

Celebrating the breaking of a 30-year-old RSTA record in the girls' (6-18) 200-meter freestyle relay are North Hills Hurricanes swimmers (from left) Marlee Czarny, Katie Cazenias, Nicole Flint, Emily Ren and Rachel Swarts.



Swimmers Shine at All-Stars Meet

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Hinds Feet Celebrates 15 Years

NEWS, PAGE 3

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BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

MONDAY-THURSDAY/AUG. 5-8

Reston Youth Recreational Cheer.

6-8 p.m., Langston Hughes Middle School exterior basketball courts, 11401 Ridge Heights Road, Reston. Rising kindergarteners through eighth graders prepare to cheer for this fall's Reston Youth Association Seahawk Football games.
www.restonyouthcheer.org.

THURSDAY/AUG. 8

Paint Herndon Submission

Deadline. ArtSpace Herndon is accepting proposals for age-appropriate educational and participatory activities for Paint Herndon 2013, a celebration of the arts and of ArtSpace Herndon's 1-year anniversary. Activities can be offered on a drop-in basis or by registration if the number of participants should be limited.
www.artspaceherndon.com.

FRIDAY/AUG. 9

Deadline for ArtSpace Herndon Exhibit Submissions. Artists of all styles are needed to submit their works to the Amazon Web Services' Aug. 26 reception celebrating Amazon's new Herndon offices.

Amazon Web Services will purchase pieces from the exhibit for their new offices. www.artspaceherndon.com.

SUNDAY, AUG. 11

Volunteers needed for Reston

Kid's Triathlon. 8 a.m., 11400 Ridge Heights Road, Reston. Volunteers are needed to make this children's fitness event affordable for families without the proper resources. Volunteers receive a t-shirt and breakfast. Parents of competitors are discouraged from volunteering. Sign up at www.restonkidstri.org/volunteer.html and find more information at www.restonkidstri.org.

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THE CONNECTION
 NEWSPAPERS

NEWS

Unlocking the Door to Affordable Housing

County considers establishment of residential studio option to assist with housing affordability.

BY VICTORIA ROSS
THE CONNECTION

Like most areas that have seen explosive growth in the past 30 years, Fairfax County's stock of affordable housing has dwindled as it's grown into one of the nation's wealthiest counties.

One of the obstacles to affordable housing in some cities are zoning regulations that ban what used to be the bottom end of the private housing market—rooming houses, the in-law apartment, student housing and studio apartments. While Fairfax County doesn't have a particular ban on these uses, land values are so high, that the construction of low to moderate housing was essentially pinched out.

Fairfax County Board of Supervisors Chairman Sharon Bulova said Tuesday, July 23, she is "hopeful" the board is ready to move forward on a plan to make housing more affordable throughout the county.

"Our board has been exploring the establishment of residential studio housing for about 10 years. I think it's a good way to provide more affordable housing options for county residents. By advertising this for public hearing, we will initiate the process for engaging the community in the discussion," Bulova said.

She added that the board could advertise for public hearings as early as its July 30 meeting.

"Let me just say, my feeling is we really need to move this forward," Bulova said.

Donna Pesto, the county's senior assistant to the zoning administrator, said the proposal would not change the building codes, and would apply to rental units only.

UNDER THE PROPOSAL, Pesto said there could be no more than 75 residential studio units in a building and a minimum of 80 percent of units have to be affordable to low-income earners, those making about \$45,000 per year or less. The maximum square footage for the units would be 500 square feet, plus a bathroom and kitchen.

"As parts of the county continue to urbanize, higher densities can be achieved, which makes the inclusion of more affordable housing more practical," Pesto said.

"We see the residential studio use to be in the same zoning category as independent living facilities and nursing homes, which are all carefully reviewed and require case-by-case approval by the board," Pesto said. "The standards are pretty stringent."

While many similar developments serve individuals at risk of homelessness, particularly those linked with supportive services, small efficiency apartments



Small and affordable doesn't necessarily mean boring. Many furniture companies, such as IKEA, Target and Macy's, offer trendy furniture and rooms specifically designed for small living spaces, such as studio apartments. This small kitchen space is one of IKEA's recent designs on its website.



The Crossings in Charlottesville, built by Virginia Supportive Housing (VSH), is the type of affordable housing Fairfax County is considering. Hailed as a "game-changer" for homelessness and a regional solution to affordable housing, the Crossings has 60 small studio apartments with support services in a mixed-income community.

also provide an affordable housing option for seniors, students, recent graduates and single professionals, providing diversity and vibrancy to communities.

"There's a lot of buzz now about micro-units that are 300-500 square feet," Bulova said.

"Small apartments have become the hot housing product in U.S. cities, where many places are marketing them under the name 'micro-units,'" Pesto said.

She added that Virginia Supportive Housing (VSH), based in Charlottesville, has built studio apartments similar to what Fairfax County is considering.

LAST YEAR, VSH unveiled The Crossings in Charlottesville, hailed as a "game-changer" for homelessness and a regional solution to affordable housing. Opened in March 2012, the Crossings has 60 studio apartments with support services in a mixed-income community. Thirty units are designated for homeless clients and 30 units are available to individuals earning 50 percent or less of the area median income.

Each unit is approximately 360 square feet and contains a kitchenette with full refrigerator and range oven, full bathroom, and closet. The building has an extensive security system, secure bike storage, off-street parking, access to public transportation and is in close proximity to the central business district.

"This is exactly the type of affordable rental housing we are trying to make available in Fairfax County," Pesto said. "It is most definitely a kind of development that we would permit under the Residential Studio amendment. ... That's one of their newer developments and I think it's a good looking building!"

For more information on Virginia Supportive Housing, go to Virginiassupportivehousing.org.



Trypetus Cooper Padmore, founder of Hinds Feet Ministries, welcomes visitors to the 15th anniversary of the ministry at the Reston Community Center.

Hinds Feet Celebrates 15 Years

Local nonprofit performs outreach to Liberia.

BY ALEX MCVEIGH
THE CONNECTION

Trypetus Cooper Padmore spent her formative years living around the world. A native of Liberia, she spent time in Great Britain and the United States during her school years. She left Liberia with her family after the military coup in 1980.

After leaving her home country, she found a home in Reston, but Liberia stayed with her. In September 1998, in the midst of a successful career at MCI, and training for a promotion, she found the call became too loud to ignore.

"The continued turmoil motivated me to return to my native land," she said. "God told me that I needed to help the country overcome its losses, its high poverty rates and low literacy rates and to start impacting the community in a positive way."

Located on Africa's Pepper Coast, Liberia was founded as an American colony for freed slaves in the early 19th century. It was governed by African-American colonists from 1847 to 1980, when a violent military coup occurred, leading to years of civil war.

PADMORE'S INITIAL EFFORTS in 1998 were the start of Hinds Feet Ministries, a nonprofit that just celebrated its 15th year. She planned for the ministry to have a threefold mission: education, evangelism and equipping.

"She started Hinds Feet just in time, in the midst of one of

the toughest times in the country's history, when a lot of people around the world were writing it off," said Rev. Michael Mattar, senior pastor at Hope Fellowship Church in Sterling, and a Hinds Feet board member. "Trypetus had a good job, and just left. We were worried about her safety, going back to the country, to the jungles, leaving the amenities of home behind to reach the people."

Padmore found a land where an entire generation of adults had been killed in the various wars, and she found the next generation in jeopardy as well.

"When I started, so much of the adult generation had been killed during the wars, and those that were left were concerned with rebuilding the country from the ground up," she said. "In all of these, I found that the children, the future of Liberia, weren't getting the attention they needed. I knew that unless someone stepped in to help them, then Liberia couldn't have a future."

Hinds Feet currently operates on an annual budget of about \$65,000. It costs them about \$250 per year to sponsor a child's tuition for one year and around \$160 per month to pay the teachers.

Currently there are about 250 children from pre-nursery to third grade, at their Heritage Early Learning Center, which is located in Monrovia. They also run four outreach centers.

Janine Stegall has been a donor and supporter of Hinds Feet for the past 10 years, and a board member for the last two.

SEE HELPING, PAGE 4

SUMMER FUN



Dental patients get out of the chair and into the pool for Dr. Tisseront's 11th annual Pool Party held on July 19 at Lake Newport Pool in Reston.

From Dental Chair to Pool Party

Dr. Stephan Tisseront, specialist in orthodontics in Reston, held his 11th annual Pool Party for patients on Friday, July 19 at Lake Newport Pool in Reston. The party was attended by well over 350 of Dr. Tisseront's patients, their families and friends and was a welcome oasis to escape the heat. A record number of participants entered the annual Boat Relay Race and the ever-popular tattoo booth and snow cone machines were running all night.

The winner of "Dr. Tisseront's Patients've GOT TALENT" contest was announced, and Miss Aizah went home with a brand new iPad Mini. Michelle, a 7-year-old accomplished pianist, also gave a special piano performance impressing the crowd.

The evening concluded with a raffle drawing, with prizes including a pair of Beats by Dr. Dre headphones.

To see more, visit <http://www.tisserontorthodontics.com/>.



In the peace/brotherhood category, this quilt by Peg Green was titled, "Tibetan Prayer Flags."



"Shy Soul, Wild Soul," by Peg Green was inspired by a church sermon on self-discovery and finding inner courage.

Quilt Show Displays 'Sacred Threads'

Some 231 handmade quilts exploring themes of spirituality, joy, inspiration, peace/brotherhood, grief and healing were displayed during the biennial Sacred Threads exhibition, July 10-28, at Floris United Methodist Church in Oak Hill.

Reston's Peg Green had two quilts in the show.

Helping in Liberia

FROM PAGE 3

"As soon as I heard about the mission, I understood its importance and wanted to be as hands-on involved as I could," she said. "The education statistics from Liberia are very sad, the government there is focused on rebuilding the infrastructure, so our ministry is giving the children the support they need, giving them their educational bearings."

Hinds Feet has been able to get Restonians involved in their mission, helping people an ocean away. The Reston Regional Library helped collect more than 2,000 books to build a reading resource room.

They've also worked with the National Council of Negro Women, Mount Pleasant in Herndon, Whole Word Fellowship in Oakton, the Heritage Fellowship Church in Reston and the Hope Fellowship Church in Sterling.

Later in August they will host a meeting with Northern Virginia Community College about a partnership to further their educational outreach.

"It took all these years to build the structure and the machinery, and now we're ready to start moving," Mattar said. "Fifteen years of trusting God, all while not knowing the future of the ministry. Fifteen years of networking, building trust, building relationships."

A LONGER-TERM GOAL for the ministry is to build a village, a permanent settlement that can house the children they help. "This model of community building is very important to our goal of providing continuous education, by helping provide daily protection for these children," Stegall said. "In



Trypetus Cooper Padmore, a Reston resident, celebrates 15 years of her nonprofit, Hinds Feet Ministries, which provides outreach to her home country of Liberia.

[Liberia's capital] Monrovia, children who go to school are facing a lot of danger when they go home, and we want to create a situation where they're safe during the day while at school, then they can return home to a nurturing family environment surrounded by people who love and care for them."

Padmore says they envision the children living, not in a dorm-style facility with 20 or more beds per room, but in a cottage-style village, with no more than eight people per home.

Over the course of the ministry's 15 years, they have helped a number of children.

"The children who were in school when we started were able to find good education, and now they're graduating from college, taking positions and careers in the workplace, which is amazing to see," Padmore said.

More information on Hinds Feet Ministries can be found at www.hindsfeetministries.org.

Weichert, Realtors Recognizes Reston/Herndon Top Representative

The Reston/Herndon office was recognized for outstanding performance in June, according to Bruce L. Green, regional vice president of Weichert, Realtors. The office led the region, which comprises offices throughout Fairfax, Loudoun, Fauquier and Delaware counties, for new home dollar volume.

Additionally, Sales Associate Rong "Danica" Hu of the Reston/



Rong Hu

Herndon office was individually recognized for her exceptional industry success during the month of June. A top producer, Hu led region for new home dollar volume.

She can be reached in Weichert's Reston/Herndon office at 1760 Reston Parkway, #111, or by phone at 703-264-0000.

PEOPLE

Joining Marines

Brandon A. Clifner, 18, of Reston, joined the United States Marine Corps on Monday, July 22. The ceremony was held at Fort Meade, Md. Brandon recited the enlistment oath administered by his step-dad, Dennis Rensel, USAF colonel (retired). Also in attendance were his mother, Kimberly Clifner and his sister, Katherine Rensel. Shortly after the ceremony Brandon left by bus to Parris Island, S.C. to begin Boot Camp and his Marine career. He will graduate from Boot Camp on Oct. 18th. His plans are to become an aircraft mechanic.

Brandon was born in 1995 in Colorado Springs, Colo. and moved to Reston in 1999 with his family. He attended Hunters Woods Elementary School, Langston Hughes Middle School and South Lakes High School before graduating from Massanutten Military Academy this past Memorial Day Weekend. Brandon worked hard these past 12 months to meet the Marine acceptance requirements. With the help of the Sterling, Va. USMC Recruiting Office, Brandon was well prepared for entry into the Marines.



Administering the Enlistment Oath—Marine Recruit Brandon A. Clifner and Colonel Dennis J. Rensel, USAF (ret).



From left—Katherine Rensel, Kimberly Clifner, Brandon Clifner and Dennis Rensel.

Teaching Girls The Value of Science

The Girls Excelling in Math and Science (GEMS) Club Initiative, Nova Labs, and the Mid-Atlantic Girls Collaborative (MAGiC) have announced a new project: The Girl Makers of Northern Virginia. The project, funded by a \$3,500 grant from the Community Foundation for Northern Virginia's Innovation Fund (\$1,000) and the Moore Family Foundation (\$2,500), builds upon two "Take Apart" sessions held at Nova Labs last winter.

Nova Labs President Brian Jacoby states that the new funding will help the program expand to further inspire girls' interest in science, technology, engineering and math (STEM) classes and careers. Elizabeth Vandenburg, co-Lead and out-

reach director of GEMS and MAGiC, says that Nova Labs is spearheading the effort to interest more girls in these areas.

Founded at Clearview Elementary School in 1994, the GEMS Club initiative provides after-school science exposure. Girls in the third through eighth grade participate in STEM Nova Labs through a nonprofit "makerspace" in Reston that provides a creative and technical community workshop. The club now has 35 clubs across Fairfax County Public Schools and has expanded to the 2011 Clinton Global Initiative in Chicago. The lab is part of the international Maker Movement.

For more information, contact Elizabeth Vandenburg at 703-774-7796.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Julia Morris, daughter of Deborah Morris, graduated from South Lakes High School as an honors graduate. She

will attend Vanderbilt University and will pursue a double degree in flute performance and economics.

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OPINION

Enjoy Tax Holiday, Donate School Supplies

Good timing to help those in need.

It is debatable whether recurring tax holidays for different seasonal needs are good policy. But since this weekend is Virginia's tax holiday on school supplies and clothing, it makes sense to take advantage of the savings, and to spread the wealth around. The savings are more significant this year with the new sales tax increases in effect as of July 1.

This year the tax holiday is Aug. 2-4. During this three-day period, school supplies selling for \$20 or less per item, and clothing and footwear selling for \$100 or less per item will be

exempt from Virginia sales tax. There are some items that do not qualify, for example digital school supplies. See <http://www.tax.virginia.gov/> for more details.

When you are buying school supplies for your family, buy extra to donate to local families who are not able to afford to do the same. In Fairfax County, more than 40,000 students are poor enough to qualify for free or reduced price meals at school.

EDITORIAL

In Fairfax County, local nonprofits, Fairfax County Public Schools and corporate partners are collecting school supplies and backpacks. Monetary donations and backpacks are being accepted by eight local nonprofits and through local Apple and Northwest Federal Credit Union Branches, as well as online at <http://collectforkids.org/donate/>

through Aug. 23. Last year the drive provided supplies for nearly 20,000 students. A \$10 cash donation goes a long way.

Nonprofits partnering in this collection effort include Koinonia, New Hope Church, Northern Virginia Family Service, Our Daily Bread, Reston Interfaith, United Community Ministries, Western Fairfax Christian Ministries.

For more, Collect for Kids website at <http://collectforkids.org>.

FACETS is also collecting contributions of money, school supplies and backpacks. Last year, FACETS gave backpacks filled with supplies to more than 300 needy students. Contact Liz Griffith, Development Coordinator at 703-352-3268 or lgriffith@facetscares.org. See <http://facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY14.pdf>.

Much Remains to Be Done

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



COMMENTARY

I grew up in my early years in a racially segregated Virginia. The State Constitution had a provision stating, "Mixed schools prohibited. White and colored children shall not be taught in the same school." I did not know any African American children when I was young in rural Virginia because the several children I might have gotten to know were bused past the school I attended to a separate school a dozen miles away. It took 40 lawsuits after Brown vs. Board of Education to overcome massive resistance and to desegregate public schools in Virginia. By that time I had left my hometown in the Shenandoah Valley and had enrolled in the Norfolk College of William and Mary, later to become Old Dominion University. The City of Norfolk had a racially mixed but segregated population and had been one of the most challenging places to accomplish racial integration. I lived in an apartment on 48th Street that was the dividing line between black and white housing. The college I attended was predominantly white; the black students in the city attended Norfolk State College. The workplaces in Norfolk were segregated. As a white college student I could get easy part-time jobs. The black people did the really strenuous work. These early experiences strengthened my resolve to work for racial and economic justice because I saw from first-hand ob-

servation that it was the moral and right thing to do. From my political science classes I came to understand that it was also the constitutional and legal thing to do.

When I came to Fairfax County in the mid-1960s I joined the Fairfax County Human Relations Council to work for racial harmony and against discrimination. The efforts of the council led to the establishment of the Fairfax County Human Rights Commission that took over our work in an official way to deal with discrimination. I felt that progress was really being made in the community as Reston was advertising its housing as being open to all persons. I remember when my youngest son introduced me to his new best friend in elementary school after telling me about him for several weeks. Never once did he indicate that his friend was black; it clearly wasn't something he thought was important to mention. In previous times a person's minority status was too often among one of the first things that was said about someone.

Old Dominion University has gone on to become one of the most racially and ethnically diverse schools in the commonwealth. One of my grandsons started at ODU but completed his studies at traditionally black Norfolk State University with never a mention of that fact about the college. I believe some

SEE PLUM, PAGE 7

Tom Wilkins — A Reston Special

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

Not long after I retired from the Foreign Service in 1994, I volunteered for the Democratic Party and found myself working the polls at Dogwood Elementary School on Election Day. That is where I met Dr. Thomas A. Wilkins. He was working on one side of the polls' entrance, I on the other. He was talking amiably with people coming to vote and handing them sample ballots and literature supporting Republicans. I wondered why.

Being a transplanted Marylander back from many years abroad, I was ill informed and naïve about my new setting. I was surprised to see a black man working that side of the street, and I was curious. I struck up a conversation with him. We hit it off immediately and agreed to have lunch soon.

A couple days later, we had lunch and Tom gave me a primer on politics in the old Confederacy. Why was he working for a party deservedly likely to receive a tiny fraction of the African-American vote? In response, he reminded me what Virginia was like until relatively recently. When he grew up in the small town of Lawrenceville, south of Richmond, the Democratic Byrd machine ruled the state. He couldn't go to all-white public schools in segregated Virginia. Jim Crow laws made it difficult for blacks to vote at all. In the Byrd days, we couldn't have sat down to have lunch together in a Virginia restaurant. There were many good reasons not to be a Democrat while

being black even into the 1970s. While things had changed a lot, Tom still worked for Republican Tom Davis, a man whom he regarded as a friend and believed could be a positive force in politics.

I soon learned that Dr. Thomas Wilkins had made a lot of friends in both parties and throughout Reston. In fact, Tom was not only one of the nicest, best liked people in Reston, but was also one of the most widely respected.

Tom grew up in rural Lawrenceville, Va. and graduated from nearby St. Paul's College, an all-black school. He went on to New York City, where he would meet Delores, the love of his life, and attend New York University. He served in the U.S. Army and fought in Korea where he was severely wounded and classified as disabled by a pain that never left him. After the war, he and Delores married and he earned his Ph.D. in public administration from NYU.

Tom went on to a career at the U.S. Department of Labor. In fact, he was the first African-American from DOL to be nominated for, and attend, the Federal Executive Institute in Charlottesville, Va. In 1970, he and Delores moved to Reston. When I asked Tom why they chose Reston, he told me it was the place where they felt most welcome. They both loved Reston, engaging in many community activities to help make it an even better place.

Tom's extraordinary civic and

SEE LOVAAS, PAGE 7

Reston CONNECTION

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

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Alexandria, Virginia 22314

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OPINION

Lovaas

FROM PAGE 6

community devotion earned him leadership positions and awards that by themselves could fill a book. He chaired a dozen boards and commissions at the county and state level. He was given the county's "Lord Fairfax" title. Both the Fairfax County Board of Supervisors and the Governor of Virginia recognized Tom's achievements by declaring "Tom Wilkins Day." But Reston was the center of Tom's life, and within Reston he focused his exceptional energies on making a better future for youth. He was the first African American to be elected president of the Reston As-

sociation Board of Directors and was an early winner of the coveted Best of Reston Award.

In Tom's view, I think his crowning achievement was his role in founding and building the Martin Luther King Foundation. The foundation raises money for scholarships for deserving and needy Reston area high school seniors to help them realize their dream of going on to college. When the foundation had raised sufficient funds to award its first scholarship, Tom assured that it was named for Delores Wilkins, who had shared his dream of a better future for the kids.

The passing of Tom Wilkins leaves a void in Reston, one that I doubt we can fill.

Plum

FROM PAGE 6

of the issues that were of concern to others in the past are appropriately not even a thought for younger generations.

As we have seen through the Trayvon Martin/George Zimmerman matter, however, we still have a long way to go on race relations. The task of reaching racial equality and harmony is far

from complete. I agree with President Obama when he said, "I don't want us to lose sight that things are getting better. Each successive generation seems to be making progress in changing attitudes when it comes to race."

It may seem discouraging, but from my long-range perspective we are making progress. Knowing about the past is important as we go forward, but there is still much to be done. We must stay the course.



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SPORTS

Swimmers Shine Before Rain at RSTA All-Stars Meet

While last Saturday afternoon and most of Sunday proved to be overcast and/or rainy in the area, the rain held off long enough to allow the Reston Swim Team Association All-Star meet to take place without a hitch on Saturday morning, July 27, at the Lake Newport pool.

By far the most widely watched RSTA meet of the season, Saturday's event brought together the best swimmers from all teams to compete in one of the most exciting meets of the season. With the bleachers filled and many hundreds of spectators and swimmers lining the pool, there was a palpable sense of excitement as pool and league records fell.

"It was just wonderful to see how well all of the swimmers did," said Kirsten Landeryou, mother of All-Stars Clara (8 & Under), Sophia (9-10) and Emily (13-14). "The amount of time that some of them have dropped as the season has progressed has been really impressive and ... it has been such an enriching experience for them."

Added husband David Landeryou: "The RSTA experience has been great for all three of my daughters. It allows them to see the results of their hard work paying off while being part of a fun environment. And I love the spirit that all of the coaches instill in the swimmers. It really is a great summer experience."

In all, 17 pool or league records were shattered—some dating back decades. The following are the highlights from the record setting teams.

North Hills Hurricanes

Leading things off for the Hurricanes was Joseph Sciortino. He broke two individual pool records while being part of a medley relay team that broke a third. In the boys' (9-10) 50-meter freestyle, his time of 34.05 seconds lowered his old mark of 34.26 that he set just last week. In the boys' (9-10) breaststroke, his time of 44.91 took almost two seconds off of the old record of 46.84 that was set by Steven Gasparis back in 1999. And teaming with Miles Yang, Evan Zhang and James Xu in the boys' (9-10) 100-meter medley relay, their time of 1:19.00 broke the old mark of 1:20.36 that was set back in 1999. Not to be outdone by their male teammates, the North Hills girls had a day to be proud of as well. Two separate relay teams set pool records with one of them breaking a league record that had been set 30 years ago. In the girls' (11-12) 100-meter medley relay, the team consisting of Marlee Czarny, Allison Boone, Peri Schiavone and Leila Boucher broke the old mark of 1:10.38 that had been set back in 2006 with a new time of 1:09.84. And in the girls' (6-18) 200-meter freestyle relay, the team of Katie Cazenias, Emily Ren, Marlee Czarny, Nicole Flint and Rachel Swarts set the mark with a time of 2:06.33, breaking the old league record that was set back in 1983.



Sophia Landeryou of Glade (in green cap) pulls away from the field en route to her record-setting time in the girls' (9-10) 50-meter breaststroke. Her time of 41.70 seconds eclipsed the record of 42.64 that sister Emily had set back in July of 2010.



Lake Audubon teammates celebrate winning the 2013 RSTA Championship during the opening ceremonies of All-Stars.



The boys' (8 & Under) 25-meter backstroke gets off to a fast start with (from top) Wesley Miller of North Hills, Lucas Cardy of Newbridge, Nicolas Sobenes of Lake Audubon and Grant Romero of Lake Newport.

Lake Anne Stingrays

For Lake Anne, Emily Meilus broke two all-time league records. Her time of 28.02 in the girls' (13-14) 50-meter freestyle broke the record of 28.03 that was set back in 1994 by Lauren Stinnett. And in the girls' (13-14) 50-meter backstroke, her time of

30.60 broke the mark that was set back in 2003 by Mei Christensen. Also for the Stingrays, Joanne Fu continued to set the mark a bit higher. Her time of 30.38 in the girls' (13-14) 50-meter butterfly broke her old pool record that she had set back on June 29 of this year.

Lake Newport Lightning

For Lake Newport, the focus was on relays. In the boys' (13-14) 200-meter medley relay, the team of Casey Storch, Grant Boomer, Jack Edgemon and Michael George broke a record that had stood since 2001. Their time of 2:18.53 bested the old mark of 2:20.99 that was set by Patrick Curl, Alex Godofsky, Ben Miller and Stephan Brown. And in the boys' (6-18) 200-meter freestyle relay, the team of Grant Romero, Garrett Linn, Alan Yu, Casey Storch and Nathan Williams marched into the league record book with a time of 2:01.25, besting the old record of 2:02.17 that was set back in 2007. Ironically, Casey was also a part of that Lake Newport team as a much younger swimmer.

Newbridge Dolphins

For Newbridge, Ryan Ha continued his dominance in the backstroke. His time of 31.15 in the boys' (13-14) 50-meter event lowered his own record of 32.03 that he set back in June.

Autumnwood Piranhas

For Autumnwood, the boys' (8 & Under) 100-meter freestyle relay team of Andrew Freeman, Luke McDermott, Michael Norford and Liam Willson set a record. Their time of 1:21.12 broke the old record of 1:21.40 that was set by Andrew Ferraro, Cole Miller, Jay Johnson and Christian Matthews back on July 29, 2000.

Glade Gators

Glade was led once again by the Landeryou sisters, Emily and Sophia. Between them, they participated in all five of the team or league records that were set.

On an individual basis, Sophia broke her own record in the girls' (9-10) 50-meter freestyle with a time of 31.32, breaking the old mark of 32.47 that she set back in June of this year. In the girls' (9-10) 50-meter breaststroke, Sophia shaved almost a second off of the record that was held by sister Emily. Her time of 41.70 eclipsed the time of 42.64 that Emily had posted back in July of 2010.

Not to be outdone, Emily broke the league record in the girls' (13-14) 50-meter butterfly. Her time of 29.94 broke the league record that had stood since 1994 and was held by Lauren Stinnett. In the girls' (13-14) 200-meter medley relay, the team of Madeline LaPorte, Olivia Heatherly, Lainie Davison and Emily Landeryou shattered the old record of 2:19.51 that was set two weeks ago with a time of 2:16.89. Finally, in the girls' (6-18) 200-meter freestyle relay, Sophia and Emily teamed with sister Clara as well as Amelia Flavin and Mackenzie Evans to set a new mark with a time of 2:08.70, eclipsing the old record of 2:09.78 that was set back in 2011. Both Sophia and Emily were a part of that team as well.

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

WEDNESDAY/JULY 31

Trip to Toby's Dinner Theatre to see "Les Miserables." 9:15 a.m.-4:15 p.m. Reston Association is having a chartered bus trip to Toby's Dinner Theatre for a buffet lunch in Columbia, Md. to see "Les Miserables." Ages 55 and older, \$62 for RA members, \$68 for non-members, bus pick-up locations include Hunter Woods Shopping Center, Thoreau Place, 1951 Sagewood Lane, Lake Anne Plaza parking lot. Ashleigh@reston.org or 703-435-6577.

WEDNESDAY/MONDAY/JULY 31-AUG. 5

Animators of the 60s Film & Art Gallery. All Day, at 11921 Freedom Drive, Reston. See original images from cartoon classics from the 1960's: The Flintstones, The Jetsons, Scooby Doo, Pink Panther, Top Cat and more. 703-478-0778 or artinsights.com.

THURSDAY/AUG. 1

Golf Tournament Benefit for the Council for the Arts of Herndon. 9 a.m., at 909 Ferndale Ave., Herndon. This benefit is sponsored by Jimmy's Old Town Tavern. Scholarships may still be available. 703-626-1066.

The Annandale Brass. 7:30-8:30

p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Formed in 1997, the Annandale Brass is comprised of NOVA-Annandale Symphony Orchestra members and additional musicians. www.reunionmusic.org.

FRIDAY/AUG. 2

Kristen & the Noise. 6:30-10:30 p.m., at 777 Lynn St., Herndon. Kristen & the Noise plays today's and yesterday's best covers and party tunes. <http://www.herndonrocks.com/>.

The Bankesters. 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. An old school bluegrass family band composed of mom, dad, three daughters and one son-in-law present intricate vocal harmony and complex wood and string work. \$12; children under 12 free. http://www.holycrosslutheranchurch.net/?page_id=18.

MONDAYS-FRIDAYS/AUG. 2-29

"Paint and Beyond" Exhibit. 8 a.m.-5 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Paintings, mixed media and more will be on display. Free admission, parking is available in the visitor's lot adjacent to an entrance where visitors pass through security. www.leagueofrestonartists.org.

SATURDAY/AUG. 3

Lou Lou Day's Shop to Give. All day, at Lou Lou Boutique, Reston Town Center, Reston. The fashion and accessories shop hosts a day of giveaways and sales with a sweets and drinks bar and sales to benefit the National Race to End Women's



The Bankesters, an old school bluegrass family band composed of mom, dad, three daughters and one son-in-law present intricate vocal harmony and complex wood and string work for folks who come out to Holy Cross Lutheran Church in Herndon on Friday, Aug. 2, at 8 p.m.

Cancer, a Nov. 3 race in D.C. www.loulouboutiques.com.

DinoRock. 10-11 a.m., Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. A national leader in children's entertainment for more than 20 years, DinoRock Productions, Inc. has performed outstanding theater for millions of children nationwide. www.dinorock.com.

"Explorations in Fiber: Quilted Artwork" Artists Reception. 2-4 p.m., Reston Community Center at

Hunters Woods, 2310 Colts Neck Road, Reston. By local artist Anne Smyers, a collection of quilted art pieces will be exhibited. 703-476-4500 or www.restoncommunitycenter.com.

Nathan & the Zydeco Cha Chas. 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Nathan & the Zydeco Cha Chas play zydeco and high-energy blues. <http://www.restontowncenter.com/events.html>.

MONDAY-MONDAY/AUG. 5-12.

The Summer Reading Sessions for Reston Community Orchestra. 7:30-10 p.m., at Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. The summer reading sessions under Music Director Dingwall Fleary, for the Reston Community Orchestra will be held on Monday nights. \$10 a night or \$35 for four nights. RSVP. www.restoncommunityorchestra.org.

TUESDAY/AUG. 6

Roosters M.G.C. Grand Opening. 5-7 p.m., at 13346B Franklin Farm Road, Herndon. The new men's grooming center celebrates its Herndon opening with community business leaders and Mayor Lisa C. Merkel. Ribbon cutting is at 5:30 p.m. 703-689-8900.

TUESDAY-SUNDAY/AUG. 6-SEPT. 1.

Duy Lam: Union of Color and Form at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Visit the ArtSpace Gallery to view the works of Vietnamese painter and poet Duy Lam, impressionistic painter and abstract expressionist artist. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/AUG. 7

Creative Connections Game. 7 p.m., ArtSpace, 750 Center St., Herndon. The Council for the Arts and ArtSpace co-sponsor a networking event for artists created by Trish Ratliff. Bring works in progress of any medium for feedback. Tables, easels, and light refreshments will be available. 703-956-6590 or www.artspaceherndon.com.

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"Chemo-Nosabe"



By KENNETH B. LOURIE

Although I've not seen the current "The Lone Ranger" theatrical release, I am of a certain age and generation who grew up watching – on black & white television with NO remote control and only THREE watchable channels – the original "The Lone Ranger" (starring Clayton Moore and Jay Silverheels), along with other weekday-afternoon and Saturday-morning classics like "The Rifleman," "Roy Rogers," "Sky King," "Superman," "Leave It To Beaver" and "Ozzie and Harriet" – in my house, anyway. And though the "effects" weren't nearly as "special" as they are in today's movie/television productions/versions, nevertheless, the effects on me, personally, were far greater. Can you say wholesome goodness? The Golden Rule? Do unto others...

What little I know about life and death and sickness, I wasn't learning from these programs. And since I was raised in an extremely healthy household with an extended family that didn't seem to be too sick, too often, my upbringing had zero exposure to cancer – other than asking a girl for her astrological sign. Even into my adulthood, I had very little experience with this dreaded disease, and when I got married and connected with an entirely new and different set of people/backgrounds, cancer was amazingly still not impacting our lives. Obviously, we were all very lucky.

Well, I certainly know about it now: stage IV, non-small cell lung cancer (the terminal kind) diagnosed at age 54 and a half. Thank God my parents weren't alive when I was diagnosed; I imagine the news would have taken years off their lives. As it was, they lived full lives and died at 87 and 86; my widowed mother having died nearly three months before my diagnosis was confirmed. Certainly my parents would have provided great comfort to me, but predeceasing me was probably for the best.

And what's also been for the best, since my diagnosis, is what I've learned about my situation, a situation unlike any with which I've had experience. Previous to my diagnosis, my knowledge on the cancer subject would likely have fit on the head of a pin. Now, it's a bit more, not too much, but more than enough, as you regular readers know. And mostly that knowledge has to do with chemotherapy and targeted treatment, the two primary treatment protocols for stage IV lung cancer patients (stage IV means the cancer has metastasized and is inoperable; there is no stage V).

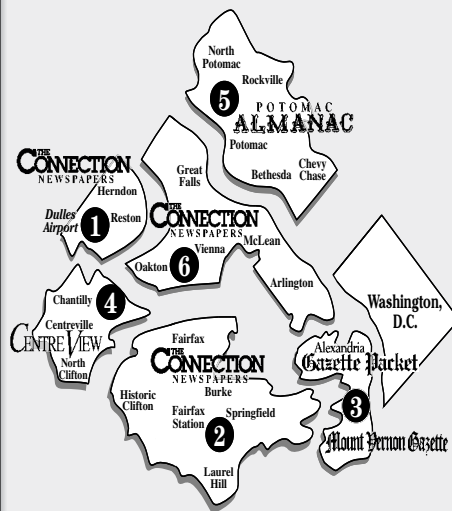
The most distressing thing I've learned is that chemotherapy/targeted treatment is no friend of mine; more like a necessary evil with no guarantees of success. Though these treatments may be an enemy of the cancer/tumors, they are no silver bullet and no Clayton Moore-type life saver (maybe if my oncologist wore a mask and yelled "Hi-Yo Silver" every time he saw me, my progress would be different). Granted, I've survived way longer than I was originally "prognosed" to do so ("13 months to two years"), for which I'm extremely grateful and fortunate. However, only reruns last forever.

Perhaps the years I spent watching these programs instilled in me a certain positive hopefulness that somehow things would work out OK. So far they have. And even though these shows have mostly disappeared from the airwaves, I haven't. See you next week. I'll be write here.

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

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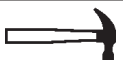
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North Reston
\$819,000

Just Listed!

Open & unique floor plan with tons of space! Updated kitchen

w/granite counters & brand

new SS appliances, recessed lighting, breakfast area & FR off kitchen. All new light fixtures & fans throughout. Gorgeous hardwoods on main. Large BR's, brand new carpet, updated BA's. Walk-out to lwr level w/lots of light, sep laundry rm, 5th BR large storage rm & rec rm. HVAC & roof newer. Close to future METRO & RTC.

Call Marnie Schaar 703-509-3107 or e-mail marnie.schaar@longandfooster.com



Herndon

\$775,000

Shaker Woods Colonial-Just Reduced!

Spectacular, tastefully done custom addition! This house is like no other. 6BR, 4.5.5BA, renovated & updated kitchen & all baths! 3 car garage, .5 acre fenced lot on cul-de-sac, gorgeous cherry hwdws, stairs, hallway & beautiful bannister. Custom laundry rm upstairs, kit remodeled includes ctr island, 42 inch maple cabinets, silestone counters, luxury master bath.



Falls Church

\$1,445,000

Minutes from METRO!

Stunning 7BR, 4.5BA on .40 acre cul-de-sac. Over 200K in high-end upgrades. Minutes to Falls Church METRO. Surrounded by trees w/prof land/hardscape. True gour kit w/SS appl, backsplash, granite w/sunroom & 2-sided FP & coffered ceilings. W/O lwr lvl has paver patio. 2BR's, full BA. Audio sys & irrig sys TOO! 50" plasma TV & surr sound conveys!



Purcellville

\$737,500

So Many Upgrades!

Entertain in this true gourmet kitchen-a chef's dream! Beautiful & elegant 4BR, 4.5BA on almost 4 acres has crown molding, gleaming hardwoods, fin basement w/state of the art home theater, potential 5th BR, full bath, kids area, rec rm, numerous closets! Relax on your deck w/views of the Blue Ridge Mountains yet still close to major commuter routes.



Great Falls

\$1,249,000

Gorgeous

Custom built 5BR, 4.5BA, 3 car garage colonial w/4 sides brick on 2+ acre lot backing to trees. Enjoy incredible views through the amazing windows. High ceilings on all levels.



Call Terry @703-861-0538

Terry.Atherton@longandfooster.com



Reston \$499,900

Not Only a Home, But a Lifestyle!

3BR, 2.5BA, 3 lvl garage TH w/rough-in plumbing for half bath in lwr lvl. Open kit w/eat-in space adjoins FR w/FP. Minutes to Reston Town Ctr, Lake Anne Plaza, tennis, pools & future METRO.



Call Carolyn Murray 703-819-7663 or e-mail Carolyn.Murray@Longandfooster.com



Sterling

\$284,000

Countryside

Fantastic 2BR/2BA w/loft. Kit w/granite countertops, access to deck overlooking treed common area. Shed & fence. Gorgeous wide plank hwdws on main. Lwr lvl features FR w/full bath & front-load W/D. MBR has loft w/retractable ladder! 2 spaces in front. Close to Lowes' Island, Dulles, shops & dining!



Falls Church

Broyhill Park

\$425,000

Inside the beltway, beautiful landscaping in front & back, shed, fenced in yard, flagstone patio & water feature! Hardwoods on main, wood burning FP, updated kit has new fridge, stove. New windows Dec 09 w/trans warranty! Newer W/D & filtration sys! Fin basement has 2 bonus rms, full bath, huge rec rm, laundry rm & huge storage area! Enjoy colorful & vibrant blooms all season.



Reston

\$849,000

Under Contract in 2 Days!

Amazing renovations enhance this lovely 4BR, 3.5BA on the best lot in the cul-de-sac w/wrap around front porch, deck, W/O finished lwr lvl. Everything is NEW, gourmet kitchen, baths, hardwood, carpet, siding, windows, roof, HVAC, garage doors, lighting, fresh paint, landscaping & more.



Call Marcy Thomas 703-927-2190 mathomas8@aol.com



Herndon/Oak Hill

\$595,000

Franklin Farm Expertise!

This property sold at full asking price! I have been a resident and real estate agent in Franklin Farm and the general area for over 25 years. I am now accepting new listings in Franklin Farm. I get results!!



Call Karen Fowler 703-201-8133 Karen.Fowler@longandfooster.com



Clifton

Picture Perfect

\$1,380,000

This 5 acre estate offers 4BR, 3.5BA w/custom wood-work & detail throughout! Butterfly staircase in the foyer leads you into this gorgeous home w/stunning kitchen inc custom cabinets, center island, granite & secondary stairs. Hardwoods & plantation shutters throughout main level, separate library/study w/custom built-ins. Deck overlooks priv & treed yd.

Call Leslie Thurman 703-895-6000 lesliekthurman@gmail.com



Leesburg New Listing!

Gorgeous end-unit TH in Oaklawn w/4BR, 3.5BA on 3 lvls w/1car gar, bump-out, huge deck, patio, beautiful landscaping, extended fence! Upgraded trim & molding. Gour kit, granite in all baths, hwdws on main, leaded-glass door &

so much more. Over 2200 SF. Walk to pools, tennis & basketball courts. Plenty of parking right out front. Minutes from Toll Rd, outlets, schools, Rtes 7 & 15.



Herndon

\$579,000

Very Private Yard

Gorgeous 4BR, 3.5Ba, 2900 SG colonial w/2-story foyer. Breakfast room & FR w/FP/ Sliding Glass door screened porch overlooking yard. New SS appliances, walk-out lwr lvl recreation rm includes wet bar and refrigerator, full bath, bonus rm, large workshop, move-in ready.

Call Virgil Frizzell 703-585-1821 or virgil.frizzell@longandfooster.com



Reston

\$1600 rent/month

Updated Condo

Beautiful, Parc Reston condo w/2 master bedrooms w/walk-in closets. Kitchen w/granite counters and SS, full-size W/D. Walk to bus tops, Reston Town Center shops and dining. Close to Toll Rd, Route 7, Dulles, and future Wiehle METRO station.



COMING SOON

Sterling Impressive End-Unit TH

3BR, 2.5BA, full-size 2 car garage & 2 decks! Expansive outdoor space on the desirable Lowes Island neighborhood in Potomac Falls. Convenient to Dulles, Tysons, RTC. Gour kit w/GE Profile SS appls, granite & wine bar. Lwr lvl w/FR & bath. Crisp, neutral walls,

stunning hwdws, throughout, high ceilings & crown molding screams designer & will reflect personality & taste of those accustomed to the best in quality design, finishes & lifestyle.

Call Leslie Thurman 703-895-6000 lesliekthurman@gmail.com



"I work hard for my agents, so they can work hard for you!"

—Anita Lasansky, Managing Broker



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