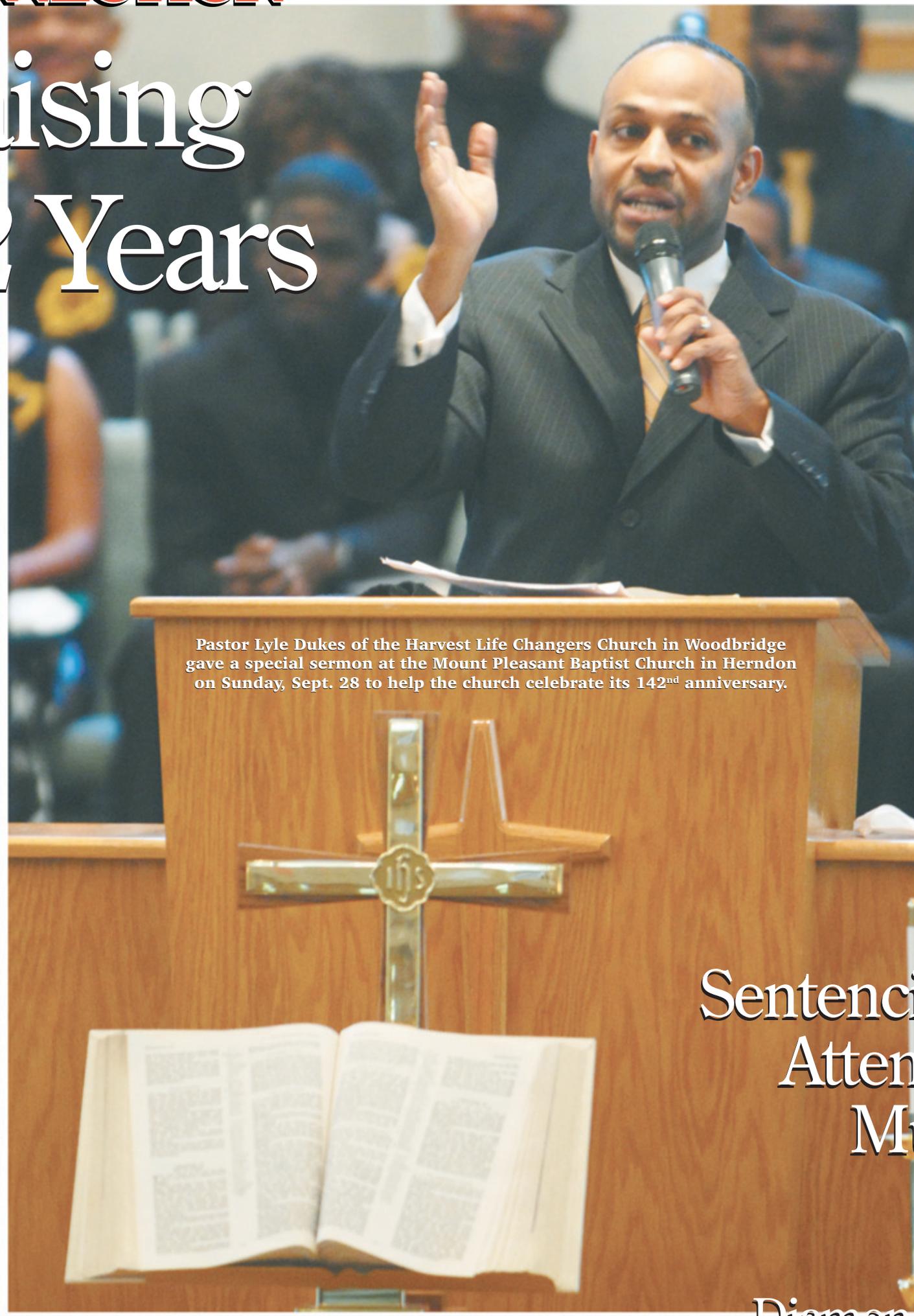


Praising 142 Years

NEWS, PAGE 3



Pastor Lyle Dukes of the Harvest Life Changers Church in Woodbridge gave a special sermon at the Mount Pleasant Baptist Church in Herndon on Sunday, Sept. 28 to help the church celebrate its 142nd anniversary.

Sentencing in Attempted Murder

NEWS, PAGE 3

Diamond Hotel Plan Scratched

NEWS, PAGE 3

Speaking at U.N.

NEWS, PAGE 5

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NEWS

Support for Survivors

Group helps long-term survivors of breast cancer.

BY KEN MOORE
THE CONNECTION

Andy Smith, 58, will always remember being diagnosed with breast cancer.

"I had a biopsy on my birthday, what a stupid thing to do, huh?" said Smith, of Great Falls, now a six-year survivor.

This Monday, Oct. 6, Smith will co-facilitate a new support group offered specifically for long-term survivors of breast cancer — those who are two-to-50-year survivors.

"There are going to be more and more of us, long-term survivors. There are going to be different people over time who are going to benefit from this," she said.

Smith will co-facilitate the new group with Ellen Haffa, 64 of Fairfax, a 16-year survivor of breast cancer.

"Cancer does change your life, it does," Haffa said. "It can change your relationships with people, it changes your perspective on life and how you approach life. Your priorities become different."

Get Involved

The Mid-Atlantic Affiliate of Breast Cancer Network of Strength, formerly known as Y-ME National Breast Cancer Organization, starts a monthly support group designed specifically for long-term survivors of breast cancer (two-to-50 year survivors) this Monday, Oct. 6.

The group will meet this Monday, Oct. 6 and then on the first Monday of every month, from 7-8:30 p.m. at the Reston Public Library, 11925 Bowman Towne Drive.

For more information on Network of Strength, see www.networkofstrength.org, or call 703-437-9595.

Breast Cancer Network of Strength, formerly known as Y-ME National Breast Cancer Organization, is offering the support group because long-term survivors have different needs than those recently diagnosed or undergoing treatment.

"The thought of recurrence is traumatic," said Haffa.

Haffa, who volunteered on the organization's hotline, described a type of call she received quite often from long-term survivors.

"I was diagnosed four years ago, I've been through my treatment, but I just can't seem to get over it," Haffa said she would hear from women who called.

"They are so grateful to be able to talk

SEE SUPPORT, PAGE 15

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Rafeal Ross, music director at the Mount Pleasant Baptist Church in Herndon, leads the choir in a musical selection during the first morning service at the church on Sunday, Sept. 28.



The Rev. Dr. James Graham Jr. leads the 8 a.m. service at the Mount Pleasant Baptist Church during a special service celebrating the church's 142-year history in the Herndon community. The church held a variety of special events and services throughout the month of September to celebrate the occasion. On Sept. 28, three services were held in the morning, each with a different, special speaker.

Church Marks 142 Years

Mt. Pleasant Baptist Church in Herndon celebrated its 142nd anniversary on Sunday, Sept. 28. Using "Drawing Near to God," as its theme, Sunday's celebration featured a day of music, songs, and sermons.

Starting with only a few members, Mt. Pleasant Baptist Church was established in 1866 in the old Floris School in Herndon. Over the years the church was led by numerous leaders, including the Rev. William L. Hill, who served as pastor for over 50 years. The church has experienced several moves. In May 1995, the Rev. Dr. James Graham, Jr., became pastor and later led efforts to build a new church facility at its current location in 1999.

"For 142 years, God has kept us, guided us, and provided for us. Despite the challenges, especially in the early church days following the Civil War, God has been so faithful to keep us. We have so much to thank God for," said Graham.

Stephen DeBenedittis, mayor of the Town of Herndon, who also attended the celebration, congratulated the church and offered the town's continued support on behalf of the Town of Herndon.

"We can easily count 142 years that the church has been here, but I think the number of lives that have been touched and brought closer to God is countless. We look forward to another 142 years as many of the citizens of the town are members here. I pledge our continued cooperation support," he said.

Under Graham's leadership, numerous ministries were added to help meet the needs of over 3,000 parishioners, its surrounding communities, and foreign nations.

Other speakers at the celebration included Lyle Dukes, pastor of Harvest Life Changers Church in Woodbridge, and Dr. Leonard Hamlin, pastor of Macedonia Baptist Church in Arlington. Gospel recording artist, Lucinda Moore was also on hand and rendered some songs from her latest album.



Eric Coleman and his son, Jalen, attend the morning service at the Mount Pleasant Baptist Church in Herndon.



Parishioners at the Mount Pleasant Baptist Church help to celebrate the church's 142nd anniversary during one of three morning services at the church on Sept. 28.

PHOTOS BY
ROBBIE HAMMER/
THE CONNECTION

51 Years for Attempted Murder

Rocky King sentenced for attempted capital murder of an officer.

BY KEN MOORE
THE CONNECTION

Rocky L. King, 27, was sentenced Friday, Sept. 26 to 51 years in prison for the attempted capital murder of Fairfax County Police Officer Eugene Bork.

Officer Bork spent more than 45 minutes talking to King, after a single car accident about 3:30 a.m. on Sept. 11, 2007 at Coppermine Road and Sunrise Valley Drive in Herndon.

"I was trying in the most professional manner to get him out of the car," said Bork, who has earned awards from Mothers Against Drunk Driving, according to

SEE ATTEMPTED MURDER, PAGE 5

Diamond Scratched

Town Council defeats downtown hotel proposal by one vote.

BY MIRZA KURSPAHIC
THE CONNECTION

More than 20 public meetings in about as many months culminated in defeat of the Diamond Properties rezoning application to allow development of a 163-room extended stay hotel in downtown Herndon. The Herndon Town Council voted 4-3 to defeat the approval at a public hearing on Sept. 23.

Mark Looney, the land use attorney representing Diamond in the rezoning application, said no decision has been made yet as to the developer's future in Herndon. "The short answer is we're evaluating all of our options," said Looney. "We are trying to figure out if there are ways to move forward from here," said Looney.

"The idea of a hotel downtown is a fantastic idea," said Mayor Steve DeBenedittis during last week's public hearing, adding

SEE COUNCIL REJECTS, PAGE 4

National Merit Semifinalists

One hundred ninety-four Fairfax County Public Schools students have been named National Merit Scholarship semifinalists. The National Merit Scholarship Corporation's selection renders the students eligible to compete for 8,200 National Merit Scholarship awards, worth \$35 million. Among the 194 FCPS students selected are Kelsey Brandt, Robert Carroll and Joseph Huchette from Herndon High School. Matthew Ellis, Adarsh Kallakury, Daniel Metcalf, Mike Raust and Adarsh Solanki from Oakton High School also made the selection.

Chamber Reaches Milestone

The Dulles Regional Chamber of Commerce now serves more than 1,000 members, rendering it the largest chamber in Fairfax County. The 1,000th member to join the chamber was Moody•Nolan, Inc., a professional architecture, interior design and civil engineering services firm. The 1001st company to join the chamber was KoolEarth, an organic clothing company based in Ashburn.

Tourney Helps 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 JJDel@cox.net.

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.

Help Save Herndon Meeting

Help Save Herndon will hold a special public meeting to discuss the "degrading quality of life seen recently in Herndon," on Oct. 16 at the Herndon Council chambers at 777 Lynn Street, starting at 7 p.m. The agenda will focus on public safety issues with day laborers seeking work on Herndon streets and seeking overnight rentals. Fairfax County Supervisor Pat Herry (R-Springfield) will discuss school budget cuts and thoughts on Fairfax County being viewed as a sanctuary county for illegal aliens. Town Council Member Dennis Husch will discuss the actions the town has taken, and initiatives and ideas, to address the issues in Herndon.

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

RENDERING COURTESY OF CMSS ARCHITECTS, P.C.



What Elden Street was proposed to look like under the Diamond proposal.

The Vote

The Herndon Town Council voted down a motion to approve a rezoning of a property that would feature a 163-room extended stay hotel on the corner of Elden and Monroe Streets.

YES: Downer, Kirby and Tirrell

NO: DeBenedittis, Hutchinson, Husch and Waddell

Council Rejects Hotel Proposal

FROM PAGE 3

that Diamond had set the bar high for community input for future developers interested in Herndon. However, DeBenedittis voted against the rezoning as proposed because he did not believe service trucks should be allowed to back on to or off of a public street and because of the project's mass and scale. "That to me pushes my limit a bit," said DeBenedittis before casting a vote against the proposal.

Vice Mayor Connie Hutchinson and Council Members Charlie Waddell and Dennis Husch also voted against the proposal. "The scale of the building is too large for this site," said Husch. He added that the arrangement for the service trucks was "inappropriate and inadequate" and that approving the rezoning would set expectations for future developers that they should be allowed approvals of projects of similar densities. Husch also said the hotel, as proposed, would change downtown's character in a fashion not supported by the community.

"I think it's a great opportunity for our downtown," said Council Member Richard Downer, before voting for the proposal. "I think it's time we move forward to revitalize our downtown," he said. "I think this is a project that will revitalize Herndon. It will send a message that we are open to discussing Herndon" and its future, said Downer.

"The Element Hotel, I believe, is going to be a world class hotel," said Council Member Dave Kirby who supported the rezoning. He said the hotel offered numerous public amenities important to Herndon's residents.

BEFORE THE COUNCIL voted down the rezoning proposal, it also voted down a motion to defer the decision for two weeks, to give Diamond time to reduce the size of the project. "We have kicked this can far enough," said Council Member Bill Tirrell. He said the hotel proposal has been "adjusted, massaged, downsized, crimped, cramped, it's been done. What's there is what we need to vote on."

Hutchinson, who proposed the deferral, said she is ready to vote, but did not think the applicant would appreciate the outcome of the vote. "I could vote, but I don't think it would benefit the Town the best it could," added Hutchinson. She said the support for the proposal was obvious, as were economic and fiscal benefits the hotel could generate, but that the

hotel's proposed size, mass and scale do not qualify it for meeting heritage preservation guidelines. Council Member Charlie Waddell also mentioned respect for heritage preservation as one of the reasons he would have supported a deferral of the vote.

Husch said that in his conversations with the developer he was given a very good, economic, reason why the proposal could not be reduced any further. "What you see is what needs to be there," said Husch. The original proposal called for a 179-room hotel, which was reduced to 163 rooms during the course of public meetings. The Town's Planning Commission and the Town Staff recommended approval of the proposal.

TOWN CITIZENS who were against the Diamond proposal cited traffic concerns as well as concerns that the hotel would change the character of downtown Herndon. "The staff seems to be promoting poor levels of service," said town resident Ann Null, commenting on traffic concerns once the hotel would be built. She called on the Town Council to consider a vision it adopted in which it calls for better levels of service in its traffic patterns than surrounding Northern Virginia jurisdictions, to set Herndon apart. "I pray that you still honor that vision with

pride," said Null. In terms of heritage preservation, Null said if the proposal was approved, the developer would not be held to the same standards that citizens are held to.

Proposal supporters outlined great economic and fiscal benefits the hotel would have brought to Herndon. "The consensus is that the Diamond property will be a catalyst for the vitality and future development of this town," said Don Owens, president of the Herndon Downtown Alliance, in his remarks before the council voted.

Looney said the hotel would have contributed about \$14 million in tax revenues to the town coffers over a 20-year period. If the parcel was developed by right, according to the current zoning, Looney said the town would receive \$100,000 to \$150,000 in taxes during the same time period. Even additional office or retail space would not break \$1 million, he said. In addition to high tax revenues, because of the transient occupancy and meals taxes, the hotel would also generate about 50 full-time jobs and have an indirect impact on the local business community, providing customers that could support downtown Herndon merchants.

"It's been adjusted, massaged, downsized, crimped, cramped, it's been done. What's there is what we need to vote on."

— Bill Tirrell,
Herndon Council Member

NEWS

Fighting Violence

Herndon teen speaks at the United Nations.

BY MIRZA KURSPAHIC
THE CONNECTION



PHOTO CONTRIBUTED

Gabriela Posada prepares to address about 800 youth from all corners of the globe at the United Nations.

Personal experience stemming from a negative environment where friends lost lives to lifestyles that led to violence resulted in Gabriela Posada's passion to speak out against violence. Her reach as a public speaker extended world-wide on Friday, Sept. 19, when Posada addressed about 800 peers and leaders in peace and disarmament issues at the United Nations International Day of Peace Youth Observance.

"It was an honor to be there, it was fun," said Posada, a 14-year-old freshman at Herndon High School. In her speech at the United Nations that day, Posada said no child in today's world should grow up in a community "crippled by violence." She said physical and emotional pain has marked her life thus far, even though she had not grown up in a war zone. Her childhood in Herndon, she said, was filled with experiencing and witnessing crimes, violence and pain. "With all those awful things around me and my peers," Posada said in the speech, "many of us also lost vision for our futures." Posada added that she had seen friends

lose lives because of a violent lifestyle they pursued.

"They slowly lost their lives," said Posada. Even though they knew what they were doing was wrong, she said, they did not stop living a life of violence.

Posada's audience at the United Nations included Holocaust survivor Elie Wiesel, actors George Clooney and Michael Douglas and Jane Goodall, a primatologist and a United Nations "messenger of peace." She was selected to speak after submitting a proposal through World Vision, a Christian humanitarian organization dedicated to working with children, families and their communities by tackling causes of poverty and injustice.

"It's something that I really have a passion for. I just really enjoy it."

— Gabriela Posada,
Herndon High School
freshman

POSADA HAS received training from Juan Pacheco, a former gang member and an activist with World Vision. In her role, Posada will travel at the end of October to Seattle for a conference with World Vision's National Advisory Youth Council. "It's something that I really have a passion for. I just really enjoy it," said Posada of her public speaking against violence.

Posada heard Pacheco speak at her school more than a year ago and decided to get involved with his group that meets at Herndon's Neighborhood Resource Center. After several sessions with the group, Posada decided to ask Pacheco to train her in public speaking. "He asked me to really think about it and told me it takes a lot of patience and commitment," said Posada. So she committed.

"She has very much impressed me with the level of maturity" she exhibits, said Pacheco of Posada. "She has a real passion for learning and for teaching those around her," said Pacheco. He added that Posada was the first female that had asked him to train her in public speaking, which had impressed him because she had shown initiative.

Pacheco said Posada did a wonderful job of presenting her story and the case for nonviolence in the world's communities at the United Nations. He said Posada showed a lot of courage to stand at the podium with some of the greatest peace advocates on the planet. "These are characters we read about," said Pacheco of the people who spoke at the International Day of Peace. "It was exciting to have one of our own young people, from right here in Herndon, there," said Pacheco.

Attempted Murder

FROM PAGE 3

Marshall E. Thielen, president of the Fairfax Coalition of Police IUPA Local 5000.

The officer called for additional officers when King was evasive answering his questions.

"I knew something was up," said Bork.

When King eventually got out of the car, he pulled a handgun directly to the officer's face.

During King's trial in July, Fairfax County Deputy Commonwealth's Attorney Casey M. Lingan showed the Fairfax Circuit Court jury the bullet from King's gun.

The only reason the jury was looking at Bork in the courtroom and not an autopsy photo, Lingan said during the trial, is King didn't property load his weapon.

The jury recommended that King serve 51 years: 40 years for the attempted capital murder of an officer, five years for use of a firearm during the commission of a felony, three years for possession of cocaine, and three years for possession of a firearm while in possession of cocaine.

Fairfax County Circuit Court Judge Robert J. Smith imposed the jury's recommended sentence without making any additional comments.

"It was the first time someone attempted to take my life," Bork testified Friday.

"Without a doubt, it's affected me, it's never going to be the same," he said. "You're always going to wonder ... whether or not that person can harm or kill you."

BORK WRESTLED the gun

away from King, who was shot by officers seven times.

"Everything happened so quick," said Bork.

Officers immediately administered first aid to King, who was airlifted to Inova Fairfax Hospital and treated for non-life threatening injuries.

KING'S BLOOD ALCOHOL content was tested to be 0.23, nearly three times the legal limit to drive.

Defense Attorney Michael S. Davis called King's behavior on Sept. 11, 2007 "aberrant."

"This doesn't make any sense for him to have done this," Davis said. "This is a young man who had no prior history of criminal behavior."

Davis told Judge Smith that King, a father of four children including one born the day after King's crime, was attempting to commit "suicide by cop," trying to force police to kill him.

Davis wasn't permitted to present evidence he planned to during the trial, and said attorney Michael Lindner would represent King on his appeal.

Davis said that the incident would make the police officers more alert and cautious, helping them become better officers in the future. Police officers chose a profession that places their lives at risk, he said.

"Yes, it has an impact," he said. "Yes, it will screw your head up for a while. It's something you have to deal with."

The fact that officers chose this profession can't be used to diminish or excuse what happened, Lingan countered.

"These officers have chosen to put their lives at risk for the betterment of society. That's what makes a hero," said Lingan.

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Many Heads Are Better Than None

County asks residents to help set priorities in epic budget cutting.

Fairfax County is engaged in a worthy effort to involve some of its million residents in a dialogue on the looming budget debacle. The county will hold more than 20 community meetings months before final decisions on how to plug a \$400 million-plus deficit.

Supervisors and county officials know that the budget process will involve a world of pain, and hope to use community input as part of a guide for what to cut, what to save, where the hot buttons will be.

But with a shortfall that could well approach half a billion dollars, there will be no county service or function that will be completely spared. While Northern Virginia's economy is better than the nation's economy as a whole, the housing market is still suffering. With more than 60 percent of the county budget funded

by real estate taxes (and 75 percent of that coming from residential real estate), it's not hard to figure out the root causes of the shortfall.

Counties in Virginia don't have much of a menu when it comes to raising revenue. The state does not allow localities to share in any income tax, for example.

Then consider that fully 53 percent of the county's operating budget goes to fund the schools.

Many if not most businesses and residents in the county have already had to grapple with major cost-cutting to deal with increased costs and decreasing income.

The county and schools will have to scour for ways to reduce costs while hurting residents and students as little as possible. It won't be simple.

These community meetings and brainstorming sessions are important.

But we continue to believe that the county also needs detailed advice from county residents with expertise, people who will volunteer to examine the details of a particular department's budget, or the operations of a particular program.

stated that we had no major medical problems, no hospitalizations and between us were on a mere three generic drugs in the cited year.

As a consumer of both private and government sponsored healthcare and a professional who has worked in health care since the early '60s, my contribution to the discussion comes from several sides of the story. I still struggle to negotiate the healthcare "system" and its incumbent expenses in my retirement.

Nancy Sajonas
Herndon

Council's Decision On Hotel Praised

To the Editor:

Mayor Steve [DeBenedittis] and the current members of the Town Council are working very hard to properly manage the municipal development and quality of life for Herndon. Finding the solutions that serve the needs and voiced preferences of the majority of town citizens is certainly an on-going daunting challenge. In the past, I have attended council work and public sessions, and many times I have exercised my right and privilege to share my perspectives. Recently, like many town residents, I have gone back to my busy day-to-day life, confident that this administration has my best interests at heart, and that they will not allow the wrong kinds of development or activities that may negatively impact our town.

I salute their recent decision to reject the Diamond Plan in its current format. The current design for the hotel is entirely too big, and its roof line will obliterate the view of downtown for those coming west on Elden Street. If the hotel design more closely mirrored the TPI building, and blended more closely with the traditional brick and wood sid-

Get Involved

Fairfax County will hold 16 more meetings over the next two months to gather residents' opinion on how to cope with more than \$400 million deficit projected for next year.

- ❖ Tuesday, Oct. 14, 7-9:30 p.m., Government Center (Fairfax)
- ❖ Thursday, Oct. 16, 7-9:30 p.m., South County Government Center (Mount Vernon)
- ❖ Tuesday, Oct. 21, 7-9:30 p.m., four locations: Oakton High School, South County Secondary School (Lorton), Marshall High School (Falls Church), Herndon High School
- ❖ Saturday, Oct. 25, 9:30 a.m. to noon, four locations: Centreville Regional Library, Fairfax Regional Library, Tysons-Pimmit Regional Library (Falls Church), Pohick Regional Library (Burke)
- ❖ Wednesday, Oct. 29, 7-9:30 p.m., McLean Community Center
- ❖ Thursday, Nov. 13, 9:30 a.m. to noon, four locations: Oakton Library, Woodrow Wilson Library (Falls Church), John Marshall Library (Franconia), Burke Centre Library
- ❖ Thursday, Nov. 13, 7-9:30 p.m., Mason Governmental Center (Annandale)

See <http://www.fairfaxcounty.gov/government/budget/publicmeetings.htm>

Submit ideas online at <http://www.fairfaxcounty.gov/survey/fy10suggestions.htm>. Call the Budget Hotline at 703-324-9400, TTY 711.

Read more about the budget at <http://www.fairfaxcounty.gov/government/budget/>

ing architecture of the downtown structures, then it would be more acceptable. As it is now, it is in direct conflict with goal # 3 in Chapter 3 of the Heritage Preservation Goals, which endeavors to ensure that any new construction should not over-power or dominate the existing downtown character. The current Diamond Plan hotel dwarfs businesses like Dr. Finley's Eye Care on Pine Street and the small street-front mall where we find Herndon Florist. It completely disrupts the current and historic ambiance of our downtown area, and the traffic patterns on Pine Street would be adversely affected in order to accommodate deliveries for the hotel. Pine Street is narrow, but it's walkable, and we need to protect that.

Many of those who have been vocal about the Diamond Plan have shared a short-sighted concern regarding quickly obtainable revenue. We can not sell out our town for future generations simply due to the prospect of making money right now. We need a more mature and wise long-term vision for Herndon's development, and I believe that Mayor Steve and the current council members are communicating that.

The more urgent immediate need for our town is a more comprehensive approach to the loitering laborers near Elden Street and Alabama Drive. I salute our town attorney's idea to ramp up the educating of business owners regarding screening temporary laborers for their legal right to work documentation. However, that is only one component to a comprehensive solution. In the Herndon Citizens Police Academy, students are taught by Chief Summers that there are six practices that make up the full Community Policing Program. One of these is "Zero Tolerance." I have never seen a Zero Tolerance program or approach implemented in Herndon. Why aren't we composing, publicly informing, and then implement

SEE LETTERS, PAGE 15

LETTERS TO THE EDITOR

Cost of Health Care

To the Editor:

I was quoted inaccurately on the coverage of a meeting in Herndon sponsored by AARP's Divided We Fail initiative ["Broken' System Evaluated," Sept. 24-30]. The purpose of the meeting was to share personal experiences in the healthcare system and issues of financial security, clarifying our needs and expectations to our lawmakers. Unfortunately much I of what I said was inaccurately cited and attributed to another attendee who may not appreciate having words put into her mouth.

❖ I was quoted saying of the \$15, 000 my husband and I paid out of pocket in health care costs for one year, most was spent on three drugs and that the pharmaceutical companies were responsible for most of it. Not so. Rather these expenses were premiums and co-pays to multiple sources. We pay premiums to insurance companies and co-pays to network providers who are part of the insurance plans. Insurance companies negotiate contracts with various hospitals, doctors, clinical labs, pharmacies, and physical therapy companies. All receive co-pays. Co-pays go to pharmacies not pharmaceutical companies. However, the cost of drugs rose as drugs became a benefit of health care insurance as opposed to being paid by the consumer who only had the hospitalization insurance of years ago. As for Medicare the government requires payment of a fee from your social security check if you buy Medigap and Medicare D discount policies from private companies, separate polices for each. All this added up to our out of pocket expenses.

❖ I clearly prefaced my statements saying that I was covered by private insurance and that my husband was on Medicare. I clearly

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Herndon

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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/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 JJDel@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.

RV and Boat Show. The Good Sam Insurance Plan Chantilly Fall RV & Boat Super Sale, noon – 8 p.m., Dulles Expo Center, Chantilly. \$4 for adults, \$2 for children ages 6 to 16, and children 5 and under are free.

SATURDAY/OCT. 4

Light the Night. Celebrate and commemorate lives touched by cancer in the Light the Night Walk at the Reston Town Center Pavilion, 11900 Market St., from 5-9 p.m. Proceeds from the walk benefit the Leukemia and Lymphoma Society. Register at 703-960-1100 or www.leukemia-lymphoma.org.

The 1st Annual Seahawk Community Yard Sale. From 8 a.m. to 2 p.m. at the basketball courts between South Lakes High School and Langston Hughes Middle School. The Booster Club will also have a table of items for sale, apparel, memberships, snacks and drinks.

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.

Bluegrass Concert. Leon Morris and Associates perform at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Doors open 6:30 p.m. Reservations: 703-435-8377. Cost: \$12.

RV and Boat Show. The Good Sam Insurance Plan Chantilly Fall RV & Boat Super Sale, 10 a.m. – 8 p.m., Dulles Expo Center, Chantilly. \$4 for adults, \$2 for children ages 6 to 16, and children 5 and under are free.

Original Sewing & Quilt Expo. At Dulles Expo & Conference Center, 10



David Davis & The Warrior River Boys perform Saturday, Oct. 11 as part of the Holy Cross Lutheran Church's weekend bluegrass series in Herndon.

a.m. – 5:30 p.m. General admission is \$10 per day at the door. Children under 12 are admitted free.

SUNDAY/OCT. 5

Family Concert. Cathy and Marcy, 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.

Writer's Workshop. Children ages 7-10 can explore how to write a proper thank you and learn the importance of personal correspondence at the Young Writer's Workshop at the Dandelion Patch at the Reston Town Center, 11900 Market St. 4-5 p.m. \$20 fee for personalized stationery. Call 703.689.2240 or e-mail reston@thedandelionpatch.com for reservations.

Zydeco Concert. Buckwheat Zydeco concert will be held at the Reston Town Center Pavilion, 11900 Market St., 7:30 p.m. Bring picnic blankets and chairs. Free. Call 703-689-4699 or visit www.restontowncenter.com.

Hispanics in the American Revolution. Learn about Hispanic

contributions to the colonies during the American Revolution at the Sully Historic Site, 3650 Historic Sully Way, Chantilly, 12-4 p.m. \$6/adults, \$4/child. Call 703-437-1794.

Scarecrow Making. Create your own scarecrow at Frying Pan Farm, 2739 West Ox Road, Herndon from either 1-2 p.m. or 2-3 p.m. Bring an outfit and pair of pantyhose for each scarecrow. \$7/one scarecrow, \$5/each additional. Call 703-437-9102 or visit www.fairfaxcounty.gov/parks/fpp.

RV and Boat Show. The Good Sam Insurance Plan Chantilly Fall RV & Boat Super Sale, 11 a.m. – 8 p.m., Dulles Expo Center, Chantilly. \$4 for adults, \$2 for children ages 6 to 16, and children 5 and under are free.

MONDAY/OCT. 6

Mr. Knick Knack. Listen to live music from Mr. Knick Knack at 2 p.m. at the Reston Town Center, 11900 Market St. Call 703-689-4699 or visit www.restontowncenter.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.

WEDNESDAY/OCT. 8

Running Seminar. This seminar offers tips and information about the physical and mental endurance it takes to have a successful race and achieve your best. 7:30-8:30 p.m., Reston Town Center, 11900 Market St. Call 703-674-6357 or visit www.potomacriverrunning.com.

FRIDAY/OCT. 10

Reston Oktoberfest. The best in fall brews, traditional Oktoberfest fare from area restaurants and live entertainment. 3-11 p.m., Reston Town Center Pavilion, 11900 Market St. Visit www.oktoberfestreston.com.

Campfire Fun. For senior adults, 55 years and older, an evening around the campfire ring on Soapstone Drive, between Glade Drive and Lawyers Road, Reston, 6-7:30 p.m. Free. Call 703-435-6577 to register.

SATURDAY/OCT. 11

Reston Oktoberfest. The best in fall brews, traditional Oktoberfest fare from area restaurants and live entertainment. 3-11 p.m., Reston Town Center Pavilion, 11900 Market St. Visit www.oktoberfestreston.com.

Out of the Darkness. Walk to benefit the American Foundation for Suicide Prevention to fund research, education, survivor and awareness programs. Meet at Reston Town Center, 11900 Market St. Registration at 8 a.m., walk begins at 9 a.m.

Artist Reception. Attend an artist reception and exhibition for environmental artist Shinji Turner-Yamamoto's "Sleeping Tree" at the Reston Town Center, 11900 Market St., 5-7 p.m. "Sleeping Tree" on exhibit Oct. 10- Nov. 14. Call 703-471-9242 or visit www.restonarts.org.

Bluegrass Concert. David Davis & The Warrior River Boys perform at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Doors open 6:30 p.m. Reservations: 703-435-8377. Cost: \$12.

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.

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/OCT. 2

7 a.m. Jazzercise
8 a.m. Army News Watch
9 a.m. Travel TV
10 a.m. Vintage HCTV-World of Flowers-MUMS the Word
11 a.m. Guitar Instruction 3
Noon Jazzercise
1 p.m. Temple Hall Farm
2 p.m. Small Green Domicile
3 p.m. Army News Watch
4 p.m. Concert: Small Green Domicile
6 p.m. Jazzercise
6:30 p.m. Army News Watch
7 p.m. Travel Television
7:30 p.m. Jimmy' Old Town Tavern Open Mike Night
9 p.m. Guitar Instruction 3
10 p.m. Vintage HCTV - World of Flowers-MUMS the Word

FRIDAY/OCT. 3

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 a.m. Policing Our Town-Meet the Officers of the HPD
11 a.m. My Health, My Medicare
Noon Jazzercise
1 p.m. Travel Television
2 p.m. Fate of the Stallion
3 p.m. King Henry Show
4 p.m. Concert: Live at Best Checks #2
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 3
9:30 p.m. Woody's Western Theater

SATURDAY/OCT. 4

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 2
10:30 a.m. Guitar Instruction 3
11 a.m. Fate of the Stallion
Noon LDS Conference (LIVE noon to 6 p.m.)
6 p.m. Jazzercise
6:30 p.m. Inside Herndon
7 p.m. Guitar Instruction 2
7:30 p.m. Guitar Instruction 3
9 p.m. Travel TV
9:30 p.m. Music and the Spoken Word
10 p.m. Jimmy's Old Town Tavern Open Mike Night

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SCHOOLS

Upcoming **Herndon High School** dates:

Oct. 2, Senior Parent Information Night, 7 p.m.

Oct. 3, Senior Night - Football, Cheer, Dance Teams, Marching Band

Oct. 4, SAT Test

Junior **Elliot Dean** has been promoted to the top leadership ranks of the Air Force Junior ROTC detachment at Randolph-Macon Academy. He is the son of Jim and Carol Dean of Herndon.

Elliot was awarded the position of Hotel Flight Sergeant with the rank of cadet technical sergeant. He is a member of the Academy's cross country,

track and honor guard teams. Only students with records of strong academics and leadership abilities are eligible for the Academy's cadet officer and non-commissioned officer ranks.

The 7th annual **Recycling Roadshow** will be at Herndon High School 10 a.m.-3 p.m. on Saturday, **Oct. 25**. Old T.V. and computer monitors, bicycles, clothing, and other large, recyclable electronics and accessories. Will be collected.

Visit www.fairfaxcounty.gov/dpwes/recycling/calendar.htm.

Two **Oakton High** students have

been named winners in the 2008 National Scholastic Press Association Story of the Year and Design of the Year competitions. **Erica Wohlleben**, who writes for Oakton Outlook, won third place in the Feature Story category of the Story of the Year competition. The contest recognizes initiative and original reporting of a situation, problem, or issue affecting students. **Rachel Enghauser** received an honorable mention in the Literary Magazine Page/Spread category of the Design of the Year competition, which honors visual excellence in the scholastic press and is co-sponsored by Adobe Systems.

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.

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.

St. Timothy's Episcopal Church will hold its annual service of the **Blessing of the Animals** Sunday, **Oct. 5** at 3 p.m., in the outdoor chapel on the front lawn of the church, 432 Van Buren St., Herndon. In case of rain, the event will be postponed to Sunday, Oct. 12 at 3 p.m. See www.saint-timothys.org.

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.

The Haunting of Holy Cross, performances by Lisa Galoci, organ and Chuck Seipp, trumpet, will take place Sunday, **Oct. 12**, 3 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Galoci is currently the organist at Grace United Methodist Church in Manassas, and Seipp is a member of The United States Army Band, "Pershing's Own." Free. See www.HolyCrossLutheranChurch.net.

VDOT Virginia Department of Transportation

I-66 spot improvements

PUBLIC HEARING

I-66 Westbound Spot Improvements

Arlington & Fairfax Counties

The Virginia Department of Transportation (VDOT) is holding a public hearing on the preliminary design of spot improvements on I-66 westbound inside the Capital Beltway.

Monday, October 27, 2008, 7-9 p.m.
Presentation begins at 7:15 p.m.
Washington-Lee High School (cafeteria)
1300 N. Quincy Street, Arlington, VA

The school is located on the corner of Washington Blvd. and N. Quincy Street. Park on the parking deck and use the pedestrian bridge that connects the parking lot to the building at Entrance #7. The nearest Metro station is Ballston-MU.

The public is encouraged to attend and participate in the hearing. Throughout the hearing, the public will have the opportunity to make written comments, leave public comments with court reporters, and ask questions and discuss any concerns with the design team. The proposed project plans depicting the design features and the environmental documentation in the form of a Categorical Exclusion will be available for review at the public hearing, Northern Virginia VDOT District Office and public libraries in Arlington and Fairfax County.

The three spot improvements will extend and connect acceleration and deceleration lanes on I-66 westbound from Spout Run to Glebe Road, from Fairfax Drive to Sycamore Street, and from Washington Boulevard to the Dulles Connector. These spots were identified in earlier studies as the most congested locations.

Visit the study Web site: www.I-66spotimprovements.com or call the Toll Free INFO line (1-888-643-3266) for more information.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency call (703) 383-2000 or Toll Free (888) 383-VDOT (TDD/TTY users, call 711). www.VirginiaDOT.org.

HOME SALES

08/08/08 ~ 08/31/08

Address	BR	FB	HB	..	Postal	City	..	Sold Price	..	Type	Lot	AC	Subdivision
1189 BROAD CREEK PL	4	4	1	HERNDON	..	\$1,275,000	Detached	0.97	CARIS GLENNE
1096 SAFA ST	5	4	1	HERNDON	..	\$1,000,000	Detached	0.58	GRAND HAMPTONS
1073 CEDAR CHASE CT	4	4	1	HERNDON	..	\$1,000,000	Detached	0.37	CEDAR CHASE
11587 CEDAR CHASE RD	5	4	1	HERNDON	..	\$1,000,000	Detached	0.47	CEDAR CHASE
12208 JONATHONS GLEN WAY	4	4	1	HERNDON	..	\$960,000	Detached	0.64	GRAND HAMPTONS II
12019 BENNETT RD	5	4	2	HERNDON	..	\$930,000	Detached	0.93	BENNETT FARMS
1264 RESTON AVE	5	4	1	HERNDON	..	\$880,000	Detached	0.75	RESTON
2843 CHERRY BRANCH LN	5	3	1	OAK HILL	..	\$840,000	Detached	0.25	MIDDLETON FARM
2917 MOTHER WELL CT	4	3	1	OAK HILL	..	\$790,000	Detached	0.27	CHANTILLY HIGHLANDS
13023 GREY FRIARS PL	4	3	1	HERNDON	..	\$650,000	Detached	0.21	CHANTILLY HIGHLANDS
13132 CURVED IRON RD	4	4	1	OAK HILL	..	\$646,000	Detached	0.26	SYCAMORE RIDGE
2936 MOTHER WELL CT	4	3	1	OAK HILL	..	\$615,000	Detached	0.25	CHANTILLY HIGHLANDS
13401 GLEN TAYLOR LN	4	3	1	HERNDON	..	\$610,000	Detached	0.20	CHANTILLY HIGHLANDS
2468 SYCAMORE LAKES CV	4	3	1	HERNDON	..	\$610,000	Detached	0.21	MONROE CHASE
2626 IRON FORGE RD	4	3	1	OAK HILL	..	\$600,000	Detached	0.25	SYCAMORE RIDGE
12685 FOX WOODS DR	4	3	1	HERNDON	..	\$599,000	Detached	0.22	FOX MILL HEIGHTS
12114 FOLKSTONE DR	4	3	1	HERNDON	..	\$575,000	Detached	0.70	FOLKSTONE
1548 KINGSTREAM CIR	4	2	1	HERNDON	..	\$559,900	Detached	0.30	KINGSTREAM
2419 CYPRESS GREEN LN	4	3	1	HERNDON	..	\$550,000	Townhouse	0.06	GREAT OAK
3041 EMERALD CHASE DR	4	3	1	HERNDON	..	\$527,000	Detached	0.30	EMERALD CHASE
13075 ROSE PETAL CIR	4	3	1	HERNDON	..	\$522,500	Townhouse	0.07	OAKMILL
1326 SUMMERFIELD DR	4	2	2	HERNDON	..	\$514,000	Detached	0.20	FOUR SEASONS
12417 ROCK RIDGE RD	4	3	1	HERNDON	..	\$505,000	Detached	0.20	HASTINGS HUNT
703 TAMANI DR	4	2	1	HERNDON	..	\$485,000	Detached	0.24	FOUR SEASONS
2540 OAKHAMPTON PL	3	2	0	OAK HILL	..	\$475,000	Detached	0.33	FOX MILL ESTATES
498 ALABAMA DR	4	1	2	HERNDON	..	\$475,000	Detached	0.27	DOWNS THE
113 MORTON MILLS LN	3	3	1	HERNDON	..	\$460,000	Townhouse	0.06	VILLAGE AT HERNDON MILLS
1455 KINGSTREAM DR	4	2	1	HERNDON	..	\$452,000	Detached	0.25	KINGSTREAM
12414 ROCK RIDGE RD	4	3	0	HERNDON	..	\$410,000	Detached	0.26	HASTINGS HUNT
2502 POLLY JEFFERSON WAY	3	2	2	HERNDON	..	\$386,500	Townhouse	0.04	MENNAIR FARMS WEST
13195 DASHCO WAY	3	2	2	HERNDON	..	\$385,000	Townhouse	0.06	COPPERMILL
1352 ICY BROOK DR	3	2	1	HERNDON	..	\$375,000	Detached	0.26	WESTFIELD
2544 BANSHIRE DR	3	2	1	HERNDON	..	\$372,000	Townhouse	0.03	WELLESLEY
846 LONGVIEW PL	4	3	0	HERNDON	..	\$370,000	Detached	0.30	CHELMSFORD
502 WOODSHIRE LN	3	2	1	HERNDON	..	\$345,000	Detached	0.27	ASHBURN
1616 WINTERWOOD PL	3	2	1	HERNDON	..	\$335,000	Detached	0.20	KINGSTON CHASE
13419 PARCHER AVE	5	3	0	HERNDON	..	\$330,650	Detached	0.20	REFLECTION LAKE
13192 DASHCO WAY	3	2	1	HERNDON	..	\$327,500	Townhouse	0.04	COPPERMILL
13512 DAVINCI LN #64	3	2	1	HERNDON	..	\$326,000	Semi-Detached	COPPERMINE CROSSING
13063 PARK CRESCENT CIR	3	2	2	HERNDON	..	\$325,000	Townhouse	0.03	WOODLAND PARK
705 MORNINGSIDE CT	4	2	1	HERNDON	..	\$325,000	Detached	0.22	FOUR SEASONS
1133 TREESIDE LN	4	3	0	HERNDON	..	\$320,000	Detached	0.21	TREESIDE
503 ALABAMA DR	4	2	1	HERNDON	..	\$297,000	Detached	0.21	DOWNS
1109 CLARKE ST	4	2	0	HERNDON	..	\$291,000	Detached	0.21	HUNTERS CREEK
13520 DAVINCI LN #60	3	2	1	OAK HILL	..	\$290,000	Back-to-Back	COPPERMINE CROSSING
2411 DEW MEADOW CT	3	2	1	HERNDON	..	\$280,000	Townhouse	0.04	MENNAIR FARMS LAND BAY 2
1061 BURWICK DR	5	2	1	HERNDON	..	\$260,000	Detached	0.18	ESTATES AT EAGLE LIE
1240 BOND ST	3	2	2	HERNDON	..	\$260,000	Townhouse	0.08	BLUEMONT
815 BRANCH DR #205	2	2	0	HERNDON	..	\$255,000	Garden 1-4 Floors	FORTNIGHTLY
724 PALMER DR	5	3	1	HERNDON	..	\$250,000	Detached	0.12	COURTS OF CHANDON TOWN H
1062 TREVINO LN	4	3	1	HERNDON	..	\$250,000	Townhouse	0.04	POTOMAC FAIRWAYS
744 PALMER DR	3	2	1	HERNDON	..	\$245,000	Townhouse	0.11	COURTS OF CHANDON TOWN H
3281 TAYLOE CT	3	2	1	HERNDON	..	\$245,000	Townhouse	0.06	FRANKLIN FARM
13482 OLD DAIRY CT	3	1	1	HERNDON	..	\$244,900	Townhouse	0.06	FRANKLIN FARM
2100 HIGHCOURT LN #301	2	2	0	HERNDON	..	\$242,000	Garden 1-4 Floors	WORLDGATE
13488 FOXLEAS CT	3	2	1	HERNDON	..	\$240,000	Townhouse	0.04	FRANKLIN FARM
2584 LOGAN WOOD DR	2	2	1	HERNDON	..	\$232,000	Townhouse	0.03	MENNAIR FARMS LANDBAY 5/6
957 FERNDALE AVE	4	3	1	HERNDON	..	\$226,600	Townhouse	0.04	DUMBARTON SQUARE
1269 BOND ST	4	3	1	HERNDON	..	\$220,000	Townhouse	0.05	BLUEMONT
1211 BOND ST	4	3	1	HERNDON	..	\$216,100	Townhouse	0.07	BLUEMONT
921 BRANCH DR	3	3	0	HERNDON	..	\$208,000	Townhouse	0.06	PARK AVENUE SQUARE
12919 ALTON SQ #216	2	1	0	HERNDON	..	\$205,000	Garden 1-4 Floors	WORLDGATE
941 BRANCH DR	4	2	1	HERNDON	..	\$200,000	Townhouse	0.16	PARK AVENUE SQUARE
2163 ORAM PL	4	3	1	HERNDON	..	\$199,900	Townhouse	0.03	REFLECTION LAKE
1231 WILSHIRE DR	3	2	0	HERNDON	..	\$195,000	Detached	0.21	DULLES PARK
1187 AUTUMNHAZE CT	3	1	1	HERNDON	..	\$190,588	Townhouse	0.04	FOUR SEASONS REGIME
752 PALMER DR	3	2	0	HERNDON	..	\$190,000	Townhouse	0.12	COURTS OF CHANDON TOWN H
1015 PARK AVE	4	2	2	HERNDON	..	\$190,000	Townhouse	0.04	PARK AVENUE SQUARE
937 PARK AVE	4	2	2	HERNDON	..	\$188,800	Townhouse	0.04	PARK AVENUE SQUARE
384 RENEAU WAY	3	2	1	HERNDON	..	\$182,000	Townhouse	0.05	CRESTVIEW
565 FOLRIDA AVE #T-4	3	2	0	HERNDON	..	\$181,900	Garden 1-4 Floors	JEFFERSON MEWS
410 MAPLE CT	3	2	1	HERNDON	..	\$181,000	Townhouse	0.03	COURTS OF CHANDON TOWN H
1309 SPRINGTIDE PL	3	2	1	HERNDON	..	\$175,000	Townhouse	0.06	FOUR SEASONS REGIME
12915 ALTON SQ #209	1	1	0	HERNDON	..	\$170,000	Garden 1-4 Floors	WORLDGATE
309 RENEAU WAY	3	2	1	HERNDON	..	\$170,000	Townhouse	0.04	CRESTVIEW
2204 WESTCOURT LN #309	1	1	0	HERNDON	..	\$170,000	Garden 1-4 Floors	WORLDGATE
1117 AUTUMNHAZE CT	3	2	1	HERNDON	..	\$170,000	Townhouse	0.06	FOUR SEASONS REGIME
769 CORDELL WAY	3	2	1	HERNDON	..	\$169,900	Townhouse	0.05	CRESTVIEW
13316 PREUIT PL	3	2	1	HERNDON	..	\$162,000	Townhouse	0.05	REFLECTION LAKE
1204 SPRINGTIDE PL	3	1	1	HERNDON	..	\$160,000	Townhouse	0.04	FOUR SEASONS REGIME
2110 MONAGHAN DR	3	3	1	HERNDON	..	\$158,000	Townhouse	0.03	REFLECTION LAKE
926 BRANCH DR	4	2	1	HERNDON	..	\$158,000	Attach/Row Hse	0.06	PARK AVENUE SQUARE
2115 BERGER PL	3	2	1	HERNDON	..	\$157,900	Townhouse	0.06	REFLECTION LAKE
1125 SHANNON PL	3	2	1	HERNDON	..	\$155,000	Townhouse	0.03	TRALEE
13340 SHEA PL	3	2	1	HERNDON	..	\$154,000	Townhouse	0.03	REFLECTION LAKE
362 JUNIPER CT	3	2	0	HERNDON	..	\$153,000	Patio Home	0.09	COURTS OF CHANDON TOWN H
1319 SPRINGTIDE PL	3	1	1	HERNDON	..	\$153,000	Townhouse	0.04	FOUR SEASONS REGIME
759 CORDELL WAY	3	2	1	HERNDON	..	\$152,000	Townhouse	0.03	CRESTVIEW
12905 ALTON SQ #102	1	1	0	HERNDON	..	\$149,900	Garden 1-4 Floors	WORLDGATE
1025 CHARLES ST	3	1	2	HERNDON	..	\$146,000	Townhouse	0.03	CAVALIER PARK
2115 MAGER DR	3	2	1	HERNDON	..	\$145,200	Townhouse	0.03	REFLECTION LAKE
2209 SAUNDERS DR	3	2	1	HERNDON	..	\$145,000	Townhouse	0.05	REFLECTION LAKE
13341 APGAR PL	3	1	1	HERNDON	..	\$140,000	Townhouse	0.03	REFLECTION LAKE
1013 QUEENS CT	3	1	2	HERNDON	..	\$135,000	Townhouse	0.03	CAVALIER PARK
2217 HUSTON PL	3	1	1	HERNDON	..	\$133,900	Townhouse	0.03	REFLECTION LAKE
2162 MONAGHAN DR	3	2	1	HERNDON	..	\$133,000	Townhouse	0.03	REFLECTION LAKE
1077 KNIGHT LN	3	2	1	HERNDON	..	\$131,000	Townhouse	0.03	CAVALIER PARK
1019 CHARLES ST	3	2	1											

Best Still Ahead for Herndon Cross Country

Hornets experiences ups and downs at Oatlands meet.

BY RICH SANDERS
THE CONNECTION

Herndon's recent showing at the Oatlands Invitational cross country meet in Leesburg two weeks ago received mixed reviews from Hornets' head coach Pete Sherry.

The Herndon boys were a strong fifth place overall in the 59-team varsity "B" race. They were led by senior Todd Van Luling, who was 30th overall in a field of more than 400 runners. But Sherry was hoping for his top runners to finish higher overall.

"The boys up front didn't run as well as I hoped," he said. "The boys in the back did."

Even so, the coach was pleased with Van Luling's showing. He timed at 17 minutes, 42 seconds on the hilly 5K Oatlands course.

"I thought it was a solid race for him," said Sherry.

Meanwhile, on the girls' side, Herndon, competing in the elite varsity "A" race, struggled as a result of some injuries and illnesses. As a result, the Hornets did not do well in the team standings. The team's top two finishers were Carolyn Hennessey and Laura Ortel, 59th and 60th overall, respectively.

"We're not as deep as the boys," said Sherry, of the girls' team. "It was not a good day. We only had four runners finish. But I'm certainly not worried."

There is no reason to be overly concerned

about the Herndon girls, the defending Northern Region champions who have all of their top runners back from last year. The main objective for the Hornets will be getting back to full strength health wise by the time the season's postseason rolls around.

"We still have districts and regionals," said Sherry, in regards to the upcoming postseason meet dates. "We should be fine. Everyone's training well."

ONE PARTICULARLY bright spot for the Herndon boys' program at Oatlands was the outstanding race by the Hornets JV runners in the Underclassmen JV Race which took place earlier in the day on the Leesburg course. Herndon was led by sophomore Jack Belo and freshman Harrison Murn, who finished 10th and 11th overall, respectively, with times of 18:28.

Herndon, in garnering first place among 57 teams, scored 83 points, besting second place Oakton (90). Meanwhile, Thomas Jefferson was third overall with 141. Local school South Lakes (413) was eighth place.

Oakton's top finisher in the JV underclassmen race was sophomore Tyler Montanino, who was fifth overall. Meanwhile, for South Lakes, Nick Tucker led the Seahawks with a 26th overall finish.



Herndon High senior boys' cross country runner Sean Deford, a Hornets' team captain, took on the challenging 5K Oatlands course at Oatlands two weeks ago. Deford and his teammates ran to a fifth place team finish at the huge, midseason invitational event, held in Leesburg.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

"Yankee Stadium" next year.

"I've been going to [Yankees] games since 1976," said Sherry. "I've seen a bunch of playoff and World Series games. I saw [legendary Yankee] Don Mattingly's last game."

Sherry informed his Herndon squad earlier during the week prior to the Oatlands meet that he would be away on the baseball trip. He was perfectly confident with the leadership the Hornets would have from his assistant coaches and team parents.

"The team understood why I wasn't there," said Sherry, who traveled to the Bronx with his brother-in-law. "They were fine with it."

Not only did the Yankees win the Saturday afternoon ball game in front of a nostalgic, sold-out crowd, but Sherry also got himself a souvenir baseball during pre-game batting practice.

This Saturday, Herndon will be competing at the annual Octoberfest meet. Unfortunately, the Hornets will likely have several of their

runners taking SAT's that same day, so they will not be at full strength.

"Most seniors aren't going to run," said Sherry.

The following Saturday, Herndon will travel to New York to take part in the Manhattan Invitational.

Game Gets Away from Herndon in Second Half

Hornets slip to 3-2 with Concorde loss.

BY RICH SANDERS
THE CONNECTION

One big scoring play late in the first half changed the tone of the game in Herndon's 28-10 loss at Concorde District opponent Chantilly last Friday night.

Herndon led late in the first half, 3-0, as a result of a 33-yard field goal by Joe Eftekhari. But the lead did not hold going into the dressing room as a result of a late Chantilly touchdown play in the closing seconds of the second quarter. The pivotal score, the game's first touchdown, came on a 65-yard run by Chargers' running back Torrian Pace (180 rushing yards). Following Ryan Abbott's point-after conversion kick, Chantilly had a 7-3 lead.

"It was 3-0 with 14 seconds left in the

half before we allowed the big run," said Herndon coach Joe Sheaffer. "[Pace] made a couple of kids miss early and got into the secondary and turned it on. That turned the whole game around."

Chantilly used the momentum to take control of the game in the third quarter, getting scoring runs from both Pace (10 yard score) and Kevin McGrath (1 yarder) to go ahead 21-3. The Chargers went ahead 28-3 in the fourth quarter on another Pace touchdown run, his third of the day. Herndon scored its only touchdown of the game later in the final quarter on a 10 yard run by Trevor Johnson.

Sheaffer said Chantilly won the battle of field position in the second half. A strong kickoff return by the Chargers gave them good field position. They did not score on that first possession of the third quarter, but did so twice thereafter as the 12-minute stanza moved on.

"The game was pretty much what I ex
SEE HORNETS, PAGE 11



Herndon will be looking to regroup from its loss to Chantilly when it hosts Fairfax on Friday.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

SPORTS

Oakton Takes Langley Down

Saxons struggle in the rain in 42-3 setback.

BY NICK CAFFERKY
SPECIAL TO THE CONNECTION

On paper, the high school football matchup between number two Oakton and number eight Langley was set up to be a battle; however the product on the field was anything but, as the Cougars smashed the Saxons 42-3 in the non-district game played last Friday night.

“Their defense was big and fast, so it was hard to make holes up the middle.”

— David Helmer

The home team Cougars started off slowly as senior Chris Coyer threw an interception on the first drive. But after that, the Saxons couldn't stop the big play. On the next two possessions, Coyer ran free for touchdown runs of 34 and 72

yards, both in the second quarter to jump out to 14-0 lead that was never in doubt through the entire game.

Coyer was the star of the game, rushing for 132 yards while also passing for another 100 yards and a touchdown in front of a homecoming crowd that didn't leave until the final play, despite the torrential downpour throughout the entire game.

The Cougars have now matched their season win total (5) of last season and have play-off aspirations once again. The 2005 Virginia AAA state champions returned a Northern Region-high 19 starters and are poised to make some noise in the post season.

FOR LANGLEY, things weren't quite as fun, as they struggled to get anything going on offense against a much faster Oakton defense. Senior runningback David Helmer, who was averaging over 130 rushing yards a game, was held to a season low 63 yards and failed to reach the end zone for the first time since the season opener against Chantilly.

“Their defense was big and fast, so it was hard to make holes up the middle and helped them contain well, so I couldn't run outside either,” Helmer said.

Langley was also starting a new quarterback in senior Patrick Kelly due to the injury to third year starter senior Danny

Pritchett last week against Marshall.

“[Kelly] did some things right, but any time you have a new quarterback playing, the timing with the receivers is going to be off,” Langley head coach John Howerton said.

The one bright spot for Langley was a 45 yard field goal right before the half by sophomore Farhan Khan, despite the rain and the muddy conditions. Khan, who also kicked the game winning field goal against Herndon, is the best kicker Langley has had in years.

“[Khan] gives us a weapon that we haven't had since I've been here...when you get inside the 30 [yard line], you tend to make mistakes. With him, it's nice to know you have a kicker that can get you points from there,” Coach Howerton said.

LAST SEASON Oakton was 5-3 with just one win needed to clinch a playoff spot. But the Cougars lost their last two games. So even though they have started strong this fall, the team knows it must continue to play hard.

“I think that this week showed our players that if we work hard and have a good week of practice that it will show out on the field ... We have five hard weeks ahead. It all starts next week against Chantilly,” Oakton's head coach Joe Thompson said.

Hornets Slip

FROM PAGE 10

pected,” said Sheaffer, of the hard-hitting, physical nature of the Concorde contest. “I knew they'd be pretty tough.”

HERNDON, with the loss, saw its record slip to 3-2 on the season. The Hornets will play a district home game against Fairfax this Friday night. The Rebels (3-2) are coming off a 25-15 win over Centreville.

“We've got to put this behind us now,” said Sheaffer, of the loss to Chantilly. “It's one game. We showed we can play with [Chantilly]. Fairfax is playing better [this season]. They beat Centreville and they are playing with confidence.

“The challenge for us [as coaches] is to get the kids prepared to play Fairfax,” said Sheaffer. “It's a huge game for us. We really have to play well to beat them.”

Sheaffer was pleased in the fact that the Hornets did not turn the ball over against Chantilly. He said one thing his team needs to do better offensively in the weeks ahead is to sustain drives and control the ball for longer periods of time

“Offensively, we've kind of lived on the big plays [this season] and haven't sustained big drives,” said Sheaffer, whose team has wins over Park View, South Lakes and Centreville this season. “If we can stay on the field and control the ball on offense, we have a good chance to beat Fairfax.”

SPORTS BRIEFS

The **Northern Virginia Senior Olympics** opened Saturday, Sept. 20 and will continue through Thursday, Oct. 2. In recent action, Elizabeth Roadcap of Vienna won a gold medal in women's division eight ball pool. The competition was held at Lincolnia Senior Center in Alexandria. Other events were held at Lee District Park in Franconia. Gold medals were awarded in 3-on-3 women's basketball to the Super 60's Plus team. Team members included Sue Flynn and Patricia McWethy, both of Oakton.

Also, Jingchaun Zhang of McLean earned a Gold Medal in men's table tennis (50-59 age division).

Lincolnia Senior Center and Hollin Hall Senior Center in Alexandria hosted the duplicate bridge, horseshoe and shuffleboard competitions. Earning Gold medalists in duplicate bridge were Willis Hume of Reston and Paul Stygar

of McLean. A Gold in the horseshoe competition went to Robert Stotz of McLean (men's 75-79 age division).

Several events took place at the following locations: Thomas Jefferson Community Center in Arlington, Lee District Park, and Franconia and Bowl America Shirley in Alexandria. Bowling winners were Willis Hume of Reston (men 55-59); Betty Roadcap of Vienna (women's 75-79); and Patricia Johnson of Sterling (women 80-84).

In the softball throw competition at Thomas Jefferson Community Center, winners were William Bovie of Reston (men 55-59); and Sheila Gildea of McLean (women's 75-79). Gildea also earned a Gold in the softball hitting event.

At Lee District Park, a gold medal was awarded in backgammon to Mohamed Youssef of Herndon. Gold medals in racquetball was given to William Bovie of Reston (men's 55-59).

Senior golfers ranging in age from 54 to 87 competed at the Penderbrook Golf Club in Fairfax. The competition followed the Calloway system (gross and net scoring). Gold medalists were: Walter Parham (net) of Vienna (men's 70-79); and Ernest Grady (gross) of Reston (men's 80-89).

The Cougar Clinics will be held this month by the Oakton High girls' basketball program. Girls ages seven to 12 are encouraged to sign up for the basketball skills clinics. Instructors will include members of the Oakton High coaching staff as well as returning varsity players. The clinics will be held on the following Sundays: Oct. 5, 12, 19 and 26 from 10 a.m. to noon. Cost is \$15 per week or \$50 for all four sessions. Checks should be made out to Oakton Athletic Boosters. Send to Fred Priester at: Oakton High School, 2900 Sutton

Road, Vienna, VA 22181.

The South Lakes and Yorktown High girls' **volleyball teams** will take part in the “Digging Pink” National Breast Cancer Awareness Rally event on Oct. 14 at South Lakes in Reston. The night of volleyball will be from 5 to 8. Both of the local teams will dedicate the upcoming match to cancer awareness and raising funds for research toward better understanding of the disease. This fall hundreds of volleyball teams from around the country will be participating in the Dig Pink Rally.

Reston residents **Sarah Stites** and **Sarah Nielsen** are both members of the Thomas Jefferson High girls' cross country team. Also from Reston is freshman **Elizabeth Ellor**, who is a member of the Jefferson girls' JV cross country team. The Jefferson varsity girls'

team is currently ranked third in Virginia. In individual rankings, Stites is 11th in the state.

The **Reston Youth Basketball League (RYBL)** provides basketball instruction, games, and sportsmanship for boys and girls ages 7 and older who live in Reston and neighboring communities. RYBL offers both “House” and “Select/Travel” programs organized according to age. The House league activities go from late November through mid-March and the Select/Travel program begins in early October and ends in early March. This season, RYBL is again offering on-line registration. As an incentive the fee for on-line registration will include a \$5 discount. The service will accept VISA, MasterCard, and American Express credit or debit cards. Go to Restonbasketball.com for more information.

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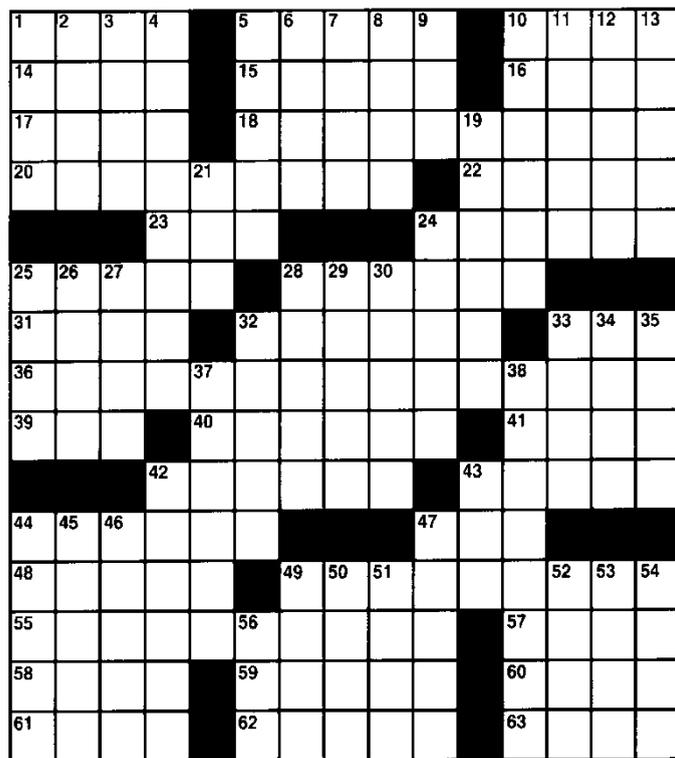
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NEW YORK TIMES CROSSWORD

Edited by Will Shortz

No. 0331-1



Puzzle by Patrick Jordan

ACROSS

- 1 Unforeseen difficulty
5 Dwelling
10 Gauguin or Cézanne
14 Soybean dish
15 Like lymphatic tissue
16 "Giant" author Ferber
17 Get
18 Start of a joke
20 Response to 18-Across
22 Big name in computers
23 Bell and Barker
24 Less slovenly
25 Smooth in motion
28 Move down the computer screen
31 Right on the map
32 Deli sausage
33 Short punch
36 With 49- and 55-Across, response to 20-Across
39 Miscalculate
40 Made invalid
41 Wife in "Finnegans Wake"

DOWN

- 42 Serving dish
43 Gives off
44 Hot as a pistol, e.g.
47 "Big Blue"
48 Makes a cardigan, say
49 See 36-Across
55 See 36-Across
57 Seasick sailor's support
58 Yorkshire river
59 Gill of country music
60 Light brown
61 Sediment
62 Protected by levees
63 Honeybunch

ACROSS

- 11 Assume
12 Last word in a wrestling match?
13 Adbul-Jabbar, 1975-89
19 Kato of Simpson trial fame
21 Bit
24 One for whom all roads lead to roam
25 Honor with a party
26 Actor Bert
27 Conniver
28 Miss Hawkins of Dogpatch

- 29 Half of a famous outlaw duo
30 Japanese noodle dish
32 Insomniac's annoyance
33 Folk singer Mitchell
34 12-Down partner
35 Tops
37 Tear off with force
38 Talked, talked, talked
42 Collection plate amounts
43 Outward flow
44 Cheer with beer
45 Bellybutton type
46 British bishop's headdress
47 Angry
49 Sixth-century date
50 Sound at Old MacDonald's
51 At some prior point
52 Filigree
53 Milan moola
54 Many a campaign tactic
56 Hanes competitor

ANSWER TO PREVIOUS PUZZLE



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 #0330-1 is:

Shirley Carpenter

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.

"Don't Know From Adam"



By KENNETH B. LOURIE

There's so much I don't know, that not knowing from whom or from where I don't know it is largely irrelevant to me. Nor is it a matter of blame. I take full responsibility for what it is that I don't know. But knowing what I don't know and being open and admitting it is a good quality, I've been told. But neither do I remember who told me that. I only remember being told.

"A man has to know his limitations," you may recall Clint Eastwood/"Dirty Harry" saying to a "punk, huh?" But in keeping with the theme of this column, I can't remember exactly in which "Dirty Harry" movie it was said. I can only remember that it was said, and quite famously, and repeatedly, so much so that it has become part of popular culture. And it's become part of my culture as well. I don't go around saying it, mimicking Clint in the process, I simply embrace it, intellectually, as an explanation for the many shortcomings I possess.

Ironically though, I believe I take a certain amount — and type — of pride in not knowing, and knowing that I don't know. As such, I rarely reach beyond my grasp. Nor do I bite off more than I can chew (figuratively speaking. Literally speaking, I do all the time, just ask my wife. No, don't ask my wife, she'd rather not be reminded). And more often than not, I will look before I leap. Somehow, somewhere, with the help of so many others, especially my parents, I suppose I have learned my lessons, thankfully.

The kinds of lessons that may not be reflected in the content of these columns, nor might they be apparent if you spend any amount of time with me. And for all I know, this knowledge may be a figment of my imagination and not really obvious to anyone with whom I have conversations or business dealings. However, since this perception is already in my head, it might be difficult to convince me otherwise.

But knowing that — and admitting it — might yet prove noteworthy. If I know that I'm not always right, and I know how much there is that I don't know, and I know my limitations, then I may know a lot more than I think I know. And "Adam" whoever he is or was, is also someone I don't know and even if I did know who Adam was — or is, I certainly wouldn't blame him for any of my shortcomings. On the other hand, "Adam" is just part of an expression whose knowledge may or may not have something to do with the Garden of Eden, but that's something else that I don't know. But I don't mind that I don't know. It's just another log on that what-I-don't-know fire which blazes internally and it looks like, eternally, too.

But so what? What's in a name, what's in a number? It's all about what's in your head, anyway. What I don't know won't hurt me unless I'm too stubborn to admit it. And I may be lots of things, but stubborn is not one of them. That's something else I know. And now you know, for better or worse.

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

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OBITUARY

Dorothy Alma "Dottie" Woods, age 65, on Wednesday, September 24, 2008, at her home in Herndon, Virginia. Devoted mother of Alyssa Megan Woods; sister of Randolph "Randy" Propst and Billy Yates Propst. Mrs. Woods was a devoted mother and a strong advocate for her daughter, Alyssa. She worked for the McLean Giant for many years. The family will receive friends at St Paul's Lutheran Church, 7426 Idylwood Road, Falls Church, Virginia on Monday, September 29, from 12:00pm until time of services at 2:00pm Interment Hickory, North Carolina. In lieu of flowers, memorial contributions may be made to the International Rett Syndrome Foundation, 4600 Devitt Drive, Cincinnati, Ohio 45246. Please view and sign the guest book at moneyandking.com

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28 Yard Sales

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Multi Family Yard Sale- to benefit GS Troop 698 Sat. October 4th- 7-1 Rain date Oct. 5 11626 Deer Forest Rd. Reston -off Reston Parkway northpoint Toys, clothes all ages, furniture, computer items, books and more!

21 Announcements

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21 Announcements 21 Announcements

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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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Support Group

FROM PAGE 2

and feel they are not alone," she said. The questions, concerns, fears and issues of long-term survivors can differ from the needs of people recently diagnosed or in the midst of current treatment.

"Issues of your disease do come to the forefront of your mind," said Smith. "In your individual groups of support, people might ask you, 'Aren't you over that now?'" But many people continue to have the need to talk years later.

Both co-facilitators, who will lead the group with Corinne Cook, a licensed clinical social worker, say the support group that starts Monday is innovative and needed.

"To our knowledge, this is it," said Debbie Hayes, of the Mid-Atlantic Affiliate of Breast Cancer Network of Strength.

RESEARCH into long-term survivors is just beginning, Smith, Haffa and Hayes all said.

"Survivorship is becoming a big issue in general. A lot of organizations are taking a look at what is going on with survivors," said Hayes.

"Going through treatment, you see some of the same people ... but once you get beyond the treatment, you don't walk into a group and say, 'Hey I have cancer. Does anybody else?'" said Haffa. "I know the need for people to talk about their experiences."

Haffa remembers, when she went through treatment, thinking of breast cancer "as a temporary interruption" in her life, and "when it's over, I could move on."

"But it's never really over, you have this physical reminder, of course, but you also have this thing in the back of your head," she said.

"It's part of your biography," said Smith.

Both facilitators said attendees of the group, which will be on the first Monday of each month, will have the opportunity to steer the facilitators into topics they would like to discuss.

"I think it will offer a number of people the chance to ask questions and hear other people's process," said Haffa. "I'm anxious to see what the response will be."

LETTERS

FROM PAGE 6

ing this practice? Why isn't the town practicing what Chief Summers preaches? New York City did it, and cleaned up their subways and street corners within the most problematic and high-crime areas of the city. If they can do it, so can Herndon. Is the Neighborhood Resource Center creating and delivering a program of information and instruction regarding legal employment rules and practices? Here's a resource that the town can leverage as part of the comprehensive solution to this issue.

Our town governing leaders are responsibly managing the downtown development issue. There is a long-term vision, not a short-sighted approach based solely on immediate financial gain. Good for them! Now, if we could just actively address the loitering laborers issue with the same attention to responsible detail.

Susan Powell

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