

Local Dancer Heads to Houston

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Isabel Robles of Reston, a student at the Classical Ballet Theatre in Herndon, performs "The Spider Web." Robles will spend the school year studying with the Houston Ballet Company.

Herndon Celebrates National Night Out

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PHOTOS BY RYAN DUNN/THE CONNECTION

Stanton Park in Herndon was one of the locations where police officers and locals gathered together.

Herndon Celebrates National Night Out

Fourteen neighborhoods in Herndon participate in celebrations and block parties.

BY RYAN DUNN
THE CONNECTION

On Tuesday, Aug. 6, the Herndon Police Department and the community participated in the celebration of “America’s Night Out Against Crime.” This national event is designed to heighten crime prevention and awareness, and foster neighborhood spirit and police-community partnerships.

This year, 14 neighborhoods in Herndon planned celebrations and block parties. The event began at 5:30 p.m. at the Herndon Harbor House. It concluded at the Four Seasons neighborhood. Citizens of the town were encouraged to keep their front door light on to show their support and neighborhood unity. At each gathering, the Town of Herndon Police Department presented the main organizer with a special certificate thanking them for helping to get the community together.

At Stanton Park in Herndon, there was a hot dog bbq hosted by Delegate Tom Rust (R-86). “I would encourage more citizens to be involved in National Night Out as it is a great opportunity to meet your neighbors and constituents,” said Gary Rinker, who came out to attend.

At Hayley Smith Park, the Herndon Optimist Club members and youth sports league coaches hosted a National Night Out event. Parents and children were able to try out the sports (baseball, basketball, cheerleading, football, lacrosse and field hockey), enjoy pizza and face painting, and meet the Herndon Police Department officers.

Since 1961, the not-for-profit Optimist Club of Herndon has been providing a helping hand to the youth in the greater Herndon community. “This is our third or fourth year participating with Herndon Night Out. We see this as an opportunity for kids to see our sports leagues,” said Wendy Booma, president of the Herndon Optimists Club. Jasmine Faubert, secretary treasurer of the Optimists club, also helped organize the evening event at Hayley Smith Park.



Town councilman Dave Kirby (left), Herndon Chief of Police Maggie DeBoard, and residents of Calhoun Court pose for a photo during National Night Out.

This is the 14th year the Herndon Police Department and the community participated in the celebration of “America’s Night Out Against Crime.”

“We have had more communities participating in this year’s event than last year,” said Senior Police Officer Denise Randles, coordinator for this year’s event. Several neighborhoods stops were selected after they had submitted applications, and at these locations Herndon Police officers would visit for about 20 minutes. “It is pretty much us getting out and seeing the people we interact with,” said Officer Steven Monahan.

The event concluded at the Herndon Four Seasons neighborhood with the landing of a Fairfax County Police helicopter. “We usually fly with a crew of three people,” said helicopter senior flight officer and paramedic Robert M. Evans.

“Fairfax County Police has two helicopters and this is our newest one, about 2 years old. ... Our base is near Fair Oaks Mall. We have to be ready to respond to any call so long as weather is clear,” said Evans.

“It is always a fun time, a chance to see people and meet with the officers ... it helps pull people together,” said Art Anselene, town manager and chief administrative officer for the Town of Herndon.

Town Hires Development Manager

Dennis Holste will work on maintaining and growing town’s business base.

BY ALEX MCVEIGH
THE CONNECTION

The Town of Herndon has hired its first ever economic development manager. Dennis Holste will hold the position as the town prepares to take advantage of development opportunities such as those presented by the Metrorail Silver Line.

“Herndon appealed to me because it has that small town feel of smaller communities while still being within a metropolitan area,” Holste said. “It also has a very diverse workforce and employment opportunities, along with a lot of potential coming from downtown redevelopment and the coming of rail.”

According to a release from the town, Holste will be responsible for “promoting the Town of Herndon as a desirable location in which to grow and start a business, establishing cooperative and mutually beneficial relationships between town businesses and furthering initiatives related to economic development and business vitality.”

Holste said one of the major challenges he expects to face is balancing the needs of current businesses while attracting new ones.

“It’s going to require a lot of work on both sides, we want the current businesses that make up Herndon to be satisfied, but we’re also interested in brining new ones in,” he said. “I look forward to working with town staff and the town council when it comes to serving the business community.”

Holste’s position was established by the town two years ago, per the recommendation

of their Economic Development Task Force, which comprised local business leaders, developers and other stakeholders.

“The establishment of this position enables the town to provide a strong focus on business development and retention,” said Art Anselene,

Herndon’s town manager. “In his new role, Dennis will be instrumental in working with Herndon’s business owners and developers to further their planning initiatives in conjunction with the town government.”

As part of his duties, Holste will serve as the town’s liaison to the Fairfax County Economic Development Authority and the Dulles Regional Chamber of Commerce.

Prior to working for the town, Holste was the assistant director of the Community Redevelopment Agency for the city of Margate, Fla. While in that position, he recruited Saveology.com to the city, and assisted with expansion of Global Response Corporation to Margate as well.

He also served as a management assistant with the Economic Development Division of Charlotte, N.C., where he helped establish a business retention program, prepared economic and demographic reports for businesses considering relocation to the city and planned community events and economic development forums.

He holds a degree in business administration from Nova Southeastern University and a master’s degree in public administration from North Carolina State.

Holste will officially begin his employment with the town Sept. 3.



Dennis Holste has been named the Town of Herndon’s first economic development manager.

Preserving History's Jewels

Fairfax County considers new "resident curator" program to save historic properties.

By VICTORIA ROSS
THE CONNECTION

George Washington slept here. He really did. And Mount Vernon, the first president's historic Northern Virginia estate, is the nation's most-visited historic home.

While not many properties can compete historically with Mount Vernon, Fairfax County is the site of many historic homes, farms and estates, from the Revolutionary War era through the American Civil War. But preserving historic homes can be prohibitively expensive, and are not for the financially timid.

In an effort to preserve publicly owned historic buildings, Fairfax County is currently drafting a plan for a resident curator program. If established, the county would make history as the first locality in the state to implement one.

THE FUNDAMENTAL IDEA behind the resident curator program is to take some of the burden of maintaining historic properties off taxpayers by offering individuals and entities the opportunity to rehabilitate and maintain deteriorating buildings, at their own expense, in exchange for a long-term lease for little or no rent.

"A successful resident curator program would allow the county to restore, maintain and protect important historic properties at little or no cost to the public," said Cindy Walsh, Fairfax County Park Authority's Resource Management Division director. "In return, a curator will have an opportunity to live or conduct business in a property in Fairfax County that perhaps offers a great lesson in the history of the county."

In addition to preserving significant historic buildings, Walsh said they could be put to practical use as residential, office or commercial space depending on how they are planned and zoned, community input and other factors.

Under the program, curators would be required to provide opportunities for the public to visit and tour the properties in order to appreciate and understand their historic and architectural significance.

"Fairfax County, through a variety of means, continues to demonstrate its commitment to cultural stewardship and the preservation of historic places," Walsh said.



The Claude Moore Colonial Farm, in McLean, is the only national park run by a nonprofit organization. The 1771 farm offers a glimpse of what life was like for a poor farm family, just before the Revolutionary War.

The county has hired a historic preservation firm to develop the plan, and will hold two initial public meetings later this month to gather public input to determine how the program should operate.

After the resident curator plan is developed, the Fairfax County Board of Supervisors will determine the next steps for the proposed program.

"We encourage interested parties to join in the discussion and attend one of the two meetings," Walsh said. "We are interested in diverse viewpoints and suggestions and hope in the long run we will find the perfect blend of past and present."

The county hired John Milner Associates Inc. to write the plan, which is expected to be completed by May 2014. It will address a number of issues, including candidate properties and selection criteria; how the program should be administered; potential tax incentives;

and responsibilities for potential curators and the county.

IN 2011, the Fairfax County Board of Supervisors directed staff to work with the History Commission to evaluate a Resident Curator Program. In conjunction with the commission, the Fairfax County Department of Planning and Zoning and Fairfax County Park Authority are jointly managing this study.

For more information, visit the Resident Curator Implementation Study web page, or call the Park Authority Public Information Office at 703-324-8662, TTY 711.

What is a 'Resident Curator Program?'

Resident curator programs identify publicly-owned historic properties with no immediate or practical public use and through an open and competitive process, select outside parties with skills, resources and vision to rehabilitate a property in accordance with accepted preservation standards for historic buildings. In exchange for rehabilitating the property, the curator gains use of the property and pays little or no rent. The county's plan will set out standards for properties to qualify for the program, as well as identify specific sites as candidates. At a minimum, they must be eligible to be listed in the county's Inventory of Historic Sites.

To learn more about the program, plan to attend one of two public meetings:

- ❖ Thursday, Aug. 22, 7 p.m., Frying Pan Farm Park Visitor Center, 2709 West Ox Road, Herndon
- ❖ Tuesday, Aug. 27, 7 p.m., Green Spring Gardens Park Horticulture Center, 4603 Green Spring Road, Alexandria



PHOTOS BY RYAN DUNN/THE CONNECTION

Mayor Lisa Merkel listens as Duy Lam discusses his artistic approach in painting at the art reception.

Duy Lam Exhibits at ArtSpace Herndon

Exhibit continues until Sept. 1.

By RYAN DUNN
THE CONNECTION

On Saturday, Aug. 10 ArtSpace Herndon hosted a reception for artist Duy Lam's exhibit, "Union of Color and Form." This exhibit opened to the public on Aug. 6 and will continue to be on display until Sept. 1.

"I love the art work of Duy Lam," said ArtSpace Director Dale McGrath. "He is quite a genius and has a storied life. It has been a joy to work with him and his family. The exhibit tells a story of old town Vietnam and includes some of his more recent abstract works. I encourage everyone to come see it before September."

Duy Lam was born in Hanoi, Vietnam in 1932. Lam started writing at the early age of 20. His first published book, "My Family," is a characterization of his own family and solidified his perch in Vietnam's literary world. "I was a poet and a writer longer before I became a painter," said Lam.

Lam was a Lt. colonel of the Army of the Republic of Vietnam (ARVN). After the Vietnam War ended in 1975, he was imprisoned in the communist concentration camps for 12 years. In 1985, PEN International Congress elected him as an

honor member. In 1990, Lam immigrated to the United States with his family. He was awarded the Freedom of Expression award of the Human Rights Watch in New York, 1992.

Duy Lam began painting in earnest in 1995 when he and his family were living in California. "I am self-taught. I studied the great masters and find Cezanne to be a great influence," he said. Currently, Duy Lam and his family reside in Northern Virginia.

Melaine Z. Stanley, a local resident and art enthusiast, was also at the art reception with her grandson, Peter. "We saw his art before the reception and Peter wanted to meet the artist," said Stanley. Also attending the event was Herndon Mayor Lisa Merkel.

Mercia Hobson, vice president of the Herndon Foundation for the Cultural Arts, welcomed everyone to the event. "We may be small in size but we do big things here," said Hobson. She also thanked Cox Communications and all volunteers for their assistance: "Without this entire team we could not do what we do."

To learn more about this show and other upcoming events at ArtSpace visit <http://www.artspaceherndon.com>.



Duy Lam's daughters, (from left), Anh, Lan and Phuong at ArtSpace Herndon.

Local Dancer Heads to Houston

BY ALEX McVEIGH
THE CONNECTION

After spending six weeks in a summer intensive program with the Houston Ballet, Isabel Robles decided that wasn't enough, now she will spend the school year in the company's year-round program.

Robles, who is a rising high school freshman and student at the Classical Ballet Theatre in Herndon, heard about the program in Houston from fellow student Camille Passante.

"She said it was a great experience, and the teachers were amazing, and she was right. It's one of the best schools in the country, and I thought it would be a great chance to improve my technique and meet great teachers and dancers from around the world," she said. "I really worked on my technique, and was able to work on some difference dances. And during lunch we were able to see the regular company perform, which was so inspiring, they're all so great."

BY THE END OF THE PROGRAM, she was selected to perform in the showcase with the regular company.

She was two weeks into the six-week summer intensive program when she was asked to audition for the yearlong program.

"I definitely wasn't expecting it, but I was

glad to get a chance to stay, because I really liked it down there," she said. "We auditioned a week or two later, and found out the results in week five. They posted envelopes on a bulletin board, and you had to open them to find out if you got it. I was pretty confident, not that nervous, but when I picked my envelope, I was a little anxious."

Robles, who would be a freshman at South Lakes High School, will stay in the dorms at the academy, and is currently waiting to get permission from Fairfax County Public Schools to take classes online.

"It will sort of be a reverse situation than my usual schedule, where I'm in school during the day and dancing after," she said. "Now I'll be dancing during the day and taking my classes at night. I know it will be extra work, but it's something I'm ready for."

From August to May, she'll be dancing six days a week, Monday through Saturday. On their off days, they will be able to visit malls, the local pool and even the NASA Space Center.

She won't be finished with Houston in May either, after the yearlong session, she'll enter another summer intensive program with the company.

Isabel Robles will spend school year with Houston Ballet.



PHOTO CONTRIBUTED

Isabel Robles of Reston, a student at the Classical Ballet Theatre in Herndon, will spend this school year studying with the Houston Ballet.

they tend to promote dancers from within, rather than bringing them in from other places.

According to the Houston Ballet, up to 90 percent of the Houston Ballet II dancers come from the academy and 40 percent of the company's dancers come from the academy.

ROBLES STARTED DANCING when she was 6 with Classical Ballet Theatre, and it didn't take her long to realize that it was something she wanted to pursue long-term.

"Early on I would watch the other dancers, and I knew I wanted to do whatever it takes to be like them, and it's been a great experience. I learned very early on to become a serious dancer required a lot of hard work," she said. "The teachers here have been so great, especially [Executive Director] Cynthia Donavin, [Artistic Director] Alisher Saburov and Meghan Rudorfer."

Passante, Robles's fellow student who introduced her to the Houston Ballet Company, was also offered a spot in the year-round program, but declined and will continue at CBT.

Eventually she hopes to be a part of Houston Ballet II, the Houston Ballet's second company, and part of the academy. Robles said the company appeals to her because

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OPINION

Library Mission

Further cuts to library budget must be analyzed for impacts on families in need.

The current proposal to “streamline” services at Fairfax County Public Libraries comes on top of disproportionate, and some would say Draconian, cuts since 2009.

Here is a summary of those cuts from the library department’s own strategic plan:

“In FY 2010, ... the library’s budget was reduced by 15 percent. Drastic adjustments to staffing levels occurred. Virtually all of the library’s exempt part-time staff were lost and with them, the flexibility needed to operate libraries under existing hours of operation. Consequently, hours of operation were reduced 19 percent. ... In FY 2011, the library’s budget was reduced an additional 6 percent. Additional staff were lost and operating hours reduced again by 9 percent. ... With a more stable budget outlook, the focus has shifted from survival, to becoming as vital to the lives of Fairfax County residents as possible.”

In 2012, Fairfax County libraries welcomed 5,246,854 visitors to library branches, and loaned 13,034,816 items.

In Fairfax County, where nearly 20 percent of the households have annual income of under \$50,000, about 8 percent live below the poverty line and more than 47,000 public school students are poor enough to qualify for subsidized meals, the public libraries are indispensable. Access to library resources goes beyond books, and includes the very digital access that many people cite as a threat to libraries. Public access to computers and to the

Internet for those who do not have other access is a critical service.

According to a 2010 report, Opportunity for All: How the American Public Benefits from Internet Access at U.S. Libraries, funded by the Bill and Melinda Gates Foundation:

- ❖ 44 percent of people in households living below the federal poverty line (\$22,000 a year for a family of four) used public library computers and Internet access.

- ❖ Among young adults (14–24 years of age) in households below the federal poverty line, 61 percent used public library computers and Internet for educational purposes.

EDITORIALS

On Federal Dollars in Virginia

We received some emails and phone calls about the expansion of Medicaid in response to last week’s editorial. Many asserted that Virginia should not accept federal dollars for its residents without health insurance in order to help control federal spending.

Virginia already receives more federal money per capita than any other state except Alaska. Virginia received \$136 billion in federal funds in 2010, more than \$17,000 from the feds per capita, and paid \$2,807 per capita in federal income taxes. (Data from Consolidated Federal Funds Report for Fiscal Year 2010 by State and County from the Census Bureau, analyzed

by 247wallst.com) Two examples: \$1.3 billion in federal transportation money came to Virginia. Virginia was on the receiving end of more than \$5,000 per capita in defense spending. Do the people (who almost certainly have their own health insurance) who think that we should turn away federal money to expand Medicaid think we should lobby to reduce defense and transportation spending in Virginia to help control federal spending?

“This access has also proven to be critical in times of disaster, where libraries may be the only access point still operating that can provide a delivery point for government and social services to those displaced.”

Budgeting and restructuring must take into consideration the disproportionate effect of cutting library services on lower income households especially. But it is also true that the libraries are vital to all residents.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Skeptical on Medicaid

Judging by your editorial [“Issues That Matter: Mental health services discussion gives insight into real differences between candidates,” Connection, August 7-13, 2013], gubernatorial candidate Ken Cuccinelli has a real problem with a key demographic: voters who believe in Santa Claus, the Tooth Fairy and the Easter Bunny. You fault Ken for being skeptical of what you see as Virginia’s opportunity to expand health care for poor residents, with the bill paid

by the federal government. Would that it were so.

Ken is trained as an engineer and given the opportunity will be Virginia’s Innovation Governor. By training and experience he knows what works and what doesn’t in the real world.

Yes, the federal government is supposed to pay the full cost for Medicaid expansion during the first three years (2014-16) but the costsharing rate would be reduced from 100 percent to 92.8 percent by 2019.

Medicaid is already the largest budget item for the states, accounting for 22 percent of their

budget expenditures as of 2010, and recent studies such as that by Jagadeesh Gokhale of the Cato Institute suggest that for some states, even without any expansion, Medicaid expenditures are already unsustainable. Moreover, the unprecedented federal budget deficits projected through 2019 and beyond put Medicaid support for states and all other general revenue-supported federal programs at risk. Therefore, perhaps you will forgive Ken for looking forward a bit and being skeptical of what you apparently regard as free money.

With respect to mental health, Ken has an outstanding, demon-

strated record of personal dedication. He has served on the Virginia Supreme Court Commission on Mental Health in the Justice System and has personally represented individuals in Virginia’s civil, involuntary commitment process.

Finally, perhaps we should be at least a little careful as to what we wish for. A University of Virginia study shows that surgical patients on Medicaid are 13 percent more likely to die than those without any health insurance at all.

Burton Jay Rubin
Burke

BULLETIN BOARD

THURSDAY/AUG. 15

American Red Cross Blood Drive. 8 a.m.-2 p.m. 13872 Park Center Road, Herndon. The organization’s Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

“Why is the Bi-County Parkway vital to the region?” 11:30 a.m. Crowne Plaza, 2200 Centreville Road, Herndon, Virginia. This meeting informs locals of the proposed Bi-County Parkway’s goals

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

of reducing congestion and improving the quality of life in Herndon, featuring the Honorable Scott York, the Honorable Sean Connaughton, and a presentation by the Bi-County Partnership. Luncheon served at noon.

THURSDAY-WEDNESDAY/AUG. 15-21

Volunteer Art Exhibit Installation. 7:30 a.m.-noon Thursday; noon-4 p.m. and 4-7 p.m. Friday; 9:30 a.m.-noon and noon-2:30 p.m. Saturday; noon-5 p.m. Monday; 7:30-11:30 a.m., 12:30-5 p.m. Tuesday; and

7:30-11:30 a.m., 12:30-5 p.m., Wednesday, at Amazon Web Services’ Building, 13461 Sunrise Valley Drive, Herndon. ArtSpace Herndon needs volunteers to install an art exhibit at Amazon Web Services: help accept and install 400 pieces of 2D and 3D art; a minimum of 65 volunteers are needed. www.artspaceherndon.com.

SUNDAY/AUG. 18

Volunteers for “Works Sunday.” Over 20 local congregations of diverse faiths sponsor a day of

charitable projects. Volunteers need not belong to a sponsoring congregation; most shifts last 1-2 hours. www.workssunday.org.

WEDNESDAY/AUG. 21

American Red Cross Blood Drive. 3-8 p.m. Worldgate Sport & Health, 13037 Worldgate Drive, Herndon. The organization’s Greater Chesapeake and Potomac Blood Services Region is taking blood donations. Schedule a donation appointment at 1-800-733-2767 or redcrossblood.org.

Oak Hill & Herndon CONNECTION

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ENTERTAINMENT

Send announcements to herndon@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/>.

WEEKDAYS/AUG. 14-29

"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.

WEDNESDAY/AUG. 14

Blue Sky Puppet Theater. 10-11 a.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Pig Tales is one of Blue Sky's most popular shows, filled with audience participation and humor aimed at all ages. www.blueskypuppets.com.

Screening of "Carmen." Reston Town Center 11, 11940 Market Street, Reston. SpectiCast brings George Bizet's masterpiece to American cinemas for the first time with a live recording of the Opéra National de Paris's production directed by Yves Beaunesne and conducted by Philippe Jordan. Running time is 3 hours and 10 minutes. <http://www.specticast.com/2013OiHD.html>

THURSDAY/AUG. 15

Capoeira Demonstration: Afro-Brazilian Self-defense. 6-8 p.m., at the Pavilion, 11900 Market St., Reston. See the Afro-Brazilian martial and self-defense form that brings together movement and music. www.abadadc.org.

The United States Navy Country Current. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Country Current is the United States Navy's premiere country music group. www.navyband.navy.mil.

FRIDAY/AUG. 16

JunkFood + Down Wilson. 6:30-10:30 p.m., at 777 Lynn St., Herndon. JunkFood regularly performs for a broad range of fans and plays covers from the 80's to today. <http://www.herndonrocks.com/>.

SATURDAY/AUG. 17

Paul Hadfield: General

Foolishness. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Paul Hadfield presents a mix of egg-juggling, unicycling, ladder-walking, rope-spinning, fruit-tossing, pratt-falling, joke-cracking and character-acting. www.thefunnyguy.com.

Il Fornaio Wine Tasting. 4 p.m., at Il Fornaio, 11990 Market St., Reston. Enjoy five three-ounce pours paired with Italian appetizers. \$25. 703-437-5544, banquets.reston@ilfo.com or www.ilfornaio.com.

United States Navy "Sea Chanters." 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon. The United States Navy Band "Sea Chanters" chorus is the official chorus of the United States Navy. The Sea Chanters perform music ranging from traditional choral music, including the sea chantey, to Broadway musicals. <http://www.fairfaxcounty.gov/parks/performance/>.

Gallagher, Stang, and Lewis. 6-9 p.m., at Arrowbrook Centre Park, 2351 Field Point Road, Herndon.



"Hoi, An Old Town" by Duy Lam is one of the pieces in the Union of Color and Form exhibit, featuring the work of the Vietnamese painter and poet, whose style fuses Asian and European influences. The exhibit opened Tuesday, Aug. 6, at ArtSpace Herndon.

Features 3-part harmony vocals. <http://www.fairfaxcounty.gov/parks/performance/>.

Vinifera's World Tour Dinner: Italy. 6-10 p.m. Vinifera Wine Bar & Bistro, 11750 Sunrise Valley Drive, Reston. Chef Bo Palker offers a special prix fixe menu inspired by traditional Italian cuisine. \$50 without wine, \$75 with wine. 703-234-3550 or www.viniferabistro.com.

Big Band Jazz. 7:30-10 p.m., at the Pavilion, 11990 Market St., Reston. A free concert, held rain or shine, with big-romance, brassy tunes; no dance floor, alcohol permitted in restaurants only.

MONDAY- MONDAY/ AUG. 19-26

Northern Virginia Restaurant Week.

The Greater Reston Chamber of Commerce brings the week of dining discounts back by popular demand; fine dining, fast casual, coffee shops, cafes and the like will have chic and hype-worthy offerings for the occasion. 703-707-9045.

WEDNESDAY/AUG. 21

Milkshake Duo. 10-11 a.m., at

Frying Pan Farm Park, 2709 West Ox Road, Herndon. The Grammy-nominated Milkshake Duo has released four award-winning CDs, a Parents Choice Silver award-winning DVD Screenplay, and has had music videos on Nick Jr., PBS KIDS and the Emmy-winning cartoon Todd World. www.milkshakemusic.com.

Complimentary Cake Tasting.

11:30 a.m.-1 p.m., at Edibles Incredible Desserts, 11917 Freedom Drive, Reston. Taste three quality cakes boasting homemade fillings and toppings. 703-709-8200 or ediblesincredible.com.

THURSDAY/AUG. 22

Il Fornaio Wine Dinner. 6:30 p.m., at 11990 Market St., Reston. Dinner features five courses paired with wines, enjoyed in a group setting. \$64. 703-437-5544, banquets.reston@ilfo.com or www.ilfornaio.com.

Wayne Taylor and Appaloosa. 7:30-8:30 p.m., at Frying Pan Farm



The seventh annual Lake Anne Jazz & Blues Festival is Saturday, Aug. 31, 1-8 p.m., and features the likes of Beverly Cosham and Rashida Jolley.

Park, 2709 West Ox Road, Herndon. Wayne Taylor and Appaloosa is combined of seasoned musicians that play a variety of bluegrass music from Traditional to Contemporary. waynetaylorandappaloosa.com/.

FRIDAY/AUG. 23

Almost Journey + Kicking Norma.

6:30-10:30 p.m., at 777 Lynn St., Herndon. "Almost Journey" The newest NY based Journey tribute playing all of your favorite Journey hits and B-sides. <http://www.herndonrocks.com/>.

SATURDAY/AUG. 24

Rocknoceros. 10-11 a.m., at Lake Fairfax Park Amphitheater, 1400 Lake Fairfax Drive, Reston. Rocknoceros is a sensational three-man band hailing from Fairfax, performing original children's songs and much-loved favorites. www.rocknoceros.com.

Jump Street. 7:30-10 p.m., at the Pavilion, Reston Town Center, 11900 Market St., Reston. Jump Street performs a variety of musical genres, including classic Motown, contemporary R&B, Top 40, as well as the classic dance hits from every era. www.restontowncenter.com/events.html.

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SPORTS

Oakton Football Looking to Maintain Success

Cougars won 2012 Division 6 Northern Region championship.

BY JON ROETMAN
THE CONNECTION

Members of the Oakton football team huddled at the end of a recent practice and watched as head coach Jason Rowley shaped his hand like the number zero.

"This group," Rowley said, "has done this much."

The Cougar coach's words served as a reminder that the approaching 2013 season presents a clean slate. After a 2012 campaign in which Oakton captured the Group AAA Division 6 Northern Region championship and reached the state playoffs, Rowley doesn't want the Cougars resting on their laurels. Last year's team entered the postseason as the region's No. 7 seed after dropping its final four regular season games, but responded by beating the top three seeds—No. 2 Lake Braddock, No. 3 Centreville, No. 1 Westfield—on its way to a region title. It was the Cougars' first region championship



The Oakton football team opens its season against T.C. Williams on Aug. 30.

since 2008 and the final Group AAA Division 6 Northern Region football title captured prior to the VHSEs six-class realignment.

"I think we had a really successful year last year and I think you can go two routes with it," Rowley said. "You can either be complacent or you can work really hard to stay on top, and I think that that's what we're working toward. I think they really want to stay on

top. I feel like they feel they have some unfinished business."

If this year's group has hopes of similar success, the Cougars will have to compensate for the loss of several key athletes, including quarterback Kyle Downer and left tackle Chris Durant.

Downer was a dual-threat QB who terrorized opposing defenses from Oakton's read-option offense. He passed for 1,409 yards and 12

touchdowns, and rushed for 1,460 yards and 25 scores during his senior season. Downer received a scholarship to University at Albany and leaves some big shoes to fill.

Taking over at quarterback for Oakton is 5-foot-8 senior Michael Ficarra. He started at linebacker for the Cougars last season before suffering an injury, and last played quarterback as a sophomore on the junior varsity team.

"Mike's a good decision-maker. He's a heady player," Rowley said. "... I feel like he's a cerebral player. He's a smart kid and he has a good understanding of what our expectations are. The expectations are he doesn't have to be Kyle Downer—he's not Kyle Downer. Kyle Downer was 6-foot-2, 215 pounds. Mike is 5-foot-8, 175 pounds. He's a different kid."

"We don't need him to be Kyle; we need him just to be Mike. We as a coaching staff, it's our job to put him in place to be successful."

Ficarra said he's worked hard in

Senior Bobby Kurtzman could make an impact at receiver.

On defense, Harris, South and senior DJ Smith are impact players in the secondary. Senior Bobby Lam and sophomore Cesar Escajada lead the linebackers, and junior Dave Allely is a returning defensive lineman.

"We're a lot different team this year," Allely said. "We lost a lot of guys on offense, but our defense I think will come out strong."

Oakton will host scrimmages against Hylton (7 p.m., Aug. 16) and West Springfield (7 p.m., Aug. 23) before opening the regular season at home against T.C. Williams at 7:30 p.m. on Friday, Aug. 30. The Cougars' other non-conference opponents are: Madison (home, Sept. 6), Annandale (away, Sept. 20), West Potomac (home, Sept. 27) and Woodson (away, Oct. 5).

After realignment, the Cougars' conference opponents remain the five schools that, along with Oakton, comprised the former Concorde District: Westfield, Centreville, Chantilly, Robinson and Herndon.

"You can either be complacent or you can work really hard to stay on top, and I think that that's what we're working toward. I think they really want to stay on top. I feel like they feel they have some unfinished business."

—Oakton football coach Jason Rowley

order to help maintain the Cougars' success.

"It's definitely a major change going from JV to varsity," he said, "but over the off-season ... I've been doing a lot of work to get ready for this year so I can help the team move on and compete like we did last year."

Durant, listed at 6-foot-4, 286 pounds, was a first-team all-Concorde District selection at left tackle as an Oakton senior, and is now a member of the William & Mary football team. Senior Connor Fagan will move from right guard to left tackle for the Cougars.

Senior running backs Alek Schultz, Bobby Lam, Eric South and Cory Harris are candidates for carries in the Cougar offense. Harris, who started as a sophomore, returns to Oakton after spending his junior season at St. Stephen's & St. Agnes, a private school in Alexandria. Schultz transferred to Oakton from DeMatha, a private school in Hyattsville, Md.

With the season opener approaching, Rowley has tried to send a message to his players about maintaining past success.

Will they respond?

"The thing you have to realize is, yeah, we did really well last year, but even last year we made plenty of mistakes, even with all the athletes we had," Allely said. "We obviously lost the last four games of the regular season and we were able to bounce back, but you can't really point to that this season, especially losing [key] players ... so we've got to come out with the new talent we have and do what we can."

Rowley, in his third season as Oakton head coach, said this group has "a ton of potential."

What are his expectations? "Same expectation I always have: to win," Rowley said. "I expect to win. That's what our school and community expects. We expect to win here and we expect to be competing for championships."

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Is Your Home Ready for Back-to-School?

Local designers offer tips for creating functional and stylish homework spaces.

BY MARILYN CAMPBELL
THE CONNECTION

Summer will soon come to an end, and children everywhere will be heading back to school and coming home with homework. To keep students engaged and excited, some local designers offer suggestions for creating a space so fun and inviting that your children will want to hang out there — even if that means doing homework.

When embarking on the task of creating a homework space, choosing a location is one of the first considerations.

Bill Millholland, executive vice president of Case Design/Remodeling, Inc. in Bethesda, Md., said, “There are two schools of thought: One is to have the ‘homework space’ in a public area, ... so that a parent can be involved in the activity. The other school places more emphasis on teaching personal responsibility.”

According to Jean P. Freeman, associate professor of interior design at Marymount University in Arlington, homework space should be “away from television, but near an adult for any questions that need to be answered. It should be quiet for concentration, but having a window where the child can look up and out at the world is soothing.”

Potomac, Md. resident Susan Matus, a senior project designer with Case Design/Remodeling, adds that the location of the homework area is dependent upon a child’s age. “Elementary school kids seem to do quite well getting things done in a location that is close to parents,” she said. “Middle schoolers are more independent and seem to prefer more private locations with less distractions and less input from parents. A family office that can be closed off or even a bedroom work-space [work well]. High schoolers just need a comfortable space to get it done.”

Designers say the kitchen is one such popular public area for completing homework assignments.

“Often connected to the kitchen is a family area,” said Kai Tong, AIA, director of Potomac, Md., based Hopkins & Porter Inc.’s architecture department. “Parents want to have a line of sight to their kids, especially if they are going to be on the Internet. What adds to the kids’ experience is having a lot of counter space or layout space.”

Evelyn Nicely, president of

An under-the-staircase nook, designed by Case Design/Remodeling, Inc. for a McLean home creates a quiet place for reading or studying.



PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

Nicely Done Kitchens in Springfield, said, “A design option is the designated computer or desk area, typically found on the perimeter of the kitchen, so school work is kept out of the way. But the most popular homework space we design is at the island. This casual

seating appeals to children and gives them a stylish, yet functional, open space to do their work without isolating them.”

ONCE A SPACE IS CHOSEN, it’s time to select the fixtures that will fill the space. Good indoor light-

ing with a window for sunlight is essential, said designers. Freeman said the most obvious components of a homework space are electrical outlets, a Wi-Fi connection and a comfortable, adjustable chair.

Designers suggest investing in a chair that fits your child’s needs. “Don’t use dad’s old chair ... or pull a chair from the dining room table,” said Deborah Wiener, owner of Designing Solutions in Silver Spring, Md. “If the back of the chair hits the back of their head, it is too tall. If their feet are dangling, the chair is too big. One of the many reasons kids tire when doing homework is that they don’t get back support. ... It’s a mistake to skimp on a chair.”

“The chair should support the student’s back and posture, and adjust to the growing needs of the student,” added Freeman. “There should be an adequate work surface to accommodate books, computer, writing pad and task lighting, [as well as] storage.”

Lisa Magee, project designer at

Case Design/Remodeling, Inc., adds, “A place with upright seating — no swivel chairs or recliners — is best for learning. Good lighting ... helps children stay focused on their work and also keeps them alert.”

Centreville resident Liz Lee, a senior designer at Sun Design Inc., encourages parents to ensure that the homework area has “functional types of storage, [such as] file cabinets, baskets for crayons [and] scissors, so all of the supplies they need are right there.”

WHEN DESIGNING A SPACE that is both functional and stylish, Moira Gannon Denson, an assistant professor of interior design at Marymount University, suggests using the elements and principles of design — color, shape, pattern and scale — to set the tone. This will allow the space to evolve as the child grows, she says: “Save the TV characters and cartoons for the stickers [for] their notebooks. ... Too much ‘trending’ can mean replacing in a year.”

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By KENNETH B. LOURIE



"Nothing per orem." Which means no food after midnight — with a Latin derivation. And why would I have a clue about "no food after midnight" in Latin or in plain old English? I wouldn't normally, but normally I wouldn't have been admitted to a hospital awaiting surgery to help relieve the terrible difficulty I've had lately speaking/breathing a complete sentence and still having air after the final word had been spoken, catching my breath after walking only a few steps (exerting myself physically as well and/or walking up stairs or at any pace other than snail's has been a further challenge) and finally, and most disturbingly, not being able to perform some of my activities of daily living — without some degree of stress, anyway.

Nevertheless, Friday, Aug. 2 was scheduled to be a chemotherapy day so off my wife, Dina and I went, as usual. Having been infused multiple times over the past four and a half years, I attributed the breathing difficulties that I was experiencing as merely semi-expected side effects (necessary evils) of my lung cancer treatment. However, after I explained — and exhibited, some of these same difficulties to my regular oncology nurse, Ron, he decided to walk me around the unit attached to an oxygen-monitoring machine in order to measure my oxidation rate. It was not good. My number was way too low — and cause for concern.

Ron then returned me to the infusion center where he spent the next 30 minutes attempting to coordinate my next step. It was not to continue chemotherapy, that's for sure. It was to have me evaluated by my H.M.O.'s Clinical Decision Unit, a unit I learned, where serious-type assessments and decisions are made. After being assigned to a room, the process began. I soon had an EKG and a Chest X-Ray. The X-Ray indicated that my left lung was almost entirely filled with fluid; no wonder I couldn't breathe. It was confirmed then: health-wise, I was in a bit of trouble.

Given these results, before too long, a multi-person, multi-hour effort was put forth to get me admitted directly into a room at Holy Cross Hospital with the expectation that my condition warranted surgery that evening to alleviate my discomfort. After having initially arrived at 10:30 a.m. for my infusion (an appointment which typically lasts about two hours and then I'm free to go home), I was quite anxious as the early afternoon passed without any resolution and the late afternoon fast approached. Finally, at approximately 6 p.m., an ambulance arrived and I was transported to the hospital arriving in my room by gurney at 6:45. Since there was a presumption/expectation that surgery would indeed occur that night — to possibly include anesthesia/a narcotic, I was advised not to eat — in English. However, hours later it became obvious that I would not be operated on that evening, and thus was allowed to eat — at 9:30, but subsequently received my first official "NPO" for Saturday, beginning of course at midnight that Friday, the first day of my admission.

I remember seeing the initials NPO printed on the easel on the wall directly in front of my bed, along with the understanding that I wasn't to eat — or drink, anything after 12 o'clock, but I couldn't reconcile the letters (NPO) with the words: "no food or drink after midnight" advisory/direct order. They didn't sync up. It wasn't until Saturday afternoon that I received the medical jargon/Latin connection.

So here I sit/lay in my hospital bed, hungry for a second consecutive day. After the surgery and post-op. recovery, presumably I'll be able to eat. I just hope I'll be able to breathe as well.

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

AREA ROUNDUPS

MOMS to Host Healthy Foodies Discussion

The MOMS Club® of Herndon will host a Healthy Foodies discussion on Thursday, Aug. 15, from 10-11:30 a.m. at Trinity Presbyterian Church (615 Dranesville Road, Herndon). All Herndon (zip codes 20170 and 20171) stay-at-home mothers are encouraged to join this free event. They can enjoy a taste of healthy snacks and pick up some wholesome meal ideas their family can enjoy. This open discussion will feature tips and tricks from seasoned moms on getting your children to eat healthy and delicious foods. Do you have fun and easy recipes that also taste good? Do your children have a favorite healthy food they can't get enough of? Come out, share your ideas and bring a recipe and/or a snack to share.

For more information or to RSVP contact: Tomoko Azuma, membership VP at Herndon_moms_info@yahoo.com.

Area Teachers, Programs Honored

Six Fairfax County Public Schools (FCPS) teachers and two programs were recognized for excellence in technology and engineering education in Virginia by the Virginia Technology and Engineering Education Association (VTEEA) at its annual conference held last week.

The following teachers and programs were recognized by VTEEA:

♦Doug Kaltenbaugh and Oakton High School were recognized for the VTEEA High School Program of the Year.

♦Kara Fahy, Nancy Rowland, Rachael Domer and Fort Belvoir Elementary School were recognized for the VTEEA Elementary Program of the Year.

♦Timothy Threlkeld of Hughes Middle School was recognized as the Northern Regional Middle School Teacher of the Year.

♦John Alukonis of West Springfield High School was recognized as the Northern Regional High School Teacher of the Year.

GRACE to Celebrate Four Decades

The 2013-2014 exhibition season begins with a celebration of GRACE's 40th anniversary—40 for 40: Celebrating Four Decades of GRACE will feature 40 artists who have exhibited at GRACE, or have been closely involved with the organization over the course of the past four decades. The exhibition will include works by respected area artists connected to the institution's founding, as well as artists with national resumes who have exhibited at GRACE. The opening reception will be held on Thursday, Sept. 12, 6-9 p.m. at GreaterRestonArtsCenter, 12001 Market Street, Suite 103, in Reston. Contact: 703-471-9242, info@restonarts.org or restonarts.org.

Local REAL ESTATE

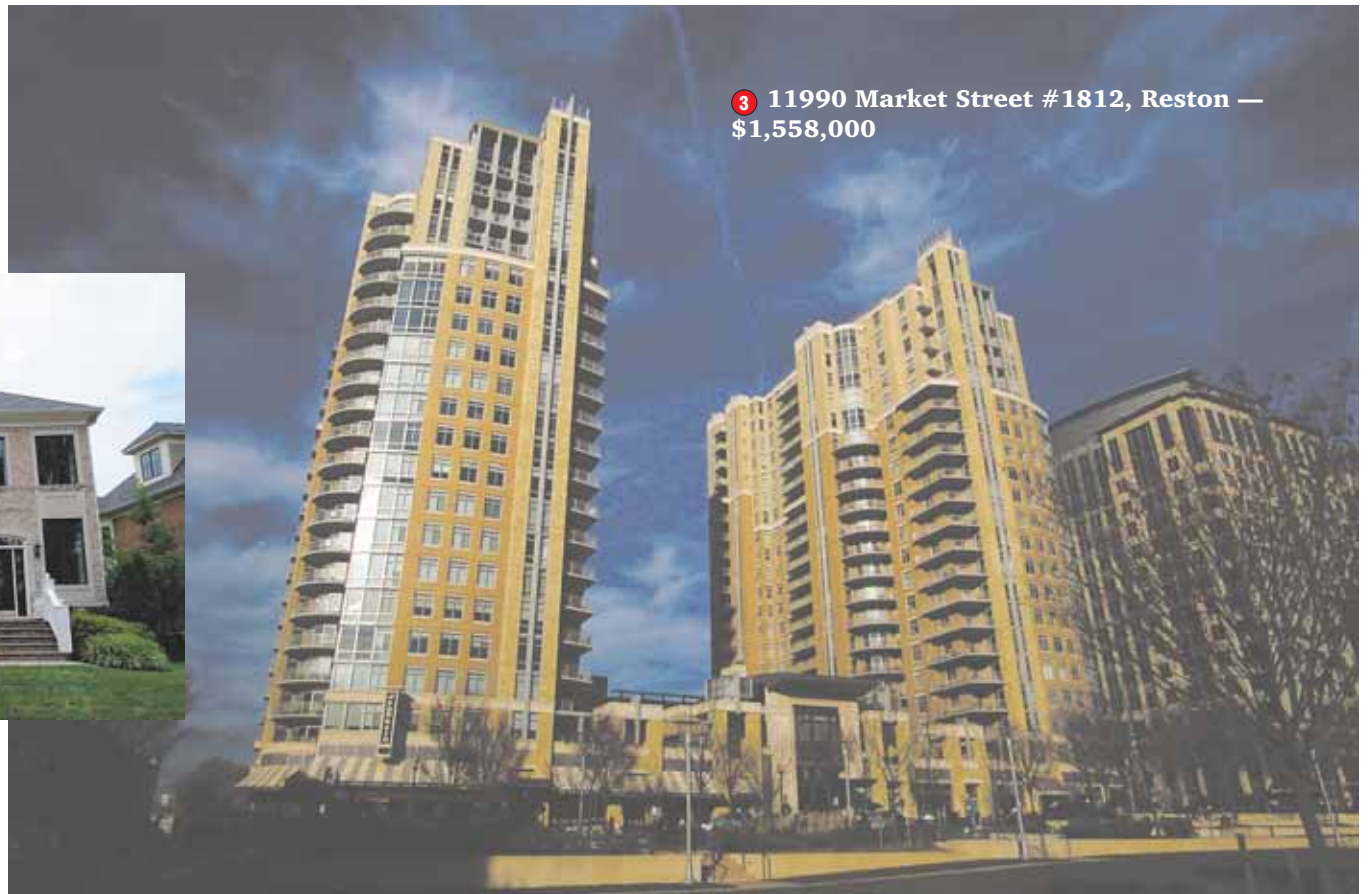
June 2013 Top Sales in Oakton, Vienna, Reston, Oak Hill and Herndon

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

IN JUNE 2013, 160 HOMES SOLD BETWEEN \$1,960,000-\$199,900 IN THE VIENNA AND OAKTON AREA. 149 RESTON HOMES SOLD BETWEEN \$1,558,000-\$110,000 AND 123 HOMES SOLD BETWEEN \$1,340,000-\$165,000 IN THE HERNDON AND OAK HILL AREA.



6 8425 Falcone Pointe Way, Vienna — \$1,400,000



3 11990 Market Street #1812, Reston — \$1,558,000



10 1750 Tysons Crest Lane #LOT 3, Vienna — \$1,315,065



11 11270 Stones Throw Drive, Reston — \$1,275,000

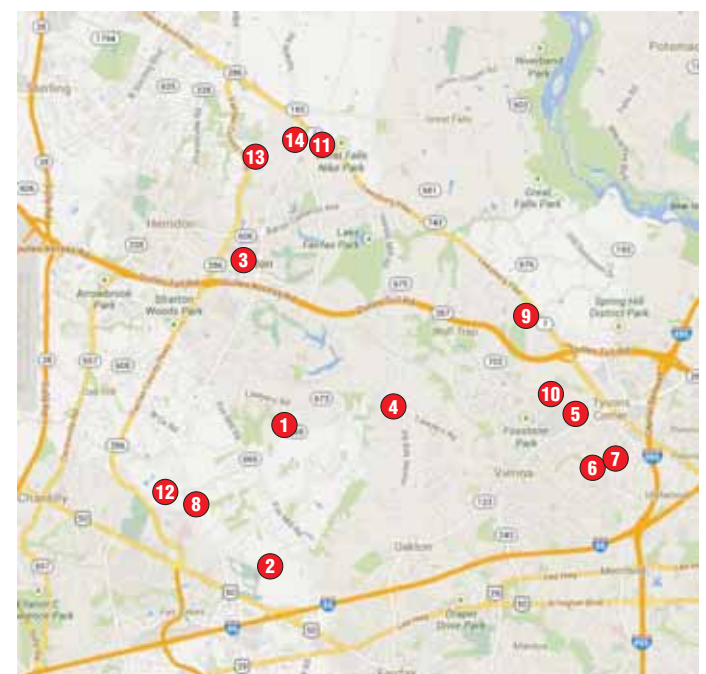


13 11885 Shaker Meadows Court, Herndon — \$1,162,000

Address BR FB HB Postal City Sold Price Type Lot AC . PostalCode .. Subdivision Date Sold

1	2562 YONDER HILLS WAY	5	5	2	OAKTON	\$1,960,000	Detached	2.03	22124	BRIDGES OF OAKTON	06/24/13
2	3702 WAPLES CREST CT	6	7	2	OAKTON	\$1,800,000	Detached	2.54	22124	WAPLES CREST	06/20/13
3	11990 MARKET ST #1812	3	3	0	RESTON	\$1,558,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	06/10/13
4	2220 ARYNESS DR	6	4	1	VIENNA	\$1,475,000	Detached	1.72	22181	WICKENS	06/28/13
5	1113 WESTBRIAR CT NE	6	5	2	VIENNA	\$1,450,000	Detached	0.51	22180	WESTBRIAR CC HILLS	06/14/13
6	8425 FALCONE POINTE WAY	6	5	1	VIENNA	\$1,400,000	Detached	0.22	22182	TYSONS CHASE	06/28/13
7	2120 FRANK ST	5	4	2	VIENNA	\$1,380,000	Detached	0.56	22182	WILLIAMS ANNIE C	06/28/13
8	12516 NATHANIEL OAKS DR	5	5	0	OAK HILL	\$1,340,000	Detached	1.57	20171	WEST OAKS ESTATES	06/27/13
9	1405 HIDDEN HILL LN	5	4	1	VIENNA	\$1,327,500	Detached	0.26	22182	COVENTRY SPRINGS ESTATES	06/18/13
10	1750 TYSONS CREST LANE#LOT 3	5	4	1	VIENNA	\$1,315,065	Detached	0.34	22182	TYSONS CREST	06/26/13
11	11270 STONES THROW DR	5	4	1	RESTON	\$1,275,000	Detached	0.60	20194	ESTATES AT WYNDHAM HILLS	06/26/13
12	3415 OAKTON CHASE CT	4	5	1	HERNDON	\$1,197,500	Detached	0.84	20171	OAKTON CHASE	06/26/13
13	11885 SHAKER MEADOWS CT	5	4	1	HERNDON	\$1,162,000	Detached	0.84	20170	SHAKER GROVE	06/25/13
14	1136 ROUND PEBBLE LN	5	3	1	RESTON	\$1,125,000	Detached	0.53	20194	RESTON	06/03/13

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