

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION  
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# On the Run

SPORTS, PAGE 12

**Herndon High's Carolyn Hennessey captured the Concorde District individual crown.**

Going to The Polls  
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Frightening Farm  
NEWS, PAGE 3

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**Alana Riso, 8, 'milks' Sadie the wooden cow. Sadie is named after a cow who used to live in nearby Floris and was once the second best milk producing cow in the world.**



PHOTOS BY  
ALEX McVEIGH/  
THE CONNECTION

## A Fright at the Farm

**Frying Pan Farm Park hosts annual 'Boo at the Farm.'**

BY ALEX McVEIGH  
THE CONNECTION

**F**rying Pan Farm Park hosted its annual "Boo at the Farm" event, allowing families to get candy, see some animals and learn about life on the farm, all while in costume.

Staffed by volunteers, mostly local students, the event allowed visitors to rotate through five different stations around the farm, each one giving them a chance to play a game, meet an animal and win candy.

"It's just some old-fashioned games and trick or treating," said Pat Beauregard, a volunteer who helps design the event. "Parents come here year after year because it's something simple, and it's not scary — we have no clowns — and fun."

At one station, children could meet some of the pigs and try to throw corncocks at a target. A successful try would result in candy. Other activities included pumpkin-bowling, pin the tail on the donkey, and bobbing for apples. They could also "milk" Sadie the wooden cow, named after a former resident of the

area that was once the second best milk producing cow in the world.

"There aren't enough activities for family interaction anymore," said Yvonne Johnson, historian at the park. "We make an effort to have those kind of activities here in a preserved rural setting."

After each group has been to each site, they all gathered in the barn to say hello to a few of the horses, and to hear a story, "Boo at the Farm," about a supposedly haunted farm.

For the volunteers at the farm, the event is a chance to get service hours, but also spend some time outdoors doing something fun.

"I like walking around with the kids, talking to parents and encouraging the kids to try the games and see the animals," said Regina Roddy, who started volunteering back in Girl Scouts.

Alison Hutzler said she just "likes seeing the kids dressed up in their costumes, they're so adorable."

Volunteer Leslie Painter brought two of her horses, dressed up as Zeus and the Cowardly Lion, to help

SEE FRIGHTENING FARM, PAGE 7



**Guests at Boo at the Farm settle in to hear a story about a possible haunting at the farm at Frying Pan Farm Park Friday.**



PHOTO BY ALEX McVEIGH/THE CONNECTION

**Voters check in at Clearview Elementary School in Herndon Tuesday.**

## Getting Out the Vote

**Herndon goes to polls to decide 10th District representative, Virginia Constitution amendments.**

BY ALEX McVEIGH  
THE CONNECTION

**H**erndon residents went to the polls Tuesday to decide who would represent them in Virginia's 10th Congressional District, Incumbent Republican Frank Wolf, Democrat Jeff Barnett or Libertarian Bill Redpath. They also voted on three possible amendments to the Virginia Constitution.

"It's always important to make active decisions as to who are legislators are," said Herndon resident Kate Fisher. "We have a chance today to know that the person we elect will make the decisions we want them to."

Being a mid-term election, the turnout wasn't quite as big as it was in 2008, when the line outside of Clearview Elementary School in Herndon was out the door, down the sidewalks and almost off school property, officials said.

But those who did show up to vote said they believed that Tuesday was a chance to help guide the nation down the right path in times of great uncertainty.

"This is a very important election. We're on the cusp of deciding which way this country

goes in the future," said Chaz Holland. "If you call yourself a citizen and don't vote, your shirking one of your principal responsibilities, and you certainly don't have room to complain about anything."

There were three initiatives involving amendments to the Virginia state constitution to be voted on as well. The first would amend Section 6 Article X of the constitution to authorize legislation that would permit localities to grant property tax relief for homeowners over the age of 65 or "permanently and totally disabled." The second would permit property tax exemption for the principal residence of a veteran or their surviving spouse if the veteran has a "100 percent service-connected permanent and total disability."

The third proposed amendment would increase the permissible size of the Revenue Stabilization Fund from 10 percent to 15 percent of the state's average annual tax revenues derived from income and retail sales for the preceding three fiscal years.

The fund is used to offset shortfalls in anticipated revenues, in order to provide a cushion in the event of an economic downturn.



PHOTO CONTRIBUTED

**Herndon Elementary students, staff and parents participate in the Herndon High School Homecoming parade Oct. 26.**

## Herndon High Jr. ROTC Places Second in Competition

The Herndon High School Navy Junior ROTC unit hosted the George Washington University Field and Academic meet on Oct. 16 at Herndon High School. Nineteen high school ROTC units competed in the competition, which was judged by the George Washington University ROTC unit.

Herndon placed second overall in the competition. The unit earned first place finishes in the push-up and trolley competitions, and third place finishes in the curl-ups and 8x200 relay competitions.

The unit was led and the event organized by instructors Richard Cassara (retired) and John Maness (retired).

## Town Vehicle Decals Must Be Displayed By Nov. 15

Town of Herndon residents are reminded that 2011 vehicle decals must be purchased and displayed by Nov. 15, 2010. Following the deadline, Herndon police will begin checking vehicles for decals and will issue tickets to owners of vehicles not in compliance with the requirement.

Decal applications have been mailed to all households. Citizens who have not received applications may contact the town's Department of Finance at [revenue@herndon-va.gov](mailto:revenue@herndon-va.gov) or 703-435-6813. Decal application forms are also available on the town's Web site at [www.herndon-va.gov](http://www.herndon-va.gov). Click on the link under "Featured this Month" on the homepage.

The town's Fiscal Year 2011 Budget increases the fees for decals as follows:

- Passenger cars and trucks 4,000 lbs. or less gross weight - \$25
- Passenger cars and trucks over 4,000 lbs in gross weight - \$32
- Motorcycles - \$12
- Small trailer/boat trailer gross weight less than 5,000 pounds - \$8
- Larger trailer/boat trailer gross weight greater than 5,000 lbs. - \$25

Military (active duty with currently military ID) - \$1  
 Transfer (sticker or receipt must be presented) - \$1  
 Completed decal applications may be mailed with check or money order to: Town of Herndon, Motor Vehicle Decal, P.O. Box 427, Herndon, VA 20172-0427. Decals also may be purchased at the Herndon Municipal Center, 777 Lynn Street, during regular business hours, 8 a.m. – 5 p.m. Monday through Friday. Additionally, decals may be purchased during extended hours on Saturday, Nov. 13, from 10 a.m. to 3 p.m.

## Keith Rocco Exhibit Opens at ArtSpace

One of the world's leading historical artists, Virginia based Keith

SEE NEWS BRIEFS, PAGE 5

# NEWS



PHOTO BY ALEX McVEIGH/THE CONNECTION

**Parents crowd the lecture hall at Herndon High School Oct. 27 to hear from a panel of students about their experiences with drugs, alcohol and other issues they face.**

# Up Close and Personal

## Students, parents discuss teen issues at Herndon High School panel.

BY ALEX McVEIGH  
THE CONNECTION

The Herndon High School Parent-Teacher-Student Association hosted the popular "Saturday Night in the Suburbs" program Oct. 27, where students and parents engaged in a frank dialogue about issues students face.

Eleven students, who only gave their first name for anonymity purposes, answered questions about alcohol, marijuana, parties, illicit text messaging and social networking among other topics.

The lecture hall at Herndon High was standing-room only for the presentation, with every seat filled, and most of the aisles filled with parents sitting in folding chair or standing.

Herndon High School Principal William Bates said he was impressed with the turnout from community parents.

"It amazes me that so many parents came out to have a dialogue about these issues," he said.

Parents submitted questions on index cards, which were then answered by any student that wanted to answer.

"I have a child coming back to public school from Catholic school, so I wanted to see what I might be getting into," said Vera Plescia.

Drugs and alcohol were among the primary topics discussed. One student said that the more they were cautioned against using substances, the more likely they would be to try it.

"We'll do it to rebel against parents, to say 'I can handle it, I'm a strong person,'" one student said. "We think to do it because we were told not to."

Lisa Lombardozi, a PTSA member who moderated the discussion, responded by asking, "Are you saying parents should not tell you not to do it?"

Another student responded, saying "just don't be too harsh, explain your point, but don't pressure us. Kids need more of a reason than just 'I told you so.'"

Several students agreed they haven't seen as much drug or alcohol use at Herndon High School as opposed to other schools. One said she works with people from other schools that "come into work high all the time."

The students agreed that alcohol and marijuana were the most used drugs. They also said that having the same facts and figures recited to them from elementary school to high school wasn't very effective.

"Hearing about that stuff is health education is kind of a joke, we hear the same thing every year, see the same facts and pictures," a student said. "At some point, you just tend to tune it out."

One student pointed to a recent assembly in which a former drug addict came and told his story, and said "that's the stuff that's effective."

One student spoke of the importance of knowing that their parents were on their side, and weren't just out to get them in trouble.

"Parents have to make sure their kids know they'll be there, not to pass judgement, but to stand by them," the student said. "It's a lot easier to talk to you when you're chill about things."

Students also cautioned parents about being over-protective or nosy, saying that just drives them further away.

"Snooping is the worst thing you can do, it breaks a trust," one student said. "Don't talk to other parents, come and ask us, we won't dodge your questions too much."

**"It amazes me that so many parents came out to have a dialogue about these issues."**

— Herndon High School Principal William Bates

SEE PANEL, PAGE 5

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# NEWS

## Panel

FROM PAGE 4

Afterwards, parents said they were impressed with the candor of the students, and most said they were more relieved than scared by what they heard.

"I was impressed that these kids had to courage to speak to us so frankly," said Alicia Schmitt, parent of a middle-schooler.

Rhonda Rubin, parent of a middle and high school student, said that she was reassured to hear that students at Herndon High School don't appear the equate substance abuse with popularity.

"They send a message that you can be popular and have a good time without doing dangerous stuff," Rubin said. "They seemed like a diverse group of students who are involved in a lot of different activities, and I didn't realize they would be that open with us."

### NEWS BRIEFS

FROM PAGE 4

Rocco, will open an exhibit at Herndon ArtSpace.

Best known for his narrative renderings of scenes from the Jamestown founding in Virginia in the 1600s through the epic American Civil War, Rocco's paintings are based on meticulous research and attention to detail.

Yet, his work's primary focus is composition and color and it is these elements which have gained him the notoriety that he enjoys among private collectors and institutions.

Combined with a passion for the subjects that he has chosen, his paintings are time machines into past events, both epic and everyday.

The opening reception will be at ArtSpace, 760 Center St., Nov. 6, from 7:30-9:30 p.m.

## Whole Pet Central Opens New Location

Whole Pet Central is owned and operated by three veteran pet industry partners – John McGeehan, Liora Robinson, and Bob Irvin – who opened their first store in Rockville, Maryland, in 2005, and their second store in Ashburn, Virginia, in 2008.

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## Be Part of the Children's Connection

Annual edition devoted to art, writing and creativity of local students.

It's a local tradition now, the annual Children's Connection. The entire edition, including the cover, is filled with the work of local children and students. Painting, drawing, sculpture, photography, and many other forms of artwork. Poetry, short stories, opinion pieces, and many other forms of writing.

Each year it comes together as alchemy, turning our newsprint pages to something golden, with the talent, insight, fresh perspective, humor and thoughtfulness of local young minds.

We have regular contributions from art teachers and writing teachers who pull together assignments from many classes. We receive individual submissions from teenagers, and the work of home-schooled students.

Some suggestions for artwork: Drawings that

represent the student's family, pets, school, friends, activities; seasonal artwork for the holidays or winter; representations of favorite things.

Some suggestions for writing: (submissions are ideally 200 words, please don't exceed 350) the most memorable things about 2010; one

### EDITORIALS

thing I would give my family that doesn't cost any money; my wish for my family or community or school or the world; descriptive poetry; my emotions in certain circumstances; brief review of a movie or book or play; or anything of your choice.

Don't be left out, the deadline is Dec. 1, 2010, for publication the last week of the year.

All submissions must be made digitally, either via email or by mailing in a disk, or by bringing in the data on some other digital media. Artwork should be photographed or

scanned in jpeg format. Writing should be submitted in a Word document saved as rich text, .rtf, or as plain txt.

Please e-mail submissions to herndon@connectionnewspapers.com. Mailed items should go to Herndon Children's Connection, 1606 King St., Alexandria, Va. 22314. E-mail questions to the same e-mail address.

## What Are You Thankful for in Herndon?

The week of Thanksgiving, the Connection will publish a collection of viewpoints about what readers appreciate. What are you thankful for? We'd love to hear from you, with submission of 200 words or less, and possibly including a photo either of you, or representing what you are thankful for.

Send your thankful notes as soon as possible to herndon@connectionnewspapers.com, but not later than Nov. 18.

Thank you.

## Check Your Child's Cholesterol

Doctors recommend early screening for obesity.

BY JASMEET KALSI,  
PHARM.D. CANDIDATE 2011

Oct. 4 was National Child Health Day. Has your child ever been screened for high cholesterol? The guidelines from the American Academy of Pediatrics (AAP) say that because of the obesity epidemic with children, screening for cholesterol should start at an early age.

The lack of exercise and poor diets can lead to high cholesterol early in life. This is why the American Academy of Pediatrics wants cholesterol screening to start at a young age. Children should be screened even if they are not overweight. They may still develop an inherited form of high cholesterol. They should also be screened even if they do not have a family history of high cholesterol. If not treated, high cholesterol can result in major heart problems later in life.

The American Academy of Pediatrics recommends to first screen children with a family history of high cholesterol after 2 years of age. Screening should be done before the age of 10. The child should be screened if the family history is not known or the child is overweight.

The best way to screen is by getting a "fasting lipid profile" done. This profile shows the "good" cholesterol called HDL and the "bad" cholesterol called LDL. If the levels are normal, then the child should be tested again after three to five years. The main treatment for overweight children is to manage their weight by starting a healthy diet and exercising.

There is a growing trend with prescribing cholesterol lowering drugs called "statins" for children as young as 10. These drugs work to lower LDL and increase HDL. Statins have only been studied for short-term use in children.

There is only one statin that is FDA approved for use in children with the inherited form of high cholesterol. It is called Pravachol (Pravastatin). A study in the medical journal called "Circulation" looked at the use of Pravachol over four years in children and adolescents. Pravachol did work well by decreasing LDL. The study also stated that there were no safety problems in terms of sexual growth or physical growth.

A study done in the Netherlands showed no side effects reported for children that used simvastatin for 28 weeks. They did mention that the study was too short to understand the long-term side effects.

Long-term safety studies have not yet been done. Only the short-term safety is known.

In recognition of National Child Health Day, parents can get started on keeping their child healthy. Here are some tips:

- ❖ Make sure your child gets a yearly physical.

- ❖ Make sure your child is staying active.

- ❖ Make sure your child has a healthy diet that will help to prevent obesity. There are many restaurants that now offer a new "healthy option" menu for children. First lady Michelle Obama has asked restaurants to do more in order to prevent obesity. She wants restaurants to have an easier menu so that parents do not have to search for healthy options.

If you are worried that getting your child screened would result in prescription treatment right away, that is not the case. Prescription treatment is usually given af-

ter trying all other methods for controlling cholesterol. Doctors are not likely to prescribe medications for children because there are limited studies on the long-term safety of them.

Getting screened can help parents make decisions about their child's health before it is too late. It will help prevent your child from developing major heart problems later. The screenings may even help prevent heart attacks from occurring in teenagehood. The changes with American Academy of Pediatrics guidelines should result in a positive outcome with the health of children.

*Jasmeet Kalsi will be graduating in May 2011 with a Doctor of Pharmacy degree from the Bernard J. Dunn School of Pharmacy at Shenandoah University. She did her undergraduate pre-requisites for pharmacy school at the University of Maryland, College Park.*

### 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: herndon@connectionnewspapers.com



**Kevin Morrow, 3, tries his hand at tossing a corncob at a target at Boo at the Farm at Frying Pan Farm Park Friday.**

PHOTOS BY ALEX McVEIGH/THE CONNECTION

# Frightening Farm

FROM PAGE 3

man one of the stations. "I didn't have the opportunity to see horses when I grew up, so I wanted to help kids take that first step, to see them up close," said Painter, who has been volunteering at the farm for more than 10 years. "They're timid at first, but once they touch the horse, they get more confident and then they get so excited."

More information about future events at Frying Pan Farm Park can be found at [www.fairfaxcounty.gov/parks/fpp](http://www.fairfaxcounty.gov/parks/fpp).



**Emma Richardson, 3, tries her hand at pumpkin bowling behind the farm house at Frying Pan Farm Park.**

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 12506 Northern Valley Ct...\$579,900...Sun 1-4...Denene Crabbs...Century 21...202-487-4949

## Great Falls

11109 Farm Rd...\$739,000...Sun 1-4...John Murray...Long & Foster...703-608-4004  
 10108 Sanders Court...\$799,000...Sun 1-4...Mimi Glasgow...Weichert...703 405 6464  
 1050 Dirksen St...\$1,199,000...Sun 1-4...Ann Romer...Weichert...703-597-4289

## Oakton

11825 Waples Mill Road...TBD...Sun 1-4...Keith Harris...Samson Properties...703-395-6601

## Vienna

1541 Northern Neck Dr #201...\$410,000...Sun 12-3...Gil Clark...Clark Select Properties...703.288.9611  
 8096 Westchester Dr...\$1,399,900...Sun 1-4...H. Lee Cronin...Weichert...703.328.6722

## McLean

1710 Forest Lane...\$889,000...Sun 1-4...Jane Price...Weichert...703-628-0470

## Falls Church

7604 Willow Point Drive...\$249,500...Sun 1-4...Kathleen Miller...Samson Properties...703-409-7637

## Sterling

110 Bickel Ct...\$239,000...Sun 1-4...Arada Suwadee Grantz...Weichert...703.863.8842  
 20502 Morningside Ter...\$335,000...Sun 1-4...John Frantz...Weichert...571.748.7630  
 20395 Marguritte Sq...\$369,900...Sat 1-4...Gus Anthony...Keller Williams...703.624.1845  
 45826 Matador Terrace...\$425,000...Sat/Sun 1-4...Diana LeFrancois...Century 21...703-930-6682  
 20389 Cottswold Ter #68...\$439,000...Sun 1-4...Shiela Cooper...Weichert...703.626.1033

**To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to [kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com) All listings due by Monday at 3 pm.**

# COMMUNITY



**On Parade** Cub Scouts from Herndon Elementary School Pack 157 march in the school's Oct. 23 Homecoming Parade.

## OBITUARY

### Carmen Leonor Rebolledo-Rinaldi Dies

Carmen Leonor Rebolledo-Rinaldi, 92, formerly of New York City, N.Y. died on Oct. 28, at her home in Herndon. She was born on July 17, 1918 in Cali, Colombia to the late Francisco and Maria Rebolledo.

Rebolledo-Rinaldi was the loving and devoted mother of Robert "Bob" Rinaldi and his wife Roberta, proud grandmother of Kara, Rachel and Leanore, great-grandmother of Lilyanna, Alana and Sophia, she was predeceased by her sisters Chila Smith and Cielo Ortiz and a brother Miguel Rebolledo.

Rebolledo-Rinaldi volunteered



**Rebolledo-Rinaldi**

for more than 10 years with the American Red Cross and for many years volunteered at the Herndon United Methodist Church. She was a giving and generous person who was devoted to helping others.

A Memorial Mass will be celebrated on Saturday, Nov. 6, at 11 a.m. at St. Joseph Catholic Church, 750 Peachtree St., Herndon. In lieu of flowers, the family suggests that memorial contributions may be made to the Susan B. Komen Breast Cancer Foundation, P.O. Box 650309, Dallas, TX 75265-0309. Arrangements were made by Adams-Green Funeral Home of Herndon.

## MILITARY NOTES

Send information to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com) or call 703-917-6437. Deadline is Thursday. Photos/artwork welcome.

**David T. Lewis**, son of Samuel R. Lewis of Oak Hill, graduated from the Army ROTC Leader Development and Assessment Course, also known as "Operation Warrior Forge," at Fort Lewis, Tacoma, Wash.

**Air Force Airman John C. Marsden** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. He is the son of Elizabeth Heath of Armada St., Herndon, and grandson of Michael Marsden Sr. of Rachel Lane, Vienna. Marsden is a 2009 graduate of Oakton High School.

**Marine Corps Pvt. Boris I. Calderon-Velasquez**, son of Ethel Velasquez and Alex A. Calderon, both of Reston, recently completed 12 weeks of

basic training at Marine Corps Recruit Depot, Parris Island, S. C.

**Air Force Airman 1st Class Phillip S. Russell** graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. Russell is a 2003 graduate of Herndon High School.

**Pfc. Sean Jeffries** of Reston has completed basic training at Marine Corps Recruit Depot, Parris Island, S.C. Jeffries successfully completed 12 weeks of training. After graduation from Parris Island, he will be at Camp Pendleton, Calif. for nine weeks of combat training. The 2007 Herndon High School graduate is the son of Alan and Leslie Jeffries.

**Navy Seaman Jose V. Lainez** of Reston recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the eight-week program, he studied classroom and practical instruction on naval

customs, first aid, firefighting, water safety and survival. Lainez is the son of Silvia A. and Cesar M. Lainez.

**Army Pvt. Colten P. Lukkarinen** has graduated from basic infantry training at Fort Benning, Columbus, Ga. During training, the soldier received training in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid and more. He is the son of Tim Lukkarinen of Thurber St. in Herndon, and a 2006 graduate of Brentsville High School in Nokesville, Va.

**Nishant Kanitker** has graduated from the Army ROTC Leader's Training Course at Fort Knox, Ky. Cadets are observed and evaluated during classroom and field training exercises to determine their officer potential in leadership abilities and skills. He is the son of Rajan and Jyoti Kanitker of Stable Brook Way, Herndon, and a 2008 graduate of Westfield High School.



The Weekend Bluegrass Concert Series at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon presents Mark Templeton and Pocket Change, 7:30 p.m. on Saturday, Nov. 6. Tickets are \$12. 703-435-8377 or [www.mtempleton.com](http://www.mtempleton.com).

## ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### WEDNESDAY/NOV. 3

**Volcanoes in America's Past, Present, & Future.** 7 p.m. at the U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. Volcanic eruptions around the world have always been a part of human history, and the American experience is no exception. This year, the USGS is launching the National Volcano Early Warning System program, which will establish monitoring networks on all hazardous U.S. volcanoes, to reduce the effects of volcanic hazards to communities, commerce, and aviation. Requests for accommodations (i.e. sign language interpreting) require two weeks notice. [jcorley@usgs.gov](mailto:jcorley@usgs.gov) or 703-648-7770.

**Paul Barrere and Fred Tackett of Little Feat.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Acoustic duo. \$25. [www.wolftrap.org](http://www.wolftrap.org).

**ESL for Jobs.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. English conversation and job skills for adults. 703-689-2700.

### FRIDAY/NOV. 4

**"Wonderful Town".** 8 p.m. at CenterStage Theater in Reston Community Center, 2310 Colts Neck Road, Reston. A musical, based on the play "My Sister Eileen". 703-476-4500 or [www.restonplayers.org](http://www.restonplayers.org).

**The Erosion of Religious Liberty**

**and Free Speech.** 8 p.m. at Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. With Jeffrey Rosen, Professor of Law at George Washington University and a noted constitutional law scholar. Part of NVHC's 8th annual Speaker Series. Free and open to the public. 703-435-1226.

**Battlefield Band.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Traditional and contemporary Scottish music. \$24. [www.wolftrap.org](http://www.wolftrap.org).

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

### FRIDAY/NOV. 5

**Lar Lubovitch Dance Company.** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Modern dance ensemble. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. \$22-\$44. Charge tickets at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**"Wonderful Town".** 8 p.m. at CenterStage Theater in Reston Community Center, 2310 Colts Neck Road, Reston. A musical, based on the play "My Sister Eileen". 703-476-4500 or [www.restonplayers.org](http://www.restonplayers.org).

**Free Friday: Think, Generate, Imagine, Form.** 5-7 p.m. at GRACE, the Greater Reston Arts Center at Reston Town Center, 12001 Market St., Suite #103, Reston. An evening of family art-making, storytelling and exploration. Free. 703-471-9242 or [www.restonarts.org](http://www.restonarts.org).

**Reston V.I.P.** 2 p.m. Reston Regional

Library, 11925 Bowman Towne Drive, Reston. Support group for people with vision loss. Adults. 703-689-2700.

### SATURDAY/NOV. 6

**Weekend Bluegrass Concert Series: Mark Templeton and Pocket Change.** 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Tickets \$12. 703-435-8377 or [www.mtempleton.com](http://www.mtempleton.com).

**BBC Concert Orchestra under Principal Conductor Keith Lockhart.** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Balakirev's Overture on Three Russian Folk Songs; Prokofiev's "Classical" Symphony No. 1, Op. 25; and Stravinsky's "The Firebird Suite" (1919 version). Pianist Ilya Yakushev performs Rachmaninoff's Piano Concerto No. 2, Op. 18. A pre-performance discussion, free to ticket holders, begins at 7:15 p.m. on the Center's Grand Tier III. \$30-\$60. Charge tickets at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**7th Annual Home 4 the Holidays Pet Adoption Event.** 11 a.m.-4 p.m. at Reston Town Center, Reston. More than forty all-breed and purebred dog rescue organizations with adoptable dogs. [Info@GoodDogz.org](mailto:Info@GoodDogz.org).

**Sixth Annual Fairfax County History Conference.** 8:30 a.m.-3 p.m. at James Lee Community Center, 2855 Annandale Road, Falls Church. Local authors and historians, history groups' plans for 2010-2011, Civil War Sesquicentennial programs, exhibits, lectures and more. \$20. Pre-registration required with Michelle Alexander, Resource Management

SEE ENTERTAINMENT, PAGE 10

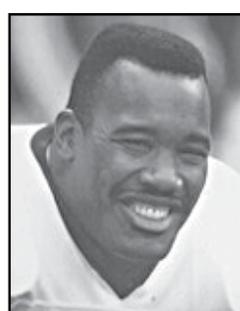


## GRAND OPENING CELEBRATION!

**Date: Sat. Nov 6**  
**Time: 1pm-4pm**  
**Place: The Music Loft**

**1141 Elden Street Herndon, VA 20170**  
**(703)-956-6563**

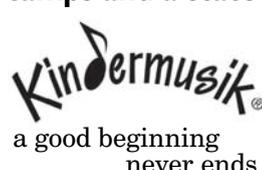
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Charles Mann**

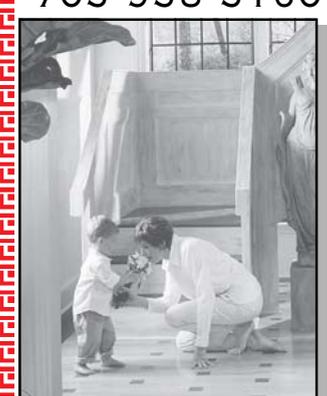
The Music Loft offers private and group instruction, instrument rentals, books and accessories, Kindermusik, ensemble coaching, recitals, camps and a state of the art recording studio.




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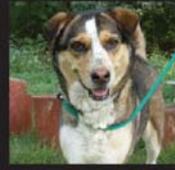


Friends of Homeless Animals is a non-profit, no-kill shelter that focuses on the rescue and placement of homeless dogs and cats.

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Come out to see some of our dogs at Home 4 the Holidays Saturday, Nov 6 at Reston Town Center









**Friends of Homeless Animals**

[www.foha.org](http://www.foha.org)

# ENTERTAINMENT

FROM PAGE 9

Division, 12055 Government Center Parkway, Suite 936, Fairfax 22035-1118. Contact Lynn Garvey-Hodge, 703-322-1811 or lghassoc@erols.com.

**José María Vitier's Misa Cubana and Ave María por Cuba.** 7:30 p.m. St. John Neumann Church, 11900 Lawyers Road, Reston. With the Voce Chamber Singers and Dr. Kenneth Nafziger, Artistic Director. \$30 adults, \$25 for age 65+ and \$15 age 24 and under, available at [www.voce.org/tickets](http://www.voce.org/tickets). 703-277-7772.

**Artist's Reception for Keith Rocco.** 7:30 p.m. ArtSpace Herndon, 750 Center St. in Herndon. Rocco's historical art in "Capturing the Past" focuses on common soldiers and events from Jamestown to the Napoleonic Wars. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

**The Nields with Sweet Remains.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Folk/rock and an acoustic trio. [www.wolftrap.org](http://www.wolftrap.org).

## SUNDAY/NOV. 7

**Keyboard Conversations with Jeffrey Siegel.** 7 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Performance of Robert Schumann works. With a free Young Artists Musicales at 6 p.m. in the Concert Hall lobby, with piano students, grades 3-12, and winners of the Northern Virginia Music Teachers Association Honors Recitals. \$19-\$38, youth through grade 12 half-price. Charge tickets at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**The Wiggles Wiggly Circus Live.** 2 p.m. at George Mason University

Patriot Center, 4500 University Drive, Fairfax. Join The Wiggles, Captain Feathersword, Dorothy the Dinosaur, Henry the Octopus, Wags the Dog and all the Wiggly Dancers. \$15-\$76, available at [www.ticketmaster.com](http://www.ticketmaster.com) or 703-573-SEAT.

**Organ Recital with Andrew M. Dobos.** Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Free and open to the public. 703-759-6068.

**José María Vitier's Misa Cubana and Ave María por Cuba.** 4 p.m. CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. With the Voce Chamber Singers and Dr. Kenneth Nafziger, Artistic Director. \$30 adults, \$25 for age 65+ and \$15 age 24 and under, available at [www.voce.org/tickets](http://www.voce.org/tickets). 703-277-7772.

## MONDAY/NOV. 8

**Furry Fun.** 10 a.m. Walker Nature Education Center, 11450 Glade Drive, Reston. \$5 per child RA members, \$8 per child non-members. Meet Earl the Squirrel. For ages 18 - 35 months. Reserve at 703-476-9689 or [naturecenter@reston.org](mailto:naturecenter@reston.org).

**Crepuscular Creatures.** 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Animals that are mostly active at dawn and dusk, such as deer and rabbits, are called crepuscular. 703-689-2700.

## TUESDAY/NOV. 9

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 13-23 months with adult. 703-689-2700.

**ESL Advanced.** 10:30 a.m. Reston Regional Library, 11925 Bowman

Towne Drive, Reston. Practice English in a group with a volunteer facilitator. Adults. 703-689-2700.

**Read to the Dog.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Bring a book or choose from the library. Age 6-12. 703-689-2700.

## WEDNESDAY/NOV. 10

**ESL for Jobs.** 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. English conversation and job skills for adults. 703-689-2700.

## FRIDAY/NOV. 12

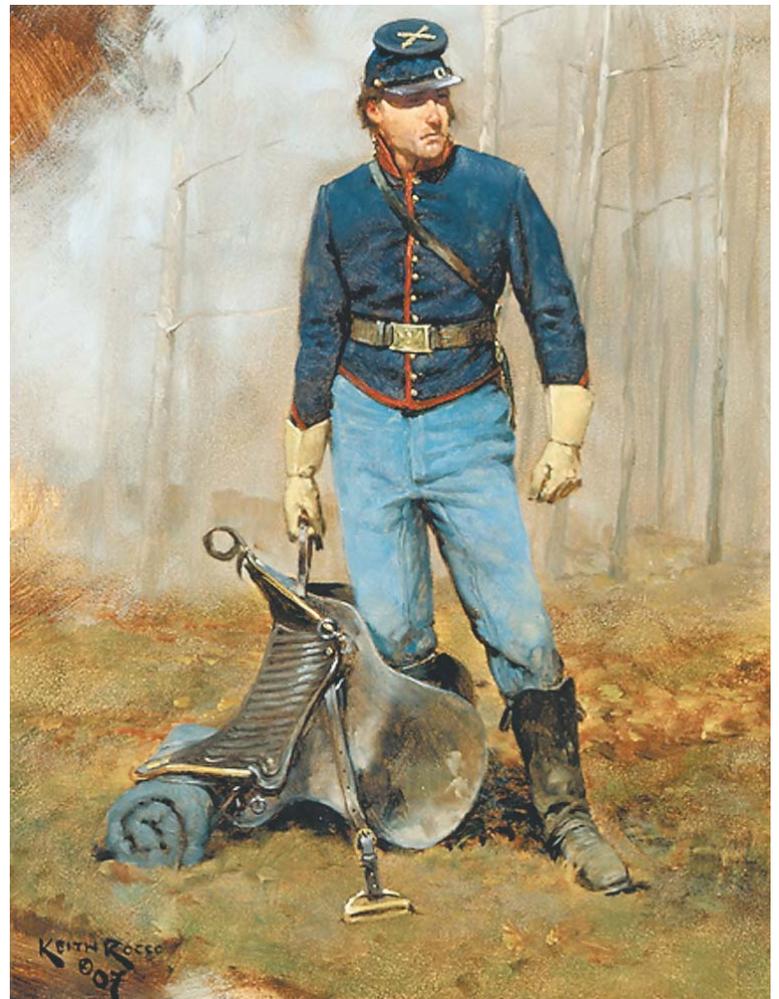
**Bluegrass Duo Dailey & Vincent.** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. \$20-\$48, half price for youth through grade 12 when accompanied by an adult. A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Charge at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**"Fiddler on the Roof."** 7:30 p.m. at Herndon High School, 700 Bennett St., Herndon. Tickets \$10. [www.herndon-drama.org](http://www.herndon-drama.org).

## SATURDAY/NOV. 13

**7th Annual Reston Epilepsy Awareness Stroll and Silent Auction.** 9:30 a.m. at South Lakes High School Track and Cafeteria, 11400 S. Lakes Drive. Sponsored by the Epilepsy Foundation of Va. [dadouglass1@verizon.net](mailto:dadouglass1@verizon.net) or 703-391-1787.

SEE ENTERTAINMENT, PAGE 11



ArtSpace Herndon, 750 Center St. in Herndon, will hold a reception and exhibition opening of historical art by Keith Rocco in the Post Gallery, 7:30 p.m. Saturday, Nov. 6. Rocco's works in "Capturing the Past" focus on common soldiers and events from Jamestown to the Napoleonic Wars. The exhibition continues through Dec. 1. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

# TAILS ARE WAGGING

## GRAND OPENING FREE-FUR-ALL!

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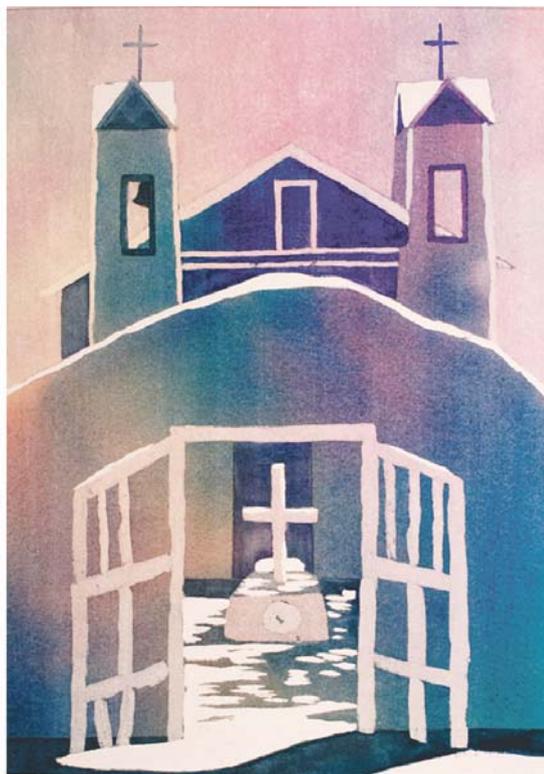
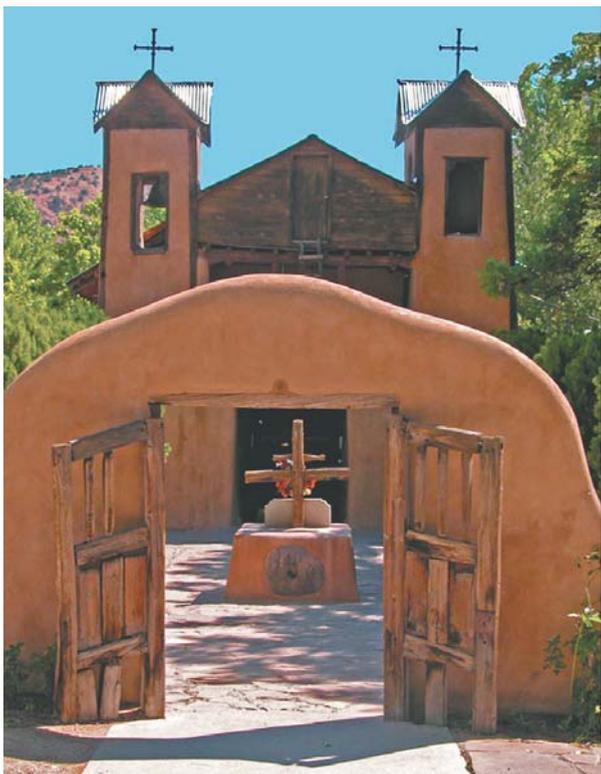
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# ENTERTAINMENT



**'Travels with Camera and Brush' is an exhibition by photographer Frank Mertes and watercolor artist Corinne Mertes, on display Nov. 2-29 at the Reston Community Center at Hunters Woods, 2310 Colts Neck Road, Reston. The show features interpretations of the same scene in the two different mediums, as well as individual works by each artist. 703-476-4500 or watercolorsbycorinne.photoshop.com.**

FROM PAGE 10

**Family Friendly Irish Set & Ceili Community Dance.** 7 p.m. at Frying Pan Park Visitors Center, 2739 West Ox Road, Herndon. Live music by the Bogwanderers Ceili Band & Friends. \$12-\$35. www.ccepotomac.org or 703-521-4340.

**Bayanihan Philippine National Dance Company.** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Folk dances that embody the country's diverse indigenous Chinese, Spanish and Middle Eastern cultures. Pre-performance discussions, free to ticket holders, begin 45 minutes prior to the performance on the Center's Grand Tier III. Tickets \$26-\$42. Youth through grade 12, half price when accompanied by an adult. cfa.gmu.edu.

**Dance to Music of the June Apple Band.** Reston Community Center, 2310 Colts Neck Rd., Reston. With caller Greg Frock. Free beginners' workshop 7:15-8 p.m., dance 8-10:45 p.m. \$8. Bring snack to share, nonalcoholic drinks provided. Partner not necessary. 703-476-4500.

**"Fiddler on the Roof."** 7:30 p.m. at Herndon High School, 700 Bennett St., Herndon. Tickets \$10. www.herndonrama.org.

## SUNDAY/NOV. 14

**Bayanihan Philippine National Dance Company.** 4 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Folk dances that embody the country's diverse indigenous Chinese, Spanish and Middle Eastern cultures. Pre-performance discussions, free to ticket holders, begin 45 minutes prior to the performance on the Center's Grand Tier III. Tickets \$26-\$42. Youth through grade 12, half price when accompanied by an adult. cfa.gmu.edu.

**"Fiddler on the Roof."** 2 p.m. at Herndon High School, 700 Bennett St., Herndon. Tickets \$10. www.herndonrama.org.

**Gifts for Birds.** 2 p.m. Walker Nature Education Center, 11450 Glade Drive, Reston. Learn which birds are using the nature center feeders and

how to participate in the upcoming Project Feeder Watch. Make a bird feeder. \$5 RA members, \$8 non-members. Reserve at 703-476-9689 or naturecenter@reston.org.

## MONDAY/NOV. 15

**Paint Your own Pottery.** 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Paint a lunch plate in a Thanksgiving theme. Fired and glazed plates will be returned to the library one week later. 703-689-2700.

## TUESDAY/NOV. 16

**All-Ages Potter Party.** 7 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Snacks, games, and activities to celebrate the release of the seventh Harry Potter movie. Costumes welcome. All ages. Register at 703-437-8855.

**ESL Advanced.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Practice English in a group with a volunteer facilitator. Adults. 703-689-2700.

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

**Long-Distance Caregiving.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Strategies to help manage long-distance caregiving. 703-689-2700.

## WEDNESDAY/NOV. 17

**Baby Music.** 10:30 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Learn, socialize and develop through music and play. 703-437-8855.

**"Fall"ing For Great Stories.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Winter stories and frosty tales. All ages. 703-689-2700.

## THURSDAY/NOV. 18

**Terrific Twos.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime. Age 2 with adult. 703-689-2700.

## FRIDAY/NOV. 19

**"A Midsummer Night's Dream".** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Shakespeare's comedy, presented by Aquila Theatre of New York City. Tickets \$17-\$34. Charge at 888-945-2468 or cfa.gmu.edu.

## SATURDAY/NOV. 20

**Be A Weed Warrior.** 10 a.m.-12 p.m. Meet at the Glade Pool Parking lot at the corner of Glade and Soapstone, Reston. Help remove English Ivy that is taking over the natural area to give native plants a chance to thrive. habrock@reston.org or 703-435-7986.

## SUNDAY/NOV. 21

**Arts & Crafts Fair.** 2-4 p.m. at Tall Oaks Assisted Living, 12052 N. Shore Drive, Reston.

Featuring local artists. Open to the community. 703-834-3630 or jjackson@talloaksal.com.

**New Orleans Nights with Allen Toussaint, Nicholas Payton and the Joe Krown Trio.** 7 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Tickets \$22-44, \$36, youth through grade 12 half price when accompanied by an adult. Charge at 888-945-2468 or cfa.gmu.edu.

## MONDAY/NOV. 22

**Thanksgiving Preschool Storytime.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Storytime featuring songs, rhymes and stories about giving thanks. 703-437-8855. Age 2-5 with adult.

**Regional Library,** 11925 Bowman Towne Drive, Reston. Explore scientific topics through activities. Age 6-8. 703-689-2700.

## TUESDAY/NOV. 23

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 13-23 months with adult. 703-689-2700.

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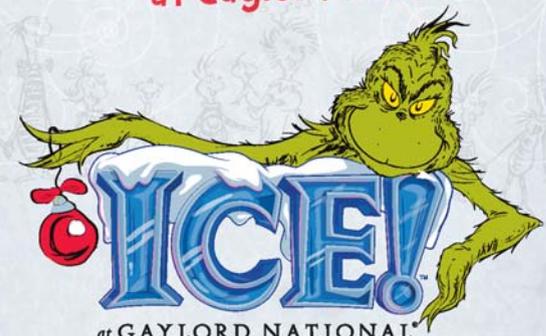


Every year between Christmas and New Year's, The Oak Hill/Herndon Connection turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

E-mail to: herndon@connectionnews papers.com, or mail (.jpg and text files on disc only) by Dec. 1, to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.

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# Seahawk Boys Soar to Top of Liberty

Herndon, Oakton teams fare well at Concorde Districts.

BY RICH SANDERS  
THE CONNECTION

**T**he South Lakes High boys' cross country team has been making its presence quite known for the past several years as one of the better teams in the Liberty District. Last week, the Seahawks ascended to the top of the district when they captured first place at the district championships.

South Lakes, under third year head coach Kevin Donovan, finished third at districts in 2008 and second place last year (2009), its best finish at the postseason meet since 2001. This fall, it was the Seahawks' time to shine as the district frontrunners.

South Lakes came up big with an outstanding showing at districts, which took place last Wednesday afternoon, Oct. 27 on the hilly, 2.98-mile Burke Lake course. The Seahawks (30 points) bested runner-up Jefferson (43), last year's district champion, to capture the crown.

South Lakes will next compete at the 16-team Northern Region Championships at Burke Lake Park on Thursday, Nov. 4, at 3:15 p.m.

The top four teams at the Liberty District meet earned automatic bids to regionals. Along with South Lakes and Jefferson, the other two boys' teams to qualify for regionals were Madison High (95) and Stone Bridge (119), who finished third and fourth, respectively.

South Lakes' top five runners — all seniors — all finished within the top 15 to earn individual medals. Four Seahawk team members, in fact, finished among the top six.

Will Sickenberger, with a time of 15 minutes, 57 seconds, was second overall, while teammates Nick Guarnaccia (16:01) and Austin Leggett (16:02) finished third and fourth, respectively. Alex Clough (16:23) was fifth place and Kevin Muir (16:39) was 15th. Also for the Seahawks, Andy Reinhold was 20th overall.

The individual race champion was Jefferson's Jonathan Phillips (15:46).

It was a remarkable team effort by the Seahawks.

"I'm thrilled with our win," said Coach Donovan. "It was the culmination of four years of hard work, three with me. One of the keys for our team was that we ran well as a pack, with our first five runners in the top 15 finishers. The first goal that our team



PHOTO BY CRAIG STERBUZEL/THE CONNECTION

South Lakes' top finisher at districts was Will Sickenberger, far right, who finished second overall to Jefferson's Jonathan Phillips, left. In the middle is South Lakes' Austin Leggett, who finished fourth overall.

**"I'm thrilled with our win. It was the culmination of four years of hard work."**

— South Lakes Coach Kevin Donovan

set this year was to win the district. With that accomplished, our next goal is to advance to the state championship and we are excited to get that opportunity this week."

The top four-team finishers at regionals will advance to the upcoming Virginia State AAA Championships. Last year, South Lakes, at regionals, finished ninth overall.

Donovan said his boys' team members have worked hard year round to better themselves both as individual runners and as a team.

"One of the biggest factors in the boys' development this year was the fact that they met a few times a week over the summer to do their running and hold each other accountable," he said.

The South Lakes girls finished sixth in their race of the eight-team district field. The Seahawks' top five finishers were Kelly

Jean Watkins (19th place), Virginia McGiboney (21st), Alli Carone (26th), Molly Clough (37th) and Valentina Golac (43rd).

Jefferson, Langley, Madison and McLean finished first through fourth, respectively in the girls' team standings.

The Herndon High cross country program saw both its girls' and boys' teams qualify for this week's regionals by finishing among the top four at last week's Concorde District Championships, which took place Oct. 27 at Burke Lake.

The Hornet girls finished second place overall with 62 points, behind first place Oakton (32 points). Centreville (64) and Westfield (102) finished third and fourth, respectively.

The individual district champion was Herndon's Carolyn Hennessey, who won the race with a time of 18:28. Right behind her in second place was teammate Belle Burgess (19:03). Also finishing among the leaders for Herndon was Nina Bagley (19:45). Rounding out Herndon's top five were Emily Clark (23rd) and Sarah Heuer (28th).

Oakton's top finishers were third place Hailey Dougherty, fourth place Briana

Stewart, sixth place Morgan Harwood, seventh place Morgan Bayer and 12th place Alyson Jones.

"We are happy that the girls were able to win considering the conditions," said Oakton coach Alisa Byers, of the day's races, which took place on wet grounds due to earlier rain. "We've run as a pack all season, but we'll have to run tighter and faster at the regional meet if we want to make it out [and on to states]."

The Herndon boys (67) took third place, behind champion Robinson (54) and second place Oakton (66). Chantilly (81) earned a region seeding by finishing fourth.

Herndon's Troy Hunsaker finished second overall with a time of 16:05, behind first place finisher Sean McGorty (15:42) of Chantilly. Herndon's Jimmy Luehrs (16:08) finished in third place. Other top finishers for the Hornets were Jack Belo (17th place), Harrison Murn (22nd) and Bradley Heuer (23rd).

Oakton's top finishers were fourth place Michael McNamee, 13th place Pratik Singh, 15th place Andrew Larkin, 16th place Michael Raiti and 18th place Gregory Petrunio.

**Sarah Freeman, Ian Gildea, and Hannah Glass** of Herndon High School; **Kristin Gavin and Summer Perez** of Oakton High School and **Christine Comer** of South

Lakes High School (alternate) have been selected to perform in the 2010 Virginia Honors Choir, at the Virginia Music Educators Association (VMEA) convention Nov. 20 in Norfolk.

## SCHOOL NOTES

**Elisa Becker** of Reston has been inducted into Gamma Sigma Alpha honor society at Lycoming College of Williamsport, Pa. Becker is a sophomore Spanish and international studies major.

Herndon High School students

**Patrick Miller** (viola), **Zach Ward** (string bass), **Ryan Little** (French horn) and **Caitlin Williams** (trumpet) have been named to the Senior Regional Orchestra for instrumentalists. Herndon High School students **Sean Quaresima** (trumpet), **Matt Larson**

(trombone) and **Kevin Hopkins** (oboe) have been named as alternates. Miller, Ward, Little and Williams will be auditioning for All-Virginia Band and Orchestras at JMU in February.

## SPORTS

# Herndon Volleyball Competing at Districts

## Hornets are No. 4 seed at postseason tourney.

The Herndon High girls' volleyball team concluded its regular season Thursday night, Oct. 28 with a three games to none match win over visiting non-district opponent Edison. The victory gave the Hornets (8-7) a winning record going into the start of this week's Concorde District Tournament.

Herndon, the No. 4-seed at districts, was scheduled to host No. 5 Westfield in a quarterfinals round match earlier this week on Monday, Nov. 1.

The winner of that meeting was to advance to the semifinals and also earn an automatic seeding at next week's 16-team Northern Region tournament.

Herndon High senior setter Hannah Smagh, a team tri-captain, recently earned First Team All-District recognition, as voted on by the coaches. All-District Second Team honors went to seniors Mia Chernick

(tri-captain) and Mariah Savage.

Emma Broderick, a senior tri-captain, was voted All-District Honorable Mention.

"Our team has competed well all season and proven they can compete against any team in the region," said Herndon head coach Pat Smith. "We have struggled with unforced errors all season and have lost several matches due to our own errors, not the other teams' great play. Our hope is that the team that has continued to improve all season will come together and put their best effort into the post season."

Smith said her hard-working squad never stops hustling.

"The team has shown a lot of heart and has competed against excellent teams without giving up," she said. "We have battled back from two sets down to win and I think that shows a lot of determination. Our co-captains have done a good job of setting good examples and leading the team on and off the court."

— RICH SANDERS

## Field Hockey Region Playoff Update

### Semis set to take place on Wednesday night.

The 16-team Northern Region girls' field hockey tournament was narrowed down to four teams remaining following four quarterfinals round games played on Monday, Nov. 4.

Monday's winners were McLean, South County, Lake Braddock and Oakton. The four teams were scheduled to play semifinals round games on Wednesday night, Nov. 3 at Washington-Lee High School in Arlington. The first round of four match up slated to take place was Lake Braddock, the Patriot District's No. 1 seed, versus Oakton, the No. 2 seed from the Concorde District at 6 p.m. The evening's latter game was set to match McLean, the No. 4 seed from the Liberty District, versus South County, the No. 2-seed from the Patriot District at 7:30 p.m.

The semifinals winners will meet on Thursday, Nov. 4, at 7 p.m., for the region title game, also set to take place at Washington-Lee. Both region finalists will automatically qualify for next week's eight-team

Virginia State AAA tournament in Virginia Beach.

In Monday's quarterfinals (second round) action played at West Springfield High School earlier this week, Lake Braddock (19-1 record), under coach Diane Miller, bested Chantilly (12-7), coached Ralph Chapman, 1-0 in overtime. Later that same night at the same site, McLean (12-8), coached by Summer Vanni, beat Woodson (12-6), coached by Becky Preston, 2-1, in overtime.

In a Monday quarterfinals round game played at Oakton High, the host team Cougars (11-10), under coach Kate Ruch, defeated Annandale (8-10), coached by Cindy Hook, 2-1.

In a quarterfinals game played at Fairfax High, South County (16-5), under coach Leah Conte, upended Fairfax (18-4), coached by Amber Beaudoin, 1-0.

The regionals tournament began with eight first round games on Oct. 27 at the higher seeds' site. In those games, Lake Braddock beat Washington-Lee; Chantilly beat Jefferson; Oakton beat Marshall; Annandale beat Mount Vernon; McLean beat Westfield; Woodson beat Yorktown; South County beat Edison; and Fairfax beat Centreville.

— RICH SANDERS

## SCHOOL NOTES

Reston residents **Curtis and Richard MacGregor** have successfully completed the Freedom Alliance Military Leadership Academy, a unique summer camp based on the curriculum of the U.S. Army. The two-week Academy couples an intense leadership training environment with challenging and educational experiences like a tour of the Aviation Logistics School and simulators at Fort Eustis, a Leadership Reaction Course, and land navigation and fire team tactics.

Reston residents **Kristina Biron** and **Richard MacGregor** have finished the new cadet training week with

the Virginia Tech Corps of Cadets. The corps first year starts in August with new cadet week held the week prior to the start of classes. During new cadet week, incoming students undergo a series of challenges that build character and leadership skills.

**Valerie Pratt** of Oak Hill has been appointed to the rank of first lieutenant and will perform as Plans Officer within the Air Force JROTC at Randolph-Macon Academy. The senior is the daughter of Jennifer and Douglas Pratt of Oak Hill.

**Kaitlin A. Schaal** of Herndon High School has been named as a Semifinal-

ist in the 2011 National Merit Scholarship Program.

**Nicholas Jacobs**, a senior at the University of Mary Washington, was selected as a first place winner in the "Best Undergraduate Class Paper" category of the 2010 Pi Sigma Alpha honor society essay competition for his work "Professional Reputation: Why the First Year of the American Presidency is Overstated." The essay was also a winner in the natural and social sciences category of UMW's 19th Annual Student Writing Contest. He is the son of Jake and Nancy Jacobs of Herndon, and a 2007 graduate of Herndon High School.

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## I Could Care More



By KENNETH B. LOURIE

As a stage IV lung cancer patient given a less than optimistic diagnosis/prognosis in February 2009, my view of the world and the things in it that matter – to me, has shrunk/narrowed considerably. Not that it all begins and ends with me, but I'm certainly the one most involved. As such, the relative and/or comparative significance of many things in my life has changed. In a peculiar twist of unexpected fate, this reduction has in fact simplified my life and accordingly, reduced the amount of the overall stress in that life. The net effect, I feel, especially for a cancer patient, has been: the less stress, the better. It may very well be the cause and positive effect on my body that has my oncologist characterizing my status as "partial stable remission;" a condition – and characterization – which can still change, at anytime. Ergo, the stress I do feel most.

However, as easy and much less complicated as my life has become, diagnosis to date, I do acknowledge how difficult it likely has become for my wife, Dina. She still wants to live a normal life ("normal" meaning Kenny not having cancer). She still wants things to matter. She still has hopes and dreams. Unfortunately for her, getting me to initiate/follow through – care even, about any of it, is almost impossible. It's almost as if my "caring" gene has disappeared. My explanation – and rationalization – has always been: cancer will do that. And as much as one tries and is encouraged to live that "normal" life and view the world "normally;" (not cancer-affected), a cancer diagnosis will change a few things, physically certainly, but mentally perhaps even more.

And it's not as if I'm unable to articulate my feelings concerning this 180-degree change in my priorities/areas of interest, it's more that the change is almost beyond my control. Not imperceptible, because I'm completely aware of my decision-making concerning all the things that formerly mattered in my life that now don't matter nearly so much, but it's still difficult to prevent. It's almost like having a new instinct, a knee jerk-type of mental response where I react without thinking. Although, I am thinking and still thoughtful in those responses. I'm just different now. I may look the same, sound the same, dress the same (still a point of contention), but that sameness is deceiving because I don't feel the same – in my head. And when you're terminal (or have been told you're terminal), doing things you really don't want to do, which may interest or benefit others more than it does you, becomes increasingly difficult as your original prognosis/timeline approaches. As I've been told once (heck, I've been told it a hundred times) by health care providers, friends, family and fellow cancer patient/survivors: "It's all about you, Ken." Those words resonate deeply when spoken by people working to keep you alive.

As a result, I find it increasingly challenging to prioritize things. If it's not health-related/pertaining to my treatment, its significance in my world is minimal – generally speaking. Granted, there are moments of normalcy where I'm not bogged down by the weight – and wait, of my diagnosis/prognosis, and it's better for me when I'm not bogged down by it. Still, it's hard to forget the facts.

I haven't given up hope or anything like that. All things considered, I'm doing remarkably well and will likely outlive my original diagnosis. However, it doesn't make living any easier and it doesn't help me to care about things that I don't care about any more. I wish it were different, but it's not. I don't blame myself, though. I blame the cancer. Sometimes, the side effects are worse than you anticipated.

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

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