

Giving Up Blood

NEWS, PAGE 3

Tiana Young gives her friend, Patrick Coelus, some support while Coelus donates during a blood drive sponsored by South Lakes High School JROTC on Sept. 25.

Stabbing Yields Prison Term

NEWS, PAGE 3

Support Group For Long-Term Survivors

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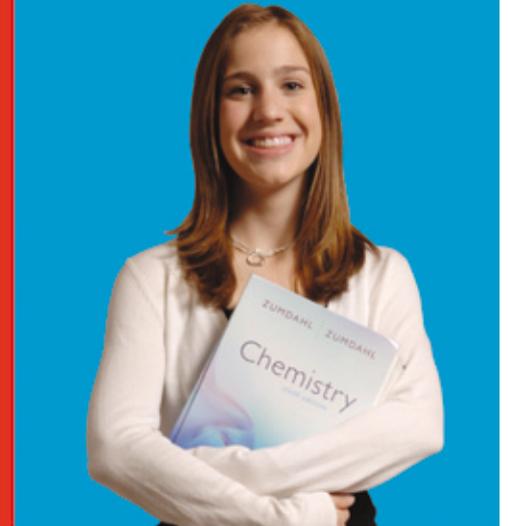
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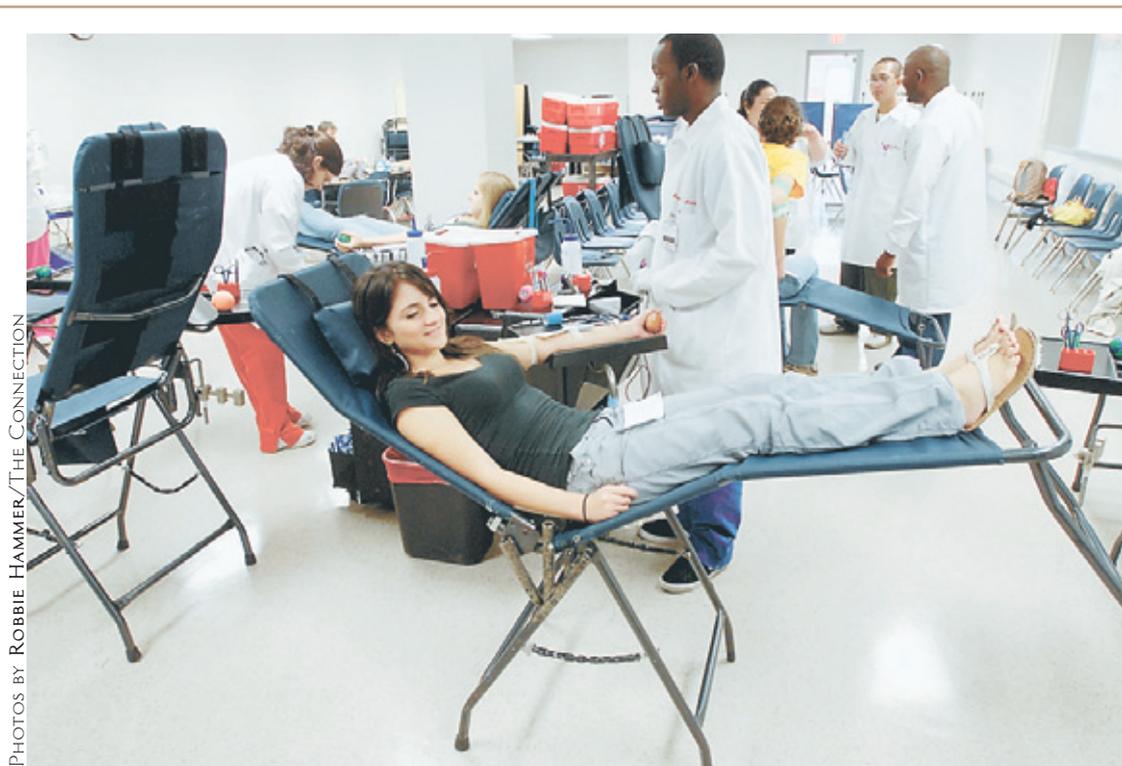
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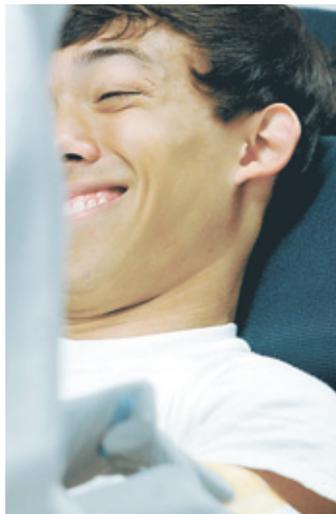
PHOTOS BY ROBBIE HAMMER/THE CONNECTION

Laura Hayes, a junior at South Lakes High School, donates some blood at the school on Sept. 25 as part of a blood drive sponsored by the South Lakes JROTC. It was the first of three blood drives the JROTC will hold during the school year.

Donating Blood



Seventy donors provided 53 pints of blood.



William Johnson, a senior at South Lakes High School, donates some blood during school on Sept. 25 during a JROTC blood drive.

Stabbing: 'Lose, Lose Situation'

New Year's Eve 2007 never to be forgotten.

BY KEN MOORE
THE CONNECTION

The 19-year-old victim and 19-year-old defendant came from contrasting backgrounds and didn't know each other, but they will be forever linked by last New Year's Eve.

Kevin Jones Jr., now 20, of Maryland, was stabbed five times by Calvin C. Wallace, a Ghost Town Crips gang member from Reston whom he didn't even know.

"I think about it all the time. How can I forget what happened to me that night?" Jones testified at Wallace's sentencing hearing Friday, Sept. 26 in Fairfax County Circuit Court.

Wallace, who had joined the Ghost Town Crips in the fall before the attack according to prosecutors, demonstrated visible remorse while Jones and his family testified last Friday.

"I think about my actions every day," said Wallace, now 20, of North Shore Drive in Reston.

"I am deeply sorry for the harm I caused," he said. "I deeply apologize for the hurt and sorrow I caused the victim, the victim's family, and my family."

Smith sentenced Wallace to 20 years in prison for malicious wounding and 10 years for criminal street gang participation. He suspended 22 years of the sen-

tence, meaning Wallace will serve eight years in prison.

"This is a lose-lose situation," said Judge Smith.

The case was only the second Casey M. Lingan could recall prosecuting where gang activity victimized someone with no connection to gangs.

"The Commonwealth has a victim who is completely and wholly innocent, essentially because someone was jealous over a girl," said Lingan, deputy commonwealth's attorney.

JONES AND HIS FRIEND attended a New Year's Eve party in Loudoun County with a female friend. The female had previously dated Jones' friend and was currently dating a juvenile friend of the defendant.

"The defendant wasn't even the jealous one," said Lingan.

At some point during the party, the girl asked Jones' friend to drive her to a house in Reston near the 12200 block of Scotch Bonnet Court to meet her boyfriend.

As soon as the vehicle pulled into the cul-de-sac, a group of 15 individuals surrounded the car.

"I'm going to teach this man a lesson," Wallace's friend said, according to search warrants filed in the case.

While Wallace's friend assaulted the driver with his fists — and pulled out a pellet gun — Wallace pulled out a buck knife and stabbed Jones, who tried to help his friend, the driver.

Wallace had been drinking and was high on PCP that evening, said

SEE 8 YEARS, PAGE 5

Long-Term Survivors of Cancer Find Support

Support group for long-term survivors of breast cancer to meet in Reston.

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 specifi-

cally 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."

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 reoccurrence is traumatic," said Haffa.

Haffa, who volunteered on the

SEE GROUP, PAGE 14

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 Bowne Towne Drive.

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

Car Theft by Force

A 52-year-old Reston woman was the victim of a carjacking that occurred around 1:15 a.m. on Saturday, Sept. 27, at the intersection of Dranesville Road and Leesburg Pike. The woman was standing next to her 2004 Toyota Corolla when an unknown man pushed her aside and took her car. She sustained minor injuries and the car was later discovered abandoned in Washington, D.C.

The suspect is a Hispanic man, in his late 30s, about 5 feet 9 inches tall with short hair. He wore a black T-shirt and blue jeans. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/4877, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus a message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Operation Safe Start

Police officers from the Reston District Station participated in Operation Safe Start, a two-week campaign, between Sept. 2 and 12, to educate motorists about road safety during the opening of the 2008 school year. During the campaign, a total of 66 summonses and warnings were issued. Approximately 30 hours were spent on site in school zones and 1,500 to 2,000 vehicles were affected by the presence of the officers.

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 Sarah Binger and Allison Whitlock from South Lakes High School.

Lake Anne Revitalization Meeting

A meeting on Lake Anne revitalization will be held on Thursday, Oct. 2, at the Lake Anne Office Building, 11484 Washington Plaza West, starting at 7 p.m. Representatives from Fairfax County will review the results of the revitalization process and cover the outcome of the parking and transportation study. The meeting will set the stage for a future community meeting on the draft Comprehensive Plan Amendment. For more information visit the Reston Community Reinvestment Corporation (RCRC) Web site at http://home.comcast.net/~rcrc_board/index.htm.

Seahawk Community Sale

The First Annual Seahawk Community Yard Sale will take place on Saturday, Oct. 4, from 8 a.m. to 2 p.m. Space and tables can be rented at www.seahawkboosters.com. The sale will be held at the basketball courts between South Lakes High School and Langston Hughes Middle School. The space rental is \$20 per space, two parking space widths, and the table rental is \$10 per 6-foot table. The Booster Club will also have a table of items for sale, apparel, memberships, snacks and drinks. More information is available on the Yard Sale Page at www.seahawkboosters.com or by contacting Debbie Neuman at 703-620-0564 or SLHSCommunitySale@comcast.net.

Light the Night

The Leukemia and Lymphoma Society's National Capital Area Chapter will host the Reston "Light the Night" walk on Saturday, Oct. 4 at the Reston Town Center. The money raised will support the mission to fund research and to improve the lives of patients and their families. The Society recommends a \$25 donation to participate. The walk will begin at 5:30 p.m.

Jazz and Blues Festival

Lake Anne Village Center is hosting a free Jazz and Blues Festival on Saturday, Oct. 4, from 12 to 6 p.m. Bands scheduled to perform include Dixie Power Trio, Sarah Croker, Mykle Lyons, Origem and Sam Gunderson. Admission and parking are free and food and beverages will be available for purchase. For more information call 703-582-6475 or visit www.lakeanneplaza.com.

Rail, Economy on Table

8th District candidates debate in Reston.

BY MIRZA KURSPAHIC
THE CONNECTION

When U.S. Rep. Jim Moran (D-8) introduced himself to Reston viewers during a Monday night debate with Republican challenger Mark Ellmore, he also introduced the top ratings the 8th District received in quality of life surveys conducted for the American Human Development Report. Moran said the district was ranked first or second in most standard of living categories.

"This is pretty much the best place to live in the country, if not the world," said Moran. However, the district is not without its problems as the nation's economic picture grows darker, and traffic congestion continues to soar.

"Enough hasn't been done" to curb traffic congestion, said Ellmore. He criticized Moran for not doing enough to have the rail extension to Dulles Airport and into Loudoun County completed after 17 years in Congress. "You have to lead, you have to go get it," said Ellmore of how he would have handled the rail extension differently than Moran. Ellmore, who is campaigning on eliminating earmarks, said more earmarks should have been secured for the rail project. "It's always an excuse, 'There's no money,' but there's plenty of money to earmark or put in other projects," said Ellmore. He added that Reston must not be Moran's priority or else rail would be running through the community at this point. "We should have found the way to take the reins and go get the money," said Ellmore.

MORAN ANSWERED that he has secured \$265 million in earmarks for Rail to Dulles, defending the practice as a way to secure fair federal funding for Northern Virginia. He said 12 years of a Republican Congress and seven years of a Republican presidency has made it difficult to secure funds for the project. "It's like pulling teeth to get some money for Rail to Dulles," said Moran.

While Moran cast a vote earlier in the day on Monday in support of a failed government bailout of Wall Street giants "because it's an urgent matter," area nonprofits continued to face struggles as demand for their services continue to grow in the midst of decreased charitable giving.

ELLMORE SAID he would encourage greater numbers of individuals to contribute to the area nonprofits. "We need to become sacrificial givers," said Ellmore. "It's easy to talk about, 'Oh, we're going to go ahead and give some money and ask the government to pay for the poor and the downtrodden and the needy,' but it's harder when you have to get into your checkbook and truly sacrifice," said Ellmore. "We can do more, all of us."

Moran said there was a fundamental difference between the two candidates on government's involvement in the nonprofits, which he said are essential to the region. "I got to tell you, and most of them [nonprofit organizations' leaders] would tell you that the government is needed," said Moran. He added that in the 1920s the nation's poor relied on personal giving, which resulted in some people dying. "The fact is, government needs to be there with human services, with health clinics, with good public education, with homeless shelters if necessary," said Moran.

The two candidates further discussed their positions on earmarks, national economy and other issues. The third candidate in the race, Ron Fisher of the Independent Greens, was not at the debate. The debate will be broadcast on Reston Community Television, Channel 28, and will be available online at <http://www.rctv28.com>.

"It's like pulling teeth to get some money for Rail to Dulles."

— Jim Moran, U.S. Rep. (D-8)

"We should have found the way to take the reins and go get the money."

— Mark Ellmore, Republican challenger in the 8th Congressional District

51 Years for Attempted Murder

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 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. Langan 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, Langan said during the trial, is King didn't properly 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

SEE ATTEMPTED MURDER, PAGE 9



United Christian Parish board moderator Kay Rodgers.



PHOTOS BY JULIA O'DONOGHUE

Northern Virginia Hebrew Congregation president Hana Newcomb.

Synagogue Lends Space to Mosque

The All Dulles Area Muslim Society (ADAMS) has found a new home for its weekly prayer services in Reston in an unusual place, a Jewish synagogue.

The Northern Virginia Hebrew Congregation has agreed to rent its multi-purpose room to the Sterling mosque, which has operated a Reston "branch" for several years, in the early afternoon on Fridays.

"Many people [in the congregation] don't know yet because I just wrote the newsletter article about it," said synagogue president Hana Newcomb. She accepted an award from ADAMS on behalf of her congregation for its efforts in promoting interfaith dialogues and peace

Sept. 27.

"The Northern Virginia Hebrew Congregation has opened its doors to our prayers," said Rizwan Jaka, an ADAMS board member, during the ceremony.

The mosque also honored United Christian Parish, which has hosted its Friday prayer services in Reston for the past seven years. The parish sold one of its facilities and no longer has the extra space to share with ADAMS, said parish board moderator Kay Rodgers.

"We don't have the space anymore but United Christian Parish is totally committed and dedicated to the interfaith experience we have," said Rodgers.

— JULIA O'DONOGHUE

8 Years for Wounding

FROM PAGE 3

his defense attorney John D. Brosnan.

Jones' friend accelerated away from the scene, and their attackers fell from the vehicle as the driver rounded a curve.

"I got hit five times in my face, I didn't know I had been stabbed," Jones testified Friday.

"If it wasn't for my friend pulling off, who knows what would have happened," Jones testified.

Jones said he often dreams about the incident — "what happened, what could have happened."

"I don't understand [gangs]," he said. "You don't know me, I don't know you. For a gang member to attack me because I crossed his line ... I think it's crazy."

JONES' FATHER and mother testified about the emotions the incident has caused them, their son and their three daughters.

"His pain is my pain, his pain is our family's pain," his mother testified. "It's nine months, but it's so fresh."

"My son and my children are the world to me. I live with the fact that I could have lost him," Kevin Jones, Sr. said. "It's a thought that goes through my head daily — I almost lost my only son."

He and his wife were on vacation the night their son was stabbed. They took an emergency flight back from the west coast in the middle of the night, knowing their son was in the hospital but not knowing what would happen.

"A living nightmare," Kevin Jones Sr. called it.

"I can only ask God to change the heart of the person that did this so he can turn his life around," the father said.

Calvin Wallace wiped tears from his face as his victim's father spoke.

SEE STABBING, PAGE 14

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PEOPLE



The Virginia Spine Institute donated \$25,000 to Reston Interfaith on Friday, Sept. 26. From left, Thomas Schuler, president and CEO of the Virginia Spine Institute; Kerrie Wilson, Reston Interfaith CEO; Vade Bolton, Reston Interfaith board chair, and Jeff Hollis, Virginia Spine Institute CFO.

Mirrored Mission and Work

Spine Institute donation to help Reston Interfaith in tough economic environment.

BY MIRZA KURSPAHIC
THE CONNECTION

With much of the nation's attention focused on the economic crisis gripping Wall Street and its major financial institutions, a local organization looked to its backyard to help provide economic relief for a Reston institution. Employees of the Reston-based Virginia Spine Institute presented Reston Interfaith with a \$25,000 check on Friday, Sept. 26.

"This is support in what is proving to be an economic downturn," said Vade Bolton, chairman of the Reston Interfaith board. The presentation was made at the Embry Rucker Community Shelter where Bolton said client lines are getting longer. "There has been a sizeable increase in people dropping by here," he said of the shelter.

"Your support couldn't come at a better time."

— Kerrie Wilson,
Reston Interfaith CEO

Kerrie Wilson, Reston Interfaith CEO, said the financial crisis and budget forecasts at the county, state and federal government levels are affecting the charitable giving. "The fall of Fannie Mae and Freddie Mac will change the charitable giving picture in the region," said Wilson. "We're counting on folks like you to keep us going," she said, addressing the employees of the Virginia Spine Institute who came to present the check. "Your support couldn't come at a better time," said Wilson.

"IT IS ALSO important for us to remember this is just a part of Reston Interfaith," said Thomas Schuler, president and CEO of the Virginia Spine Institute, referring to the operation of the Embry Rucker Shelter. He commended Reston Inter-

faith for its continued efforts to provide food, child care and other services to the community's less fortunate population.

According to Reston Interfaith figures, the organization's Emergency and Self-Sufficiency Program (ESSP) has served more households and clients through the third quarter of 2008 than it served in the entire year in 2007, when it served 3,423 clients from 1,115 households. Through the third quarter of 2007, ESSP had served 2,890 clients from 720 households. Through the third quarter of 2008, however, ESSP assisted 4,070 clients from 1,438 households. The service is seeing 186 new households,

Increased Need

Number of clients and households Reston Interfaith's Emergency and Self-Sufficiency Program served through the third quarter of last year and this year.

Through
3rd Quarter of: 2007 2008

Households 720 1,438

Clients 2,890 4,070

SEE HELPING, PAGE 7

Spirituality Unleashed

Operating room voice leads to first publication on faith for local doctor.

BY MIRZA KURSPAHIC
THE CONNECTION

Vienna resident Neeraj Bhushan keeps Tuesday mornings for himself, clearing off his busy schedule to take a long walk before stepping foot in his office at Reston Hospital Center where he works as an internal medicine specialist. During a Tuesday morning walk late in 2005, Bhushan felt a terrible pain in his knee, rendering him unable to finish his walk.

"The knee suddenly started to hurt really bad," said Bhushan, recalling the experience. The pain was a result of a torn meniscus, an injury he sustained playing basketball 10 years earlier. Bhushan saw a colleague, an orthopedic surgeon, whose office was on the same floor as Bhushan's. The surgeon recommended surgery as an answer to Bhushan's woes. What transpired in the operating room the day of the surgery changed Bhushan forever and drove him to write his first book, "The Wide Open Door."

"I panicked because of possible complications, I even envisioned myself dying," said Bhushan, who understood complications from surgery having practiced internal medicine for more than 25 years in Reston at that time. As the operating room lights became brighter and the surgeon and the anesthetic technician made fi-

"I started feeling that some other power than what we do healed me. I was healed by spirituality, not medicine."

— Neeraj Bhushan,
Vienna resident and internal medicine
physician at Reston Hospital Center

nal preparations to put Bhushan under for surgery, Bhushan heard a third voice. It was a man's voice, he said, that whispered to him, "Why are you afraid my son, I'm right here." Bhushan said he was scared to hear the voice. "It was just me on the operating table and I was talking to this voice," he said. Bhushan then calmed down and "surrendered" himself to the voice, before the surgery started.

WHEN BHUSHAN woke up from the surgery, which involved drilling three holes into his knee, he walked into the bathroom without any crutches, not limping and not feeling any pain. The surgeon prescribed strong medications to ease the pain once he got home, but Bhushan never did feel any pain in his knee as he went to sleep. Doubting that he had surgery, Bhushan waited until his

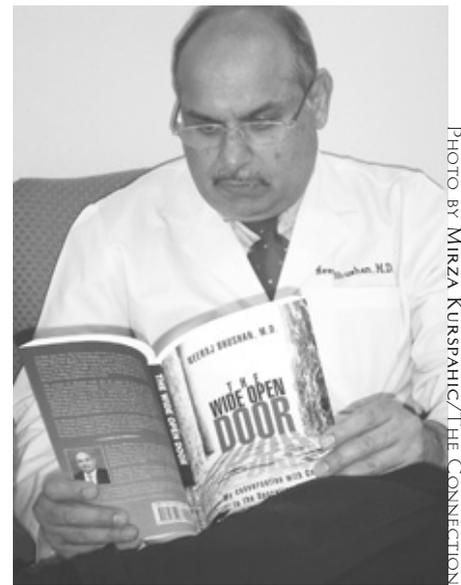


PHOTO BY MIRZA KURSPAHIC/THE CONNECTION

Vienna resident Neeraj Bhushan reads from "The Wide Open Door" in his Reston Hospital Center office.

wife went to sleep and undressed the knee. When he saw where the surgeon drilled, evidence that surgery did take place, Bhushan broke down.

"I felt that some power, which I believe is God, touched my knee," said Bhushan. "I started feeling that some other power than what we [doctors] do healed me," said Bhushan. "I was healed by spirituality, not medicine."

For almost a year Bhushan tried to come to terms with the belief that he benefited from direct contact with God. "I was bothered that I was given that privilege," said Bhushan. When he could

not, Bhushan started to write "The Wide Open Door," a recollection of his experience, and other stories of patients he has had in his 29 years at Reston, who had quick recoveries not

explained through medicine. Although he was always a man of faith, growing up in a Hindu family in India and joining a temple once he immigrated to the United States, Bhushan said his experience has taught him to surrender to God's will. "I never understood the meaning of faith," he said speaking of his early spiritual life. "It was always a trade or negotiation," he said, going to temple in exchange for a positive view from God. "This experience has led me to believe in unconditional surrender," said Bhushan, chairman of an advisory council of the Rajdhani Mandir Hindu Temple in Chantilly.

"WE MEET OFTEN," said Vikram Khushalani, Bhushan's friend of more

SEE DOCTOR, PAGE 7

PEOPLE

Doctor Writes about Faith

FROM PAGE 6

than 30 years and patient for 28 of those years. "When we used to meet before we would talk lightly," said Khushalani. "Now, we are talking more and more about spirituality," he said. "He [Bhushan] seems to be little more at peace."

Khushalani said Bhushan has always been a sensible doctor whose goal is to put his patients

at ease. Since Bhushan's surgery, however, Bhushan's devotion to relaxing his patients has increased. "It is more so now," said Khushalani.

Jisele Alter, Bhushan's office manager who has worked with him in some capacity since 1981, said compassion is Bhushan's top characteristic. "He has an unbelievable amount of patience with patients," said Alter. She said, from personal experience, that going

through surgery is a very scary experience. Bhushan, she said, does everything in his power to calm his patients, even the most difficult ones. "He's a fantastic physician," said Alter.

"The Wide Open Door" is scheduled for publication in November, according to Bhushan. There is also a tentative book signing date at Borders in Tysons Corner scheduled for Nov. 29. Bhushan said there has been "tremendous interest" expressed in the book from his patients and friends.

The strengthened spirituality Bhushan has found since his knee surgery has unleashed a series of ideas on other books Bhushan hopes to author, each of which will center around faith. He has started writing two of those books already and has conceived an idea for another. "This has opened another part of my brain," said Bhushan.

Helping Reston Interfaith

FROM PAGE 6

or 639 new individual clients, on average per month.

"Just because times are hard doesn't mean we can forget about those who are most needy," said Schuler. He added that the Spine Institute's mission to help people heal and get back to living a regular life mirrors Reston Interfaith's mission of helping less fortunate people achieve a self-sufficient style of living.

"What I love most about Reston Interfaith is that you don't just care about the community, but you care about individuals," said Schuler, taking them in when they are not in good economic or health standing and elevating them to self-sufficiency. "That's why we embrace you," said Schuler. "They do a phenomenal job," he said about Reston Interfaith. "It is truly a comprehensive organization."

Schuler said the staff of 70 em-

ployees at the Spine Institute participate in other charitable drives in the community, including ones Reston Interfaith sponsors. "They are all eager to do community service," said Schuler.

Bolton and Wilson invited the Spine Institute staff to continue to participate in Reston Interfaith and other local charitable events. Wilson said the hypothermia center will need assistance this winter and that the coat drive at the Hunter Mill District Supervisor's office is a great way to get involved. Wilson added that the forecasters are predicting a cold winter, which may turn more people to request assistance from the organization.

Reston Interfaith will hold its Community Walk for the Homeless on Sunday, Oct. 19, starting at 2 p.m. at the Embury Rucker Community Shelter. For more information visit www.restoninterfaith.org.



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Meeting Biden

Vice Presidential candidate Joe Biden poses with Reston resident Susan Sather after a rally in Sterling Sept. 19.



To Live A Century

Tall Oaks at Reston resident Leon Dornfest has something to sing about: He's lived a century. Born on July 5, 1908, Dornfest hails from New York City and was a jewelry appraiser. He says the reason he's lived so long is because he "enjoys life and has a song in his heart." Three more Tall Oaks residents will be joining him as centenarians next year.

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.
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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.

Four Candidates Seeks Seats on RCC

This year's candidates for the Reston Community Center Board are Cathy Vivona, William Penniman, John Gasson and Clark Rumrill. The preference poll is under way to fill three positions on the RCC's Board of Governors. Board members serve three-year terms.

Board members work on the overall policy for the center and to oversee its programs and budget.

The Fairfax County Board of Supervisors established the RCC Board of Governors to represent the interests of the residents of small tax district 5 on issues affecting the community center. Board appointments are made by the Fairfax County Board of Supervisors, by request from Hunter Mill District Supervisor Catherine M. Hudgins, after residents of small tax district 5 have made their preferences known in the annual poll.

Walk-in/Mail-in voting officially begins on Oct. 2. Walk-in ballots must be received no later than 8 p.m. on Friday, Oct. 17, and mail-in ballots must be postmarked by midnight on Thursday, Oct. 16. Community Polling Day is on Saturday, Oct. 18. Voting hours are between 10 a.m. and 4 p.m. Polling tents are located at six Reston Village Centers including: Hunters Woods, Lake Anne, Tall Oaks, North Point, South Lakes, and Harris Teeter at the Reston Spectrum Center.

For more information regarding the 2008 RCC Preference Poll, contact Leila Gordon, RCC executive director, at 703 390-6142.

JOHN GASSON

What previous experience or participation in civic activities would you bring to the RCC Board?

John Gasson: Vice President, Sprint Nextel Corporation (January 2007 – July 2008) – Led 2,000 team member organizations, managed \$700 million budgets and delivered \$2 billion projects on time with good quality.

President and Board of Directors Member, Friends of Reston (September 2005 to present) –

Provided effective leadership and worked collaboratively with the FOR Board of Directors to raise the remaining funds needed to build Nature House.

President Landscape Committee, Heather Knoll Home Owner Association (1995 and 1996)

Public Speaking, Montgomery High School Students, Career Day (2006 and 2007)

Greater Reston Arts Center Education Volunteer (2006)

How would your leadership enhance RCC's vision to bring the community together by providing opportunities for enriching leisure experiences and connections that reach out to all and foster inclusiveness and a sense of belonging?

John Gasson: As a homeowner, volunteer and having worked in Reston for over 15 years, I understand the importance to foster a strong community by maintaining fundamental core values, promoting community involvement and supporting Reston's founding principles. I will use my Civic and Corporate America experiences to provide effective leadership to enhance RCC's vision, enrich Reston leisure experiences, build a stronger inclusive community and transition Reston into its next phase of greatness.

As President of the Friends of Reston (FOR), I led FOR and worked collaboratively with the FOR Board members to raise the remaining funds needed to build Nature House. As a Fortune 40 company Vice President, I led 2,000 team member organizations, built organizational cultures based on inclusiveness, trust, respect and integrity, managed \$700 million budgets, planned and delivered \$2 billion projects on time with good quality and maintained strong partnerships. I understand what it takes to define and communicate a clear vision, develop and deliver an effective plan, have each member understand their role and value member input while balancing decision making to get things done.

BILL PENNIMAN

What previous experience or participation in civic activities would you bring to the RCC Board?

Bill Penniman: I have served on the RCC Board of Governors for the past two years, during which time I have acted as the Treasurer, Chairman of the Finance Committee and a member of the Building Committee. During the year prior to that, I served as a Citizen Member of the RCC Boards' Program Policy Committee and Finance Committee, and I attended nearly every BOG meeting.

How would your leadership enhance RCC's vision to bring the community together by providing opportunities for enriching leisure experiences and connections that reach out to all and foster inclusiveness and a sense of belonging?

Bill Penniman: Reston is uniquely fortunate in having a community center as vibrant as RCC. Some other Virginia communities with which I am familiar have community centers, but none rivals RCC. Since moving to Reston, I have been a frequent user of RCC's many wonderful classes and programs, and I am a strong supporter of RCC's community-building activities.

Based on my experience on the Board of Governors and as a user of RCC, I believe I can help RCC continue to fulfill its mission and to engage more members of the community. As one strategy, I would like to see RCC partner with more organizations in Reston and explore new ways to reach out to Reston's diverse community. My experience on the Building and Finance Committees will be useful in helping to assure that RCC's existing activities and new projects continue to be undertaken in a financially prudent manner.

CLARK RUMRILL

What previous experience or participation in civic activities would you bring to the RCC Board? (Do not exceed 100 words.)

Clark Rumrill: I am retired from the Department of State after 30 years of service. Among my duties was the Planning and evaluation of a number of small (under \$10 million) projects, which should help in

considering the activities of the Reston Community Center. I was also a member of the board of directors of the Hunter Air Force Base Credit Union.

How would your leadership enhance RCC's vision to bring the community together by providing opportunities for enriching leisure experiences and connections that reach out to all and foster inclusiveness and a sense of belonging?

Clark Rumrill: I use the Reston Community Center about 200 days a year for both exercise and activities and am a firm supporter of the Center and the services it provides. My frequent presence at

the Center may help provide something of a worm's eye view of its operation; both strengths and some areas that might be improved. Although the Center has over 100,000 individual visits a year, at present only 18 percent of community households have a member registered in an RCC program. This rate could and should be improved. With a budget of about \$9 million for fiscal year 2009, \$2000 is the average expenditure for each family that has a member participating in registered programs. The RCC Board has a target of activities being funded 75 percent by taxes and 25 percent by the participants, a policy I support.

CATHY VIVONA

What previous experience or participation in civic activities would you bring to the RCC Board?

Cathy Vivona: Currently, I serve our community as a member of the RCC Board of Governors. In this capacity, I am Chairperson for the Community Relations committee and liaison with GRACE. From 1997-2001, I served as RCC board member, Treasurer, and chair. I also proudly serve as a board member of the Literacy Council of Northern Virginia and teach ESOL. I have been a member of the Reston Lions and founding member of Marymount University MBA association. I was honored to provide pro bono financial services for servicemen returning for Iraq. I attend arts events and bridge at the RCC regularly.

How would your leadership enhance RCC's vision to bring the community together by providing opportunities for enriching leisure experiences and connections that reach out to all and foster inclusiveness and a sense of belonging?

Cathy Vivona: As a board member, I will contribute both interest and ability in financial management of RCC affairs. I was pleased to participate in the RCC outreach to other RCC groups and will look forward to enhancing these efforts through joint planning, projects, and programs. Additionally, I am passionate about addressing the leisure and educational needs of our multicultural community and enhancing programming which highlights the many wonders of other countries and cultures to all Restonians. Naturally, I would encourage continued dialog with the business community to determine how we could work together to offer programs which support their needs and interests. And lastly, I'd like to explore how we can ensure that new residents not only know of the RCC but use its services. I would lend my enthusiasm, energy, and expertise to these efforts.



John Gasson



William Penniman



Cathy Vivona



Clark Rumrill

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com or call 703-917-6449 with questions. Deadline is Friday.

WEDNESDAY/OCT. 1

Mothers First Herndon/Reston. A nonprofit support organization dedicated to helping women who have chosen to alter their careers to raise their children at home. Meetings are first and second Wednesdays at 10 a.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Contact 703-827-5922 or www.mothersfirst.org.

Reston Lions Club. Goodwill of Greater Washington will present the program. The meeting will be held at the China Star Restaurant in Reston at 7:30 p.m.

THURSDAY/OCT. 2

"Downsizing: Where Do I Start?" Seminar for family caregivers faced with a home full of accumulated possessions, 7-9 p.m., Herndon Senior Center, 873 Grace Street, Herndon. To register visit

www.fairfaxcounty.gov/aaa, or call 703-324-5205.

TUESDAY/OCT. 7

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

WEDNESDAY/OCT. 8

Mothers First Herndon/Reston. A nonprofit support organization dedicated to helping women who have chosen to alter their careers to raise their children at home. Meetings are first and second Wednesdays at 10 a.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Contact 703-827-5922 or www.mothersfirst.org.

TUESDAY/OCT. 14

The Herndon Women's Club.

Membership potluck dinner at 7 p.m. in the Dranesville Elementary School Cafeteria. Call membership chair, Gigi Harwell at 703-437-3937 if interested in attending.

Community Dialogue Meeting.

Provide input to Fairfax County's FY 2010 Budget Process. The meeting will be held at the Fairfax Government Center from 7-9:30 p.m. Registration required; call 703-324-2391.

THURSDAY/OCT. 16

Race for the Presidency. Peter Beinart will speak on Obama, Liberalism and Restoring America. Beinart is former Editor and present Editor-at-Large of The New Republic and columnist for Time and the Washington Post. 8 p.m., Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Call 703-437-7733.

The MOMS Club of Herndon.

Monthly meeting from 10 - 11:30 a.m. at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Topic: "Tips for Surviving the Holiday Season." For more

information, contact Sarah by email at herndon_moms_info@yahoo.com.

SATURDAY/OCT. 18

Preference Poll. The Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston, will be holding its annual Preference Poll to elect Community Center Board members from 10 a.m.-4 p.m.

Reston Home Tour. Go on a self-conducted tour of five private homes in Reston, plus a chef demonstration at Linden Springs from 10 a.m.-5 p.m. Tickets and information available at the Reston Museum by calling 703-709-7700 and at www.restonmuseum.org.

Anniversary Party. The Forest Edge Cluster Association is holding a 40th anniversary party. Party will be held at St. Thomas a Becket Parish Center, 1421 Wiehle Ave, Reston, 6:30-10:30 p.m.

TUESDAY/OCT. 21

Fairfax County Government Discussion. Fairfax County Public Schools and Fairfax County

government are inviting the public to register attend one of 20 upcoming community dialogue sessions to share their comments and thoughts about the FY 2010 budget, which is projected to have a deficit of more than \$400 million. Registration will be held at Herndon, Marshall, and Oakton High Schools and South County Secondary from 7-9:30 p.m.

SATURDAY/OCT. 25

Recycling Roadshow. The 7th Annual Recycling Roadshow will be at Herndon High School. Visit <http://www.fairfaxcounty.gov/dpwes/recycling/calendar.htm>.

TUESDAY/OCT. 28

"End of Life Decisions: What Families Need to Know." Seminar for family caregivers who will face end-of-life decisions for loved ones, 7-9 p.m., Herndon Senior Center, 873 Grace Street, Herndon. To register visit www.fairfaxcounty.gov/aaa, or call 703-324-5205.

NEWS

Attempted Murder

FROM PAGE 4

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.

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



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VOTE

Reston Community Center Preference Poll '08
The Reston Community Center's Board of Governors invites Reston residents to vote in this year's Preference Poll.

THREE WAYS TO VOTE:

- 1) Mail-in Balloting October 2-16
- 2) Walk-in Balloting October 2-17
Visit RCC Lake Anne and receive a ballot to vote.
(Voting Hours: 9:00 a.m. to 8:00 p.m.)
- 3) Community Polling Day October 18
Visit the Polling Tent at any of the six Reston Village Center locations listed below and receive a ballot to vote.
(Voting Hours: 10:00 a.m. to 4:00 p.m.)
 - Hunters Woods • Lake Anne • Tall Oaks
 - North Point • South Lakes
 - The Spectrum at Reston Town Center – Harris Teeter

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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.

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/>

EDITORIAL

Capital Costs

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



A federal court recently granted a stay of execution for a Texas man who was outside a convenience store when his partner killed a clerk inside the store. The stay was based on the man's mental competence, but the court needs to consider the broader issue of whether a person who is not the "triggerman" can be executed for a crime. Previous court decisions have left the issue unclear. The Virginia House of Delegates has passed bills that I have opposed that would have expanded the death penalty to include persons who were accomplices to crimes to which the death penalty currently applies. These bills failed in the Senate or were vetoed by the Governor.

Recently a report from the Urban Institute found that a capital case in Maryland costs the taxpayers approximately \$3 million, on average \$1.9 million more than the cost of a similar case in which capital punishment is not sought. Maryland currently has a moratorium on executions, and the state has executed only five persons since the death penalty was allowed by the Supreme Court in 1976.

In contrast, Virginia has executed 100 persons since that time, second only to Texas with 406 executions. No one has been able to establish a linkage between crime rates in states and their capital punishment laws.

In 2000 Earl Washington, Jr. was cleared of a 1982 rape and murder to which he had confessed and was sent to death row in Virginia after DNA proved someone else had committed the crime. Washington was mildly retarded. Virginia is continuing its review of past cases in which DNA evidence is available for testing using the latest techniques. Just last month the state crime lab announced that it found through DNA testing that Curtis Moore had not committed the 1975 murder for which he was convicted. Moore was mentally ill and had been freed from prison in 1983 by a federal appeals court because his Miranda rights had been violated. Unfortunately he died four years ago. Only his family will have the

SEE CAPITAL COSTS, PAGE 11

Budgets in Trouble

BY JACK KENNY
PAST PRESIDENT, REPUBLICAN
CLUB OF GREATER RESTON



A week or so ago the Fairfax County released the news that the county budget for Fiscal Year 2009 is short by \$430 million. These news releases shortly before an election are generally not good news for various candidates. The motivation for releasing "bad" news is usually intended to affect election results or at the very least, make the contests more interesting. Some may think that by releasing the news now, the voters will forget or forgive the stewards of the public purse for their misdeeds.

This past week, more "bad" news crept into the media. The Commonwealth of Virginia would be short about \$2.9 billion ... that is "billion" as in B (You know, real money!) in the next biennium budget. The Virginia constitution requires that the state have a two-year budget and that it be balanced; i.e., the revenues will equal the expenditures. The Governor is responsible for establishing a budget and submitting it to the General Assembly. The General Assembly can (and does) rearrange the various amounts, both the projected revenues, as well as the expenditures. The governor does get the opportunity to offer his view of the adjustments and the General Assembly can take or leave them. Eventually, if the legislators

want to go home when the General Assembly session reaches its constitutional time in session, the budget is passed and signed by the governor into law.

One must wonder why the news is creeping out now? It will be three months plus before the General Assembly session begins. And about two more months before the session ends. Perhaps releasing the news now, the sensitivity of the voters will be sufficiently dulled so as to have a "ho hum" reaction. This recent bad budget news is the responsibility of Governor Kaine and must be clearly be laid at his door. His revenue estimates were far too optimistic. This betting on the income is, at best, irresponsible. The results are obvious. The state government has built up a spending velocity and the recipients of the state largesse have grown comfortable. The various departments have added the personnel authorized and purchased the new equipment and services. They are fat and happy: busy seeing what else they can do with the surplus that they usually have and are wont to dispose of lest it be taken away and next year's budget will be slimmer. Un

SEE BUDGET TROUBLE, PAGE 11

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New Reston Master Plan: The Gap

BY JOHN LOVAAS
CIVIC LEADER AND RESTON IMPACT
PRODUCER/HOST

In considering a new Reston Master Plan we have learned that while a new plan permits future residential, retail and commercial building there is no guarantee that essential supporting infrastructure will accompany it.

Eighteen months ago, over unanimous opposition of community organizations, Supervisor Cathy Hudgins got the Fairfax County Board of Supervisors to amend Reston's 43-year-old Planned Residential Community (PRC) Zoning Ordinance to raise by several thousand the ceiling on residential units in Reston. In accommodating developer interests for new density at Lake Anne and elsewhere, Hudgins promised a full review of the ordinance and an overhaul — as the community organizations had requested before raising the ceiling on new building.

Recently, the supervisor told staff to initiate a review not of the ordinance (which sets forth development objectives and rules) but of the Master Plan (locations, densities for future growth, etc). Staff is to gather

information and recommend a process — hopefully a representative one, not just appointing the usual suspects — to prepare a Master Plan for the next 30-40 years.

In recent weeks, planning staff have met with several community organizations (RA, RCA, ARCH, the advisory Reston Planning and Zoning Committee). I have attended four of these sessions and have been impressed by staff's openness both in explaining arcane planning and zoning concepts and in listening to concerns about an upcoming "process."

A couple of prominent people have insisted that Metro Washington is expected to grow by a couple of million people and that Reston must take its share of them — as though it were holy writ. Thankfully, folks smart enough to realize that ain't necessarily so have pushed back, insisting that our future be based on a shared vision not someone's baseless quota. Many people express concern about pressures to overdevelop, while others (such as yours truly) are also focused on quality and character — for example, why not incorporate green principles for all new development?

A nearly universal priority is adequate infrastructure for all new construction. Here is the major problem: The county is responsible for planning new development but has no authority for critical supporting infra-

structure, including transportation. The Commonwealth of Virginia does that. Result — you get new high density construction with no assurance of adequate transportation infrastructure either at the same time or ever. I was surprised to learn how little control the county has. Others were shocked. Since traffic already clogs some Reston roads and detracts from the joy of living here, this issue demands solution. To date I've heard only two suggestions: 1) Condition any new building on a serious assessment of supporting infrastructure needs and Virginia's guarantee to meet them; and, 2) Robert Simon's suggests that no more roads be built, that future transport demand be filled somehow by buses.

Capital Costs

FROM PAGE 10

satisfaction of knowing that he has been exonerated.

Justice must be delivered, and society must be protected. Serious questions remain about the administration of the death penalty.

An alternative to the high cost of capital cases in monies expended in their being tried and in human costs to those wrongly convicted is life in prison without parole. Current laws are not evenly applied; all the cases mentioned included someone who was mentally ill or challenged. Our system of justice sometimes makes mistakes. Society is protected when a life sentence without parole is administered, and the high human and dollar costs are eliminated.

Budget Trouble Brewing

FROM PAGE 10

Under a spendthrift governor, whatever budget tricks or gimmicks are acceptable — regardless of the effect on the state's economy and citizen's well being. Will Tim Kaine have to experience the wrath of the voters? Are our memories that short? Recall what Mark Warner did to us!

Unfortunately, betting on the income has

gone south. The Fed's budget tricks have come home to roost. The current credit crisis has slowed the economy as predicted many years ago. The fallout will affect our state government and, as we have already witnessed, our local government will have to accommodate a 15 percent or so budget adjustment.

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CALENDAR

Send announcements to reston@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.,



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

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 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

FOOD & DRINK

The **Oct. 4** program for the Moonlight Cabaret at the **Café Montmartre** in Lake Anne Plaza will focus on songs about the human body. Cabaret guests will listen and dance to songs like "Back in My Arms Again," "All of Me," "I Got You Under My Skin" and "Don't Go Breakin My Heart." The music and dancing begin at 7:30 p.m. A mix of ballroom, Latin, swing, and disco music will provide for a variety of dancing with tunes from the 1930s to the 1980s. At 8:45 p.m. the 60-minute Cabaret portion of the show begins.



Center, has planned a three-course bourbon tasting dinner for **Oct. 16**. Among the treats are fried Rappahannock oysters (above) and red pepper pearls with a sweet corn and chive emulsion to be paired with an eight-year aged Basil Hayden's bourbon. The restaurant is located in Reston Town Center at 11920 Democracy Drive. \$75 per person. Reservations: 703-481-6600.

Jimmy's Old Town Tavern, 697 Spring St., Herndon, is hosting a day of food, drinks and sports on Saturday, **Oct. 4**. From 12-2 p.m., meet at Jimmy's for a lunch buffet. At 2 p.m., the Keg Bus departs for RFK Stadium. From 3-7:30 p.m., enjoy Blocktoberfest in the parking lot with live music, food and beer. At 7:30 p.m., watch DC United play Chivas USA. \$95/person; if game ticket already purchased, \$75. Call 703-470-4014 for reservations.

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, and Vie de France.

Chef Patrick Ferguson, **McCormick & Schmick's Seafood Restaurant** at Reston Town

Vinifera Wine Bar & Bistro is taking guests on a tasting tour of Virginia's best vintages throughout the month of October to celebrate "Virginia Wine Month." Vinifera is offering half-priced wine flights designed to showcase the best of Virginia during October. The restaurant is located in the Westin Reston Heights at 11750 Sunrise Valley Drive, Reston. Visit www.viniferabistro.com or call 703-234-3550.

Great American Restaurants has opened **Jackson's Mighty Fine Food & Lucky Lounge** in Reston Town Center. Great American Restaurants is a locally owned company that operates 10 restaurants and one bakery in Northern Virginia including Artie's, Best Buns Bread Co., Carlyle, Coastal Flats, Jackson's Mighty Fine Food & Lucky Lounge, Mike's "American," Silverado and Sweetwater Tavern.

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.

SEE CALENDAR, PAGE 13

RCTV SCHEDULE

For more information about the shows and channel, and to see many of these shows in their entirety, visit www.rctv28.com.

THURSDAY/OCT. 2

9:30 a.m. Body Quest Pilates
10 a.m. Strength Advantage
11:30 a.m. Real Estate Showcase
4:30 p.m. Real Estate Showcase
6:30 p.m. Arnette Report
7 p.m. Life with Connie
7:30 p.m. Eyes on Reston – Asian Festival
8 p.m. Toastmasters
8:30 p.m. Swingtime
9 p.m. Yoga with Cynthia
9:30 p.m. Business Focus
10 p.m. Defend Yourself
10:30 p.m. Where's MJ

FRIDAY/OCT. 3

11:30 a.m. Real Estate Showcase
4:30 p.m. Real Estate Showcase

7 p.m. Just Another Sports Show
7:30 p.m. Reston Tennis – Simon Cup Men's Finals

SATURDAY/OCT. 4

8:30 a.m. Arts Council
9 a.m. Yoga – Yoga 360
9:30 a.m. Body Quest Pilates
10 a.m. Defend Yourself
10:30 a.m. Strength Advantage
11 a.m. Guitar Instruction
11:30 a.m. Just Another Sports Show
1 p.m. South Lakes High School Football Game of the Week
4:30 p.m. Real Estate Showcase
6 p.m. The Community of All People
6:30 p.m. Arnette Report
7 p.m. Toastmasters
7:30 p.m. Guitar Instruction
8 p.m. Dogs Best Friend
9:30 p.m. Eyes on Reston – Asian Festival

SUNDAY/OCT. 5

9 a.m. A New Living Way
9:30 a.m. Body Quest Pilates
10 a.m. Strength Advantage
11:30 a.m. Just Another Sports Show
1 p.m. Reston Tennis – Simon Cup Men's Finals
4 p.m. A New and Living Way
4:30 p.m. Real Estate Showcase
5:30 p.m. Guitar Instruction
6 p.m. RCC News & Views
6:30 p.m. Connecting with Supervisor Hudgins
7 p.m. Strength Advantage
7:30 p.m. Business Focus
8 p.m. Reston Impact: Congressional Candidates Forum
9 p.m. Health Focus
9:30 p.m. Where's MJ
10 p.m. Latin Profiles

MONDAY/OCT. 6

11:30 a.m. Real Estate Showcase
4:30 p.m. Real Estate Showcase
6 p.m. The Community of All People
7 p.m. Strength Advantage

7:30 p.m. Defend Yourself
8 p.m. South Lakes High School Football Game of the Week

TUESDAY/OCT. 7

9:30 a.m. Body Quest Pilates
11:30 a.m. Real Estate Showcase
4:30 p.m. Real Estate Showcase
6:30 p.m. Health Focus
7 p.m. Update On ...
7:30 p.m. Virginia Legislative Report with Del. Ken Plum: Fairfax Area Christian Emergency Transitional Services
8 p.m. Your Dog's Best Friend
8:30 p.m. Swingtime
9 p.m. Yoga with Cynthia
9:30 p.m. Eyes on Reston – Asian Festival
10 p.m. Reston Impact: Mark Warner for Senate/Virginia Presidential Race

WEDNESDAY/OCT. 8

9 a.m. Yoga with Cynthia

10 a.m. Defend Yourself
11:30 a.m. Real Estate Showcase
4:30 p.m. Real Estate Showcase
6 p.m. The RCC News & Views
6:30 p.m. Guitar Instruction
7 p.m. A New and Living Way
7:30 p.m. Connecting with Supervisor Hudgins
8 p.m. Update On ...
8:30 p.m. Reston Impact: Don Beyer for Barack Obama
9:30 p.m. Eyes on Reston – Asian Festival
10 p.m. Latin Profiles
10:30 p.m. Virginia Legislative Report with Del. Ken Plum: Fairfax Area Christian Emergency Transitional Services

Visit www.rctv28.com to see many of these shows in their entirety online. Digital Cable Subscribers check out Video On Demand channel 199 to see Highlights of the 2008 Reston Festival. Look under "Get Local" – "Specials."

CALENDAR

FROM PAGE 12

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.potomacriverunning.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

THEATER

The Reston Community Players is introducing a **new Teen Ensemble Class and Production**, taught by Haley Murphy and Heide Zufall. Registration for this two-part, 16-week workshop is now until **Oct. 15**; the class begins Nov. 8.

Cost is \$400 for class only, \$800 for class and production. The ensemble class is 9:30 to 11:30 a.m. and the ensemble production is 11:30 a.m. to 1:30 p.m. at the RCP Scene Shop and Lindsay C. Petersen Rehearsal Hall, 266 Sunset Park Drive, Herndon.

For more information see www.restonplayers.org or call 703-435-2707.

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.

Haircuts for a Cause. Le Shoope and Jouvence/Aveda Salons, both located in Reston Town Center, 11900 Market St., are offering services at reduced prices from 9 a.m.-7 p.m. to benefit the Children's National Medical Center and the 7th Street Garden.

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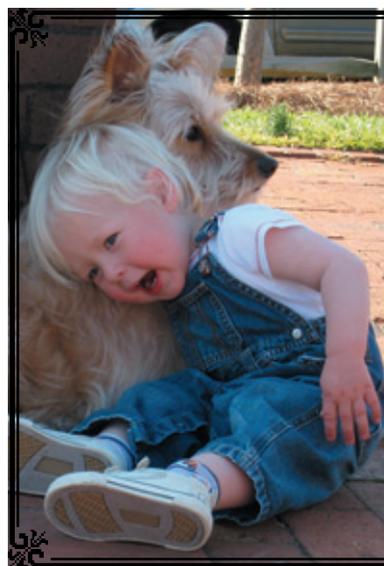
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HEALTH

Group for Long-Term Survivors

FROM PAGE 3

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 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."

Stabbing Yields 8-Year Prison Sentence

FROM PAGE 3

"This incident does not define me," he later told Judge Smith.

"I want to earn back the respect of the victim, the victim's family, my family and society," he said.

Kevin Jones, the victim, expects to graduate from

college in 2010 with a degree in criminal justice. He plans to intern with the Fairfax County Homicide Department this summer.

"I keep coming back to Kevin Jones' smile and his potential," said Langan, the prosecutor. "His life was almost taken that night."

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1650 STOWE RD	4	3	1	RESTON	\$540,000	Detached	0.16	RESTON
11771 ARBOR GLEN WAY	3	3	1	RESTON	\$525,000	Townhouse	0.05	RESTON
11109 TIMBERHEAD CT	3	2	1	RESTON	\$522,000	Townhouse	0.07	RESTON
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11131 LITTLE COMPTON DR	4	3	1	RESTON	\$515,000	Townhouse	0.04	RESTON
2510 PEGASUS LN	4	2	1	RESTON	\$500,000	Detached	0.31	RESTON
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12374 SAN JOSE DR	4	2	1	RESTON	\$485,000	Detached	0.38	RESTON
1405 PARK GARDEN LN	4	3	1	RESTON	\$480,000	Townhouse	0.04	DEVONSHIRE
11614 SOURWOOD LN	3	2	2	RESTON	\$475,000	Detached	0.34	RESTON
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11776 GREAT OWL CIR	3	3	1	RESTON	\$435,000	Townhouse	0.04	RESTON
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1266 VINTAGE PL	3	2	1	RESTON	\$420,000	Townhouse	0.03	VINTAGE PLACE
12160 ABINGTON HALL PL#302	3	2	0	RESTON	\$415,000	Garden 1-4 Floors	MADISON PARK AT WEST MAR
1641 OAK SPRING WAY	3	2	1	RESTON	\$410,000	Townhouse	0.04	RESTON
1851 STRATFORD PARK PL#413	2	2	1	RESTON	\$409,989	Garden 1-4 Floors	STRATFORD
2411 ANSDEL CT	4	2	1	RESTON	\$403,000	Townhouse	0.05	DEEPWOOD
11990 MARKET ST #1518	1	1	0	RESTON	\$400,000	Hi-Rise 9+ Floors	MIDTOWN
11870 SAINT TRINIANS CT	4	2	1	RESTON	\$395,000	Townhouse	0.05	DEEPWOOD
2103 COLTS NECK CT	3	2	2	RESTON	\$376,000	Townhouse	0.05	FAIRVIEW
11007 SAFFOLD WAY	4	3	1	RESTON	\$365,000	Townhouse	0.04	RESTON
12001 MARKET ST #226	2	2	0	RESTON	\$365,000	Mid-Rise 5-8 Floors	MRKT ST AT TWN CNTR COND
11632 NEWBRIDGE CT	3	2	2	RESTON	\$360,000	Townhouse	0.04	RESTON
11760 SUNRISE VALLEY DR#301	2	2	0	RESTON	\$356,900	Hi-Rise 9+ Floors	MERCER
1550 GOLDENRAIN CT	3	2	1	RESTON	\$353,500	Townhouse	0.06	RESTON
12161 ABINGTON HALL PL #T3	2	2	0	RESTON	\$350,000	Garden 1-4 Floors	MADISON PARK AT WEST MAR
10901 KNIGHTS BRIDGE CT	4	2	1	RESTON	\$349,000	Townhouse	0.08	RESTON
11034 GRANBY CT	3	2	1	RESTON	\$347,500	Townhouse	0.03	RESTON
11772 BAYFIELD CT	3	2	1	RESTON	\$345,000	Townhouse	0.03	RESTON
1476 GREENMONT CT	3	2	1	RESTON	\$340,000	Townhouse	0.04	RESTON
2066 WHISPERWOOD GLEN LN	2	3	1	RESTON	\$324,000	Townhouse	0.02	RESTON
11725 DRY RIVER CT	3	2	2	RESTON	\$322,500	Townhouse	0.04	RESTON
1575 CHURCH HILL PL #1575	2	2	0	RESTON	\$310,000	Garden 1-4 Floors	HAMPTON POINTE
11166 BOATHOUSE CT #70	2	2	1	RESTON	\$307,500	Townhouse	DOCKSIDE
11724 NEWBRIDGE CT	4	3	1	RESTON	\$300,000	Townhouse	0.04	RESTON
11561 WOODHOLLOW CT	4	2	2	RESTON	\$300,000	Townhouse	0.06	RESTON
1744 SUNDANCE DR	3	2	1	RESTON	\$296,000	Townhouse	0.03	RESTON
12000 MARKET ST #314	2	2	0	RESTON	\$295,000	Garden 1-4 Floors	SAVOY AT RESTON TWN CNTR
1657 SIERRA WOODS DR	3	2	1	RESTON	\$294,000	Townhouse	0.05	RESTON
11800 SUNSET HILLS RD #408	2	2	0	RESTON	\$290,000	Hi-Rise 9+ Floors	CARLTON HOUSE
11800 SUNSET HILLS RD #213	2	2	0	RESTON	\$280,000	Hi-Rise 9+ Floors	CARLTON HOUSE
1739 IVY OAK SQ #6	4	2	1	RESTON	\$280,000	Townhouse	IVY OAK
1519 FARSTA CT	4	3	1	RESTON	\$273,572	Townhouse	0.04	RESTON
2320 HUNTERS SQUARE CT	3	1	1	RESTON	\$253,000	Townhouse	0.02	HUNTERS SQUARE
11958 HEATHCOTE CT	3	1	1	RESTON	\$248,000	Townhouse	0.03	DEEPWOOD
11948 BARREL COOPER CT	4	2	2	RESTON	\$240,000	Townhouse	0.03	RESTON
11653 GAS LIGHT CT #11653J	2	2	0	RESTON	\$230,000	Garden 1-4 Floors	PARCRESTON
11804 BRETON CT #2A	2	1	1	RESTON	\$230,000	Garden 1-4 Floors	HUNTERS WOODS VILLAGE
11196 BEAVER TRAIL CT#11196	1	1	0	RESTON	\$229,952	Garden 1-4 Floors	NANTUCKET AT RESTON
12302 TIGERS EYE CT	4	1	0	RESTON	\$220,000	Detached	0.08	RESTON
1730 ASCOT WAY #1730C	2	1	0	RESTON	\$192,500	Garden 1-4 Floors	PARCRESTON
11933 BARREL COOPER CT	4	3	1	RESTON	\$173,000	Townhouse	0.03	RESTON
1540 NORTHGATE SQ #31B	2	1	0	RESTON	\$172,000	Garden 1-4 Floors	NORTHGATE
2224 WHITE CORNUS LN	2	1	1	RESTON	\$170,000	Townhouse	0.03	RESTON
1951 SAGEWOOD LN #401	2	1	0	RESTON	\$163,000	Garden 1-4 Floors	THOREAU PLACE
1533 NORTHGATE SQ #33/2C	3	2	0	RESTON	\$162,000	Garden 1-4 Floors	NORTHGATE
2389 SOUTHGATE SQ	3	2	1	RESTON	\$160,000	Townhouse	0.03	RESTON
2313 EMERALD HEIGHTS CT	3	3	1	RESTON	\$151,000	Townhouse	0.04	RESTON
2397 SOUTHGATE SQ	2	1	2	RESTON	\$150,000	Townhouse	0.03	RESTON
2225 SOUTHGATE SQ	4	1	1	RESTON	\$149,000	Townhouse	0.03	RESTON
11627 STONEVIEW SQ#78/12C	3	2	0	RESTON	\$146,000	Garden 1-4 Floors	SHADOWOOD
11643 STONEVIEW SQ#86/22C	3	2	0	RESTON	\$130,000	Garden 1-4 Floors	SHADOWOOD
2334 FREETOWN CT #2/12C	3	1	0	RESTON	\$125,000	Garden 1-4 Floors	GLENVALE
1951 SAGEWOOD LN #225	1	1	0	RESTON	\$100,000	Mid-Rise 5-8 Floors	THOREAU PLACE

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To search for a home online, visit www.HomesDatabase.com.

HEALTH NOTES

Send announcements to the Connection, to reston@connectionnewspapers.com or call 703-917-6449. Deadline is Friday.

A free seminar, "Five Natural Ways to Anxiety and Stress Relief," based on Dr. Deepak Chopra's book: "Perfect Health." Learn mind-body techniques Thursday, Oct. 9, through a medical system called Ayurveda. Located at 443 Carlisle Drive, Herndon, in the Sugarok Office Retreat Complex. To register

call Michelle Fondin at 571-265-4559 or e-mail to info@theyurvedicpath.com.

The 2008 Northern Virginia Buddy Walk, hosted by the Down Syndrome Association of Northern Virginia, www.dsnav.org, will take place, rain or shine, on Saturday, Oct. 18 at the Fairfax County Government Center. The Buddy Walk, which is expected to draw over 2000 participants, will be a short stroll around the grounds of the Govern-

ment Center, followed by a large festival, celebrating people who have Down syndrome along with their families and friends.

TOPS Club, Inc. (Take Off Pounds Sensibly), a nonprofit weight loss support group, meets **every Tuesday** at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Weigh-ins begin at 6 p.m., with meetings at 6:30. Visit www.tops.org for more information

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October 4th & 5th

Weekly Feature - 706 Anne St., SW, Leesburg VA*

Call Specific Agents to Confirm Dates & Times.

Ashburn					
43313 Dovetail Pl.	\$564,500	Sun 1-4	Jacqueline Lawlor	Jack Lawlor	703-726-9444
21598 Goodwin Ct.	\$639,000	Sun 1-5	Sarah Armstrong	Weichert	703-726-3909
Leesburg					
706 Anne St., SW*	\$389,900	Sun 1-4	Bob Pantall	Weichert	703-851-2757
43105 Binkley Cir.	\$409,900	Sun 12-4	Sharon Schoenfeld	Weichert	703-941-0100
42041 Brightwood Ln	\$649,000	Sat 11-2	Bridget Allen	Weichert	540-338-2024
43410 Cloister Pl.	\$1,749,000	Sun 1-4	Eileen Summers	Long & Foster	703-759-9190
264 Masons Ln., SE	\$395,000	Sun 1-4	David Snyder	RE/MAX	703-771-2345
Potomac Falls					
46830 Willowood Pl.	\$509,000	Sun 1-5	Michalina Queri	Weichert	703-406-0199
Purcellville					
36559 Vineyard View Pl.	\$560,000	Sun 1-4	Marshall Ramsey	Long & Foster	703-610-9532
Round Hill					
35558 Simpson Creek Rd.	\$499,900	Sun 12-4	Frederica Barney	Coldwell Banker	703-356-7000
Sterling					
20639 Cutwater Pl.	\$579,900	Sun 1-4	Annette Brennan	Long & Foster	703-430-1000
45614 Iron Horse Ter.	\$349,900	Sun 1-4	Photini Riner	Weichert	703-726-3909
46342 Sheel Ter.	\$389,999	Sun 1-4	Heather Elias	Weichert	703-777-3977
21808 Westminster Pl.	\$560,000	Sun 1-4	Helen Flynn	Weichert	703-759-6300
21810 Westminster Pl.	\$590,000	Sun 1-4	Helen Flynn	Weichert	703-759-6300
21812 Westminster Pl.	\$587,000	Sun 1-4	Helen Flynn	Weichert	703-759-6300
59 Whittingham Cir.	\$529,000	Sun 1-4	Ellie Penaranda	e-Realty	703-969-7000
Waterford					
40164 Bond St.	\$1,395,000	Sat 10-4	Katherine Toth	Carter Braxton	703-777-7772
Herndon					
12007 Meadowville Ct.	\$825,000	Sun 1-4	Irene Schiffman	Weichert	703-593-7848
Reston					
2032 Upper Lake Dr.	\$1,000,000	Sun 1-4	Vivian Lyons	Weichert	703-406-9009
1228 Vintage Pl.	\$437,000	Sun 1-4	Timothy Cranch	E-realty Network	703-969-7000
1369 Garden Wall Cir., #714	\$359,000	Sun 3-5	Sheri Daniel	Long & Foster	703-759-9190

To add your Realtor represented Open House to these weekly listings, please call Lauri Swift or Winslow Wacker

703-821-5050 or E-Mail the info to Lauri@connectionnewspapers.com

All listings due by Tues at 10 am.

See www.ConnectionNewspapers.com on Saturday for open houses after deadline.

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NEWS

'Critical' Hearing for Rail on Friday

The rail extension to Dulles Airport and Loudoun County will face another test on Friday, Oct. 3, during a court hearing at a Richmond Circuit Court. The plaintiffs in the case, Patrick Gray and James Nagle, two Dulles Toll Road users from Springfield and Reston respectively, are challenging agreements that handed the operation of the Toll Road to the Metropolitan Washington Airports Authority (MWAA), an agency not accountable to elected officials.

The transfer of the Toll Road to MWAA allows the authority to use the collected tolls not only toward operating and managing the road itself, but also toward funding for Dulles Rail. If the court decides MWAA cannot operate a state road as an unelected body, the state portion of the funding for the rail extension would be endangered.

Patti Nicoson, president of the Dulles Corridor Rail Association, discussed the lawsuit with the Reston Citizens Association board of directors on Monday, Sept. 22. She said she understood the lawsuit to challenge whether the state had the authority to transfer the

Toll Road and whether the tolls collected could be considered a tax. Although she remains positive that the outcome of the case will enforce the agreements, Nicoson did not provide specifics to an RCA board question about a negative ruling. "If not, there's going to be a lot of thinking," said Nicoson.

"I would think it's very important," said Bob Chase, president of the McLean-based Northern Virginia Transportation Alliance about the court hearing. "If it is ruled that the government was not right, that would affect the timetable" of the rail project, said Chase. "Every delay in starting up construction is a recalculation of costs," he said. Chase said a positive decision was important and added that he did not wish to speculate on contingency plans for funding the rail extension.

"We've had so many delays based on various challenges to the project, this time it has to go forward," said Penny Pompei, president of the Greater Reston Chamber of Commerce. "This decision is critical," said Pompei, adding that the rail extension is "hugely important" to the area's business

community and residents.

As workers choose to live farther away from their jobs, including those in the Dulles Corridor, Pompei said the rail extension becomes evermore important. Pompei added that it is unlikely that more roads would be built through the corridor and that the high gas prices are forcing commuters out of their cars, rendering the rail extension a necessity. "Rail to Dulles will open up the entire region," said Pompei. "It's important, not just economically, but as a quality of life issue."

The parties in the *Gray v. Virginia Secretary of Transportation* case will present arguments on the Motions for Summary Judgment — a tool to judge a case without a trial — on Friday, Oct. 3, at 9 a.m. before the Circuit Court for the City of Richmond. The court has allowed two hours for arguments. Patrick McSweeney, the lawyer who was successful in leading the charge against the Northern Virginia Transportation Authority's ability to levy taxes to pay for transportation improvements in the region, represents Gray and Nagle.

— MIRZA KURSPAHIC

FAITH NOTES

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

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 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.

The Haunting of Holy Cross, performed 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.

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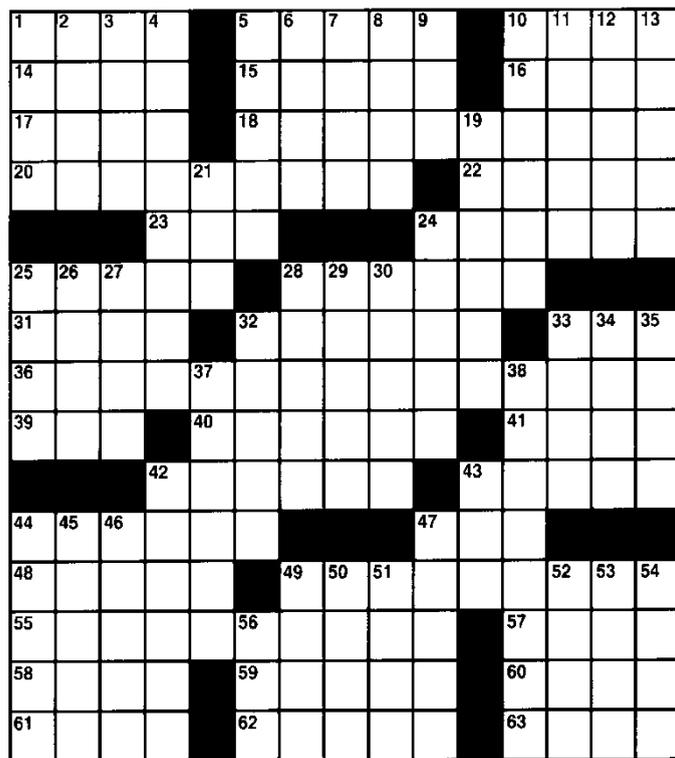
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Puzzle by Patrick Jordan

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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21 Announcements 21 Announcements

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

Multi family garage sale: Sat 10/4, 9 am-1:30 pm 2615 Soapstone Dr. Reston Antiques, chairs, table, couches, children's desk, baby furn knickknacks, books, exercise equipment, toys, shopsmith, bedding, clothes etc.

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

TLC's show Home Made Simple is looking for DC area homeowners aged 25-45! Our handyman, designer, and chef can help you create simple solutions for easy living! Email HomeMadeSimple@hotmail.com with photos of your home and family or nominate a friend!

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TRUSTEE'S SALE

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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

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-Werner Heisenberg

21 Announcements

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SCHOOLS

Jim Wagner of **South Lakes High School**, was one of 50 educators selected to attend the National Gallery of Art's 2008 Teacher Institute on 17th-century Dutch art. The two six-day seminars in July and August brought together teachers of art, social studies, and related subjects from 22 states. Focusing on the Gallery's collection of 17th-century Dutch art, they explored ways, including image-enhanced podcasting, to integrate art objects into the classroom.

The 1st Annual Seahawk Community Yard Sale will be held on Saturday, **Oct. 4**, from 8 a.m. to 2 p.m. To rent a table or booth, visit www.seahawkboosters.com. Space rental is \$20 per space (two parking space widths); table rental is \$10 per 6-foot table. Location is South Lakes High School, Faculty/Main parking lot (Flagpole side). The Booster Club will also have a table of items for sale, apparel, memberships, snacks and drinks. Contact Debbie Neuman at 703-620-0564 or email SLHSCommunitySale@comcast.net.

Learn how to **support a positive parent-child relationship** at the Thursday Theater seminar on **Oct. 9**, 10 a.m.-12 p.m. at the FCPS Parent Resource Center, Aldrin Elementary School, 11375 Center Harbor Road, Reston. Seating limited; registration required. Call 703-204-3941 or e-mail prc@fcps.edu, with "Thursday Theater" in the subject line.

Madison Crutcher and **Jasmin Harper** of South Lakes High School were named semifinalists for the 2009 National Achievement Program in an academic competition for Black-American high school students.

COMMUNITY NOTES

Send announcements to reston@connectionnewspapers.com or call 703-917-6449. Deadline is Friday.

English classes for adults sponsored by ESL and Immigrant Ministries will be offered in 17 locations in Northern Virginia. Childcare is available at some locations. Scholarships are available. Check www.eslim.org for class locations and schedules or call 703-841-0292 and leave a message. Calls will be returned in English, Spanish, Korean, or Vietnamese.

Run, jog or walk with Body by Geoff, **every Saturday**, 8 a.m. Free. Meet at Body By Geoff, 1609 Washington Plaza, Reston. Call 703-464-5559.

Chinese Conversation 5-6 p.m. at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston, **every Sunday**. Call 571-225-7697.

Mothers First — Herndon/Reston is a non-profit support organization helping women transition from careers to at-home motherhood. Meetings are **first and second Wednesdays** at 10 a.m. at the Herndon Fortnightly Library, 768 Center St., Herndon. Contact 703-827-5922 or www.mothersfirst.org.

Latin Movement Classes at Dance With Me Ballroom Dance Studio. No partner needed. Cuban motion, free style dancing and dance styling taught plus a fun exercise. Drop-in **every Sunday**, 2-3 p.m. Cost is \$20 per person. The studio is located at the border of Reston and Herndon at 251 Sunset Park Drive. Visit www.dancewithme.net or call 703-444-3061.

Chess lessons for children 8-12 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, **every Tuesday from 4:30-6 p.m. from Nov. 4-Dec. 16** (6 sessions). \$40/residents, \$60/non-residents. Call 703-390-6163 or e-mail Deborah.Heron@fairfaxcounty.gov.

The **Reston Farmers Market** is open every Saturday from 8 a.m.-12 p.m. at the Lake Anne Parking Area until Nov. 8.

Blood pressure and diabetes screenings are available **every Saturday**, in front of Body by Geoff, Lake Anne Village Center, 1609-B Washington Plaza. Dr. Colleen Kivlahn conducts the free screenings.

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SPORTS

Volleyball Team Showing Steady

But competition is tough for South Lakes in competitive Liberty District.

BY RICH SANDERS
THE CONNECTION

Already, this has been a season of improvement for the South Lakes High girls' volleyball team.

The Seahawks, at 3-6 following their first nine matches, have surpassed last year's win total when South Lakes went 2-10 for the fall season.

"The team is definitely much better this year, said South Lakes coach Cheri Hostetler. "They are hitting the ball much better."

The coach said team members played in leagues during the offseason, resulting in overall improvements to their games. On top of that, this year's South Lakes squad, made up of nine seniors, has good experience.

South Lakes' wins thus far have come in non-Liberty District matches versus Mount

Vernon, Falls Church and Washington-Lee High Schools. The road has gotten tougher since the start of district play, but the Seahawks are continuing to work hard on their game. Some of the team's tougher non-district opponents of late have included unbeaten local rival Herndon as well as talented West Springfield.

"We've had some tough teams lately," said Hostetler. "You play teams like that; they are some of the best teams in the region. And we have a tough district [as well]."

South Lakes is receiving stellar seasons from junior middle hitter Stephanie Heimburg and senior middle hitter Erna Kukic. Both of the key players are over six feet in height. Heimburg, a third-year varsity player, leads the Seahawks in kills and is one of the team's better servers.

"They are both intimidating," said Hostetler, of the duo.

Senior team captains Carlyn Scott, an outside hitter who leads South Lakes in serving aces, and setter Lena Derizemlya are also having solid seasons.

The five-foot-11 Scott is a leader both vocally and by the way she plays the game.

"She just gives it her all," said Hostetler. "She plays on the back row and is very aggressive. She's really a great kid and is always motivating everyone else."

Derizemlya is an excellent passer and finds ways to get her teammates involved in the action.

"She can recover bad passes and is a great passer," said her coach.

Hostetler loves her team's attitude and determination to play hard and continue to improve.

"They are good kids and are working hard," said Hostetler. "I think they'll get some wins. They are a very coachable group. They are great kids and I'm real happy with them."

SOUTH LAKES will host non-district opponent Yorktown on Tuesday, Oct. 14 for a special Dig Pink Fund-raiser match. Dig Pink is an event supported by college and high school volleyball coaches and teams committed to supporting the goals of the Side-Out Foundation. The Seahawks-Patriots match will promote breast cancer education by encouraging players and fans to wear pink t-shirts, by distributing educational material, collecting donations, and focusing on how individuals can help breast cancer awareness month.

The South Lakes-Yorktown meeting will be the Seahawks' next home competition. Prior to that, South Lakes is scheduled to play road matches at W.T. Woodson (this Thursday), Wakefield (Monday, Oct. 6) and Stone Bridge (Tuesday, Oct. 7). The Woodson and Stone Bridge matchups are Liberty District competitions.

"They are great kids and I'm real happy with them."

— Coach Cheri Hostetler

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 expected," 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



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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

"I knew they'd be pretty tough."

— Herndon coach Joe Sheaffer

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

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



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes' Val Moyer is among a group of girl runners who competed in the varsity "B" race at the recent Oatlands Invitational in Leesburg. The Seahawks' boys and girls' teams will be running at the Octoberfest meet this Saturday in The Plains.

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.

The Langley High **golf team** finished first at the recent Liberty District Tournament. The Saxons finished first with 589 points, finishing ahead of second place Madison (602) and third place McLean (625). Stone Bridge (635) finished fourth, followed by Woodson (666), Jefferson (682),

Marshall (696) and **South Lakes** (789). Individual medalist winners were: Brigitte Baker (139) of Langley, Alex Hubbard (145) of Madison, Brian Jaeger (147) of Langley, Eddie Cutler (149) of Stone Bridge, Ben Walsh (149) of Langley and Sam Nelson (150) of McLean.

Boys and girls can learn the basic skills of **hockey** while developing motor skills, cognitive abilities, social interactions and relationships. All classes will be held at the Douglass Community Center in Leesburg. Class ages and times are as follows: for youngsters ages three, classes will be held on Thursdays (Sept. 25 through Oct. 16) from 3:30 to 4 p.m. (cost is \$35); for youngsters 4 and 5, classes will be held on the same Thursday dates from 4:15 to 5 p.m. (Cost is \$45). Register soon, as space is extremely limited. For more information contact the Douglass Community Center at 703-771-5913, or e-mail dcc@loudoun.gov.

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. Session times will be as follows: 1:40 to 2:50 p.m. for younger beginners, and 2:50 to 4 p.m. for older beginners. Along with learning the basics of the game, students will have fun, get exercise, and improve both their balance and hand-eye coordination. 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. The Reston Raiders Ice Hockey Club's Learn-to-Play-Hockey program draws from all of Northern Virginia, especially Fairfax, Loudoun, and Arlington Counties. 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.

The **Northern Virginia Football Officials Association** (NVFOA) is seeking new members for its 2008 training class who can become on-field game officials and electronic clock operators for games at the youth, middle school, and high school levels throughout the Metropolitan area. NVFOA is the sole supplier of football officials to all high schools in the Virginia counties of Arlington, Fairfax, Prince William, Loudoun, and Fauquier. It also supplies officials to numerous private schools in Northern Virginia, Maryland and the District of Columbia. For those who have the time to commit, NVFOA has the resources to teach and develop football officials. NVFOA seeks men and women who have reached the age of 18 and who have a desire to be a part of the most exciting and popular scholastic game in America. Information and application forms are available at www.NVFOA.com, or by contacting commissioner Dennis Hall by phone at 540-837-1316 or by email at commissioner@nvfoa.com.

Enthusiastic and dedicated individuals are needed who are interested in becoming an **umpire** for a large adult slow-pitch softball program throughout Fairfax County. Part-time work offers pay of \$22 per game and flexible schedules. Training is provided. A minimal fee of only \$25 for both classroom and on-the-field training is required. Former umpires requiring re-certification may have training waived. If interested, contact the FAS office as soon as possible for further information. E-mail FAS at office@fairfaxadultsoftball.com or call 703-815-9007.



COURTESY PHOTO

This is the race car of Sterling's Liam Kenney. The 16-year old drives the No. 35 ViON/Trax International Jetta TDI entry in the inaugural 2008 VW Jetta TDI Cup Series. He is set to compete at Road Atlanta this weekend. He recorded his fourth straight top-ten finish two weeks ago in Round 5 Series action at Iowa Speedway, but dropped to seventh overall in the points standings.

SPORTS

In RYA, Winning Big at Home

In week 3 action, Reston youth football teams thrive on home turf.

The Reston Youth Association (RYA) youth football program displayed a dominating brand of football this past weekend, with the 11 RYA teams winning nine of their games against only two losses. RYA ruled its home turf, displaying good sportsmanship while winning all six of the games at Lake Fairfax Park's turf field in overwhelming fashion by a combined score of 208-30.

Six home games are scheduled for this Saturday from 9:30 a.m. to 6 p.m. at Lake Fairfax. Complete game schedules can be found at RestonSeahawks.org. Local fans are encouraged to come out and support the youth of Reston as they participate in the Fairfax County Youth Football league and reach the midpoint of the regular season.

The following are summaries of week 3 games:

Anklebiter 2:

Reston 34, Gainesville Grizzlies 0

Coach Holmes' anklebiter team won big this weekend, behind Spencer Alston's four touchdowns. Chris Ezidinma scored a TD and RYA received great running by Stevie Jones (TD run).

Both Cameron Savage and Chris Penn scored two extra points each. The offensive and defensive lines blocked and tackled well. Reston's 3-0 team will battle SYA's (Centreville) 3-0 team this Saturday at Lake Fairfax field at 9:30 a.m.

Anklebiter 3:

Reston 26, Gainesville Grizzlies 6

The Seahawk "Green Machine" Anklebiters, coached by Larry Bartolotti, won their second in a row by beating Gainesville. Damon "Zig-Zag" Johnson had three more touchdowns. Zig-Zag scored on runs of 45 and 50 yards and he returned a kickoff for 60 yards. Myls Boyd scored his first TD of the season on a 60 yard run. Hayden Loussedes connected with Zig-Zag for one extra point and Myls Boyd ran in for another point after score. Shane Martel and Farrell Thompson both did an excellent job running the ball. The Seahawk defense was once again awesome, holding the Grizzlies to less than 50 yards of total offense. Brain Coppage and Andre Johnson sacked the Grizzly QB several times and Justo Esteve had an interception for the Seahawks, who will face the SYA Wildcats at Stratton Woods on Sunday, Oct. 5 at 11 a.m.

95 American:

RYA 52, Arlington Warriors 0

The 95 pound American Reston Seahawks won in convincing fashion against the visiting team from Arlington. The Seahawks' offensive explo-

sion, led by the leadership of QB Ryan McLaughlin, was spearheaded by the blocking of the dominant offensive line of Sam Joslyn, David Webb, Seth Ravenstahl, Josh Forrest, Alex Woodward, Josh Height, and Darius Hawkins. Strong running games came from backs Akram Gibreel, Devonte Johnson, and RJ Lee. Arlington could not muster much of a running game, thanks to the physical play of the RYA defensive line, made up of David Kearns, Daniel Grunshie, Delontae Wingfield, and Paul Sesay. When Arlington resorted to a pass attack, they were shut down by the pass coverage of RYA's defensive secondary, made up of Hawkins, Tavarius Lee, Seveon Gambrell and Gibreel. Outside linebacker Dominique May and Hawkins each recorded interceptions for the overwhelming defense, which did not give up a first down and registered their second shutout of the season. The group is now 3-0 on the season. Next week, the team will welcome a tough opponent, the Vienna Warhawks, to Lake Fairfax.

110 lb Central:

RYA 36, Woodbridge Broncos 6

The Seahawks soared into week three of the season against a tough opponent in the Woodbridge Broncos. Early in the first quarter, Keenan Jordan returned a punt 50 yards for a touchdown. Quarterback Jordan Fisher connected with Rashaan Jones on a 44 yard strike to close the first half with the Seahawks leading 26-7. In the second half, Rashaan Jones added an 85 yard sweep run for a touchdown and the victory was sealed for the Seahawks. Once again the offensive line, consisting of Melvin Holland, Roger Botock, Bradley Herring, Kevin Mejia, Jack Ruder, Rafael Bollivian and Wanya Allen, created big holes for running backs all day. The Seahawks' stout defense relen-

lessly attacked the ball carrier and held the Broncos to only one score.

125 Central:

Reston 34, American Pride 6

After a slow start and a couple of sloppy plays, the Seahawks went back to what they know best, which was pounding the ball down the middle and playing solid defense. Quarterback Drew Holmes engineered multiple touchdown drives and kept everything calm in the huddle while running back Robbie Walker got himself a hat-trick behind the power blocking of Luke Slover, Brandon Carelock, Sam Evans, Roger Lambert, Seondre 'Dre' Gambrell and Joseph LaSage. On the other side of the ball defensive backs Zac Parker, Andrew Turay, and Chris Mancebo each scored themselves on interceptions, while sack-masters Shyheim Johnson, Jeffery Agee, DeAndre Thomas, and Magdi Abdalla caused all kinds of havoc in the backfield. Defensive linemen Nick Wille and Coby Laxton controlled the line of scrimmage and linebacker Kyle Savage made sure nothing got through the middle. The opponents played hard and caught the Seahawks napping in the fourth quarter with a powerful run that produced a touchdown. The highlight of the game came for Reston came on Zac Parker's interception return, where he showed off his athleticism with a brilliant cutback on his way to the end zone.

Other Week 3 scores:

Anklebiter 2: Gainesville Grizzlies 20, RYA 12

75 Nationals: RYA 21, Vienna Cowboys 0
75 American: RYA 20, Woodbridge Broncos 12
85 National: RYA 12, Southwestern Wildcats 6
85 Central: Chantilly Vikings 20, RYA 0
95 National: RYA 40, Arlington Gators 0

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RCC Preference Poll

Community Polling Day
Saturday, October 18
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Take time out to strengthen your community by voting in the annual RCC Preference Poll. Visit the Polling Tent at any of the six Reston Village Center locations listed below and receive a ballot to vote.

- Hunters Woods
- Lake Anne
- Tall Oaks
- Harris Teeter at the Reston Spectrum Center
- North Point
- South Lakes

Mail-in Balloting October 2-16

Walk-in Balloting October 2-17
Visit RCC Lake Anne and receive a ballot to vote.
(Voting Hours: 9:00 a.m. - 8:00 p.m.)

Visit our website at www.restoncommunitycenter.com for all candidacy statements.

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