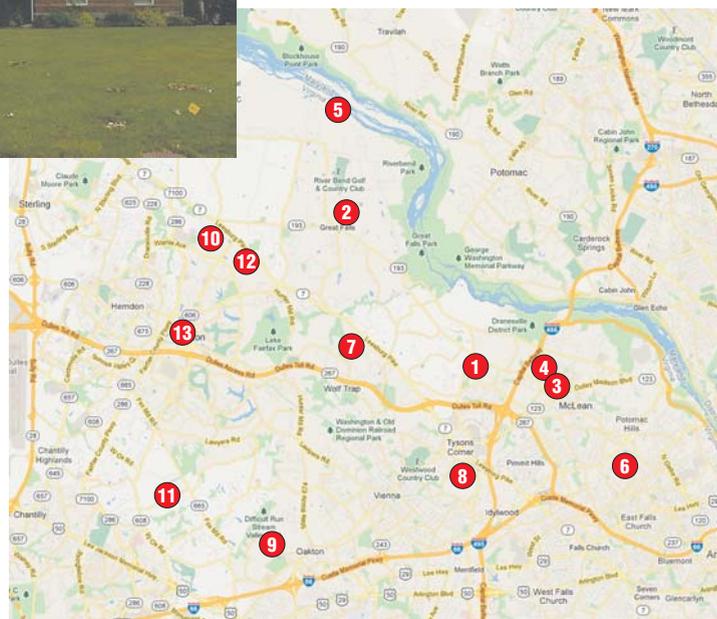
9 3104 Windsong Drive, Oakton — \$1,550,000



10 11661 Preference Way,
Herndon — \$1,160,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 8111 SPRING HILL FARM DR	6	7	2	MCLEAN	\$3,694,416	Detached	0.98	22102	SPRING HILL FARM	05/01/12
2 612 INNSBRUCK AVE	6	6	2	GREAT FALLS	\$3,462,000	Detached	5.00	22066	INNSBRUCK	05/15/12
3 6912 ELM ST	5	6	3	MCLEAN	\$2,600,000	Detached	0.47	22101	INGLESIDE	05/25/12
4 7105 CAPITOL VIEW DR	6	5	2	MCLEAN	\$2,300,000	Detached	0.35	22101	OLD DOMINION GARDENS	05/17/12
5 9886 RIVER CHASE WAY	6	8	4	GREAT FALLS	\$2,275,000	Detached	3.69	22066	FALCON RIDGE	05/01/12
6 2004 RHODE ISLAND AVE	5	5	1	MCLEAN	\$2,180,000	Detached	0.57	22101	FRANKLIN PARK	05/31/12
7 9836 CORSINI CT	5	4	1	VIENNA	\$2,076,993	Detached	0.47	22182	MAYMONT	05/02/12
8 2029 GEORGE WASHINGTON RD	6	2	2	VIENNA	\$1,805,000	Detached	0.65	22182	MADRILLON FARMS	05/15/12
9 3104 WINDSONG DR	5	5	1	OAKTON	\$1,550,000	Detached	0.83	22124	WINDSONG WEST	05/29/12
10 11661 PREFERENCE WAY	4	4	1	HERNDON	\$1,160,000	Detached	0.83	20170	CARIS GLENNE	05/11/12
11 12116 BENNETT LN	5	5	2	HERNDON	\$1,075,000	Detached	1.00	20171	NAVY	05/11/12
12 11133 TOMMYE LN	4	4	1	RESTON	\$980,000	Detached	0.88	20194	PINEY RUN MEADOW	05/24/12
13 11990 MARKET ST #1715	3	2	1	RESTON	\$950,000	Hi-Rise 9+ Floors			20190MIDTOWN@RESTON TOWN CTR	05/25/12

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