

From left, Matt Brown, A.J. Smith and Lloyd Kikoler perform at Cafe Montmartre in Reston Friday, July 13. Smith is a Herndon native and junior at NYU.

Striving for 'Best Show'

ENTERTAINMENT, PAGE 10

President Comes To the Area

NEWS, PAGE 3

Golf Marathon for a Cause

SPORTS, PAGE 12



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BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com. Deadline is Friday.

WEDNESDAY/JULY 18

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

Vacation Bible School. 6:30-8:30 p.m. July 22-26. 681 Elden Street, Herndon. Bible School classes being offered by the First Baptist Church of Herndon, children ages 3 through 12 welcome. 703-437-3620.

THURSDAY/JULY 19

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Adults.

One-on-One English Practice. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Adults.

Book Discussion. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Adults.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Adults.

eBook/eReader Instruction. 8:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Adults.

FRIDAY/JULY 20

Vacation Bible School. 6:30-8:30 p.m. July 22-26. 681 Elden Street, Herndon. Bible School classes being offered by the First Baptist Church of Herndon, children ages 3 through 12 welcome. 703-437-3620.

SATURDAY/JULY 21

Master Gardeners Plant Clinic. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Adults.

SUNDAY/JULY 22

17th Annual Used Bike Collection. 12-3 p.m. Friends Meetinghouse, 660 Spring St., Herndon. www.bikesfortheworld.org.

Cat Adoption. 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

MONDAY/JULY 23

Reston Kids Book Discussion. 3 p.m. Reston Library, 11925 Bowman Towne Dr., Reston. Ages 8-10.

Open Summer Readings. 7:30 p.m. Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. \$10 per session or \$35 for all four sessions prepaid. RSVP and/or purchase tickets at restoncommunityorchestra.org

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Adults.

TUESDAY/JULY 24

Writing Workshop. 5:30 p.m. Reston Library, 11925 Bowman Towne Dr., Reston. Adults.

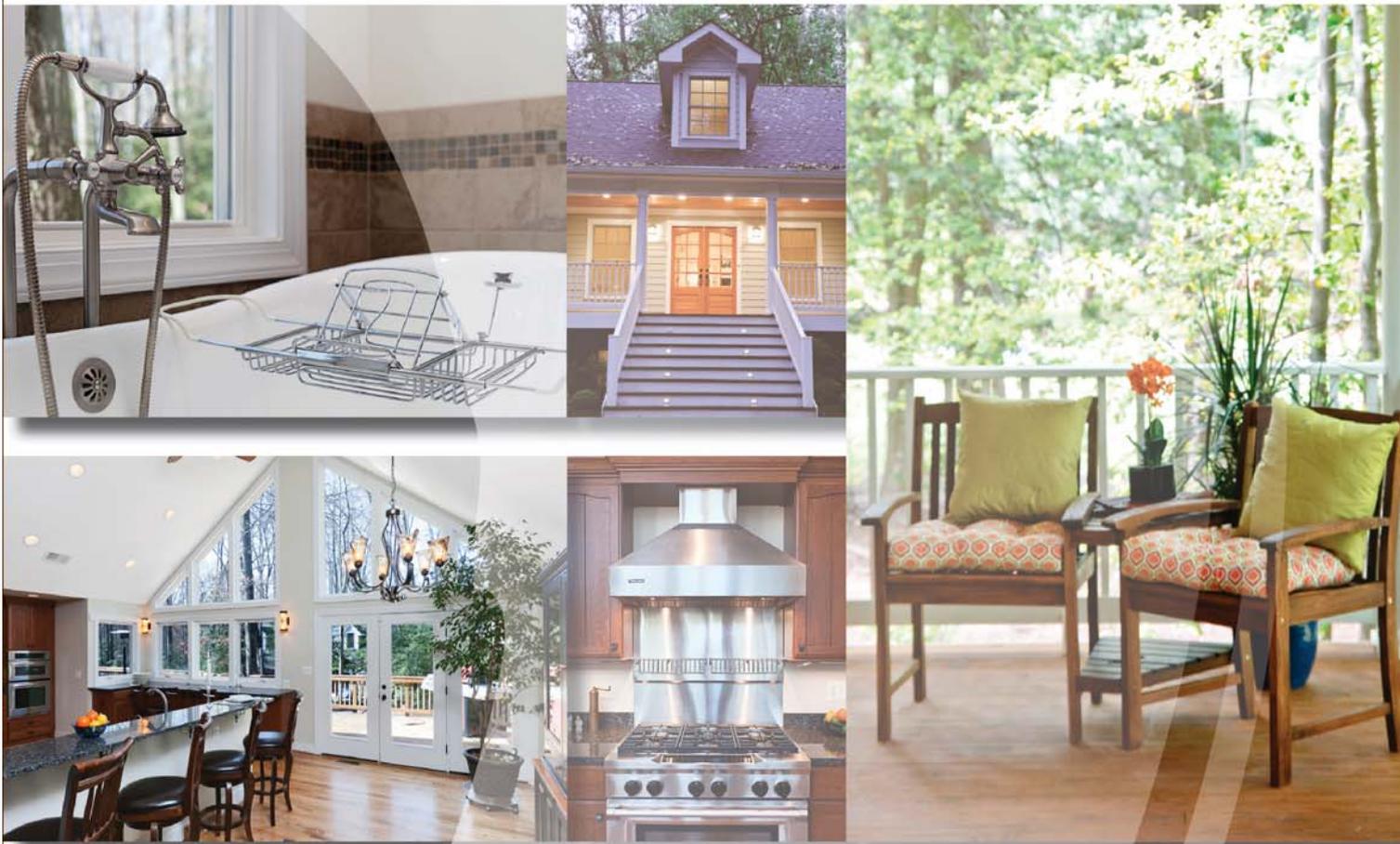
INOVA Blood Drive. 12-7:30 p.m. Reston Town Center Pavilion, 11900 Market Street. Donate Blood. Schedule appointments at 1.866.256.6372 or inova.org/donateblood. On-site registration. Free.

WEDNESDAY/JULY 25

Tex-Mex Cooking Class at Williams-Sonoma. 6-8 p.m. Reston Town Center Pavilion, 11900 Market Street. The menu includes fresh tomato and chile salsa, corn tortillas, tortilla soup, and chicken fajitas with guacamole. \$45. 571-203-8815 or williams-sonoma.com.



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'I Like the Kind of Man He Is'

Residents flock to Centreville High to hear president Obama speak.

BY BONNIE HOBBS
THE CONNECTION

They came, they waited and, more than three hours later, they entered Centreville High's gym. Hundreds and hundreds of people from the local community, as well as from Loudoun and Prince William counties, stood in humid, 96-degree heat Saturday afternoon to see President Barack Obama in person and hear him speak at a grassroots campaign rally.

"We thought, if the president was this close to our house, there was no excuse not to make an effort to be here," said Susan Woodruff of Little Rocky Run. "I have two nephews, 11 and 4, here from Charlotte, N.C., and we're excited for them to have a once-in-a-lifetime chance to see the president."

Concerned about "the extremism and the lack of bipartisanship in our government," she said, "I'm definitely going to vote for him."

SPORTING A T-SHIRT with several pictures of Obama on it, Centreville High freshman Miles Brooks didn't mind the long wait outside. "It's worth it to see the first black president of the United States," he said. "So far, he's done a good job running this country, trying to keep it together."

Agreeing, Virginia Run's Gay Crosby – whose son Jason teaches history at Centreville High – said Obama "doesn't get enough credit" for all the good things he's done. "I've been involved in politics all my life, working on different campaigns," she said. "But this is the most important election in my lifetime – because it's to save the middle class. It keeps going down, along with the salaries."

Thelma Bowles of Fair Oaks is an Obama campaign volunteer, but she was there last Saturday, July 14, as a resident and a supporter. "I am in – and I was in 2008, too," she said. "I like the kind of man he is – honorable and intelligent, and someone who can talk to all kinds of people. He's also a good, family man."

She said Obama's worked hard to get things ac-



President meets an enthusiastic crowd.

PHOTOS BY DEB COBB/THE CONNECTION

complished for the country, but "a broken Congress has blocked him from achieving all the things he promised us. But in a second term – which he will get – I do believe he'll come from a different place and push through the things he wasn't able to before."

Fairfax's Paul Burgess wanted "to see and support the president in any way I can. I took off work early, Thursday, and stood in line for two-and-a-half hours to get tickets." He said the economy and jobs are the most important issues in the upcoming election. And, he added, "Hopefully, with the changes in Congress, this time around he can get something done, other than executive orders."

But if Republican candidate Mitt Romney becomes president, said Burgess, "My greatest fear is that our country will just go to hell in a hand basket. I fear it'll spread the two extremes even more; and more people will drop out from the middle class into the lower class and we'll be headed for another calamity."

Also looking forward to hearing Obama speak was Ed Neugass, 68, of Herndon. "This'll be the first president I've seen in person," he said. "I think he knows who we are – we have each other's back – which is to say we're connected." And like Bowles, he said the big issue is "getting past Republican blocking on the economy and jobs."

Regarding Romney, Neugass said, "He has a great problem with the truth, so I'm fearful people will rely on what he says and we'll suffer as a result. People will lose their jobs and houses and will be pitted against each other. I'm also concerned that the regulators of our banks will not regulate, and the greedy people within them will figure out a way to bring down our banking system again."

Troy Carpenter of Centreville's Centre Ridge community wanted his children, 16 and 12, to see their president and learn what it's like to be involved in the political process. Saying he shares the same views for this country as Obama does, Carpenter said, "This will be a critical election. The president's trying hard to help the ones who've not been able to get help before. The Democrats tend to have more of those values that I strongly support."

He, too, said jobs and the economy are the crucial issues in this election. "It's not just about Obama getting elected," said Carpenter. "It's about people of like mind also getting into office and being able to move his agenda forward."

SEE PRESIDENT, PAGE 14

Thelma Bowles of Fair Oaks is happy to hear the president speak.



PHOTO BY BONNIE HOBBS/THE CONNECTION



Rep. Frank Wolf (R-10) speaks at the Feds Feed Families kickoff.



Rep. Gerry Connolly (D-11) addresses U.S. Geological Survey employees.

Feds Feed Families Kicks Off at USGS

Reps. Wolf, Connolly host opening of food bank support program.

BY ALEX McVEIGH
THE CONNECTION

Many local food banks go for an extra push around the holiday season, trying to help the area's less fortunate make it through the end of the year with extra food, maybe even a few gifts. But that changes during the summer, with schools out and people on vacation, food banks can find their supplies dwindling, even when the demand does not.

It was with this in mind that Rep. Frank Wolf (R-10) and Rep. Gerry Connolly (D-11) helped kick off the annual Feds Feed Families program at the U.S. Geological Survey's Reston headquarters Monday.

"Summer is a particularly difficult time. In my district, all the schools do food programs, but school isn't around in July, August and they have a hard time in September," Wolf said. "Secondly, with the loss of power that many of us experienced, people had to throw out a lot of food. If you're a family that's struggling, you had to toss food you were counting on. Also, some of the food banks lost their power and lost much of the food they have."

This is the third year of the Feds Feed Families program, which collects nonperishable food items. Since its inception, it has collected more than eight million pounds of food during that time.

"Last year we were trying to raise two million pounds, and we exceeded it by so much, we're not going to even have a goal this year," said David Hayes, Deputy Secretary of the Interior. "This year, our goal is simply to beat our best, not have a specific number of pounds, but to just go for it."

Last federal employees donated 5.7 million pounds.

"This program was started because in the summer months there was a drop off in contributions, even though the demand is continuing, even increasing, we didn't feel the importance of continuing to support these food banks was there," said Marcia McNutt, director of the USGS.

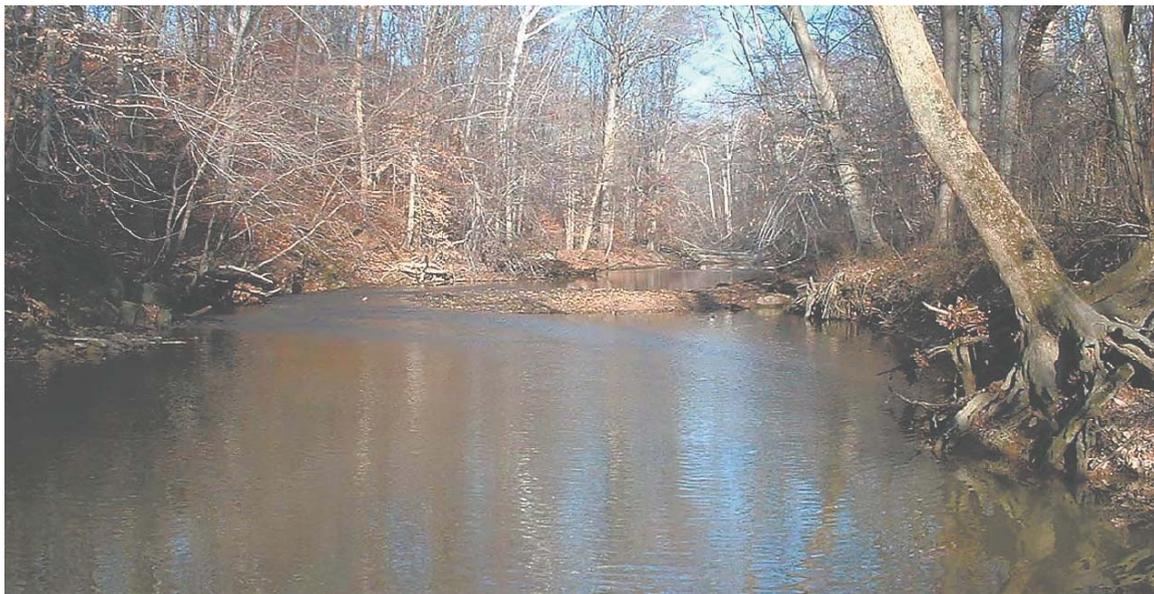
Connolly spoke to the need of many in the county, that despite its affluence, there are still people in need.

"Over 30 percent of kids in Fairfax County, the 11th largest school district in America, are on free or reduced lunches," he said. "The need is real. We have real pockets of underprivilege here, real pockets of real needs. Reston Interfaith reports that in the last 12-month period, they have seen the highest demand ever recorded on its food bank. Stocks can run low, but the need does not."

John Barry, director of the Office of Personnel Management, stressed the importance of the program to food banks around the country, particularly in the local area.

"Locally, this program has been a lifeline for food banks in community after community, from Winchester to St. Mary's on the Eastern Shore," he said. "It has made a difference for so many communities, so many families. This year, when families have lost power and lost their food supplies in their fridge and freezer, they are going to rely on a food bank to restock. And we can help."

Food donations boxes are placed around the USGS and many other federal workplaces throughout the summer. More information, including a list of needed items, can be found at www.fedsfeedfamilies.org.



The County has been at odds with the EPA over management of the 52-square mile Accotink Creek watershed for years.

Fairfax County, VDOT File Suit Against EPA

New EPA rules will impact homeowners, developers and could cost taxpayers nearly \$500 million.

BY VICTORIA ROSS
THE CONNECTION

Fairfax County and the state of Virginia filed a federal lawsuit Thursday, June 12, challenging the U.S. Environmental Protection Agency's (EPA) new storm water regulations for the Accotink watershed, claiming the agency's requirements are costly, onerous and vastly exceed its legal authority.

The complaint, filed jointly in U.S. District Court in Alexandria by Fairfax County and by Virginia Attorney General Ken Cuccinelli on behalf of the Virginia Department of Transportation (VDOT), seeks to halt what county officials deem a "massive expansion" of the EPA's regulatory power.

County officials claim the EPA's recent move – to control pollutants in the watershed by requiring the county to further regulate its storm water run off - goes beyond the agency's "legal authority" under the Clean Water Act (CWA).

"The EPA is way out of control," said Supervisor John Cook (R- Braddock). "We have the best storm water program around, and the EPA's (actions) go too far."

THE BOARD'S DECISION in a presidential election year to join forces with Virginia's conservative attorney general – an Obama foe and likely Republican gubernatorial candidate in 2013 – was "politically difficult," Cook said, and shows "just how egregious the EPA's actions are here."

Board Chairman Sharon Bulova (D-At-large) said the Democrat-controlled board believed putting aside partisan politics and joining the state in the legal action was necessary to strengthen the lawsuit against the EPA.

The County has been at odds with the EPA over management of the 52-square mile Accotink Creek watershed for years. Meeting in closed session during the board's regular meeting on Tuesday, June 10, supervisors decided to take legal action.

In 2011, according to the lawsuit, the EPA established a Total Maximum Daily Load (TMDL) for Accotink Creek to improve the health of the creek's aquatic life. Rather than establish a TMDL for one of the pollutants, such as sediment, the EPA issued a TMDL for a surrogate, the flow of water.

"The EPA literally is treating water itself—the very substance the Clean Water Act was created to protect—as a pollutant," the complaint asserts.

According to the EPA, it has approved or established 3,691 TMDLs since 1995 for sediment - the pollutant actually at issue in Accotink Creek.

The Accotink TMDL is one of the first four so-called "flow TMDLs" established by EPA anywhere in the United States. EPA issued the other three flow TMDLs for waterways in Mis-

souri. All have been challenged in federal court. To comply with the new EPA-mandated thresholds for water flow means Fairfax County and VDOT would have to find ways to further reduce storm water runoff, in some cases by as much as 50 percent.

Meeting these standards is unrealistic, Bulova said, and could cost Fairfax County taxpayers and property owners hundreds of millions of dollars.

VDOT officials estimate its cost to meet its share of the mandated flow reductions would be \$70 million or more. To comply with the EPA's mandates, VDOT officials said they would be forced to acquire significant amounts of private property to build numerous new storm water management structures.

SEE COUNTY, PAGE 5



PHOTOS BY ALEX McVEIGH

Gardeners from Cedar Ridge Apartments in Reston introduce their new community garden plot next to the complex Wednesday, July 11.

Garden Grows At Cedar Point

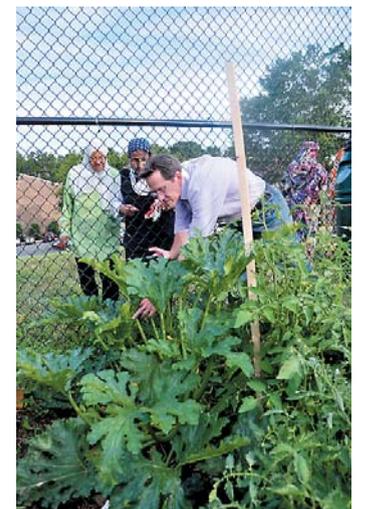
Apartment complex is site of newest community garden plot.

BY ALEX McVEIGH
THE CONNECTION

Reston's garden plots have always been one of the community's most popular features, with one exception. Years ago, Cedar Ridge was the fifth garden plot created, but it never caught on in the community located next to Forest Edge Elementary School.

"It was plagued with vandalism and a lack of interest, and as the land was till, the tractor was pelted with dirt clods," said Claudia Thompson-Deahl, Reston Association's environmental resource manager. "We had a waiting list on all the other plots, but couldn't get people to sign up. So we eventually took down the fence and cut off the water line and closed it down."

On Wednesday, July 11, with the fence put back up, and access to water, the Cedar Ridge garden plot opened up again, this time with the full support of residents, as well as other local organizations. The Friends



Reston Association Board President Ken Knueven examines a squash plant Wednesday, July 11 at the new community garden plot at Cedar Ridge.

of Reston, Reston Association, Sustainable Reston, Reston Interfaith and Quantum Property Management all contributed resources to the project.

"It's turned into a great example of adaptive land man-

SEE GARDENING, PAGE 5



Gardeners show off the newest community garden plot on Reston, at the Cedar Ridge Apartments, Wednesday, July 11.

County Opposes 'Costly Regulations'

FROM PAGE 3

In addition, county officials said they would have to adopt costly and impractical new standards to reduce storm water runoff, and these measures could ultimately cost the county \$500 million.

County storm water officials said to achieve 50 percent flow reduction called for in the TMDL rules for a developed watershed such as Accotink, homeowners as well as commercial property owners would be required to capture and retain, or reuse, storm water runoff from their roof, driveway and other impervious areas on their property.

Any new impervious areas, such as home additions or new development, could be required to retain all storm water runoff from any expanded impervious area.

"This topic is extremely important to both developers of future sites and owners of existing sites in the watershed," said Eric Dobson, director of government relations for the Northern Virginia NAIOP, a national trade association for commercial real estate developers, owners and investors. "Our members are very committed to the environment and continuing to do the right thing."

Dobson said the engineers estimate the cost of meeting the EPA's new requirements, "if even possible to do, is a multiple factor in cost to what is required today."

"We don't want regulations that set us up for failure," said Penny Gross, the board's vice chairman and Environment Committee Chair.

"The county believes that a more comprehensive approach will provide the sustainable improvements needed to improve the habitat of our streams and

lead to restoration of the bay," Gross said. "We continue to work together with the environmental community, homeowners and builders toward that."

"This is a new type of storm water enforcement action," said James Patteson, director of Public Works and Environmental Services. "While we are not sure why we and a handful of localities in the country were selected, we feel an obligation to other municipalities, businesses and entities to ensure that enacted regulations are fair, attainable and environmentally sound."

FAIRFAX COUNTY'S RECORD includes more than \$300 million in wastewater system improvements and dedicated annual funding for storm water system improvements since 2006. In 2009 the county instituted a dedicated tax for storm water and has since increased it to a current rate of \$.02 per \$100 assessed value, or \$100 per year for the median home. The countywide tax funds the \$40 million budgeted storm water program in fiscal year 2013.

Bulova said Fairfax County has, for the past six decades, "demonstrated a strong and unwavering commitment" to water quality and environmental stewardship. "However, we believe that regulations, whether federally or state imposed, must effectively address the targeted problem and be fiscally sound and realistic."

"To clean up our streams requires long-term sustainable solutions that will enlist the cooperation of everyone," Bulova said in an email on Saturday. "Fairfax County has demonstrated that we are committed to moving forward. We object to costly regulations that set us up for failure and not get the job done."

Gardening at Cedar Point

FROM PAGE 4

agement," Thompson-Deahl said. "And it's been lovely to see the renewed community interest."

There are 10 plots in the Cedar Ridge garden, with regular items such as zucchini, arugula, squash, cucumbers, tomatoes and more exotic vegetables such as molokhia, which several of the complex's Sudanese natives had sent from overseas.

The Friends of Reston helped raise money for the project.

"Every year there are ideas for initiatives that benefit this community but just don't fit in the RA's budget, and that's what we like to help with," said Ellen Douglas, president of Friends of Reston. "We're grateful for the donors that helped up put this fencing up, it will help keep the deer out."

The fence encloses the garden, and water comes through a 50-gallon rain barrel, and there is also a hose that can be connected to a water line at the apartment complex if needed.

Katie Shaw, a member of Friends of Reston and manager of the Walker Nature Education Center, said they wanted to take advantage of the renewed interest in the plot.

"We didn't want this growing season to pass us by," she said. "We saw the spark of interest and thought we didn't want it to go out, we'd rather the excitement grow."

The Friends of Reston are currently accepting donations to build a tool locker for the donated tools to maintain the garden, to protect them from rusting out in the open. They also hope to add a second 50-gallon rain barrel.

Diane Blust of Sustainable Reston said that projects like this are part of creating a more sustainable food source for the community.

"We used to be lots of farms, now we're lots of suburbs, so it's hard to see where our food comes from," Blust said. "If you don't have a big lawn, it's hard to grow local food, that's what this garden plot is for."

Residents of Cedar Ridge have already expressed interest in more plots, or larger ones, so they can grow bigger items such as melons. Ken Knueven, president of the RA board, said he would love to see both the plots expanded and the efforts repeated around the community to create more plots.



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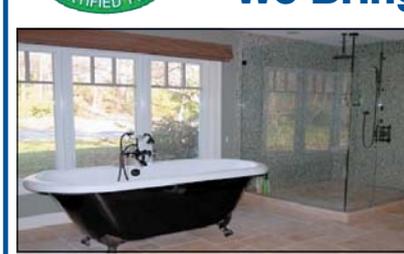
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Leaving Millions on the Table

Virginia should embrace opportunity for more health care coverage for poor residents.

Chances are that if you are reading this, you have employer-provided health insurance. While you might worry about the young adults in your family or the lower wage workers in your organization, you also know that if you are sick, you can go to the doctor.

Incredibly, 144,873 residents of Fairfax County have no health insurance. That's more than 13 percent of the slightly more than 1 million people who live in the wealthiest county in the nation. Household income in Fairfax County averages more than \$122,000 a year.

Under the health care reform act, many of Virginia's uninsured residents could be covered by an expansion of Medicaid that would be paid for almost entirely by federal funds. But while the reform act itself was upheld by the U.S. Supreme Court, the court also opened a door for states to opt out of the expansion of Medicaid.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

But Gov. Bob McDonnell says expanding

Medicaid is a terrible idea.

The state's refusal to be included in the program would deny health insurance coverage to a quarter-million Virginians, said U.S. Rep. Gerry Connolly and others in urging McDonnell to accept the expanded coverage.

Medical care for uninsured Virginian adds up to \$1.65 billion a year in uncompensated costs. Medicare expansion would help reduce that by \$860 million per year, according to the Virginia Health Reform Initiative Advisory Council.

Virginia stands to lose more than \$9.2 billion in federal funds over the first five years of the new law if it opts out of the provision that expands Medicaid to individuals and families with incomes up to 133 percent of the poverty level, \$14,856 for an individual; \$30,656 for a family of four, Connolly said.

A revealing look at the possible local role of the health care reform act appears in this week's Mount Vernon Gazette, written by Del. Scott Surovell (D-44).

Surovell represents a district of 80,000 residents with stark differences between wealthy and poor in Fairfax County. The Mount Vernon area district is tied for the highest percentage of Medicaid beneficiaries in Fairfax County. One in seven people in the 44th District re-

ceive health insurance from Medicaid; 74 percent of these are children, 5 percent are pregnant, 6 percent are poor adults, with the rest elderly residents and people with disabilities. Surovell reports the largest number of Medicaid births at any hospital in Virginia occurs at Fairfax INOVA Hospital. The 44th District has a higher percentage of uninsured individuals compared with the rest of Fairfax County.

Surovell argues that his district desperately needs the help that would come with the expansion of Medicaid and other provisions under the new law.

Here is how he explains the mechanism: Health insurance reform would expand coverage by two means. First, if states expand their Medicaid programs to all individuals at 133 percent of Federal Poverty Level, the federal government picks up 100 percent of the cost in 2014-2016, and 90 percent after 2020. Second, states are required to set up healthcare exchanges to make more affordable health insurance available for individuals without employer health insurance benefits, and individuals with incomes between 100-400 percent of the federal poverty level receive a tax credit to help with the cost. Coverage was also expanded by banning coverage denials based on pre-existing conditions and requiring companies to cover college students through age 26.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Correcting Inaccuracies

To the Editor:

My Letter to the Editor (The Reston Connection, May 30-Jun 6 edition, Letters, Fraud Issue-Revisited) appears to have contained some inaccurate information. The situations where election officers were informed of actions or changes did take place. Whether the recipients did not clearly hear or understand the telephone conversations or the Electoral Board staff were not clear in their explanation; can result in finger pointing forever. We may also consider that phone calls were made by another party with less than honest motivation as we have experienced other troubling illegal activity during election day at the Government Center by gadabouts. If, in fact the Electoral Board staff was unclear, I am confident that the Board, with their attention to detail will take whatever action they deem necessary to ensure that clear messages are delivered to the three thousand or so election officers.

The statements following each of the situations should be corrected:

a. I had received information that Republican election officers

were being advised by a phone call reportedly from the County Electoral Board that "the position of Assistant Chief Election Official was not being filled this fall due to budgetary limitations." I have been advised that this is not the case and the Assistant Chief Election Officer position would be filled for the November Presidential election.

b. I also originally stated that "federal Law requires that all Election officials be trained at least once during the presidential election year. Experienced election officials...again, the reason-budgetary limitations." In fact, only Virginia statute requires such training once every four years, but not before 2014. Fairfax County's Electoral Board chose to implement that state requirement two years early, during 2012 and had originally planned some training in the spring of 2012. Spring training for experienced officers was canceled before the June primary due to budget limitations: ahem. All elections officials will be trained/re-trained prior to the November Presidential election.

I regret any confusion that may have been created by my statements.

Jack Kenny
Reston

Making Care Affordable

To the Editor:

Many people have personal reasons for being glad that the Supreme Court has upheld President Obama's Affordable Care Act, and for hoping that his opponents will not be able to repeal it. I have a couple of my own:

First, a Virginia carpenter whom I deeply respect came to me as he was battling colon cancer. He had no health insurance. His biggest fear was not death but the debts he had amassed in fighting the disease. He had reached financial ruin and was about to lose his house. There was no job that was too hard or too menial for him to do. In the strength of his manhood he had done them all. Yet he cried like a baby from the shame he perceived in having to ask me for money. It is uncivilized and inhumane to have more than 30 million Americans who have no insurance, cannot get it, and face financial ruin if they get sick like my carpenter friend. President Obama's Affordable Care Act, when fully implemented, will basically solve this problem.

Second, my brother Dr. Donald M. Vickery got me to introduce in

the Virginia House of Delegates some of the first wellness, preventative care legislation some thirty five years ago. The legislation failed, but Donnie went on to write a series of books advocating wellness and health care. Don has now passed away, but President Obama's Affordable Care Act puts into effect wellness and preventative care as a national health priority. My brother would have been proud.

I believe that when most Americans think about it, they will have their own personal reasons to be in favor of President Obama's Affordable Care Act. These reason will range from banning denial of coverage because of pre-existing conditions, fixing gaps in prescription drug coverage, ending insurance discrimination against women, to allowing young adults to stay on their parents coverage.

Now that there have been positive decisions from the judicial, legislative, and executive branches of government, it is time to recognize the benefits of President Obama's Affordable Care Act, put partisan attacks behind us, and move on.

Raymond E. Vickery, Jr.
Vienna

MORE LETTERS, PAGE 11

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COMMENTARY

The Weather is Changing

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

Politicians speaking at outdoor events on a pretty day invariably and jokingly take credit for the weather. But no one has stepped up to take credit for the weather lately. Records are being broken; new highs are being set. The National Oceanic and Atmospheric Administration (NOAA) reported recently that the United States has experienced the warmest 12-month period since record keeping began in 1895. According to NOAA, heat during the last half of June broke or tied 170 all-time high temperature records in the U.S. And July has been hotter. Temperatures in South Carolina of 113 degrees and in Georgia of 112 degrees are being looked at by the U.S. State Climate Extremes Committee as being possible all-time records. Local records were broken as well with over a dozen days over 95 degrees.

Breaks in the weather brought high winds and fierce thunderstorms. The derecho storm that passed through our region in minutes left nearly a half-million customers in Northern Virginia without electric power and our communications system, including 911, in disarray for days. I had never heard of a derecho storm!

Wild fires in the West were widely reported, but there were significant fires in the mountains of Virginia as well. The summer drought is hitting farmers hard in the U.S., but in London there is plenty of rain. The Department of Agriculture has redefined



the growing zones for plants as there have been changes in the weather. Or can we say climate?

There has been a huge amount of hot air generated over the issue of climate change. Virginia Attorney General Ken Cuccinelli was unsuccessful in obtaining the papers of a climatologist who was formerly doing his research at the University of Virginia. There has been a sensitivity to even using the term "climate change" in the Commonwealth. Although Virginia's Hampton Roads region has the 10th most valued assets exposed to flooding from sea-level rising, the General Assembly passed a resolution to study "recurrent flooding" in the region with no mention of climate change. The relative sea level rise at one point in Norfolk has been over 14 inches since 1930.

Sea level rise is a symptom of a greater problem that must be addressed. Record-breaking temperatures are likewise a symptom. We can build dikes to keep back the seas; many nations have done that. We can drink plenty of water and stay inside out of the heat. We can get upset with the utility companies when the trees we have been trying to save break down the power lines and leave us without electricity. The weather is changing, no doubt about it. It is time for the political discourse to become more serious and include a realistic discussion of climate change.

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Students at St. Stephen's & St. Agnes School participate in an after school "Kids in Motion" class. Experts say extracurricular activities offer social interactions, which are important to a child's development.



PHOTOS COURTESY OF ST. STEPHEN'S & ST. AGNES SCHOOL

Instructor Matthew Gehlhoff leads student at St. Stephen's & St. Agnes School in an after school fencing class. "If a parent notices that a child has a gift for piano or soccer, they should encourage it," said Rich Leichtweis, PhD, Senior Director of the Inova Kellar Center

Childhood Hobbies: Finding the Right Fit

Experts offer suggestions for choosing extracurricular activities for the fall.

BY MARILYN CAMPBELL
THE CONNECTION

While many are still basking in the lazy days of summer, Anna Faust is planning her 5-year-old son's after-school activity schedule for the fall. On his agenda: baseball, soccer, gymnastics, and tennis lessons.

"My plan is to expose him to as many activities as possible and hope that he chooses one and excels," said Faust. "Sometimes, though I can't tell if he's going along happily because all of his friends are doing it or because he really likes it."

Child development experts say deciding which and how many extracurricular activities are best for children is a dilemma that many parents face. Factors such as expense and time can make the process a delicate balancing act.

If a child wants to join a traveling hockey team, how does a parent know if his or her desire to play matches the necessary investment of pricey equipment? Should a parent coax a reluctant child into taking piano lessons hoping to transform an unwilling tot into a musical prodigy? And how much is too much when it comes to hobbies? Local child development experts say the answers vary on a case-by-case basis.

"The key to balancing one's schedule between school work, extracurricular interests, family and friends is reached not so much by seeing these goods as necessarily in competition, but rather in seeing all of the time that we have been given as a great treasure that we have to use in the best possible way," said Michael Moynihan, Up-

per School Head of The Heights School in Potomac.

Extracurricular activities are an important part of a child's development, and finding the right fit is worth the effort. "They expose children to a variety of experiences and peers. For older children, they are a venue for healthy social interaction as opposed to participating in undesirable behavior," said Rich Leichtweis, PhD, Senior Director of the Inova Kellar Center in Fairfax, "If kids are on the computer or watching television from the time they get home from school until dinner and then back on again until they go to bed, they are missing critical social opportunities that extra curricular activities can provide."

Assessing a true attraction to an activity versus a passing fancy can be tricky. "Parents should first ask their children what they might be interested in before signing them up, and they should be careful in monitoring how their children continue to feel about participating in these activities," wrote Chantilly resident Maria Londono, a mental health therapist for Fairfax Community Health Care Network in Reston, Falls Church and Alexandria, in an email.

While older children are able to express an opinion about activities, younger children might need more guidance. "If a child has a strength or interest we can build on that," said Leichtweis. "If parents notice that a child has a gift for piano or soccer, they should encourage it."

One pitfall, say experts, is following the pack. "Parents get pulled into activities because they think everybody else is doing it. Before you know it, those activities pile up and can be stressful," said McLean resident

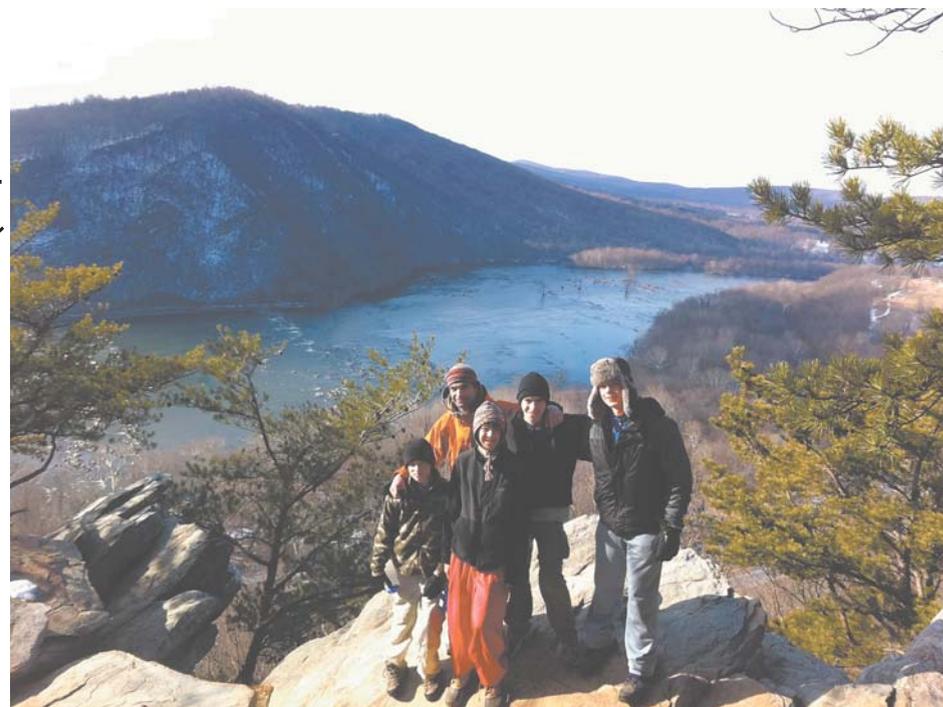


PHOTO COURTESY OF THE HEIGHTS

Heights students embark on a 30-mile hike along the Appalachian Trail. Experts say children can continue activities like hiking, biking and running into adulthood.

Michele Garofalo, EdD, Assistant Chair, Department of Counseling and Associate Professor of Psychology at Marymount University in Arlington.

How does a parent know if a child is overscheduled? "Some kids are ok with a lot of activities," said Leichtweis. "If a child is involved in a lot and they're doing well in school, getting adequate rest and there are no significant disruptions, then it's probably ok. But if there is a change in behavior, their grades slip, they're not getting enough rest and they're in eight different activities, then it is time to make a change."

Experts say there are warning signs that a parent might be pushing a child too hard. "When a child says 'I don't want to go to this activity' or 'I don't like the kids there' or if they are pouting or agitated when it's time to go, those are signals that they need a change," said Garofalo. "If extracurricular activities are fun and kids enjoy them, they can build a child's self-esteem and give them a place to shine, and children need a place to shine."

Parents should also consider the family's

overall schedule. "Look at your calendar and think about the benefit versus the cost, time and energy involved in the activity. How much stress will it put on the family?" said Garofalo.

"Parents can set limits and help kids prioritize. We can listen to the kids, but it's our responsibility to set limits. A well-balanced child is a healthy child," said Leichtweis.

Make sure to set aside time for rest. "Children need downtime and a break from organized activity," noted Susan DeLaurentis, Director of Counseling, St. Stephen's & St. Agnes School in Alexandria. "I think that is important to recognize that if children have been in school all day they've put in a lot."

Finally, experts say encourage activities that children can continue into adulthood like swimming, hiking or running. "With extracurricular activities, what we're doing is setting a foundation for life. It is part of developing well-rounded and balanced community members. We want a child who knows how to work and play," said Leichtweis.

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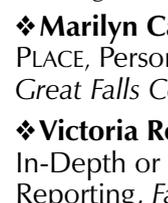
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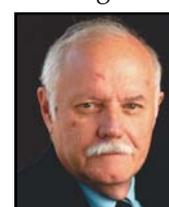
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Herndon resident and NYU junior AJ Smith performs at Cafe Montmartre in Reston Friday, July 13. Smith was recently awarded the NYU Steinhardt/Songwriters Hall of Fame Scholar of the Year.



From left, Xander Green, Matt Brown, A.J. Smith and Lloyd Kikoler perform at Cafe Montmartre in Reston Friday, July 13. Smith, a Herndon native, was recently awarded a scholarship at NYU, where he is a junior, for his songwriting.

Songwriter Performs Hometown Show

A.J. Smith performs with band at Lake Anne.

BY ALEX MCVEIGH
THE CONNECTION

A few months ago, AJ Smith, a junior at NYU got an email from a professor asking him to stop by his office. As a student studying Music Composition, the Herndon native thought it might be some news about his songwriting workshop.

"I sort of threw on some clothes and headed to his office, and that's when I got the news," Smith said. "And that's when I found out I had received the 2012 NYU Steinhardt/Songwriters Hall of Fame Scholar of the Year."

Smith, a multi-instrumentalist and singer who won the school's Ultra Violet Live competition last year, has been expanding his musical reach since attending NYU, and returned to Reston to play his first hometown show at Cafe Montmartre at Lake Anne Friday, July 13.

Smith recently joined forces with four other musicians, keyboardist Xander Green and bassist Lloyd Kikoler, fellow students at NYU and guitarist Matt Brown and drummer Tom Jorgensen, who attend the New School in New York.

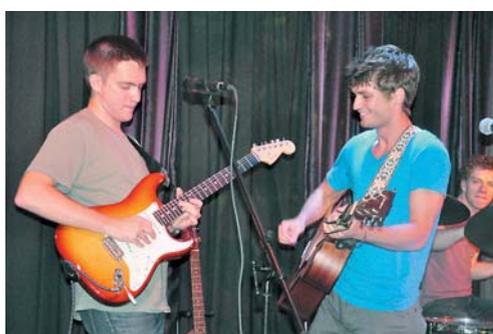
Smith writes most of the group's music, and spent the past year expanding his songwriting horizons. After taking a graduate level songwriting class (as a junior, he was the only underclassman), he approached his professor about taking the class again.

While he wasn't allowed to, his professor did allow him to become a Teacher's Assistant, and he will be one of the first students at NYU's songwriting master's program.

"I think I'll be sort of the guinea pig, finding out how to develop the program," said Smith, who hopes to begin graduate school in the Spring of 2013.

"It's been fun watching him grow up from playing around on the piano to getting a scholarship from the Songwriter's Hall of Fame," his sister Sarah Smith said. "He's creating music that's so mature, and speaks to such a large population, because he's able to convey so many emotions successfully."

AFTER LINING UP THE GIG, the group



From right, A.J. Smith, of Herndon and Matt Brown play together onstage at Cafe Montmartre.

had to make their way to Northern Virginia. Green, Brown and Kikoler drove down from New York City, while Jorgensen flew in from Omaha, Neb., where he lives. The group came to stay at Smith's house and spent 12-14 hours a day playing together in preparation for the Lake Anne show.

"We've been on a pretty tight time constraint, working on a whole bunch of songs over the past two days," Brown said. "But we look at this show as a stepping stone, and as music majors, I think we've all got the skill sets to be able to learn a large repertoire. It's good practice."

While Smith writes the lyrics ("They make or break the song," he says) and basic chords for the group, he brings the songs to the rest of the group to work out their parts.

"A.J.'s music leaves a lot of it up to the individual members, he doesn't hand out sheet music for each part, we work much more organically," Green said.

Smith says the group isn't often critical of each other, they're more "self-critical" when it comes to fleshing out the individual parts of a song.

Each member of the group is well schooled in music theory, though they come from different backgrounds. Green has more of a Broadway and musical background, Jorgensen studied jazz and Brown has worked as a freelance guitarist in the city for Broadway and off-Broadway shows, and has a jazz background.

Jorgensen and Brown met when they were teamed up to play a jazz standard, and Brown said he was immediately struck by Jorgensen's skills.

Soon Green needed a drummer for a recital and approached Jorgensen to play. Soon the quintet was jamming in each others' apartments in their spare time, and found a chem-

istry developed both musically and personally.

"I think our friendship has really formed a strong foundation for our music," Jorgensen said.

During the sound check for their gig at Cafe Montmartre the sound technician commented how they sounded like they had been playing together for years, unaware that it hadn't been nearly that long.

Sarah Smith, who will head to William and Mary in the fall, is a skilled singer as well, and she performed an acoustic song with the group Friday.

"They've been practicing hard for the past few days at my house, and I've really enjoyed having some of the best musicians I've ever heard playing right under my roof," Sarah Smith said. "I haven't even listened to the radio, just them practicing."

All the group members said they were blown away with the hospitality of the Smith house.

"There are a lot of kids that want to go into music, but it's one of the most thankless jobs with such astronomically low odds of success," Brown said. "But their family has been so supportive, his mom is making us food, his sister is hanging out and singing with us, it's been great."

While the group isn't necessarily dreaming of packed stadiums and platinum albums (though they certainly aren't against the notion), they're more focused on being able to make music together for as long as they can.

"Buddy Rich, one of the best drummers to ever have lived, once said that as soon as he felt satisfied with his music, he would lay down his drumsticks forever," Jorgensen said. "And that's how we approach things. If you're rooted in your craft, and always ready to learn and to grow, you're never satisfied. We're always striving to play our best show, because we haven't had it yet."

THE SHOW AT CAFÉ MONTMARTRE showed off the group's versatility, as they played a variety of original songs. Smith's vocal range was also on full display during their cover medley, as he was able to capture the grittier rap vibe of Eminem's "Lose Yourself" just minutes before segueing into pop territory with songs such as Train's "Drops of Jupiter."

More information on Smith can be found at www.ajsmithmusic.com.

THURSDAY/JULY 19

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

Take a Break Concert Series: Sol y Rumba. 7-9 p.m. Lake Anne Plaza, Reston. 703-476-4500

FRIDAY/JULY 20

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

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

SATURDAY/JULY 21

"Grease" 8-11 p.m. Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. Join local dancers and singers along with John Travolta, and Olivia Newton-John as we "Move-Along" with the film. \$5. ArtspaceHerndon.com or 703-956-6590.

Digital Camera Scavenger Hunt. 11 a.m.-12:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Bring your digital camera, and search the trails for a list of interesting things and creative pictures to compose. Reservations required by July 18. RA Members \$4, Non-members \$6. 703-476-9689 and press 5.

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

Family Fun Entertainment Series: Pinot & Augustine Show. 10-10:45 a.m. Reston Town Center Pavilion, 11900 Market Street. A knock-about comedy and classic physical mime antics performed by Mark Jaster and Sabrina Mandell. 703-476-4500 or RestonCommunityCenter.com.

Reston Concerts on the Town Series - C.J. Chenier & the Red Hot Louisiana Band. 7:30-10 p.m. Zydeco, high-energy blues. Free. 703-689-4699.

Chesapeake Chocolates and Lake Anne Florist, Wine & Gourmet Celebrate Five Years. 11 a.m.-2 p.m. 11426 Washington Plaza West, Lake Anne Village Center, Reston. Celebrate summer with chocolate, wine, and flowers on Lake Anne. 703-437-8686

SUNDAY/JULY 22

Wolf Trap Opera Company: Aria Jukebox. 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Opera highlights. Preshow talk one hour before performance. www.wolftrap.org.

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Carrying of Firearms

To the Editor

The editorial "New Laws, Assault on Freedom?" in the July 4-10 edition of the Reston Connection raises a serious concern for public safety in this election year. I have served as an election officer at my precinct for a decade without incident. Like many thousands of volunteers, I have been to numerous training sessions in which the Election Board officers advise us of new requirements and give practical instruction in the use of voting machines. I have worked with an excellent team of volunteers for many years and we enjoy helping registered voters exercise their right at the ballot box. Generally, voting takes place without problems. Occasionally someone comes to the wrong polling station or has forgotten a valid form of identification. Very rarely have we had a problem with an obstinate person who refuses to cooperate when there is a question of his/her right to vote. We generally put in 15-hour days, starting with setting up the polling station at 5 a.m. and opening at 6 a.m. After the station closes at 7 p.m. we usually have another two hours to tally records from the voting machines and fill out many different forms to be taken to the county Board of Elections. So, we have our hands full throughout the day, especially in presidential elections with high voter turnout. We don't want to worry about our personal safety or that of other voters.

With the Virginia legislature's passage of several new provisions regarding the unlimited purchase, ownership, and concealed carrying of fire arms, the question of voter and election officer safety cannot be ignored. While it is currently illegal to carry firearms into a polling station, there is no provision to check whether a person might inadvertently or intentionally bring a concealed firearm to a polling station. There are generally no police officers in or near polling stations and, therefore, no way to screen for any potential gun-carrying individuals.

With each election I have worried about the possibility of someone walking into a polling station and shooting people randomly as happened at Virginia Tech in April 2007. So far this has not happened. Still, given the new laws lifting the limit on gun purchases and the legitimacy of using a concealed weapons permit as voter identification, we volunteer election officials should be more concerned about the possibility of a voter carrying a concealed firearm. The question is this: might a person with a legal concealed weapons permit think that he/she is now legally allowed to carry a concealed firearm wherever he/she goes, so long as he/she can show the permit? It would behoove the Virginia Board of Elections to conduct a statewide public awareness and information campaign in community newspapers, on TV, and in radio prior to the upcoming November election that would inform all voters of the prohibition of carrying any firearms into a polling station. While many may think this is obvious, there may be some voters who might not be so informed, and election officers would

have no idea whether a voter might be armed or not.

A question for the Election Board: Are election officers permitted to ask a voter who produces a concealed weapons permit as voter identification whether the person is carrying a concealed firearm? If so, what action could an election officer take to assure that public safety and voter integrity is not violated? Since the November election is a Federal election as well as a state election, a person carrying a concealed weapon would be in violation of Federal law. Would that person be in violation of any Virginia law? And if the person were carrying a firearm and had a valid permit, could the election officer request that the person leave the polling station and remove the firearm before being allowed to vote? Should the election officer call the police?

These are questions that deserve serious consideration and responses by county and state election and public safety officials. We want our voters to be safe and at ease when they cast their ballots.

Bruce K. Byers
Reston

A 'Key Reason' Overlooked

To the Editor:

I was disappointed in Mr. Horrock's commentary on the Silver Line [Silver Line Gets 'Green Light' The Connection, July 11-17, 2012].

I had hoped it would provide more facts, and less opinion.

I support Mr. Horrock espousing his political views, but I'd prefer not to read them as part of a news item.

Conspicuous by its absence in Mr. Horrock's piece was one key reason for the hold-up of the Silver Line by both Loudoun County as well as the Governor.

That issue was the requirement that contractors for the construction of the Silver Line extension would have to be Union Shops — meaning that companies would have to hire union labor to win their contracts.

Since Virginia's economy has grown quite well without union organizers and the strife which usually attends that process, neither the Governor nor the Loudoun County Board was interested in promoting a union foothold via the Silver Line. Governor McDonnell ended that problem by firing Dennis Martire — whom his Democratic predecessor [Tim Kaine] had appointed to the WMATA.

Martire was/is the Vice President of the Laborers' International Union of North America and had inserted the "project labor agreement" Union clause into WMATA's requirements against Governor McDonnell's instructions, and in contradiction to Virginia's Right to Work law.

I believe Mr. Martire is still under investigation for his profligate spending [\$38,000] which he charged to WMATA and Virginia; his \$10,586 tab for nine days in Sardinia to attend a one-day conference on airport security caused concern that he was perhaps abusing his expense account.

I, and other readers of the Reston Connection, would appreciate it if your reporters would follow Joe Friday's advice: "Just the facts, ma'am."

If we want a politicized slant on news that affects us, we can turn to the Washington

Post.

We expect better from the Reston Connection.

Greg Davis
Reston

SCHOOL NOTES

Seventeen Fairfax County Public Schools (FCPS) graduates from the class of 2012 have been named winners of college-sponsored scholarships by the National Merit Scholarship Corporation (NMSC).

Recipients of college-sponsored scholarships from the NMSC, with their probable career fields in parentheses, are:

❖ Meron Belayneh of Edison High School (mathematics), National Merit University of Chicago Scholarship.

❖ David Kim of Lake Braddock Secondary School (undecided), National Merit Vanderbilt University Scholarship.

❖ Dylan Kriz of Langley High School (international business), National Merit University of South Carolina Scholarship.

❖ Nathaniel Banks of Robinson Secondary School (music), National Merit Vanderbilt University Scholarship.

❖ Matthew Ferrell of Thomas Jefferson High School for Science and Technology (TJHSST) (computer science), National Merit University of Alabama Scholarship.

❖ Erika Fitzpatrick of TJHSST (undecided), National Merit Carleton College Scholarship.

❖ Mingming Hu of TJHSST (computer science), National Merit Georgia Institute of Technology Scholarship.

❖ Jerry Li of TJHSST (engineering), National Merit Washington University in St. Louis Scholarship.

❖ Aimi Nguyen of TJHSST (dentistry), National Merit University of Texas at Dallas Scholarship.

❖ Rithvik Prasannappa of TJHSST (medicine), National Merit Washington University in St. Louis Scholarship.

❖ Kelsey Rainey of TJHSST (engineering), National Merit Auburn University Scholarship.

❖ Peter Reischer of TJHSST (psychiatry), National Merit University of Alabama Scholarship.

❖ Benjamin Torczon of TJHSST (business), National Merit University of Alabama Scholarship.

❖ Zachary Williams of TJHSST (business/law), National Merit University of North Carolina at Chapel Hill Scholarship.

❖ Kerry Zhang of TJHSST (economics), National Merit University of Chicago Scholarship.

❖ Rebecca Holley of Westfield High School (Music/Education), National Merit University of Rochester Scholarship.

❖ Ian Van Pelt of Westfield High School (biology), National Merit Virginia Polytechnic Institute and State University Scholarship.

College-sponsored Merit Scholarships provide between \$500 and \$2,000 annually for up to four years of undergraduate study at the institution financing the scholarship. Nationwide, approximately 8,100 students have won Merit Scholarship awards in 2012.

Join a LIVE Discussion About Relapsing Multiple Sclerosis

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Program: 6:30 pm

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Cross street is Bluemont Way

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Alona Williamson, RN
MS LifeLines® Nurse Ellen Mallada, RN, BSN, MSCN
MS LifeLines® Ambassador

Speakers are sponsored by EMD Serono, Inc.
Complimentary meal and parking.



MS LifeLines

Sponsored by: EMD Serono Pfizer

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Golf Marathon for a Cause

Hidden Creek Golf pro to Play a Marathon Golf Session in support of wounded veterans.

BY AMIEE FREEMAN
THE CONNECTION

Hidden Creek golf pro, Josh Marr, plans to play 15 hours of golf Monday, July 23 for a good cause. Marr will start at Hole 1 on the Hidden Creek course in Reston around 5 a.m. and will play the course all day until dark. In 15 hours, Marr thinks he can play 125 holes of golf.

Marr is seeking pledges per hole played. In addition to collecting pledges per hole, supporters can caddy Marr around the course for \$100 per hour. The money raised will go to Troops First Foundation, a national foundation that helps with the rehabilitation of combat-wounded veterans. Marr hopes to raise \$10,000, all of which will go to Troops First.

Marr said a few years ago he was involved with a golf marathon fundraiser for cancer research. This year when he started thinking of doing another charity event, he thought he would couple his fundraising efforts with that of Hidden Creek. On August 4, Hidden Creek will be hosting another fundraiser also to support Troops First. Marr said he will add the funds he

raises to what the Club raises in August. Last year, Hidden Creek was able to raise over \$30,000 for Troops First. Marr hopes that with his fundraising efforts, the Club can reach a goal of \$50,000.



Josh Marr hopes to play 125 holes of golf on Monday, July 23. Marr is participating in this marathon golf event to raise funds for Troops First Foundation, which helps rehabilitate combat-wounded veterans.

“It has been a real pleasure planning this event. Everybody wants to pitch in and support it.”

— Josh Marr

Marr, who has been the golf pro at Hidden Creek since December 2010, was not in the military himself, but comes from a family with strong military ties. His father served in Desert Storm and his grandfather in World War II, Korea and Vietnam. At Hidden Creek, many of the members are military or former military. Marr says that he has received great support from Hidden Creek members.

“It has been a real pleasure planning this event. Everybody wants to pitch in and support it,” said Marr.

“As a retired military member, having flown more than 200 combat missions and personally coming in contact, almost monthly, with many of those wounded in combat at the Walter Reed National Military Medical Center, I am gratified by Josh’s efforts,” said Hidden Creek member and fundraiser supporter, Col. Jerry Volloy. “Fundraising initiatives such as these mean so very much to those heroes that have been wounded in combat and to help them to deal with the future life challenges they face.”

If all goes well on Monday, Marr will play the Hidden Creek course nearly seven times. Marr says he has been

trying to plan his day.

“I can’t wait. I’m going to stock up on power bars and energy drinks and play as much golf as possible,” Marr said.

River Dogs Make All-Star Team

Seven members of the Vienna River Dogs, including Madison graduate Casey Turner and Oakton graduate Bret Williams, were named to the Cal Ripken Collegiate Baseball League all-star game, which took place on July 11 at Shirley Povich Field in Bethesda.

Turner (Lehigh) had a hit for the American League all-stars, which lost, 9-3. Williams (Richmond) started at first base for the American League.

Centreville graduate Connor Bach (VMI) pitched a scoreless inning for the American League and Yorktown graduate Shaun Wood (Evansville) had a hit. Pitcher Joseph Vanderplas (Fairfax



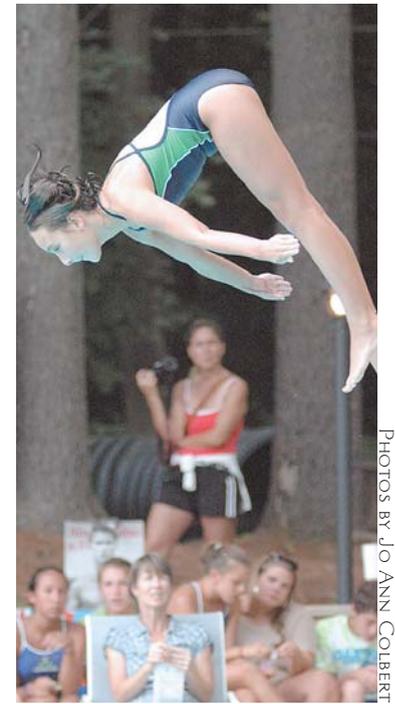
High School, University of Tennessee), and infielders Trent Higginbotham (Tallahassee CC) and Bobby Rice (Tallahassee CC) were also named to the American League team.

“It gives me a lot of confidence to move on in the second half of the season,” Wood said of competing in the all-star game, “and do a lot better.”

Vienna River Dogs outfielder and Madison High School graduate Casey Turner played for the American League all-stars in the Cal Ripken Collegiate Baseball League all-star game on July 11 in Bethesda.



Haley Liddell placed third in Freshman Girls, with a score of 62.25.



Mackenzie Brennan placed second in Junior Girls, with a score of 102.90.

PHOTOS BY JO ANN COLBERT

Oakton Otters Lose To Wakefield Chapel

The Oakton Otters lost to Wakefield Chapel Tuesday evening in this Division 4 dive meet with a score of 22 to 50. This loss brought the Otters’ winning record to 1-2. Two sisters for the Otters took first place in their respective categories: Elana Colbert in Intermediate Girls with a score of 144.2 and AJ Colbert in Senior Girls with a

score of 223.8. Other Otter divers that placed were: Haley Liddell (Freshman Girls, 3rd), Mackenzie Brennan (Junior Girls, 3rd), Brad Burgeson (Junior Boys, 2nd), Liam Klopfenstein (Junior Boys, 3rd), Julia Powell (Junior Girls, 2nd), and Gil Osofsky (Intermediate Boys, 3rd). The Otters next meet is on Tuesday, July 17 at home versus Cardinal Hill Swim Club.

Divers that Placed

Wakefield Chapel (50) vs. Oakton (22) - July 10
Division 4

Freshman Girls:

1. Bridget Cassata (WC) 69.80
2. Emily Rummel (WC) 65.35
3. Haley Liddell (OAK) 62.25

Freshman Boys:

1. Aiden Thomas (WC) 78.40
2. Yonas Amha (WC) 47.15
3. Jake Goodson (WC) 44.10

Junior Girls:

1. Olivia Rummel (WC) 119.25
2. Mackenzie Brennan (OAK) 102.90
3. Carson Goettlicher (WC) 98.65

Junior Boys:

1. Michael Carey (WC) 131.10
2. Brad Burgeson (OAK) 110.95
3. Liam Klopfenstein (OAK) 98.0

Intermediate Girls:

1. Julia Powell (OAK) 144.05
2. Elana Colbert (OAK) 144.20
3. Anne Carey (WC) 141.90

Intermediate Boys:

1. Owen Collins (WC) 150.95
2. Philip Fuentes (WC) 123.20
3. Gil Osofsky (OAK) 122.15

Senior Girls:

1. AJ Colbert (OAK) 223.8
2. Christine Snyder (WC) 178.35
3. Rachael Allshouse (WC) 157.00

Senior Boys:

1. Pat McCann (WC) 253.7
2. Paul Helfgott (WC) 188.45
3. Kyle Goettlicher (WC) 162.35

HOME SALES

In June 2012, 117 Reston homes sold between \$1,140,000-\$130,450. This week's list represents those homes sold in the \$1,140,000-\$530,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
11085 PELHAM MANOR PL	5	5	2	RESTON	\$1,140,000	Detached	0.24	20194	HUNTERS END
11605 DEER FOREST RD	4	3	1	RESTON	\$900,000	Detached	0.51	20194	RESTON
1313 GATESMEADOW WAY	4	3	1	RESTON	\$895,000	Detached	0.18	20194	CRIPPENS CORNER
2072 BEACON HEIGHTS DR	3	2	1	RESTON	\$869,900	Townhouse	0.09	20191	RESTON
2320 STALEY RD	4	3	1	RESTON	\$849,900	Detached	0.94	20191	LAWYERS GLEN
11620 SOURWOOD LN	4	3	2	RESTON	\$825,000	Detached	0.43	20191	RESTON
1151 MEADOWLOOK CT	5	4	1	RESTON	\$805,000	Detached	0.88	20194	PINEY RUN MEADOW
1608 WOODSTOCK LN	4	2	1	RESTON	\$800,000	Detached	0.18	20194	RESTON
1830 FOUNTAIN DR #808	3	3	0	RESTON	\$750,000	Hi-Rise 9+ Floors		20190	PARAMOUNT
1279 AUBURN GROVE LN	4	3	1	RESTON	\$729,000	Detached	1.45	20194	SHAKER WOODS
2021 PEPPERMINT CT	5	3	1	RESTON	\$703,000	Detached	0.28	20191	RESTON
10867 GROVEHAMPTON CT	4	3	1	RESTON	\$697,500	Detached	0.32	20194	CRIPPENS CORNER
1920 LOGAN MANOR DR	3	2	2	RESTON	\$685,000	Townhouse	0.04	20190	WEST MARKET
1830 FOUNTAIN DR #1107	2	2	1	RESTON	\$665,000	Hi-Rise 9+ Floors		20190	PARAMOUNT
2517 FARRIER LN	5	3	0	RESTON	\$660,000	Detached	0.36	20191	RESTON
2516 FOWLERS LN	4	3	0	RESTON	\$657,000	Detached	0.54	20191	RESTON
11031 SOLARIDGE DR	4	3	1	RESTON	\$650,000	Detached	0.11	20191	RESTON
11209 BRADBURY LN	4	3	1	RESTON	\$650,000	Detached	0.32	20194	RESTON
11211 BRADBURY LN	4	3	1	RESTON	\$640,000	Detached	0.43	20194	RESTON
11442 TANBARK DR	4	2	1	RESTON	\$630,000	Detached	0.20	20191	RESTON
2084 LAKE AUDUBON CT	3	3	1	RESTON	\$625,000	Townhouse	0.09	20191	RESTON
1804 PEPPERIDGE LN	4	3	1	RESTON	\$625,000	Detached	0.59	20191	RESTON
12110 STIRRUP RD	4	3	1	RESTON	\$605,000	Detached	0.36	20191	RESTON
1844 POST OAK TRL	4	2	1	RESTON	\$600,000	Detached	0.44	20191	RESTON
12392 COPENHAGEN CT	5	3	0	RESTON	\$599,000	Detached	0.37	20191	RESTON
11197 SQUARE SAIL CT	3	2	2	RESTON	\$598,500	Townhouse	0.06	20191	RESTON
1646 YORK MILLS LN	4	3	0	RESTON	\$580,000	Detached	0.20	20194	RESTON
11521 RUNNING CEDAR RD	5	2	1	RESTON	\$572,500	Detached	0.37	20191	RESTON
12627 THUNDER CHASE DR	5	2	1	RESTON	\$560,000	Detached	0.31	20191	POLO FIELDS
2219 HALTER LN	4	2	1	RESTON	\$559,000	Detached	0.38	20191	POLO FIELDS
11245 HANDLEBAR RD	4	3	0	RESTON	\$550,000	Detached	0.54	20191	RESTON
1223 WOODBROOK CT	3	2	2	RESTON	\$550,000	Townhouse	0.06	20194	RESTON
11659 MEDITERRANEAN CT	3	2	1	RESTON	\$549,900	Patio Home	0.10	20190	RESTON
1283 WEATHERSTONE CT	3	3	1	RESTON	\$547,500	Townhouse	0.06	20194	RESTON
11990 MARKET ST #1604	2	2	0	RESTON	\$535,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN
12628 THUNDER CHASE DR	4	2	1	RESTON	\$530,000	Detached	0.27	20191	POLO FIELDS
1576 BRASS LANTERN WAY	3	3	0	RESTON	\$530,000	Townhouse	0.10	20194	RESTON

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WEEK IN RESTON

Reston Museum Presents Program on Civil War

As part of the 150th Anniversary of the Civil War (Sesquicentennial), the Reston Historic Trust and the Reston Museum are exploring early history Reston. The Reston Museum is producing another free program, to be presented on Thursday, July 26, 7- 9 p.m., at the Jo Ann Rose Gallery at Reston Community Center - Lake Anne, 1609 Washington Plaza in Reston.

For more information, call the Reston Museum at 703-709-7700, email restonmuseum@gmail.com, or visit www.restonmuseum.org.

The Presentation Includes:

- ❖ The aftermath of the Battle of 2nd Manassas (Bull Run)
- ❖ The strategic significance of Hunters Mill and Ridge Roads (now Reston Parkway)
- ❖ The devastation of the local farms in the area
- ❖ Movement of troops through present- day Reston
- ❖ The events leading to the Battle of Antietam and what happened to its commanders after the War
- ❖ The importance of the Emancipation Proclamation.

Presenters: Civil War Historians Jim Anderson and Jim Lewis.

Reston Museum programs are presented with support by the Reston Community Center. Reston Museum is owned and operated by Reston Historic Trust.

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The Rev. James Papile, Rector
The Rev. Jacqueline Thomson

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8:30 AM Sanctuary, Traditional Worship Service
10:00 AM Garden, Traditional Worship Service
11:00 AM Connection, Contemporary Worship Service

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OPEN HOUSES SATURDAY/SUNDAY, JULY 21 & 22

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

Ashburn

22018 Ayr Hill Ct.....\$814,900.....Sun 1-4.....Bruce Young...Samson Props...571-331-6363

Chantilly

42344 Astors Beachwood..\$875,000.....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

Fairfax Station

11501 Lilting Ln.....\$875,000.....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

7401 Wayfarer Dr.....\$779,990.....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365

McLean

6010 Balsam Dr.....\$1,024,000.....Sun 1-4.....Jane Price.....Weichert..703-628-0470

1529 Hardwood Ln.....\$1,050,000.....Sun 1-4.....Jane Price.....Weichert..703-628-0470

Oakton

2110 Twin Mill Ln.....\$799,000.....Sun 1-4..Robin McKibbin Waugh..TTR Sotheby's..202-333-1212

Reston

2419 Silver Fox Ln.....\$645,000..Sat/Sun 1-4.....Marnie Schaar...Long & Foster..703-509-3107

Sterling

21766 Cypress Valley Terr...\$425,000.....Sun 1-4.....Diane Miller...Keller Williams..703-636-7320

44 McPherson Cir.....\$389,900.....Sun 1-4.....Eugene LeBoeuf.....LeBoeuf R.E...703-404-0067

Stone Ridge

24783 Prairie Grass.....\$585,000.....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

Vienna

1108 Hillcrest.....\$1,039,000.....Sun 1-4.....Casey Samson...Samson Props..703-508-2535

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



President Obama speaks at Centreville High: "We understood that the economy in this country works best when it works for everybody," Obama said.

President Comes to the Area

FROM PAGE 3

ALSO WAITING IN LINE was Shannon Mancini of Clifton's Union Mill community. "I think the president's done a great job, these past four years, with the economy and health care, and I want to see him continue for four more," she said. "All around, I think he's brought unity to this country."

If Romney's elected, said Mancini, "I fear that we'll go deeper into deficit and women won't have the rights they deserve. I think this country will just break apart. I don't think Romney cares about people's needs."

Volunteers frequently passed out cold water to the people standing in line in Saturday's summer heat. And now and then, a campaign worker shouted, "Fire up!" through a bullhorn, while Obama supporters responded, "Ready to go!"

The only discordant note for them came from the vocal Romney backers standing across from the school along Union Mill Road. But even their words and presence couldn't dampen this crowd's enthusiasm. When Romney supporters yelled, "Repeal Obamacare," those in line to see the president shouted back, "Four more years!"



Area residents take pictures with the President.



U.S. Rep. Gerry Connolly (D-11) addresses the crowd at Centreville High School Saturday afternoon.

EMPLOYMENT

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TUESDAY 4 P.M.

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Apply online at www.echoworks.org or submit a resume with job title & job # in subject line to: jobs@echoworks.org. Closing Date August 3, 2012. NO PHONE CALLS.

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703-752-8777 ext. 900.
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Please quote code NOVA3 when calling.

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Operate 15 pass. van taking persons with disabilities to and from work/day programs. Approx. 5-6 hrs./day. Requires willingness and physical ability to assist people and to secure wheelchairs on vehicles. AM route begins approx. 6:30 AM, finishes 9:30 AM. PM route begins approx. 4:00 PM finishes approx. 6:30 PM. Priority will be given to applicants residing in Reston/Herndon/Centreville vicinity. M-F, \$14/hr. EOE/AA. M/F/D/V. Criminal background check, good driving record and drug/alcohol screens required for all positions.

Apply online at www.echoworks.org or submit a resume with job title & job # in subject line to: jobs@echoworks.org. Closing Date July 20, 2012.

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Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00
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ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
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Circumstances Be Damned



By KENNETH B. LOURIE

If only it were as easy to actually live it as it is to write it. As much as I believe what I write, it's still difficult to ignore certain facts ("the underlying diagnosis," as I often refer to my diagnosis) and the feelings associated with it. Although I'm very good at pretending and ignoring and making light/poking fun at my "circumstances," there is a certain reality to consider. Aside from my never having pitched at Fenway Park for my hometown Boston Red Sox, I'm probably not getting any younger and apparently, not likely to get as old as either of my parents were when they died, ages 86 and 87.

The challenge then, looking forward, is making the best of a bad situation – which is my nature. So on paper, the plan should work, and mostly it does. But occasionally – and more so now (40 months post-diagnosis) than ever, there is some seepage; emotions take hold and all the rational, self-help-type pep talks I give myself fall on deaf ears; I'm listening, but it's hard to hear. As much as I'd like to mind my own business – literally, and steer clear of all this cancer stuff, sometimes I can't. And though I never feel sorry for myself, I do feel a little unmotivated, a bit lethargic and somewhat apathetic. Tasks which once were priorities are now relegated. Maybe not to the dustbin, but low on the totem pole so that I don't even know where the totem pole is, figuratively speaking. But as I'm always myself saying: I have bigger problems, so who cares?

I do, or rather I should, but changing the course of my most recent history, admirable and desirable though it may be, may in turn be creating stresses and unrealistic demands that are counter-productive to who I am and who I want to be. My circumstances/situation/prognosis is bad enough on its own; I don't need to make it any worse.

There's a fine line between accepting your circumstances (you'll note I didn't say fate) and not giving into them. On the one hand, it's knowing your limitations (so as to not make matters worse); on the other, it's doing what makes you happy. Because being diagnosed with stage IV (inoperable/terminal) is all it's cracked up to be. Finding a way, mentally, to navigate through the slings and arrows of this outrageous misfortune (to turn a phrase inside out) is the order of the day. To be a survivor, one has to have a certain ability to not take personally that which is happening to your person. Moreover, the challenge is finding a balance between living for yourself, living for others, living for today and living for tomorrow (very much easier written than actually accomplished).

Cancer is insidious. It affects you physically for sure, but at least for me, emotionally even more. Generally speaking, the treatments are about the physical (tumors) manifestations of the disease. The mental/emotional effects are less obvious and not usually indicated on any of the diagnostic scans oncologists recommend. Interpreting a scan is one thing; reading a patients' mind quite another. No one said this cancer experience was going to be easy; in fact, a close friend, Lynne (a cancer survivor herself) said to me: "This is going to be the toughest thing you've ever done." And of course, she was right. Unfortunately, the experience hasn't made it any easier. Familiar? Yes. Manageable? Mostly. In control? Not so much.

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

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