

Reston  
**CONNECTION**

Turtle Recall, a band made up of several Reston natives, performs at a recent show. The band has just released their first album.

# Turtle Recall Releases Debut Album

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AUGUST 1-7, 2012

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PHOTOS CONTRIBUTED

The Reston Bike Club presented awards to six South Lakes High School students for their artful efforts in the design of the club's 30th anniversary cycling jersey. (Pictured): Dan Scrafford, Ed Robichaud, Ken Thompson, and Barb Lytle meet with Principal Bruce Butler, Fine Arts teacher Amy Saylor, Director of Student Services Devina Johnson, and the prize winners, including Tyler Hutchins (1st place), Nick Beaulac (2nd place), Kaitlyn Hudenburg (3rd place) and honorable mentions Hadir Abdalla, Kristian Gendron (not present), and Max Hajar.

## Jersey Contest Winners

### Reston Bike Club presents awards to South Lakes High students.

The Reston Bike Club (RBC), over the last five years, has worked with the South Lakes High School Fine Arts Department: Each year, the RBC brings a jersey design contest to the school and with the help of Amy Saylor, fine arts teacher, art students get a chance to implement their newly-learned skills in submitting designs to the club.

On June 1, the RBC presented awards to the six South Lakes High School students for their artful efforts in the design of the club's 30th anniversary cycling jersey. Dan Scrafford, Ed Robichaud, Ken Thompson, and Barb Lytle met with Principal Bruce Butler, Fine Arts teacher Amy Saylor, Director of Student Services Devina Johnson, and the prize winners including Tyler Hutchins (1st place), Nick Beaulac (2nd place), Kaitlyn Hudenburg (3rd place) and honorable mentions Hadir Abdalla, Kristian Gendron, and Max Hajar.

Serving over 700 cycling enthusiasts, the club offers group rides and works with the public, governmental entities and cycling organizations via fairs, educational seminars, bike rodeos, etc., to promote education for both cyclists and drivers to ensure the safety and enjoyment of all. Each year, the club also sponsors the Reston Century to be held August 26, with options of various distances (104, 65, 34 miles).

For more information about the club and to learn more about group rides and Reston Century training rides, please visit [www.restonbikeclub.org](http://www.restonbikeclub.org).



First place winner Tyler Hutchins with Dan Scrafford and Amy Saylor.

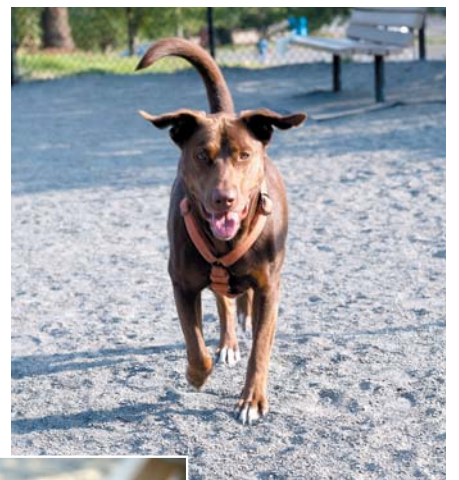
Tyler Hutchins holding up the jersey in front of the case showcasing the last four years' winning jerseys.



Hunter Southworth of McLean brings his Shiba Inu, Henley, to the Baron Cameron Off-Leash Dog Area at least once a week. On July 18, the weather is warm, but Henley needs some exercise.

## A Day at Reston Dog Park

Nestle, a Labrador-Pitbull-Poodle mix enjoys the cooling weather at the Baron Cameron Off-Leash Dog Area with owner Todd Hamlin on July 18.



Four-month-old Annie of Herndon takes a break on July 18 after running around the Baron Cameron Off-Leash Dog Area with doggie friends and owner Molly Wood.

PHOTOS BY DEB COBB/THE CONNECTION



**Residents of the Stonegate Community pay tribute to their outgoing community coordinator, Jackie Phan.**



PHOTO BY  
ALEX McVEIGH/  
THE CONNECTION

## Saying Farewell at Stonegate

**Coordinator Jackie Phan made impression on residents of all ages.**

BY ALEX McVEIGH  
THE CONNECTION

In her three-plus years as community coordinator for Stonegate Community Center in Reston, Jackie Phan impacted almost every single resident of the nearby apartment complex. Young children remember that a blue jeep meant “Ms. Jackie” was in, and the adults enjoyed working with her. Edia Bruce interned with Phan for two years, and praised Phan’s leadership style.

“She had the very special quality to be able to lead, but without making you feel like you were being pushed around or bullied,” she said. “We all learned to depend on what she says, because she’s a fountain of resources, I’ve never seen anybody capable of making connections like she could. This community had gotten great benefits because of her networking.”

Sandra Nosegbe said it seemed like Phan was always hard at work.

“I would get home late and still see her office light on, she’d be in there working,” she said. “And she was always ready to bring the community together for a meeting to discuss anything that was important, and she always had the right information to give us.”

**PHAN HELPED** coordinate many activities for local residents, including lunch programs, basketball games at the nearby courts, movie nights, Bingo nights, senior citizens’ activities and Mary Kay nights for women. She also set up an after-school lounge for community children to come in and do homework.

As a single father, James Sesay came to know Phan as someone who was reliable around his children and someone who was incredibly trustworthy.

“She had made such a difference to my family, babysitting when I needed to work a late shift and creating programs to keep them involved with their

community,” he said. “I don’t think I have ever met anyone as trustworthy as her, someone who I was never afraid to let watch my kids.”

Phan also got children involved in a cheerleading program, founding the Jetz, a Reston-based All-star team in 2006.

“I was feeling like I needed a way to express myself and Ms. Phan knew exactly what I would like, she recommended the cheerleading program,” said Dymond Harris, 12.

Sesay remembers his daughter looking for ways to get her out of her shell when Phan recommended the cheerleading program.

“She was very shy and looking to learn something new when Jackie called and said she might like cheerleading,” he said. “And she was absolutely right, my daughter loved it.”

Tamara Dean was another resident who learned a lot from Phan.

“Before I met her, I wasn’t all that confident, but just being around her and watching how confident she was, how she always went after what she wanted, I started to pick things up,” she said. “Now I know that I just need to chase what I want and not give up.”

**STONEGATE** has a diverse population, with residents that are natives of countries across Asia, Africa and the Middle East.

Abdul Raufi has lived in Stonegate for the past seven years, and noticed two major changes as soon as Phan arrived: More people became involved in the community, and their access to local services improved. He was also a direct beneficiary of her generosity.

“I had a family emergency back in Afghanistan, and I had to go home. While I was away, I was let go from my company and started looking for a job as soon as I got

back,” he said. “I had a Cox bill of about \$200 for some kind of interest, and told Jackie about it, and she immediately got on the phone and got credits to reduce the bill to \$80.”

While the community children might always remember the sight of Phan’s blue jeep, some residents will always remember the motto that best describes her.

“If she had a sign on her head, it would say ‘the best and nothing less,’” Bruce said.



PHOTO CONTRIBUTED

**Jackie Phan, who served as community coordinator for the Stonegate Community Center, will move on to another position and will be missed by local residents.**

## Public Interest Vs. Absolute Discretion

**Lack of transparency forces some to consider lawsuits just to get information.**

BY MICHAEL LEE POPE  
THE CONNECTION

Brook Besha is at his wit’s end. It’s been almost four years since the Fairfax County Police Department shot and killed his son. But even today, he still does not have access to the investigation conducted by the Arlington County Police Department. Like people across Virginia, Besha has to make a difficult choice — should he file a lawsuit just to find out what happened to his son? For now, he says, the answer to that question is no.

“We don’t have the money or the resources,” said Besha, who had to move away from Northern Virginia after the death of his son because the emotions were too raw. “Given the county’s record, many lawyers were hesitant or reluctant to pick up the case.”

That means that Besha may never have access to the document that outlines what happened that day in December 2008, when Fairfax Police officials say his son robbed a bank in McLean before driving across the border into Arlington. Unlike court cases, which are governed by the rules of discovery, public availability of documents is guided by the Virginia Freedom of Information Act. One part of that law provides unlimited discretion for police agencies to shield “documents, memoranda, correspondence, case files or reports, witness statements and evidence.”

“As a lawyer, if someone doesn’t show me documents when I ask for them, I am going to assume that the reason is that those documents are damning to their position,” said Simon Sandoval-Moshenberg, an attorney at the Legal Aid Justice Center. “And as a community member, I want to know that my police aren’t going around shooting people when it’s not necessary to do so.”

number of high-profile police-involved shootings, many of which remain under a cloud of secrecy as a result of the broad exemption powers given to police agencies under the Virginia Freedom of Information Act. One example of a case in which documents were finally released to the public is the case of Salvatore Culosi, the 27-year-old optometrist who was shot and killed by Fairfax officers in January 2006. Those documents were only released after the Culosi family filed a wrongful death lawsuit, which eventually led to a \$2 million settlement.

“I’m sorry for what happened,” Fairfax Police Chief David Rohrer told Culosi’s parents last year on a cable public access show known as “Reston Impact.” “I wish I could go back and undo that.”

But what happens if nobody ever files a lawsuit? In case after case in Northern Virginia, that means that the public may never know if police engaged in misconduct or not. From the burglaries and assaults to car thefts and murder, police agencies enjoy broad discretion to prevent public access in all cases, regardless of whether the case is open or closed. Police officials argue that secrecy is an important part of their work.

“A promise of confidentiality doesn’t necessarily die with the death of the victim or the informant,” said Dana Schrad, executive director of the Virginia Association of Chiefs of Police. “It’s not only to protect the integrity of an investigation but also to protect a promise of anonymity.”

**EVERY YEAR** in Richmond, members of the General Assembly consider a number of potential changes to the Virginia Freedom of Information Act. But any time the broad exemption powers enjoyed by police

SEE PUBLIC INTEREST,  
PAGE 5

**RECENT YEARS** have seen a



# Local Student Keeps Watching Weather

Seventh grader Andrew Bottom runs two weather-related websites.

BY ALEX MCVEIGH  
THE CONNECTION

**W**hen it comes to weather, Herndon Middle School student Andrew Bottom has got it covered. The seventh grader and Reston resident has been studying the weather since his days at Aldrin Elementary School.

Bottom has been fascinated by the weather since he was in second grade, and recalls Hurricane Ernesto, which hit the mid-Atlantic region in August 2006 as being a particular catalyst.

Bottom runs two weather websites, one dedicated to covering severe weather events, and another focused on Reston.

On the severe storms site, Bottom writes about the four major types of storms: tornadoes, hurricanes, blizzards and thunderstorms. He also includes seasonal safety tips.

**BOTTOM TOOK A CLASS** in web design to learn how to create his website, the end result of which was his severe storms site. His parents gave him the URL for Reston Weather Service as a Christmas gift.

"I do all my own HTML for the site, which can be a long process writing it out for each page, but I got used to it after a while," Bottom said. "Now it only takes me about five or six minutes."

Bottom updates his Reston Weather Service site twice a day, usually first thing in the morning and in the mid to late afternoon. It contains daily and nightly forecasts, as well as the five-day forecast.

"I put up the forecast for each day, and also make sure to post any weather advisory that is happening," Bottom said. "It's been an interesting year, since 2012 has been one of the hottest years ever, and I was able to write about the lack of snow over the winter."

Bottom was unable to do much work after the derecho strike at the end of June, like many in the region, he lost power that Friday evening.

"From the research I've done, one happens about every four years, but there's actually been a lot lately," he said. "Especially in the west. One rolled through Chicago and Cincinnati recently."

**HIS RESTON WEATHER SERVICE** site also contains a weather blog, which Bottom uses to explore various topical issues, such as tornado droughts,



PHOTO BY ALEX MCVEIGH/THE CONNECTION

**Andrew Bottom, a Reston resident and seventh grader at Herndon Middle School, operates two websites dedicated to his interest in the weather, both local and national.**

Death Valley and historic temperatures.

"I try to update the blog on at least a weekly basis, usually more during the summer and when there are a lot of weather-related activities going on," he said. "I think hurricanes are one of the things that interests me the most, there's just so much power that can do so much damage involved. Any of the tropical weather systems."

Bottoms says his hero is Weather Channel Meteorologist Jim Cantore, and though it's years away, he's already looking at colleges that offer a program, including Cantore's alma mater Lyndon State University.

He even has on camera experience, appearing on ABC7's morning newscast in 2007, giving the forecast and other information throughout the broadcast. He also spent some time in FOX 5's newsroom in September 2010, examining the facilities and even sitting at the anchor desk with Tony Perkins and Tucker Barnes.

"It was fun, they showed up about 3:30 a.m. with their RV at our townhouse in Reston," he said.

Bottom also has regular experience, becoming Aldrin's unofficial weatherman during his last few years there.

"They really helped solidify his interest there, he got to go on their news program, and met Bob Ryan," said his mother, Angela Bottom. "That interest led to him creating the websites, because he wanted a place to show what he knows."

Bottom's severe storm site can be found at [www.allaboutseverestorms.webs.com](http://www.allaboutseverestorms.webs.com), and the Reston Weather Service can be found at [www.restonweatherservice.com](http://www.restonweatherservice.com).

## Envisioning 'After the Apocalypse'

Local novelist explores future of mankind.

BY ALEX MCVEIGH  
THE CONNECTION

**I**n a career spent working in international development, Reston resident David Anderson has seen his fair share of exotic locales and the issues they face every day. And his years of work taught him something.

"What I concluded was that all these issues, they're getting work, and all the agencies and initiatives aimed at improving things weren't helping," he said. "We have a lot invested into trying to solve the world's problems, but what if we can't?"

That question was what inspired Anderson to write his first novel, "After the Apocalypse: The New Way." In it, Anderson tells the story of mankind's near-extinction, and what can be done to rebuild society.

"In the financial crisis of 2008, there was concern that investors would pull their money out of the market, and that would have caused a collapse," Anderson said. "In my book, the same crisis happens, but there's no way to slow the tide and there's a run on the banks. The dollar collapses, followed by other monies, and then nothing works, no supermarkets, gas stations, water or electricity."

The novel picks up 285 years after mankind's number have been reduced from several billion to about 10 million. They have reverted to humanity's original state, hunter-gatherers who live in harmony with the land.

"I tell the story of a group of monks who have preserved humanity's knowledge, and they come out of hiding to teach," he said. "They teach the new way, to live sustainably, not trying to change the land, but living with it."

The monks present their knowledge of humanity, which includes the culture and art that was lost, but with a caveat:



PHOTO CONTRIBUTED

**Reston resident David Anderson's first novel, "After the Apocalypse: The New Way" has just been released, and deals with humanity's struggle to survive after a worldwide collapse.**

humanity can know about it, but cannot put it into action. The story goes on to explore the intricacies of human nature, and whether or not it is possible for humans to continue to live in a sustainable manner.

Anderson admits he reads almost anything, from science fiction to mystery and historical fiction, but hadn't done much creative writing before this project.

"I think there are things I can improve on, like character and scene development, but I wanted to bring out my philosophy and I think I achieved that," he said.

The book has been well received for the issues it raises.

"This is an intriguing allegory as David Anderson focuses on a New Way of life based on healthy harmonious relationships with others," wrote Harriet Klausner of the website Genre Go Round. "As expected with parables, most of the cast even the council symbolize aspects of life; except for the concerned Jules and the enthusiastic Joicila."

The book can be purchased at Amazon and at [www.lulu.com](http://www.lulu.com). More information, as well as blog posts and discussions, can be found at [www.aftertheapocalypse.org](http://www.aftertheapocalypse.org).



## WEEK IN RESTON

### Volunteers Needed for Reston Multicultural Festival

The Reston Community Center (RCC) is looking for volunteers for the 2012 Reston Multicultural Festival, planned for Saturday, Sept. 22 at Lake Anne Plaza. Volunteers of all ages are needed to set up and break down the event, direct parking, collect surveys, assist with children's activities, and assist with concessions.

Volunteers of all ages are welcome; volunteers younger than age 13 must be accompanied by an adult. All volunteers will receive a commemorative T-shirt and a food voucher.

Available volunteer jobs will be as follows:

**Parking Attendants:** Control access to the parking lot and direct the public to parking areas around the plaza. Volunteers must be at least 18 years old.

**Exit Survey Collectors:** Collect evaluations from festival attendees.

**Children's Area Volunteers:** Assist children with hands-on activities.

**Concessions Volunteers:** Assist with selling popcorn, hot dogs and cotton candy.

**Set-up/Break-down Volunteers:** Set-up volunteers in the morning will help with decorating the plaza and setting up tables, chairs and tablecloths. Note that set-up will begin as early as 7 a.m. and break-down will begin at 5:30 p.m.

Interested volunteers should contact Ha Brock, Reston Association Community Outreach Specialist, at 703-435-7986 or habrock@reston.org. Specify which shift and job you would like to volunteer for.

The Reston Multicultural Festival is an annual event that brings together the people of Reston to celebrate its rich medley of cultures. Admission is free and all are invited to come and share their culture and learn about others with family, friends and neighbors.

The Reston Multicultural Festival is hosted by the Lake Anne of Reston Condominium Association and co-sponsored by the Reston Community Center and the Reston Association, with partners from a variety of Reston-based organizations and businesses. For more information about the festival, visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

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## Public Interest Vs. Absolute Discretion

FROM PAGE 3

agencies are questioned, police chiefs and prosecutors object. A good example of this is the 2010 bill introduced by state Sen. John Edwards (D-21), which would have opened access to documents in cases that are closed.

"Once a case is closed, there's no legitimate policy reason to keep it from the public," said Edwards, who took an interest in the issue when he couldn't get documents in the 2007 Virginia Tech massacre.

So far, that bill has yet to gain any traction. A subcommittee of the Freedom of Information Advi-

sory Council has considered the bill a few times, although its members have not taken any action to recommend any action of the General Assembly. But that doesn't mean that the lingering questions about officer involved shootings haven't made an impact on elected leaders.

"In my opinion, officer-involved shootings are in a different category," said Del. David Albo (R-42), adding that he would support legislation that provides more transparency for these documents.

"This is an area where the public has a right to know what happened."

**"Given the county's record, many lawyers were hesitant or reluctant to pick up the case."**

**— Brook Besha, father of a teenager who was killed by Fairfax County police officers**

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# OPINION

## Readers Respond on TJ Admissions

**“Stop making smart 8th graders feel inferior because they are not admitted.”**

**R**eaders responded to last week’s editorial, which cited a civil rights complaint about the apparent lack of access to gifted and talented programs and admission to Thomas Jefferson High School for Science and Technology.

The larger impact of the disparities is evident in the demographics of the students who qualify for gifted and talented services at a certain level in elementary school, which affects more than 12,000 students. By comparison, the incoming class at Thomas Jefferson is 480 students.

From the complaint:

“Being ‘identified’ as eligible for Level 4 services is no easy task for Black or Latino students in Fairfax County. Data specifically broken down for elementary and middle school was not readily available. However, overall K-8 data is striking. Among the 12,044 elementary and middle school students identified last year as eligible for Level IV GT services by FCPS last year, substantial racial and ethnic disparities are evident.”

Hispanic students make up 6.2 percent of those identified as gifted but 22 percent of students overall. Black students make up just 3.8 percent of those identified but nearly 10 percent of students overall.

The complaint was filed by Martina Hone, former school board member and founder of the Coalition of the Silence, and Charisse Espy Glassman, education chair of the Fairfax NAACP.

**HERE ARE** some excerpts from reader comments:

“The [editorial] was incomplete ... as it failed to address the relatively much larger issue of white students admission to Thomas Jefferson, which your article states as 26 percent of the class of 2016, which is versus a Fairfax County school system white student population of about 45 percent.”

**Brad Brewster**, Fairfax Station

“[Poor students are] not innately less talented, however they don’t reach their full potential ... This should come as no surprise considering their home environment includes over-worked parents that have ‘no time’ to micromanage a student, and no resources to hire a tutor. The stereotypical Asian ‘Tiger Mom’ is not just a stereotype, in my experience ... The persistent encouragement for success from such a parent is likely behind the large Asian representation at TJ. Having tu-

underrepresented Asians (families from Vietnam and the Philippines). But long ago, TJ decided that racial and ethnic diversity could not be pursued ... Many want TJ, not because they are interested in science and math, but because TJ is a safest way to be admitted to UVA. Make every school in Fairfax County as incredible as TJ is. Clearly many, such as those in our area, McLean and Langley, are already there. Provide access to advanced courses at George Mason for those who need special acceleration. And stop making smart 8th graders feel inferior because they are not admitted.”

**Eddie Eitches**, McLean

### Demographics

	White	Asian	Hispanic	Black
Fairfax County	62.7	17.6	15.6	9.2
FCPS	44	20	22	10
TJ	26.2	64.2	2.7	1.4
Gifted and Talented	51.3	32.4	6.2	3.8

tored a disadvantaged Hispanic student for the first time last year I noted he had access to cable TV and both the latest Xbox and Playstation gaming systems (all the distractions of a wealthier student) but lacked the encouragement from his mother (a single parent household) to reach academic excellence. This was an unfortunate combination.”

**Daniel Bronson**, Arlington

“This is a culture contest pure and simple. One culture puts study and commitment to educational goals at the top of life’s responsibilities and diversions. The others, not nearly so much. Change the cultures if you can.”

**William Smith**, Fairfax

“There are sufficient talented African Americans in the jurisdiction to make up at least 10 percent of TJ, their percentage of the overall population. And this is true for Latinos and

### DEMOGRAPHICS:

Whites make up 62.7 percent of Fairfax County population, 44 percent of students in Fairfax County Public Schools, 51.3 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 26.2 percent of the incoming class at Thomas Jefferson.

Asians make up about 18 percent of the overall Fairfax County population, 20 percent of students in Fairfax County Public Schools, 34 percent of elementary and middle school students who qualify for higher level gifted services in FCPS and 64 percent of the incoming class at Thomas Jefferson.

Hispanics make up about 16 percent of the overall Fairfax County population, 22 percent of students in Fairfax County Public Schools, 6 percent of elementary and middle school students who qualify for specific gifted services in FCPS and 3.8 percent of the incoming class at Thomas Jefferson.

Blacks make up 9.2 percent of the Fairfax County population overall, 10 percent of the students in Fairfax County Public Schools, 3.8 percent of the students who qualify for specific gifted services in FCPS and 1.4 percent of the incoming class at Thomas Jefferson.

### COMMENTARY

## Virginia’s Crooked Road

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



**J**ane and I are about to embark on an extended weekend visiting one major venue on Virginia’s Heritage Music Trail, The Crooked Road ([www.thecrookedroad.org](http://www.thecrookedroad.org)). As you read this we will have just returned from the FloydFest Concert featuring Ricky Skaggs, Sam Bush, Alison Krauss, and many others. The Festival is in Floyd County just south of Blacksburg and Virginia Tech in a small town that has been named one of the 100 Best Small Arts Towns in a book by that name. Our trip was made possible in part from a contest we won.

connects major heritage music venues, and FloydFest is one of many festivals and concerts along the way. We are excited about our trip because the drive through Southwest Virginia could not be more spectacular. We will get to enjoy the music for which the region is well known from old-time fiddle and banjo, a cappella gospel and ballad singing, and bluegrass among others. Ralph Stanley and

the Carter Family are among the better known performers who called the region home. In addition, we will be shopping for the distinctive Appalachian Mountain arts and crafts and hiking some of the trails.

The eastern most point of The Crooked Road is Rocky Mount in Franklin County, moonshine capital of the state, and heads westward and south paralleling the North Carolina and Tennessee borders. It passes through Galax, “World’s Capital of Old-Time Mountain Music,” and home of the annual Old Fiddler’s Convention that might be one of the world’s largest (scheduled for Aug. 6-11, 2012). Next along the way is beautiful Abingdon, and after Gate City,

the Road turns back north through the Appalachian Mountains and coal mining country to end at the Breaks Interstate Park. There are many more venues for music and entertainment than I have listed. I suggest taking a look at The Crooked Road travel guide at [www.thecrookedroad.org](http://www.thecrookedroad.org).

Jane attended Virginia Tech and lived next door to the region as a college student. I have visited the region many times on legislative and other business. We are excited about going back even if for a short time. Southwest Virginia is unique in its history and culture. It is a great place to get to know. You may want to take a trip on Virginia’s Crooked Road.

## Reston CONNECTION

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PHOTO CONTRIBUTED

DMV 2 Go's Maha Zahid talks with Del. Ken Plum (D-36) about the handicapped-accessible, full service DMV 2 Go mobile office, which was open for business at Reston Town Center.

## DMV 2 Go

## Mobile DMV Comes to Reston Town Center

Del. Ken Plum (D-36) helped launch a new partnership between DMV's mobile services and the Reston community during a visit to the Reston Town Center on Wednesday, July 18.

DMV's mobile offices, called DMV 2 Go, travel the state bringing services directly to busy Virginians at businesses, government complexes, college campuses, military bases, assisted living facilities and more.

DMV 2 Go first visited Reston Town Center in March, serving more than 75 customers. Thanks to that success, DMV 2 Go will now be providing regular services every other month. At the most recent

visit, staff served nearly 100 customers. Del. Plum first toured the mobile office during a visit to downtown Richmond when DMV 2 Go was open for business to serve legislators outside the General Assembly building. "I saw then what a great and efficient service this mobile office is, and I'm so delighted to see it serving customers here in Reston," said Plum. "Northern Virginians always appreciate the opportunity to save a trip, especially when it concerns government services they need."

DMV 2 Go will be visiting Reston Town Center again on Sept. 19 and Nov. 20. The mobile office will be parked outside the Pavilion from 9 a.m. to 4 p.m. 2013 dates are being finalized.

## Free Remodeling & Design Seminars!

Sat., Aug 11<sup>th</sup> — 10am-2pm

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- Universal Design-Planning Ahead

Seminars run from 10am-Noon.

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Please arrive at 9:45am for check-in.

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PHOTOS CONTRIBUTED

Members of the band Turtle Recall, which features several South Lakes High School graduates, perform. The band recently completed their first album “Thanks Anyway.”



The band Turtle Recall, which consists of several Reston natives, has released their first album “Thanks Anyway.”

# Turtle Recall Releases Debut Album

Local band consists of several South Lakes graduates.

By Alex McVeigh  
The Connection

It was the start of 2009 when South Lakes High School graduate John-Currie Hester made a resolution to his fellow South Lakes graduate Guido DeHoratiis: to start a band. Soon they recruited a few other South Lakes alumni to join up and they started playing covers at shows around the area.

“I went to school to study music, but soon found that I couldn’t really get into things like German opera, so I switched to business,” he said. “Once I got a job, I soon felt the pressure to satisfy that creative desire, so we started playing together. At first it just felt good to sing and play, we didn’t even think about writing. But we kept playing and growing together, and finally were coaxed into getting some studio time from friends with studio connections.”

Soon Hester and DeHoratiis recruited South Lakes classmate Matt Kupferman, a fiddle player and fellow alum, vocalist Erin Girardi, who graduated a year after them at South Lakes, as well as Oakton High School graduate Alex Penney, who plays bass.

“We were all sort of connected to each other while at South Lakes, some were in chorus, or marching band or orchestra together, but we all had a connection,” Hester said. “Soon the band, who christened themselves Turtle Recall, were in the studio recording what became their debut album “Thanks Anyway.” During the recording process, the band found themselves



Members of the band Turtle Recall in the studio recording their debut album “Thanks Anyway.”

evolving past anything they thought they could ever become.

“We knew it would be a big commitment to all of us, and not just in terms of time and money,” said Girardi, who shares lead vocal duties with Hester. “As soon as we hit that go button, everyone sort of got into crazy mode, and by the time we came out, we had about 12 songs to choose from, some that weren’t even written when we started recording.”

**AS A BAND** primarily used to performing live in front of friends and supporters, they found the studio to be intimate, uncomfortably so. DeHoratiis, who plays guitar and drums on the album, called the vocal booth “the dojo of self-loathing.”

But Hester said while the vocal sessions did come with a lot of pressure, it went a little smoother than he thought.

“It was actually a little easier

times songs are written with one of us in mind for specific parts, other times it’s just a matter of a part being too high for his range, so it went to me.”

Girardi’s creative ideas most often come in the form of voice memos recorded on her iPhone, sometimes a melody or collection of few notes.

“Sometimes it’s just the tiniest snippet of music, but they eventually became whole songs,” Hester said. “I have to tell her that they just can’t stay in her voice memos, they’re not doing anyone any good then.”

While Hester or Girardi come up with initial parts of most songs (“we’re like the engine,” he says), Hester calls DeHoratiis the “oil that makes the songs work.”

The band’s distinct sound comes from fiddler player Matt Kupferman, who plays his instrument as if it were a lead guitar. Many of the fills and all of the solos on the album are fiddle, with a sound reminiscent of the fiddle on Bob Dylan’s “Hurricane.”

**AROUND FALL 2010**, Hester started writing songs. Though the songs have a sonic resemblance to pop, rock, bluegrass and other genres, Hester’s songwriting doesn’t fit any of those styles.

“I mostly write just to serve the melody in as many ways as possible, I’m not too concerned with verses and choruses,” he said. “It doesn’t have to be four chords repeated.”

This is evident on most of the album’s tracks, where songs switch tone and feel on a dime, such as “Play Nice,” where auto-tuned vocals and 80s-style keyboards quickly dissolve into a dissonant conclusion with heavy

## ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week’s paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### THURSDAY/AUG. 2

**Carnival Sneak Peek.** 10-11 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Shows and rides. \$15-\$25 for one-day unlimited ride pass. 703-437-9101.

**Take a Break Concert Series: DPT.** 7-9 p.m. Lake Anne Plaza, 11402 Washington Plaza West, Reston. New Orleans Jazz and Funk. Free. 703-476-4500.

### FRIDAY/AUG. 3

**Big Truck Night, Outdoor Movie, and Carnival.** 5-10 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Carnival games and rides for kids, and a showing of “Cars 2” at dark. Ride tickets \$1. 703-437-9101.

**“Dirty Rotten Scoundrels.”** 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. A musical about two con men plying their “trade” in the French Riviera. \$23. [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

**Pushcart Players: Happily Ever After... A Cinderella Tale.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Featuring music by composer Larry Hochman. \$8-\$10 at 1-877-WOLFRAP or [www.wolftrap.org](http://www.wolftrap.org)/TTTW.

**Wolf Trap Opera Company: The Rake’s Progress.** 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. [www.wolftrap.org](http://www.wolftrap.org).

### BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday. [restoncommunityorchestra.org](http://restoncommunityorchestra.org)

### SUNDAY/AUG. 5

**Dog and Cat Adoptions.** 1-4 p.m. PetSmart, 8204 Leesburg Pike, Vienna. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

### MONDAY/AUG. 6

**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](http://restoncommunityorchestra.org)

### WEDNESDAY/AUG. 8

**Virginia Chronic Pain Support Group Meeting.** 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

**Multiple Sclerosis Support Group.** 7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. The group meets the second Wednesday of every month. Free. 703-768-4841.

### SATURDAY/AUG. 11

**Brinker Toastmasters.** 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. [brinker.wordpress.com](http://brinker.wordpress.com).

### MONDAY/AUG. 13

**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

**Carnival Sneak Peek.** 10-11 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Shows and rides. \$15-\$25 for one-day unlimited ride pass. 703-437-9101.

### SATURDAY/AUG. 4

**4-H Carnival and Farm Show.** 9 a.m.-10 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Animal shows, farm activities, and carnival rides for kids. 703-437-9101. [www.4hfairfax.org](http://www.4hfairfax.org).

**“Dirty Rotten Scoundrels.”** 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. A musical about two con men plying their “trade” in the French Riviera. \$23. [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

**Pushcart Players: Happily Ever After... A Cinderella Tale.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Featuring music by composer Larry Hochman. \$8-\$10 at 1-877-WOLFRAP or [www.wolftrap.org](http://www.wolftrap.org)/TTTW.

**Big Band Jazz.** 7:30 p.m. Reston Town Center Pavilion, Market St., Reston. U.S. Airmen of Note, the U.S. Air Force jazz band, in concert. [www.restontowncenter.com](http://www.restontowncenter.com).

**Family Fun Entertainment Series: Bewolf! T. Wonderbunny’s Travelling Show of Mystery.** 10-10:45 a.m. Reston Town Square Park, Corner of Market Street and Explorer Street. 703-476-4500.

**CINE CLASSICS Movie Series “The Maltese Falcon” (1941).** 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. [bowtietcinemas.com](http://bowtietcinemas.com)

### SUNDAY/AUG. 5

**Reston Concerts on the Town**

### SATURDAY/AUG. 18

**Back-to-School Health Fair.** 8:30 a.m.-1:30 p.m. Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Suite #103, Herndon. Open to children currently residing in Fairfax County for school, sports and annual physicals 703-481-8160

### SUNDAY/AUG. 26

**Cat Adoption.** 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

### MONDAY/AUG. 27

**Week-long Fishing with Friends Camp.** 8:30 a.m.-4:40 p.m. Vienna Community Center, 120 Cherry St. S.E., Vienna. For ages 9-14. Learn beginner and intermediate tricks and tactics for freshwater fishing in nearby ponds and rivers. Virginia Fishing Adventures provides all food, drinks, bait, tackle, rods, reels and lifejackets. \$550-\$600. 703-255-6360 or [www.viennava.gov](http://www.viennava.gov).

### TUESDAY/AUG. 28

**INOVA Blood Drive.** 12-7:30 p.m. Reston Town Center, 11900 Market Street, Reston. Schedule appointments at 1-866-256-6372 or [inova.org/donateblood](http://inova.org/donateblood).

### SUNDAY/SEPT. 23

**Cat Adoption.** 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

**Series - Airmen of Note.** 7:30-10 p.m. Reston Town Center, 11900 Market Street, Reston. U.S. Air Force Jazz Band. [www.restontowncenter.com](http://www.restontowncenter.com).

### “Dirty Rotten Scoundrels.”

3 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. A musical about two con men plying their “trade” in the French Riviera. \$23. [www.eldenstreetplayers.org](http://www.eldenstreetplayers.org).

**Wolf Trap Opera Company: The Rake’s Progress.** 3 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Preshow talk one hour before performance. [www.wolftrap.org](http://www.wolftrap.org).

**CINE CLASSICS Movie Series “The Maltese Falcon” (1941).** 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. [bowtietcinemas.com](http://bowtietcinemas.com)

**4-H Carnival and Farm Show.** 9 a.m.-7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Animal shows, farm activities, and carnival rides for kids. 703-437-9101. [www.4hfairfax.org](http://www.4hfairfax.org).

**“Resilient” Opening Reception.** 2 - 4 p.m. Reston Community Center Lake Anne, The Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. Opening of Kevin Michael Earley’s “Resilient” exhibit depicting journeys of spiritual struggle.

### MONDAY/AUG. 6

**Mr. Knick Knack! Children’s Performance.** 10:30-11:15 a.m. Reston Town Center, 11900 Market Street, Reston. [www.restontowncenter.com](http://www.restontowncenter.com).

**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](http://restoncommunityorchestra.org)

### TUESDAY/AUG. 7

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

**Before the People Came.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Based on an African fable, the production features a combination of poetry, dance, and delightfully imaginative costumes accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFRAP or [www.wolftrap.org](http://www.wolftrap.org)/TTTW.

### WEDNESDAY/AUG. 8

**“This is a Cookbook. For Real Life” Cookbook Club at Williams-Sonoma.** 6-8 p.m. Reston Town Center, 11900 Market Street, Reston. \$75, includes book. 571-203-8815. [williams-sonoma.com](http://williams-sonoma.com).

**Before the People Came.** 10:30 a.m. Filene Center, 1551 Trap Road, Vienna. Based on an African fable, the production features a combination of poetry, dance, and delightfully imaginative costumes accompanied by a blend of jazz, blues, pop, and African rhythms. \$8-\$10 at 1-877-WOLFRAP or [www.wolftrap.org](http://www.wolftrap.org)/TTTW.

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

### FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday.

**The recently formed IHS Press Group** has announced the first Rebuilding Christendom Conference, featuring 10 prominent scholars, writers, and activists who will proclaim the politics of Jesus Christ as they offer a vision of reconstruction amid the ruins of the modern world.

This event will be held Aug. 24 - 26 at the Dulles Marriott in Dulles, Va. The \$200 registration fee covers the full three days of talks plus all meals. A limited number of discounted rooms are available while they last by calling the hotel at 1-800-228-9290 and mentioning the conference.

Those planning to attend are encouraged to register at <http://www.rebuildingchristendom.com>

Seating is limited; on-line registrants save \$50 off the price at the door. For more information, call 757-925-7904 or e-mail [conference@ihspress.com](mailto:conference@ihspress.com).

**Vajrayogini Buddhist Center,** Brown’s Chapel, 11450 Baron Cameron Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach ‘Living Meditation: Meditation for Relaxation,’ teachings and guided meditations that teach students how to relax their body and mind. \$12. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-986-2257.

**Trinity Presbyterian Church,** 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

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# WELLBEING

## Taking Care of One's Teeth

American Dental Association says many Americans don't know basic oral care.

BY MARILYN CAMPBELL  
THE CONNECTION

**H**ere's a pop quiz: How often should a person replace their toothbrush? "Once a year," said Terrie Andrews of McLean.

When should a parent schedule a child's first dental appointment? "Just after their 6<sup>th</sup> birthday," said Julie Mahon, an Alexandria mother of 2-year-old twins.

Both answers are incorrect, but consistent with the findings of a new survey by the American Dental Association, which tested the average person's knowledge of oral health care. On average, Americans did not know the answers to questions ranging from how often to brush to what causes cavities.

**THE SURVEY** is part of an initiative, launched this summer, aimed at educating the public about maintaining healthy teeth. Dental care experts say prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy. "Good dental health is important, as we are living longer and we need to make the one set of teeth we get last a lifetime," said Dr. Matthew Messina, ADA consumer advisor.

In fact, toothbrushes should be replaced every three months or as soon as the bristles become frayed or worn. The ADA also recommends brushing one's teeth twice per day and says a child's first dental visit should take place no later than six months after the first tooth appears.

More than 80 percent of those surveyed believe sugar causes cavities. They're actually caused by acid that forms when germs in the mouth feed on sugar. The acid attacks and weakens the tooth enamel, allowing a cavity to form.

The survey showed that many believe gums that bleed after brushing is normal, but experts say such bleeding could be a sign of early gum disease. "Periodontal disease is a slowly progressing disease where the early warning signs are subtle. There is seldom any pain until the disease is very advanced. Redness and puffiness in the gums around the teeth are something to watch for. Bleeding of the gums when someone brushes or flosses is not normal and should be evaluated. Eventually, pain and swelling from gum infections will occur, but the damage is advanced by that point," said Messina.

Diet plays a role in healthy teeth, as well. "Don't underestimate the role of nutrition and the role that food choices play in preventing gum disease and maintaining healthy teeth. The presence of too much or too little of any nutrient can have harmful effects, particularly on the mouth and teeth, and may contribute to oral diseases and infection," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "Your teeth and jaws are made mostly of calcium. Without enough calcium in your diet, you risk of developing gum disease and tooth



**Dr. Matthew Messina of the American Medical Association says prevention, care and treatment information are key to fighting gum disease and keeping teeth healthy.**

**"Good dental health is important, as we are living longer and we need to make the one set of teeth we get last a lifetime."**

— Dr. Matthew Messina

decay. Iron deficiency can cause your tongue to become inflamed, and sores can form inside your mouth." Martin added that a lack of vitamin B3 can cause bad breath and canker sores.

### SELECTING THE BEST DENTIST FOR A CHILD

Choosing the right dentist for one's child is one of the most important decisions that a parent will make. What should a parent consider when choosing a pediatric dentist? The American Academy of Pediatric Dentistry offers a few suggestions:

- ❖ Does the dentist have special training or interest in treating children?
- ❖ Is the dental office set up for children? For example, does it offer toys, books, games or child-sized furniture?
- ❖ How does the dental office manage emergencies?
- ❖ Is the office conveniently located to your home or child's school?
- ❖ Does the practice accept your dental benefit plan?
- ❖ Is the dentist a member of the American Dental Association and the American Academy of Pediatric Dentistry?

### DENTISTRY ON THE EDGE: THE LATEST TECHNOLOGY IN COSMETIC DENTISTRY

While a toothbrush and floss are considered the keys to a beautiful smile, cosmetic dentists have new tools in the quest for perfect teeth. The American Academy of Cosmetic Dentistry (AACD) says a few technological advancements are increasing safety, efficiency and patient comfort during dental procedures. Topping the list:

- ❖ Computer-Aided Dentistry-Computer-Aided Manufacturing: Dental restorations like porcelain crowns can now be made faster and without the mess of traditional, goop-filled rubber molds used to make impressions of one's teeth. The new procedure uses 3-D scans and computer software to create perfect restorations.
- ❖ iPad and Smartphone Applications: Tasks ranging from managing dental records to displaying x-rays are now made easier with a few new iPad and smart phone applications. One such application is the Smile Touch Guide, created by AACD dentist David Traub, DDS. Used for virtually any cosmetic procedure, dentists and patients can work together to decide on the correct shape and length of the teeth. The patient can see what the full set of teeth will look like and make changes.

❖ Digital X-Rays: With digital x-rays, cosmetic dentists can reduce the amount of radiation patients are exposed to with standard x-rays by as much as 90 percent. The dentist places a small camera into the patient's mouth and takes a picture. An image appears on a computer screen almost immediately. Cosmetic dentists say digital x-ray pictures are clearer than those taken with standard machines.

❖ Botox: Cosmetic dentists are now using Botox and dermal filler treatments to treat problems like temporomandibular joint (TMJ) disorders.

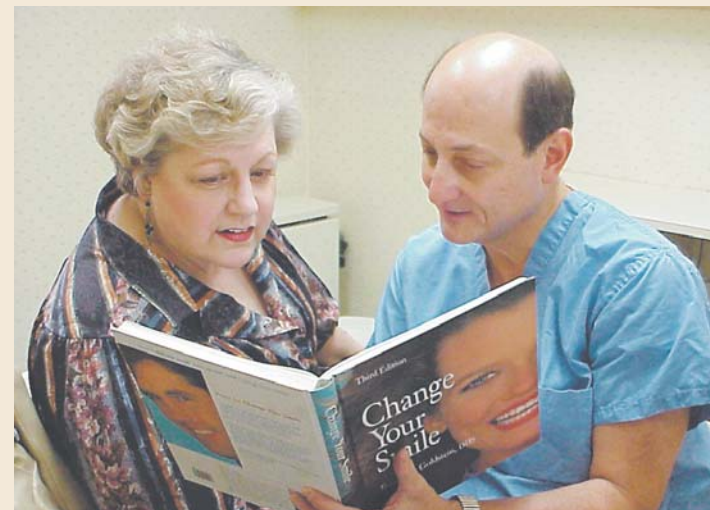


PHOTO COURTESY OF DR. RICHARD MILLER

**Halitosis specialist Dr. Richard Miller counsels a patient on oral health care. Experts say mouthwash often provides only a temporary solution for bad breath.**

## Beating Bad Breath

Dental experts offer solutions for chronic halitosis.

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen Amanda Welch's boyfriend asked her to marry him last spring, she accepted his proposal on one condition: that he find a cure for his bad breath.

"I just couldn't live with the smell," said the Arlington resident. "It was horrible. I told him he had to do something."

Foul breath, also known as halitosis, can affect a person socially and professionally. "I have heard many stories about bad breath ruining people's lives: business executives losing their jobs, young people whose dating lives were ruined, and even a few engagements and one marriage that were broken off," said McLean resident and halitosis specialist Richard A. Miller, DDS. He is also the author of "Beating Bad Breath."

Halitosis can be triggered by everything from poor oral hygiene to smoking to diabetes to kidney failure. "Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth, decayed food particles [or] other debris in your mouth, and bad oral hygiene," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "The decay and debris produce a chemical compound that causes the unpleasant odor. Even stress, dieting, snoring, age and hormonal changes can have an effect on your breath. Dry mouth and

tobacco also contribute to the problem."

Mouthwash, experts said, often only provides a temporary solution. Martin recommended cleaning one's tongue with a toothbrush or tongue scraper, increasing water intake and chomping on sugar-free gums that contain xylitol, a sugar substitute. He also advised those who wear dentures, mouth guards or retainers to clean the devices thoroughly between uses.

Bad breath treatment centers offer hope to those with super-sized malodorous dilemmas. During the initial session, which typically lasts about an hour and a half, patients get a diagnosis of the culprit behind the offensive fumes. "We have a halimeter that monitors the amount of sulfite in the breath that causes odor. This gives an idea of the severity of the problem," said Miller, who runs the Fresh Breath Clinic in Falls Church. "We check for bleeding under the gums and look for everything that can possibly contribute like stones in the back of the throat or anything going down the sinuses."

After the diagnosis, patients get a treatment plan. Services don't come cheap, however. An initial office visit starts at \$350 and increases according to the severity of the problem. Most insurance plans don't cover services for halitosis.

Still those who've cleared the air say finding a solution is worth every penny.

"We're getting married, so it was worth it to us," said Welch.



## WELLBEING

# Getting a Body Like an Olympian

Local fitness gurus offer gold medal advice for achieving a toned, muscular body.

BY MARILYN CAMPBELL  
THE CONNECTION

**M**uscular legs, toned abs and buffed biceps are hard to miss in London this week, but is it possible for the average sports fan to achieve a body like an Olympian? Local fitness experts say "maybe."

"It depends on your genetic make-up and how easily you build muscles," said Michelle Walters-Edwards, chair of Marymount University's Department of Health and Human Performance and an associate professor of exercise and health sciences at the Arlington campus. "It is possible for everybody to change physically and define they way they look, but that doesn't mean that we can all look like Michael Phelps."

Olympic-level fitness often requires resources that are not always available to the average fit-

ness enthusiast. "Often people don't have the money to join a gym or take a yoga class," said Andrew Mead of the National Association for Sport and Physical Education (NASPE) in Reston. "Other people say they don't have the time."

According to experts, the first stop on the road to a lean, muscular body is deciding on a goal, whether it is to tone muscle, lose weight or increase endurance.

"To get muscle definition, you have to change what is on top of the muscle," said Walters-Edwards. "Having less fat around the muscles gives it a better definition. You have to change your body fat composition or reduce the body fat that you have in order to show good definition of the muscles. You want to look at your body fat composition, reduce fat and build lean muscles. That combination in the long-term is what is going to make muscles look

more defined." Walters-Edwards recommended enlisting the help of a fitness professional to calculate one's body mass index (BMI).

Noshing on the right types of food can be more effective at achieving a lean physique than simply counting calories. "Stay away from highly-processed foods and starchy carbohydrates like white rice, white pasta, potatoes and white bread," said Walters-Edwards. "They can lead to large surges in the blood sugar when you've eaten them and that can make you hungry. Whole grains are great."

**FOR THOSE WHO** might not yet be in shape, experts said to start with small, attainable goals. "Make what ever you do fun and consistent," said Brenda Loube of the National Association of Health and Fitness and Corporate Fitness. "Just get moving."

Fitness plans must be consistent and include both aerobic exercise and strength training: "You have to work out at an intensity where you feel breathless, but you're not gasping for breath," said Walters-Edwards. "You have to be able to maintain that intensity for 30 min-



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

**Students at the Potomac Tennis Club work to tone and tighten their muscles. Fitness experts say that while it is possible to change one's body, not everyone can look like an Olympic athlete.**

utes (ideally 60 as you build your endurance) for a minimum of three to five days a week."

Adding muscle through strength training can boost one's metabolism. "To add muscle, you want to lift three sets of eight to ten repetitions with a rest in between each set, for all big muscle groups in the body," said Walters-Edwards. "You have to work at an intensity that is hard enough to make your body change."

Experts agreed that it's important to become informed about resources that aid in reaching fitness goals. "People are in need of support in terms of gaining knowledge and access to fitness," said Mead. "There is support to help." Mead and other experts recommended seeking help from online health and fitness tools such as [www.myfitnesspal.com](http://www.myfitnesspal.com), [www.dailyfitnesscenter.com/](http://www.dailyfitnesscenter.com/) and <http://www.aahperd.org/naspe/>.

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Lake Newport swimmer Anna Redican poses in front of the team banner after the first of her two record-setting performances at the RSTA All Star meet on Saturday, July 28.



Julie Kercher of RSTA league champion Lake Newport cuts through the water in the girls' (11 - 12) 50-meter butterfly at the RSTA All-Stars meet on Saturday.

PHOTOS CONTRIBUTED

## Records Fall as RSTA All-Stars Fly

### Two league records and 23 individual pool marks set.

At a normal meet on Saturday in June or July, Reston Swim Team Association swimmers have been known to, on average, set four, five or even six pool records. Saturday, July 28 was not a normal Saturday.

Under a partially cloudy sky, in front of hundreds of spectators at Lake Newport pool, the RSTA All-Stars put forth a performance for the ages.

"I remember a few years ago (at the All-Star meet) when there were 17 or 18 records set and we thought, 'isn't that amazing,'" Paula Flint, mother of North Hills All-Stars Natalie and Nicole Flint, said. "Today was unlike anything I have ever seen. It seemed like the announcer was stopping every few minutes to tell us about another pool record being set."

"Unbelievable is the only way to describe it," Heidi Keusenkothen, RSTA board member representing Lake Anne and mother of swimmers Frank and George Keusenkothen, said.

Dave Livaudais, father of North Hills All-Stars Joseph and Ben Livaudais was philosophical.

"I think all of our RSTA swimmers have been inspired by the Olympics," he said.

Whatever it was, it was certainly entertaining for swimmers and spectators alike. In all, 23 pool records and two league records were set. Some of the records that were broken had been set back in the 1980s. Details of all of the record setting performances follow.

#### North Hills Hurricanes

For North Hills, Rachel Swarts and Miles Yang continued to raise the bar. In the girls'

(15 - 18) 50-meter butterfly, Swarts broke her old mark of 31.18, which she posted on July 7 of this year, with a new record of 30.50. Yang broke his old mark of 22.21 in the boys' (8U) 25-meter backstroke, which he set on July 14, with a new record of 21.41.

#### Ridge Heights Sharks

For Ridge Heights, their relay team in the girls' (8U) 100-meter freestyle made the mark. Tara Thomas, Haily Wang, Elodie Decker and Julia Thomas posted a time of 1:22.16, easily besting the old mark of 1:25.56 that was set back in 2000 by Catherine Winslow, Katie Sennett, Casey Dawson and Onalee Makem.

#### Lake Audubon Barracudas

Lake Audubon had three different pool records fall. In the girls' (15 - 18) 50-meter breaststroke, Sabrina Groves broke a mark that was set back in 1989. Her time of 35.62 broke the record of Jessica Paul. In a stroke of irony, Paul had broken the record that had been held by Sabrina's mom, Lisa Groves. In the boys' (13 - 14) 50-meter Freestyle, John Hughes set a new mark with a time of 27.18, breaking the old record of 27.36 that was set by Austin Chute back in 2007. And the girls' (15 - 18) 200-meter medley relay team of Sierra Scoggin, Sabrina Groves, Sasha Avilov and Callie Chute broke their old record of 2:13.01 that was set last year with a new time of 2:12.06.

#### Glade Gators

Emily Landeryou bettered her record-setting pace in the girls' (11 - 12) 50-meter butterfly with a time of 30.97. Her previous record setting time was 31.31 set in early July. And the girls' (11 - 12) 100-meter medley relay team of Emily Landeryou, Meghan Benedetto, Madeline LaPorte and Kellie McCrea set a new record with a time

of 1:07.97. This time eclipsed the old record of 1:08.96 that was set by Stephanie Satterfield, Cristen Hand, Katie Powell and Katie Cochran in July of 1999.

#### Autumnwood Piranhas

For Autumnwood, Diya Murthy set a new record in the girls' (9 - 10) 50-meter breaststroke. Her time of 42.40 bested the old record of 43.58 that was set on July 3, 1999 by Jessica Kim.

#### Lake Anne Stingrays

Lake Anne had six pool records broken. Joanne Fu and Emily Meilus were at the center of this attack on the record books. Fu broke two of her old records. In the girls' (11 - 12) 50-meter freestyle her time of 29.47 broke her old record that was set back in June of this year by almost a second. Fu's time in the girls' (11 - 12) backstroke of 33.48 was almost two seconds faster than her old mark of 35.35 that she set on June 23 of this year. In the girls' (13 - 14) 50-meter freestyle, Meilus continued her record-setting ways with a mark of 28.11, besting her old mark of 28.81. In the girls' (13 - 14) 50-meter butterfly, her time of 32.13 beat the old mark of 32.84 that was set by Julia Fox on Aug. 1, 1995. In the boys' (9 - 10) 50-meter freestyle, Devin Conley set a new record with a time of 35.09, beating the old mark of 35.16 that was set by Matthew Tillman in August of 1992. In the girls' (6 - 18) 200-meter mixed age relay, the team of Ireland DiBacco, Hannah Lane, Joanne Fu, Emily Meilus and Tope Oladimeji came in at a time of 2:08.82, outpacing the old record of 2:12.49 that was set by Claudia Ruder, Kathryn Paiewonsky, Tope Oladimeji, Suzanne Ziaii and Kat Mckinstry on July 26, 2008.

#### Lake Newport Lightning

For Lake Newport, Anna Redican was in

the middle of all three record-setting performances. On an individual basis, her time of 32.97 in the girls' (9 - 10) 50-meter freestyle broke the old mark of 33.25 that was set by Carolyn Kriso on Aug. 1, 1997. In the girls' (9 - 10) 25-meter butterfly, her time of 15.97 took more than one-half second off of the old mark of 16.49 that was set by Carolyn Kriso on that same day in 1997. In the girls' (6 - 18) 200-meter freestyle relay, the team of Meghna Sharma, Anna Redican, Emi Redican, Sienna Shannon and Katie Storch came in with a time of 2:08.51, erasing the old record of 2:08.84 that was set by some of these same swimmers back on July 30, 2011.

#### Newbridge Dolphins

Newbridge had five records set, with two of them being league records. Both of these were set by Ryan Ha, who continued his assault on the record books. In the boys' (11 - 12) 50-meter freestyle, Ha broke his old record of 29.19, set back in June, with a new mark of 28.36. In the 50-meter butterfly in the same age group, his time of 31.46 bested his old mark of 32.23, which he set just three weeks ago. In the boys' (15 - 18) 50-meter butterfly, Stephen Baldwin's time of 28.68 broke the old record of 28.74 set by Matt Hochstrasser in July of 2006. In the boys' (13 - 14) 200-meter medley relay, the team of Andy Carro, Eric Compton, Christopher Miner and Leonardo Briceno eclipsed their old mark of 2:15.13, set on June 30 of this year, with a new time of 2:11.51. In the boys' (6 - 18) 200-meter medley relay, the team of Adam Hvitfield-Matthews, Gideon Daland, Ryan Ha, Eric Compton and Stephen Baldwin broke a record that had stood for 30 years. Their time of 2:02.63 beat the old mark of 2:06.83 that was set by Tony Geraci, Michael Dougherty, Stephen Abbott, Curt Nysmith and Kevin Harmon on Aug. 1, 1982.



## REAL ESTATE

# Everything Sells If Priced Properly

Home sales are hot in Reston, expert says.

By JON QUEROLO

This is an abbreviated look at the Reston real estate market. Home sales are hot in Reston along with this amazing heat. We continue to benefit from low interest rates and very little inventory of homes for sale across all categories. The majority of business owners I speak with tell me business is good and back on an even keel. They seem to have survived a tough/slow winter but most are optimistic. My plug for the summer is if given an opportunity please support a local, family owned Reston business if and when you can. To them \$25 or \$100 spent in their salon, florist, gift shop or restaurant makes a difference - while at the other end of the spectrum for merchants at Reston Town Center business is booming - try getting into a restaurant most nights of the week without a reservation!

**SALES** - Reston home sales are strong and running at an almost identical pace as last year. For the first six months of the year we sold 105 detached homes (vs. 113 last year), 202 townhouses (192 in 2011) and 189 condominiums (vs. 184 in 2011). Sales numbers (units sold) were about the same 496 in 2012

vs. 489 last year. This is very good compared to one year ago when sales were down 20 percent compared to the previous year. The average days on market/time to sell is 30 days down from 35 days for all categories. Exceptionally strong sales were noted across all price ranges and housing styles/types.

Overall, any and everything is selling if priced correctly. If you have thought about selling now is an ideal time, call me to discuss your plans, I can help with vendors, work to be done, staging, etc.

**INTEREST RATES** - Simply amazing and in the mid 3 percent for thirty year fixed compared to last year when we were holding steady in the high 4s to low 5s.

**NEW CONSTRUCTION** - As I write this expect to see major changes on Reston Parkway and Bowman Green Drive. The front section of the old Park Reston apartments is being demolished to make room for two condominium towers. Tenants were notified to be out by July 15. The back section of the complex was converted to condos and it remains. Construction is underway on the remaining parcel across the park from Midtown - one tower, instead of two, current plans are for it to be luxury rentals.

Jon Querolo can be reached at Beneficial Real Estate, 703-585-4900 or 571-926-9085, [www.restonproperties.com](http://www.restonproperties.com)



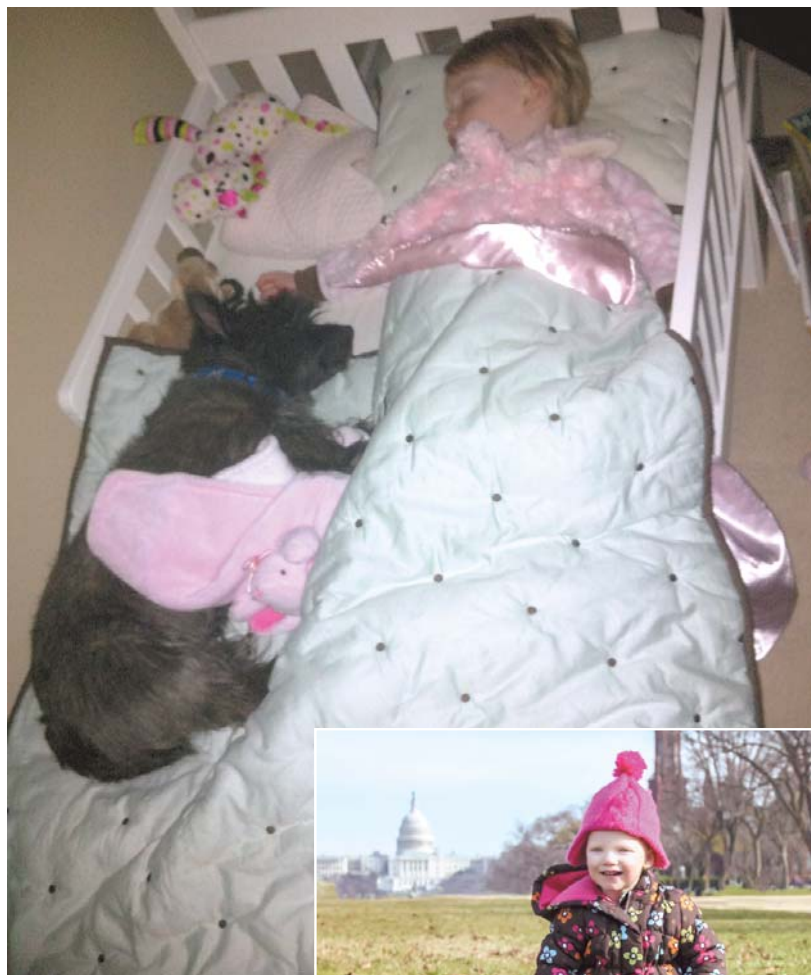
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## People & Pets

Avery Priest and Dugal (a cairn terrier rescue).

Avery Priest and Dugal of Reston, December 2011.



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### Fairfax Station

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11125 Henderson Rd.....\$839,000..Sun 2-4.....Pat Fales Assoc.....RE/MAX..703-503-4365

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### Reston

11776 Stratford House Pl #801..\$649,000..Sun 2-5.....Nan Gilley.....Keller Williams..703-402-9576

### Springfield

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128 Moore Ave., SW.....\$1,099,000..Sun 1-4.....Mansoor Dar.....Keller & Williams..703-564-4000  
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Carnival area of Herndon Festival.

# Herndon Festival Voted #1 Festival for Families

**F**AMILY Magazine's Best for Families Readers' Choice 2012 survey named the Herndon Festival as the "Best of the Best" in the category of Best Festival or Celebration for Families again this year. Over 16,000 nominations in all categories were submitted this year, making it a record setting year for nominees. This is the second consecutive year the Herndon Festival has been selected as the leading festival in this category.

The Herndon Festival is produced by the Herndon Parks and Recreation Department and just celebrated its 32nd year. This four-

day outdoor event attracts over 80,000 attendees to downtown Herndon each year. It includes three stages of live music, a carnival, two fireworks displays, kids' alley with children's hands-on art, business expo, craft show, 10K/5K races and fitness expo, food vendors, complimentary shuttle bus service and more. FAMILY Magazine tabulates the entries from thousands of regional families and includes votes from across the U.S. Results are online at <http://www.washingtonfamily.com/page/Best-for-Families> and in the June issue of the magazine.



## Scholarship Winners

The Fairfax County Alumnae Chapter (FCAC) of Delta Sigma Theta Sorority, Inc. awarded six scholarships in the amount of \$10,000 during its 2012 May Week program. Pictured — from left: Rhea Ingram (Co-Chair FCAC Scholarship Committee); Danielle Lowe (awardee – Hayfield Secondary); Regina Milteer-Rock (President, FCAC); Domonique Collins (awardee – Herndon High); Ashleigh Wilson (awardee – Oakton High); Benita Toler (Co-Chair FCAC Scholarship Committee); and Gabrielle Tate (awardee – Oakton High). Not pictured are: Hanan Awel (awardee – Robert E Lee High) and Sydney MaHan (awardee – Chantilly High).

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## Choosing My Words, Respectively



By KENNETH B. LOURIE

It has been brought to my attention by some regular Kenny-column readers – who are friends, too, and whose opinions I value, that my most recent batch of “cancer columns” (as I call them) were not funny; in fact, they were more depressing and negative than anything, and not nearly as uplifting and hopeful as many of my previous columns have been. I didn’t need to reread what I had written/published to understand what they were saying. I know (knew) what I felt and know generally, the tone and undercurrent of what I’ve been discussing these last few weeks: neither fun nor funny. Mortality is like that. My dilemma is, how to not take too seriously or focus too much on a set of circumstances which are very serious and require a great deal of focus to manage. As much as I’d like not to, it seems irresponsible if I don’t. Yet doing so might contribute to a poor quality of life, emotionally speaking, which in turn may exacerbate the underlying problem (stage IV lung cancer) which (A) doesn’t need any exacerbating and (B) doesn’t really benefit from negative thoughts/stress on the “diagnosee,” directly, or on anyone else for that matter.

Let me attempt to clarify (I know. What about all the other columns?). Having “NSCLC” (Non Small Cell Lung Cancer) is depressing, but I am not depressed. Moreover, being diagnosed with an inoperable, terminal disease (at age 54) is pretty negative. Of that I’m positive. What I am also positive about is my willingness to face this disease and its effects honestly and with humor. However, sometimes the circumstances (chemotherapy/treatment, lab and scan results, appointments with my oncologist) just aren’t that funny; like when your tumors grow and the medications available to treat you are dwindling (see column titled “Victim of My Own Circumstances”), and statistically speaking, you’ve outlived most of the patients and protocols with which your oncologist is familiar. It’s/I’m a miracle to be sure, but also cause for concern. There may not be another conventional treatment option – for me, after we’ve exhausted the current oral targeted therapy (a daily pill instead of a daily/weekly infusion) which I began three weeks ago. Then what? So it’s not funny. But it doesn’t mean I’m morbid. I may be a bit somber and introspective, but I’m still relatively pleasant to be around and not nearly so self-absorbed (despite my circumstances) as you might imagine.

Quite frankly, I feel like the honesty with which I’ve shared my cancer experiences may have contributed to my overall, above average/not anticipated pretty good health (all things considered); as has the attempts at humor and lightness with which I’ve tried to touch this third rail of a diagnosis. I’ve tried to take it all in stride. Sometimes, there’s been a bounce in my step; other times the steps have been somewhat staggered (literally and figuratively). And often I’ve made jokes in the face of adversity and tried to find humor where previously very little had existed. Call it a defense mechanism. Call it self-preservation. Just let me be alive to call it something.

The adversity I face now is, I am alive 41 months into a “13-month to two-year prognosis.” As much as I try, it’s difficult to ignore that arithmetic. Yet making light of it – all the time, seems disrespectful somehow. When you’ve outlived your original prognosis, it seems to make sense that if you’re not going to walk quietly, you probably shouldn’t carry a very big stick. There are powers at work here bigger than all of us.

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



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