

Herndon High NJROTC cadets
compete in their favorite
discipline - volleycross.

New Herndon High Cadets Show Promise

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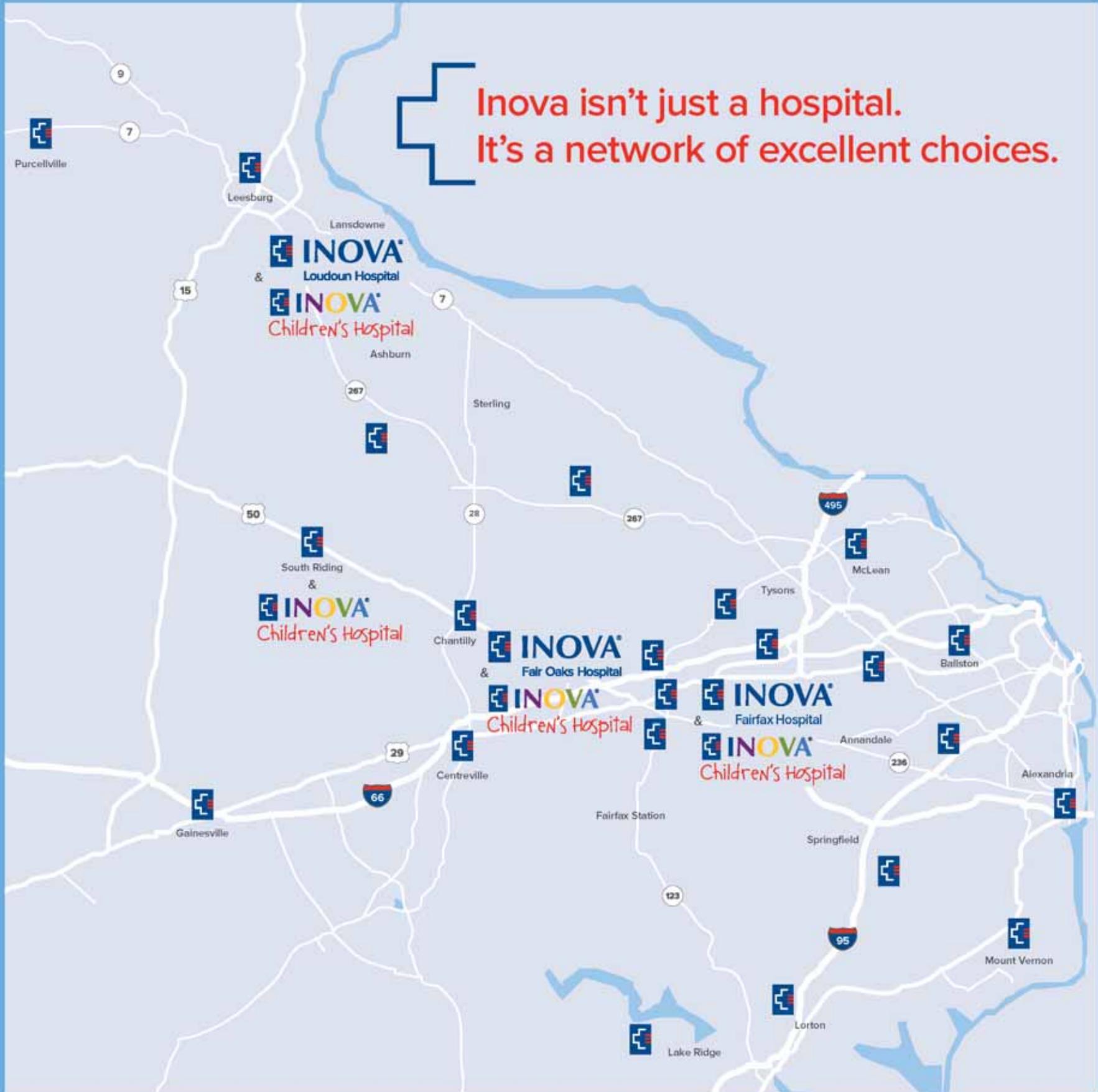
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Sign at Turner Farm Park. Many people in Great Falls would like to see Turner Farmhouse one of the first properties to be considered for the Resident Curator Program.



Lewinsville House at 1659 Chain Bridge Road, McLean, Lewinsville Park.

FILE PHOTO

PHOTOS BY KEN MOORE/THE CONNECTION

Historic Sites: Resident Curators?

In exchange for rehabilitating the property, the curator gains use of the property and pays no rent.

The Virginia General Assembly enacted legislation in January 2011 to ensure that local jurisdictions establish a Resident Curator Project.

Fairfax County is the first Virginia locality to pursue establishing such a project.

The Resident Curator Project Team held its inaugural meeting Monday, Aug. 24 in the Fairfax County Government Center.

Nineteen county properties made at least an initial cut from a list of 340 sites on the Fairfax County Inventory of Historic Sites.

Resident Curator Project Team will hold public information meetings and issue requests for information as details of the program develop.

Possible properties include:

In Great Falls, there's the Turner Farm House on Georgetown Pike and the Purple House on Walker Road.

In McLean, the Pimmit Barn on Cherri Drive, Lewinsville House on Chain Bridge Road have potential for being considered.

In Vienna, Lahey Lost Valley House on Brookmeadow Drive, the Ashgrove House on Ashgrove House Lane and Hunter House, on Courthouse Road, could qualify.

In Herndon, Leesburg Pike is home to the McDannald House and Dranesville Tavern that have historic qualifications.

In Oakton, there's the Gabrielson House on Leeds Road.

Lorton had the most properties of any town, including the Barrett House, Stepson House, and the Hannah P. Clark House, all three on Furnace Road, the Minnick House on Old Colchester Road, the Lipscomb House (Physician's House).

Most of the properties are owned by the Fairfax County Park Authority, with the ex-



Lahey Lost Valley House, 9750 Brookmeadow Drive, Vienna, in Lahey Lost Valley Park was ranked second on a list for consideration for the resident curator program.

ception of Physician's House in Lorton and Purple House in Great Falls, both owned by the Board of Supervisors.

"The end goal is to rehabilitate and maintain underutilized historic properties and provide periodic public access to appreciate the historical significance of the properties," according to county documents.

"EACH OF THESE properties is so unique," Cindy Walsh, of the Park Authority's Resource Management Division, said at the inaugural meeting on Monday, Aug. 24. Walsh said she had heard not only from individuals who would be interested in living and restoring historic sites, but nonprofits, citizens associations, wineries, restaurants, art galleries, and a beekeeper.

The group will meet in September to try to determine how to proceed.

For example, the group knows there's a lot of interest in Turner Farm House in Great Falls, including from Great Falls Citizens Association, but Turner Farm House could be a very complicated process with master plan process that needs to be followed.

"I have people who are really interested in Turner Farm," said project manager

Denice Dressel, Park Authority Resident Curator Project manager.

On the other hand, starting with a historic house on the list that is already ready for residential use compatible with Planning and Zoning might quicken getting started, said Michael Thompson from the Fairfax County Park Authority Board. Request for information and proposals, part of the process, would be significantly different depending on which properties are considered, he said.

"It's critical knowing which properties are on the table," said Christopher Daniel, from the Architectural Review Board.

The next group meeting is scheduled for September, and more will be known by that time. The group already has compiled lists ranking properties in terms of historic and publicly owned prerequisites, whether properties have been underutilized, the conditions of the properties, the public interest, location, design, setting, materials, workmanship, if properties have electricity, water and sewer utilities in place.

RESIDENT CURATOR PROGRAMS identify publicly-owned historic properties

Possible Sites

A report commissioned by Fairfax County in 2014 ranked some of the possible properties for the Resident Curator Program in the order shown here. County staff caution that planning for the program is in its earliest stages and speculation about any particular property is premature.

Name, Address, Park

- ❖ Barrett House, Furnace Road, Lorton, Laurel Hill Park
- ❖ Lahey Lost Valley House, 9750 Brookmeadow Drive, Vienna, Lahey Lost Valley Park
- ❖ Gabrielson House 2514 Leeds Road, Oakton, Difficult Run Stream Valley Park
- ❖ Lamond House, 7509 Fort Hunt Road, Alexandria, McCutcheon Park
- ❖ Physician's House (Lipscomb House), Unnamed Service Road, Lorton
- ❖ Stepson House, Furnace Road, Lorton, Laurel Hill Park
- ❖ Ash Grove, 8881 Ashgrove House Lane, Vienna, Ash Grove Historic Site
- ❖ Hannah P. Clark House (Enyedi House), 10605 Furnace Road, Lorton, Old Colchester Park and Preserve
- ❖ Hunter House, 9537 Courthouse Road, Vienna, Nottoway Park
- ❖ Minnick House, 10419 Old Colchester Road, Lorton, Mason Neck West Park
- ❖ Turner Farm House, 10609 Georgetown Pike, Great Falls, Turner Farm Park
- ❖ Banks Property, 7400 Old Telegraph Road, Alexandria, Olander and Margaret Banks Neighborhood Park
- ❖ Lewinsville House, 1659 Chain Bridge Road, McLean, Lewinsville Park
- ❖ Pimmit Barn, 1845 Cherri Drive, McLean
- ❖ Dranesville Tavern 11919 Leesburg Pike, Herndon, Dravesville Tavern Historic Site
- ❖ Stone Mansion, 3900 Stoneybrooke Drive, Alexandria, Stoneybrooke Park
- ❖ Clark House 6332 Bancroft Mews Drive, Falls Church, Clark House Park
- ❖ Purple House, 720 Walker Road, Great Falls
- ❖ McDannald House, 11903 Leesburg Pike, Herndon, Dranesville Tavern Historic Site

SOURCE: Fairfax County Resident Curator Program Study, 2014 Final Report by John Milner Associates Inc. <http://www.fairfaxcounty.gov/parks/plandev/downloads/resident-curator-program-final-report.pdf>

with no immediate or practical public use and through an open and competitive process, select outside parties with skills, resources and vision to rehabilitate a property in accordance with accepted preservation standards for historic buildings. In exchange for rehabilitating the property, the curator gains use of the property and pays no rent.

How to Vote; It Matters

Voting begins in two weeks, Sept. 18.

Election Day is Nov. 3, and on that day, virtually every state and local office is on the ballot. In-person absentee voting begins Sept. 18, barely two weeks from now. Virginia Law allows voters to absentee vote if they could be “working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day.” You’re allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015.

You can check your registration status online by going to www.sbe.virginia.gov.

It’s also worth noting that new, more restrictive voter identification regulations took effect last year.

FAIRFAX COUNTY: Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk

of the Court, Commonwealth’s Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Soil and Water Conservation Board (vote for 3), School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

As of last summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality’s electoral board in order for their provisional ballot to be counted.

Virginia’s photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the “acceptable” forms of identification: Valid Virginia Driver’s License or Identification Card; Valid Virginia DMV issued Veteran’s ID card; Valid United States Passport; Other government-issued photo identification cards (must be issued by U.S. Government, the Commonwealth of Virginia, or a political sub-

division of the Commonwealth; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer’s business; Virginia Voter Photo ID Card obtained through any local general registrar’s office. “Valid” is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar’s office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

For More Election Information

Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

State Board of Elections, 804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194 email: info@sbe.virginia.gov <http://www.sbe.virginia.gov>

EDITORIAL

Mystery of a Hitchhiker Helping a defeated figure in a pretty beach dress and flip-flops.

By JOAN BRADY

My mother told me never to pick up hitchhikers. Or maybe she told me never to hitchhike. Probably both. But I did hitchhike twice in a single day, I was desperate, alone and needed help. I was 20 years old.

The first guy who picked me up had one hand on the wheel and the other down his pants. And the second told me that he was a burlesque cleaner and told me that women hired him to vacuum their homes and then vacuum off his clothes. I’m lucky I made it back to college without incident.

All of that ran quickly through my head a few weeks ago as I was driving home from dinner with my husband and saw a young woman, walking and crying, with her thumb stuck tentatively out.

I turned around and we passed her again in an attempt to assess the situation. Her need vs. our safety and the time it would take if we got involved. Her thumb wasn’t out anymore, but she was still crying. I u-turned again and we pulled over.

Jim rolled down his window, and asked, “Are you ok?”

“I’ve had better nights,” she sobbed.

“Do you have an address where you want to go?”

She was able to provide an address, albeit in the opposite direction of the way she was walking. It was about a 10-minute drive away. Jim unlocked the car door and she slipped inside.

We rode in an uncomfortable silence, punctuated only by her sobs, as I ran through a mental checklist. What happened to her? Where is her purse? Should we ask if we should call the police? She didn’t appear injured, but maybe there were injuries that we could not see? Is the address we are going to a safe place to drop her off? The questions ran in circles in my head.

I suggested she check the back seat for a box of tissues. Her sobs slowed as she grabbed a handful. I asked if she was a student. She said no, and half laughed through her tears. “I’m 30, which makes it even more ridiculous that I am in this situation.”

What situation? What happened? I wanted to ask. But didn’t. She didn’t have a trace of an



The hitchhiker

PHOTO BY JOAN BRADY

accent, so we were surprised when she told us she was was not American-born. Her father was U.S. military and her mother had been unwilling to move to the U.S. After years of trying to convince her mother to emigrate, this young woman had come on her own.

As we talked, her tears stopped to an intermittent snuffle.

“Can I ask you why you stopped?” she asked.

“Joan saw you as we drove by,” Jim answered. “We turned around because she said you looked like you were in trouble.” The tears returned.

“We’ve all been in your shoes at some point or another. And hitchhiking isn’t safe. We thought it was better if we picked you up than

someone else.”

Silence and then: “I’m not religious. I don’t even believe in God. But I think God put you in my path for a reason. Things have been really bad lately.”

“Everyone goes through bad stretches. You have to figure out how to focus on the positive, but also to learn from times like these and remember them. It’s what you do with these experiences that matters,” Jim counseled her.

I watched in the rear view mirror as she nodded tearfully.

There were so many questions destined to be unasked and unanswered as we pulled up at the address she had given us.

She thanked us again, told us she would pay-it-forward and walked into the apartment building, a defeated figure in a pretty beach dress and flip-flops.

Her story will likely remain a mystery that will haunt us for a long time to come.

Joan Brady is a professional photographer; award-winning columnist; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

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PHOTO COURTESY OF HERNDON HIGH'S NJROTC

Herndon High NJROTC cadets gather for morning formation before graduation later that day.

New Herndon High Cadets Show Promise

“Respect is a two-way street!” This was just one of the many lessons that new cadets entering Herndon High’s Navy Junior Reserve Officer Training Corps (NJROTC) recently learned during their New Cadet Introductory Course (NCIC). The week-long course included academic instruction, drill, physical fitness training games, service, leadership opportunities and most of all, teamwork – teamwork within squads competing against other squads and teamwork among the more senior cadets who planned and executed the entire course.

“I am very impressed with the senior staff,” said new senior Naval Science Instructor David B. Adler, Capt., USN (retired). “Their performance, plus the promise seen in the hard work by the new cadets, means we’re going to have a great year!”

Herndon High’s NJROTC is for anyone interested in real leadership experiences, teamwork, and/or high-level competition. There is no military commitment. To learn more about this program, contact David B. Adler, Capt., USN (retired) at 703-755-5710 or dbadler@fcps.edu.

AREA ROUNDUPS

Juveniles Charged with Robbery

A 16-year-old from Sterling and another 16-year-old from the Herndon area were charged with robbery on Aug. 29, according to Fairfax County Police, who gave the following account of the events.

A victim was sitting in his vehicle at the 13300 block of Woodland Park Road at 6:35 p.m. on Aug. 29 and was approached by two male juveniles. “The suspects displayed a knife and demanded property. The suspects took property and fled to a nearby apartment complex,” according to Fairfax County Police.

The suspects were arrested with assistance of a police helicopter and K9 team, according to police.

— KEN MOORE

Assistance League of Northern Virginia to Host Packing Event, Award Presentation

Assistance League of Northern Virginia is hosting a Weekend Food for Kids 2015-16 Kickoff Community Volunteer Packing Event, followed by presentation of National Operation School Bell Award to Dominion Resources on Thursday, Sept. 24, 10 a.m. to noon at Dominion Virginia Headquarters, 3072 Centreville Road, Herndon.

www.northernvirginia.assistanceleague.org

www.CONNECTIONNEWSPAPERS.COM

Next Police Commission Forum

In an effort to open more opportunities for people around the county to participate and share their views, the Fairfax County Ad Hoc Commission on Police Policies and Practices will hold its next public forum in the Mount Vernon area on Sept. 14 at 7:30 p.m.

Fairfax County Board of Supervisors launched the Fairfax County Ad Hoc Police Practices Review Commission in response to public concern over the shooting death of John Geer by a Fairfax County police officer. On Aug. 17, 2015, former Fairfax County Police officer Adam Torres was charged with the second-degree murder of Geer, who was shot dead in the doorway to his own home on Aug. 29, 2013 after police were called in a domestic dispute. Torres was fired in July 2015, almost two years later. The commission has been meeting since March as a full commission and five subcommittees. Areas of focus by committee include Use of Force; Communications; Mental Health; Recruitment, Diversity and Vetting; and Independent Investigations and Oversight. The commission is set to report findings and recommendations to the Board of Supervisors on Oct. 20.

FORUM ON POLICE POLICIES AND PRACTICES: Monday, Sept. 14, 7:30 p.m., Walt Whitman Middle School, 2500 Parkers Lane, Alexandria VA 22306.

For more information on the police commission, see <http://www.fairfaxcounty.gov/policecommission/>

WELLBEING

Workplace Fitness

Employer-based health and wellness programs are good for business.

BY MARILYN CAMPBELL
THE CONNECTION

It's Wednesday afternoon and a cohort of George Mason University staff, students and faculty hit the pavement. Clad in attire ranging from running shorts and brightly colored sneakers to neutral walking shoes and business suits, the group takes part in "Who's Walking Wednesdays," part of an initiative to get moving for health and wellness.

"It's really important to connect faculty and staff into well-being

and wellness practices," said Janet Walker, life/work connections manager at George Mason University. "It benefits everybody in terms of their own personal health and wellness. It creates a community where people interact over more than just work."

The effort underscores the role of workplace health and fitness programs can play in decreasing stress and improving overall well-being. A National Institutes of Health study of more than 29,000 employees who participated in comprehensive workplace health programs that included components such as fitness, weight con-

as a six-percent increase in productivity.

Workplace health programs can also consist of health education, fitness programs, health coaching and screenings.

"There's all sorts of research about how time spent outdoors and taking walking breaks at work fosters creativity and problem solving," said Jeanne Bliss, director of marketing, Center for the Advancement of Well-being at George Mason.

Bliss says university officials hope to impact the well-being of 10 million people within the next four years through the center. "We

want to be a replicable model for well-being," she said. "That has been one of our strategic 10-year goals."

"We're in a position to help the next generation in terms of how they connect with their own workforce in terms of health and well-being," said Brandice Valentino, director of

control and smoking cessation, showed a 14-percent decline in illness over a two-year period, as well

"It's really important to connect faculty and staff into well-being and wellness practices. It benefits everybody."

— Janet Walker, life/work connections manager, George Mason University



Staff, students and faculty at George Mason University take part in "Who's Walking Wednesdays," an effort to increase physical activity and well-being. Research shows that workplace health programs can lead to increased productivity.

well-being programs and mindful living coordinator at the Center for the Advancement of Well-being. "Our programs focus on topics for well-being and integrating mindfulness practices." Amy K. Turner, executive director of Innovation Health, a Northern Virginia health insurance company formed as a result of a partnership between Aetna and Inova, says her company has improved the health of its workforce through tailored employee wellness programs.

Innovation Health has also created corporate wellness programs for its corporate clients. In fact, the company received the Loudoun Chamber of Commerce Healthy Business Award, which honors the winners of the Loudoun Healthy Business Challenge, a competition designed to recognize Northern Virginia businesses that have improved the health of their workforce through tailored employee wellness programs.

A group mentality is one of the keys. Group fitness activity can lead to success, say experts. "I feel like when you do it in a group and you're part of a group, you're more committed," said Turner. "It holds people accountable and promotes success. Our 'Get Active Challenge' is where employees set fitness goals and challenge other teams within their corporation," she said. "It engages employees to work together in teams, challenges them. We've found that it improves employee satisfaction."

Tournament and Nature Walk for Reston National

Rescue Reston plans Oct. 5 events on the golf course to raise money and awareness.

BY KEN MOORE
THE CONNECTION

Ed Hass knows where the foxes keep their dens along the Reston National Golf Course. He found an occupied den this spring, and when the kits were born he took more than 100 photos.

"That was pretty special. They were real little, they could hardly walk and were so wobbly," he said. "They didn't have a clue to what I was. How cool is that?"

"I spend a lot of time out there with a camera. I may go out for two-to-three hours and take up to 75 photos," said Hass. "It keeps me in touch with the surroundings and keeps me in touch with what's going on in

Reston."

Rescue Reston will hold a fundraising golf tournament and nature hike Monday, Oct. 5 at Reston National Golf Course, three weeks before Rescue Reston's lawsuit is scheduled to be heard in Fairfax County Circuit Court.

Proceeds from these events will help fund efforts to block residential development proposed on the golf course.

The next hearing in Fairfax County Circuit Court is on Oct. 23 at 2 p.m. regarding Reston National Golf Course. Fairfax County, Reston Association and numerous petitioners who border the golf course property have filed appeals asking for a review of the Board of Zoning Appeals (BZA) April decision regarding how RN Golf Management must proceed to potentially turn the 166-acre Reston National Golf Course into medium-density residential housing.

Rescue Reston is a grassroots volunteer organization comprising supporters who oppose redevelopment of Reston National Golf Course into residential housing or



Ed Hass

any site development other than a golf course or comparable open space.

"What better way to tell the investor-owner of Reston National Golf Course (RNGC) that you support Reston's planned recreational open space than a fun afternoon golfing or hiking, followed by dinner on the clubhouse patio," according to Rescue Reston.

BILL BURTON and the Reston Historic Trust led a nature walk a couple of years ago. Burton identified a lot of birds, butterflies and aquatic life. "It really opened my eyes," said Connie Hartke, of Rescue Reston.

The two-hour nature hike will begin at 3 p.m. on Monday, Oct. 5, along with the golf tournament and other events that will run from 1-7 p.m.

"I wanted to do something for the people that don't just love golf," said Hartke.

Burton calls the land along the course, a "maintained environment," which fosters rich diversity of wildlife.

Rescue Reston's Golf Classic and Nature Walk

See www.rescuereston.org
Reston National Golf Course
11875 Sunrise Valley Drive
Monday, Oct. 5, 2015 from 1 - 7 p.m.,
Guided Nature Walk, 3 p.m.
For golf/nature hike questions, contact golf@rescuereston.org or phone 571-449-6060.

Bluebirds love the Reston Golf Course, he said.

"They've done an inventory of different habitats because it has to be maintained," he said.

The golf course is a Certified Audubon Cooperative Sanctuary Program Golf Course, which means that the course management is committed to protecting local environment, conserving natural resources and providing wildlife habitats.

The Reston National property contains "edge habitat" and "old field habitat with hardwood cover" for a great diversity of wildlife. The latter habitat is among the most endangered in Fairfax County.

"The golf course is such an inte

SEE TOURNAMENT. PAGE 9



A buck runs across the Fairway at Reston National Golf Course. Deer are one of many animals and birds likely along nature walk planned for Oct. 5.



A red fox carries a meal of a squirrel at Reston National Golf Course.

PHOTOS BY ED HASS

Local Nursery Closing After 42 Years ~ Going Out of Business Sale

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The Strut: 9:00-10:00am

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NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., FOR APPROVAL TO AMEND AND EXTEND A SAVE PLAN PURSUANT TO VIRGINIA CODE § 56-604 AND TO IMPLEMENT A 2016 SAVE PLAN INFRASTRUCTURE RELIABILITY AND REPLACEMENT ADJUSTMENT IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS

CASE NO. PUE-2015-00071

On August 3, 2015, Columbia Gas of Virginia, Inc. ("CGV" or "Company"), filed with the State Corporation Commission ("Commission") an application for approval to amend and extend its SAVE Plan pursuant to Chapter 26 of Title 56 (§ 56-603 et seq.) of the Code of Virginia ("SAVE Act") and for approval to implement a 2016 Infrastructure Reliability and Replacement Adjustment ("IRRA") in accordance with Section 20 of its General Terms and Conditions ("Application").

In its Application, the Company requests a \$5 million annual increase in authorized expenditures, to \$30 million per year, over a five-year extended term (2016-2020) of its SAVE Plan. According to the Company, the increase in authorized expenditures will facilitate the accelerated replacement of approximately \$150 million of SAVE eligible natural gas infrastructure during the extended term ("Phase 2") of the SAVE Plan. CGV is not proposing to modify the scope of eligible infrastructure replacements to be performed under the SAVE Plan and is not proposing any other substantive changes to the terms and conditions of the SAVE Plan. While the current SAVE Plan is not scheduled to expire until December 31, 2016, the Company is proposing to implement Phase 2 of the SAVE Plan effective with the first billing unit of January 2016, to address an anticipated shortfall in authorized 2016 funding.

CGV also requests authority to implement a 2016 IRRA in accordance with Section 20 of its General Terms and Conditions, as contemplated in the State Corporation Commission's ("Commission") November 28, 2011 Order Approving Amended SAVE Plan and Rider in Case No. PUE-2011-00049, as modified by the July 3, 2013 Order Approving Amended SAVE Plan in Case No. PUE-2013-00015, and including the increased funding authorization proposed herein. The Company's SAVE Plan, as amended was authorized pursuant to the SAVE Act.

The Company represents that, if approved, the proposed amended SAVE Plan would increase the average residential customer's annual bill by \$11.28 in 2016.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, James S. Copenhaver, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219 between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before September 29, 2015, interested persons may file written comments on CGV's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before September 29, 2015, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2015-00071.

On or before September 29, 2015, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing shall refer to Case No. PUE-2015-00071 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

COLUMBIA GAS OF VIRGINIA, INC.

SPORTS

South Lakes Volleyball Finishes 4th

The South Lakes volleyball team has two star hitters, a new head coach and some lofty goals.

On Saturday, that combination earned fourth place at the NVVA Invitational.

The Seahawks, led by head coach Mike Ware, defeated South County and lost to eventual champion Oakton in the second round of pool play before falling to Fairfax in the third-place match on Aug. 29 at the Virginia Volleyball Center in Sterling.

“Considering that they’re getting used to my system and Vela [McBride] was only out of her walking boot for three days and had only practiced the day before with the team for the first time, we did pretty well,” Ware wrote in an email. “Our overall performance didn’t meet my expectations, but we’ll be a force to reckon with before this season is over.”

“It was our best finish at this tournament in years.”

Ware, who has 16 seasons of international-level playing experience, takes over the South Lakes program after coaching club ball the last three seasons at Areyto Volley in Ashburn. The Seahawks went 9-16 last season and failed to qualify for regionals.

This year’s team is led by a pair of senior standouts in McBride, who is committed to Navy, and Melody Caloyannides.

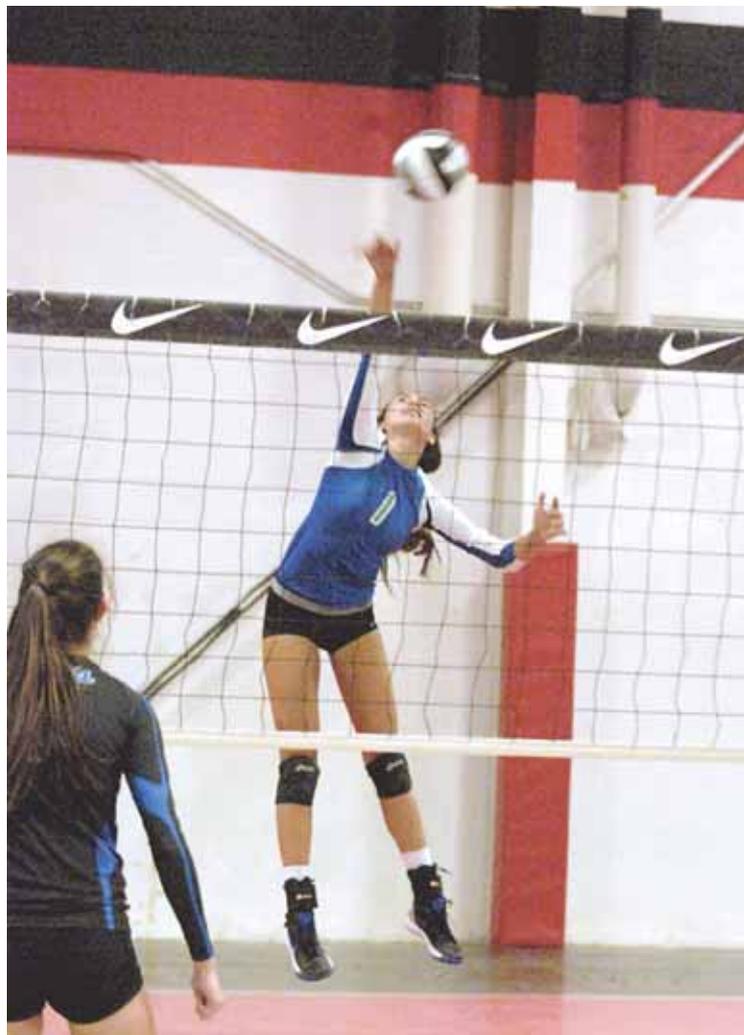
“Players like Melody and Vela don’t come around every day,” Ware wrote. “Yes they’re tall, fast, smart, and athletic, but they’re also great leaders who are super competitive. They lead by example with their strong work ethic and coachability. Many times they’re the first at practice and the last to leave. I have to chase them away at times. I’m going to miss them tremendously when they are gone.”

Ware called senior Kristina Brownell “a dynamic outside hitter who can turn bad sets into highlight reel kills,” and also mentioned juniors Rachel Abelson and Kristin Allgaier as key players.

South Lakes faced Stuart on Tuesday, after The Connection’s deadline. The Seahawks will travel to face T.C. Williams at 7:15 p.m. on Thursday, Sept. 3.

“My expectations and goals are pretty high and I’ve set a high standard for this team,” Ware wrote. “Our goals are to win our conference and go undefeated at home. Our dream is the state finals.”

— JON ROETMAN



Melody Caloyannides and the South Lakes volleyball team placed fourth at the NVVA Invitational on Aug. 29.



South Lakes senior Vela McBride is committed to Navy.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

The Oakton volleyball team won the NVVA Invitational on Aug. 29.



By JON ROETMAN/THE CONNECTION

Oakton Volleyball Wins NVVA Invitational

BY JON ROETMAN
THE CONNECTION

The Oakton volleyball team cruised through pool play undefeated at the NVVA Invitational on Saturday in Sterling, earning a spot in the championship match.

Unfortunately for the Cougars, the quickness with which they dispatched opponents early in the tournament led to roughly three hours of down time.

Oakton players found ways to stay busy while waiting to compete in the first-place match, including bouncing on yoga balls, listening to music and dancing. When it came time to play, the Cougars made their way to court No. 1 at the Virginia Volleyball Center and made quick work of McLean, defeating the Highlanders 2-0 (25-20, 25-17) on Aug. 29 to win the tournament title.

OAKTON swept each of its five two-set matches.

“Obviously, they showed they can come back and get ready quickly,” fourth-year Oakton head coach Dan Courain said. “It was a nice test for me, also, [to] see how quickly they can get ready ... to play.”

The Cougars defeated Edison, Washington-Lee, South County and South Lakes during pool play.

“It shows that we’re a team to compete with,” senior middle hitter Emily Heier said, “and it shows that we have the power and the team to beat really tough teams.”

Heier led Oakton with nine kills during the championship match. She also had two aces.

Junior outside hitter Alice Yang and sophomore outside hitter Grace Cozad each had six kills against McLean, and senior middle hitter Caitlin Becker had two. Senior setter Meghan Wood had three aces.

“For the people [who were] on the team last year, it’s a huge confidence booster,” Yang said

of winning the tournament, “because we’re, I think, so much better compared to what we were last year.”

Oakton went 17-12 and finished Conference 5 runner-up in 2014, losing to Westfield in the conference championship match. The Cougars lost to Fairfax in the opening round of the 6A North region tournament.

Yang, a VHSL second-team all-state selection, and Heier were Oakton’s primary threats in 2014. Courain is hopeful other Cougars will step up and help shoulder the load in 2015.

“One thing we’re hoping for this year is actually to see a little less of [Yang and Heier],” Courain said, “because we have more key players.”

Cozad and senior opposite hitter Coral Hulcher are expected to be key offensive contributors. Junior libero Lexi Barker, a transfer from Dallas, and senior defensive specialist Alex Marquis are also standouts.

Yang was named tournament MVP. Heier and Wood were also named to the all-tournament team, along with McLean’s Madison McArthur and Autumn Brenner, and Fairfax’s Savannah Powers and Taris Pittman.

Oakton will travel to face Tuscarora at 7:15 p.m. on Thursday, Sept. 3.

THE COUGARS’ FIRST home match is Sept. 10 against South County.

“Right now we’ve got a target on our back and we know that every team is going to give us their best,” Courain said. “They’ve got to know they need to be ready and hopefully they’re not complacent with this because a tournament in August is nice, it’s good to boost the confidence, but the tournaments in October and November are the ones we want to be able to compete in and do well [in].”

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

"Birds of a Feather." Saturday, 10 a.m. - 5 p.m. and Sunday, 12-5 p.m. through Sept. 3 at Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. Marie Straw works with different media, discovering the changing properties in each. In her works of acrylics and collage elements on paper, canvas, plywood and even tar paper, she is constantly experimenting to attain the look she wants to achieve. Straw is primarily self-taught through study with several local artists, art books and visiting art shows and museums.

Reston Concerts on the Town. Saturdays, through Sept. 5. 7:30-10 p.m. at Reston Town Center. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. 703-912-4062.

Summer Reading Program. Saturdays, through Sept. 5. 10 a.m.-5 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/r/>.

JamBrew. Every Friday in September, beginning Sept. 4. 6-10 p.m. Town Green, 777 Lynn St. Herndon. Outdoor music festival. <http://jambrew.com/>.

WEDNESDAY-SATURDAY/SEPT. 2-5

Lake Anne Plaza Jazz Week. Lake Anne Plaza, 1609 Washington Plaza, Reston. The week will feature a variety of jazz themed events that will take place from live music, merchant activities, to a featured film part of Lake Anne's ongoing Summer Film Festival series.

WEDNESDAY/SEPT. 2

Babytime. 10:30 a.m. Herndon Library, 768 Center Street, Herndon. Rhymes, songs, stories with music for you and your baby. Come enjoy time with your child while building an early literacy foundation. Age birth to 18 months with adult.

THURSDAY/SEPT. 3

Millennial Readers Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interested in discussing great books and connecting with other Millennials who love to read? Explore fiction and non-fiction of all types starting with September's title, Tracy Kidder's *Strength in What Remains*. Adults from early 20s to early 30s.

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm

THURSDAY-SUNDAY/SEPT.3-13

Kiss Me Kate. A jazzy musical comedy about a divorced couple staging an outlandish musical version of "Taming of the Shrew." For tickets and show timings visit www.nextstopHerndon.com.

Chef Roslyn "Ros" Clark flips an omelet during a cuisine presentation at the 25th Herndon Labor Day Festival. This year's festival will be on Sept. 7 at the Herndon Town Green.

PHOTO BY
RYAN DUNN/
THE CONNECTION



FRIDAY/SEPT. 4

Frying Pan Fridays. 6:30 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Delve into a different piece of your favorite Farm Park on a stress-free adventure including hands-on activities and short hikes.

SATURDAY/SEPT. 5

Lake Anne Jazz Festival. 2 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Showcasing a variety of talented local emerging artists and national jazz performers. Beer garden on site. Visit <http://lakeanneplaza.com/event/9th-annual-lake-anne-jazz-festival/>.

Reston Concerts on the Town Series Finale. 7:30-10 p.m. Reston Town Center, 11900 Market St., Reston. Celebrating the 25th anniversary season with an extended schedule. Dance the night away with Motown, rhythm & blues by Dave Akers & the Soul Shakers.

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

MONDAY/SEPT. 7

Herndon Labor Day Festival. 11 a.m. - 5 p.m. at Herndon Town Green, 777 Lynn St., Herndon. Great music, a craft show, food, 12 wineries and micro-brews and culinary demonstrations. Visit www.herndon-va.gov for more.

TUESDAY/SEPT. 8

Toddler Story Time. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Fun stories, songs, and finger plays. Age 2 with adult.

THURSDAY/SEPT. 10

Junior Farmer Family Fun. 4 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. This family program goes behind the scenes to help the farmers at Frying Pan Farm Park. Come help with farm chores such as milking the cows, feeding the animals, and shelling corn. Topics and activities vary. Children must be accompanied by a registered adult.

New Belgium Brewing 2015 Clips Beer & Film Tour. 7 p.m. Reston Town Center, 11900 Market St., Reston. An evening of unique brews from New Belgium Brewing Company paired with inspiring short films. Sample New Belgium's Lips of Faith specialty beers along with popular classics.

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon.

FRIDAY-SATURDAY/SEPT. 11-12

ChalkFest. Friday: 12-11 p.m. Saturday: 8 a.m. - 4:30 p.m. Reston Town Center, 11900 Market St., Reston. Free for spectators, participants register for a fee which includes supplies. Rain or shine. Information: publicartreston.org.

FRIDAY/SEPT. 11

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public.

SATURDAY/SEPT. 12

Book Discussion. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author Michael Delapena discusses his novels *The Coyote Wars* and *The Last Coyote*, thrillers about domestic terrorists and the FBI team attempting to stop them. Adults.

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston.

SUNDAY/SEPT. 13

Reston Triathlon. 7 a.m. Lake Audubon, Twin Branches Road, Reston. Swim, bike and run in the "Reston World Championships." Visit www.restontriathlon.org.

MONDAY/SEPT. 14

Lego Club. 4:30 p.m. Herndon Library, 768 Center Street, Herndon. Come have fun, use your imagination and keep your engineering and problem solving skills flowing with an abundance of LEGO bricks. Age 5-12.

Writers Group. 7 p.m. Herndon Library, 768 Center Street, Herndon. All levels of writing experience are welcome to join our group to receive support and feedback. The group reviews works-in-progress from up to 3 members each month. Adults.

WEDNESDAY/SEPT. 16

Putting the Animals to Bed. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night.

THURSDAY/SEPT. 17

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon.

SATURDAY/SEPT. 19

Family Fun Day. 11 a.m. - 4 p.m. Woody's Golf Range, 11801 Leesburg Pike, Herndon. A Family Fun Day to help the five teens that were in the tragic accident in Texas, in which three Herndon teens died. A day of healing and remembrance for the friends and families. There will be mini golfing, art, hula hooping and much more fun.

Tournament and Nature Walk for Reston National

FROM PAGE 6

gral part of this community. We have supporters who live on it, supporters who golf on it, supporters who run on it, supporters who love going through it, supporters who love wildlife on it, and supporters who drive past it," Hartke said. "It's such an integral part of Reston."

RESTON NATIONAL is the home course for the South Lakes High School Golf Team.

Ed Hass, who spends the better part of most days photographing the wildlife in and around the course and Bill Burton, geologist, birder and amateur astronomer, will lead the walk.

"I'm pretty familiar with the surroundings here. I've lived here 40-some years and I've been shooting [photos] since 2008," said Hass.

So far, he's taken photos of 90 species of birds that live on the course, or stay temporarily on the course during migration sea-

son in the spring.

He's seen numerous kinds of wildlife.

"If they're out there [on Oct. 5], I'm pretty sure Bill or I will see them."

Pileated woodpecker feeding young in a nest hole in a large tree along Reston National Golf Course, one of the species that needs large, mature trees.



PHOTO BY ED HASS

PET Peeve



By KENNETH B. LOURIE

Since it's never too early to start worrying about one's next scan, especially if it's a scan which shows more detail than the typical CT Scan, and a scan you've not had since February, 2009 (I refer to the PET Scan [positron emission tomography] I have scheduled for mid October), I'll begin worrying about it now - in print. Incidentally, the PET Scan in '09 was the last diagnostic scan I had before my surgical biopsy confirmed a malignancy. I still remember the phone call/conversation I had with my thoracic surgeon when he gave me the PET Scan results. He told me the scan indicated positive for cancer. I replied/asked, having gained a little advance knowledge on the subject, that "aren't there a lot of false positives on PET scans and that's why they're not used as often?" To which the doctor responded: "That's partially true. But you lit that scan up like a Christmas tree. If it's a false positive, it's a world-record false positive." I don't recall if I laughed out loud or just snickered (at that time, I certainly wasn't aware of the consequences of the results, which of course were hardly a laughing matter). Nevertheless, it remains one of my favorite cancer stories.

A few weeks later, Team Lourie was sitting in a man's office who I/we had never met before (my oncologist), listening to him tell me that I had stage IV, non-small cell lung cancer which was incurable and that I likely had "13 months to two years" to live - at age 54 and a half. To say I lost my sense of humor at that point is a bit of an overstatement. However, you lose something. Fortunately, as you regular readers know, eventually I regained my footing and my sense of humor and have remained determined to laugh and joke and smile in the face of the adversity that I - and many other "terminal" patients - endure. Still, cancer is not for everyone. Even after six and a half years, the challenges persist and the fears rarely fade away. Having my first PET Scan in more than six and a half years sort of reignites those fears and of course reminds me of how I got into this mess in the first place: the pain in my left-side rib cage that migrated to the right-side for no apparent reason and the associated difficulty I had inhaling and bending at the waist; the New Year's Day Emergency Room Appointment; the X-Rays that day and again a week later; the follow-up appointment with a pulmonary doctor; the subsequent CT Scan; the appointment with the thoracic surgeon; the on-off and back-on-again PET Scan; the biopsy and then the hammer: the midday call from my primary care physician advising me that the biopsy confirmed the malignancy and the rest, as most of you readers know: chemotherapy; yada, yada, yada.

But that next PET Scan is not for almost two months. In the interim, why can't I channel my best Alfred E. Neuman of Mad Magazine: "What - me worry?" and enjoy relative good health? Much easier said and written than actually done. Unfortunately, it's very difficult. As a characterized-as-"terminal" cancer patient, especially one who's far outlived his original prognosis, to not think you have - to quote Radar O'Reilly from a long-ago M*A*S*H episode - "One foot in the grave and the other on a banana peel," is a mind that does matter.

But there's no future thinking like that, only an acceptance of the past. If I do indeed want to "live long and prosper," worrying about things I can't control is hardly the recipe for lasting success. The PET Scan will get here soon enough and the results will be illuminating whether they're positive (bad) or negative (good). It will just be another hurdle/obstacle to overcome. This is not to say that it ever gets easy, but making it harder by worrying about it months in advance serves absolutely no purpose and likely causes more harm than good, certainly more anxiety.

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

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-Werner Heisenberg

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Jillian May Reagan, of Reston, earned a Bachelor of Arts degree with a major in communication and a major in cinema from Denison University. A dean's list student, she was a recipient of the Denison Alumni Scholarship and the Scott C. Schurz Endowed Scholarship. She is a member of Kappa Kappa Gamma sorority.

Herndon High School Senior, **Charlie Shen**, earned four perfect scores consecutively on the National Latin Exam. He is one of 10 students in the entire country to have done so. Sophomore Kyle Nielsen will represent Virginia as the History specialist on the Novice level Certamen team at National Junior Classical League Convention this summer. Sophomore Dora Drezga, who earned this honor last year, earned a spot as an alternate on the Intermediate level Certamen Team. The Certamen team is sponsored by Latin Teachers, Emily Lewis and Bethany Abelseth

Momentum Realty and Holly Weatherwax are extremely proud to announce the recipient of the 2015 Momentum Realty Book Scholarship at Herndon High School. This year's recipient, **Ester De La Cruz** of Herndon, will attend Northern Virginia Community College where she plans to study nursing. The award was presented on June 11 at the Herndon High School Senior Awards Ceremony.

Emily George, of Herndon, has been placed on the Dean's List in recognition of academic excellence during the spring 2015 semester at New River Community College.

Kendall Crouther, of Herndon, Master of Urban Education, graduated from Union University May 16 during spring commencement services of the 190th graduating class at Oman Arena.

Adam John of Reston is among four students named to the Phi Theta Kappa Top Ten All-Virginia Academic Team during a recognition ceremony April 22, in Richmond. The four students were nominated by Northern Virginia Community College. John, 25, studied biology at NOVA's Loudoun Campus and served as president of the Alpha Zeta Rho chapter of Phi Theta Kappa. He completed two research-based internships and will transfer in the fall to Columbia University to study neuroscience. He hopes these experiences will help him gain acceptance to a MD-Ph.D. program so he can pursue medical research in brain function.

Teams of students from three Fairfax County public schools won top honors in the recent Virginia State Odyssey of the Mind tournament. Top teams came from **Fox Mill Elementary School, Greenbriar West Elementary School, and Carson Middle School**. First place winners advance to the Odyssey of the Mind World Finals scheduled for May 20 at Michigan State University.

The team from Fox Mill Elementary won first place in the Runaway Train Division II competition. Team members are Amy Appler, Katie Wagner, Ashvita Vadicherla, Nicholas Bravo, Krithik Nadella, Tanvi Bhat, and Vijay Rudraraju.

The Carson Middle team won first place in the Pandora's Box Division II competition. Team members are Charlotte Cai, Noah Ginsburg, Wen Ip, Ryan Jones, Maya Nakhre, Charlotte Peterkin, and Ethan Waple.

From examining the genes in the monkey flower, to exploring the Rev. Martin Luther King's political, social and theological beliefs, to epilepsy therapies, to sustainable tourism, 38 **University of Virginia** undergraduates will pursue 36 grant-funded research projects this summer. Thirty-five of the proposals received Harrison Undergraduate Research Awards and another student has had his research underwritten by the Stull family of Dallas. This marks the 16th year of the program, which helps further a key component of the U.Va. student experience: hands-on research.

The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. In February, a Faculty Senate committee selected the winners, who receive up to \$3,000. Faculty mentors who oversee the projects receive \$1,000.

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