

Naturally Curious

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Health Coverage Horror Tales

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More Commuters On Bicycles

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Running at Oatlands Invitational

SPORTS, PAGE 14

Matt Lee, 12, of Herndon, tries to catch insects and butterflies as part of the numerous activities for children to learn about the different kinds of animals and plants that can be found and seen at Runnymede Park.

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NEWS



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Herndon resident Walter Hadlock tells Fairfax County staff member Joe Mondoro how he thinks county government should handle the project budget shortfall next year.

How To Cut the Budget?

County asks for help in closing \$340 million shortfall in 2009.

BY JULIA O'DONOGHUE
THE CONNECTION

Herndon resident Walter Hadlock has done some tinkering with the Fairfax County budget, mulling over the financial documents in his spare time.

With the county facing a projected shortfall of \$340 million next year, Hadlock had hoped to find some "big ticket" financial items in the county budget to eliminate. Instead, he discovered that cutting would only really be possible along the "fringes" of the budget, he said.

Hadlock concluded that the Fairfax would have to look at new sources of cash flow in order to balance the budget in 2009. He said county government should be investigating a new meals tax or bringing back the personal property tax.

"The county needs to look at new revenue sources early on, not just cuts. They seem to only be focused on cutting," said Hadlock.

Hadlock was not the only resident to suggest a tax increase during a citizen budget meeting at the Reston Regional Library Sept. 20. Several of the approximately 35 people who showed up to discuss Fairfax County's bottom line said the county should consider a raising revenue — or even a "tax hike" — to meet its budget needs next year.

"The public has a right and duty to look at both sides of the equation. Raising revenues to protect our education and health budgets has to be on the table," said Robert Lundegard, a Great Falls resident who attended the meeting.

But Fairfax County has limited options when it comes to raising revenue. The Virginia state government has great control over the county's taxing authority.

THE BOARD of Supervisors relies heavily on real estate taxes to generate revenue because Fairfax County has very few other taxing options. The county government cannot enact an income tax or raise money through the so-called "sin taxes," by increasing the prices on cigarettes and alcohol.

The commonwealth does not allow the county to differentiate between the commercial and residential real estate tax rate — except for one specific case

SEE CUT, PAGE 5

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PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Area residents learn about a variety of creatures that can be found at Runnymede Park.



David Swan teaches several children about the different kinds of wild flowers that can be found in Runnymede Park.

Naturally Curious

Zack Crabbe, 8, of Reston, gets close and personal with a corn snake while attending the annual NatureFest with his family and friends at Runnymede Park on Sept. 21.



'Broken' System Evaluated

Local residents discuss how healthcare has failed them.

BY MIRZA KURSPAHIC
THE CONNECTION

Herndon resident Valerie Smallwood required several emergency surgeries to save her foot after a car struck her while she was walking. Upon release from the hospital Smallwood was struck by a large bill that her health insurance company would not pay.

"The insurance company said it would not pay for it because it was not pre-authorized," said Smallwood of the emergency surgeries.

Reston resident Elaine Contessa, 72, signed up for Medicare when she was 65 years old. Paying \$98 per month for the coverage, Contessa also signed up for secondary insurance with a private company. However, the doctors she had been seeing for 30-plus years no longer accept Medicare patients. Medicare would not consider bills from those doctors and her secondary insurance would not pay the bills without Medicare rejection. She has since dropped Medicare in order for her secondary insurance to become her primary insurance.

Allan Bentkofsky, of Ashburn, spent "10 months of real hell" dealing with his health insurance company after his wife had been diagnosed with breast cancer. "We were racking up the bills faster than you can imagine," said Bentkofsky, while the insurance company refused to pay for them. Five months after his wife was diagnosed, the insurance company cancelled the Bentkofskys' policy. "They claimed she hid a pre-existing condition," he said. Bentkofsky, a lawyer by training, has since been able to recover the money from the company.

"Healthcare should be a right, not a privilege. In this country it has turned into a privilege."

— Valerie Smallwood, Herndon resident

Bicycle Commuting on Rise

While high gas prices encourage bicycle rides to work, they discourage recreational bicycling.

BY MIRZA KURSPAHIC
THE CONNECTION

Vienna resident Charlie Strunk rides his bicycle to work in Fairfax most mornings. The eight-mile commute takes 35 to 40 minutes.

"I'm not trying to break any records," said

Strunk about his commute. He said he usually leaves his house at 6:15 a.m. and takes a "comfortable" ride to the Fairfax County Government Center where he works as the county's bicycle program coordinator. As such, Strunk is perhaps more aware than other bicycle commuters about the rise in popularity of such a commute these days

compared to the past.

"It's up," said Strunk about bicycle commuting in the county, adding that his conclusion is drawn from observation rather than scientific study. "From observation, I'd say we are looking at a 40 to 50 percent increase" in bicycle commuters compared to a year ago. Strunk said last year he would pass by two or three other bicyclists on his commute. This year, he said, he has had days passing as many as 12 commuters. "We

SEE BICYCLING PAGE 6

SEE HEALTH, PAGE 6

Foreclosure Meeting Set

Dranesville District Supervisor John Foust will host a foreclosure information meeting for homeowners and renters on Thursday, Sept. 25, starting at 6:30 p.m. The meeting will be held at the Herndon Neighborhood Resource Center, located at 1086 Elden Street. The meeting is free, but registration is required as seating is limited. Call 703-471-5076 TTY 711 to register or for more information.

ADAMS Peace Gathering

The All Dulles Area Muslim Society (ADAMS) will hold the 7th Annual Interfaith Peace Gathering at the ADAMS Center in Sterling on Saturday, Sept. 27, from 4:30 to 8:30 p.m. The gathering is held in remembrance of the victims of the World Trade Center and Pentagon attacks. Interfaith groups will be represented and speaking at the event. ADAMS will also be honoring local Police and Fire Departments for their continuous community service.

Golf Tourney To Help Military Families

JJ Deli is organizing the McLean, Langley, O'Connell Golf Tourney 2008 to benefit military families staying at The Fisherhouse. See www.fisherhouse.org for information.

Cost is \$100 which includes 18 holes with cart, range balls, lunch, prizes, award-winning BBQ dinner, Cash bar. At least one player per foursome must be alumni.

The fund-raising tournament takes place Oct. 2, at the Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon.

Golf Committee representatives include: Bobby Williams, McLean, class of '77; Jeff Johnson, McLean, class of '77; Jimmy Whittaker, McLean, class of '76; Jackie Johnson (Carrera), McLean, class of '80; Doug Megill, Langley, class of '79, and Pat Bergmann. Bishop O'Connell, class of '80.

Remit forms/ checks to Jackie Johnson: 1412 Cuttermill Ct., Herndon, VA 20170 . Drop off/pick up registration forms at JJ Deli.

Any questions: email JJDeli@cox.net. Hole sponsorships are available. Early Registrants are entered for a special prize.

LWV Voting Barriers

League of Women Voters will hold a series of meetings that will discuss barriers that stand in the way of citizens exercising their right to vote. The Chantilly-Herndon meeting will be held on Wednesday, Oct. 8, at 12 p.m. at the Sully District Government Center, 4900 Stonecroft Boulevard in Centreville. Study material for the meetings, "It's Not Always Easy to Vote," and information on other meetings in the area, can be found at www.lwv-fairfax.org.

Business Counseling at Supervisor's Office

Fairfax County Economic Development Authority will send representatives to several Board of Supervisors' offices once a month to offer free on-site, one-on-one counseling to anyone who wants to start or expand a business in Fairfax County or learn about other business services. Dranesville District Supervisor John Foust's office is one of the host locations. For more information visit www.fairfaxcountyEDA.org or call 703-790-0600.

Homecoming Parade

The Herndon Homecoming Parade will take place on Oct. 18 at 9:30 a.m. This year's theme is "Music." The annual event includes entries from all area schools, civic organizations and businesses. The parade will start at the intersection of Sterling Road and Elden Street. It will head toward the Town Hall Square, take a left turn on Lynn Street and end at Center Street. To register, request an application at HerndonParade@aol.com or by calling John Mosesso at 703-948-4545.

NEWS



PHOTO BY MIRZA KURSPAHIC/THE CONNECTION

More than 100 people gathered to listen as Democratic Party elected officials, including Dranesville District Supervisor John Foust, urged people to use the campaign's Reston-Herndon office to make a difference in the presidential race for U.S. Sen. Barack Obama (D-Ill.).

Obama Office Opens in Herndon

Local Democrats urge use of headquarters for volunteers.

BY MIRZA KURSPAHIC
THE CONNECTION

U.S. Sen. Barack Obama's (D-Ill.) presidential campaign opened an office on Herndon Parkway on Saturday that will serve the area's Obama volunteers and supporters. More than 100 people gathered in front of the new office on Saturday to celebrate its opening and listen to local Democratic politicians speak about the importance of having the resource in the community.

In her 17 years of service as a state senator representing the 32nd District, which includes Reston and Herndon, and more than 30 years of service as a community leader, Janet Howell had not felt that her district will play an important role in the outcome of a presidential election. "For the first time we matter," Howell said as she addressed those gathered at the opening celebration for Obama's campaign office in Herndon. "Never before have we had an office on the Reston-Herndon area," said Howell. "The Republicans must win Virginia to be successful and we are going to stop them."

Howell urged Obama supporters gathered at the celebration to volunteer. Making phone calls, knocking on doors and distributing campaign information in the area could play a crucial role in the outcome of the presidential election, she said. "You are going to be the true stars" of Obama's victorious campaign, Howell told the supporters. She said false information and lies are being spread about Obama each day in Republican messages, for example that he is an Islamic fundamentalist. "You have to correct them," said Howell. "You are going to be

the difference and you are going to put Barack Obama into the White House," said Howell.

FAIRFAX COUNTY Supervisor John Foust (D-Dranesville) said Obama — as well as Mark Warner, running for U.S. Senate, and Judy Feder, running for the U.S. House of Representatives to represent the 10th Congressional District — must be elected. "We have no choice," said Foust. He praised the Democratic supporters on Saturday for making Virginia a battleground state in this year's presidential election, not only because of their efforts this year. "Virginia is in play because of what you've done in the past 10 years," said Foust. He said it is important that Obama wins the Northern Virginia vote, but that would not be enough. "We need an overwhelming win," said Foust. "Sixty [percent] isn't enough, we need 65" in order to balance out other parts of the state where voters "will vote against their own interests," said Foust. "If we are not overwhelmingly winning in Northern Virginia, we are not going to win. Get out there and keep working and keep fighting."

Catherine Hudgins, the Hunter Mill District supervisor, said she was encouraged by the "overwhelming turnout" at the office's grand opening. She said her father had paid poll taxes to vote, making a sacrifice to be counted in the political process. He always said, added Hudgins, "No matter what your condition, you have one responsibility. You have to vote."

Feder also addressed the crowd, seeking support for Obama and herself for the November election. She said change was needed in the political leadership at the federal level. "The riskiest thing we can do is choose more of the same," said Feder. "More of the worse,"

rang out shouts from the crowd. She said her plans for healthcare and the economy would work in concert with Obama's plans on the same issues. Feder added that millions of dollars spent on rebuilding Iraq would be better spent at home. "We build right

"I think it's time for all of us to wear our buttons. Our life depends on it."

— **Kathy Fredgren, Obama volunteer**

NEWS

Cut Here, Raise Taxes There

FROM PAGE 2

related to transportation — so it is difficult to the supervisors to place more of the burden on the business community.

If Fairfax wanted to enact a meals tax, the supervisors would have to put the issue to a voter referendum. When the county attempted a meals tax voter referendum in 1992, but “it failed dramatically,” said John Mondoro of the county budget and management office.

Still, Supervisor Cathy Hudgins (D-Hunter Mill) was encouraged to hear citizens say that would be to a meals tax or other forms of new revenue.

“It is helpful to find out what they are willing to tolerate. ... They see the lives of others as integral to their own lives,” said Hudgins.

CITIZENS AT THE BUDGET meeting had some disagreement about how budget cuts should be handled if they take place next year.

Some thought the county should make proportional cuts across all agencies and departments.

“We have a pretty competent government. These are all things we need to have. At whatever level they cut, it has to be across the board,” said Mark Albert.

Others thought certain programs and services should be held harmless to the extent possible.

“The county cannot make dumb mistakes and cut everything across the board. There are things we could do that could harm us for years,” said Kerrie Wilson, chief executive officer of the social services

non-profit Reston Interfaith.

For residents like Kathy May, certain county budget cuts could be devastating.

“If my son [with disabilities] has no job support, then I have to quit my job. ... and I could lose my house,” said May.

South Herndon resident Clay Goldwein, who has small children, said it was important to him that the county continue to invest in public safety and the school system to the extent possible.

“My wife and I are talking about moving and we have basically set our boundaries to inside Fairfax County because the school system is so strong,” said Goldwein.

SOME RESIDENTS found fat in the budget that could be cut if necessary. “Maybe we don’t need 500 copies of the latest best seller,” said Linda Frantz when the subject of the public libraries budget was brought up.

Ed Mentz, who works with the Herndon Senior Center, suggested that the county government and school system look at merging some of its administrative duties into one office.

Low tax activist Arthur Purves also recommended that county also look at savings it could achieve by making the school system’s transportation system more efficient.

“No empty buses,” he said.

Purves also advocated that teachers and government worker salaries rise at the same rate seen in the private sector and that Fairfax County privatize its mental health and substance abuse services.

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Residents Cite Effects of Health Costs

FROM PAGE 3

“The bank system got sick and it took a weekend for Congress to get together and put in \$700 billion.”

— **Allan Bentkofsky, Ashburn resident**

Herndon resident Ruth Blackwell, a nurse who said she retired from one of the largest health insurance companies, said she and her husband paid \$15,000 in medical expenses in one year. Most of that money was spent on three medications. “Healthcare in this country has been bought out by proprietary interests,” said Blackwell, adding that it is not the doctors but the pharmaceutical companies who are responsible.

Smallwood noted that insurance companies earned \$40 billion of profits in one year. “Healthcare should be a right, not a privilege. In this country it has turned into a privilege,” she said.

THE 15 PEOPLE who gathered at Herndon’s Fortnightly Library on Monday afternoon, Sept. 22, came from a variety of backgrounds.

What they had in common was residence in Northern Virginia and belief that the healthcare system in the United States is broken. Divided We Fail, a movement started by the American Association of Retired Persons (AARP) and other organizations to bring healthcare and financial security issues to the forefront of the national debate, sponsored the meeting in

Herndon.

“What we need is a grand restructuring,” said Herndon resident Stan Hillard about the healthcare system. He said the problem with the system, as could be concluded by stories shared on Monday afternoon, is that it is neither responsive nor adequate.

“I don’t think the healthcare system adjusts to new chronic diseases,” said Herndon resident Larry Hoffman. When new health issues arise, the system does not know how to handle them. “You try to put a square peg in a round hole and it doesn’t fit,” said Hoffman. “The whole system needs to be revamped.”

Bentkofsky said healthcare problems could be solved. “If you think our country can’t solve the problem” think again, he said. “There is always ways to fix [a problem],” said Bentkofsky. “The bank system got sick and it took a weekend for Congress to get together and put in \$700 billion.”

Piotr Sliwka, a Manassas resident, said he has written countless e-mails to congressmen to establish a blue ribbon committee to study healthcare in countries where it seems to work, including Scandinavian countries. He said 700,000 Americans “go broke” each year because of medical expenses, so why are the congressmen not establishing the committee to study the issue, he asked. Sliwka added that people are traveling to other countries, including Canada, to buy their medications.

“Your congressman does not get as much money from you as he does from the insurance companies,” said Blackwell.

Sliwka, 44, was diagnosed two years ago with the adult form of Attention Deficit Hyperactivity Disorder (ADHD). “It took me about 20 years to figure out what I have,” said Sliwka. His monthly medical bills, combined with rising food and gas prices, are making it difficult to make ends meet. “It’s expensive to get medication. With current

Medical Bills and Bankruptcies

From the Office of the Governor of California Web site, <http://gov.ca.gov/index.php?fact-sheet/5334>.

50 percent of U.S. bankruptcies are due to medical expenses. A study by Harvard University researchers found that:

- ❖ The average out-of-pocket medical debt for those who filed for bankruptcy was \$12,000.

- ❖ 68 percent of those who filed for bankruptcy had health insurance. However, illness often leads to job loss and with it, the loss of health insurance.

- ❖ 50 percent of all bankruptcy filings were partly the result of medical expenses.

- ❖ Every 30 seconds in the United States someone files for bankruptcy in the aftermath of a serious health problem.

- ❖ Families with children were especially hard hit — about 700,000 children lived in families that declared bankruptcy in the aftermath of serious medical problems.

- ❖ The total number of people directly affected by medical bankruptcies is more than two million annually.

Source: Harvard Medical School, “Illness and Medical Bills Cause Half of All Bankruptcies,” 02/02/05

gas prices, I can’t afford it,” he said. Sliwka has tried to get better-paying jobs, but cannot pass entrance exams with his medical condition. “I would like to get a better job, but these exams require speed and accuracy and I cannot do both,” he said.

Sliwka is not the only one having trouble finding work. Bentkofsky, a 59-year-old lawyer, has been trying to get back into the workforce to pay the family’s medical bills. “We are facing a severe economic crisis,” said Bentkofsky. “Finding a job is very very difficult,” he said.

ANOTHER ISSUE the participants brought up is that of insurance companies getting in the way of doctor-ordered pre-

scriptions. For example, refusing to pay for medications the doctor orders when other, cheaper, medications are available. “Who gives the insurance companies the right to determine what medications are covered,” asked Contessa.

“It’s contractual,” said Bentkofsky, written in the fine print when the insurance company and the person covered agree to a policy.

Even so, said Steve Gurney, publisher and founder of “Guide to Retirement Living Source Book” and moderator for Monday’s discussion, who reads the fine print? And even for people who do, he said, “What you’re buying is something 20 years into the future.” Gurney said a “silver tsunami” is coming over the United States with the Baby Boomers delaying retirement in order to hold on to some sort of financial security. He said he was not thrilled with the statistic that only 23 percent of Americans 55 or older have savings of \$250,000 or more. The number of Americans that will require help with health and financial security will rise in the coming years, stretching the government’s existing programs. “Social security is important for the livelihood of many Americans,” said Gurney.

Amy Gilbody, AARP’s associate state director for advocacy, said the Divided We Fail platform is focused on strengthening social security, and other financial security options, for all generations. The campaign will also work towards providing quality healthcare access to everyone, adding that there are one million uninsured people in Virginia.

Gurney said the point of the meeting was to “search for pain,” to hear the personal problems people have experienced with the system so the message to the politicians can be structured. “When we hear what the problem is, it enables us to create solutions,” said Gurney.

Gas Prices Affect Recreational Bicycling

FROM PAGE 3

saw the biggest jump when gas prices hit \$4,” said Strunk.

Another indicator of the increase in bicycle commuting, said Strunk, is the situation at metro stations near the end of the system’s lines. “We’ve been getting a lot of complaints with bike parking at Vienna and Dunn Loring metro stations,” he said. The subjects of complaints include bicycles tied to traffic signs and trees and also that the once almost empty racks for bicycle parking at the stations are now overflowing.

Kenneth Kanownik, a bicycle and pedestrian transportation engineer with the Virginia Department of Transportation (VDOT), said the agency performs occasional counts at major intersec-

tions near bicycle routes in Northern Virginia. “Some places have been a lot higher as opposed to a year-and-a-half ago,” said Kanownik.

“We’re definitely seeing higher numbers,” said Gaylynn Abram, a VDOT transportation planner. She said VDOT is working toward educating bicycle commuters, as well as other vehicle drivers, about safety to decrease the chances of accidents between bicyclists and vehicular traffic.

Bicycle commuters visited Herndon on Saturday, Sept. 20, to gather information on safe commuting practices and routes during Northern Virginia Regional Park Authority’s Wheel 2 Work event. Herndon Mayor Steve DeBenedittis was among the participants during the day’s events. DeBenedittis said he is an occa-

sional bicycle commuter, when his work takes him to Reston on Saturday morning, and had used a bicycle for transportation throughout college. He and his wife are also recreational bicyclists and once completed a 112-mile trip from the Chesapeake Bay Bridge to Dewey Beach.

DeBenedittis said the Herndon Town Council is working toward establishing a safe bicycle and pedestrian route in the town. “It is something that as a council we want to do, make the town more pedestrian and bike friendly,” said DeBenedittis. The council has established an ad hoc committee to study the pedestrian and bicycle issues within Herndon, he said.

While representatives of government agencies and regional authorities passed out educational and safety brochures for commut-

ers, area bicycle shops, including Reston Town Center’s The Bike Lane and Herndon’s A-1 Cycling hoped to attract customers at the Wheel 2 Work event. “The number of commuters has increased,” said Keith Gates, owner of A-1 Cycling. However, he said, as people opted for bicycle commuting because of high gas prices, they also opted out of recreational bicycling for the same reasons. With less money available for recreation, Gates’s business has suffered on the recreation end. “We are losing more off that end than we are gaining commuters,” said Gates. He added that his shops in Herndon and Manassas are selling many more commuter bicycles than they used to and are fixing up a lot of old bicycles that customers had not used in a long time.



Herndon Mayor Steve DeBenedittis is an occasional bicycle commuter.

PHOTO BY MIRZA KURSPAHIC/THE CONNECTION

PEOPLE



PHOTO CONTRIBUTED

HHS NJROTC Competes The Herndon High School Navy Junior ROTC unit finished third overall at the Huntingtown Athletic and Academic Meet on Saturday, Sept. 20. The strong overall finish was enabled by the second place finish of the academic Team, led by Cadet Williams, and the third place finish of the athletic team led by Cadet Joan O'Bryan. The athletic team also earned second place in curl-ups and third place in the 16x100 relay team events. Cadets Brianna Lowry and Stephanie Hernandez earned individual medals in the push-up competition and Cadet and Joseph "Conner" Williams earned an individual medal in the academic competition.

Senior Olympian

Chuck James of Herndon competes in the shot put during the first day of the 2008 Northern Virginia Senior Olympics held at the Thomas Jefferson Community Center in Arlington on Sept. 20. The Senior Olympics will hold events around the region until Oct. 2.



PHOTO BY ROBBIE HAMMER/
THE CONNECTION

Office Opens

FROM PAGE 4

here," she said. Kathy Fredgren, a 64-year-old campaign volunteer from Reston, said the office is open seven days per week and will welcome walk-ins for volunteer work. "If you don't think you don't know what you're doing, don't worry, we'll train you," said Fredgren. "Just show up, you don't have to call." She urged Obama supporters to show their support for the candidate every day. "I think it's time for all of us to wear our buttons," said Fredgren. "Our life depends on it."

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Freddie Mac Troubles Affect Charities

Dozens of Northern Virginia non-profits rely on funds from Freddie Mac.

BY DAVID SCHULTZ
THE CONNECTION

Earlier this month, the U.S. Treasury took over Fannie Mae and Freddie Mac, two mortgage lending giants that had been financially imperiled by the subprime lending crisis. Government control of these two institutions sent shockwaves throughout the country's financial system and foreshadowed several weeks of meltdowns on Wall Street.

But the fallout from the collapse of these two companies poses a serious threat to many local organizations.

Freddie Mac's philanthropic arm, the Freddie Mac Foundation, is the largest corporate funder of non-profit organizations in the Washington D.C. region. Last year, the foundation gave approximately \$25 million to local non-profits. Now, many of those organizations are facing uncertainty.

"At this point, I don't know," Diane Charles responded when asked if her group, Stop Child Abuse Now, or SCAN, would continue to receive funding from Freddie Mac. "I don't think anybody does."

Shawn Flaherty, a Freddie Mac Foundation spokesperson, said that all of the foundation's charitable donations are currently under review by the organization's director, James Lockhart. No decisions have been made yet about whether funding will be cut, she said, and there was no timeline for when these decisions will be made. "We really don't know at this point," she said. "It's under review and we haven't made a

"We're nervous. Whenever there's an economic downturn a lot of non-profits suffer."

— Elizabeth Page, Falls Church-McLean Children's Center



PHOTO BY DAVID SCHULTZ/THE CONNECTION

Freddie Mac headquarters in McLean.

decision yet."

A NONPROFIT child abuse prevention group based out of Alexandria, SCAN has had a relationship with the Freddie Mac Foundation for

more than a decade, Charles, the group's executive director, said. In that time, they have contributed between \$25,000 and \$50,000 to SCAN per year, funding that represents approximately five percent of their annual budget.

Charles said that if Freddie Mac cut off its funding to SCAN, it would be very difficult for her organization to find the funding elsewhere. "That's an important piece of what [Freddie Mac has] done in the community ... That kind of funding allows us to leverage lots of other funding and volunteers."

ELIZABETH PAGE is the director of the Falls Church-McLean Children's Center, a group that provides childcare to low-income families. For the last decade, the Freddie Mac Foundation has given Page's group \$25,000 a year, one-eighth of their annual

operating budget.

"We're nervous," Page said. "Not just with Freddie Mac but with the whole environment these days. Whenever there's an economic downturn a lot of non-profits suffer."

The Falls Church-McLean Children's Center received its funding from Freddie Mac in July, Page said, so they are covered for this fiscal year. "I'm hoping by April when we reapply [for funding] things will be clearer," she said. But Page said that if the funding from Freddie Mac doesn't come through, they would most likely have to layoff one of their teaching assistants.

LOUDOUN County-based INMED Partnerships for Children is another local non-profit organization that relies heavily on funding from Freddie Mac. Thirty five percent of their annual budget – \$175,000 per year for a trio human services programs – comes from the Freddie Mac Foundation.

Linda Pfeiffer, INMED's President and CEO, said that her organization has been in close contact with Freddie Mac representatives since their recent financial changes and that "there is no indication" that their funding is in jeopardy.

But Pfeiffer said that the loss of funding from Freddie Mac would force INMED to

Nonprofits

The non-profit organizations featured in this story are always in need of donations and volunteers. The following is information on how you can help out these groups:

FALLS CHURCH-MCLEAN CHILDREN'S CENTER

7230 Idylwood Road
Falls Church, VA 22043
703-534-4907
fcmcc@aol.org

NORTHERN VIRGINIA FAMILY SERVICE

10455 White Granite Drive, Suite 100
Oakton, VA 22124
703-385-3267
info@nvfs.org

"cut down on our services dramatically" because the loss of the Freddie Mac funds could trigger a chain reaction.

"It's something that's always been crucial for leveraging other funding," she said. "All funders like to see that their funds are being matched by other funding. Freddie Mac has always been wonderful to provide the upfront money that we can use to get state money and county money."

BU-GATA is an Arlington-based group that since 1998 has run a youth program for Buckingham teens that was funded with a \$40,000 annual contribution from Freddie Mac. If the Freddie Mac funds were cut off, BU-GATA would have to lay off the program's full-time coordinator, said Lois Athey, the group's executive director.

Northern Virginia Family Service has an annual budget of more than \$20 million, \$400,000 from Freddie Mac. But the organization would have to make layoffs if their Freddie Mac funding was cut off, the organization's President and CEO Mary Agee said. But a lack of funding wouldn't be the only thing that local non-profits would lose.

"[Freddie Mac goes] above and beyond just the financial giving," Agee said. "Their staff is involved in working in the community to help build the systems that will improve people's lives. They are in the community rolling up their sleeves side by side with all of us to resolve community issues. We need that. We need their perspectives. It sets them apart from a lot of other foundations."

COUNTY NOTEBOOK

Supervisors Decline On 2nd School Headquarters

The Fairfax County Board of Supervisors declined to vote on the purchase of a second administrative building for Fairfax County Public Schools. Five days earlier, the school board voted overwhelmingly to go forward with the building acquisition.

The supervisors met behind closed doors with Fairfax County Public Schools to discuss the land deal Sept. 22.

The building purchase, which would have allowed school system to locate its central administration staff all in one Merrifield office park, would have cost \$130 million but would have eventually paid for itself, according school board and staff reports.

If the deal had gone through, the school system would

have been able to move out of leased and rented space and into the new building at 8115 Gatehouse Road, adjacent to its current administrative center.

But supervisors said last week that they were suspicious of any deal to purchase an administrative building as the county faces a \$430 million budget shortfall next year.

"I remain skeptical," said Fairfax County chairman Gerry Connolly (D) in an interview Sept. 19.

"I think the whole idea is dumb. ... It is the wrong type of thing to do in this economic environment. They need to concentrate on moving kids out of trailers," said Supervisor Jeff McKay (D-Lee).

The Fairfax County Chamber of Commerce and the Fairfax County Federation of Civic Associations had endorsed the school system's plan but several community groups with closer ties to public education had declined to give their support.

The Fairfax County Council of PTAs also said they did not have enough information about the administration building purchase. They had asked the school board to postpone voting on the issue until the school board could hold public hearings.

But school board members insisted last week that the purchase of a second administrative building would free up money in the operating budget for other costs. The school board voted eight to one on Sept 18 to support the building purchase, with At-large school board member Ilryong Moon dissenting.

"The money we are using [to pay rent and leases] is money we are diverting from students," said school board member Tessie Wilson (Braddock.)

In his dissenting vote, Moon also asked the school board to consider delaying the building purchase for three to six months.

Prepared To Vote on Nov. 4?

BY OLGA HERNANDEZ
PRESIDENT, LWV OF VIRGINIA

The question is not about whom you'll vote for in the Presidential election, but are you ready to do so. This year in Virginia the interest in the general election is great, almost 300,000 new voters are on the rolls and the sheer numbers can overwhelm the process.

In Fairfax County you'll have the choice to vote a paper ballot that can be scanned or vote using the computerized Direct Recording Equipment that have been used for several years. Did you know that a parks bond issue is also on the ballot? We also have a U.S. Senate race to fill an open seat and Congressional races.

Go to the League of Women Voters Web site www.vote411.org for more nonpartisan information on what is on your ballot.

FIRST ORDER of business is to make sure you are registered to vote. Check your status at www.vote411.org. If you are registered but have a change of information such as a name, address, you have until Oct. 6 to update your records. You may have submitted your info at DMV or a voter registration drive but you should check that the paperwork went through the system.

The Office of Election tells us that about 10 percent of registration forms are incomplete and thus rejected. They do send a letter to advise of the rejection but it's up to the voter to follow-up. You should receive a registration card but as the date gets closer that card may not arrive in time to correct errors. Don't wait, do it now. The Fairfax County registrar's phone number is 703-222-0776.

SECOND, consider voting absentee if you qualify for any of the reasons allowed. All absentee ballots are counted the evening of Election Day. Absentee in person voting opened Sept. 19 at the Fairfax Government center.

Polls open at 6 a.m. and close at 7 p.m., no exceptions. (If you are in line before the polls close, you will still be able to vote.)

Third, make sure you know where your polling place is. Sounds simple but people show up to the wrong precinct all the time. It is heart-breaking for election officers to turn someone away because they showed up in the wrong place at 6:55 p.m. and they have no time to get to the correct precinct.

Fourth, bring a picture ID. Even though you can legally sign an affirmation of identity, in some circumstances that is not possible. Know your rights and don't be intimidated, but bringing your ID will expedite the process and move the lines.

Fifth, bring your patience. Election officers

Voter 101 and Beyond

The League of Women Voters provides non-partisan election information for the public. We are a volunteer membership organization concerned with good government policy.

The League Voters Guide will appear in this newspaper a couple of weeks before the election, it will also be posted on the League Web site.

We are offering Voter 101 classes for new and not so new voters in October at the following dates and times:

Oct. 8, Voter 101 Class:
Chantilly Reg. Library, 7:30 p.m.
Oct. 15, Voter 101 Class:
Reston Reg. Library, 7:30 p.m.

are there to help you, please don't abuse them. They will work for 15 plus hours on Election Day to make democracy work with less than minimum wage compensation. They get set compensation no matter the hours or workload. Be courteous, be prepared and we can all get this done.

IF EVERYONE is prepared, the day should flow smoothly. Thousands of people have worked hard for a number of years to make it all look simple but it's a very complex system and voters can help by being prepared and knowing their rights.

An excellent study of the election process and laws in Virginia can be found on the Fairfax League Web site at <http://www.lwv-fairfax.org/Sept08VoterFinal%28rev%29.pdf>

How Do You Spell S-M-U-G?

BY JILL FARRELL

I called my sister Jan tonight on my cell phone. "Jan," I said. "I just called to gloat."

"OK," she replied reasonably.

"I am right now in my car, on my way home from — get this — my last Back-to-School night, after 26 straight years of Back-to-School nights. Twenty-seven if you count Danny's preschool orientation." I let it sink in.

"Wow." She meant it.

This year, my husband and I both went. Together. Our baby, our last child of six, has just begun his senior year of high school.

I remember those years of "divide and conquer," when somebody went, and somebody stayed home with the kids ... then the later years of "divide and conquer," when we both went but divided into different kids' classrooms. Then the even later years of "divide and conquer," when one of us went to one school, and the other went to another school. In the peak years, Back-to-School nights spanned across elementary, middle, and high schools, sometimes with multiple children in one school. It was a tactical nightmare



Jill Farrell

PERSPECTIVE

A Herndon mother of six reminisces about attending a quarter century of Back-to-School nights, as her youngest child enters his senior year.

which could spread over days or weeks.

There were papers and more papers, syllabuses (syllabi? silly buses?), teachers' names and contact information (phone numbers in olden days, email addresses in recent ones), rules, requirements, expectations, presentations, grading policies, and rubrics (whatever those are). There were nervous teachers trying to impress parents, and nervous parents trying to impress teachers. Teacher conferences to sign up for.

In elementary school, there were often booklets prepared by the children, strategically placed on each desk, entitled something like, "All About Me." I remember the year one child — Joey, I think — mentioned television on every page of his "All About Me" book. What do I like to do most? Watch TV. What is my favorite thing to

do with my family? Watch TV. I love my mother because ... she watches TV with me. Yes, that was an impressive start to the year.

Sometimes we would get the same teacher one of our other children had had before. Then it was like a family reunion as we gave progress reports on the older child. ("Actually Rebecca just got married. Yes, really.") Sometimes we got the dreaded teacher. We would listen politely, see right through that sinister smile, and pray our child would survive. Sometimes we got the favorite teacher. We would glory in our good fortune and bask in its warmth. One year we were lucky enough to get the third grade teacher who always read *The Chronicles of Narnia* to the class every day after lunch, and she used neat voices.

We survived the years of video presentations in the cafeteria, which introduced parents to every single member of the faculty and staff, down to the last janitor. We survived talks by local school board members wanting to get re-elected, and explanations of why we should vote yes on the school bond.

We sighed as overhead projectors were replaced by power point,

but were still the same thing.

We squeezed ourselves into little chairs and short desks, and filled out 3x5 cards with life-altering information. "Write your name, your child's name, your phone number, and something you think I should know about your child," the teacher would say.

We were dazed by the seven periods of a high school day, where we had no idea how our kids could cope with so many expectations, read so many books, learn to use hi-tech labs, speak foreign languages, do science fair projects, sing on stage in gowns and tuxedos, and prepare for Advanced Placement tests. We held maps of the school in our sweaty hands, and felt like freshmen.

There were grand moments, like the time the chemistry teacher set the table top on fire.

But no more. As tonight's activities drew to a close, as my husband and I hurried back to the stairs (again) to get to Steven's seventh period class on time, I said to him, "This is it. This is our last classroom, at our last Back-to-School night." We both felt a twinge. It was a genuine twinge. It was a short twinge.

Then we high-fived.

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CALENDAR

Send announcements to herndon@connectionnewspapers.com or call 703-917-6451. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

THURSDAY/SEPT. 25

Semi-Annual Used Book Sale. Special collection of used books. 10 a.m.-5 p.m. Cosponsored by the Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700. All ages.

FRIDAY/SEPT. 26

Semi-Annual Used Book Sale. Special collection of used books. 10 a.m.-5 p.m. Cosponsored by the Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700. All ages.

Open Mike Night. Reston's Used Book Shop, 7:30 p.m., 703-435-9772.

Fall Festival. St. Veronica's 3rd Annual Fall Festival includes games and rides, food, cash Bingo and live music, 5-10 p.m. Free concert by Marie Miller. Church is located at 3460 Centerville Road, Chantilly across the street from Franklin Middle School.

SATURDAY/SEPT. 27

Semi-Annual Used Book Sale. Special collection of used books. 10 a.m.-4:30 p.m. Cosponsored by the Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700. All ages.

Artist Demonstration. Reston Art Gallery & Studios at Lake Anne, 10 a.m. - 12 p.m. Featured artist: Gail Axtell-Beading.

Stream Restoration Walk. Explore Reston's watersheds and learn about the stream restoration project along Snakeden Branch from 10 a.m.-12 p.m. Wear waterproof shoes or boots, long pants and bug spray. Meet at the Hunter's Woods Village Center, 2310 Colts Neck Road, Reston, on the path near Rite Aid and Wachovia Bank. 703-435-7986.

Barktoberfest. Enjoy this festival for pet lovers which includes live music, treats, games and pets for adoption. Held at the outdoor amphitheater at Melodee Music, 46077 Lake Center Plaza, Sterling, the festival runs from 12-6 p.m., with free admission.

Concert. Bill Emerson & the Sweet

Dixie Band are playing at the Frying Pan Farm Park Visitor Center, 2709 West Ox Road, Herndon at 8 p.m. \$15 pre-paid reservations are recommended. Call 703-437-9101 for details.

Art Fest. The 8th Annual GWAC Youth Art Fest will be held at the Reston Town Center Pavilion, 11900 Market St., Reston from 1-6 p.m. The Fest brings together professional artists, artisans and performers to share their work and talent with our youth and their families. The art competition is open to all youths K - 12. Visit www.YouthArtFest.com or call 703-268-5626 for more information.

Harvest Fall Festival.

A fun day for the whole family, from noon to 4 p.m. at the Temporary Reston Pavilion in Reston at the intersection of North Shore Drive and Temporary Road. Games for the children, free hotdogs, lemonade, cotton-candy and helium balloons, free clothing give away and sports activities. Free and is open to the public, hosted by Harvest Christian Fellowship of Reston. 703-834-8100.

Oktoberfest. The second day of St. Veronica's 3rd Annual Fall Festival offers the Sexton German Oompa band. The festival runs from 3-10 p.m. The church is located at 3460 Centerville Road, Chantilly across the street from Franklin Middle School.

SUNDAY/SEPT. 28

C-Note Sale. Greater Reston Arts Center's annual fund-raiser. Online preview of available art at www.restonarts.org

Semi-Annual Used Book Sale. Special collection of used books. Noon-3:30 p.m. Cosponsored by the Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700. All

ages.

MONDAY/SEPT. 29

Fund-Raising Tournament. Herndon United Methodist Church hosts 2nd Annual Drive for Missions Golf Tournament at 9 a.m. at the Herndon Centennial Golf Course to benefit its "Volunteers in Mission" groups. The entry fee is \$100 per person. See www.herndonumc.org.

TUESDAY/SEPT. 30

Adventure Tots. Children 3-4-years old are invited to celebrate apples at the Loudoun Heritage Farm Museum at Claude Moore Park, 21668 Heritage Farm Lane, Sterling, from 9:30-11 a.m. Help make and then sample cider, play "apple" games and listen to stories about apples. \$5/residents, \$8/non-residents, registration required (#9011018-9A). Call 703-390-6163.

THURSDAY/OCT. 2

Original Sewing & Quilt Expo. At Dulles Expo & Conference Center, 10 a.m. - 6 p.m. General admission is \$10 per day at the door. Children under 12 are admitted free.

McLean, Langley, O'Connell Golf Tourney 2008. To benefit military families staying at The Fisherhouse. See www.fisherhouse.org. Cost is \$100. Tournament takes place at the Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Any questions: email JJDelic@cox.net.

FRIDAY/OCT. 3

Original Sewing & Quilt Expo. At Dulles Expo & Conference Center, 10 a.m. - 6 p.m. General admission is \$10 per day at the door. Children under 12 are admitted free.

SATURDAY/OCT. 4

"Light The Night." The Leukemia &



Marie Miller will perform at St. Veronica's 3rd Annual Fall Festival on Friday, Sept. 26.

ARTS WEEK

The Council for the Arts of Herndon has released its schedule of events for Arts Week 2008, from Sunday, Oct. 5 through Saturday, Oct. 11, with special events on Oct. 12 and 13.

Sunday, Oct. 5 - The 6th Annual Cox Communication Hispanic Heritage Festival on the Herndon Town Green from 1 p.m. - 6p.m. The Council for the Arts will be providing free arts and crafts for children and a story time in conjunction with the Herndon Fortnightly Library. Free.

Monday, Oct. 6 - Council for the Arts of Herndon partners with the Herndon Woman's Club to showcase the art of Herndon High School Students, with a theme of "Herndon in the Arts" at the Herndon Municipal Center at 7:30 p.m. for a reception and showing of the art created by Herndon students. Free. Later in the evening, wander over to Jimmy's Old Town Tavern and enjoy the return of blues guitarist and Woodstock '99 alumnus Johnny "Rushmore" Tsak, 9 p.m., free, no cover.

Tuesday, Oct. 7 - Join the Herndon Folk Club at The Tortilla Factory at 7:15 p.m. for the music of Barry McGuire. Tickets: \$16, \$15 for members.

Thursday, Oct. 9 - ArtSpace Herndon Open House and Annual Meeting, 7 p.m.-9 p.m. The public is invited for special evening hours at ArtSpace Herndon, 750 Center St., to celebrate Arts Week. The gallery will feature the "Best of Local Artists Invitational" Exhibit and light refreshments

will be served. For more information contact ArtSpace Herndon at 703-956-6590.

Friday, Oct. 10 - The Art of Cuisine Dinner at the Stratford University School of Culinary Arts & Hospitality at the Chef's Table. The Culinary Arts students present the Grand Buffet dinner - appetizers, three entrées, numerous sides, and desert. Dinner is \$30 including tax is at 8 p.m., with happy hour at 7:15 p.m. \$4 per glass/wine. Before dining, feel free to peek into the windows of the classrooms to see the students busily working on the meals. Stratford University is located at 7777 Leesburg Pike in Falls Church. Seating is limited. Call 703-689-9535 for reservations.

Sunday Oct. 12 - Attend the Haunting of Holy Cross featuring Lisa Galoci, organ, and Chuck Seipp, trumpet, at 3 p.m., Holy Cross Lutheran Church. Hear some spooky. This program will feature works that highlight the pipe organ and trumpet's sinister side ... free.

Monday, Oct. 13 - Columbus Day - Herndon Parks and Rec will hold its Children's Series at Worldgate - Jester's Box, 10:30-11:15 a.m. Tickets are \$4 in advance and \$5 at the door, and can be purchased at the Herndon Community Center, 814 Ferndale Ave., 703-787-7300.

Lymphoma Society's National Capital Area Chapter invites children, adults, and seniors to participate in this fund-raising walk beginning at 5:30 p.m. at the Reston Town Center. To register, call 703-960-1100, or visit www.lightthenight.org/nca.

Original Sewing & Quilt Expo. At Dulles Expo & Conference Center, 10 a.m. - 5:30 p.m. General admission is \$10 per day at the door. Children under 12 are admitted free.

Jazz and Blues Fest. Enjoy a full

afternoon of free live music on the plaza with four live bands from 12-6 p.m. at Lake Anne Plaza, 1609 Washington Plaza, Reston. Visit www.lakeanneplaza.com.

SUNDAY/OCT. 5

Family Concert. Cathy and Marcy,

SEE CALENDAR, PAGE 11

THEATER

"Secrets of a Soccer Mom," Elden Street Players at the Industrial Strength Theatre, 8 p.m., Friday, **Oct. 24**; 8 p.m., Saturday, **Oct. 25**; 8 p.m., Friday, **Oct. 31**; 8 p.m., Saturday, **Nov. 1**; 3 p.m., Sunday, **Nov. 2**; 8 p.m., Friday, **Nov. 7**; 8 p.m., Saturday, **Nov. 8**; 7 p.m., Sunday, **Nov. 9**; 8 p.m., Thursday, **Nov. 13**; 8 p.m., Friday, **Nov. 14**; 8 p.m., Saturday, **Nov. 15**. See eldenstreetplayers.org.

"The Fisherman and His Wife," Theater for Young Audiences, Elden Street Players at the Industrial Strength Theatre, 11 a.m. and 2 p.m., Saturday, **Nov. 1**; 12 p.m., Sunday, **Nov. 2**; 11 a.m. and 2 p.m., Saturday, **Nov. 8**; 2 p.m., Sunday, **Nov. 9**; 11 a.m. and 2 p.m., Saturday, **Nov. 15**; 2 p.m., Sunday, **Nov. 16**. See eldenstreetplayers.org.

"Forbidden Broadway," Reston Community Players at

CenterStage of the Reston Community Center, 8 p.m., Saturday, **Nov. 8**; 2:30 p.m., Sunday, **Nov. 9**; 8 p.m., Friday, **Nov. 14**; 2:30 p.m., Saturday, **Nov. 15**; 8 p.m., Saturday, **Nov. 15** (sign interpretation); 2:30 p.m., Sunday, **Nov. 16**; 8 p.m., Friday, **Nov. 21**; 2:30 p.m., Saturday, **Nov. 22**; 8 p.m., Saturday, **Nov. 22**, and 2:30 p.m., Sunday, **Nov. 23**. See www.restonplayers.org.

"The Sound of Music," Herndon High School Theatre Department, at Herndon High School, 7:30 p.m., Thursday, **Nov. 13**; 7:30 p.m., Friday, **Nov. 14**; 7:30 p.m., Saturday, **Nov. 15**; 2 p.m., Sunday, **Nov. 16**.

"Anne of Green Gables," Theater for Young Audiences, Elden Street Players at the Industrial Strength Theatre, 7:30 p.m., Friday, **Dec. 12**; 2:30 p.m. and 7:30 p.m., Saturday, **Dec. 13**; 2:30 p.m., Sunday, **Dec. 14**; 7:30 p.m., Friday,

Dec. 19; 2:30 p.m. and 7:30 p.m., Saturday, **Dec. 20**; 2:30 p.m., Sunday, **Dec. 21**. See eldenstreetplayers.org.

"Shining City," Elden Street Players at the Industrial Strength Theatre, **Jan. 23-Feb. 14**. See eldenstreetplayers.org.

"Brooklyn Boy," Reston Community Players at CenterStage of the Reston Community Center, 8 p.m., Friday, **Jan. 23**; 8 p.m. Saturday, **Jan. 24** (sign interpretation); 8 p.m., Friday, **Jan. 30**; 8 p.m., Saturday, **Jan. 31**; 2:30 p.m., Sunday, **Feb. 1**; 8 p.m., Friday, **Feb. 6**, and 8 p.m., Saturday, **Feb. 7**. See www.restonplayers.org.

"Hansel & Gretel," Theater for Young Audiences, Elden Street Players at the Industrial Strength Theatre, **Jan. 31-Feb. 15**. See eldenstreetplayers.org.

"The Full Monty," Reston Community Players at CenterStage of the Reston Community Center, 8 p.m., Friday, **March 6**; 8 p.m. Saturday, **March 7**; 8 p.m., Friday, **March 13**; 8 p.m., Saturday, **March 14** (sign interpretation); 2:30 p.m., Sunday, **March 15**; 8 p.m., Friday, **March 20**, and 8 p.m., Saturday, **March 21**; 2:30 p.m., Sunday, **March 22**; 8 p.m., Friday, **March 27**, and 8 p.m., Saturday, **March 28**. See www.restonplayers.org.

"Falsettos," Elden Street Players at the Industrial Strength Theatre, **March 13-April 4**. See eldenstreetplayers.org.

"Something Different 2009," Theater for Young Audiences, Elden Street Players at the Industrial Strength Theatre, **March 21- April 5**. See eldenstreetplayers.org.

"Laughing Stock," Reston Community Players at CenterStage of

the Reston Community Center, 8 p.m., Friday, **May 1**; 8 p.m. Saturday, **May 2**; 8 p.m., Friday, **May 8**; 8 p.m., Saturday, **May 9** (sign interpretation); 2:30 p.m., Sunday, **May 10**; 8 p.m., Friday, **May 15**, and 8 p.m., Saturday, **May 16**. See www.restonplayers.org.

"The History Boys," Elden Street Players at the Industrial Strength Theatre, **June 5-27**. See eldenstreetplayers.org.

"Fairytales in Training," Theater for Young Audiences, Elden Street Players at the Industrial Strength Theatre, **June 13-28**. See eldenstreetplayers.org.

"Amour," Elden Street Players at the Industrial Strength Theatre, **July 31-Aug. 22**. See eldenstreetplayers.org.

CALENDAR

FROM PAGE 10

Grammy-winning children's music artists, are playing at Hunter Mill Country Day School, 2021 Hunter Mill Road, Vienna at 4 p.m., with ground opening at 2 p.m. Tickets are \$8/advance, \$10/day of show. Visit www.rockinthehill.com.

TUESDAY/OCT. 7

Garden Club. The Reston Garden Club will meet at Meadowlark Botanical Gardens in Vienna. Members and guests are welcome to attend. The social time begins at 1 p.m. with the program starting at 1:30 p.m. Keith Tomlinson, garden manager, will speak on "The Spiritual Magnitude of Gardens." See www.restongardenclub.org.

SUNDAY/OCT. 12

The Reston Heights Concerts on the Square feature New Line Brass Band, from 5-7 p.m. Located in Reston Heights at 11750 Sunrise Valley Drive the concerts are free and open to the public. Light refreshments are offered, bring a lawn chair or blanket.

SATURDAY/OCT. 18

Halloween Family Fun Day. Come in costume and enjoy a puppet show, magic show and candy and prizes for free from 1-3 p.m. at the Reston Community Center at Lake Anne, 1609 Washington Plaza. For children up to 8 years of age with adult guardian.

SATURDAY/OCT. 25

Fall Fun at Lake Anne. Enjoy entertainment and trick-or-treating for free at the Lake Anne shops, 1609 Washington Plaza from 12-4 p.m.

WEDNESDAY/OCT. 29

Book Signing. Fairfax author Michael Sullivan will have a Q&A discussion and book signing at Barnes and Noble- Spectrum Center, 1851 Fountain Drive, Reston at 7:00 p.m. Call 703-437-9490.

SATURDAY/NOV. 1

"Walk Like Madd." Fund-raiser for MADD, 10 a.m. - 1 p.m., Lake Fairfax Park. See www.WalkLikeMADD.org.

FOOD & DRINK

Generous George's Positive Pizza & Pasta Place, known for its "Pasta Pie" — a mound of pasta served on a pizza shell, has opened its first franchised location this week at the Dulles Station project in Herndon.

Northern Virginia entrepreneurs Lauren and Gary Crum became the first franchisees of the concept after securing the rights to open restaurants in Fairfax and Loudoun counties.

Teaming up with Ken Rose, an industry veteran, they decided on

the Dulles Station project because of its proximity to a high density of both daytime workers and residential families, and its town center appeal.

Generous George's is located at 2321-C Dulles Station Boulevard — west on Sunrise Valley Drive from Centreville Road — and can be reached at 703-793-3338.

Oktoberfest Reston will be held at the Reston Town Center Pavilion, 11900 Market Street, Reston, on Friday, **Oct. 10** and Saturday, **Oct. 11**, 3 p.m. until 11 p.m. both days.

Admission and parking are free. Food and drink will be available in exchange for tickets purchased onsite; each item ranging from \$1 - \$5 in value. A portion of ticket proceeds benefit INCspire, the business incubator program of the Greater Reston Chamber of Commerce.

Participating restaurants include: Clyde's of Reston, Il Fornaio, M&S Grill, McCormick and Schmick's Seafood, Market Street Bar & Grill,

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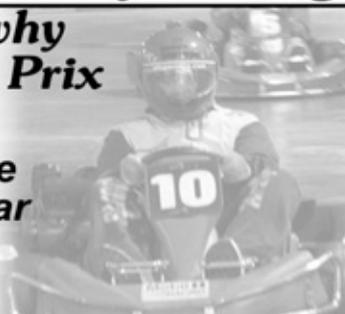
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Who: Everyone—children, teens, adults, families, pets!

What: 5k non-competitive walk

When: Saturday, November 1, 2008 from 10 a.m.-1 p.m.

Where: Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston, VA

How: Register online at www.WalkLikeMadd.org (select "Fairfax, VA")

• **Be a Team Captain!** • **Bring Your Dog!** • **Win Prizes!**
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FAITH

Celebrating 'Head of the Year'

BY RABBI LEIBEL FAJNLAND
CHABAD OF RESTON - HERNDON

The Jewish New Year — Rosh Hashanah, the name means "Head of the Year" — is observed for two days beginning the evening of Oct. 29, corresponding to Tishrei 1, the first day of the Jewish year. In the Jewish tradition it is the anniversary of the creation of Adam and Eve, the first man and woman, and their first actions toward the realization of mankind's role in G-d's world.

Rosh Hashanah thus emphasizes the special relationship between G-d and humanity: our dependence upon G-d as our creator and sustainer, and G-d's dependence upon Humanity as the ones who make His presence known and felt in His world.

The central observance of Rosh Hashanah is the sounding of the Shofar, the ram's horn, which represents the trumpet blast of a people's coronation of their king. The cry of the Shofar is also a call to repentance; for Rosh Hashanah is also the anniversary of man's first sin — the consumption of the forbidden fruit of the tree of knowledge, and his repentance thereof, and serves as the first of the "Ten Days of Repentance" which culminate in Yom Kippur, the Day of Atonement.

According to Jewish tradition, during Rosh Hashana the Doors of Heaven are open; G-d accepts all prayers, from anyone, as such it is important to

pray on this day, and to take advantage of the opportunity it affords.

In anticipation of the upcoming Jewish New Year, Chabad of Reston - Herndon has announced its High Holiday Services schedule.

Services For Rosh Hashana (Sept. 30 – Oct. 1) and Yom Kippur (Oct. 10) will take place at The Tysons Corner Marriott Hotel, 8028 Leesburg Pike, Vienna. All the information for dates and times can be found at www.chabadrh.org.

Unlike many congregations, membership is not required to join. All are welcome, free of charge, regardless of background or affiliation.

The services will be user-friendly, making it enjoyable and meaningful for both the seasoned and the unversed. The services will be traditional and follow traditional customs, yet will have a thoroughly contemporary message as it will be interspersed with modern Jewish tunes, English readings and a running commentary led by Chabad's rabbi.

Chabad of Reston - Herndon is a branch of the Chabad movement, an international Chassidic organization under the leadership of the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson. With over 3,000 centers and establishments around the globe, it is by far the largest network of Jewish religious and social services in the world.

For more information on the above event, call Rabbi Leibel Fajnlend at 703-476-1829 or write to Rabbi@chabadrh.org.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@connectionnewspapers.com or call 703-917-6449. Deadline is Friday.

St. Veronica Catholic Church is hosting its **3rd Annual Fall Festival Sept. 26-27** with games and rides, food, cash Bingo and live music. Friday evening includes a free concert by Marie Miller. Saturday will celebrate Oktoberfest with the Sexton German Oompa band. The festival runs from 5-10 p.m. on Friday and 3-10 p.m. on Saturday. The church is located at 3460 Centerville Road, Chantilly across the street from Franklin Middle School.

Oakbrook Church in Reston — across Reston Parkway from Home Depot — will begin distribution of non-perishable food at its new Food Pantry scheduled to open in early September. The church seeks donations of dried beans, rice, pasta and healthy cereals. To contribute, drop off the

donation during office hours: Tuesday - Friday, 9 a.m. to 2 p.m. If the doors are locked, leave donations under the front awning. No clothing can be received at this time. For more information, call 703-437-4900.

Join **Shoreshim for Jewish Erev Rosh Hashanah Services** on Monday, **Sept. 29** from 7:30 p.m. to 9:30 p.m. in Reston. Shoreshim services are free and open to whoever would like to attend. Call Shoreshim at 703-923-3424 or e-mail info@restonshoreshim.org for location. Babysitting will be provided for children who do not wish to attend the service.

Free English Classes are held at **Washington Plaza Baptist Church**, 1615 Washington Plaza West, on Lake Anne Plaza, Reston. Visit www.washingtonplazachurch.com

Join **Shoreshim for Jewish Rosh Hashanah Services and a Childrens' Service** on Tuesday,

Sept. 30 from 10 a.m. to noon in Reston. Shoreshim services are free and open to whoever would like to attend. Call Shoreshim at 703-923-3424 or e-mail info@restonshoreshim.org for location.

Join **Shoreshim for Jewish Erev Yom Kippur Services** on Wednesday, **Oct. 8** from 7:30 p.m. to 9:30 p.m. in Reston. Shoreshim services are free and open to whoever would like to attend. Call Shoreshim at 703-923-3424 or e-mail info@restonshoreshim.org for location. Babysitting will be provided for children who do not wish to attend the service.

Join **Shoreshim for Jewish Yom Kippur Services** on Thursday, **Oct. 9** from 10 a.m. to noon in Reston. Shoreshim services are free and open to whoever would like to attend. Call Shoreshim at 703-923-3424 or e-mail info@restonshoreshim.org for location. Babysitting will be provided for children who do not wish to attend the service.

HCTV SCHEDULE

HCTV-23 Herndon Community Television on Verizon FiOS Cable-channel 42 and Cox Communications Channel 23. Tune in to the video web pages on either channels for updates. Call Jan Tirrell at 703-689-2323. HCTV is also looking for volunteers, training is provided.

THURSDAY/SEPT. 25

7 a.m. Jazzercise
8 a.m. Army News Watch
9 a.m. Travel TV
10 a.m. Vintage HCTV-World of Flowers 3
11 a.m. Guitar Instruction 2
Noon Jazzercise
12:30 p.m. Across the Aisle
2 p.m. Fate of the Stallion
3 p.m. Army News Watch
4 p.m. Concert: Army Blues Jazz Ensemble

FRIDAY/SEPT. 26

7 a.m. Jazzercise
7:30 a.m. The Reading Lady
8 a.m. King Henry Show
9 a.m. Gang Task Force Presentation
10:30 a.m. My Health, My Medicare
11 a.m. Across the Aisle
Noon Jazzercise
1 p.m. Travel Television
2 p.m. NatureFest 2007
3 p.m. King Henry Show
4 p.m. Concert: Virginia Coalition

6 p.m. Jazzercise
6:30 p.m. The King Henry Show
7 p.m. Jimmy's Old Town Tavern
Open Mike Night
8:30 p.m. Guitar Instruction 2
9:30 p.m. Woody's Western Theater

SATURDAY/SEPT. 27

7 a.m. Jazzercise
8 a.m. Music and the Spoken Word
9 a.m. The Reading Lady
9:30 a.m. King Henry Show
10 a.m. Guitar Instruction 1
10:30 a.m. Guitar Instruction 1
11 a.m. Fate of the Stallion
Noon Jazzercise
12:30 p.m. Jimmy's Old Town Tavern
Open Mike Night
2 p.m. Across the Aisle
3:30 p.m. Music and the Spoken Word

OBITUARY



Dulce Maria Wahdan

Dulce Maria Wahdan

Dulce Maria Wahdan, 10 years old, died on Sept. 18, 2008 at 12:32 a.m. at Fairfax Hospital.

Born in Guatemala City, Guatemala on Feb. 8, 1998, she resided in Herndon. Dulce lived in Virginia since being adopted at 17 months old. She attended Clearview Elementary School in Herndon and currently attended Hunters Woods Elementary School in fourth grade.

She is survived by her father and mother, Hasan and Jerri Lee Wahdan; brothers Jesse (18) and Derek (13); Nana and Pop Pop, Vicki and James Jurgevich of Stoystown, Pa.; Great Grandmother, GiGi, Mary Jane Fyock, Friedens, Pa.; Aunt Robin, Uncle Erick, cousins Coleman and Helen (Henny) Fish of Somerset, Pa.; Aunt Christi Corbett and Uncle Paul Cebula of Boswell, Pa., and Cousin Charlie Corbett Aunt Samira, Uncle John, cousins Nicholas and Christopher Kaufman of Ashburn; Uncle Myel Wahdan of Centreville; Uncle Omar Wahdan of Herndon; "Grammy & Grampy" Jeannette and Vann Halbrooks of Fairfax; Aunt Lisa and Uncle Don Martinson of Winchester; "Phone buddy" Ginger Katz of Centreville; the "Other Mother," Christine Rahn, along with the "Other Family" of students and staff at Hunters Woods Elementary School in Reston who allowed Dulce to be herself and accepted and loved her unconditionally.

MEMORIAL SERVICE will be held on Thursday, Sept. 25 at 7 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon.

In lieu of flowers, the family requests that donations be made to Floris United Methodist Church with memo to Child Rescue Center to benefit children affected by war in Sierra Leone, Africa.

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- 3218 Groveton Street, Alexandria; 1/2/658sf. For info call: Rhonda Richardson, 703-218-9804
- 5226 Saint Genevieve, Alexandria; 2/2/1350sf Townhome. For info call: Frank Prindle, 703-859-6876
- 4203 Sonia Court, Alexandria; 4/3/2320sf. For info call: Jean Aboi, 703-400-9633
- 6300 Stevenson Ave. Unit # 420, Alexandria; 1/1/749sf High-rise Condo. For info call: Casey O'Neal, 703-824-4800
- 3918 Gallows Road, Annandale For info call: Sherry York, 703-682-5435
- 6346 Pine View Court, Burke; 3/2.5/1512sf Townhome. For info call: Phil Chernitzer, 703-256-7648
- 5841 Parakeet Drive, Burke; 3/2/1040sf. For info call: David Moore, 703-786-7197
- 10171 Mosby Woods Drive, Unit 102, Fairfax 2/1/984sf Condo. For info call: Charlie Nucciarone, 703-823-9541
- 8002 Chanute Place 8, Falls Church 2/1040sf Condo. For info call: Frederick Johnson, 301-537-0195
- 408 Pickett Lane, Herndon; 4/2/1571sf on 0.25 +/- Acres. For info call: Cindy Lancaster, 703-438-3131
- 9121 Aspenpark Court, Lorton 3/2/1120sf. For info call: Charles Einsmann, 703-978-8844
- 7745 Matisse Way, Springfield; 3/1/1122sf Townhome. For info call: Iris Graves, 703-986-5752
- 6111 Hanover Avenue, Springfield; 3/1/1404sf. For info call: A Racquel Sharpton, 703-680-9550
- 5955 Joffa Place, Springfield; 3/2.5/1636sf. For info call: Phil Chernitzer, 703-256-7648



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Leesburg

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2103 Cabots Point Ln.	\$539,000	Sun 1-4	Deborah Pestronk	Coldwell Banker	703-471-7220
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All listings due by Monday at 3 pm.

It's All Oakton at Oatlands Invitational

Cougar boys take first, girls garner third; Herndon boys carry fifth in 'B' race.

BY RICH SANDERS
THE CONNECTION

In one of the high school cross country season's premier showcase events, the Oakton High Cougars were near the top of their game at last Saturday's Oatlands Invitational in Leesburg. The renowned, 100-school meet, which brought together teams from across the state and beyond, took place on a brilliant autumn day.

Both the Oakton boys and girls varsity squads, competing in their respective, top tier 'A' races, had days to remember as the Cougar boys finished first overall in the team standings while the Oakton girls finished third.

The Oakton boys, in a field of 48 teams, finished with 133 points for the team win, besting local rival and second place finisher Robinson (165) and third place Potomac Falls (216) of Loudoun County. Oakton's top individual finisher was junior Andrew McCullen (16 minutes, 34 seconds), who finished 15th overall. Also for the Cougars, senior Neal Hendricks and junior Patrick Fulghum were 22nd and 26th overall, respectively. Oakton's final four runners, all of whom finished among the top 62, were Dante Morales, Karlan Cruz, Matt Woodhouse and Chris Weil. It was an outstanding team showing for the boys.

The Oakton girls, meanwhile, finished with 218 points, finishing behind first place Saratoga Springs (33 points) of New York and second place Brentsville District (206) of Nokesville. Oakton senior Becca Kassabian (22nd overall) and junior Lanie Smith (25th) were the Cougars' top two finishers. The other contributing team members were Kelly Jones, Alison Gregor, Kathryn Berlin, Oshin Shukla and Jenna Cahill.

Kassabian said her teammates' support of



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Hiruni Wijayarathne and the Herndon girls are members of the highly competitive Concorde District.

one another made the demanding 5K course at Leesburg easier to handle.

"It's tough, but easier when you know you have your teammates behind you," she said. "Of course [the large field of runners] is intimidating, but we all know in the long run, this race will benefit us."

Smith said the competition at Oatlands was incredible.

"It's certainly special to get a chance to race against teams this competitive," said Smith. "It was a pretty tough race the last few miles."

IF THE HERNDON HIGH boys' outstanding showing at Saturday's Oatlands Invitational is an indicator, good things could be in store for the Hornets later this fall in the postseason.

At Oatlands, known as the largest, regular season high school meet in Virginia, Herndon, competing in the 59-team varsity boys' 'B' race, finished fifth overall with 261 team points. The team champion was Thomas Jefferson (29) of Alexandria.

The Hornets were led by senior Todd Van Luling, who finished with a time of 17 minutes, 42 seconds on the challenging, hilly

5K course. Van Luling, in a field of over 400 runners, finished 30th overall. Herndon's next best finishers were juniors Alex Anthony (41st overall) and Jack Jasper. Sophomore Jimmy Luehrs, senior Sean Deford and sophomore Michael Kloosterboer also ran well for the Hornets.

For the Herndon girls, sophomore Carolyn Hennessey and senior Laura Ortel were 59th and 60th, respectively, in a field of 260 runners in the varsity girls' 'A' race.

THE TEAM CHAMPION in the 48-schools' varsity boys' 'A' race at Oatlands was Oakton High School (133 points) out of the Northern Region. The Cougars finished ahead of runner-up Robinson (165 points, Northern Region) and third place Potomac Falls (216), out of Loudoun County. Clarke County (328, Berryville, Va.) was fourth and Gonzaga High (331, D.C.) was fifth. The individual 'A' race champion was Tyler Stutzman (15:44) of Western Albemarle High (Crozet, Va.). The top Northern Virginia-area finisher was Jared Berman of Robinson.

In the varsity boys' 'B' race, Thomas Jefferson High (Alexandria) was the team champion with 29 points. Saratoga Springs (N.Y.) was second with 117 points. Top local team finishers in the 59-team race were Herndon High (5th place, 261 points) and Briar Woods (8th place, 356). The individual champion was Demetri Goutos (16:35) of Saratoga Springs, who finished ahead of Thomas Jefferson runners Alex Witko (2nd, 16:49) and Logan Gates (3rd, 16:56). Also for Jefferson, Timmy Galvin was fifth overall and James Wu was seventh. Westfield High's Jack Canatsey was sixth.

ON THE GIRLS' SIDE, Saratoga Springs was the 'A' race team champion with 33 points, finishing ahead of second place Brentsville (Nokesville) with 206 points and third place Oakton (218). Other area teams finishing in the top 10 of the 37-team race were fourth place Osbourn Park (Manassas)

and 10th place Potomac Falls.

Jefferson High, meanwhile, was the varsity girls' 'B' team champion with 52 points. Other area teams to finish in the top 10 in the 47 school race were Westfield (fourth place), Briar Woods (fifth), Yorktown High (seventh) and Centreville (10th). Rachel Grochowski of Chantilly High was the individual champion with a time of 19:43. Jefferson runners Stephanie Marzen, Sarah Stites and Katherine Sheridan finished second, third and ninth, respectively, while Briar Woods' Giana Leone (eighth) and Yorktown's Lindsey Hunt (10th) were also in the top 10.

It was a picturesque, autumn day at Oatlands on Saturday. Thousands of spectators attended the event, which began at 9 a.m. Four JV races were held in the morning, two boys and two girls. Later in the morning, the four varsity races began, carrying into the afternoon. The 'A' races, for the most part, consisted of the higher caliber runners. Following all eight races (JV and varsity combined), a brief awards presentation took place at around 2:30. Top 25 finishers in each of the races earned medals.

There were 101 teams (compared to 73 last year) and 4,300 runners on-hand for the meet, which has become known as the second leg of the triple crown of Northern Virginia area high school cross country. The Oatlands extravaganza is considered the largest high school meet in Virginia and one of the largest on the east coast. Most of the meets' teams were from Virginia, but guest schools from New York, Pennsylvania, North Carolina, West Virginia, Colorado, Maryland and Washington, D.C. were also participants.

The host schools for the Oatland Invitational were Loudoun County and Freedom (South Riding) High Schools of the Dulles District. The meet organizers were Matt Oblas of Freedom and Derek Farry of Loudoun County.

The mostly grass running course, a 5K layout on the grounds of the historic Leesburg site, was a challenge for most all of the runners. There are several excruciating hills following the first, relatively easy mile. The near picture perfect course setting includes some wood trails and a couple of creek crossings.

SPORTS BRIEFS

In earlier season girls' field hockey action, the **Oakton High Cougars**, coached by Liz McManus, defeated Vienna-area rival Madison, 3-1, in a non-district game played at Madison on Sept. 4. The Cougars got on the scoreboard first on a stroke goal by senior midfielder Danielle Filiponi late in the first half.

In the second half, after Madison had tied the game at 1-1, Filiponi, a team captain, scored again off a corner. The assist on the score was credited to junior forward Lauren Mathieu.

Ahead 2-1, Oakton scored again later in the contest on another goal

by Filiponi, who earned a hat trick with her three-goal game. Mathieu had her second assist on that final score.

Stellar defense for Oakton in the contest and throughout the early part of the season came from seniors Megan McHie at goalie, defender Katy Ivey and midfielders Pilar Lopez-Gomez and Claire Cantrell.

Two days before the win over Madison, Oakton lost a tough 1-0 game at W.T. Woodson on Sept. 2. The game was scoreless throughout regulation as both teams played throughout the midfield. Eventually, the game went into extra play with Woodson ultimately winning on a penalty stroke in double

overtime.

Oakton opened the fall season with three non-Northern Region wins over Forsyth (N.C.), 4-2, St. Hubert (Pa.), 6-1, and Calvary Christian Academy (Pa.), 5-0. Each of the games were played in Orlando, Fla. where Oakton was participating in the KSA Events Tournament in late August. With the three wins, the Cougars captured the tournament title.

Prior to the Florida trip, Oakton opened the season with a 3-1 loss at Lake Braddock. The Cougars, trailing 1-0, tied the game at 1-1 on a goal by Ellie Carlson, who scored unassisted on a beautiful, reverse chip shot in the first

half. The Bruins came back to score two goals in the second half to garner the season-opening win.

Following that loss, coach McManus said, "Lake Braddock is the team to beat. I have faith in the Cougars for this season. We will learn and move on from this loss."

The Reston Raiders Ice Hockey Club's Learn-to-Play-Hockey program will be taking place on Sunday's from Oct. 5 through Feb. 22, 2009 at the Reston SkateQuest Olympic Rink. The 16 on-ice sessions, designed to introduce youngsters to the game of hockey, will be for boys and girls born between

1995 through 2004. Cost is \$295. Sticks will be distributed for free, and loaner sets of hockey equipment will be available for free. Skates are needed, but a few pairs may be obtained for free as available. An orientation session will be held on **Sept. 28** at 2 p.m. in the Mezzanine of the Reston SkateQuest Rink. For more information, contact Aloysius Hogan, Director of the Reston Raiders Ice Hockey Club, at 202-957-9400. Or visit the Reston Raiders Web site and select "Register Online" from the main menu.

SEE BRIEFS, PAGE 15

SPORTS

Herndon Football To Face Chantilly on Friday

BY RICH SANDERS
THE CONNECTION

The Herndon High football team opened up its Concorde District season with a stellar 21-7 home win over Centreville last Friday night.

With the win, the Hornets improved their record to 3-1 overall and 1-0 in the district. Herndon's prior two wins had come over Park View and South Lakes. It lost its first game two weeks ago in a setback at Langley.

Against Centreville, Herndon opened the game's scoring on a 22-yard touchdown run by junior running back Devon Thompson (10 carries 69 yards, 2 TDs). Junior Joe Eftekhari converted the extra point kick to make the score 7-0 in the first quarter. The score remained 7-0 until the fourth quarter when the Hornets struck twice for touchdowns. The first came on a five-yard run by Thompson and the second came on a 13-yard pass play from quarterback Zack Ozycz (9-of-9, 159 yards, 1 TD) to senior tightend Jake Stewart. Eftekhari made both point after kicks following the two scores. Centreville scored the game's final touchdown to avoid the shutout.

Herndon will travel to 3-1 Chantilly this Friday night to take on the Chargers. Chantilly opened the season with wins over Langley, Washington-Lee and Annandale before losing last week to Westfield.

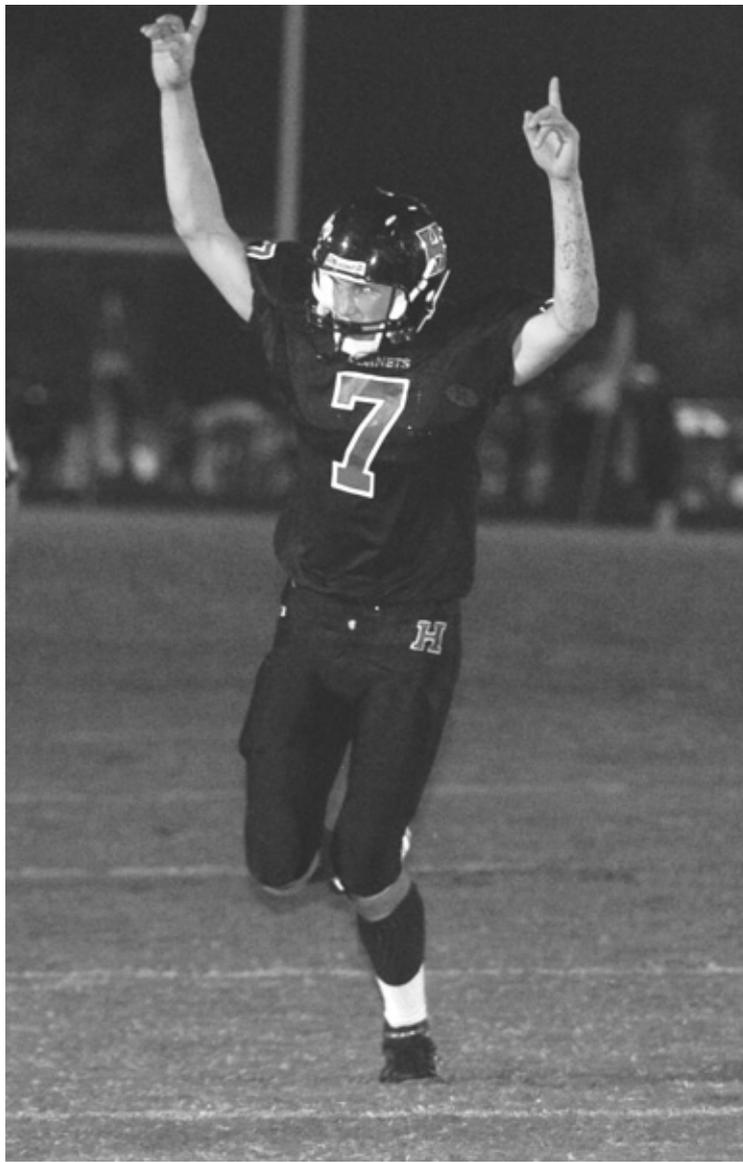
THE SOUTH LAKES High football team, coming off a win over Falls Church two weeks ago, lost its Liberty District opener to visiting Madison last Friday night, 16-6.

With the setback, the Seahawks slipped to 1-3 on the season. Coach John Ellenberger's team will look to get back into the win column this Friday night when it travels to W.T. Woodson High School in Fairfax.

Both the Madison and Oakton High football teams earned wins last Friday night. Madison, which opened the season with two losses, won its second straight game with the 16-6 victory at South Lakes. It marked the Liberty District opener for the Warhawks (2-2).

Madison opened the season with losses to both Oakton and Yorktown, but came back strong in a week three home win over Wakefield. Now, with the win over South Lakes under its belt, Madison will look to move over the .500 mark when it takes on visiting Jefferson this week.

Oakton, meanwhile, improved to 4-0 on the season with a convincing 38-7 win at Fairfax last week. The Cougars, who had previously won games over Madison, Annandale and T.C. Williams, will host a tough Langley team this Friday night. The Saxons enter



Herndon High quarterback Zack Ozycz and the Hornets won their third game of the season last week, defeating Concorde District rival Centreville. This week, the Hornets travel to Oakton.

the game with a 3-1 record. After beginning the season with a loss to Chantilly, Langley has won games over Jefferson, Herndon and Marshall. The Saxons are led by running back David Helmer, who rushed for 191 yards in Langley's 35-12 home win over Marshall.

THE LANGLEY HIGH football team won its third straight game last Friday night with a 35-12 home win over Marshall. It was the Saxons' Liberty District opener.

Since beginning the season with a tough loss at Chantilly, Langley has won three straight games to improve to 3-1. The victories have come over Jefferson, Herndon and now the Statesmen (1-3).

In Friday's win, senior running back David Helmer had a huge night, rushing for 191 yards on 27 carries and four touchdowns. The Saxons trailed 6-0 in the first quarter, but Langley scored touchdowns in both the first and second quarters, both on Helmer runs, to take a 14-6 lead into halftime. The Statesmen got to within 14-12 in the third quarter, but Langley scored the game's final three touchdowns, the latter coming on a one-yard run by senior fullback Derek Eklund in the final quarter.

Langley will face a stiff test this Friday night when it travels to 4-0 Oakton. The Cougars are coming off a 38-7 win at Fairfax. Their previous three wins came over Madison, Annandale and T.C. Williams.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

SPORTS BRIEFS

FROM PAGE 14

The 2008 **Northern Virginia Senior Olympics** (NVSO) opened Sept. 20 at the Thomas Jefferson Community Center in Arlington. Opening ceremonies included a flag ceremony by the George Mason University Police Honor Guard. Emcee and NVSO chairman, Steve Mandes, introduced dignitaries, including Barbara Karro, Manager of the Arlington200Office of Senior Adult Programs, and Debra Williams, Loudoun County Senior Center program manager.

In track and field competition, gold medal winners included: Reston's John Cordyack (men's age 65-69 bracket) in the 800-meter walk; Oakton's James W.C. Chang (men's 70-74) in the 1,600-meter walk; Vienna's Karl Blake (men ages 55-59) in the 800-meter run; McLean's Jeff Young (men 60-64) in the 60 dash and 200 dash; Ashburn's Richard Enrico (men 75-79) in both the 60-meters dash and 200-meters dash; and McLean's Dana Hodgdon (men 85-89) in the 60 dash.

In field events, gold medals went to: Herndon's Charles James (men 50-54) in the shotput; McLean's Jeff Young (men 60-64) in shotput and running long jump; McLean's Sheila Gildea (women 75-79) in shotput and discus;

Herndon's Charles James (men 50-54) in the discus; Sterling's V. Thuraiamy (women 75-79) in running long jump; Reston's John Cordyack (men 60-64) in standing long jump; and Ashburn's Richard Enrico (men 75-79) in the standing long jump.

The Olympics continue through Oct. 2 at different venues with events in line dancing, bowling, golf, tennis, table tennis, eight ball pool, horseshoes, swimming, diving, scrabble, chess, duplicate bridge, backgammon, bunco, shuffleboard, miniature golf, frisbee throw, basketball free throws, racquetball, bait casting, cribbage, yo yo tricks and pickleball. Additional information may be obtained by checking www.novaseniorolympics.com or calling 703-228-4721.

The **NOVA 'NFL' Youth Flag Football League** kicked off its fall season on Sept. 13 with 47 teams playing in three age divisions. The season opener, kicking off the league's 11th season, turned out to be a hot, humid day. Unfortunately, the youth organization had to turn away over 100 additional youngsters this fall as a result of registration filling up to capacity. Standings and game summaries and highlights will appear updated at novafalg.com early each week.



Earlier this fall, the Herndon High girls' volleyball team captured first place at its own Invitational. Here, head coach Pat Smith, with assistants Brad Wright and Scott Smith, enjoy the moments following that tournament victory. Going into this week, Herndon was a perfect 10-0. The Hornets are scheduled to play road matches this week at T.C. Williams on Wednesday and at Chantilly on Thursday.

PHOTO COURTESY/HERNDON VOLLEYBALL

Juxtapose This



By KENNETH B. LOURIE

Spending as much time as I do with my widowed mother, naturally I fall into her routine. After all, the visits are not about me, they're about her: arrive when expected — and on time, eat home when she wants, eat out when she prefers, telephone as per usual and watch programs on television she can tolerate. Most often we watch LMN, the Lifetime Movie Network, a channel available through her digital cable service from Comcast.

To say that many of the movies are bad would be an affront to all movies characterized as bad. To say the movies are time consuming would be totally accurate, however. And so my mother, house bound, sort of, but definitely still ambulatory, unable to hear but complete and competent in most every other way, especially where her faculties are concerned, patiently but predictably sits and watches channel 119 (LMN in Montgomery County), remote in hand, switching regularly, hoping to find programming to help pass the time. And when I visit, so too do I sit and watch television and together we marvel at the consistency of the quality of these movies (and I use that term loosely and of course, subjectively. For all I know, the movies shown are award-winning and focus-group approved).

And with respect to the content of these movies, there does seem to be a frequent theme. In general, I would call it heartbreak: rape, incest, infidelity, divorce, death, disease, disability, murder, kidnapping, miscellaneous abuse, etc; among many other similar heart-wrenching, life-changing and dysfunctional-type circumstances and addictions.

And given this kind of content, I find it particularly unseemly that one of the more frequent advertisers on this channel are dating services; flush with the bravado and self-satisfaction that comes with the elation and realization that one's life can be rekindled with new love, if only you'd complete the profile and pay your fee (although the fact that there's a cost associated with this service seems hardly worth mentioning, at least on the commercial).

The product placement seems odd, however. This channel regularly shows movies about how people's lives are torn apart by infidelity, divorce, physical and mental abuse, sexual addictions, etc., (a fair amount of it anyway, from my watching experience, which is rather substantial), yet during the commercial breaks, advertisements will appear directed at people looking for a date (many of whom, presumably, may be victims of the same terrible circumstances as the characters in the very movies they're watching) and/or if things work, perhaps even a mate. I can't decide if this movie-watching behavior is cathartic — and helpful — or if it's some kind of self-immolation.

It all feels manipulative, somehow, almost like entrapment. Drawing viewers in who might be able to relate and then offering solutions to the very problem/problems they're experiencing (generally presented by the end of the movie, although, having seen many ends of many of these movies, I have to tell you, the ends don't justify the beginnings). Unfortunately, these are serious problems and their solutions just aren't that simple. It requires more than two hours (the typical length of these movies) and a remote control.

Certainly I'm aware that knowing your market/audience is crucial to advertising but banking your company's/product's success on the failure — and difficulties — of others people's lives seems a bit crude. Not unusual for this channel, or these advertisers, but still inappropriate. I suppose we could change the channel, but what fun would that be?

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

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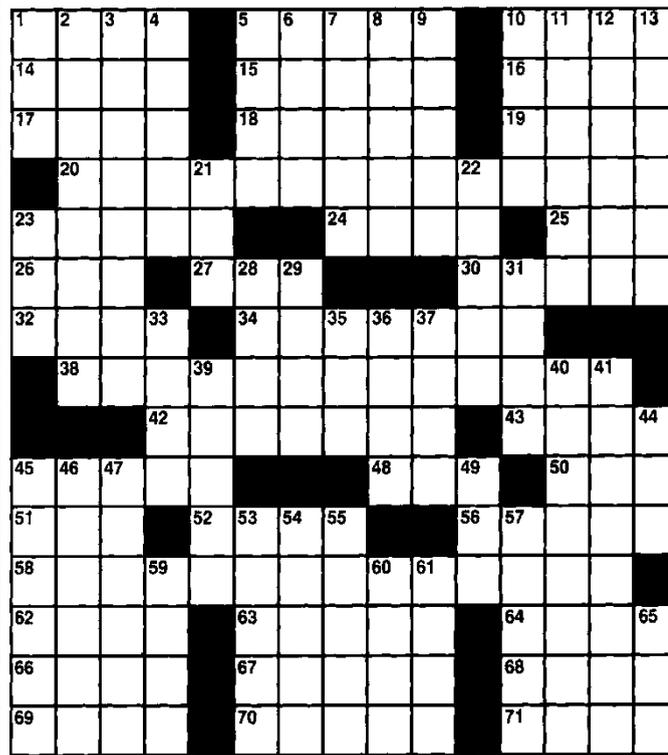
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NEW YORK TIMES CROSSWORD

Edited by Will Shortz

No. 0330-1



Puzzle by Randy Sowell

ACROSS

- 1 Armed forces females
- 5 Like a whip?
- 10 Play parts
- 14 Fiery gem
- 15 Synagogue scroll
- 16 Combustible pile
- 17 — Sabe
- 18 Actress Verdugo
- 19 Israeli statesman
- 20 Gizmos for couch potatoes
- 23 Ace, e.g.
- 24 "You Are My Destiny" singer, 1958
- 25 Classic car
- 26 The "A" in NATO: Abbr.
- 27 Poem of praise
- 30 Feline hybrid
- 32 Constitutional Amendment that abolished slavery
- 34 Just barely places
- 38 1949 Bing Crosby hit
- 42 Puget Sound city

DOWN

- 5 Undo a dele
- 6 Lawn pest
- 7 Betel palm
- 8 Didn't stop
- 9 Do an Oscar winner's job
- 10 Mimic
- 11 Six Million Dollar Man, e.g.
- 12 Town in County Kerry
- 13 Electric eye, e.g.
- 21 Oklahoma Indian
- 22 Shire who had a "Rocky" career
- 23 Bellum's opposite
- 43 Quotation notation
- 45 "Grand" piece of furniture
- 48 Dancer Charisse
- 50 "The — Divorcee"
- 51 Mag. staffers
- 52 Infamous Rudolf
- 56 Hardly award-winning writing
- 58 Franklin and Eleanor Roosevelt, e.g.
- 62 Together, musically
- 63 Jetés, e.g.
- 64 Family problem
- 66 Stew bean
- 67 "L.A. Law" lawyer
- 68 Mother of twins, in myth
- 69 Watch part
- 70 Bury
- 71 Once, once

- 28 Moist in the morning
- 29 Dutch cheese
- 31 Cuzco-centered empire
- 33 It smooths things over
- 35 Cheat
- 36 DeMille-type film
- 37 Do in, as a dragon
- 39 Warm welcome
- 40 Casey Jones, e.g.
- 41 Tiny bubbles
- 44 Old-time humorist Bill
- 45 45-Across features
- 46 "Yippee!"
- 47 Take for granted
- 49 Sol's problem
- 53 Zhou —
- 54 Back of a boat
- 55 Meager
- 57 Ransack and rob
- 59 "Go, —! —!"
- 60 60's role for Ron Howard
- 61 Person with a PC
- 65 Lat. case

ANSWER TO PREVIOUS PUZZLE

M	O	M	A	P	R	A	M	L	E	V	I	S		
A	M	I	D	R	A	V	E	A	L	I	B	I		
D	A	M	E	O	M	E	N	N	E	V	I	S		
D	R	E	S	S	F	O	R	S	U	C	C	E	S	
				P	I	N				N	E	T		
A	R	A	F	A	T	G	A	I	T	A	M	P		
L	A	B	O	R	L	I	S	T	S	T	A	R		
T	R	Y	B	E	F	O	R	E	Y	O	U	B	U	Y
H	E	S	S	U	C	L	A	H	E	A	V	E		
O	R	S	E	N	O	S	L	I	T	T	E	R		
			S	A	G			B	O	O				
S	H	O	P	T	I	L	L	Y	O	U	D	R	O	P
Y	E	S	E	S	O	A	R	S	I	O	N	A		
N	E	H	R	U	A	L	O	E	V	I	E	S		
C	L	A	M	P	M	A	N	N	A	S	S	T		

SEE YOUR NAME IN PRINT!

Be the first person to fax in the correct crossword puzzle answers each week, and we'll put your name here! Fax the completed puzzle, with your name, the puzzle number, and the time and date of the fax, to the Crossword Puzzle Desk, fax #703-917-0998!

The winner of puzzle #0329-1 is:

Jim Davis

Note: Due to space limitations, the crossword may not appear from time to time. In that case, you may look on our Web site: www.connectionnewspapers.com and click on the "Print Editions" button. It should appear in a newspaper from a different Classifieds zone.

LARCENY
800 Block Sycamore Court. A vehicle was broken into and a purse was stolen, Sept. 16.
1000 Block Elder Court. A vehicle was broken into and two DVD players were stolen between Sept. 17-18.
1000 Block Trevino Lane. A piece of carpet was stolen from a truck, Sept. 20.
1100 Block Elden Street. An undisclosed amount of cash and a check was stolen from a business between Sept. 13-15.
1200 Block Elden Street. A bicycle that was stolen from a residence on Sept. 15 was recovered, Sept. 16.
1100 Block Elden Street. A subject stole a can of beer from a business, Sept. 17.
1000 Block Elden Street. A subject pumped gas into their vehicle and drove off without paying, Sept. 17.
1000 Block Elden Street. Three subjects stole cigarettes and beer from a business, Sept. 17.

ASSAULT
800 Block Ferndale Avenue. The victim reported being assaulted by an acquaintance, Sept. 21.
1100 Block Crestview Drive. The victim reported being assaulted by an acquaintance, Sept. 21.
300 Block Reneau Way. The victim reported being assaulted by an acquaintance, Sept. 21.
1000 Block Trevino Lane. The victim reported being assaulted by an acquaintance, Sept. 16.
800 Block Grant Street. A 33-year-old male of Herndon was arrested for assault, Sept. 17.
900 Block Park Avenue. The victim reported being assaulted by an unknown subject, Sept. 20.
1200 Block Alabama Drive. The victim reported being assaulted by an acquaintance, Sept. 15.
1000 Block Alabama Drive. A 27-year-old male of Herndon was arrested for assault on a police officer and drunk in public, Sept. 17.

DESTRUCTION OF PROPERTY
1200 Block Terrylynn Court. An unknown subject damaged a mailbox, garbage can and curb at a residence between Sept. 17-18.
700 Block Herndon Parkway. A street sign was damaged, Sept. 15.
400 Block Herndon Parkway. A lock on the door of a business was damaged between Sept. 19-20.
900 Block Park Avenue. Graffiti was found in the area, Sept. 17.
1200 Block Wilshire Drive. The window of a residence was damaged, Sept. 15.
1000 Block Elden Street. The window of a vehicle was damaged Sept. 15.
1000 Block Elden Street. Graffiti was found in the area, Sept. 17.
1100 Block Elden Street. A door was damaged on a business between Sept. 18-19.

UNLAWFUL ENTRY
700 Block Barbaralynn Court. The victim awoke to a subject in their home, the subject immediately fled, Sept. 21.

DRUNK IN PUBLIC ARREST
200 Block Elden Street. A 34-year-old male of Herndon was arrested for drunk in public, Sept. 17.
1000 Block Knight Lane. A 28-year-old male and a 34-year-old male both of Herndon were arrested for drunk in public, Sept. 20.
1100 Block Elden Street. A 44-year-old male, a 59-year-old male and a 37-year-old male all of Herndon; as well as a 52-year-old male of no fixed address and a 44-year-old male of Sterling, were arrested for drunk in public, Sept. 21.

OTHER VIOLATIONS
1000 Block Alabama Drive. A 35-year-old male of Sterling was arrested for obstruction of justice, Sept. 17.
1100 Block Elden Street. Trespassing reported, Sept. 19.

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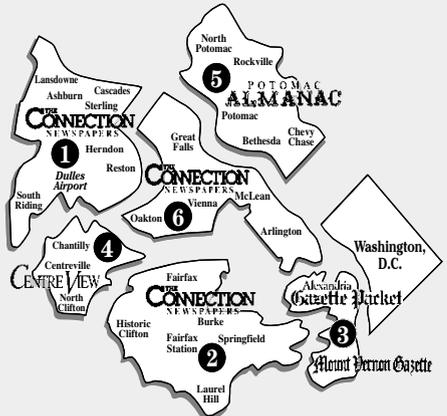
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TRUSTEE'S SALE

OF VALUABLE

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Improved by the premises known as

12001 Market Street, #156, Reston, Virginia

In execution of a Deed of Trust from Jason Yacavone, dated May 2, 2007, and recorded May 3, 2007, in Deed Book 19306 at page 1290 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Thursday, October 2, 2008 at 11:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Tax Map No. 017-3-18-0156

Commonly known as 12001 Market Street, #156, Reston, Virginia 20190.

TERMS OF SALE: A deposit of \$30,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 6.0 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY

Substitute Trustee

FOR INFORMATION CONTACT:

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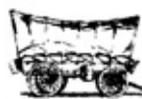
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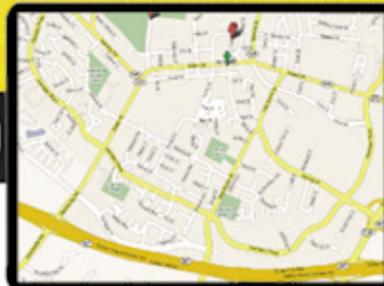


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