

Fairfax County Board of Supervisors Chair Sharon Bulova and Frying Pan Farm Park Manager Tawny Hammond feed Henry, one of the animals attacked last weekend at Kidwell Barn. The Fairfax County Park Authority announced a \$7,500 reward for information leading to the arrest and conviction of the person or persons responsible for attacks.

# Reward Offered In Frying Pan Attacks

Herndon Celebrates  
32<sup>nd</sup> Annual Festival

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## Herndon Garden Tour Set for June 24

The annual Herndon Garden Tour, a celebration of eclectic and elegant gardens in the Town of Herndon, will be held Sunday, June 24, noon – 4pm.

Admission to the tour is \$10 in advance, \$15 on the day of the tour. Tickets are available in advance at the Herndon Community Center, 814 Ferndale Avenue; Herndon Florist, 716 Lynn Street; and ArtSpace Herndon, 750 Center Street. Tickets are also available the day of the tour at the Herndon Community Center and ArtSpace Herndon.

The self-guided tour features five gardens:

❖ 760 Van Buren Street, Denise and Bruce Napoli, gardeners. A primarily shady garden, with occasional explosions of color that attract birds and butterflies

❖ 890 Ashburn Street, Ellen and Walt Bottiny, gardeners. A peaceful garden oasis, complete with perennials, annuals, herbs – and Ellen's collection of gourd birdhouses.

❖ 1021 Monroe Street, Lorna Schmid and David Boldt, gardeners. The focal point of this expansive garden is an exotic water feature, as well as plenty of shade plants and sun-loving flowers.

❖ 896 Young Dairy Court, Nate and Michele Ament, gardeners. These professional landscape architects have created a unique garden retreat, with a carefully-constructed mix of hardscapes and softscapes.

❖ 742 Florence Place, Tom Spiers, gardener. This lush, mature and diversified landscape is home to at least 100 different kinds of plants, with colors and textures coordinated to create order – but not too much order.

## Advising on Hazardous Waste Reduction

Reduction and proper disposal of common hazardous materials should be a priority in all households within the Town of Herndon, advises the town's Department of Public Works (DPW).

DPW has created a page on the town's website, [www.herndonva.gov](http://www.herndonva.gov) (town services/refuse & recycling/household hazardous waste) that defines hazardous waste products – household cleaners, yard care products, paints and paint thinners, petroleum products, rodent poisons and other commonly used products – and emphasizes why proper disposal of such products is critical.

"Sanitation workers can be injured from toxins, corrosive materials or ignitable materials improperly mixed with regular solid waste," said Robert B. Boxer, director of Public Works. "Additionally, improper dumping of these materials on the ground or in waterways can threaten wildlife."

According to DPW, the safest way for town residents to dispose of household hazardous waste is to carefully package and transport materials to Fairfax County's Household Hazardous Waste site at I-66 Transfer Station Complex, 4618 West Ox Road, Fairfax. Operating hours are Thursday – Saturday, 8 a.m. – 4 p.m., and Sunday, 9 a.m. – 4 p.m.

The town's website lists ways residents can reduce use of hazardous products by switching to safer alternative products; by purchasing products only in quantities as needed; and by storing hazardous products appropriately.

## Scout Collects Electronic Equipment

Danny Rieder, Life Scout with Troop 913 – sponsored by St. Joseph Church – will be collecting old computers (towers/laptops), monitors, printers, scanners, cell phones, keyboards or other electronic equipment to be donated to Computer Recycling of Virginia (CRVA) – a recognized recycling Non-Profit Organization. Refurbished equipment is provided at no/low cost to underfunded schools and community groups in Virginia. For more information, contact [drr1ieder3@gmail.com](mailto:drr1ieder3@gmail.com). The collection, for Rieder's upcoming Eagle Project, will take place on Saturday, June 16, 8 a.m.-noon, at St. Joseph's School, 750 Peachtree Street, Herndon.

## News

# Closet Begins Summer Shopping Days

Monthly Thursday evening hours allow more shopping opportunities.

BY ALEX MCVEIGH  
THE CONNECTION

**T**he Closet, a nonprofit thrift shop in downtown Herndon, will open Thursday evenings once a month, to allow potential shoppers another chance to explore the various clothes, antiques, electronics and other appliances offered.

This is the second year The Closet has offered evening summer shopping hours.

"We wanted to open and give people who might otherwise be at work or busy a chance to stop in and see what we can offer," said Laura Greenspan, Closet president. "It's a way to serve people who can't get here during the day, and also give more volunteers a chance."

While the Thursday shopping nights are aimed at attracting more customers, more volunteers are also being exposed.

"I've never been here before today, and now I feel like I've discovered a real gem in this community," said Bonnie Epstein, who volunteered at the first summer shopping night of the year last Thursday, May 31. "It's so organized and clean in here, and the prices are just amazing."

The store is staffed by mostly volunteers, and the Thursday shopping nights will be staffed entirely by volunteers.

"We wanted the shopping nights to be completely volunteer run so there's no extra cost and no negative impact on the current staff," Greenspan said. "Anything we can do to help the store bottom line and increase what we can get out to the community."

Janet Bolton, a longtime volunteer who coordinates staffing for the Thursday shopping nights, says the monthly evening openings see a good mix of regu-



PHOTO BY ALEX MCVEIGH / THE CONNECTION

**Volunteers at The Closet in Herndon will open the nonprofit thrift store the last Thursday evening of each month to try to attract more shoppers.**

lar customers and new ones.

"We have our regulars who are in here every week and they like that these can be less crowded than the regular days," she said. "We've gotten some new traffic coming in as part of the Herndon festival, and we hope we'll see more every week."

Sandy Espinosa of Herndon is familiar with The Closet, but since she works from 9 a.m. to 5 p.m. weekdays, she doesn't get there much.

"I'm always at work when they're open, except Saturdays, so I feel like I'm always missing out on the cool stuff they have here," she said. "I love the idea of the shopping nights, now I know I'll be stopping by after work once a month, and hopefully I can expose some friends and co-workers to the store, because it's going to helping this community."

The money from donations and sales at The Closet goes out to communities, last year alone they donated more than \$80,000 to social service agencies and member congregations. Since its founding in 1974, The Closet has provided more than \$2 million to local groups and programs.

The Closet is located at 845 Station Street and is regularly open from 10 a.m. to 2 p.m. Tuesdays, Thursdays and Saturdays. The summer shopping nights will take place on the last Thursday of every month from 5 to 8 p.m. through September, which will be June 28, July 26, Aug. 30 and Sept. 27.

More information, including how to donate, can be found at [www.theclosetofgreaterherndon.org](http://www.theclosetofgreaterherndon.org).

## Promoting E-Zpass on 495 Express Lanes

**4**95 Express Lanes announced the launch of a three-month car giveaway contest designed to accelerate the adoption of E-ZPass and the new E-ZPass(r) FlexSM among Northern Virginia drivers in anticipation of the Express Lanes opening later this year. The lucky winner will custom-design his or her own MINI from Passport MINI of Alexandria.

To enter the contest, participants must register their E-ZPass on the 495 Express Lanes website - [www.495ExpressLanes.com/winaMINI](http://www.495ExpressLanes.com/winaMINI) - by August 31, 2012. Drivers who do not currently have an E-ZPass can visit the 495 Express Lanes website to learn where to get an E-ZPass, register on the Express Lanes website and enter to win the MINI. Complete rules and regulations are available on the 495 Express Lanes website <<http://www.495expresslanes.com/winamini>>.

The MINI giveaway is part of an educational campaign to prepare Virginia Beltway travelers for the

new travel option coming on the Capital Beltway. The 495 Express Lanes will provide new options for a faster, more predictable trip on the Capital Beltway in Virginia and help drivers control how and when they get to their destination. To keep traffic moving at free flowing speeds, drivers will need an E-ZPass to use the Express Lanes - there are no toll booths or options to pay cash. Carpoolers will need the new E-ZPass Flex to ensure a toll-free trip on the Express Lanes. The E-ZPass Flex will be available in July.

The 495 Express Lanes are two new high occupancy toll (HOT) lanes in each direction from the Springfield Interchange to just north of the Dulles Toll Road on the Virginia side of the Capital Beltway. The 14-mile Express Lanes will be free for carpoolers with three or more people, buses, motorcycles and emergency vehicles. Other drivers may pay a toll for a faster, more predictable trip. The 495 Express Lanes are on schedule to be completed in late 2012 and will operate 24 hours a day, seven days a week.



**Goats at Kidwell Barn at Frying Pan Farm Park, where an assault of two goats, a calf and a chicken occurred sometime between the night of May 26 and the morning of May 27.**

PHOTOS BY  
ALEX McVEIGH/  
THE CONNECTION



## Reward Offered In Frying Pan Attacks

**\$7,500 offered for information leading to arrest and conviction.**

BY ALEX McVEIGH  
THE CONNECTION

**T**he Fairfax County Park Authority announced a \$7,500 reward for information leading to the arrest and conviction of the person or persons suspected of attacking animals at Frying Pan Farm Park sometime the night of May 26 or the morning of May 27. The slashing attacks left a chicken, a calf and two goats wounded.

The reward money was donated by a group of anonymous citizens who were concerned about the attack, as well as the Friends of Frying Pan Farm Park.

"The community has always supported Frying Pan Farm Park, even through this instance, and we've had an outpouring of anonymous donors for a reward," said Jack Pitzer, president of the Friends of Frying Pan Farm Park. "We're so excited by the support for this park during this time, by their support of the park and the raising funds for this reward."

**OFFICER BEVERLY SELLERS** of the Fairfax County Police Department Reston District said she met with park staff last week to make sure people are aware of the surroundings.

"There is a very, very well equipped staff here at the farm, and the police department cares about these animals and wants to see this case solved," she said.

Park Manager Tawny Hammond brought out the calf, Henry, who still has stitches in his head.

"The stitches should be coming out next week, he's been doing very well," she said. "He's healing nicely and should hopefully be ready for the 4-H Fair we host at the beginning of August, and the other goat, calf and chicken are healing nicely."

Hammond said the animals are generally used to interacting with humans and wouldn't have reason for fear prior to the attacks.

"Of course initially they were traumatized, because what happened was horrible, but they're on the mend," she said. "It did change their behavior a little, but they're rebounding."

The barn at the park can be left unlocked and open due to fire and heat concerns, depending on the weather. The staff have implemented security mea-



**Frying Pan Farm Park Manager Tawny Hammond feeds Henry, one of the animals that suffered cuts on the head in a slashing attack last weekend.**

sures at the park

"We don't want to divulge specific actions that will be taken, but we have met with staff and we have put in security to protect staff and volunteers. All of our staff work as buddy pairs and we have radios on site," said Judy Pedersen, spokesperson for the park authority. "Security has been beefed up, and we believe that visitors to the park, as well as our animals, will be safe."

**THE MAY 26 ATTACKS** came one month after a possibly related slashing attack on three horses on an adjacent farm on April 26. Police spokesperson Lucy Caldwell

"Since we've had two separate incidents, it does elevate in the minds of detectives investigating this case," she said. "Detectives and animal control officers are investigating both cases, and we have many of the same detectives on both cases. At this point, other than the proximity and location, we don't have a lot of physical evidence that we can talk about that would link them. But logically, it makes sense that we'll be working them together."

Fairfax County Board of Supervisors Chair Sharon Bulova was on hand at the Monday press conference, and even helped feed Henry and show him to farm guests.

"I don't know how anyone can even comprehend hurting an animal like this," she said.

Information about the incidents can be reported to the Fairfax County Police Department Crime Solvers by phone at 866-411-8477, online at [www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org), or by texting TIP187 plus a message to 274637 or by calling 703-691-2131.

## Cows with Attitude

**Frying Pan Park is a model for Plourde and Reed's Udder-ly Witty picture book.**

BY ERIN HODGE  
THE CONNECTION

**"A**nd the cows meant it," the final line of "Only Cows Allowed," was the starting point for author Lynne Plourde. "It just popped into my head one day," she said. "The cows had some attitude."

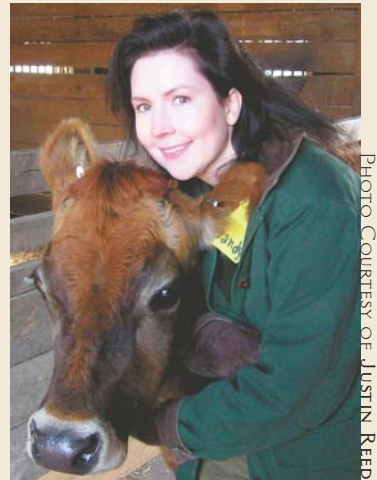
Anyone who reads "Only Cows Allowed" can see the cows' attitude for themselves—their spunk is evident in the story and the accompanying artwork done by Rebecca Harrison Reed of Clifton. "I've always wanted to illustrate a humorous story about animals," said Reed. "And Lynne is a very humorous writer. An effective marriage of art and text makes it a success as a picture book."

And a success it was. On June 4, Reed will travel to New York City for the National Independent Publisher Book Awards, in which "Only Cows Allowed" earned the bronze award for all ages. And indeed, the book can be enjoyed by children as well as their parents.

"It's important when writing a book to consider how the reader feels," explained Plourde. "You need to tap into their emotions, and identify with them." The puns and word jokes run abundant in "Only Cows Allowed," making it the perfect book to read aloud to children.

Plourde's clever wordplay is only complemented by the facial expressions of the animals in Reed's drawings, based on the animals she observed in Herndon's Frying Pan Farm Park. In particular, the farm's jersey cow, Dandy, "She had a funny, unique personality," Reed said. "All of the cows are somehow based on her."

"I could see how the trait's in her drawings reflected Dandy and the Park," said Nicole Falceto, a member of the Frying Pan Farm Park staff. She led Reed through the park and positioned the cows to help with Reed's observations. The experience there, according to Reed, was great fun. "I really got to know the animals—they completely lent themselves to the



**Illustrator Rebecca Harrison Reed with Dandy, Frying Pan Park's Jersey cow.**



**Author Lynne Plourde snags a photo of a cow with attitude.**

story."

Plourde's own experience with cows on her uncle's farm in Newport, Maine was part of the inspiration for her story. "He's crazy about his cows," she said with a laugh. "He might love them more than his wife!"

"Only Cows Allowed" takes place on a New England farm, displaying the influence these experiences had on her. "Just taking one good picture with those cows was nearly impossible; you can't control them, so you just keep smiling and wait for them to do it on their own time."

Whether they're in Newport, Maine or Herndon, cows have attitude. Plourde and Reed experienced this firsthand, and their collaborative story "Only Cows Allowed" is the perfect way to tell that tail.



# Community Services Budget Under Scrutiny

**\$8 Million budget hole threatens programs, public review underway.**

BY VICTORIA ROSS  
THE CONNECTION

**T**he Fairfax-Falls Church Community Services Board, which provides social services to thousands of the county's most vulnerable residents and has come under fire for an \$8 million budget shortfall, was given a temporary reprieve by the Fairfax County Board of Supervisors.

At its May 22 meeting, the board ultimately approved a plan that directs the Human Services Council to collect input from the public and social service advocates - a plan that temporarily takes critical services provided by the CSB off the chopping block.

But the decision was not a simple one, and came after vigorous debate and calls for more financial scrutiny of the agency, which administers social service programs to more than 22,000 county residents.

After the meeting, Supervisor Jeff McKay (D-Lee) said he would like to see an independent audit of the agency to examine the scope of the CSB's financial problems.

Supervisor Pat Herrity (R-Springfield), in a May 25 letter to the Auditor of the Board, also suggested a financial review of the agency "to ensure that the CSB is not unnecessarily wasting money, considering their looming budgetary problems."

**RELATIONS** between the CSB and the board have been strained since the agency revealed a larger-than-expected budget deficit in early May. Some supervisors suggested the information about the financially troubled agency came too late in the budget process to adequately explore the reasons behind the shortfall and develop viable solutions.

"It troubles me that we're stuck with this here, stuck with this now, and we're not in budget (discussions) where we can do anything about it," said Herrity, who suggested that the CSB look to private health insurance companies to help to offset the cost of services. "We want people who don't have private health insurance to be able to get into the program."

During fiscal year 2013 budget hearings in the spring, the social services agency raised a red flag when it announced it had, for the first time in its history, started a waiting list in March for services delivered by the Infant & Toddler Connection.

The ITC provides evaluations and early intervention services for infants and toddlers (up to age three) who have a developmental delay. Therapies include physical, speech, occupational and vision and hearing. Any delays in treatment, according to medical experts, can compound and intensify developmental delays, creating signifi-



**Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) and Supervisor Penny Gross (D-Mason) questioned George Braunstein, the director of the Fairfax-Falls Church Community Services Board, about current and projected budget shortfalls that threaten the agency's programs.**

## Public Meetings

At its May 22 meeting, the Fairfax County Board of Supervisors directed the Human Services Council to offer the public a chance to review, evaluate and comment on the CSB's proposed budget management plan. There will be three public meetings:

❖ Organizations and Advocacy Groups: Monday, June 4, at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center

❖ Families and Consumers: Monday, June 11 at 7 p.m. in rooms 230 A and B, 2nd floor of the Pennino Building. In addition, individuals may participate in a phone question session at this meeting by calling 703-324-2001.

❖ Organizations and Advocacy Groups: Monday, June 18 at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center.

To sign up in advance to speak at the meetings, to request ADA accommodations or to submit written comments, contact Dwight Curtis at [Dwight.Curtis@fairfaxcounty.gov](mailto:Dwight.Curtis@fairfaxcounty.gov). Or call 703-324-5630, TTY 711.

To submit comments online, visit [www.surveymonkey.com/s/fairfaxfallschurchCSBplan](http://www.surveymonkey.com/s/fairfaxfallschurchCSBplan).

The Human Services Council will consider all input and present recommendations to the Board of Supervisors at its July 16 meeting.

cant learning problems when children enter school.

During the second tense meeting with CSB director George Braunstein on May 22, board members expressed unanimous frustration and disappointment that the agency was considering scaling back services for at-risk children, people with intellectual disabilities and substance abuse problems to address the current \$8 million shortfall that is projected to increase to \$9.4 million in the fiscal year 2013.

Supervisor Penny Gross (D-Mason) said earlier proposals by the CSB to close budget gaps - such as shutting down substance abuse treatment centers and facilities for adults and children suffering from mental illness - were unacceptable.

"I don't like being in this position because I've generally tried to be very supportive of things at the CSB, but I am really uncomfortable with these recommendations and I'd like to be able to say no because it cuts services," Gross said. "But if I vote no on recommendations, where else do we go? I guess I'm just venting, because I don't have a suggestion of what we need to do. I am extremely unhappy."

"I don't want anyone to think we're approving recommendations everyone is troubled by," said Chairman Sharon Bulova (D-At-large). "We're looking for ways to mitigate the reductions that were presented."

Braunstein told the board a combination of factors led to the agency's deepening financial crisis, including reduced federal funding and a steep increase in demand for CSB services. The demand for ITC services has jumped 38 percent in the past two years, and 165 children are currently on the waiting list, Braunstein said.

"The CSB, at least during first three years, managed to absorb local budget reductions and not reduce access to services," Braunstein said. "The strategies we used the last three years just didn't work this past year."

In fiscal year 2011, CSB expenditures totaled approximately \$155 million dollars. In February, the CSB notified the county of a potential \$8.3 million hole in its current budget, which prompted the board to establish a \$4.2 million cushion during the budget discussions.

Bulova noted that CSB programs in other parts of Virginia are funded with a combination of federal and state dollars.

"In Fairfax County, the reverse is true. We pay about 70 percent of CSB programs, and we do as much as we can because these are populations we care deeply about," Bulova said.

During the board's discussion, several supervisors questioned whether it was even necessary to approve any of the interim measures before them.

"The fundamental question I have is why



**George Braunstein, the director of the Fairfax-Falls Church Community Services Board, appeared before the Fairfax County Board of Supervisors for the second meeting on May 22.**

are we acting on this period? Why does this need our stamp of approval," said Supervisor Jeff McKay (D-Lee).

After some deliberation about the need for the board's approval, the board approved a "plan process" that includes public forums facilitated by the Human Services Council.

The Human Services Council will facilitate a public review process to prioritize, review, and evaluate the impact of the CSB's proposed budget management plan on individuals, families, provider network, and the human services system.

**THE BOARD** also authorized the following interim actions for the Community Services Board. The measures, Bulova said, are first steps before more comprehensive actions are taken to address the projected budget shortfall:

❖ The Infant and Toddler Connection (ITC) early intervention services waiting list will be maintained while continuing CSB-provided assessment and facilitation of potential next steps and resume early intervention referrals as State funding is available.

❖ Employment and day services will be initiated for 19 new high school graduates with intellectual disability who have urgent needs upon graduation.

❖ The allocation of contract rate adjustment funds to CSB contractors will be suspended pending final carryover decisions by the Board of Supervisors.

❖ All measures to contain costs through further efficiencies and probationary staff reductions will be immediately taken.

"The CSB serves our most vulnerable populations in Fairfax County. In partnership with the CSB, Advisory Groups and organizations, and with our County workforce we will work our way through this challenge," said Bulova.





PHOTOS BY DEB COBB/THE CONNECTION

**Touchdown! The first ever passenger flight of Boeing's 747-8 Intercontinental lands at Dulles Airport on June 1, shortly after noon. Operated by Lufthansa, the new aircraft will fly the Frankfurt-Dulles route six days a week. New design features of the aircraft include wings with raked-back tips and engines with scalloping that enhances fuel efficiency. At over 250 feet long, the plane is now the longest commercial aircraft built in the United States.**

## New Aircraft Lands at Dulles



**The new Boeing 747-8, operated by Lufthansa is met as it lands at Dulles Airport after its first ever commercial flight with a water cannon salute.**

## Area Students Win Merit Scholarships

Six Fairfax County Public Schools (FCPS) students have been named winners of Merit Scholarship awards by the National Merit Scholarship Corporation (NMSC). The students are part of a group of more than 2,500 National Merit finalists chosen to receive scholarships financed by higher education institutions. Winners of the scholarships, with their probable career fields in parentheses, are:

- ❖ Jeffrey Lu of Herndon High School (engineering), National Merit Case Western Reserve University Scholarship.
- ❖ Jamison Fox-Canning of Langley High School (game design), National Merit Rochester Institute of Technology Scholarship.
- ❖ Kyle Gaulke of Robinson Secondary School (game design), National Merit Rochester Institute of Technology Scholarship.
- ❖ Cameron Plunkett of Robinson Secondary School (economics), National Merit University of Southern Cali-

fornia Scholarship.

- ❖ Rebecca Hyndman of Thomas Jefferson High School for Science and Technology (TJHSST) (biochemical research), National Merit Wheaton College Scholarship.
- ❖ Lizaveta Miadzvedskaya of TJHSST (law), National Merit University of Texas at Dallas Scholarship.

Each scholarship winner was evaluated on his or her academic record, including difficulty levels of subjects studied and grades earned; contributions and leadership in school and community activities; an essay describing activities, interests, and goals; SAT scores that confirmed outstanding test performance; and a recommendation and endorsement from a high school official. Each award provides between \$500 and \$2,000 annually for up to four years of undergraduate study at the institution financing the recipient's scholarship.

The final group of NMSC scholarship recipients from the class of 2012 will be named in July.



PHOTOS CONTRIBUTED

**Ariana Torres on the obstacle course moon bounce.**

## Montessori Country School Celebrates 40<sup>th</sup> Anniversary

**M**ontessori Country school in Herndon celebrated their 40th Anniversary at a big family bash on Friday, May 18. Many alumni as well as current families were in attendance. The fun included three moon

bounces donated by "Great Kids Camps," a performance by "The Great Zucchini," and a second performance donated by "Groovy Nate." Dorothy Wilson (MCS faculty member for over 35 years) cut the birthday cake.



**Dorothy Wilson, a longtime resident of Herndon and a faculty member at MCS for over 35 years, cuts the birthday cake.**



**Kindergartners enjoying the Groovy Nate show - front row from left are Jessica Knowlden, Amelia Luongo, Riley Clarke and Keira Malzahn.**



# OPINION

## Primary Voting

Statewide primary on  
Tuesday, June 12.

**O**n Tuesday, June 12, Virginia will hold a statewide Republican primary for U.S. Senate, plus numerous more local primaries for U.S. House of Representatives and localities.

In the City of Alexandria, there is a critical and hotly contested contest for City Council, which has been chronicled by Alexandria Gazette Packet reporter Mike Pope. You can read the coverage online here: <http://www.alexandriagazette.com/news/Election/Alexandria>

Alexandria, Arlington and parts of Fairfax County are affected by the Democratic primary for the 8th district of U.S. House of Representatives, with U.S. Rep. Jim Moran facing former Navy pilot Bruce Shuttleworth. The winner will face Republican Patrick Murray of Arlington in November.

Reston and some other parts of Fairfax County, represented by Moran for the past 10 years, will now be in District 11; incumbent Gerry Connolly will face the winner of next week's Republican primary in November. Voters in the Republican primary in district 11 will choose between Ken Vaughn and Chris Perkins.

There is no primary for either party in the 10th Congressional District. U.S. Rep. Frank Wolf (R) will face Democrat Kristin Cabral in November.

In the U.S. Senate Republican Primary, George Allen faces Bob Marshall, Jaime Radtke and E.W. Jackson. The winner will face Democrat Tim Kaine in November.

Connection coverage of the Senate and Congressional races so far is available at <http://www.connectionnewspapers.com/news/Election/National/>

EDITORIAL

### LETTERS TO THE EDITOR

## Running for U.S. Senate

To the Editor:

I am a 21-year member of Virginia's General Assembly who never voted for a tax increase. I would like to ask your readers to vote for me in the June 12 Republican U.S. Senate primary.

I wrote the 2010 law challenging Obamacare which gave Attorney General Cuccinelli legal sanding to sue the Obama Administration. I voted against adding "stimulus" money to Virginia's Budget in 2009, and against "borrowing" \$620 million from the Virginia Retirement Fund to pay general obligations, and I oppose Congress shifting Social Security funds.

This year my bill passed to prevent Virginia from participating in a 2011 federal law, which allowed "detaining" American citizens without proof, trial, legal counsel or ability to face an accuser on mere suspicion of supporting terrorism. Japanese Americans heavily supported my bill. I oppose America moving toward a police surveillance state.

In 2006 I devised the one-man, one-woman Marriage Amendment to Virginia's Constitution, approved by voters. I recently led the effort to block the appointment of a social liberal activist who wanted to be a Virginia judge.

In 1976, I devised the Hyde Amendment blocking federal taxes for abortion. I support protecting the lives of all children before birth.

In 2007, I was the only cur-

rent state legislator to sue Richmond's entire political establishment: Democrat Governor Tim Kaine, the Republican Attorney General and the Republican Speaker, for supporting a law establishing unelected taxing authorities. In 2008, the Virginia Supreme Court unanimously struck down the 14 new taxes imposed by these appointed bodies.

Without my successful suit Virginians would have likely seen more unelected taxing bodies violating the principle of "no taxation without representation."

Now I am suing UVA for Michael Mann's global warming papers being used by Barack Obama to cripple America's manufacturing and energy production with needless regulations and many hundreds of billions in taxes.

I will fight to develop America's vast Coal, Oil Shale, Oil and Natural Gas resources to stop the flight of almost \$770 billion a year to foreign regimes, many hostile to America, and promote jobs, improve our economy and prevent war.

I know how to play political hardball with the parliamentary rules from my 6 years as a congressional staffer and 21 years in the Assembly.

My website is [bobmarshall2012.com](http://bobmarshall2012.com). My cell phone, 201-259-3756. Please vote for me at your regular poll June 12 and ask your family and friends around Virginia to do likewise. Thank you.

**Del. Bob Marshall**  
(R - Manassas)

## Vacation Time

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

**J**ane and I just returned last week from a wonderfully relaxing, ten-day vacation in Italy. It was our first visit to that country. We both love history, and Italy provides plenty of it. From exploring the ruins of the Coliseum and the Forum in Rome to the mercantile capital of its time in Venice and to the beauty of the arts in Florence we could not have had a better time. We discovered while driving along the mountain ridgeline in Tuscany why some call the vistas the most beautiful in the world.

For every big vacation we take we go on many mini-vacations, as we call them, for a day, a weekend, or for several days. All are driving trips, and many are right here in Virginia. They are good for couples, families, and grandparents. There is an endless list of places to go in Virginia.

Recently Trekaroo, an Internet-based travel blog, started listing its "top ten things for families to do" in each of the 50 states. I found its list for Virginia to be particularly interesting. Two of its top ten recommended attractions for Virginia are Colonial Williamsburg and Jamestown, both former Virginia state capitals, and the Frontier Culture Museum near Staunton. Colonial Williamsburg is peerless as a reconstructed town with re-enactors. On nearby Jamestown Island it is now possible to see the outlines of the original fort that for many years was thought to have been lost to erosion of the island. The Archaearium displays the many items the archaeological work has uncovered in the last decade. Nearby Jamestown Settlement has a beautiful museum and

outdoor re-creation of the original fort and the three ships that brought the first settlers in 1607. Check [www.historyisfun.org](http://www.historyisfun.org).

Another recommendation of Trekaroo is the Frontier Culture Museum ([www.frontiermuseum.org](http://www.frontiermuseum.org)) near Staunton. Four different historic farms were moved from their countries of origin including Wales, Germany, and Scotland and reconstructed at the museum. Most recently an Igbo village was constructed to authentically depict the lifestyle of African people who were captured, enslaved, and brought to this country. At all the sites, re-creators in appropriate costume tell the story of adaptation from the country of origin to America. I serve on the boards of the Jamestown-Yorktown Foundation and the Frontier Culture Museum and highly recommend both as impressive and enjoyable destinations for your next mini-vacation.

Trekaroo recommends Shenandoah Caverns near Woodstock ([www.shenandoahcaverns.com](http://www.shenandoahcaverns.com)), but my first choice would be Luray Caverns ([www.luraycaverns.com](http://www.luraycaverns.com)) not because it is in my home county of Page but because it has the most color and stone formations. Certainly visit a Virginia limestone cavern whether it is one of these two or Endless, Skyline, or Natural Bridge Caverns. Speaking of Natural Bridge, Trekaroo recommends a stop there, an arching geological formation carved out of limestone ([www.naturalbridgeva.com](http://www.naturalbridgeva.com)).

Lots to see and do in Virginia. I expect to take several mini-vacations this summer. Lots of opportunity to learn and to relax. Maybe I will see you at one of these stops.

### UPCOMING ELECTIONS AND VOTER INFORMATION

❖ Virginia State Board of Elections website at [www.sbe.virginia.gov/](http://www.sbe.virginia.gov/)

❖ Fairfax County Office of Elections website at [www.fairfaxcounty.gov/elections](http://www.fairfaxcounty.gov/elections) or contact the Office of Elections at 703-222-0776, TTY 711.

❖ Arlington County Office of Voter Registration, 2100 Clarendon Blvd., Suite 320, Arlington, 703.228.3456, TTY 703.228.4611. <http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx>

❖ Alexandria Board of Elections, 132 North Royal Street, Alexandria; 703.746.4050. <http://alexandriava.gov/Elections>.

### COMMENTARY

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Thousands fill the rides section at the 32<sup>nd</sup> annual Herndon Festival Saturday, June 2.



Guests at the Herndon Festival watch a juggler perform at the Kid's Alley Sunday, June 3.

# Herndon Celebrates 32<sup>nd</sup> Annual Festival

Tens of thousands flock to annual downtown event.

By ALEX McVEIGH  
THE CONNECTION

Out of all the rides, games, food, activities and vendors at this year's Herndon Festival, Geoff Smith, 12, of Herndon, says one thing will stick out in his mind: a robot that can shoot baskets.

The robot was created by the Herndon High School robotics team and can shoot basketballs at a very high percentage.

"I've never seen anything like it," Smith said. "They let me feed the basketballs into

the robot, and I watched it 'pick up' the ball and shoot it at the hoop, and it went in almost every time. It's really cool that it's possible to build a machine that can do a task like that."

The robotics booth was one of dozens of local groups at the annual festival.

Jordan Evans, 7, said her favorite part was Jerry Brown, aka The Monkey Man and his companion Django.

The two walked along the festival Saturday and Sunday interacting with festival goers wherever they could.

"The monkey is so cute, even though it was a little scary when it would pick up the coin from my hand," Evans said, referring to Django's trick where she would pick up a coin from someone's hand and return it to Brown. "Too bad I don't think my parents would ever let me get a monkey."

The parking lot along Lynn Street was transformed into a scene straight out of a carnival, with a Ferris wheel and other rides, as well as a selection of foods such as funnel cakes, cotton candy, caramel apples and more. "I thought the amount of rides this year was the best I've ever seen, they really seemed to expand the area and add in a lot of new stuff," said Harry Macklin, 15, of Centreville. "I've been coming to this festival with my family for years, and I can't remember a time when I couldn't get in all the rides in a day, but that's what happened.

I think I'll have to come back another day just to fit them all in."

Three different stages featured a wide variety of live entertainment at the Municipal Center, the Depot Stage near Elden Street and the Café Stage in the parking lot behind the Dairy Queen.

"The lineup of musical acts across the weekend was really well done," said Jean Creed of Herndon. "It was easy to strike a balance between running around to the rides and sitting back, enjoying the weather and some good music."



Members of Blind Man Leading, an indie rock band from Baltimore, perform at the Café Stage at the Herndon Festival.



Jerry Brown, The Monkey Man and Django entertain at the Herndon Festival.



Guests at the Herndon Festival watch the Herndon High School Robotics Team robot shoot baskets at the Herndon Festival, Sunday, June 3.



The Ferris wheel is lit up Saturday, June 2 at the Herndon Festival.



Riders of the Hip Hop prepare for a drop at the Herndon Festival.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

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## WEDNESDAY/JUNE 6

**The 20th Century's Greatest Volcanic Eruption: Mt Katmai 100 Years Later.** 7 p.m. USGS. 12201 Sunrise Valley Drive Reston. Bill Burton on the June 6-8, 1912 eruption of Mount Katmai in Alaska, which was 30 times larger than the 1980 eruption of Mt. St. Helens, causing widespread devastation and inspiring heroic efforts at survival. Learn what lessons there are for modern-day monitoring of volcano hazards. Free. Federal facility, photo ID required. Requests for sign language interpreting require at least two weeks notice. [jcorley@usgs.gov](mailto:jcorley@usgs.gov) or 703-648-7770.

## THURSDAY/JUNE 7

**Tom Principato.** 7:30 p.m. Frying Pan Park, 2709 West Ox Road, Herndon. Blues. Free. 703-324-7469.

**Get the Led Out.** 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Rock music. [www.wolftrap.org](http://www.wolftrap.org).

**One-on-One Computer Tutoring.** 2



PHOTO BY DAVID SIEGEL/THE CONNECTION

**Matt Baughman as Charle Gordon and Lauren Kiesling as Alice Kinnian in the Elden Street Players production of "Flowers for Algernon," which runs through June 30 at the Industrial Strength Theater.**

p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

**One-on-One English Practice.** 2

p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.

**eBook/eReader Instruction.** 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for an appointment. Adults. 703-242-4020.

## FRIDAY/JUNE 8

**"Flowers for Algernon."** 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. After experimental surgery to dramatically increase his IQ, a man's life is changed forever. \$20. [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

**30th Celebrate Fairfax! Festival.** 6 p.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Legends of Hip-Hop at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. [www.celebratefairfax.com](http://www.celebratefairfax.com).

## SATURDAY/JUNE 9

**Artist's Reception: "Mas Alla De Las Cavernas (Beyond the Caves)".** 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. Paintings by Bolivian artist Fabricio

Lara. Light refreshments. [www.artspaceherndon.org](http://www.artspaceherndon.org). **"Flowers for Algernon."** 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. After experimental surgery to dramatically increase his IQ, a man's life is changed forever. \$20. [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

**Alexandria Harmonizers.** 7:30 p.m. George Mason University's Center for the Performing Arts, 4400 University Drive, Fairfax. Spring barbershop concert and show of a 100+ member all-male a capella group. \$29-\$34. [cfa.gmu.edu/calendar/1134/](http://cfa.gmu.edu/calendar/1134/) or [www.harmonizers.org](http://www.harmonizers.org).

**"Annie Jr."** 7:30 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. [www.stagepresencenow.com](http://www.stagepresencenow.com).

## Introduction to Wildlife Photography.

10 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn to photograph wildlife in your backyard, what equipment and settings to use. Bring your camera. Reservations required. \$10-\$15. [naturecenter@reston.org](mailto:naturecenter@reston.org) or 703-476-9689.

**Worldbeat Jam.** 7:30 p.m. Reston Town Center Pavilion, Market St., Reston. Baaba Seth. Afro-beat, reggae and rock. [www.restontowncenter.com](http://www.restontowncenter.com).

**Master Gardeners Plant Clinic.** 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Experts available to answer gardening questions. Adults. 703-242-4020.

**30th Celebrate Fairfax! Festival.** 10 a.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Pat Benatar & Neil Giraldo at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. [www.celebratefairfax.com](http://www.celebratefairfax.com).

## SUNDAY/JUNE 10

**Herndon High School Baccalaureate Ceremony.** 4 p.m. Herndon High School, 700 Bennett St., Herndon. The Herndon High School PTSA invites families and friends of the Graduating Class of 2012 to "Faith in the Future," celebrating the class of 2012. [hellsternfamily@cox.net](mailto:hellsternfamily@cox.net).

**"Annie Jr."** 3 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. [www.stagepresencenow.com](http://www.stagepresencenow.com).

**30th Celebrate Fairfax! Festival.** 11 a.m.-7 p.m. Fairfax County

Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with The Legwarmers at 4:30 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. [www.celebratefairfax.com](http://www.celebratefairfax.com).

## MONDAY/JUNE 11

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

## TUESDAY/JUNE 12

**One-on-One English Practice.** 1:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.

**One-on-One Computer Tutoring.** 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

**Money Matters.** 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Little Book of Common Sense investing: the only way to guarantee your fair share of stock market returns by John Bogle. Adults. 703-242-4020.

**Ballet Class.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Basic motor skills, coordination, balance and rhythm. No siblings permitted. Age 3-4 with adult. 703-689-2700.

**The Scrolls: The Missing 18 Years.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author and geologist James Mercer will talk about his book, a fictional adventure story about the discovery by two geologists of a cache of scrolls. 703-689-2700.

## WEDNESDAY/JUNE 13

**Small Wonders.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Short stories. Age 13-23 months with adult. 703-242-4020.

**Reston Book Club.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Paris Wife by Paula McLain. Adults. 703-689-2700.

**Bollywood Dance.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Kajal Desai, Dhoonya Dance managing director for the DC area, will perform and give instruction in Bollywood (Dhoonya) dance techniques. Adults. 703-689-2700.

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# WELLBEING

## The Power of Touch

Reiki masters credit the practice with promoting healing.

BY MARILYN CAMPBELL  
THE CONNECTION

“May I touch you?” asks Marion Werner, a willowy woman with shoulder-length blonde hair. Her hands descend lightly on her patient’s chest.

This is Reiki, a decades-old, Japanese mind-body technique used for relaxation and stress relief that is gaining acceptance in the United States. During a session, a client lies on a massage table, fully clothed. Practitioners rest their hands on or just above the client’s body, palms down. They use a set of eight to 12 hand positions, each held for about two to five minutes.

While some healthcare professionals dismiss the practice as quackery, major medical centers including those at the National Institutes of Health (NIH) and George Washington Hospital’s Center for Integrative Medicine now offer it to patients, and medical schools have integrated mind-body courses into their curriculum.

Reiki is credited with promoting healing and addressing a host of ailments from post-traumatic stress disorder (PTSD), depression and anxiety to infertility, heart disease and the side effects of cancer treatment.

“A relaxed body and mind gives us a foundation for healing,” said Springfield, resident Christine Mosley, a Reiki master who also practices in Fairfax Station.

However, practitioners don’t claim to be healers. “It’s like when you get a cut, the body responds and heals the cut. You might get stitches to help the healing, but your body is actually doing the healing,” said Werner, a Reiki master in Chevy Chase. “It is a capacity that we’re all born with but, stress can make it difficult for the natural healing process to work. Reiki treatment encourages relaxation and balance in the system.”

**SOME PRACTITIONERS** believe that Reiki is a mechanism for tapping into a universal energy that supports the body’s natural ability to heal itself, but this notion is not commonly accepted among physicians in the United States.

“In China and Japan they know it works and they don’t care how it works,” said Dr. David Rosenthal, medical director of the Leonard P. Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute in Boston and a professor of medicine at Harvard Medical School. “In this country we have to show not only that it works, but how it works. ... I think the evidence is getting there, but I don’t think it is totally there yet.”

Reiki can be given to those who are dying and to their families. “It can help impart a sense of peace and acceptance,” said Naning Sugeng, a practitioner in Potomac, who, along with Werner and Mosley, offers free services to cancer patients and wounded veterans.

Comfort for America’s Uniformed Services (CAUSE), a non-profit organization that offers respite to wounded members of the military, provides free Reiki treatments to battle-weary soldiers and their family members and caretakers. “It is so gentle



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**Reiki Masters Christine Mosley, of Springfield; Naning Sugeng, of Potomac, and Marion Werner, of Chevy Chase, perform Reiki self-treatments.**

that it can be used on shrapnel wounds and recent amputations to improve wound healing and relieve phantom pain,” said Mosley who is also the coordinator for CAUSE’s Reiki program at Fort Belvoir in Virginia.

**PRIVATE SESSIONS** with a Reiki master can cost between \$75 and \$100 an hour. The profession is not regulated, but traditional Reiki training and certification has three levels of expertise. While classes for the first two levels can be completed in two-day classes, preparation for the third, or master, level can take years.

Locally, Reiki treatments are offered at the Pain and Palliative Care Service at the NIH Clinical Center in Bethesda, Inova Loudoun Hospital’s Life with Cancer program and the Center for Integrative Medicine at George Washington University Hospital in Washington, D.C.

Still, doctors say more large-scale studies are needed before Reiki becomes a mainstream practice. “Not only is there not enough research, but a lot of the Reiki research has been criticized for not being rigorous enough compared to the standards that are in place to study other medical interventions,” said Dr. John Pan, founder of the Center for Integrative Medicine at the George Washington University Medical Center in Washington and a faculty member at the George Washington University School of Medicine and Health Sciences.

Researchers at George Mason University conducted a study of patients in Inova’s Life with Cancer program to determine whether yoga, Reiki, or meditation would help alleviate symptoms of chemotherapy-induced peripheral neuropathy (CIPN).

“At the conclusion of the study, each group, with the exception of the control group, showed [improvement], but the results were not statistically significant,” said Paul G. Clark, PhD, LCSW, assistant professor of social work. “What we did learn was that these therapies are worth studying on a larger scale.”

Reiki is also credited with calming jittery preoperative patients. Kate Snipes, a 41-year-old wife and mother of two, received Reiki treatments before and after a prophylactic double mastectomy. She recalls feeling tranquil post-treatment, void of the anxiety that had gripped her before the procedure.

“I felt more at peace with [the surgery],” said Snipes. “I felt pain relief, and I felt more comfortable and relaxed in the parts of my body that were kind of tense.”

**REIKI IS GENERALLY SAFE** and NIH’s National Center for Complementary and Alternative Medicine says that that no serious side effects have been reported.

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



**Oakton senior catcher Mandy Krage makes a catch against the fence in foul territory near the first-base dugout against South County in the Northern Region softball semifinals on May 30 at Madison High School.**

**Oakton High sophomore pitcher Allison Davis releases the ball during the Cougars Northern Region semifinals playoff game versus South County last Wednesday, May 30.**

# Davis, Krage Lead Oakton Softball to States

BY JON ROETMAN  
THE CONNECTION

**S**ophomore Allison Davis performed like the Northern Region Pitcher of the Year. Senior catcher Mandy Krage came through like a veteran in the clutch. Together, the duo lifted the Oakton softball team to a berth in the state playoffs.

Davis hurled a three-hit shutout and Krage drove in the winning run in extra innings as the Cougars defeated South County, 3-0, in eight innings during a regional semifinal matchup on May 30 at Madison High

School.

Davis, recognized as the region's top pitcher, struck out 16 Stallions while walking just two. However, South County pitcher Rebecca Martin matched Davis zero for zero through seven innings. In the top of the eighth, Oakton loaded the bases with one out. After a Cougar strikeout, Krage came to bat and quickly fell behind 0-2. But the senior co-captain wouldn't be denied, delivering a soft single up the middle to break a scoreless tie. Senior Hayley French and sophomore Alana Peters each added an RBI single to give Oakton a 3-0 advantage.

"Whenever I get down in the count, I

know to choke up and take shorter swings," Krage said. "I knew that [Martin] was going to try to get me out — she wasn't going to give me any balls or walk me. I had my eye on the ball the whole time and our coach always tells us to hit up the middle and that's what I did. ...

"Once I hit first I just saw [Emily Corridon] hit home and I basically knew that we won at that moment."

Davis said she had faith her battery mate would come through when it mattered most.

"She just always comes up in the clutch situations," Davis said, "and she always gets

a hit, too."

Davis allowed just one runner to reach third base. South County loaded the bases with two outs in the third inning, but Krage made a catch against the fence in foul ground near the first-base dugout to end the threat.

"She was on," Krage said of Davis. "She did a phenomenal job. ... She really was hitting her spots well."

Oakton lost to Stone Bridge in the region final, 5-4, on June 2. The Cougars traveled to face Cosby in the state quarterfinals on June 5. Results were not available prior to The Connection's deadline.

## SPORTS ROUNDUPS

The **Herndon Youth Soccer** (HYS) Comets White is a U16 travel team from Northern Virginia that will be hosting tryouts for their upcoming WAGS U17 fall 2012 season. The Comets are looking for motivated, dedicated, skilled and athletic players at all positions. The Comets are trained and coached by Todd Hamlin (USSF B License) with Total Futbol. Interested players are encouraged to attend tryouts on the following dates: Friday, June 8 from 6:30 to 8 p.m. at Herndon High School; and Wednesday, June 13 from 8 to 9:30 at Herndon. For more information about the Comets White, please contact coach Todd Hamlin at [twahamlin@gmail.com](mailto:twahamlin@gmail.com) or 703-489-6686. The team website is at: [www.eteamz.com/hyscometswhite/](http://www.eteamz.com/hyscometswhite/)

The **rising U14 Reston United '98** travel girls' soccer team (WAGS, Div. 2) is looking to

add several players for the 2012-13 season. The team will be holding tryouts during its regular practice sessions on Mondays, Wednesdays and Fridays or Saturdays. For more info about the schedule and last minute changes visit the team website at [www.eteamz.com/RestonUnitedGirls98/](http://www.eteamz.com/RestonUnitedGirls98/); Or contact coach Apostolos Georgiou at [tolisg2@gmail.com](mailto:tolisg2@gmail.com), or at 703-689-2506. Or contact team manager Maureen Lalor at [maureen@lalorfamilys.us](mailto:maureen@lalorfamilys.us)

The United team is professionally coached and participates in year-round conditioning and tournaments. Any committed girl interested in the team with a birth date after Aug. 1, 1998 is welcome to join any training sessions.

**Westfield High** will host the upcoming Virginia High School League (VHSL) State AAA Spring Sports Jubilee from Tuesday, June 5 through Saturday, June 9. The Spring Jubilee will determine state

AAA champions in baseball, softball, boys' and girls' tennis, soccer, and lacrosse. Westfield High is located at 4700 Stonecroft Blvd. in Chantilly.

Baseball and softball competitions will be held at Westfield High with semifinals games set for Friday, June 8, and finals games scheduled for Saturday, June 9.

Tennis matches for boys and girls will be played at Jefferson District Park (7900 Lee Highway, Falls Church) on Thursday, June 7; Friday, June 8, and Saturday, June 9.

Girls' and boys' soccer semifinals are scheduled for Friday, June 8. The finals games will be held on Saturday, June 9. Both semifinals and finals contests will take place at Westfield.

Also at Westfield will be the boys' and girls' lacrosse semifinals, scheduled for Tuesday, June 5 (girls' semifinals) and Wednesday, June 6 (boys' semifinals). Finals are set for Saturday, June 9.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

## Cougars Enjoy Outstanding Postseason

**Oakton High senior attack Carly Palmucci (18) and her girls' lacrosse teammates have enjoyed an outstanding postseason. The Cougars defeated Centreville, 14-7, on May 11 to win the Concorde District tournament championship. And on May 25, Oakton completed a four-game sweep at the Northern Region playoffs with a 9-7 victory over Langley. In a first round state playoff game last Saturday, June 2, the Cougars overwhelmed Loudoun County, 20-2. They were scheduled to play a state semifinals game at Western Albemarle on Tuesday, June 5 of this week.**





PHOTO CONTRIBUTED

## McNair Students' Poems Published

Several McNair Elementary students have been selected for inclusion in the student anthology Young Writers of America Poetry 2012. Of the thousands of submissions, fewer than 20 percent were selected for publication. The work of three fourth grade students—Rachel Fernandes, Dean Johnson, and Oscar Su—was selected along with the work of nine fifth grade students (Neha Kanagarla, Anisha Sapre, Jude Elobaid, Shreya Muju, Bezawit Kentiba, Kazuya Chue, Rohit Chayanam, Ankit Badatala, and Varun Gannavarapu). Three sixth grade students (Purnaja Podduturi, Megan Chong, and Nidhi Yadav) will also have their poems published. Poems were based on one of the following themes: The World as I See It; What My Family Means to Me; or My Wish for the World.

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## Haven't I Learned Anything?



By KENNETH B. LOURIE

I'm not going to beat myself up too badly; after all, I do have terminal cancer. However, I am disappointed in my behavior of late, especially as it relates to my status as a still-active (thank God!) cancer patient/survivor undergoing treatment. Here I thought I was "Mr. Experience," a three-years-plus cancer survivor having endured all the ups and downs associated with the diagnosis, prognosis, chemotherapy, diagnostic scans, appointments with my oncologist, lab work, etc., so that blips in any or all of the aforementioned categories wouldn't faze me, understanding that there's no future in overreacting to any of it; taking it all in stride and maintaining an even keel as the key to surviving the unrelenting pressure.

And yet, I've overreacted; anticipated a negative outcome and worried about a result that has not been confirmed; heck, it hasn't even been tested for. It's not even time for it to be tested. Moreover, there are not even indications that when tested, the problem will arise. Still, I'm planning for a negative result and trying to circumvent its treatment and financial impact. In summary, I'm trying to control the uncontrollable (cancer) and in so doing I am making myself miserable. Rather than deal with the consequences as they present themselves, I am attempting to solve them in advance – before they are actual consequences. Part of me feels this is prudent, given my underlying diagnosis, and part of me (I am a Libra) feels that I am putting the cart before the horse, as they say, and creating a problem where as yet one doesn't exist.

If a problem with my lab work does present itself, it will be bad/complicated enough then. It doesn't need to be bad/complicated before it actually happens, does it? I'm supposed to be able to deal with the punches. I've been punched – so to speak – for over three years now; this is nothing new. Sure, the drug is new, and its potential complication is new, but it's really just more of the same stuff: cancer, only different. So why am I struggling emotionally? I have been there and I have been doing it. What's changed?

I would have thought that year one, especially the first few weeks and months of treatment, entering the unknown world of heavy-duty chemotherapy, would have generated more anxiety and deeper emotional troughs than year four: less heavy-duty chemotherapy, more experience being a cancer patient. But that has not been the case. Perhaps the unexpected change in treatment – for better or worse (to be determined) is causing this reaction. Though I'm not in any pain as a result, I do sense a change in momentum, sort of. I imagine I'll get over it, but I shouldn't have to "get over it." I should never have gotten under it. I should have recognized the signs/circumstances and not allowed myself to fall victim to its emotional tentacles. Having been diagnosed with terminal cancer at age 54 is bad enough on its own. I don't need to make it any worse.

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





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