

Reston CONNECTION TRIATHLON

From left, Karina Silva, 10, and Julia Thomas, 8, show off their medals after finishing the Reston Sprint Triathlon, Sunday, Aug. 12.

Triathletes Swim, Bike And Run in Reston

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PHOTO BY ALEX McVEIGH/THE CONNECTION

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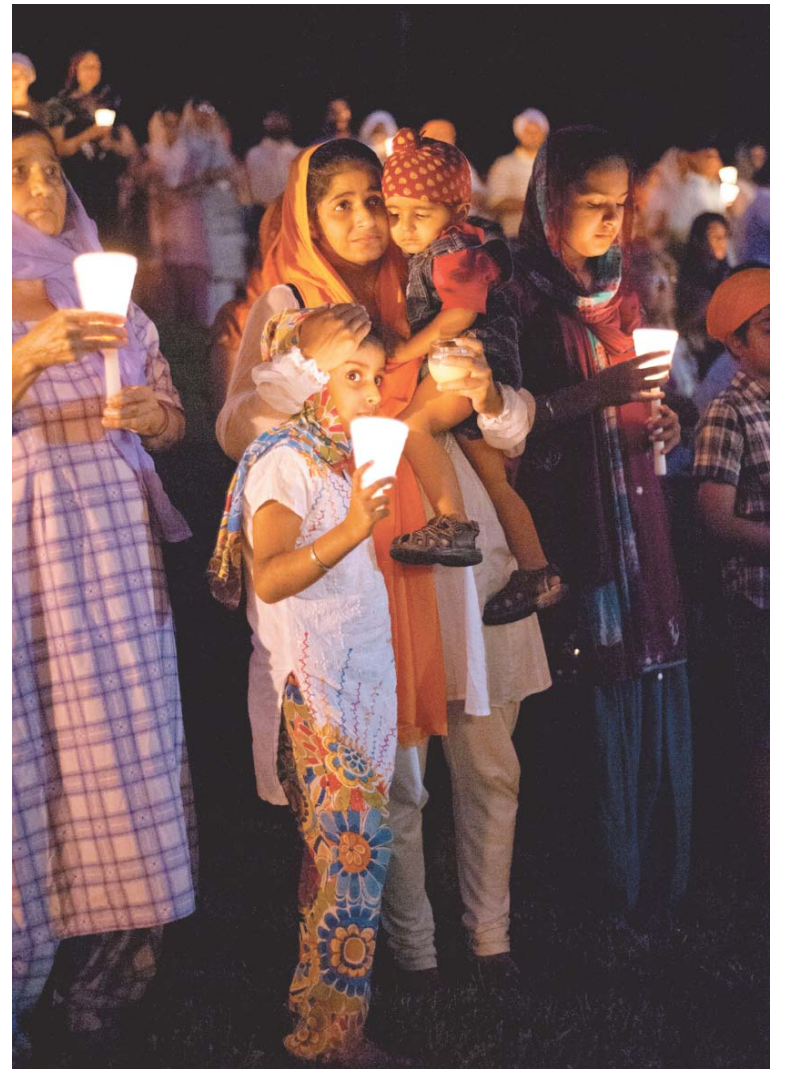
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PHOTOS BY DEB COBB/THE CONNECTION

More than 300 people gathered at the Fairfax Station Sikh temple on Aug. 9 for an interfaith candlelight vigil to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh Temple.



People of all faiths gather for a candlelight vigil at the Sikh temple in Fairfax Station on Thursday, Aug. 9.

Targeted for Appearance

Jasmine Kang of Vienna, a second year student at the University of Virginia, reflects on hate crimes against Sikhs.

JASMINE KANG



Fairfax County board of Supervisors Chairman Sharon Bulova (D-at-large) and Fairfax County Police Chief David Rohrer were among several community and faith leaders that spoke at the Aug. 9 candlelight vigil held at the Fairfax Station Sikh temple to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh Temple.

Every morning, as my father leaves for work, I worry that something bad will happen to him. This fear is not irrational. Since September 2001, Sikh men, like my father, have been the targets of verbal and physical assaults due to their appearance.

One of the tenets of the Sikh religion requires men to maintain their beard and hair, which is covered by a turban. This is the identity of a Sikh—an identity that is all too often mistakenly connected to terrorism.

The news of the Sunday, Aug. 5 shootings at the Sikh temple in Wisconsin only elevates my fear. Recent events have shown us that terrorism does not have a specific identity and can originate closer to home than we might have thought imaginable. The shooting reminds the Sikh community of the numerous individuals we have lost due to misplaced hate crimes.

Today, there are about 700,000 Sikhs in the United States and the

Washington, D.C. Metro Area is home to a significant portion of this population. Sikh men have been serving in the Armed Forces since World War 1 and are buried alongside fellow Americans at Arlington National Cemetery. Despite being a part of this nation for over 150 years, we are seen as outsiders. In a country of freedom, we fear for our own freedoms.

Sikhs came to this great nation looking for all it has to offer. They were attracted to the opportunity for work, the chance to provide more for their children and the religious freedom.

For too long, Sikhs have faced the choice between their religious identity and integration in society in a country that claims to offer

both. This country has made a great stride in allowing Sikh men to serve their country while maintaining their identity, but cases of discrimination and threats are still too common.

Everyday, the identity of Sikh men is challenged in the schools and streets of America. It is unfortunate that it has taken a tragic mass shooting to bring this issue to the nation's attention.

I ask you, my community, to remember the victims of this event, including the courageous policemen who defended their local community members. I ask you to recognize the contributions of Sikhs in our area so that one day, my family and I can feel safe in the nation we call home.



More than 300 people gathered at the Fairfax Station Sikh temple on Aug. 9 for an interfaith candlelight vigil to honor the victims of the Aug. 5 shooting at the Wisconsin Sikh Temple.

Local Minority-Owned Businesses Prosper

Companies generate more than \$1 billion in revenue and provide more than 1,000 jobs.

BY VICTORIA ROSS
THE CONNECTION

Businesses owned by Hispanics, African-Americans and women shine in Fairfax County, according to the latest national rankings for largest or fastest-growing companies.

“Fairfax County is proud to be a community in which companies of all descriptions can and do succeed to a greater extent than in the rest of the region, the state or the country,” said Gerald L. Gordon, president and CEO of the Fairfax County Economic Development Authority, which supports and monitors the growth of local businesses.

Eleven Fairfax County-based companies are among the 500 largest Hispanic-owned businesses in the nation based on revenue—more than the total in 40 states, according to a recent report by HispanicBusiness.com. The Fairfax County companies are among 22 from Virginia on the 2012 Hispanic Business 500 list.

Together these companies generated \$655 million in revenue and employed more than 3,000 workers in 2011, according to Hispanic Business. Five Fairfax County-based companies are on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S. The 2012 BE 100 Industrial/Service list appeared in the June 2012 issue of the magazine. Those five companies generated \$613 million in revenue and counted more than 5,000 employees in 2011, according to Black Enterprise.

Only seven states have more companies on the BE 100 list than Fairfax County. In addition, Fairfax County has more minority-owned firms than 21 states and the Dis-



PHOTO BY VICTORIA ROSS/THE CONNECTION

The staff of Helios HR in Herndon, one of Fairfax County’s thriving women-owned businesses: (Back row, from left) Stephanie Eberhart, Andrea Parker, Sarah Smith, Ellyn Krause, Judy-Ann McKenzie, Kathy Albarado, Stephanie Kotch, Stacey Holst (Front Row, from left) Natalie Oddenino, Michele Wooding, Dean Klein, Amy Levin-Murchie.

trict of Columbia, according to the U.S. Census Bureau.

Fairfax County is also on the cutting-edge when it comes to women-owned businesses. According to the Women Presidents’ Organization (WPO), a peer-advisory group for multimillion-dollar women-owned businesses and American Express OPEN, the small business division of American Express, two Fairfax County-based companies made the 2012 list of the 50 fastest-growing woman-owned/led companies in North America.

Kathy Albarado, CEO of Helios HR in Herndon, launched her human resources

consulting firm in September 2001. She said she has seen steady growth and support for women-owned businesses in the past decade.

An award-winning business executive, Albarado was recently named Lady Fairfax by the Fairfax County Board of Supervisors and was a top finalist for the Fairfax Chamber’s woman-owned business executive award in 2011.

“I feel fortunate that I live and work in a community so very supportive of entrepreneurs and growing businesses. There is a strong spirit of collaboration in Fairfax County supported by the Chambers, our

Fairfax County’s Minority-Owned Business Rankings

Listed below are the 11 Fairfax County companies on the Hispanic Business 500, and their ranking:

- ❖ 21. MicroTech, LLC, Tysons Corner
- ❖ 102. GeoLogics Corporation, Alexandria
- ❖ 114. SCI Consulting Services, Inc., Tysons Corner
- ❖ 117. COmputing TechnologieS, Inc., Fairfax
- ❖ 134. Priority One Services, Inc., Alexandria
- ❖ 138. Kemron Environmental Services, Inc., Tysons Corner
- ❖ 166. Citizant, Chantilly
- ❖ 186. Communications Resource, Inc. (CRI), Tysons Corner
- ❖ 205. NMR Consulting, Inc., Chantilly
- ❖ 424. Engineering, Management & Integration, Inc., Herndon
- ❖ 434. MAC Aerospace Corp., Chantilly

Listed below are the five Fairfax County companies and their rankings based on the 2012 Black Enterprise (BE) magazine list of the 100 largest African American-owned companies in the U.S.

- ❖ 8. Thompson Hospitality, Herndon
- ❖ 51. COMTek (Communications Technologies, Inc.), Chantilly
- ❖ 55. SoBran, Fairfax
- ❖ 61. Metters Incorporated, Tysons Corner
- ❖ 80. InScope International, Reston

Listed below are two of the 50 fastest-growing women-owned companies in North America, according to the Women Presidents’ Organization (WPO) and American Express OPEN, the small business division of American Express

- ❖ 10. GCS, Inc., Tysons Corner
- ❖ 36. Ampcus Inc., Chantilly

elected officials, our business leaders and nonprofit partners,” Albarado said. “There are many who are willing to provide mentorship and support opportunity. It’s an exceptional county indeed.”

The FCEDA’s Business Diversity Division supports the growth of these enterprises by organizing and hosting workshops that showcase local, state and federal resources available to entrepreneurs and small businesses and by hosting SCORE business counselors. For more information, go to www.fairfaxcountyyeda.org. For more information on Helios HR, and the company’s community outreach efforts, go to www.helioshr.com.

Nearly 800 Jobs Added to the Local Economy

Information technology firms and professional service companies see growth.

Information technology firms continue to do well in a sluggish economy, according to a new report from the Fairfax County Economic Development Authority (FCEDA). During the second quarter of 2012, the FCEDA provided services and resources to 33 businesses that are adding almost 800 jobs in Fairfax County.

Most of these businesses are in the information technology and professional services sectors and four are foreign-

based firms using a Fairfax County location to expand in North America.

One of the most prominent announcements during the quarter came from Engility, a government services company that established its headquarters in the Chantilly area of Fairfax County after spinning off from L-3 Communications. Engility will add 50 jobs in addition to its current workforce of 300. Another announcement came from Kaztronix, a staffing company that specializes in the health care, scientific

technology and telecommunications sectors and is creating 57 jobs in the Tysons Corner area of the county.

“We can attribute our success in Fairfax County to multiple factors,” said Michael Kasmir, co-founder and president of Kaztronix. “First and foremost, Fairfax County has a high density of evolving technology companies seeking the best and brightest talent, which the county’s proximity to major universities makes easily identifiable...From a recruiting perspective,

qualified job candidates have no problem relocating to Fairfax County, given its reputation as a desirable place to live.”

“While much of the country and the world is suffering from a weak economy, the FCEDA continues to work with a wide variety of companies that are creating jobs, diversifying Fairfax County’s economic base and contributing to the local tax base,” said Gerald L. Gordon, president and CEO of the FCEDA.

—VICTORIA ROSS



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Members of Reston Youth Cheer practice at South Lakes High School. The group is open to girls from kindergarten to 12th grade.

Reston Youth Cheer Kicks Off Season

Youth cheerleading group performs at competitions, RYC football games.

BY ALEX McVEIGH
THE CONNECTION

Reston Youth Cheer, an organization that allows girls to learn how to become cheerleaders, has kicked off their latest season, with summer practices beginning Tuesday, Aug. 7. The group, which features cheerleaders as young as kindergarten age, practices at Langston Hughes Middle School.

“We have kids who want to cheer because they have a connection to the local football

teams, but we also have a group that are just interested in cheering,” said Traci Waller, one of the coaches and RYC commissioner. “We lost some of our older girls this year, but have 10 in our kindergarten through second grade group, and it’s always fun to welcome new people.”

The group performs at several games per year for the Reston Youth Association football teams, as well as in local competitions. Last December they won the Youth Division championship at T.C. Williams High School in Alexandria.

They also perform at the annual Holiday Parade at Reston Town Center on the day before Thanksgiving every year.

Volunteer coaches from around the community help teach the girls the maneuvers, they learn several cheers, from “De-fense!” to “Be,

“We have kids who want to cheer because they have a connection to the local football teams, but we also have a group that are just interested in cheering.”

—Traci Waller



Reston Youth Cheer, a cheerleading organization that performs at local competitions, parades and Reston Youth Association football games, practices at South Lakes High School.

Be Aggressive.”

“We have a great group of volunteer coaches who really keep everything going smoothly,” Waller said. “They’re essential for everything from teaching the basic motions and mak[ing] sure we have consistency from performance to performance and event to event.”

Reston Youth Cheer holds summer practices from 6 to 8 p.m. on Tuesdays, Wednesdays and Thursdays. Regular practice schedules will begin Sept. 4.

Registration is available for girls kindergarten through 12th grade through the end of this week. More information, including additional sessions offered by RYC, is available at www.restonyouthcheer.org.

WEEK IN RESTON



COURTESY OF TISSERONT ORTHODONTICS

Dr. Tisseront’s 10th Anniversary Pool Party

Dr. Stephan Tisseront, specialist in orthodontics in Reston, held his 10th Annual Patient Pool Party, Friday, July 27 at Lake Newport Pool. There were nearly 300 patients and their families and friends attending. The event featured snow cones, a tattoo booth, a boat relay race, a caricature artist and—to the delight of the guests—a flash mob, which stormed the party while LMFAO’s “Party Rock Anthem” played.

Candidates Sought for Board of Governors

Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for overseeing the operations of the RCC. All residents of Small District Five, age 18 or older, are eligible to run. Candidates must complete a candidacy statement in order to have their names placed on the preference poll ballot. Candidacy statements will be available at the center or online at www.restoncommunitycenter.com beginning at 9 a.m. on Friday, Aug. 31. The deadline for candidacy registration is 5 p.m. on Friday, Sept. 14.

The RCC Preference Poll is a community event held annually to select members to serve on the RCC Board of Governors. Each year, typically, candidates for three seats on the board are subject to a community preference poll with voting by residents and businesses.

This year’s preference poll will fill three positions for three-year terms on RCC’s Board of Governors. Online and mail-in balloting and walk-in voting will be available from Sept. 28 through Oct. 12 until 5 p.m.

For more information visit www.restoncommunitycenter.com or call 703-476-4500.

Panel Discussion on Caregiving

The community is invited to a panel discussion on the costs of caregiving on Thursday, Sept. 13, at 7 p.m. at the Reston Community Center at Lake Anne, 1609-A Washington Plaza, Reston. Sponsoring is the Giving Circle of HOPE.

Sixty-two million people in the United States provide unpaid caregiving to family and friends that is valued at \$450 billion annually. But what are the physical, emotional and financial costs to individual caregivers? Four experts will discuss this: Sharon Lynn, director of the Fairfax County Agency on Aging; James L. Brooks, associate state director of AARP; Judy Seiff, a personal caregiver; and moderator Pat Williams, founder and president of Graceful Care, a non-medical home care agency.

The Giving Circle of HOPE is a Reston-based organization that promotes volunteerism and effective philanthropy. For more information, contact Rebecca Berntsen at 703-665-9334.

COMMENTARY

Rail Association Reaches Milestone

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

The Dulles Corridor Rail Association (DCRA) celebrated its 14th anniversary this month. On Aug. 3, 1998, I held a press conference at the Sheraton Reston Hotel to announce formation of the organization. My action came after many years of singular effort to get other elected officials, government agencies and the public interested in transportation alternatives in the Dulles Corridor. The building of the Dulles Toll Road and its subsequent widening convinced me that automobile-only solutions were not going to be adequate for the high growth and economic development that were occurring in the corridor. The toll road filled up as quickly as it was built and widened.

I announced my plan to bring together community and business leaders and interested persons to advocate for mass transit alternatives in the Dulles Corridor at a meeting of the Reston Transportation Committee at Lake Anne Elementary School in early 1998. By Aug., I had assembled the first board, whose members were introduced at the press conference on Aug. 3. Patty Nicoson, a prominent Reston resident who had worked professionally as a planner for both the District of Columbia and Arlington County governments when the metro came to those communities, became president of the board of DCRA. Joe Stowers, another local resident who is a professional transportation planner, became the secretary to the board. Both continue in those roles as I do as chairman of the board of DCRA. The mission



of DCRA was defined as being advocates for a rail alternative in the corridor.

Since federal dollars were going to be used in any project in the corridor, major and lengthy studies of financial feasibility and environmental impact had to be conducted. The governor of Virginia established a task force that helped to coordinate a response to the federal re-

quirements. After consideration of bus and bus rapid transit along with light and heavy rail alternatives, the decision was to go with an extension of the current metro system.

Throughout the last 14 years there were several pronouncements of the project's demise. On each of those occasions, DCRA got interested parties together, demonstrated community support and carried out a campaign of advocacy. The association organized a coalition of business and community groups in a Dulles Rail Now advocacy campaign for phase one. It helped organize a Loudoun Rail Now campaign for phase two. Endless meetings were held and advocacy activities undertaken to keep the rail project "on track."

For those who have been involved in the details of advocacy for the project, it is difficult to believe the reality that phase one will open and be carrying passengers in one year. By the end of this year, phase two will be under contract. All associated with DCRA are pleased with the part that we have played in making this project a reality.



COURTESY OF KATE KUHLMAN

The One Dulles Corridor building in Reston, where TNS will occupy floors one through four, leaving the rest open for lease. The building offers an onsite fitness facility, deli and shuttle service to Reston town center.

TNS Chooses Reston Building as New Headquarters

Michael Shuler and Rob Walters of Avison Young announced that TNS, Inc. has signed a lease for 120,000 square feet at 10740 Parkridge Boulevard in Reston, known as One Dulles Corridor. Avison Young represented the ownership while Rich Rhodes, Tom Birnbach and Dan Klueger of Cresa Partners negotiated the transaction on behalf of TNS. TNS will occupy floors one through four, leaving the top floors available for lease with unparalleled signage on the Dulles Toll Road. Additionally, the unique rooftop terrace will offer panoramic views of Tysons Corner.

This class A, trophy asset is now 56 percent leased

and will offer new tenants an onsite fitness facility, deli and shuttle service to Reston Town Center and the future Wiehle Avenue metro station. The building, completed in 2008, has a commanding presence on the Dulles Toll Road and is immediately accessible via the Hunter Mill interchange.

"We are very excited that TNS has chosen One Dulles Corridor for its new Northern Virginia headquarters," stated Mike Shuler of Avison Young. "TNS will take more than half of the building and is expected to occupy the property in June 2013."

For more information on leasing please contact Avison Young, 703-288-2700.

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METROPOLITAN WASHINGTON AIRPORTS AUTHORITY
DULLES TOLL ROAD

PUBLIC HEARINGS

The Metropolitan Washington Airports Authority is hosting three public hearings to inform and solicit comments from the community about proposed toll rate increases along the Dulles Toll Road beginning in 2013 to support the construction of the Dulles Corridor Metrorail Project and Dulles Toll Road improvements.

These public hearings will be conducted in an open house format, from 5:00 p.m. to 8:00 p.m., as follows:

Thursday, September 6, 2012
Stone Bridge High School - Cafeteria
43100 Hay Road
Ashburn, VA 20147

Wednesday, September 12, 2012
South Lakes High School - Cafeteria
11400 South Lakes Drive
Reston, VA 20191

Thursday, September 13, 2012
Spring Hill Elementary School
8201 Lewinsville Road
McLean, VA 22102

There will be informational exhibits about the Dulles Corridor Metrorail Project, the cost and financing of the Dulles Corridor Metrorail Project, the Dulles Toll Road and potential improvements that may be made to the Toll Road, the revenue anticipated to be raised as a result of the proposed toll rate increases, and how this additional revenue will be spent. Representatives from the Airports Authority will be present to discuss these items.

The public comment period on the proposed toll rate increases will run from August 17 through September 16, 2012. An "On-Line Open House" will be available on the Airports Authority website at www.mwaa.com/tollroad throughout the comment period. It will contain an explanation of the informational exhibits and a comment form. Comments may also be submitted at the public hearings, or mailed during the comment period to: Dulles Toll Road Proposed Toll Rate Increases, 3900 Jermantown Road, Suite 300, Fairfax, VA 22030.

For special assistance for persons with disabilities or limited English proficiency, citizens may call (703) 934-4639 at least 10 days prior to the hearing they wish to attend.

Starting School Prepared

First day of school on Sept. 4; local nonprofits provide school supplies and weekend food.

With school beginning in a few weeks, area charitable organizations have been collecting contributions of new backpacks, calculators, other school supplies, money and gift cards and winter coats to help the tens of thousands of truly needy Northern Virginia students.

In Fairfax County alone, more than 40,000 students are poor enough to qualify for subsidized meals, and those students have mostly not had access to those meals over the summer since Fairfax County Public Schools no longer operates summer school.

Working poor families cannot easily outfit one or more children properly for school (think of the cost of a graphing calculator).

“For many families in our area who are working hard but struggling to make ends meet, the prospect of finding the funds to purchase new supplies for their children each year can be stressful,” said Lisa Whetzel, Our Daily Bread’s executive director. The organization was still \$3,000 and 200 backpacks short of its goal last week. To

help, contact Becca Brummett or Jennifer Rose at 703-273-8829 or holiday@ODBFairfax.org, or visit www.ODBFairfax.org.

One organization, Doorways for Women and Children in Arlington, aptly describes the challenges of some of Arlington’s students on its website: “Embarrassed and disappointed that

their family can only afford to prioritize necessities as simple as groceries and rent, children living in poverty share a very different schooling experience than many of their peers.”

Arlington Doorways for Women and Families collects money, school supplies, winter coats and more for needy students. Contact Rachel Dove at rdove@doorwaysVA.org or 703-504-9283 or www.doorwaysva.org/donate/seasonal-ways-to-give/backtoschool/

FACETS in Fairfax, which provided more than 300 students with backpacks filled with supplies last year, is collecting school supplies until Aug. 17, and welcomes financial contributions: FACETS Back to School Drive, 10640 Page Avenue, Suite 300, Fairfax. Drop donations between 9 a.m.-5 p.m., Monday-Friday, at 10640 Page Avenue, Suite 300, Fairfax. FACETS also seeks volunteers to help at special events where students will “shop” for their school supplies.

Reston Interfaith encourages residents to drop off Back-to-School-Drive items at Reston

Interfaith Administrative Offices, 11150 Sunset Hills Road, Suite 210, Reston. Contact Alacia Earley, volunteer and drives manager, 571-323-9568.

Northern Virginia Family Services Back to School Drive provides over 2,000 backpacks to youth in pre-K through college. On-site: Sort and organize school supplies, stuff backpacks and help distribute. Donate money or new school supplies at 13926 Metrotech Drive, Chantilly.

On Thursday, Aug. 30, county firefighters will distribute backpacks and school supplies for children throughout Fairfax County. They will distribute approximately 2,000 backpacks, with supplies to school administrators, teachers, and local shelters for children in need.

United Community Ministries also helps local students. Send donations to United Community Ministries, 7511 Fordson Road, Alexandria. Contact 703-768-7106.

Once school begins, some local nonprofits will start a different kind of backpack program, one that provides “weekend backpacks” for these children who might not have enough to eat. The weekend backpacks contain child-friendly foods that are high in nutritional value. Beginning in September, schools will assist in the distribution of these bags.

— MARY KIMM, MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

A Farewell to Mrs. Phan

To the Editor:

We would like to thank Reston Interfaith for giving Stonegate Community such an amazing coordinator, Mrs. Jackie Phan. Our community really appreciates what Mrs. Jackie does for us and she has really made an impact on our lives. Many of the children at Stonegate were infants when Mrs. Jackie started and she has been a part of their lives till now. Mrs. Jackie’s fun and creative activities bring our families together. We are very sad to know that she is leaving us. She seems to always have the right answer and we hope her replacement is someone who loves the community as much as she does. It will be so different not seeing her blue jeep, smiling face, positive energy and respectful ways at Stonegate.

The community has been happy to have known her. Mrs. Jackie’s wisdom, caring, hard work and passion for our community has helped us grow. She always said that every experience teaches a life lesson and we hope we have been a positive part of a life lesson for Mrs. Jackie. We are all sad that she is leaving but wherever her des-

tiny takes her we know she will be successful. The Stonegate Community would like to let Mrs. Jackie know that we love her and we will miss her. She will always be remembered in our hearts.

Rohana Raufi
Reston

Questioning a ‘War on Women?’

To the Editor:

Recent criticisms of Barbara Comstock’s position on so-called “women’s issues,” and the concomitant accusations of a Republican “war on women” have left me frustrated. Our Constitution does not, and should not, guarantee access to free abortion and contraception. While some may believe that these represent important women’s health issues, others put a much higher priority on treating actual illnesses that afflict many women, such as cancer and heart disease. A great deal of research suggests that both abortion and contraception may increase a woman’s likelihood of suffering from these prevalent life-threatening health problems. Whatever your position, it is extraordinarily unfair and deceptive to character-

ize those who prioritize health care issues differently as conducting a “war on women” or even as being insensitive to women’s health issues. As a woman myself, I rather prefer to see any government funds or any mandated funds from employers go to help those who need to fight life threatening illness. Moreover, I cherish the freedoms granted to me by our Constitution and Bill of Rights, which will diminish if the HHS mandate stands.

Believe it or not, there are many women who feel that no employer should be forced to provide abortion, abortifacient drugs, or artificial contraception. Many women note that there is no evidence that any of these things have improved women’s health. On the other hand, much proof exists that they have led to far more problems than they were supposed to solve.

Laura Burke
Great Falls

TJ on Hot Seat

To the Editor:

TJ (Thomas Jefferson High School) has often been cited as one of the best schools in the country. It has been put on the hot seat for not prioritizing diversification

of racial origins among the students it enrolls. Reading current newspaper reports on the Olympics in England has caused me to question this criticism of TJ. Photos show the three female sprinters representing the USA to be black and photos of the winning eight USA female rowers to be all white. Does this represent mistaken priorities held by our Olympic officials? Should striving for excellence be diluted by a policy of diversification? Should TJ have a quota in the future on accepting Asian students for admission? No easy answer to these valid questions.

Bob Simon
Reston Founder

Putting Aside Politics

To the Editor:

As the mother of a wounded warrior, I am appalled at Del. Barbara Comstock’s (R-34) apparent inability to put aside partisan politics to honor our wounded men and women and their families (“Clemyjontri Park Welcomes Wounded Warriors”, Aug. 1, 2012). The ordinance that

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LETTERS

FROM PAGE 6

wounded the military members and changed their families' lives forever did not consider whether the soldier was a Democrat or Republican. Wearing a Romney t-shirt at the Yellow Ribbon Fund picnic was disrespectful. This was a non-partisan event. Campaigning for Romney, and reportedly bashing President Obama, crossed the line.

Bettina Lawton
Vienna

Hypocrisy at its Finest

To The Editor:

Today, we have an economy that is struggling here in the United States just like in many other countries throughout the world. In order to help those Americans that have lost their jobs due to the worldwide economic downturn, our politicians should be working together to find solutions to this problem. It requires the work of all parties coming together to do this in a bipartisan way. Instead, the Republicans in Congress and the Republican governors throughout the country are

spending our tax dollars and wasting their time trying to pass laws that make it more difficult for certain targeted groups of citizens to vote in the upcoming elections.

This attempt to suppress voter turnout is their way to gain an advantage and it is obvious that they are more interested in voter suppression than helping the American people. Many studies have shown that voter fraud is virtually absent in our voting process here in this country but the Republicans find it expedient to portray this issue in an unfair and untruthful context by exaggerating the issue. They are targeting very specific states which tend to vote more Democratic. How do they justify this in the name of preventing voter fraud?

It is quite ironic that the Republicans have protested creating a national ID card for all citizens saying it was some kind of limit on our freedom while they find underhanded ways to repress the vote because, ostensibly, these voters do not have a proper form of identification. This is all hypocrisy at its finest.

Robert Cox
McLean

Buffalo Soldiers License Plate

To the Editor:

The Northern Virginia Buffalo Soldier Motorcycle Club has been working persistently for some time to create a license plate to honor and commemorate the legacy of the 9th and 10th Calvary Buffalo Soldiers.

We have been working with the Virginia Department of Motor Vehicles and Del. Mark Keam to help make this possible. Keam has introduced a bill to the Virginia General Assembly (House Bill 1040) for issuance of a Buffalo Soldier commemorative license plate.

The state requires that we acquire 450 prepaid applications at a cost of \$10 per vehicle for regular plates or \$20 for personalized plates. At present we have approximately 100 pre-paid applications ready to submit. However, in a few weeks, we must have all 450 prepaid applications or as close to 450 as possible. We need everyone's help in making this possible.

For application packets and the proposed design as well as any questions, contact me at mr.tdavis@gmail.com or call 703-629-1174. You may also contact Joan Thomas at

joanthomas17@gmail.com or telephone her at 703-586-8466.

Please do not contact the DMV as this plate has not yet been approved; all applications must be submitted as mentioned above.

Terrence L. Davis
Alexandria

TJHS Story In Numbers

To the Editor:

The point is that inborn talent is not the real issue for TJHS-level success. Nor is there any educational program magic pill that will solve this. The key is student long-term personal commitment to scholastic achievement and hard work - (the old "20 percent inspiration, 80 percent perspiration" adage).

Since everyone likes statistics so much, the elephant in the room has always been the performance of Asian minority students vis-a-vis the entire FCPS student population - e.g., for 2011/12, Asian: 19 percent of FCPS vs 64 percent at TJHS; White: 43 percent of FCPS vs 26 percent at TJHS; Hispanic: 22 percent of FCPS vs 2.7 percent at TJHS; Black: 10 percent of FCPS vs 1.4 percent at TJHS.

Maybe those Asian students should get with the program and stop working so hard and being so successful. It makes the other ethnicities look bad.

FCPS has already watered down the scholastic admission criteria for TJHS in response to the clamor for increased Hispanic and Black enrollment, and that only resulted in more criticism because of the inevitable drop-off in TJHS student performance levels.

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

Write Us

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.
Send to:

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ENTERTAINMENT



PHOTO BY ALEX McVEIGH/THE CONNECTION

Guests at Herndon ArtSpace examine the various paintings that pay tribute to the garden of Margaret Thomas, where artists used to paint her vast collection of flowers.

Tribute to Margaret's Garden

ArtSpace exhibit features art inspired by local gardener.

BY ALEX McVEIGH
THE CONNECTION

Almost 50 years ago, Margaret Thomas moved to Herndon, and after the death of her husband in 1974, she began using her five-acre farm to grow irises, selling them by the bunch for 75 cents each. Since then, the gardens surrounding her house became a haven for local artists and floral enthusiasts alike, open until sundown to anyone that wanted to take a look.

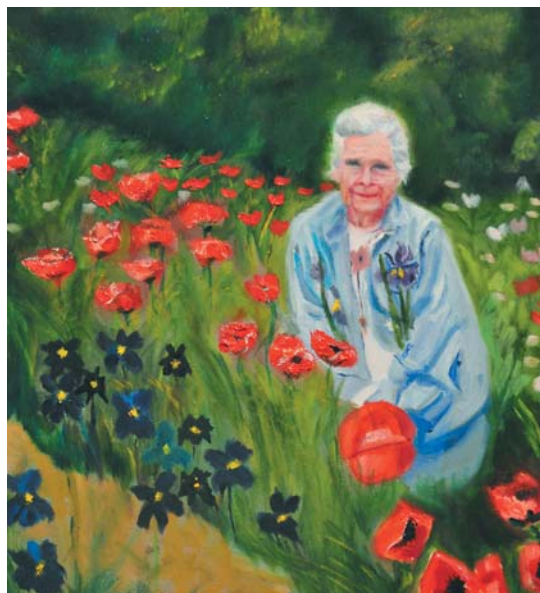
Thomas, who passed away May 25, 2011, is still fondly remembered by local artists, many of whom spent the last month displaying their garden-inspired work at Herndon ArtSpace.

Forty artists working in a variety of media submitted their work, each focusing on their lasting memories of a place that was special to them.

"When I first discovered Margaret's garden many springs ago, I was taken with the amazing colors and varieties of the flowers, especially the irises. My mother loved irises and they grew in our yard in Arlington when I was growing up," said Marianne Cordyack, who made several ceramic plates for the exhibit. "I was also taken with Margaret Thomas, who was so kind and interesting and knew everything about each variety of her flowers. I ordered some beautiful white irises that spring, picked them up ready to plant in the fall. They are still growing and blooming in my yard in Reston, having been divided many times."

The works featured a wide variety of viewpoints on the garden. Many featured brightly-colored irises, poppies and foxgloves. Several pieces also included partial or complete views of the Thomas house and a few even featured Thomas herself, surrounded by the flowers she loved. More than the flowers, the artists recalled how welcoming and accommodating Thomas was to her visitors.

"For us her garden was a yearly event. In the early spring we got in touch and together we went to paint in plain air the beautiful flowers," said Laura Chirillo. "Margaret was always most gracious and hospitable and I must say sometimes tolerant of all of us stepping throughout her garden."



BY MIRIELE MOLETTE

"Mrs. Thomas Among Her Flowers," on display at Herndon ArtSpace as part of an exhibit paying tribute to Thomas, who had a local garden where she welcomed artists.

Photographer Sandy Gherardi remembers a garden that "offered the repose in the midst of life's turmoil."

Another photographer, Lori McLaughlin, took her photos in September, many of pink and purple asters on the north side of the garden.

"I love the way the haziness of the summer combines with the purple flowers to create an almost psychedelic reality," she said.

For some artists, the garden reminded them of one of the most famous gardens in all of art history, Claude Monet's Giverny gardens in northern France. Diana Eichler, a painter from Reston, recalled one day as a student in the mid-nineties when she brought her equipment to the garden and got to work.

"Margaret's garden was stunning that day, and we were all a part of it," she said. "When I finally visited Monet's garden at Giverny some years later, I was struck by the similarities. Margaret's garden was her palette, just as Giverny was Monet's."

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

WEDNESDAY/AUG. 15

John Prine and Emmylou Harris. 7:30 p.m., at the Filene Center, 1551 Trap Road, Vienna. \$45 in-house, \$25 lawn. www.wolftrap.com.

THURSDAY/AUG. 16

"Dirty Rotten Scoundrels." 8 p.m., at the 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.

"At Home in Herndon." Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. The Herndon Town Calendar Photography Exhibit features finalists of the Herndon Town Calendar Photography Competition. Free. Exhibit runs through Sept. 9. www.artspaceherndon.org.

FRIDAY/AUG. 17

"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.

SATURDAY/AUG. 18

Creature Feature. 10 a.m.-Noon., at the Frying Pan Farm Park Visitor Center Auditorium, 2709 West Ox Road, Herndon. Meet domestic and exotic animals, enjoy live music, science experiments, Whole Foods Market treats and knowledge from biology, physical sciences and animal hospital doctors.

Wine Tasting at Il Fornaio. 4-6 p.m. Reston Town Center, 11900 Market Street, Reston. Five wines paired with antipasti. \$25 (plus tax & gratuity). Reservations at banquets.reston@ilfo.com.

"At Home in Herndon." Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. The Herndon Town Calendar Photography Exhibit features finalists of the Herndon Town Calendar Photography Competition. Free. Exhibit runs through Sept. 9. www.artspaceherndon.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.

CINE CLASSICS Movie Series "E.T. the Extra-Terrestrial" (1982). 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. bowtiecinemas.com

DC Fest Featuring Mercyme and Third Day. 3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Also with Sanctus Real, Brandon Heath, Building 429, Kerrie Roberts and Lindsey McCaul. Tickets \$20-\$99. www.ticketmaster.com, 1-800-745-3000 or www.patriotcenter.com.

Rio comes to Reston. 7:30 p.m. Reston Town Center Pavilion, Market St., Reston. Beleza. Samba, bossa nova and Latin jazz. www.restontowncenter.com.

SUNDAY/AUG. 19

"Dirty Rotten Scoundrels." 7 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.

CINE CLASSICS Movie Series "E.T. the Extra-Terrestrial" (1982). 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. bowtiecinemas.com

"At Home in Herndon." Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. The Herndon Town Calendar Photography Exhibit features finalists of the Herndon Town Calendar Photography Competition. Free. Exhibit runs through Sept. 9. www.artspaceherndon.org.

TUESDAY/AUG. 21

"At Home in Herndon." Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. The Herndon Town Calendar Photography Exhibit features finalists of the Herndon Town Calendar Photography Competition. Free. Exhibit runs through Sept. 9. www.artspaceherndon.org.

Train with Matt Kearney and Andy Grammer. 7 p.m. Filene Center, 1551 Trap Road, Vienna. \$48 in-house, \$35 lawn. www.wolftrap.com.

WEDNESDAY/AUG. 22

Meet Me at the Movies - Senior Movie Day. 10 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Watch "One for the Money." Free to 55+. 703-435-6530.

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

Summer Dinner Cooking Class at Williams-Sonoma. 6-8 p.m. Reston Town Center, 11900 Market Street, Reston. \$45. 571-203-8815. williams-sonoma.com.

THURSDAY/AUG. 23

Local Beer Tasting Dinner at Market Street Bar & Grill. 7 p.m. \$34 per person. Reservations at 703-925-8250. marketstreetbarandgrill.com.

Wine Dinner at Il Fornaio. 7 p.m. Five-course dinner paired with wines. \$65 (plus tax & gratuity). Reservations at banquets.reston@ilfo.com or 703-437-5544. ilfornaio.com

"At Home in Herndon." Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. The Herndon Town Calendar Photography Exhibit features finalists of the Herndon Town Calendar Photography Competition. Free. Exhibit runs through Sept. 9. www.artspaceherndon.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.

FRIDAY/AUG. 24

"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.

"At Home in Herndon." Post Gallery ArtSpace Herndon, 750 Center Street, Herndon. The Herndon Town Calendar Photography Exhibit features finalists of the Herndon Town Calendar Photography Competition. Free. Exhibit runs through Sept. 9. www.artspaceherndon.org.

SATURDAY/AUG. 25

"Dirty Rotten Scoundrels." 8 p.m. Industrial Strength Theatre, 269



Annie Ermlick and Nathan Tatro in the Elden Street Players production of "Dirty Rotten Scoundrels."

Sunset Park Drive, Herndon. A musical about two con men plying their "trade" in the French Riviera. \$23. www.eldenstreetplayers.org.

A Swingin' Great Time. 7:30 p.m. Reston Town Center Pavilion, Market St., Reston. Big Joe & The Dynaflows. New Orleans-style swing and jump

blues. www.restontowncenter.com.
Cooking Class at Il Fornaio. 12 p.m. Three-course lunch with wine and recipes. \$45 (plus tax & gratuity). Reservations at banquets.reston@ilfo.com or 703-437-5544. ilfornaio.com

Disney and Film Art of John Rowe - Exhibition at ArtInsights. 2-6 p.m. Reston Town Center, 11900 Market Street, Reston. Meet the artist and see the premier of original exclusive art from Disney film posters, plus Misty of Chincoteague books. 703-478-0778.

Reston Concert on the Town Series - Big Joe & the Dynaflows. 7:30-10 p.m. Reston Town Center, 11900 Market Street, Reston. www.restontowncenter.com.

CINE CLASSICS Movie Series "Auntie Mame" (1958). 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. bowtiecinemas.com

SUNDAY/AUG. 26
30th Annual Reston Century Bike Tour. 6 a.m. registration, Pavillion & W&OD Trail. Riders select 30, 63 or 100 mile routes. restonbikeclub.org.

CINE CLASSICS Movie Series "Auntie Mame" (1958). 11 a.m. Bow Tie Cinemas, 11940 Market Street, Reston. Seats \$5; \$4 for Criterion Club. 703-464-0816. bowtiecinemas.com

WEDNESDAY/AUG. 29
Grilling Class a la Bobby Flay at Williams-Sonoma. 6-8 p.m. Reston Town Center, 11900 Market Street, Reston. \$45. 571-203-8815. williams-sonoma.com.

SATURDAY/SEPT. 1
Porsche Club Car Show. 10 a.m. - 3 p.m. Reston Town Center, Pavilion & Market Street. Collection of vintage Porsches. pcapotomac.org

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PHOTO COURTESY OF JAMES KECKLEY

Science teacher Karen Schulien of the Norwood School in Potomac teaches a group of kindergarten students. Education experts encourage parents to establish a sleep routine before school starts.



PHOTO COURTESY OF SPLENDIDLY ORGANIZED

Cecilia Anderson, a former teacher and the owner of Splendidly Organized in Vienna, encourages parents to begin creating a structured schedule for their children before the start of school.



PHOTO COURTESY OF CLUTTERSOS

Vienna-based professional organizer Susan Unger of ClutterSOS tells parents to create a color-coded calendar that includes each family member's events and activities.

Time for School

Advice on how to transition from a laid-back summer to a hectic academic year.

BY MARILYN CAMPBELL
THE CONNECTION

When Ellen Feldman's 5-year-old son started school last fall, one of the biggest adjustments for the single mother of two was having to adhere to a schedule.

"All of a sudden we went from being able to do things on our own time frame to having to wake up and be at a certain place at a certain time," said Feldman. "Sending my son off to school for the first time was exciting, but also difficult."

From purchasing school supplies and new clothes to reuniting with friends and leaving home for the first time, the start of a new school year can bring about emotions that range from delight to anxiety.

"Back to school, which is a positive experience, has stress built into it," said Linda Gulyn, a professor of psychology at Marymount University in Arlington. "Any change is stressful, even a positive change. But kids will

adapt quickly." The transition, said experts, is more manageable when parents develop a plan before the first day of classes.

"The more structure parents can give their kids before school starts, the better," said professional organizer Cecilia Anderson, a former teacher and the owner of Splendidly Organized, Inc. in Vienna. "If kids are given total free rein during the summer, they are not going to be in the right mindset for school."

Michelle Claeys, associate head and middle school principal at the Norwood School in Potomac, Md., believes that final days of summer break can be an ideal time for an academic brush-up: "There are often skills that aren't used throughout the summer, but are important as school starts. Having children of all ages read as much as possible for pleasure throughout the summer, but also in the days leading up to the start of school, is a good idea because it is a sustained experience where they are focused on something for a long period time." Claeys also recommended giving children an opportunity to discuss their reading with friends.

EXPERTS ALSO SUGGEST establishing a sleep routine with a

consistent bedtime. "If parents get started a full week ahead of time trying to get children into the routine of being awake and alert for the morning, it gives them a chance to get their bodies adjusted to the schedule that they will have to maintain for the whole year," said Claeys.

Reintroducing a back-to-school morning ritual can be an anxiety-inducing exercise for some, especially after two months without a rigid agenda. According to professional organizers, a tactical plan can make the daybreak drill more pleasant.

"Do as much as you can the night before. For parents who pack their kids lunches, it is important to have things ready to go and put in bags," said Anderson. For children who want the freedom of packing their own lunches, Anderson recommended dividing lunch options into food group and allowing children to select one item from each group.

"You want to give your child a balanced meal," she said. "One day there might be tuna sandwiches, and turkey sandwiches on another day, and whatever snack goes along with it like cut-up vegetables. Have those ready to go and in bins and let children choose one thing from each bin. That way

"The more structure parents can give their kids before school starts, the better."

— Cecilia Anderson

'But I Don't Want to Go to School'

Separation Anxiety and Other Resistances to School

"Separation anxiety is a natural and healthy emotion," said Linda Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington. "Developmental theory will say when children have separation anxiety, it is a sign that they are attached to the parent. That is a good sign."

Understanding an older child's resistance to school: "From a psychological point of view, it is important for parents to acknowledge the child's feelings," Gulyn said. "Even if you're looking at your 14-year-old and thinking she's being absolutely unreasonable, you have to say 'I understand how you feel. I get it.' Then the teen feels that they are being respected."

"For a lot of teens, there is a lot of pressure going into school mode, so that is legitimate anxiety. They might be saying, 'I now have three A.P. (Advanced Placement) classes. I have to play volleyball. I have to work part-time. I have all this stuff going on,' so the pressure is real," said Gulyn.

kids will have more ownership over their lunches and there will be few complaints."

Don't underestimate the importance of breakfast either: "A child won't have all faculties for learning if they haven't eaten well," said Anderson. "Some kids don't have lunch until 1 o'clock, so to go from 6 a.m. until 1 o'clock without food is tough. They need something that has protein. It doesn't have to be home-cooked eggs. It can be turkey sausages or lunchmeat, but a bag of chips and a monster drink is not a good breakfast."

TO AVOID a last-minute morning search for errant permission slips or stray report cards, Vienna-based professional organizer Susan Unger of ClutterSOS urges parents to create a command center, a central location where all papers that must be signed and returned to school are kept. She adds that a chart outlining the morning tasks is another useful tool: "If children have a check list

to look at, they can ask themselves, 'Have I brushed my teeth?' or 'Have I combed my hair?' The night before, choose clothes and put the backpack by the door."

Use a family calendar. "Another important thing is having a calendar that lists activities and sporting events and putting it in a place where everybody can see it and everybody knows the schedule," said Unger. "It also helps to color-code the calendar, so have one color for each child."

Before heading out to purchase new supplies or clothes for school, organizers suggest taking inventory. "You can see what you already have and what you need and make a shopping list from that," said Unger.

One of the most important components of creating a good start to a new school year is attitude, education experts agree. "Generally, it is helpful if parents help children see school as a fun, happy place where they can be stimulated and learn," said Claeys.



PHOTOS BY MONIKA SHAYKA

The little ones love the surprising and refreshing splash of the Reston Town Center fountain on a Saturday afternoon.

A Weekend in Reston: Fun, Friends and Family

Weekends in Reston are filled with fun, friends and family: with fifteen pools, four lakes, the town center and much more, possibilities are endless. On Saturday mornings during the summer, Restonians love visiting the Lake Anne Farmers Market where fresh and delicious food is sold, along with other items such as clothes and jewelry. Later in the day, many love to spend time on the lakes in Reston. At any given time, you may notice some kayakers paddling along, friends enjoying themselves on a boat, or even some fishermen, young and old. When the evening rolls around, many enjoy heading over to the Reston Town Center Pavilion for a concert by the moonlight.

—MONIKA SHAYKA



The Guzman family peddles ashore to smile while they soak up the sun at Lake Anne.



Michael Bradford and Lucy Smith share a laugh while slicing some tomatoes at the Saturday Lake Anne Farmers Market.



Luke, 7, and sister Abby, 5, cast out their lines with their dad on Lake Thoreau.

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HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

reston@connectionnewspapers.com

or mail to:

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For more information, call 703-778-9410.

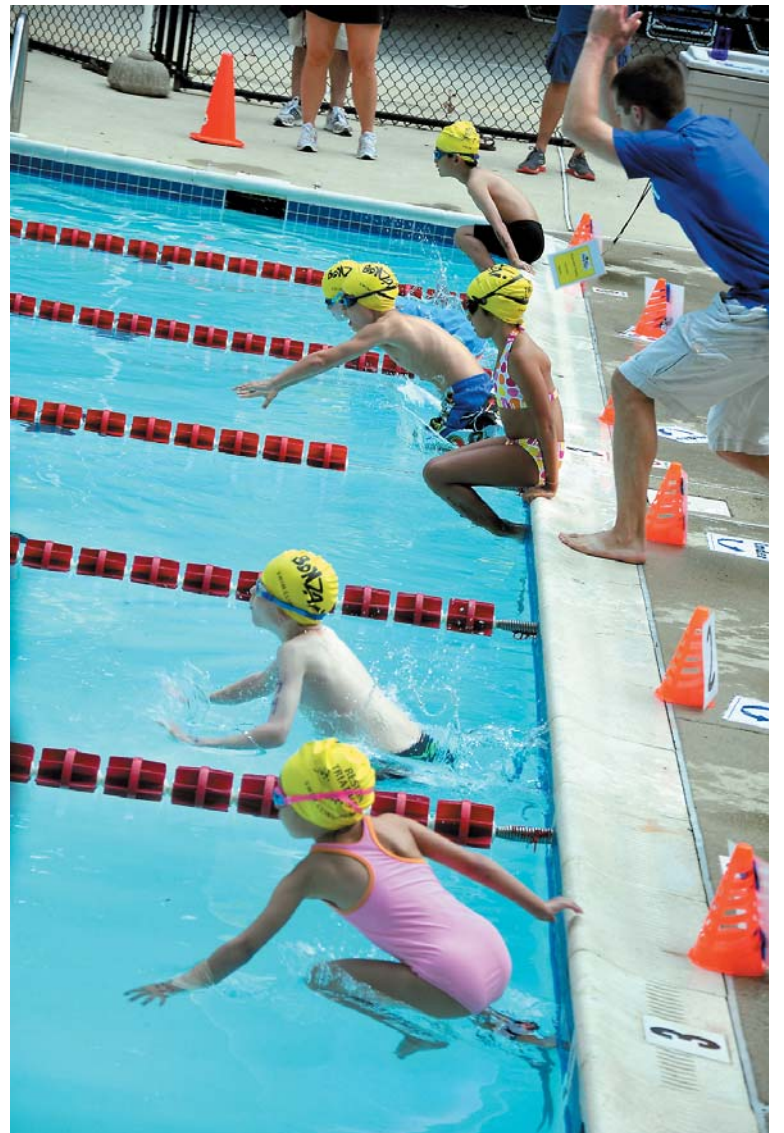
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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Runners prepare to enter the South Lakes High School track, the final leg of the Reston Youth Triathlon, Sunday, Aug. 12.



Swimmers prepare to start the first leg of the Reston Kids Triathlon at Ridge Heights Pool, Sunday, Aug. 12.

Triathletes Swim, Bike and Run in Reston

Second annual youth triathlon raises scholarship funds.

BY ALEX McVEIGH
THE CONNECTION

Two hundred and fifty children spent their Sunday morning swimming, biking and running around Langston Hughes Middle School and South Lakes High School on Aug. 12 as part of the second annual Reston Children's Triathlon, hosted by the YMCA, Fairfax County, Reston and the Reston Association.

Triathletes, ages 6 to 14, swam, biked and ran various distances depending on their age groups. Six to 8-year-olds swam 50 meters, biked 1.1 miles and ran .7 miles. Nine to 11 year-olds swam 100 meters, biked two miles and ran one mile, while 12 to 14-year-olds swam 150 meters, biked two miles and ran 1.4 miles.

SWIMMERS STARTED at the Ridge Heights Pool and biked along Ridge Heights Road and South Lakes Drive before running to the South Lakes track, where the finish line and cheering families awaited them.

"It was definitely very hard to finish, but my goal was not to have to walk the whole time and I didn't have to," said Stephanie Morgan, 11, of Falls Church. "The swimming might have been the hardest, because at the beginning you feel like you can go on forever, but once you try to get on your bike



Lauren Skinner, 10, of Reston, sprints to the finish line of the Reston Sprint Triathlon, Sunday, Aug. 12.

all soaking wet, you realize there's a lot more to go."

Douglas Janssen, 11, of Ashburn, said running was the toughest part for him.

"Biking and swimming are fun, because they're something you can do and be a little more relaxed," he said. "But running is mostly just for exercise and it's a little boring. And it wears me out more than the other two, so I'm glad it was last."

Herman Smith of Reston says the triathlon has led to several big changes for his daughter, Hannah, 10.

"Signing up for the event helped her learn how to ride a bike without training wheels, it always scared her, but once a few friends signed up, she didn't want to feel left out, and that meant dedicating herself to learning to ride," he said. "Between training for this event and watching the last week of track and field events in the

Olympics, I think she'll be really motivated to ride, bike and swim from now on."

With the event in its second year, some children, such as Gina Tutt's daughter Hailey, 9, used their experience to better prepare.

"Last year she was excited to be doing things with kids, and while she attended a few of the training clinics, it was definitely about having fun," she said. "But as she was getting ready for this year's, she was really dedicated. She was going on practice runs, rides and swims, and checking her times and she even practiced the transitions to shave off as many seconds as she could."

FUNDS RAISED AT THE EVENT went to youth scholarship programs, and 40 of the participants were able to do so because of scholarships that helped them register and get the equipment needed to participate.

"We didn't want people with an interest to not be able to participate because they didn't have the money to get a bike or pay the entry fee, so we were able to provide new bikes and helmets that they can keep," said Larry Butler, RA's director of Parks and Recreation. "We hope this event helps introduce a healthy lifestyle to the kids."

Butler also said he hopes the event would foster future interests.

"With three different activities, hopefully they can find one that they really liked," he said. "And if they find they like the biking, running or swimming, maybe that's something they can keep doing and eventually graduate to our Sprint Triathlon, or Fall Triathlon, in a few years."



Triathletes begin the biking portion of the Reston Kids Triathlon, Sunday, Aug. 12.

2012 Top Sales in Reston

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1155 FIELDVIEW DR	5	4	1		RESTON	\$1,365,000	Detached	0.58	20194	ESTATES AT WYNDHAM HILLS	02/15/12
1938 UPPER LAKE DR	5	3	1		RESTON	\$1,200,000	Detached	0.40	20191	RESTON	04/16/12
11085 PELHAM MANOR PL	5	5	2		RESTON	\$1,140,000	Detached	0.24	20194	HUNTERS END	06/01/12
11133 TOMMYE LN	4	4	1		RESTON	\$980,000	Detached	0.88	20194	PINEY RUN MEADOW	05/24/12
11990 MARKET ST #1715	3	2	1		RESTON	\$950,000	Hi-Rise 9+ Floors		20190	MIDTOWN @ RESTON TWN CTR	05/25/12
11673 BENNINGTON WOODS RD	6	4	1		RESTON	\$950,000	Detached	0.35	20194	RESTON	05/04/12
11330 WOODBROOK LN	6	3	1		RESTON	\$907,400	Detached	0.31	20194	RESTON	04/12/12
11605 DEER FOREST RD	4	3	1		RESTON	\$900,000	Detached	0.51	20194	RESTON	06/04/12
1313 GATESMEADOW WAY	4	3	1		RESTON	\$895,000	Detached	0.18	20194	CRIPPENS CORNER	06/22/12
1425 WATERFRONT RD	4	3	1		RESTON	\$889,000	Detached	0.21	20194	RESTON	03/28/12
1447 WATERFRONT RD	5	4	0		RESTON	\$879,000	Detached	0.16	20194	RESTON	01/23/12
1270 NEW BEDFORD LN	4	3	1		RESTON	\$875,000	Detached	0.32	20194	RESTON	04/30/12
2072 BEACON HEIGHTS DR	3	2	1		RESTON	\$869,900	Townhouse	0.09	20191	RESTON	06/11/12
2320 STALEY RD	4	3	1		RESTON	\$849,900	Detached	0.94	20191	LAWYERS GLEN	06/29/12
11620 SOURWOOD LN	4	3	2		RESTON	\$825,000	Detached	0.43	20191	RESTON	06/20/12
1151 MEADOWLOOK CT	5	4	1		RESTON	\$805,000	Detached	0.88	20194	PINEY RUN MEADOW	06/27/12
1608 WOODSTOCK LN	4	2	1		RESTON	\$800,000	Detached	0.18	20194	RESTON	06/18/12
1310 PAVILION CLUB WAY	4	3	1		RESTON	\$795,000	Detached	0.11	20194	RESTON	03/28/12
10718 CROSS SCHOOL RD	5	3	1		RESTON	\$785,000	Detached	0.42	20191	RESTON	05/04/12
1337 DASHER LN	4	4	1		RESTON	\$784,000	Detached	0.38	20190	HUNT AT LAKE FAIRFAX	04/23/12
11429 NIGHT STAR WAY	4	3	1		RESTON	\$778,500	Detached	0.21	20194	RESTON	04/11/12
11207 PAVILION CLUB CT	4	3	1		RESTON	\$770,000	Detached	0.12	20194	RESTON	05/30/12
12019 CANTER LN	5	3	1		RESTON	\$765,000	Detached	1.78	20191	RESTON	03/28/12
1338 DASHER LN	5	3	1		RESTON	\$760,000	Detached	0.33	20190	HUNT AT LAKE FAIRFAX	03/08/12
1330 DASHER LN	4	3	1		RESTON	\$760,000	Detached	0.26	20190	HUNT AT LAKE FAIRFAX	04/20/12
11814 TRIPLE CROWN RD	4	3	0		RESTON	\$750,000	Detached	0.65	20191	RESTON	04/19/12
1830 FOUNTAIN DR #808	3	3	0		RESTON	\$750,000	Hi-Rise 9+ Floors		20190	PARAMOUNT	06/22/12
12025 NEW DOMINION PKWY #201	3	2	1		RESTON	\$745,000	Mid-Rise 5-8 Floors		20190	MIDTOWN NORTH	05/07/12
11776 STRATFORD HSE PL #1106	2	2	0		RESTON	\$740,500	Hi-Rise 9+ Floors		20190	STRATFORD	02/29/12
1830 FOUNTAIN DR #1008	3	3	0		RESTON	\$735,000	Hi-Rise 9+ Floors		20190	PARAMOUNT	05/30/12
12016 WALNUT BRANCH RD	4	2	1		RESTON	\$735,000	Detached	0.35	20194	RESTON	05/18/12
1307 MURRAY DOWNS WAY	5	3	1		RESTON	\$731,250	Detached	0.25	20194	CRIPPENS CORNER	03/30/12
1616 WOODSTOCK LN	3	2	1		RESTON	\$729,900	Detached	0.14	20194	RESTON	03/26/12
1279 AUBURN GROVE LN	4	3	1		RESTON	\$729,000	Detached	1.45	20194	SHAKER WOODS	06/11/12
11896 FAWN RIDGE LN	5	3	1		RESTON	\$725,000	Detached	0.54	20194	RESTON	02/24/12
2010 BEACON PL	4	3	1		RESTON	\$720,000	Detached	0.17	20191	RESTON	04/26/12
1924 LOGAN MANOR DR	3	3	1		RESTON	\$715,000	Townhouse	0.04	20190	RESTON	04/13/12
12130 STIRRUP RD	5	3	1		RESTON	\$705,000	Detached	0.48	20191	RESTON	03/01/12
2021 PEPPERMINT CT	5	3	1		RESTON	\$703,000	Detached	0.28	20191	RESTON	06/28/12
1328 MURRAY DOWNS WAY	4	3	1		RESTON	\$700,000	Detached	0.17	20194	CRIPPENS CORNER	02/13/12
11100 WEDGE DR	5	3	0		RESTON	\$700,000	Detached	0.29	20190	RESTON	04/20/12
10867 GROVEHAMPTON CT	4	2	1		RESTON	\$697,500	Detached	0.32	20194	CRIPPENS CORNER	06/27/12
2528 SPANISH MOSS CT	5	3	2		RESTON	\$695,000	Detached	0.45	20191	FOX MILL WOODS	04/10/12
2431 ALBOT RD	5	2	1		RESTON	\$695,000	Detached	0.54	20191	RESTON	04/24/12
1279 LAMPLIGHTER WAY	4	3	1		RESTON	\$695,000	Detached	0.23	20194	RESTON	04/26/12
2515 FOXCROFT WAY	5	2	1		RESTON	\$685,000	Detached	0.96	20191	RESTON	04/30/12
1920 LOGAN MANOR DR	3	2	2		RESTON	\$685,000	Townhouse	0.04	20190	WEST MARKET	06/29/12
1967 LOGAN MANOR DR	3	2	2		RESTON	\$682,500	Townhouse	0.04	20190	RESTON	02/15/12
1646 WATERS EDGE LN	4	4	1		RESTON	\$675,000	Townhouse	0.09	20190	RESTON	02/27/12
2001 BEACON PL	4	3	1		RESTON	\$675,000	Detached	0.15	20191	RESTON	02/07/12
11220 WEDGE DR	5	3	0		RESTON	\$675,000	Detached	0.38	20190	RESTON	04/11/12
1830 FOUNTAIN DR #502	2	2	1		RESTON	\$675,000	Hi-Rise 9+ Floors		20190	PARAMOUNT	04/30/12
10927 LAWYERS RD	4	2	0		RESTON	\$665,600	Detached	2.07	20191	WOODSLOPE	05/16/12
1830 FOUNTAIN DR #1107	2	2	1		RESTON	\$665,000	Hi-Rise 9+ Floors		20190	PARAMOUNT	06/25/12
1424 BELCASTLE CT	4	2	1		RESTON	\$660,500	Detached	0.14	20194	RESTON	03/16/12
11625 SPRINGHOUSE PL	3	3	1		RESTON	\$660,000	Detached	0.16	20194	RESTON	05/30/12
2517 FARRIER LN	5	3	0		RESTON	\$660,000	Detached	0.36	20191	RESTON	06/22/12
2516 FOWLERS LN	4	3	0		RESTON	\$657,000	Detached	0.54	20191	RESTON	06/06/12
11031 SOLARIDGE DR	4	3	1		RESTON	\$650,000	Detached	0.11	20191	RESTON	06/07/12
11209 BRADBURY LN	4	3	1		RESTON	\$650,000	Detached	0.32	20194	RESTON	06/29/12
11420 HOLLOW TIMBER CT	4	3	1		RESTON	\$647,000	Townhouse	0.10	20194	RESTON	04/24/12
11776 STRATFORD HSE PL #902	2	2	0		RESTON	\$642,000	Hi-Rise 9+ Floors		20190	STRATFORD	04/20/12
1929 LOGAN MANOR DR	3	3	0		RESTON	\$640,000	Townhouse	0.09	20190	WEST MARKET RESTON	02/09/12
11211 BRADBURY LN	4	3	1		RESTON	\$640,000	Detached	0.43	20194	RESTON	06/11/12
11613 BROMLEY VILLAGE LN	4	3	1		RESTON	\$639,000	Detached	0.14	20194	RESTON	05/21/12
11990 MARKET ST #513	2	2	0		RESTON	\$635,000	Hi-Rise 9+ Floors		20190	MIDTOWN @ RESTON TWN	04/06/12
2400 SUGARBERRY CT	5	2	1		RESTON	\$635,000	Detached	0.44	20191	RESTON	04/03/12
12145 STIRRUP RD	4	3	0		RESTON	\$635,000	Detached	0.33	20191	RESTON	05/21/12
11776 STRATFORD HSE PL #708	2	2	0		RESTON	\$630,000	Hi-Rise 9+ Floors		20190	STRATFORD	04/25/12
11442 TANBARK DR	4	2	1		RESTON	\$630,000	Detached	0.20	20191	RESTON	06/27/12
11800 SUNSET HILLS RD #814	3	2	0		RESTON	\$625,000	Hi-Rise 9+ Floors		20190	CARLTON HOUSE	01/17/12
2084 LAKE AUDUBON CT	3	3	1		RESTON	\$625,000	Townhouse	0.09	20191	RESTON	06/20/12
1804 PEPPERIDGE LN	4	3	1		RESTON	\$625,000	Detached	0.59	20191	RESTON	06/19/12
10804 MIDSUMMER DR	4	3	1		RESTON	\$620,000	Detached	0.36	20191	RESTON	04/20/12
2404 JACKSTAY TER	4	2	1		RESTON	\$618,000	Detached	0.31	20191	RESTON	01/27/12
11776 STRATFORD HSE PL #402	2	2	0		RESTON	\$615,000	Hi-Rise 9+ Floors		20190	STRATFORD	01/30/12
1874 POST OAK TRL	4	3	0		RESTON	\$615,000	Detached	0.42	20191	RESTON	04/27/12
1700 SHAGBARK CIR	3	2	1		RESTON	\$605,000	Detached	0.48	20190	RESTON	05/15/12
12110 STIRRUP RD	4	3	1		RESTON	\$605,000	Detached	0.36	20191	RESTON	06/22/12
1932 LAKEPORT WAY	3	3	1		RESTON	\$600,000	Townhouse	0.08	20191	RESTON	04/26/12
1628 WATERS EDGE LN	4	3	1		RESTON	\$600,000	Townhouse	0.09	20190	RESTON	05/25/12
1844 POST OAK TRL	4	2	1		RESTON	\$600,000	Detached	0.44	20191	RESTON	06/07/12
12392 COPENHAGEN CT	5	3	0		RESTON	\$599,000	Detached	0.37	20191	RESTON	06/26/12
11691 STOCKBRIDGE LN	4	3	1		RESTON	\$598,750	Detached	0.17	20194	RESTON	05/15/12
11197 SQUARE SAIL CT	3	2	2		RESTON	\$598,500	Townhouse	0.06	20191	RESTON	06/20/12
10909 HOWLAND DR	5	2	1		RESTON	\$598,000	Detached	0.53	20191	RESTON	04/27/12
11640 MEDITERRANEAN CT	5	3	1		RESTON	\$595,900	Patio Home	0.07	20190	MEDITERRANEAN VILLA CLUSTER	04/13/12
2352 NASHUA CT	5	3	0		RESTON	\$595,000	Detached	0.26	20191	RESTON	05/15/12
11206 LAGOON LN	4	3	1		RESTON	\$589,000	Townhouse	0.05	20191	RESTON	02/21/12
10913 HUNT CLUB RD	4	2	1		RESTON	\$585,000	Detached	0.31	20190	RESTON	04/13/12
12368 BROWN FOX WAY	3	2	1		RESTON	\$585,000	Detached	0.15	20191	COURTS OF FOX MILL	05/15/12
11693 STOCKBRIDGE LN	3	2	1		RESTON	\$582,000	Detached	0.20	20194	RESTON	05/21/12
1646 YORK MILLS LN	4	3	0		RESTON	\$580,000	Detached	0.20	20194	RESTON	06/04/12
12000 MARKET ST #401	3	3	0		RESTON	\$575,000	Garden 1-4 Floors		20190	SAVOY @ RESTON TWN CTR	05/24/12
1310 SUNDIAL DR	3	2	2		RESTON	\$575,000	Townhouse	0.06	20194	RESTON	05/15/12
11521 RUNNING CEDAR RD	5	2	1		RESTON	\$572,500	Detached	0.37	20191	RESTON	06/21/12
11649 MEDITERRANEAN CT	4	3	1		RESTON	\$565,900	Patio Home	0.10	20190	RESTON	04/11/12
11800 SUNSET HILLS RD #1220	3	2	0		RESTON	\$563,000	Hi-Rise 9+ Floors		20190	CARLTON HOUSE	02/17/12
12627 THUNDER CHASE DR	5	2	1		RESTON	\$560,000	Detached	0.31	20191	POLO FIELDS	06/28/12
2219 HALTER LN	4	2	1		RESTON	\$559,000	Detached	0.38	20191	POLO FIELDS	06/20/12
12402 BROWN FOX WAY	4	3	1		RESTON	\$555,000	Detached	0.12	20191	THE COURTS OF FOX MILL	04/12/12
11039 SOLARIDGE DR	3	2	0		RESTON	\$550,000	Detached	0.15	20191	RESTON	02/06/12
11219 SOUTH SHORE RD	4	3	0		RESTON	\$550,000	Detached	0.27	20190	RESTON	03/15/12
2106 THOMAS VIEW RD	4	3	0		RESTON	\$550,000	Detached	0.49	20191	RESTON	04/23/12
11245 HANDLEBAR RD	4	3	0		RESTON	\$550,000	Detached	0.54	20191	RESTON	06/15/12
1223 WOODBROOK CT	3	2	2		RESTON	\$550,000	Townhouse	0.06	20194	RESTON	06/20/12

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Ash

A Pill a Day...



By KENNETH B. LOURIE

Hopefully will keep the cancer at bay. (I'd say "away," but let's be realistic, three and a half years past a NSCLC diagnosis, there is no way, generally speaking, that stage IV lung cancer disappears into the ether; it's classified as stage IV for a reason. However, there are many – and varied – non-traditional and not particularly Western and/or A.M.A./American Cancer Society-approved alternatives to fight this insidious disease, many of which, about 20 or so, I have incorporated into my overall treatment regimen. Moreover, if my continuing survival reflects anything, it is an affirmation of what former N.C. State basketball coach Jim Valvano said in 1993, in one of his last public appearances before succumbing to bone cancer, on ESPN's inaugural ESPYs Award show, as the first recipient of the "Arthur Ashe Courage and Humanitarian Award": "Don't give up, don't ever give up." And so I haven't.)

Besides, where's the future in giving up or giving in? That's not to infer that the last few years haven't been incredibly challenging, because they have. Emotionally for sure, physically not quite as much. Although chemotherapy is all it's cracked up to be; some treatment (drugs) were definitely worse (side effects/quality of life) than others. Fortunately for me, amazingly in fact, through it all, I have been relatively asymptomatic with minimal/manageable side-effects and zero hospitalizations. Nevertheless, cancer's reputation as a killer is well-documented and hardly the kind of diagnosis one can ever take with a grain of salt – maybe better taken with a grain of alcohol.

Every day, every doctor's appointment, every scan, every time you have your blood drawn, every change in how you think and how you feel, relate to the undeniable fact (and believe me, I've tried to deny it; it's a good defense/self-preservation mechanism) that you (meaning me) have cancer, and not just a garden variety, but rather the incurable kind, according to my oncologist: stage IV. Defined as metastasized, inoperable, with a "13-month to two-year prognosis." (Given to me late February, 2009.)

But here I am, still. I have outlived my prognosis (but hopefully not my usefulness) by a significant – to me, length of time: years, depending how you calculate. However, does that significance move me closer than ever to the end of my writing all these lines? I don't want to think that, but whatever cancer does to you physically, it's equally bad – in my experience/opinion on your mind/thought process. Thinking straight, thinking clearly, thinking objectively, thinking unselfishly; all become collateral damage as a result of your cancer diagnosis. Fighting through these difficult-to-control emotions is the bane of my existence, an existence I'm lucky to still have. My next CT Scan is in September, two months after I will have been taking my daily "targeted therapy" chemotherapy-type pill. Then I'll know how I really feel. Until then, life goes on. And so far, this pill seems not to be making a bad situation any worse; a non-side effect for which I am extremely grateful.

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

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