

Oak Hill ♦ Herndon CONNECTION

Learning the Two- Wheeled Commute

NEWS, PAGE 11

At the second annual Wheel to Work Day, Herndon attorney Doug Landau, who helped sponsor the event, chats with Adam Coon, founder of the Evolution Cycling Club, on the Herndon Town Green.

Rust Seeks Re-Election

NEWS, PAGE 3

Downtown Planning Kicks Off

NEWS, PAGE 3

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Tom Rust (R-86)

Age: 68
Neighborhood/Community: Town of Herndon
Job/Employer: Patton Harris Rust & Associates Engineering Firm (engineer, board chairman)
Grew Up In: Herndon (Herndon High School graduate)
Education: Virginia Tech (B.S.), University of Virginia (M.P.), The George Washington University (M.S.)
Family: wife, daughter, two stepsons, two grandchildren
Civic Involvement: Virginia House of Delegates (2002-present), Mayor of Herndon (1976-1984, 1990-2001), Herndon Town Council (1971-1976), Virginia Tech Board of Visitors (1996-2001, vice rector 1999-2001), Longwood University Board of Visitors (1980-1988, rector 1981-1988)
House of Delegates' committee assignments: transportation, commerce & labor, education (higher education subcommittee chair), science & technology (vice chairman)
Campaign Money Raised: \$277,686 (as of Aug. 31)
Web site: www.tomrust.org



Del. Tom Rust (R-86) hopes to keep his seat in the Virginia House of Delegates this November.

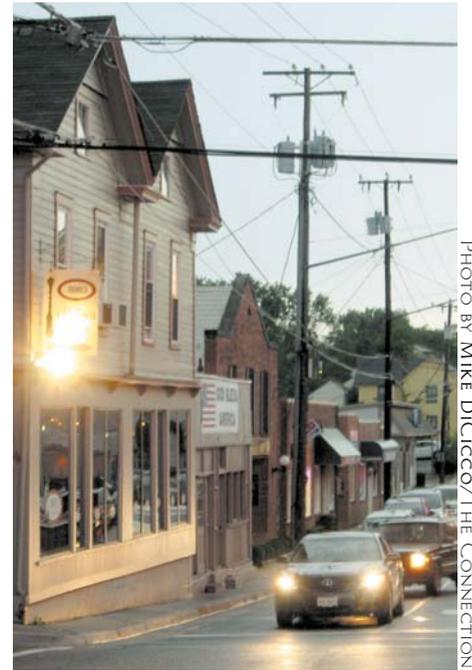


PHOTO BY MIKE DICICCO/THE CONNECTION

The master planning process for downtown Herndon will start next Wednesday, Oct. 7, with a visit from Urban Design Associates and its subcontractors.

Rust Seeks Re-Election

Delegate asks voters to send him back to Richmond for fifth term.

BY JULIA O'DONOGHUE
THE CONNECTION

To view the profile of the Democratic delegate candidate, Loudoun County Supervisor Stevens Miller (D-Dulles), visit <http://www.connectionnewspapers.com/articleprint.asp?article=332497&paper=66&cat=104>

In 2004, Tom Rust (R-86) was one of the 17 Republicans in the Virginia House of Delegates to cross partisan lines to support then-Gov. Mark Warner's state budget proposal.

While Warner, a Democrat, made cuts in government spending, the governor also asked the General Assembly to balance Virginia's budget with over a billion dollars in new taxes and fees.

Rust, who represents Herndon, Sterling and Oak Hill, took a political risk by breaking with the Republican majority in the House of Delegates and siding with Warner six years ago.

In the aftermath of the 2004 budget vote, Republicans retaliated against some of the other delegates who broke rank with the party, ousting their own incumbents in primary contests during the next election cycle.

"Whenever you take courageous stands and are out front on issues, you have detractors. Most of the people who put together the '04 budget, we worked pretty hard on it," said Rust, who is seeking his fifth delegate term in the 86th District. He faces Loudoun County Supervisor Stevens Miller (D-Dulles) in a November election.

SOME REPUBLICAN ANGER over the 2004 budget vote was about more than an ideological difference over fiscal policy.

Warner's ability to pass a budget with support from Rust and other Republicans also caused the Democrat's approval ratings to soar across Virginia. Warner's reputation as an effective and pragmatic leader helped bolster the fortunes of Virginia Democrats overall, leading to major campaign victories for the political party over the next four years.

Whatever the political fallout for Republicans, Rust stands by his decision to work with Warner in 2004.

"It was absolutely the right decision to make," he said.

The delegate is not generally inclined to support tax hikes or increasing government spending. Since joining the legislature in 2002, Rust said he has voted for 17 tax reductions, including for the elimination of the estate tax and a reduction in the tax on food, he said.

But Rust doesn't think new taxes, like those included in the 2004 budget bill, should be automatically taken off the table either. He is happy to tout that the 2004 budget, with the tax increases, helped support the largest increase in primary and secondary education funding in Virginia's history.

"Tom Rust is very effective, one of the most effective members of the General Assembly. He is doer. He gets things done. He works with each and every group and both parties. He is not a particularly political person," said U.S. Rep. Frank Wolf (R-10), who represents Rust's constituents on Capitol Hill.

IN GENERAL, Rust supporters like to characterize their candidate as a moderate Republican, who is looking for practical, rather

than partisan, answers to problems.

"I consider Tom Rust a moderate Republican. He is more moderate than some of the others in Richmond ... Del. Rust would not be so successful were it not for working with people from the other side of the aisle. He would also not be successful if he didn't work some of the ultra-conservative, anti-tax delegates," said Warren Geurin, Loudoun County School Board vice chairman and Sterling District member.

The 2004 budget vote was also not the only time Rust has voted with the Democrats.

Rust was the only member of his party in the House of Delegates to vote with Democrats for a 2008 transportation package backed by Gov. Tim Kaine (D).

"Our transportation issues are so severe here in Northern Virginia that it is impacting our quality of life and it is impacting our competitiveness ... I don't remember the exact bill [in 2008] but I think it was the only thing we had at the time to address the problem," said Rust, about why he was the only Republican to vote for the 2008 legislation.

RUST said any bill seeking to increase transportation funding is going to have to include a statewide tax or fee increase as well as additional tax or fee increases exclusively imposed upon and used in Northern Virginia and Hampton Roads.

Rust said the statewide piece is necessary because the Virginia Senate, particularly the Democratic majority, has made it clear that they would not support a transportation bill that does not include a new statewide rev

Downtown Planning Kicks Off

Next week, process for re-envisioning heart of Herndon begins.

A process that is expected to shape downtown Herndon for many years to come will get underway next Wednesday, Oct. 7, when the Pittsburgh-based architecture/community design firm Urban Design Associates visits town for two days.

The firm has been contracted to come up with a detailed plan for an area of about 10 blocks at the heart of town. Herndon senior planner Dana Heiberg described the October visit, including a public meeting Wednesday night, as "a big fact-finding mission." While the town has already supplied the company with piles of information, he said, "They want to come in and talk with everyone and get input from all different sectors."

Over the course of two days, representatives from Urban Design will walk the town and meet with town staff, Town Council members, the Planning Commission and the Heritage Preservation Review Board, as well as focus groups representing different interest groups in the community.

The four focus groups, representing transportation interests, nearby residential own

SEE DELEGATE, PAGE 7

SEE RESIDENTS, PAGE 9

Farmers Markets Still Open

One more way to support local businesses and the economy.

There might be a chill in the air, but local farmers markets will be open well through October, with many open well into November and beyond, with markets in Oakton, Alexandria and Leesburg open year round. Farmers markets are a wonderful source of locally grown and produced items, including fruits and vegetables of many

kinds, greens, apples, pumpkins, chrysanthemums, meat, dairy products, flowers, eggs, honey, baked goods, and more. The markets are colorful and friendly, and often also offer live music. Many markets include experts on gardening, landscaping and cooking. Recipes and tips for cooking with local produce are available.

But many farmers markets report a drop in customers after Labor Day.

Buying from local markets promotes local, sustainable and organic agriculture, and the local economy. Buying food grown close to home helps the environment and helps reduce global warming by saving the energy used to transport the produce.

EDITORIAL

Taking children to the farmers market to help pick out their fruits and vegetables can help expand their horizons on

healthy foods.

SAMPLER OF LOCAL FARMERS MARKETS

In Fairfax County, see <http://www.fairfaxcounty.gov/parks/farm-mkt.htm>
 Vienna/Oakton Farmers Market, Wednesdays, 8 a.m. – noon, through Nov. 18, Oak Marr RECenter, 3200 Jermantown Road
 Frying Pan Farmers Market, Herndon, Wednesdays, 8 a.m. - 12:30 p.m., through Oct. 28, Frying Pan Farm Park, 2709 West Ox Road, Herndon, in front of Frying Pan Country Store
 Herndon Farmers Market, Thursdays, 8 a.m. – noon, through Oct. 29, Old Town Herndon, 777 Lynn Street, next to the Red Caboose
 McLean Farmers Market, Fridays, 8:30 a.m. - 12:30 p.m., through Nov. 20, Lewinsville Park, 1659 Chain Bridge Road in McLean
 Great Falls Farmers Market at Village Centre, Saturdays until Nov. 21
 Reston Farmers Market, Saturdays, 8 a.m. – noon, through Oct. 31, Lake Anne Village Center, Reston Farmers Market at reston Town Center Pavillion, Thursdays, 3:30 p.m.

LETTERS TO THE EDITOR

Enough of Vitriol In Town Debates

To the Editor:
 Anyone observing the Sept. 22 Herndon Town Council session had the unfortunate experience of watching several people hijack the meeting to continue their all too familiar vendetta against Councilman Dennis Husch. This tactic has become far too common place with the folks that lost the last election. The losing camp seems to be consumed with anger and heartburn and years later continues to attack the mayor and council members at every town meeting.

Get over it. Take a Pepcid or whatever it is you need, but keep your politics out of our town meetings.

Dennis Husch is not afraid to speak his mind or take a stand on important issues but is always a gentleman and always respectful of others and their opinions. He should be treated with that same respect within the town chambers. What Dennis Husch or Charlie Waddell or any other council member do outside the Town Council in exercising their constitutional rights is no one else's concern and should not be a topic for discussion in town meetings.

Mayor DeBenedittis and the rest of the Town Council have worked hard for the citizens of Herndon, crafting a sensible budget for difficult times, and fighting the crime, overcrowding and gang related issues that plagued our town over the past few years due to the influx of illegal aliens. The overcrowded homes in our neighborhood have gone and families have moved back in. Children biking and skate boarding on the cul-de-

sacs have replaced the unsightly vans and excess cars that laid claim to our streets for the past four years.

I, a legal immigrant myself, say bravo to Dennis Husch for his years of hard work for Herndon and thank the rest of the Town Council for making Herndon a great place to live.

Kathleen Campenni
Herndon

\$1 Million a Day Against Reform

To the Editor:
 With the spectacle of the health insurance debate taking place in America, we often forget our "NIH syndrome" past. Indeed, whatever is Not Invented Here we Americans strangely condemn to a status of inferiority. How strange indeed.

We must remember that any viable health insurance plan for all working, honest citizens is an investment that will have immediate payoff. More so than any stimulus package, ensuring that every American has a right to treatment of illnesses and injuries will promote the general welfare and economic status of our country. We'll see this in a rising GDP, fewer sick days taken, and more money in the pocket of each American, with less in the pockets of huge pharmaceutical companies and health insurance conglomerates. If these huge insurance companies win, the average American loses. Their obstinate rebellion against industry oversight in trying to kill healthcare reform to protect the status quo works for them, but not for you and me. This is a realization that will behoove

us as soon as we actually do that — realize it.

And don't forget that health insurance companies are spending over \$1 million a day to oppose reform because they know that reform will hurt their profits. They are spending this money to continue to deny our claims, deny our care due to pre-existing conditions and raise our premiums, co-pays and deductibles at will. Any bill passed that doesn't offer a public option, but mandates the average American to have insurance, is necessarily a subsidy to the insurance industry, not Big Brother looking out for you. The more choices there are, the more competition thrives. A public option would bring new competition which would drive down prices and create incentives for higher quality services.

Americans deserve the right to choose their own healthcare. Limiting choice to for-profit insurance only is the same broken healthcare system we have right now.

Parvez Khan
Herndon

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
 The Connection
 1606 King St.
 Alexandria VA 22314
 Call: 703-778-9410.
 By e-mail:
info@connectionnewspapers.com

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com. Deadline is Friday.

TUESDAY/OCT. 6

The annual meeting of the Greater Reston Arts Center, 6:30 p.m. GRACE is located at 12001 Market St #103 Reston VA 20190 - 703-471-9242. www.restonarts.org
Reston Garden Club will hold its meeting at the Lake Anne Community Center at 1 p.m. Members and guests are welcome to attend. The speaker, Chris Raney of the Washington Daffodil Society, will talk on "Daffodil Care and Culture." The club will also sell bulbs at the meeting. For more information visit www.restongardenclub.org.

WEDNESDAY/OCT. 7

USGS Public Lecture Series: Out of Africa—Dust in the Wind, by Ginger Garrison. 7 p.m. at the U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Federal facility; photo identification required. Every year, billions of tons of fine desert dust from the Saharan Desert are transported thousands of miles through the atmosphere. What biological and chemical contaminants are hitch-hiking with the dust and how might downwind ecosystems such as coral reefs and human health be affected? 703-648-4333.

THURSDAY/OCT. 8

The Lupus Foundation of America Greater Washington Chapter (LWVFA) Support Group. 12 p.m. Reston Hospital Center, The West Wing Conference Room A, 1850 Town Center Parkway, Reston. Free. Cyndee Hochstrasser, 703-689-9240. www.lupusgw.org
League of Women Voters of the Fairfax Area (LWVFA) October Meeting: A Look at Issues Critical to Democracy. 9:30 a.m. The League will be discussing its partnership with the U.S. Census Bureau. Materials will be on hand to suggest ways to reach out to Hard to Count Populations. 11908 Paradise Lane, Herndon. Charleen, 703-620-3593.

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Justin Fanizzi
Editorial Assistant
703-224-3032
jfanizzi@connectionnewspapers.com

Mike DiCicco
Community Reporter
703-778-9441
mdicicco@connectionnewspapers.com

Julia O'Donoghue
Education & Politics
703-778-9436
jodonoghue@connectionnewspapers.com

Ken Moore
Courts & Projects
kmoore@connectionnewspapers.com

Rich Sanders
Sports Editor
703-224-3031
rsanders@connectionnewspapers.com

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Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Michael O'Connell, Kemal Kurspahic
Photography:
Robbie Hammer, Louise Krafft, Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong, John Heinly, Wayne Shipp, John Smith
Production Manager:
Jean Card

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

CONNECTION NEWSPAPERS, L.L.C.
Peter Labovitz
President/CEO
Mary Kimm
Publisher/Chief Operating Officer
703-778-9433
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales, 703-778-9444
debfunk@connectionnewspapers.com

Arrests Made in 2008 Homicide

On Monday, Sept. 21, Michael Thomas, 27, of the 5200 block of Newton St., Bladensburg, Md., was arrested and charged with murder. Thomas agreed to meet with detectives at the Mason District Police Station, where he was taken into custody.

On Tuesday, Sept. 22, Marcus Williams, 28, was taken into custody in Sterling Heights, Mich., and charged with murder. Williams was apprehended with the assistance of the U.S. Marshals Task Force (Detroit Fugitive Apprehension Team). The arrests are related to the murder of Erika Yancey, 22, who died from stab wounds to her upper body in November last year.

An alert patrol officer located Yancey's vehicle around 2 a.m. on Wednesday, Nov. 19, in the 13000 block of Sunrise Valley Drive. The officer also located the body of a deceased adult female inside. Detectives from the Criminal Investigations Bureau and Crime Scene responded to the scene.

Herndon High's Homecoming Parade

Herndon High School's Homecoming Parade is set to take place Saturday, Oct. 3 with a theme of Children's Playtime. The Parade will start at 9:30 a.m. at the intersection of Sterling Road and Elden Street, proceeding down Elden Street to left on Lynn Street, ending at Center Street. The Review stand will be on Lynn Street at Town Hall Square, where Police Chief Summers and Herndon Town Council will serve as Judges. There are 50 units with over 1,500 participants from the area schools, civic organizations, and area businesses. Units will be judged in five categories: Civic, Performing Arts, School, Show, and Herndon High School Class Floats. There are two overall awards, the Richard F. Downer Theme Award and Major Robert E. Church Award for Best in Parade.

Finalists Announced In Portrait Competition

ArtSpace Herndon and the Council for the Arts of Herndon have announced the finalists for the "Expressions" Portrait Competition. "The Competition was designed to showcase and promote the work of local portraitists residing in Virginia, Maryland and the District of Columbia. We are very excited to exhibit the work of so many talented artists from our region," said Robin Carroll, president of ArtSpace Herndon Gallery.

Twenty-four finalists were selected to exhibit in a month-long show at ArtSpace Herndon Gallery by jurors Henry Wingate, portrait artist from Front Royal, Va. (<http://henrywingate.com>), and Gail Roberts, owner and director of Ayr Hill Gallery in Vienna (www.ayrhillgallery.com).

Cash Prizes will be awarded during the competition's reception on Oct. 3, which starts at 7 p.m. The public is invited to the reception and admittance is free. Local artist Robert Johnson of Vienna (www.robertjohnsonart.com) will be judging the finalists for the awards.

Finalists and award winners will be on exhibit through Oct. 25, 2009 at ArtSpace Herndon, 750 Center St., Herndon.

Must See to Appreciate Check Out These Open Houses on October 3 & 4



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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses visit www.ConnectionNewspapers.com, click the Real Estate links on the right side.



Call Specific Agents to Confirm Dates & Times.



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11050 Birdfoot Lane.....\$1,150,000.....Sun 1-4.....Avery Hess.....Sonya Davis.....703-850-1156

HERNDON

3109 Pine Oaks Way.....\$1,199,000.....Sun1-4.....Weichert.....Pat Stack.....703-597-9373

McLEAN

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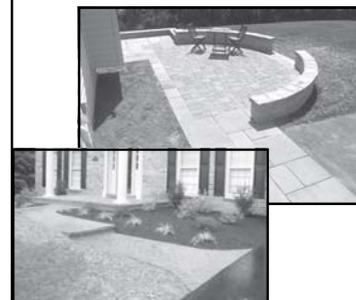
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Herndon High School Hosts 'Biggest Band Event'

More than 160 parent volunteers involved.

By JANELLE L. PLUMMER
THE CONNECTION

More than 32 high school bands from Maryland and Virginia gathered on Saturday, Sept. 26 for Virginia's 13 Showcase of Bands and the United States Scholastic Band Association Virginia Regional at Herndon High School. Kathleen Schoelwer, Herndon High School's band director, said students practiced for several months and attended band camp over the summer.

Students had to learn music and marching band drills to be prepared for many of the schools' first band competition of the year.

"It's an entire community effort,"



South Lakes High School band of prepares for their performance at the 13th Virginia's Showcase of Bands at Herndon High School.

Schoelwer said. "It's the biggest band event in Virginia."

Schoelwer said many of the bands that participated are from Fairfax County Public Schools. She said they had bands to compete as far as New York and the event includes nine hours worth of performing bands.

"The audience only sees a tip of the iceberg," Schoelwer said.

Cara Buchanan, a HHS band member, said a lot of preparation goes into a performance. "It's exciting to see the other bands play," Buchanan said. "It's kind of like a rivalry."

Meghan Benson, the band director at Fairfax High School, said they have been preparing for the competition for at least four months.

"This is our first competition this

year," she said. "So, for the freshman this is something new and exciting."

Benson said the band does not have uniforms because they were destroyed in a flood at the school in January.

"They're going to do just fine," she said.

Despite all the long hours of preparation, Schoelwer said each band only performs for eight minutes.

"It's a very early competition for many bands," she said.

Some of the bands that performed were: South Lakes High School, James Madison High School, McLean High School, Westfield High School and others.

Schoelwer said more than 160 parent volunteers assisted with the band event.

Delegate Runs for New Term

FROM PAGE 3

enue source.

In many ways, raising a statewide tax is not advantageous to Northern Virginians because the new revenue would automatically go through a statewide funding formula, which favors rural parts of the state over the populous areas.

As with most statewide taxes, it is likely that people in Northern Virginia would contribute a much larger share of the new statewide revenue source than its residents would receive back in transportation funding, said Rust.

"This has always been framed as Republican versus Democrat issue but really it is an urban and suburban district versus rural district issue," he said.

EVEN THOUGH Rust crosses party lines occasionally, he also takes on several issues that are traditionally aligned with the Republican Party. The delegate's policy agenda still leans to the right-of-center, according to Richmond Sunlight, www.richmondsonlight.com, a nonpartisan Web site that tracks the legislative habits of General Assembly members.

Rust has introduced a handful of bills over the last two years aimed at addressing issues associated with illegal immigrants, which is often a hot-button issue for conservatives.

The delegate has tried to increase punishment for people who are caught driving without a license, which is a common violation for illegal immigrants. Those who are not legal residents of the United States are not allowed to acquire a Virginia driver's license in the first place.

Rust has also introduced legislation that requires law enforcement officers to check for a person's immigration status automatically if they are arrested. If they are not in the country legally, the delegate suggests that they should not be allowed to post bail.

The Republican said there is very little else

the General Assembly can do to address illegal immigration and problems associated with it, since several federal laws prevent them from taking more action.

"That is a tough, tough issue. We have probably done all we can do. The state laws preempt the federal laws on illegal aliens," said Rust.

DEMOCRATS also say that Rust acts in a partisan fashion and votes with the Republican majority more often than he would like to admit.

"Even though [Fairfax's Republican delegates] talk well up here about Northern Virginia issues, the fact is that they vote with the Republican block. They constantly vote with that conservative block that doesn't represent Northern Virginia," said Mary Ann Hovis, an Oakton resident who is chair of the Fairfax County Democratic Committee.

Del. Ken Plum (D-36), who represents Reston and part of Oak Hill, said the House Republican caucus self-imposed rules are a large part of the problem.

Plum, who is chair of the House Democratic caucus, said the Republican House leadership forces all of their caucus members to vote as a block.

"The block rules mean that otherwise good people that might be of a more moderate stance have to go along with the more conservative perspective of the majority," he said.

RUST disagreed with Plum's assessment of the situation and said he has proven time and again that he is willing to break with the majority of Republicans.

"Ask him how I voted [on Warner's budget] in 2004. Ask him who was the only person to vote with the Democrats [on transportation] in 2008," said Rust.

The delegate added that he has been endorsed by a number of nonpartisan groups, including the Fairfax Chamber of Commerce and the Virginia Education Association, which represents public school teachers.

When it appeared Virginia was going to have to add the 86th District after the 2000 census, both Democrats and Republicans approached Rust to run for the new seat, he said. At the time, the delegate was serving as mayor of the Town of Herndon, a non-partisan position he held from 1976 to 1984 and from 1990 to 2001.

"[Being mayor of Herndon] probably helped me form my political philosophy, which is pragmatic," said Rust.

The Republican, who works as a civil engineer, said his professional background is responsible for his practical approach.

"Engineers are facts and figures types of people. We are used to solving problems," he said.

IN ORDER to be successful in the 86th District as a Republican, Rust may not have the option of voting the straight party ticket.

During the same election cycle four years ago, Rust did not have a Democratic opponent but all the Republicans on the statewide ticket lost to Democratic candidates in his delegate district.

Rust also had a fairly close re-election campaign two years ago, when he beat Democratic candidate Jay Donahue 52.8 percent to 47.1 percent.

But the 2007 election also proved that Rust is a formidable opponent. In an election cycle when several local Republican officials lost their seats, Rust was still able to win his district by six points, even though his constituents tended to favor voting for Democrats overall.

Rust said his constituents are more interested in voting for the particular candidate, rather than supporting one political party's slate of candidates entirely.

"I have always had a district that has been a swing district. During my first election, Mark Warner [who was running for governor] got 63 percent of the vote in my district and I got 65 percent of the vote," said Rust.

BUT RUST IS not always among the group of Republicans that defect in the House of Delegates.

Earlier this year, the House Republicans rejected federal stimulus money offered up for unemployment relief because it would have required Virginia to extend unemployment benefits to part-time workers and people in training programs. These two groups of people have never received unemployment benefits in Virginia before, said Rust.

A few Republicans, mostly from districts with high unemployment rates in Southwest Virginia, voted with Democrats in favor of approving the unemployment program expansion. But Rust voted with the Republican majority in the House of Delegates to kill the measure.

He said he was concerned about the commonwealth's business community having to cover those two new groups of people through unemployment insurance, particularly after the federal money runs out.

"Virginia businesses testified that it would cause them to cut jobs and that unemployment insurance would double by 2011," said Rust.

He added that he did vote in favor of extending the length of time people receive unemployment benefits from 26 weeks to 72 weeks and to increase the weekly payments by \$25.

"Not a single person who is getting benefits now lost anything. Everybody who is getting something now got additional benefits," said Rust.

IN GENERAL, Rust has a track record of promoting a pro-business agenda. In the survey of business lobbyists and government officials conducted by Virginia FREE, Rust ranked second out of all 100 members of the House of Delegates for pro-business stewardship.

Among other factors, lobbyists were asked to anonymously assess which legislators could best be counted to vote in favor of

CALENDAR

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

THURSDAY/OCT. 1

Farmers' Market at Reston Town Center Pavilion. 3:30 p.m. at Reston Town Center, 11900 Market St., Reston. Locally grown fruits and vegetables, locally raised meats and poultry, bread and cheese, salsa and sausage. 703-689-4699.

Open Mic for Bands Night. 9 p.m. at Jimmy's Tavern, 697 Spring St., Old Town Herndon, on the Corner of Elden and Spring Streets. Bands will have 30 minutes to play, and must pre-sign at soulcraftmusic@yahoo.com or 703-984-9114. Walk-ins only accepted if time permits. All types of music welcomed. 703-435-5467.

Special Twos. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 2 with adult. 703-689-2700.

FRIDAY/OCT. 2

Weekend Bluegrass Concert Series with Highground. 8 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Jimmy Almarode (mandolin), Rick Altis (bass), Jeff Ritchie (banjo), Larry Taylor (guitar). \$12.

www.holycrosslutheranchurch.net.

SATURDAY/OCT. 3

The Leukemia & Lymphoma Society's (LLS) National Capital Area Chapter Reston Light The Night Walk. 5:30 p.m. at the Reston Town Center, to raise funds to cure blood cancers. LLS recommends a \$25 donation to participate. Corporate sponsorship packages also available. 703-399-2905 or www.lightthenight.org/nca.

Reston Home Expo 2009. 10 a.m.-2 p.m. at the Sheraton Reston Hotel. Free. Meet vendors from a cross-section of specialties and answer home improvement questions. 703-435-6503 or arlene@reston.org.

Dulles Day Family Festival and



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Del. Tom Rust (R-86) is seeking a fifth term in the Virginia House of Delegates.

Virginia's business community. They were also supposed to take into account whether the legislator was willing to rise above partisanship to help maintain the long-term health of Virginia's economy.

"Of the policy positions we have formally endorsed, I cannot really think of one where we have disagreed with Tom. ... He is a busi-

17th Annual Plane Pull. 11 a.m.-4 p.m. at Washington Dulles International Airport, behind Cargo Building 5. Follow signs on airport grounds to event parking. Admission and parking are free. The Plane Pull pits teams of 25 people in a game of "tug of war" against a FedEx jet. Proceeds benefit Special Olympics Virginia. Kids' Bus Pull, games and activities, live music and car show. Aircraft on display include military, civilian and World War II-era aircraft: P-51 Mustang "Quicksilver," F4U Corsair, HU-16 Albatross and A-26 Douglas Invader, KC-135R, C-160, A-10 and more. 703-359-4301 or www.planepull.com.

Herndon High School Homecoming Parade. 9:30 a.m. "Children's Playtime" floats, Herndon High School Marching Band, Girl Scout and Boy Scout troops and more. 703-810-2200 or www.visitherndon.com.

Sing-Along With Miss Belle. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Songs and hugs for everyone. Birth-5 with adult. 703-689-2700.

MONDAY/OCT. 5

Preschool Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime and activities. Age 3-5 with adult. 703-689-2700.

Kids Science. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and a science experiment. Age 5-7. 703-689-2700.

TUESDAY/OCT. 6

Colvin Run Community Center Weekly Dance. 7 p.m. at Colvin Run Schoolhouse, 10201 Colvin Run Road, Great Falls. \$10. www.colvinrun.org.

Turtle Time. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Meet a box turtle, explore the world of reptiles, and find out how you can help turtles in your neighborhood. Age 2-5 with an adult. 703-242-4020.

Literary Heroines. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Mansfield Park by Jane Austen. Adults. 703-242-4020.

Special Twos. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 2 with adult. 703-689-2700.

WEDNESDAY/OCT. 7

USGS Public Lecture Series: Out of Africa—Dust in the Wind, by Ginger Garrison. 7 p.m. at the U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Federal facility; photo identification required. Every year, billions of tons of fine desert dust from the Saharan Desert are transported thousands of miles through the atmosphere. What biological and chemical contaminants are hitch-hiking with the dust and how might downwind ecosystems such as coral reefs and human health be affected? 703-648-4333.

Mothers Goose Time. 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Songs, stories and action rhymes. Birth-23 months with adult. 703-437-8855.

Herndon Book Club. 6:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Book Discussion Group. Adults. 703-437-8855.

English Conversation Group. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for adult non-native speakers. 703-242-4020.

Student Volunteer Fair. 6:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Opportunities for community service. 703-242-4020.

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SPORTS

Herndon's Pete Sherry — Born To Run

Former professional runner is passionate about his coaching duties at Herndon High.

BY RICH SANDERS
THE CONNECTION

Pete Sherry first began running as a senior for the Horace Greely High (N.Y.) boys' cross country team in the mid-1980s. He has had a passion for running ever since.

Sherry, head coach of the Herndon High boys' and girls' cross country programs since the fall of 2005, excelled as a college runner at Georgetown University before endeavoring on a successful professional career in the sport. Over recent years, he has found his niche as a high school coach.

"People always ask me if I would ever like to coach in college, but I really like being a high school coach," said Sherry, who grew up in Chappaqua, N.Y., located just north of New York City.

Sherry, who grew up playing baseball and following the New York Yankees, found quick success as a long distance runner, nearly qualifying for states in his first season running as a high school senior. As a collegiate runner for the Hoyas, Sherry's highlights included being part of a winning 4 x 1-mile relay team at the Penn Relays in Philadelphia and taking second in the 5,000 event at the 1991 NCAA championships in Eugene, Ore. He earned All-American honors at Georgetown in both the 5,000 and 10,000 meter events.

Out of college, Sherry signed with Adidas and turned pro. From 1991 through 2004, he was considered an elite distance runner. In 2003 he finished first in the renowned Marine Corps Marathon in Arlington. He earned a third place finish in the 3,000 event at the U.S. Nationals indoor championships in 2000. In the U.S. Nationals outdoor championships, Sherry earned sixth place finishes in both the 5,000 (1991) and 10,000 (1993) races, as well as a seventh place showing in the 5,000 in 2001.

He earned a medal in the 5,000 race at the World University Games in 1991. In both 1992 and 2000, Sherry qualified to com-

pete in the 5,000 and 10,000 events at the U.S. Olympic Trials. Injuries prevented him from having a chance to participate at the Trials in both 1996 and 2004.

Sherry loved his career as a pro runner, but struggled through various injuries.

"The hardest part was staying healthy for me," said Sherry, who resides with his family in Great Falls. "It was a big commitment. It was my life. I had a dream of making the Olympics team. There was a lot of traveling and a lot of sacrifices."

FOLLOWING his running career, Sherry got into coaching. He was an assistant coach for both the McLean High cross country and track and field programs for two years beginning in 1996 before becoming head coach of the Highlanders. He moved to Herndon High in 2002 where he served as an assistant coach under former head coach Mike Mahoney (currently Herndon's director of student activities) for three years. He became the Hornets' head cross country coach in the fall of 2005. He is also currently co-head coach of the Herndon track program.

"People always ask me if I would ever like to coach in college, but I really like being a high school coach."

— Pete Sherry

He has been won over by both Herndon High and the Herndon community as a whole.

"I love the schools' administration," said Sherry. "Mike is wonderful to work for. I was surprised how tight the community and the teachers are."

Sherry's girls' cross country team captured the Northern Region title in 2007. He was an assistant when the girls took the state crown in 2003. In the spring of 2005, his



COURTESY PHOTO

Pete Sherry, Herndon High's current cross country coach, crosses the finish line to win the 2003 Marine Corps Marathon.

Herndon boys garnered third place at Penn Relays in the Championship of America distance medley relays.

Sherry is married to Faith. The couple has three daughters.

Occasionally, when he can, Sherry makes the trek up north to attend Yankees' games. Growing up, his father would take Sherry and his two brothers to Yankee Stadium. He was in attendance for the first game of the then-renovated Yankees' Stadium in 1976 and witnessed Reggie Jackson belting three home runs in one game of the 1977 World Series. Sherry, who has attended six or seven Opening Days in the Bronx, says former Yankees' first baseman Don Mattingly is his favorite all-time favorite ball player.

Sherry and his Herndon team competed at the annual Oatlands Invitational meet in Leesburg this past weekend. Upcoming meets include the League Meet on Wednesday, Sept. 30, at Lake Fairfax and the Great Meadows Invitational at The Plains on Oct. 3.

SPORTS ROUNDUPS

Our Daily Bread, Inc., a Fairfax-based non-profit organization, invites golf enthusiasts of all skill levels to enjoy a great afternoon of golf to help struggling families in Fairfax County. Our Daily Bread's Charity Golf Tournament is scheduled for 1 p.m. on Friday, Oct. 16 at the South Riding Golf Club. Individual players and teams are welcome to register. The event is sponsored by Ernie Castro of Vienna and the South Riding Golf Club. A \$125 registration fee includes a full round of golf, driving range, golf cart, hors d'oeuvres and dinner.

All proceeds from the event will benefit Our Daily Bread's food, financial assistance and financial education programs for working families in the Fairfax county area. In 2008, the non-profit organization provided nearly \$90,000 in emergency financial assistance and more than \$275,000 in food assistance in an effort to help families stay in their homes and regain their financial footing.

Our Daily Bread continues to seek sponsors for the event as well as donations of goods and items to be raffled off at the Tournament dinner. For information on registration, sponsorship and donating goods, visit www.our-daily-bread.org, call 703-273-8829 or e-mail Mike Kledzik at develop@ODBfairfax.org.

Patrick Fish, who resides in Great Falls, was recently named Academic-All American by USA Water Polo. Patrick is a goalie for the Gonzaga College High School varsity water polo team. He also plays for the Naval Academy Aquatics Club. This summer he was chosen as one of two goalies to represent the Northeast Zone at an Olympic Development Program, held in San Juan Capistrano, Calif. He also represented the Naval Academy AC in Junior Olympics, as well as at the U.S. Nationals.

The Fairfax County Youth Football League (FCYFL) has enrolled its 2,000 coaches into USA Football's Certified Coaching Education Program (CCEP). The league encompasses more than 7,200 youngsters from 380 teams throughout Fairfax County in northern Virginia. USA Football, the sport's national governing body on youth and amateur levels and the official youth football development partner of the NFL, has trained more than 20,000 youth football coaches in all 50 states since 2007. In addition, the FCYFL will employ a financial subsidy from USA Football to have gold-standard background checks conducted on league volunteers as well as to implement USA Football's Youth Football Rule Book in 2009. Fairfax County Youth Football League coaches will have completed USA Football's CCEP in order to coach on the league's sidelines this season. The online course can be found at usafootball.com.

The FCYFL is the largest youth football league in the country to employ USA Football's Youth Football Rule Book.

"Certifying our coaches raises the level of our program to new heights never experienced by our league," said FCYFL Chairman Mark Meana of Vienna. "The combination of football knowledge, practice organization, effective drills, and the cadre of resources provided by USA Football's CCEP builds confidence in our new coaches and reinforces the effectiveness of our more experienced coaches."

Youth Football League Continues

The Reston Seahawks prepare to run an offensive play against McLean in recent week one, 95-pound Central action of the Fairfax County Youth Football League. Reston won the game, 25-0. For write-ups on last Saturday's week two Reston football action, go to connectionnewspapers.com and go to either Reston or Herndon sports.



PHOTO COURTESY/RVA FOOTBALL

Residents Encouraged to Participate

FROM PAGE 3

ers, downtown businesses, and developers and landowners, were gathered by the newly formed Downtown Master Plan Steering Committee, which consists of citizens appointed by the Town Council.

Urban Design will be accompanied by subcontractors specializing in market analysis, heritage preservation and infrastructure engineering, as well as a firm contracted by the town to project traffic impacts. "So it's an interdisciplinary team able to look at this from different areas and specialties," Heiberg said.

In mid-November, the company will revisit the town and begin sketching out plans, again inviting public input. "We will be looking at drawings at that point — different scenarios, different densities and all that," Heiberg said. The plan that ultimately results from the process will include specific densities, heights, uses and other details for each block of the downtown area, so that any interested developers will know what is expected of them.

Over the last five years, three major development proposals for downtown Herndon have fallen through due to differing expectations on the part of developers, residents and officials. The master planning process, expected to take about six months, is to create a plan that is developer-friendly and eliminates ambiguities about what the community wants in a redevelopment.

The public is asked to attend Wednesday night's meeting, which is to include any town residents, landowners and business owners. "It's a chance to shape the future," Heiberg said. "It will guide development for many years, both in the short term and the long term."

— MIKE DiCICCO

SCHOOL NOTES

Fox Mill Elementary School PTA in Herndon will hold its 4th annual Mini-Walk for the Homeless on Oct. 15, in conjunction with the Fannie Mae Foundation Help the Homeless Walk in Washington, DC. The mini-walk has previously raised over \$23,000 for Reston interfaith, a non-profit organization that runs a shelter and food bank, and whose mission is to end homelessness. 703-262-2706.

Herndon High School's Class of 1979 is hosting the Classes of 1978 & 1980 for a Multi-Year Reunion on Oct. 10 at the Crowne Plaza in Tysons Corner. www.GreatReunions.com or 703-401-2500.

St. Joseph School in Herndon is inviting all 4-year-old children and their parents to an open house from 10 to 11 a.m. Oct. 22. St. Joseph School received the Blue Ribbon of Excellence in 2007 because its students scored in the top 10 percent in the nation. Parents and their children will have the opportunity to meet Principal Joan Cargill, tour the state-of-the-art facility, including new kindergarten classrooms, science lab, art lab, and inner courtyard playground. Every child will receive a special gift at the open house.

"Discordant"



By KENNETH B. LOURIE

I dreamt it. Now I have to define it. Why that word was in my head while I slept, or the context in which it appeared, I do not know (I can't recall, actually). But when I awoke, there it was, top of mind. And, so to the dictionary I went and now I know the word's meaning. As to why (its literal meaning aside) it was in my thoughts, its meaning, now defined, escapes me.

According to The American Heritage Dictionary, New College Edition, discordant is defined as 1. "Not in accord; conflicting. 2. Disagreeable in sound; harsh or dissonant." ("Dissonant?" Now I have to look that up.) "Dissonant" - "Harsh or inharmonious in sound; discordant," (among other definitions). Well, now that we've cleared that up, I can get on with this column.

Up until this column/this moment, I don't believe I have used the word "discordant" in any sentence I have ever written or spoken. Why it appeared last night, in the middle of my sleep, seems most peculiar. Perhaps it was the Chinese food that I had for dinner with my brother, Richard, before we attended evening services for Rosh Hashanah that laid the groundwork. High Holiday services will definitely cause one to consider the big picture, especially when "reading responsively" all the passages about God, life, death, prayer, self-worth, etc. characteristic of the opening of the Book of Judgement. Perhaps it was our usual discussion concerning my lung cancer diagnosis and my activities of daily living, vis-a-vis, hoping and coping, that implanted some thoughts in my subconscious.

But none of it lead to any discord, that I was aware of. We both agreed that the Chinese food was edible. Both agreed why and when to leave the Rosh Hashanah services and both agreed that we needed to get together more often. Furthermore, we both agreed that, all cancer-treatment effects considered, I looked (and I felt) pretty good. In the parking lot, we hugged, said our good-byes and off we both drove. No fuss. No muss.

Once in the car, I turned on the radio to ESPN 980 to catch the end of the Red Sox/Orioles game from Camden Yards to find out that the Sox were leading 3-1 in the eighth inning. More good news. I enjoyed listening to that broadcast for about 20 minutes, as long as it took me to drive to the Greenbelt Metro Station where I was picking up my wife, Dina, coming home from Virginia, where she had been working and acclimating to a new job; again positive all the way around, no discord or dissonance.

Now what happened on the ride home and at home once we arrived was also nothing out of the ordinary, either. There may have been a few conflicting chords plucked but not so that my mind should have searched its data base to insert a word in my subconscious to explain it, so that when I awoke I was consciously preoccupied with determining its meaning. So what does it all mean?

I know one thing it means, maybe I should just mind my own business.

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

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COMMUNITY

Learning the Two-Wheeled Commute

Second Wheel to Work Day comes to Herndon Town Green.

Herndon residents and cyclists passing through on the Washington & Old Dominion Trail got a chance to learn about local biking on Saturday, Sept. 19 at the second annual Wheel to Work Day, which took place on the Herndon Town Green.

"We had a really great turnout today," said Northern Virginia Regional Park Foundation communications specialist Jenny Hofler, noting that almost a dozen organizations set up booths that day and were visited by about 500 people.

This was the second year that the foundation, which supports the Northern Virginia Regional Park Authority, has staged the event through a grant it received to promote safety on the W&OD Trail. "It was really an event to help people route their way to and from work using the W&OD Trail,"



PHOTOS BY MIKE DICICCO/THE CONNECTION

Cyclists mill among the booths on the Herndon Town Green at the second annual Wheel to Work Day Saturday, Sept. 19.

Hofler said. She added that information was also available on trail safety, trail etiquette, bike repairs and other subjects.

The Herndon police put on a children's bike rodeo, and raffle prizes included bike tune-ups and accessories from outdoor company REI, a cycling seminar by The Bike Lane and other items.

Among the other organizations represented were the Friends of

the W&OD Trail, the Fairfax County Department of Transportation, Fairfax Advocates for Better Cycling, Herndon Parks and Recreation, the Reston Bike Club and more.

Even as the tents were coming down, cyclists passing on the W&OD were continually drawn off the path and into the Town Green by the sight of so many bikes and event-goers wearing helmets.

— MIKE DICICCO



From left, Karen Anderson, Isabel Hansen and Natalie and Kim Schauer visit the Virginia Department of Transportation booth at Wheel to Work Day.



Andy Schauer, 7, chats with Anne Mader, owner of The Bike Lane.

Herndon VFD Celebrates 80 Years

Fire department to chart its history at Sunday anniversary celebration.

Herndon's first fire station was built by members of the community and funded by local contributions, and for more than half of its history, the town's fire department was manned entirely by volunteers. The town, with help from the Herndon Dulles Visitor's Center, will commemorate that history at the Herndon Volunteer Fire Department's 80th anniversary celebration this Sunday, Oct. 4 at the firehouse on Spring Street.

The event will feature photographs, newspaper clippings, videos and other memorabilia documenting the Volunteer Fire Department's history.

A devastating fire in downtown Herndon on March 22, 1917 prompted residents to begin working to build a fire station for the town. Local churches, school groups and the Ladies Auxiliary, as well as the volunteer firefighters, began raising funds to build a



PHOTO COURTESY OF CARROL GROFF

The old Herndon Volunteer Fire Department, just a few years before the new station was built in 1950.

firehouse, and the town's fire department was chartered 12 years later, on Oct. 9, 1929. Volunteers manned the fire engines, ambulances, boats, Jeeps and other vehicles that responded to emergency calls in town until the county took over the department in 1976.

The Herndon Volunteer Fire Department is still active in raising funds to supplement equip-

ment and facility needs at the fire station. Donations made out to "Herndon Volunteer Fire Department" and mailed to 720 Lynn St., Herndon, VA 20170 will fund training materials, maintenance of the station and preservation of the history of Company 4. Donations are not required for attendance at the anniversary celebration to be held on Sunday at 2 p.m. at the Herndon Fire Station, 680 Spring St.

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