

Reston CONNECTION

Terror Trail

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PHOTO BY ALEX McVEIGH/THE CONNECTION

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Eric O'Brien, 15, and Grace McCarthy, 15, man the "troll bridge," one of the stops along the Trick or Treat Trail.



Going to The Polls

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Touring Town Center

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New Districts Will Alter Political Layout

County could lose House seat in redistricting, likely Democratic one.

BY STEPHEN GROVES
VIRGINIA STATEHOUSE NEWS

As Virginia prepares to redraw its voting lines to match-up with the latest census numbers, the northern part of the state looks to gain a larger section in the statehouse, but what the new districts might look like remains to be seen.

As the Commonwealth has grown in the last 10 years, Northern Virginia has become the economic engine as well as most populous area. Many in the statehouse predict three or four House of Delegates seats will shift to the area.

But most of the growth has been in the outer suburbs, Loudoun and Prince William. Fairfax County could even lose a delegate seat because most of its districts are have fewer than the ideal number of residents. (See chart.)

But local lawmakers are still hopeful that the added clout overall will add influence.

"There's no question that it's going to enhance our concerns, the concerns of the region, and going to make our voice heard in the General Assembly," said Del. Bob Brink (D-48), who represents Arlington.

NORTHERN VIRGINIA lawmakers agreed they would use this louder voice to bring up transportation issues in the statehouse. Traffic has clogged the highways of northern Virginia for years.

"Every time you change one line, you have to change another."

— Sen. Mary Margaret Whipple (D-31)

Del. Mark Sickles (D-43) of Franconia said that between the Northern Virginia and the Hampton Roads area, where traffic also is a major concern, the representatives from those areas could likely outweigh the rest of the state if they allied.

Northern Virginia District Projections

The deviation from ideal indicates how much change could be required in each district.

SENATE DISTRICTS- IDEAL DISTRICT- 197,277

Senate District	Total population 2000	Estimated Total Population 2009	% Deviation from estimated ideal	Number difference from estimated ideal	Incumbent
30	174,712	196588	-0.3%	-689	Patsy Ticer (D30)
31	174,500	188293	-4.6%	-8,984	Mary Margaret Whipple (D-31)
32	177,755	184926	-6.3%	-12,351	Janet Howell (D-32)
33	262,751	302342	53.3%	105,065	Mark Herring (D-33)
34	175,317	181280	-8.1%	-15,997	Chap Petersen (D-34)
35	158,737	185573	-5.9%	-11,704	Dick Saslaw (D-35)
36	184,196	206969	4.9%	9,692	Toddy Puller (D-36)
37	221,044	192102	-2.6%	-5,175	Dave Marsden (D-37)
39	170,581	191494	-2.9%	-5,783	George Barker (D-39)

CONGRESSIONAL DISTRICTS- IDEAL DISTRICT- 717,370

Congressional District	Total population 2000	Estimated Total Population 2009	% Deviation from estimated ideal	Number difference from estimated ideal	Incumbent
8	627,849	684340	-4.6%	-33,030	Jim Moran (D)
10	792,534	850337	18.5%	132,967	Frank Wolf (R)
11	649,553	741603	3.4%	24,233	Gerry Connolly (D)

HOUSE OF DELEGATES DISTRICTS- IDEAL POPULATION- 78,911

House District	Total population 2000	Estimated Total Population 2009	% Deviation from estimated ideal	Number difference from estimated ideal	Incumbent
34	75,006	71702	-9.1%	-7,209	Barbara Comstock (R-34)
35	68,244	78086	-1.0%	-825	Mark Keam (D-35)
36	83,956	73573	-6.8%	-5,338	Ken Plum (D-36)
37	66,183	73073	-7.4%	-5,838	David Bulova (D-37)
38	68,433	73844	-6.4%	-5,067	Kaye Kory (D-38)
39	67,421	75421	-4.4%	-3,490	Vivian Watts (D-39)
40	85,006	77551	-1.7%	-1,360	Tim Hugo (R-40)
41	63,280	70393	-10.8%	-8,518	Eileen Filler-Corn (D-41)
42	65,399	75228	-4.7%	-3,683	Dave Albo (R-42)
43	82,825	73892	-6.4%	-5,019	Mark Sickles (R-43)
44	65,226	73977	-6.3%	-4,934	Scott Surovell (D-44)
45	63,856	76632	-2.9%	-2,279	David Englin (D-45)
46	73,341	75938	-3.8%	-2,973	Charniele Herring (D-46)
47	68,489	74408	-5.7%	-4,503	Patrick Hope (D-47)
48	70,999	80077	1.5%	1,166	Bob Brink (D-48)
49	66,103	77640	-1.6%	-1,271	Adam Ebbin (D-49)
53	72,521	76138	-3.5%	-2,773	Jim Scott (D-53)
67	90,871	86050	9.0%	7,139	Jim LeMunyon (R-67)
86	45,130	86876	10.1%	7,965	Tom Rust (R-86)

SOURCE: Virginia Division of Legislative Services, compiled by Virginia Statehouse News.

Education funding was another concern on which lawmakers said they could use their weight.

"Northern Virginia is the economic engine of the state and deserves more resource allocation," Brink said.

In the last decade, Virginia's population has grown 11.4 percent to about 7.8 million people. Most of the growth has been in the metropolitan areas, while rural areas and small towns have seen fewer people living there.

The largest growth has been in the areas around Washington. Loudoun and Prince William counties both gained more than 100,000 people. Alexandria grew modestly from 128,000 to 150,000 in the last decade. Fairfax County also saw a jump of about 63,000 people.

"We know there's a lot of population growth ... so there's going to be a lot of changes," said state Sen. Mary Margaret Whipple (D-31) of Arlington.

While some areas of Northern Virginia such as Alexandria and Mount Vernon have had steady population growth that puts

those districts close to the estimated ideal for a House or Senate district, they could still see some change.

"Every time you change one line, you have to change another," Whipple said.

But for the first time in the modern history of redistricting, the General Assembly is split between a Republican House and Democratic Senate. Also only 59 of the 140 lawmakers in the statehouse served during the 2001 redistricting. Throw in a Republican governor who has veto power to amend the redistricting, and it's "a big monkey-wrench," said Michael McDonald, a politics professor at George Mason and nationally recognized expert on redistricting.

To make matters worse, Virginia has the smallest time period in the nation to approve the new districts. When the latest census numbers come out in February, Virginia has less

than two months to have new districts approved. They must draw the districts 60 days before the June 2011 primary elections so the Department of Justice has time to review the districts and approve them.

What this adds up to is a "you scratch my back, I'll scratch yours" deal likely being worked out between the House and Senate, said McDonald. Each legislative body will approve the plan that the other comes up with for their districts.

INCUMBENTS will protect their districts if this system goes according to plan. But this will not leave everyone happy.

"Partisan redistricting is not good for democracy," Sickles said. In Northern Virginia, which will gain several House of Delegates seats, this could be interesting. The Republican held House might try to fit a Republican district or two into the Democrat-dominated north.

"There will be some very funny looking districts," McDonald said, suggesting that Republicans may try to draw "spoke-and-wheel" districts that start stretch out from urban centers to the suburbs.

But McDonald said parties may be able to make short-term gains by redrawing lines, but in the long run, an area gravitates to one party historically.

"I wouldn't be salivating if I was a Republican trying to draw Republican districts in Northern Virginia," he said.

For now, lawmakers are watching the series of public forums on redistricting being held around the state. And waiting for the mad dash that will fill the statehouse when census numbers are released in February.

"I wouldn't be salivating if I was a Republican trying to draw Republican districts in Northern Virginia."

— Michael McDonald, politics professor at George Mason

Get Involved

The Senate's Privileges and Elections Committee is conducting hearings across the state about legislative redistricting. The public hearing Northern Virginia is Thursday, Nov. 4, 7 p.m., Herndon Town Council Chambers, 765 Lynn St., Herndon



PHOTOS BY ALEX McVEIGH/THE CONNECTION

David Nelson, 5, explains his knowledge of owls to members of the Raptor Conservancy of Northern Virginia at the Reston Nature House's Trick or Treat Trail Saturday.

Happy Hauntings

Reston Nature House hosts Trick or Treat Trail.

BY ALEX McVEIGH
THE CONNECTION

The Walker Nature Education House in Reston celebrated Halloween with an educational, fight-filled Halloween at their annual Trick or Treat Trail on Saturday. Children dressed in costumes could hike the trail, see science experiments and play with creepy critters to their hearts' content.

The trail itself, which extended along the hiking trail behind the Nature House, featured several stops with costumed monsters delivering scares, candy and an environmentally-friendly lesson.

At one stop, the "litter bug" showed children the importance of disposing of garbage properly, and

another stop featured the "Weed Warrior," who told them how to avoid planting invasive plant species.

The various stops on the tour were manned by local high school students, who figured it would be a fun chance to serve their community.

"We get to pass out candy and invite the children to 'Dancing with the Stars,'" said Ramki Ramanarayanan, 17, referring to the final stop of the trail, a gazebo where children could dance with various "aliens." "Everyone has a lot of fun here, it's cool to be a part of it."

"It's definitely a fun way to get hours, and a cool way to spend a Saturday night," said Lena Ismail, 17.

For Grace McCarthy, 15, an aspiring actress, playing a vicious troll manning a "troll bridge" gave her a chance to flex some acting chops.

"They showed us the parts they had, and I figured

SEE HALLOWEEN FUN, PAGE 10



Grace McCarthy, 15, plays the troll as she tries to exact an 'arm and a leg' as a toll for crossing the 'troll bridge,' while Eric O'Brien, 15, instead offers them candy.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left Lilian Li, Joyce Pasternak-Hatfield, Sung In Ko, 18, Tae Yang Han, 18 and Mari Gachechiladze, 13, outside the North County Government Center, one of the polling locations in Reston.

Heading to the Polls

Reston voters make choices on 8th District representative, State Constitutional amendments.

BY ALEX McVEIGH
THE CONNECTION

Restonians came out to the polls Tuesday to vote in the 8th Congressional District race, as well as a few amendments to Virginia's Constitution. Incumbent Democrat Jim Moran was opposed by Republican candidate Patrick Murray and Independent Green Party candidate Ron Fisher.

For some voters, having a say in who is elected to public office is an integral part of what makes America a special country, particularly for those who weren't born here.

"As an immigrant who came here 15 years ago, this is one of the most beautiful things about being in America," said Lilian Li. "I treasure it greatly, it's such a privilege."

Joyce Pasternak-Hatfield called it her "civic duty, it's the only way to keep our republic."

Students from Fairfax Christian School could be found in front of the North County Government Center, one of the polling places in Reston, handing out sample ballots and other voter information. Sung In Ko, 18, has been helping out at polling locations since the presidential election of 2008.

"I treasure it greatly, it's such a privilege."

— Lilian Li

"I enjoy coming out here, meeting people, and helping them get information they need to vote," he said.

Tenth grader Mari Gachechiladze said she likes helping "to get community service hours, and it's a fun way to spend a day off from school."

There were three initiatives involving amendments to the Virginia state constitution up for vote. 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.

Reston Community Center Flyer Wins Award

The Virginia Recreation and Parks Society (VRPS) recently presented an award for the "Best Promotional Effort-Flyer" to the Reston Community Center (RCC) for its ESL Courses Brochure at its 56th Annual Conference that took place in September at the Hampton Roads Convention Center.

The ESL tri-fold highlighting the program's objectives and the provider, the United States Department of Agriculture (USDA) Graduate School, was translated into the four most common native languages of recent past participants: Chinese, Farsi, Russian and Spanish. The alternate language formats helped community members overcome language barriers, the issue the program was attempting to address, and as a result, participation jumped by 32 percent following the use of the alternative language formats.

RCC offers English as a Second Language (ESL) classes for adults and senior adults from beginning to intermediate levels of English proficiency.

The curriculum integrates elements of writing, conversation, and pronunciation.

Detectives Link Bank Robberies

Police are investigating two bank robberies that are linked to the same suspect. The first occurred in the Reston area Thursday, Oct. 21 at the Presidential Bank and the second was at the Capitol One Bank on Tuesday, Oct. 26. Detectives are talking with Loudoun County regarding similarities to a bank robbery in their jurisdiction that occurred on Wednesday, Oct. 6.

The suspect entered the Presidential Bank at 1675 Reston Parkway, implied a weapon and fled with an undisclosed amount of cash. Detectives believe the same suspect robbed the Capitol One Bank at 9883 Georgetown Pike. During this robbery, the suspect pointed a gun at tellers and demanded money. No one was injured and the suspect fled.

In both cases, the suspect was described as a white male in his late 20s. He was 5 feet 7 inches to 5 feet 9 inches tall and weighed approximately 150 to 180 pounds. He wore a black coat, black gloves, and black sunglasses.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Reston Holiday Parade Seeks Volunteers

Reston Town Center presents the 20th annual Reston Holiday Parade Friday, Nov. 26, the day after Thanksgiving, at 11 a.m. Community groups, entertainers, and businesses of all kinds from around the region are invited to participate and get involved. Neighbors, friends and families can wear costumes to march along, or by building a float for the one-hour parade. Participation is free, and registration is required by Friday, Nov. 5.

For 2010, the Reston Holiday Parade will pay tribute to the 20th anniversary of Reston Town Center, which officially opened on October 18, 1990. Participants are encouraged to get into the festive spirit and celebration of this year's theme, "Reston Town Center – Defining. Inspiring. 20 Years."

Hundreds of volunteers make this community event happen every year.

Reston Holiday Parade volunteer opportunities available include pacers, line marshals, balloon-wranglers, registration, and more. Volunteer registration forms are available at www.restontowncenter.com/events.html.

Parade guidelines, application forms, and volunteer forms are available online at www.restontowncenter.com/events.html.

For more information, contact Reston Town Center Event Manager, Billie Nicolotti, billie@myerspr.com, or call 703-476-9377.

NEWS

Touring Town Center

Reston Town Center developers host walking tour to celebrate 20th anniversary.

BY ALEX McVEIGH
THE CONNECTION

Reston residents curious about the history and development of Reston Town Center were given an opportunity to hear stories straight from the source Saturday. Hunter Richardson and Joe Ritchey, who were both involved in developing and planning Reston Town Center from the early 1980s, shared stories about the process of making Reston Town Center what it is today.

Richardson and Ritchey met more than a dozen people at the Greater Reston Arts Center to give a brief introduction to the process, and show them overhead pictures of the center.

"In 1990, people who didn't live or work here and weren't visiting a resident, you weren't coming to Reston," Richardson said. "We had to convince the D.C. Metro area to come here."

"We had to convince the D.C. Metro area to come here."

— Hunter Richardson

Richardson said that in the fall 1990, when the town center opened, it had only four or five tenants, and that they tried to make it look like a "mini Rockefeller Center" with the ice rink, and Christmas trees along the streets to hide the empty stores.

They were able to hire college students to work at the ice rink, and they used to clear the ice with a borrowed tractor with a mini-Zamboni attachment.

"It's fun to look back on now, but I remember it wasn't so fun at the time," Richardson said.

Richardson also went to great lengths to explain the attention to detail in Reston Town Center. For example, since the main road, Market Street, goes north to south, the sidewalks were laid out in rela-



From left, Hunter Richardson, one of the planners of Reston Town Center, speaks with Reston Town Center resident Brian Lester about the conception and development of Reston Town Center during a walking tour Saturday. The tour was one of several events designed to commemorate Reston Town Center's 20th anniversary.

tion to the sun's path. As the sun moves across the sky, the north side of Market Street gets the most sunlight, which is why the sidewalks on that side are twice as wide as ones on the south side. Buildings on the south side were kept lower to allow the sun to shine on the sidewalks for as long as possible.

He explained one of the reasons for the town center's success was because they planned for the evolution of the space. As more buildings were put up, surface parking was turned into multi-level parking garages.

"I didn't know that Reston Town Center was

SEE TOWN CENTER, PAGE 5



Hunter Richardson explains some of the strategies employed when designing Reston Town Center as an open-air, mixed-use urban core.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

Town Center History

FROM PAGE 4

planned in multiple phases, that was very interesting," said Helen Stiskal, who along with her husband Joe, is preparing to move to nearby Stratford House. "It was interesting to hear about what makes Reston Town Center work, and why other places haven't worked out as well."

Ritchey compared the development of Reston Town Center with that of Tysons Corner, which was built around the same time.

"Tysons planners were looking at strip malls and office centers while Hunter was looking all over the country at examples of open-air urban mixed-use," he said. "That kind of vision is just extraordinary."

Richardson said that their mantra was "Reston Town Center is everything that Tysons could have, should have, but will never be." He also said that if Tysons Corn had abandoned the idea of a conventional mall and gone for an open-air urban center, which the planning for Reston Town Center would have been very different.

"But now they're talking Metro-related development and saying that [Tysons Corner] should be more like Reston Town Center," Richardson said.

After the briefing, Richardson and Ritchey took groups on a walking tour of the town center, telling stories and pointing out how various features of Reston Town Center came to be.

They pointed out that on Democracy Drive, it was decided to have storefronts along the street, below the garage, as to add another level after the main

"But now they're talking Metro-related development and saying that [Tysons Corner] should be more like Reston Town Center."

— Hunter Richardson

drag.

"Putting stores there really changed the character of Democracy Drive, it wasn't just an alley or a road, it was another place where people could walk," Richardson said.

One of the tour goes was Brian Lester, a real estate agent who lives in the Midtown complex. He wrote a paper while in school on Reston Town Center, and interviewed Richardson for it.

"It's amazing to see the amount of risk they took on, and that the chances they took paid off so well," Lester said. "To see where it is today and how it got that way is very interesting."

The next event celebrating Reston Town Center's 20th anniversary will be Friday, Nov. 5, at the Reston Community Center Lake Anne from 7-9 p.m. Panelists Robert Goudie and Pete Otteni will discuss visions for Reston Town Center's future. For more information, call 703-709-7700, or e-mail restonmuseum@gmail.com



PHOTO BY ALEX McVEIGH/THE CONNECTION

Hunter Richardson, one of the planners of Reston Town Center, talks to a tour group about the phased development that helped make Reston Town Center so successful.

DePuy ASR Hip Replacement System Recall

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Nov 7 - IONA - The Old Brogue's own high energy pan-Celtic band

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Nov 21 - Costa, Dailey & O'Flaherty "Ireland meets Appalachia" (featuring Patrick O'Flaherty of the Poor Clares)

Nov. 28 - Moch Prydeiri - A rollicking trip to Wales & Brittany

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OPINION

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 reston@connectionnewspapers.com. Mailed items should go to Reston 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 reston@connectionnewspapers.com, but not later than Nov. 18.

Thank you.

Post-election Punditry

BY DEL. KENNETH R.
"KEN" PLUM
D-36



Results of this year's elections will be known by the time you read this column. With the extent of the unknowns and the downright craziness that has been going on this election season, I am not on Thursday of the week before the election going to predict the outcome. I can say with some sense of certainty that by the time you are reading this, there will have been a great sigh of relief that the political campaigns are finally over. And the turn-out is likely once again to have been disappointing. Absurd charges, personal attacks and unrelenting campaign ads, robo telephone call, and slick mailers and roadside signs may turn off more voters than they inform. Records amount of money topping more than \$4 billion and doubling the amount spent in any previous off-year election will have been spent.

Without knowing the vote count, I can predict that both sides will have declared victory. The political party of the president in these off-year elections historically loses seats in the House of Representatives and the Senate. These losses will be termed a victory by Republicans and the various splinter factions they represent this year. The bigger the number, the greater the victory is that will be

declared. But if Democrats do not lose the Senate or suffer a calamity in the House they will be declaring victory. Does the President move forward with an aggressive agenda or slow down in anticipation of his re-election campaign in 2012? Stick around for the speculation on this topic for many months.

Is there a better way than current political campaigning? There is an entire industry of consultants and service providers who make a living with the system as it is. They come with catchy and clever political slogans, polling results and opposition research on every facets of the opposition's life. They preach that every charge must have a response and the bantering begins. They say it is not enough to have worked hard in office; negative campaigning is necessary to point out the opponents weak spots regardless of how shallow. They charge high fees and help set up the campaign fund raising apparatus to pay their own fees. Sometimes the resulting campaigns do not resemble the candidate or the community. Too much of what happens can be predicted; voters have come to expect it.

Why do election campaigns con

SEE PLUM, PAGE 7

Master Planning Inconsistent

BY JOHN LOVAAS
RESTON IMPACT
PRODUCER/HOST



INDEPENDENT
PROGRESSIVE

Supervisor Cathy Hudgins' (D-Hunter Mill) Master Plan Task Force-Phase I, like this year's Redskins, is promising at times but mostly inconsistent. Let's look at its first 11 months. It took five months to divide into three subcommittees, one for each rail station area in the Dulles Corridor study. Later still, another was created to bring vision and coherence to an exercise lacking both.

To date, only one subcom has given the Task Force its development plan for the next 20 years — Reston Parkway-Town Center (RTC) subcommittee. This group faced complex issues, resolving some with pragmatic compromises and ignoring others. Its report reflects outsized participation by commercial developer interests. For example, it stresses the need "to incent" developers with, e.g., huge density bonuses and waivers of requirements to contribute to infrastructure to support massive new density — up to 2-1/2 times density in the urban core. Future building will

continue to favor commercial versus residential construction, resulting in more profit and more congestion. In a departure from county planning practice, the report urges excluding new residential areas from Reston (homeowners) Association in favor of RTC's corporate business-controlled association, while looking to RA to provide recreation amenities for them. As for open space, they propose less than the other station areas and they favor grassy areas suitable for pet potties rather than more creative, attractive parks suggested by residents. Lastly, the group really did not address environment factors, urban design or civic/transportation infrastructure to support proposed 90 million square feet of commercial development and possibly 15,000 more residents.

The Wiehle Avenue subcommittee report is coming mid-November. It takes a different approach, putting greater stress

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THE CONNECTION

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OPINION

Planning

FROM PAGE 6

on the workability and character of future growth. They propose a grid of streets and pedestrian/bike travelways. They favor community retail and encourage education and indoor recreational centers, for example. They are more forthright in discussing density options, and proposing positive developer contributions to making a quality, livable community rather than incentives not to do so. Despite the thoughtful overall approach, the group virtually overlooks the huge infrastructure issues that, in fact, make most of the plan a nonstarter. Intersections near the Wiehle station-to-be already are failing according to the county. The Soapstone Road link across the great gulch essential to north-south congestion relief is planned for 2035. Funding for numerous improvements essential for safety and flow is nowhere in sight as county, state and federal politicians pander to the irresponsible no-tax crowd. The committee so far chooses to ignore this crushing obstacle.

The Vision Committee, with its exceptional leadership, may be the only hope for bringing coherence, consistency and quality to this process. RTC subcom leaders have chosen to attack Vision at every opportunity, rather than working together for Reston. Next: Herndon-Monroe and Bob Simon.

Plum

FROM PAGE 6

tinue to be run the way they are? Well, they including negative campaigning that most people seem to abhor seems to work. At least that is what the consultants sell. And who is the candidate who is willing to take the risk to not run an aggressive campaign when being attacked by an opponent. Who is willing to be first to lay down the sword? To be willing to not engage in negative attacks? To be respectful of the community's environment and not put up flimsy plastic road signs in the median and on the roadsides? To be respectful of people's privacy and limit the number of telephone calls?

I greatly respect the voters of Reston for their willingness to inform themselves before voting and to vote on the basis of information rather than emotions or rumors. I have been in political life for a long time, but I have never learned to enjoy political campaigns. That's why I try to work very hard in office every year rather having crash sales campaigns in election years.



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CRIME

Activities reported by the Reston police department through Oct. 29.

BANK ROBBERY

On Thursday, Oct. 21 around 2:30 p.m., a man entered the Presidential Bank located at 1675 Reston Parkway. The man implied a weapon and demanded money. The teller turned over an undisclosed amount of cash and the suspect fled on foot. No one was injured. The suspect was described as white, in his 30s, about 5 feet 8 inches tall, 160 pounds and wearing a dark jacket with blue jeans.

BANK ROBBERY

Police are investigating two bank robberies that are linked to the same suspect. The first occurred in the Reston area on Thursday, Oct. 21 at the Presidential Bank and the second was at the Capitol One Bank on Tuesday, Oct. 26. Detectives are talking with Loudoun County regarding similarities to a bank robbery in their jurisdiction that occurred on Wednesday, Oct. 6. The suspect entered the Presidential Bank at 1675 Reston Parkway, implied a weapon and fled with an undisclosed amount of cash. Detectives believe the same suspect robbed the Capitol One Bank at 9883 Georgetown Pike. During this robbery, the suspect pointed a gun at tellers and demanded money. No one was injured and the suspect fled. In both cases, the suspect was described as a white male in his late 20s. He was 5 feet 7 inches to 5 feet 9 inches tall and weighed approximately 150 to 180 pounds. He wore a black coat, black gloves, and black sunglasses.

LARCENIES

- 2400 block of Birch Cove Road.** GPS and purse stolen from vehicle.
- 2100 block of Centreville Road.** Bicycle stolen from residence.
- 2400 block of Centreville Road.** Money stolen from business.
- 2100 block of Freda Drive.** iPod stolen from vehicle.
- 2000 block of Headlands Circle.** GPS stolen from vehicle.
- 2300 block of Hunters Woods Plaza.** Laptop stolen from vehicle.
- 2300 block of Monroe St.** Book bag and computer stolen from vehicle.
- 11700 block of Sunrise Valley Drive.** Several laptops stolen from business.
- 11800 block of Sunrise Valley Drive.** Package stolen from residence.

VEHICLE THEFTS

- 1500 block of Northgate Square.** Dodge Caravan.

Activities reported by the Fair Oaks police department through Oct. 29.

HOMICIDE/ ARREST

Police responded to the report of a shooting at a home in the 13800 block of Rembrandt Way around 3 a.m., on Friday, Oct. 22. Inside, they located the body of Kathleen Tran, 44, of the 13800 block of Rembrandt Way. Officers immediately took the victim's 43-year-old husband, of the same address, into custody. A police investigation determined this incident was domestic in nature. Tran suffered an apparent gunshot wound to the upper body.

LARCENIES

- 13300 block of Braddock Road.** Money stolen from business.
- 2400 block of Carey Lane.** GPS stolen from vehicle.
- 13000 block of Fair Lakes Shopping Center.** DVDs stolen from business.

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BULLETIN BOARD

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

THURSDAY/NOV. 4

Public Meeting on Fairfax Connector Routes/ Reston East Park and Ride Closure. 7 p.m. North County Governmental Center 12000 Bowman Towne Drive, Reston. Discuss changes to Fairfax Connector routes 585, 595, and 597. Changes are proposed for these routes due to the upcoming phased closure of Reston East Park and Ride, and relocating routes to Reston North Park and Ride. www.fairfaxcounty.gov/connector.
Greater Reston Chamber of Commerce Leadshare Drive and Coffee Break. 8-10 a.m. Carrabba's of Reston, 12192 Sunset Hill Road, Reston. Speed Networking event, bring plenty of business cards. \$15-\$25. www.restonchamber.org

FRIDAY/NOV. 5

Reston Town Center, 2010-2030: Visions for the Future. 7-9 p.m. in the JoAnn Rose Gallery at Reston Community Center, Lake Anne, 1609A Washington Plaza, Reston. Panel discussion and question-and-answer session with Robert Goudie and Pete Otteni, co-chairs of the sub-committee planning the next phase of Reston Town Center. 703-709-7700 or RestonMuseum@gmail.com.

SATURDAY/NOV. 6

Herndon Women's Club 51st Fall Fashion Show and Luncheon.

SEE BULLETIN BOARD, PAGE 11

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Julia Kolb, 12 and Evan Bender, 7, cross the 'troll bridge' after paying the toll troll.

Halloween Fun

FROM PAGE 3

being the troll would be something I could put on my resume," said McCarthy, who demanded children pay "an arm and a leg" to get across her bridge, until Eric O'Brien, 15, could convince her to let them pass.

After the trail was completed, children and parents could go to the nature house, where live critters waited inside and out. The Raptor Conservancy of Northern Virginia brought out a few owls, and inside were live snakes and turtles.

Most children had no trouble touching the corn snake and letting it crawl on them, but most parents could be found at the other end of the room, waiting for the snake to be put back in its cage.

The multi-purpose room was split in half, in one half children could learn the secrets

of witchcraft, and in the other, Dr. Abby Normal showed them several science experiments.

"I loved seeing all the science stuff, and getting to see the corn snake and the owls," said Julia Kolb, 12. "I've never seen an owl up close."

For adults, it was a different kind of trick or treating, where fun and education walked hand in hand.

"I love walking the trails in Reston, and I was excited to be able to come out," said Janet Seng, of Reston. "I learned something too, about kinds of invasive plants."

But while children and adults could learn and experience new things, for some it the success of the evening came down to one thing. Like Evan Bender, 7, who said, "My favorite part was getting the candy."



Dr. Abby Normal demonstrates a few scary science experiments at the Reston Nature House during the Trick of Treat Trail Saturday.

BULLETIN BOARD

FROM PAGE 9
12:30pm. at Crowne Plaza & Conference Center, 2200 Centreville Road, Herndon. Contact Carol Wesley Wright at c.wright@longandfoster.com or 703-528-1640.

Assistive Technology Conference. 8 a.m. at Rachael Carson Middle School, 13618 Mclearen Road, Herndon.

Sessions cover assistive technology issues in classrooms as well as the use and integration of software programs and devices in instruction. Registration required at www.fcps.edu/ss/its/rate.

2010 Public Health Forum. 9 a.m.-2 p.m. at Mount Pleasant Baptist Church, 2516 Squirrel Hill Road,

Herndon. Workshops on fitness, substance abuse awareness, Medicare 2011 and long-term care, advance directives and medical power of attorney, public health, family care, aging and obesity and more. Reston Lions Club will offer free hearing and sight screenings, Inova Health Services fee and free health screenings. Open to the public. Register at www.mtpleasantbaptist.org/form10793.htm or at the door. 703-793-1196.

Be Prepared for Your Children. 1 p.m. Hunter Mill District Center, 12000 Bowman Towne Drive, Reston. Legal aspects of child support, custody, and visitation. \$45 non-members, \$35 members.

www.thewomenscenter.org or 703-281-2657.

WEDNESDAY/NOV. 10

Moms Club of Reston. 10 a.m. at the Hunter's Woods Community Center, 2310 Colts Neck Road, Reston. An international non-profit organization providing support for mothers. Playgroups, babysitting co-op, regular monthly activities and events, moms' night out and more. momsclubofreston@yahoo.com.

Greater Reston Chamber of Commerce Legislative Luncheon. 1:30 p.m. Sheraton Reston Hotel. Panel discussion on the Rail to Dulles project, with Fairfax County Supervisor Cathy Hudgins,

Patricia Nicoson, Dulles Corridor Rail Association and Pat Nowakowski, Metropolitan Washington Airports Authority. \$35-\$45. 703-707-9045 or www.restonchamber.org.

THURSDAY/NOV. 11

Lupus Support Group. 12 p.m. at Reston Hospital Center, The West Wing, 1850 Town Center Parkway, Reston. lh@ascendcomm.com or www.lupusgw.org.

MONDAY/NOV. 15

Assistance League of Northern Virginia. 9:30 a.m. at the Sully Government Center, 4900 Stonecroft Blvd., Chantilly. A nonprofit,

volunteer organization promoting literacy and well-being for women and children through community based programs, such as Operation School Bell: New Clothes for Kids and Weekend Food for Kids. Meetings are the third Monday of every month. 703-878-1928.

TUESDAY/NOV. 16

Long Distance Caregiving. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. When you live far from your loved one, the separation can complicate caregiving. A free Fairfax County seminar for family caregivers. Register at 703-324-5205, TTY 711. www.fairfaxcounty.gov.

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ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit 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. jjcorley@usgs.gov or 703-648-7770.

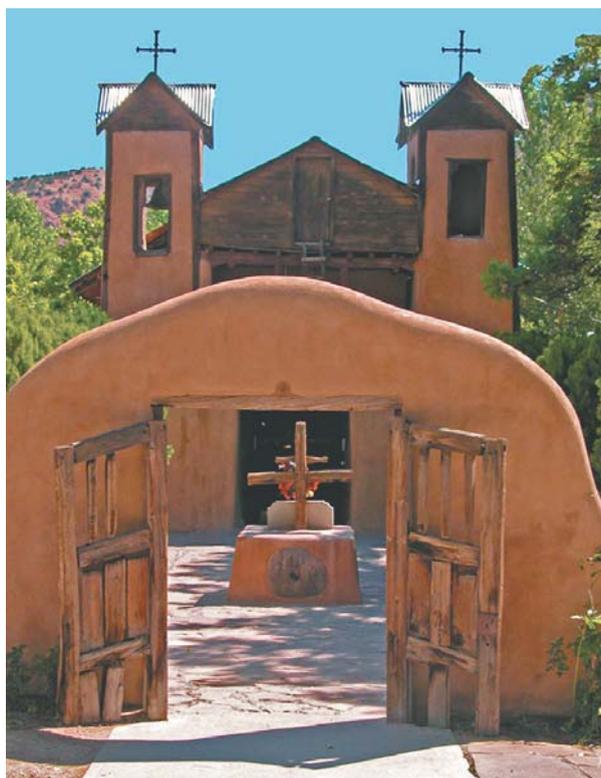
Paul Barrere and Fred Tackett of Little Feat. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Acoustic duo. \$25. www.wolftrap.org.

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.

The Erosion of Religious Liberty



'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.

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.

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.

"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.

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.

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.

BBC Concert Orchestra under Principal Conductor Keith Lockhart. 8 p.m. at George Mason University Center for the Arts, 4400

SEE ENTERTAINMENT, PAGE 13



Reston Art Gallery

Roberta Thole

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Every year between Christmas and New Year's, The Reston 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: reston@connectionnewspapers.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.

THE CONNECTION NEWSPAPERS

ENTERTAINMENT

FROM PAGE 12

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.

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.

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 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. 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.

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.

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.

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 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. 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.

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

SEE ENTERTAINMENT, PAGE 14

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ENTERTAINMENT

FROM PAGE 13
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.

"Fiddler on the Roof." 7:30 p.m. at Herndon High School, 700 Bennett St., Herndon. Tickets \$10. www.herndonrama.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. dadouglas1@verizon.net or 703-391-1787.

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 can 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.

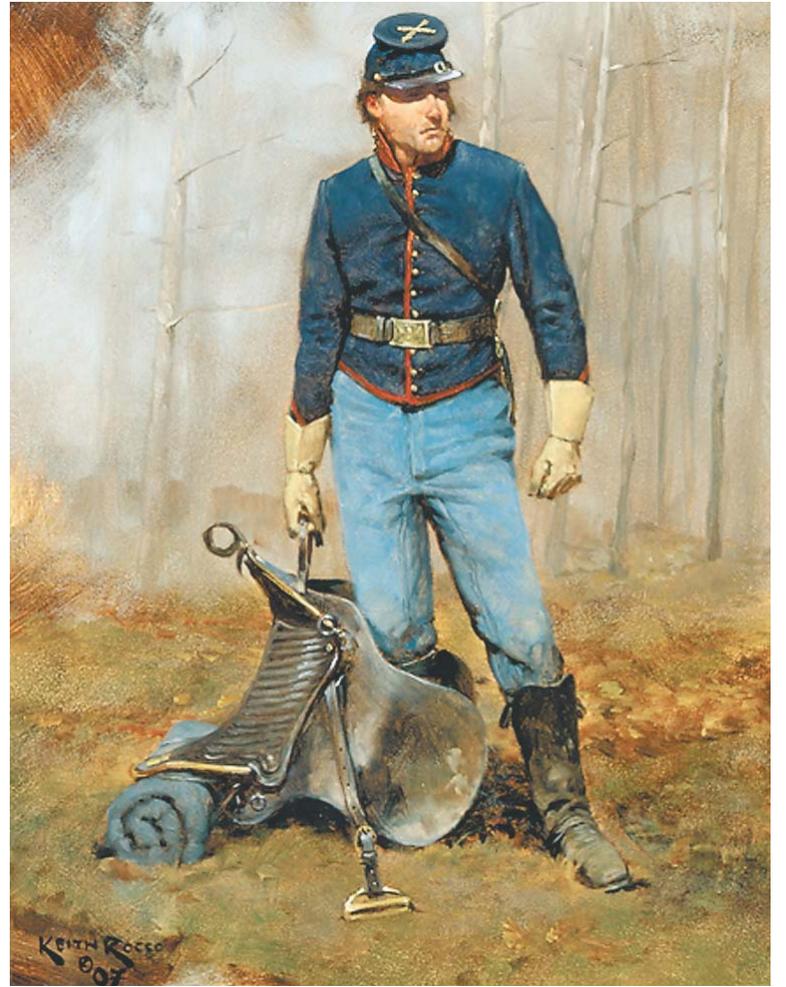
Preschool Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 3-5 with adult. 703-689-2700.

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.



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.

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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.



The Rotary Club of Reston funds Electronic Field Trips for five Reston elementary schools.

Rotary Club Donates \$2,500 To Fund Electronic Field Trip Series

The Rotary Club of Reston has donated \$2,500 to the Colonial Williamsburg Foundation to fund Colonial Williamsburg's Electronic Field Trip Series for 2010-11 for five Reston-area elementary schools. Rotarians CarolAnn and Jim Babcock presented a check on Sept. 25 to Bill White, the Theresa A. and Lawrence C. Salameno director of educational program development for Colonial Williamsburg in Williamsburg.

This is the second year the Rotary Club of Reston has funded the electronic field trip series. The field trips are teaching tools that help students in learning history and citizenship.

The series began Oct. 14 with "The Will of the People," which examines the presidential election of 1800, one of the most bitter in U.S. history, and provides a surprising lesson for a 21st-century student. Thomas Jefferson explained how negative campaigning, partisan politics and contested elections have been a part of the U.S. political system since the earliest days of the republic.

The program premiered in October 2008 and won a regional Emmy Award.

On Nov. 18, the premiere of "The Bill of Rights"

explores an alternate reality where the first 10 amendments to the Constitution do not exist. Students learn what life might be like when a government has too much power and citizens have too few individual freedoms.

On Dec. 16, "Founders or Traitors?" explains that while we consider the signers of the Declaration of Independence as ordinary men who risked their lives, their fortunes and their sacred honor, from the British perspective, they were traitors. Edward Rutledge, Benjamin Franklin and John Adams are three of the signers examined in this story.

Colonial Williamsburg's seven electronic field trips are broadcast one Thursday of every month from October through April at 10 a.m. and 1 p.m. Eastern time on participating public television and cable channels across the country. Produced by Colonial Williamsburg's division of productions, publications and learning ventures, the distance learning programs explore a range of historical subjects and time periods, from the colonial period to the modern day. To view a video podcast with Bill White, executive producer for the electronic field trips, visit www.history.org/trips.

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Seahawk Boys Soar to Top of Liberty

Herndon, Oakton teams fare well at Concorde Districts.

BY RICH SANDERS
THE CONNECTION

The 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.

SCHOOL NOTES

20 in Norfolk.

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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