

On Aug. 26, members of Virginia Task Force 1, the international urban search and rescue team sponsored by the Fairfax County Fire and Rescue Department, take their gear to the buses that will take them to Fort Bragg, N.C., at the request of the Department of Homeland Security and the Federal Emergency Management Agency in anticipation of the landfall of Hurricane Irene.

Task Force 1 Helps Again

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PHOTO BY ALEX McVEIGH/THE CONNECTION

Herndon Festival Features Music, Fun

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Musical Experience of a Lifetime

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WEEK IN HERNDON

Deadline Extended for the Great Runnymede Race

The registration deadline for the Great Runnymede Race, to be held for the first time at this year's NatureFest, has been extended until Sept. 10. The Great Runnymede Race is open to all students of middle school age in the immediate Herndon area. Students will compete in teams of two to four members in the event, which will be loosely patterned on the popular TV show, "The Amazing Race." The winning team will win a round of miniature golf at Woody's.

The NatureFest Photo Contest, also new this year at NatureFest, is open to all high school students in the immediate Herndon area. All photos must be taken in Runnymede Park and must be original work of the student. The deadline for submissions for the photo contest is Sept. 12. Students submitting winning entries will receive cash prizes.

NatureFest will be held on Sunday, Sept. 18, from noon to 5 p.m.

For additional details and entry requirements for each event, go to www.frpweb.org.

NatureFest is sponsored by The Friends

of Runnymede Park and the Town of Herndon.

Final Deadline for Yard of the Month

The final opportunity for Town of Herndon citizens to nominate their own or their neighbor's yards for the town's Yard of the Month contest in 2011 is under way, with nominations due Sept. 15.

Yard of the Month is an opportunity to recognize the efforts of town residents whose yards contribute to the beautification of the town and its neighborhoods. Citizens may nominate their own or their neighbors' yards for the award. Winners receive gift certificates from Meadows Farms and are recognized by the Mayor and Town Council at public meetings.

The criteria for Yard of the Month Award selection includes the following: yards are generally free of trash and clutter; grass, trees, shrubs and plants are well-cared for and aesthetically pleasing; rocks, logs, short fences or other decorative elements are in good condition and neatly placed; and flowers and other vegetation are well-landscaped and make good use of color.

Nomination forms for the Yard of the Month Awards are available on the Cultivating Community" page of the town's Web site, www.herndon-va.gov; see the link off of the homepage at "featured this month."

Forms are also available at the Herndon Municipal Center, Herndon Community Center and other public places. For more information, call 703-435-6800, ext. 2084 or email your nomination to information@herndon-va.gov.

Cindy S. Roeder to Lead State Association

The Director of the Herndon Parks and Recreation Department, Cindy S. Roeder, is the newly elected President of the Virginia Recreation and Park Society (VRPS). Roeder was elected by the membership to the Executive Board in 2010 for a three year term and currently serves as the board's Vice President.

She has held a number of positions within the Society during her 25 year association with the organization, including: First and Second Vice President, Annual Conference Chair, Awards and Citations Chair, and member of the Leadership Training Institute Board. She has led peers from around the state to produce local and regional educational opportunities, re-vamp the awards

program, and identify and implement alternative revenue opportunities for the society. Roeder's one-year term as president will begin Jan. 1, 2012. She will be sworn into office Sept. 18 during the Society's annual conference in Norfolk, VA.

Roeder has been employed by the Town of Herndon since 2003, first as the Recreation Services Manager and then promoted to the Director's position in September 2007.

Volunteers Needed for Paint Herndon 2011

ArtSpace is still looking for volunteers to help throughout the day on Saturday, Sept. 3, 10 a.m.-5 p.m. at Paint Herndon 2011.

There are a variety of opportunities — both outside and inside — on the day of the event.

Training and/or instructions will be provided. Invite a friend to join you and volunteer side-by-side at the same activity. Teens are encouraged to volunteer and can receive credit for their hours.

ArtSpace Herndon is located at 750 Center Street in Herndon. For more information, call ArtSpace at 703-956-6590 or Email: volunteer4art@gmail.com

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Join the *Dulles Regional Chamber*,
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On Wed., Sept 7th from 9:00am - 2:30pm
30 plus Vendors and Workshops

9:30 AM - Time Management Techniques to Save Time & Reduce Work Stress. Presented by Susan Kousek of Balanced Spaces.

10:00 AM - Insights Into Holistic Health: A Metric-Driven Solution. Presented by John Nastelli of Creating Wellness.

10:30 AM - Stress-Less Leadership: How To Reduce Stress By Changing Your Language. Presented by Freddi Donner of Business Stamina.

11:00 AM - An Integrative Approach to Healthcare: Understanding the ROI. Presented by Dr. Grace Keenan of NOVA Medical and Urgent Care Center.

Registration is FREE and walk-ins are welcome
The Hyatt Dulles - 2300 Dulles Corner Blvd. Herndon, VA 20171

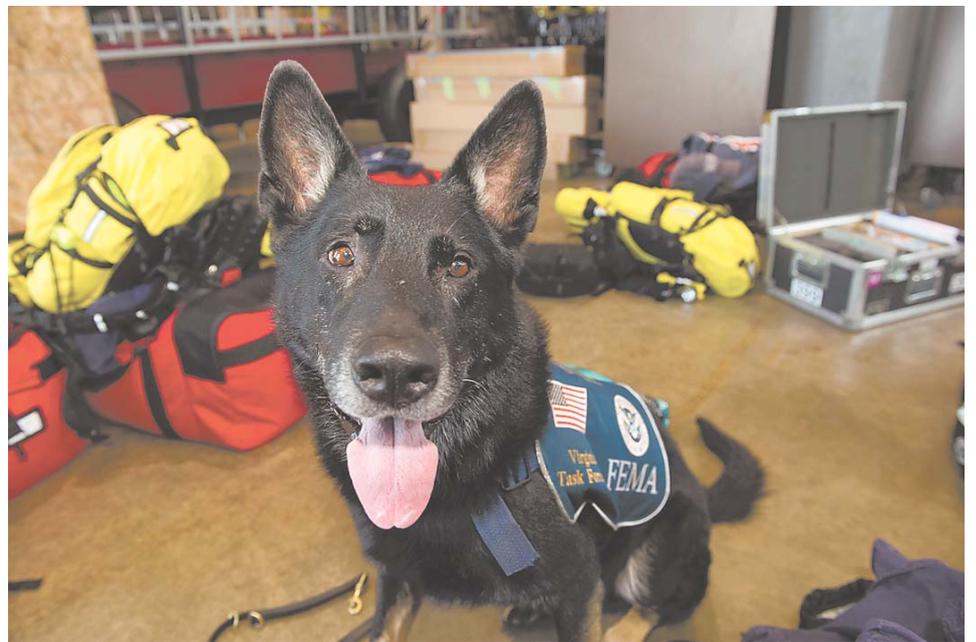


Newsmaker Luncheon
on the same date from 11:30am - 1:30pm
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Luray B & C Ballrooms
Featured Speaker: Dr. Len Nichols,
GMU's Director of the Center for Health
Policy Research and Ethics
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Tim Dingess reviews deployment orders Aug. 26 as his dog Lago sits next to him. Dingess is a professional civilian canine handler with Virginia Task Force 1 and is currently deployed to New England to assist with recovery efforts in the wake of Hurricane Irene.



Czaro, an 8-year-old German shepherd, waits to deploy Aug. 26 with Virginia Task Force 1, the international urban search and rescue team sponsored by the Fairfax County Fire and Rescue Department.

PHOTOS BY DEB COBB/THE CONNECTION

VATF-1 Continues Hurricane Irene Operations

Search and Rescue team deployed in New England.

BY JEANNE THEISMANN
THE CONNECTION

Fairfax County's Urban Search and Rescue team, known as Virginia Task Force 1, is continuing its rescue operations along the East Coast in the wake of Hurricane Irene. "We have 74 team members standing by in Waterbury, Conn.," said Battalion Chief Chris Schaff Tuesday, Aug. 30. "Flood waters are anticipated as rivers crest later today and they will remain in place as long as they are needed."

VATF-1 deployed on Friday morning, Aug. 26, to

Fort Bragg, N.C. They returned to Fairfax headquarters briefly Sunday afternoon to retrieve additional rescue equipment.

"Our team returned home for a few hours to pick up swift water rescue gear and four additional boats," Schaff said. "They were then immediately deployed to McGuire Air Force Base in New Jersey and then to Connecticut where they remain activated."

The VATF-1 team includes doctors, structural engineers, hazardous material specialists, heavy riggers and four canine rescue teams.

"We had one injury to a team member in New Jersey," Schaff said. "A hand laceration required surgery but the team member was released this morning and is heading home. Otherwise, everyone is doing well and prepared to continue recovery operations in the wake of Irene."



Firefighter Kris Sacra of Fire Station 12 in Great Falls helps Firefighter John McDonnell weigh his gear before both deploy Aug. 26 with Virginia Task Force 1, the urban search and rescue team sponsored by the Fairfax County Search and Rescue Department.



In anticipation of Hurricane Irene, 74 members of Virginia Task Force 1 and four canines fit their gear into two buses prior to heading to Fort Bragg, N.C., Aug. 26 at the request of the Department of Homeland Security and the Federal Emergency Management Agency.



Firefighter Michael Moore of Station 14 in Burke checks through his bags Aug. 26 before he deploys to North Carolina with VATF-1. The team is in Connecticut assisting in the wake of Hurricane Irene.

Cooper Defeats Kammerer, Wins Sheriff's Primary

Republican nominee will face incumbent Sheriff Stan Barry (D) in November.

BY ALEX McVEIGH
THE CONNECTION



Bill Cooper, who retired in March from the Fairfax County Sheriff's Office, won the Aug. 23 primary and will face incumbent Democrat Sheriff Stan Barry.

PHOTO CONTRIBUTED

Bill Cooper defeated Wes Kammerer in the Tuesday, Aug. 23 primary election to determine which Republican will face incumbent Stan Barry (D). Cooper retired in March after more than 23 years with the Fairfax County Sheriff's Office at the rank of lieutenant.

"We worked harder on this primary than most probably work on a general election," Cooper said Tuesday night after winning the election with 76.34 percent of the vote to Kammerer's 23.65 percent. "Now we're looking forward to the general election. We're going against a three-time incumbent, so

we'll have to approach the election with the same work ethic we had in the primary."

During his tenure at the Fairfax County Sheriff's Office, he worked in every division, including court security, the Adult Detention Center and the Criminal Justice Academy.

"I think what played out here is the voters recognized my experience as a Fairfax County law en-

forcement official over another state," he said.

Cooper said his priority is to "keep Fairfax families safe" and would do that by helping track down the county's more than 4,000 outstanding fugitive warrants and combat the growing gang problem. "It's great that my tough on crime platform seems to have resonated with county residents," he said.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@connectionnewspapers.com. Deadline is Thursday.

Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road in Oakton, seeks female actors for production of "Mother Wove the Morning", a play by Carol Lynn Pearson. All ages and types needed. Play will be performed Oct. 21-22 and proceeds benefit The Fistula Foundation. Auditions will be held on Tuesday, Sept 13. Schedule an audition appointment at www.uucf.org or scbennett@cox.net 703-281-4230.

Mount Pleasant Baptist Church, 2516 Squirrel Hill Road in Herndon, will celebrate their 145th Anniversary with a revival-style series throughout September. The theme for the 145th Anniversary is "Mobilizing the Masses for Ministry." Each Wednesday in September, 7 p.m. services will begin with Praise and Worship led by gospel choirs and guest preachers. www.mtpleasantbaptist.org or 703-793-1196.

♦Sept. 7. Dr. Cynthia Hale, Ray of Hope, Decatur, Ga.

♦Sept. 14. Bishop Walter S. Thomas Sr., New Psalmist Baptist Church, Baltimore.

♦Sept. 21. Co-Pastor Suzie Owens,

Greater Mt. Calvary Holy Church, Washington D.C.

♦Sept. 28. Dr. Howard John Wesley, Alfred Street Baptist Church, Alexandria.

♦Anniversary Sunday, Sept. 25. Services at 8 a.m. and 10:30 a.m. with Dr. Marion H. Newton, Jehovah Missionary Baptist Church, Sumter, S.C., and Evangelist Dr. Willie Mae Lee, Pentecostal Church of God in Christ, Port Salerno, Fl. A celebration of food and fellowship will follow the 10:30AM service.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday Worship Services for the Southern Baptist church are at 10:45 a.m. The

E. Marjorie Bell, a Long Time Oak Hill Resident, Dies at 97

E. Marjorie Bell, 97, of Gordonsville, Va., passed away on Aug. 21 at Martha Jefferson Hospital in Charlottesville, Va. She was born to the late John Arthur Mihalko and Eva Mae Butler

Mihalko in Harpersfield, N.Y., on April 4, 1914. Marjorie graduated from New Paltz Normal School with a teaching certificate, where she was a member of the Arethusa Sorority. She also has earned a Bachelor's in Education from Trenton State Teacher's and a Master's in Education from Columbia University. She was married to the Rev. Lloyd William Weidener Bell in 1937, a former rector of St. Mary's Episcopal Church in Carle Place, N.Y. and St. Timothy's Episcopal Church in Herndon, and was predeceased by him in 1959.

Marjorie taught school in New Brunswick, N.J. and Carle Place, N.Y., where she became the Chairman of the Department of Social Studies at Carle Place High School. She was also President of the Long Island Social Studies Council. She retired in 1979 and moved to Oak Hill.

Marjorie loved to read, travel, hike and play golf. She was active in the Democratic Party of Virginia and the League of Women Voters. She took an interest in genealogy and was a member of the Daughters of the

American Revolution and the National Society Women Descendants of the Ancient & Honorable Artillery Company, among others. Marjorie was also very active in church and was a founding member and trustee of The Church of the Epiphany, Episcopal, Herndon. She also served as a Vestry Member and on the Altar Guild.

Marjorie is survived by three children: Lloyd W.W. Bell, Jr., husband of Jane-ann P., of Chargin Falls, Ohio; Suzanne Bell Fichter, wife of Richard E. Fichter, of Chantilly; and John F. Bell of Leadville, Colo. She is also survived by six grandchildren: Carolyn Bell Briner of Alpharetta, Ga.; Lloyd W.W. Bell, III, of Cleveland Heights, Ohio; Christopher M. Bell of Cleveland Heights, Ohio; Richard Edward Fichter, Jr., of Gordonsville, Va.; Marjorie Fichter Cole, of Falls Church, Va.; and Kaila A. Bell of Haymarket, Va.; and ten great-grandchildren.

In lieu of flowers, the family is requesting that donations be made to Christ Episcopal Church in Gordonsville, Va.

A memorial service will be conducted by her grandson, the Rev. Richard E. Fichter, Jr., at Christ Episcopal Church, Gordonsville, Va. Her remains will be buried in Cold Spring and Hobart, N.Y.

public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at **St. Timothy's Episcopal Church**, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing

shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational **Christian businessmen** meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and 12 p.m. Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

OPEN HOUSE LISTINGS

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Visitors to last year's Herndon Labor Day Festival gather around one of the local winery booths, where they could sample various wines.

Herndon Labor Day Festival Features Live Music, Fun

The 23rd Annual Herndon Labor Day Festival will take place Monday, Sept. 5 from noon to 6 p.m. The one-day outdoor street festival will feature a range of live music, 12 Virginia wineries, local micro-breweries, a craft show, sponsorship gallery, culinary demonstrations and a variety of food vendors. The Town of Herndon Parks and Recreation Department produces the event working in conjunction with the Herndon Woman's Club. Partial proceeds go to scholarship programs.

The festival will be held at Herndon Municipal Center Lawn, 777 Lynn Street. Contact: The Town of Herndon Parks and Recreation Department 703-787-7300.

The Town of Herndon Parks and Recreation Department is nationally accredited by the Commission for Accreditation of Park and Recreation Agencies and is a four-time National Gold Medal Award winner for excellence in park and recreation management presented by the American Academy for Park and Recreation Administration.

The Town of Herndon, located in western Fairfax County, is the third largest town in the Commonwealth and is home to more than 23,000 citizens.

For more information, visit the Town's website at www.herndonva.gov.



A crowd gathers in the shadow of Herndon's Fortnightly Library to watch the live music at the 2010 Herndon Labor Day Festival. This year's festival will take place Monday, Sept. 5 and will feature a range of live music, 12 Virginia wineries, local micro-breweries, a craft show, culinary demonstrations and a variety of food vendors.

Entertainment Schedule

12-12:45 - 2.0 featuring Travis Tucker
 1:15-2:15 - Folkadelics
 2:30-3:30 - Occidental Gypsy
 4-6 - Willie Nile

◆ Featured Wineries: Barbourville Vineyards, Chateau Morrisette, Cooper Vineyards, Davis Valley Winery, DelFosse Vineyards, Horton Vineyards, Loudoun Valley Vineyards, North Gate Vineyard, Peaks of Otter Winery, Rebec Vineyards, Thistle Gate Vineyard and Williamsburg Winery.

◆ Featured Micro-Breweries: Port City Brewing, Williamsburg Alewerks, Lost Rhino Brewing, Victory Brewing.

◆ Culinary Showcase featuring demonstrations by: Cookology, Il Fornaio and Whole Foods, Reston.

Admission with wine and beer tasting - \$15 (Includes commemorative tasting glass); Entrance only (no alcohol) - \$8.

Children 12 and under free; No pets allowed; tastings stop at 5 p. m.



PHOTO CONTRIBUTED

Barbara Favola won the Aug. 23 Democratic primary election, and will run against Republican Caren Merrick in November.

Favola Wins Primary

BY ALEX McVEIGH
THE CONNECTION

McLean resident Barbara Favola won the Aug. 23 Democratic primary, securing a chance to replace retiring Democratic Sen. Mary Margaret Whipple in Virginia's 31st district. Favola received 64.67 percent of the vote, while her opponent Jaime Areizaga-Soto received 35.32 percent.

Favola, who has been a member of the Arlington County Board since 1997, including as chairman in 2000, 2004, and 2009, as well as vice chairman in 1999-2003 and 2008, She her legacy of public service were what appealed to voters.

"I think voters believed that I would best be able to deliver on my promises," she said. "There weren't a lot of differences policy-wise for me and Jaime, but the difference was that I have 14 years of experience working on local and regional issues and a record of accomplishing my goals."

Favola also served as a policy advisor for the Department of Health and Human Services under President Bill Clinton, and currently serves on the boards of the Ballston Science and Technology Alliance and the Child and Family Network Center. She said her general election campaign will start right away, and she is looking to connect with voters on a larger scope. "I certainly want to keep my focus on the issues that are important to voters in the 31st senate district," she said. "And I'm also looking to learn about more issues that are important to voters."

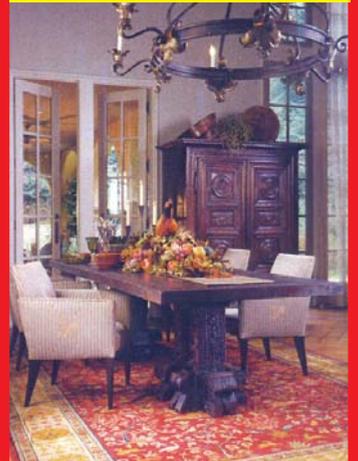


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other weekly services
 5:30 PM Saturdays: Relax & Renew, Casual Worship Service
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Musical Experience of a Lifetime

Herndon resident Emily Anderson reflects on 'Karaoke Battle USA' experience.

BY ALEX McVEIGH
 THE CONNECTION

For most people, karaoke is performed for an audience that's mostly grateful they're not the ones on stage. For Herndon resident Emily Anderson, karaoke is making her dreams come true.

Anderson, 27, works as an executive assistant at UniSys Corporation in Reston. A native of Arlington, she is also one of 55 singers from around the country participating on ABC's "Karaoke Battle USA," which will air Sept. 2 at 9 p.m.

Her journey began at Champ's in Reston, where she won a karaoke contest. Soon she won the regional finals in Woodbridge and realized she might be onto something.

"It all happened so fast, I didn't really understand what I was competing for," Anderson said. "I've been in those kinds of competitions a lot, sometimes there's a cash prize, one time a piñata, but this time it was for a chance to sing on an ABC show."

In early July, Anderson competed at Gramercy Hall in New York City, and said it was one of the greatest moments in her life.

"It was the experience of a lifetime to perform in front of so many people," she said. "I got to meet Joey Fatone, who was one of the judges, and he hugged me. Carnie Wilson was also one of the judges and she is one of my biggest influences. Her father [Beach Boys singer Brian Wilson] is one of the best songwriters of all time, there's so much talent in that family."

ANDERSON IS SWORN to secrecy on what song she performed during the show, but she did say she was asked to pick one off of a list, and she picked one of her favorites.

She has many favorites, growing up in a musical family (her father played in a band during his Navy days) where groups like The Beatles were always around.

"We had Beatles posters everywhere in my house, I've always been dedicated to them, no other group can touch them," she said. "I grew up with them to a point where they really felt like members of my family. 'Octopus's Garden' is one of my favorite all time songs."

Her first concert experience was

Emily Anderson, on set at "Karaoke Battle USA" with judge and former member of NSYNC Joey Fatone. The show will air Sept. 2 at 9 p.m. on ABC.



Herndon resident Emily Anderson will be featured on the ABC show "Karaoke Battle USA," which will air Sept. 2 at 9 p.m.

The Monkees 30th Anniversary Concert when she was 12, and classic rock has been a staple of her life ever since.

She says she participated in as many choirs as she could, and started singing karaoke in middle school, when a friend plugged a microphone into a boom box to an instrumental version of "I Want to Hold Your Hand."

"No one has ever had to push me into anything to do with performing with other people," she said. "I was in Italy once, and there was a karaoke section in this club. And I started singing all these songs, and the people there weren't too familiar with American music, so they thought I was some kind of pop star performing for them. They were coming up to me all night asking for autographs and they were ask-

ing me to keep singing." These days Anderson doesn't have to be asked to stop singing. She says she sings "a couple of hours per day" including in her car and at work.

When it comes to karaoke, Anderson says she likes singing male songs rather than female ones.

"I don't really want to go up there and have to be compared to singers like Mariah Carey or Whitney Houston, when I sing male songs there's less pressure," she said. "But then again, I won't really shy away from many songs."

She says while she has never been shy getting onstage, constant karaoke performances have helped her improve her stage performance.

"One of my favorite songs to sing

is [Cee-Lo Green's] 'Forget You,' and I really get into it," she said. "I act it out, I'll get on the ground and really act the crying parts of the song, it's a lot of fun."

She says that while karaoke might make people think of off-key tourists and awkward situations, it's a great way for people to express themselves musically.

"There are a lot of different karaoke bars anywhere you go, and anyone who has spent more than a few hours in there knows that there are some amazing performances that happen," she said. "Sure, there are some train wrecks, but there are also a lot of amazing singers that might be a stay-at-home mom or a McDonald's drive-through worker, and karaoke is how they get their voice heard."

HER KARAOKE SUCCESS has led her to explore other venues of musical expression. She recently formed a band, called Pieces of Perfect, and they expect to begin performing around the area in the coming months.

"I've performed with bands before, or in the studio with someone that needed a female singer, but never anything like this," she said. "I've always had the utmost confidence in myself, and I knew some way, somehow I would end up singing in front of a lot of people, but I didn't think it would be on a national karaoke show."

Anderson's band website is currently under construction, but more information on her performances can be found on Facebook by searching "OMG It's Emily Anderson."

ENTERTAINMENT

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

WEDNESDAY/AUG. 31
Busia Bear's Sensational Summer Films: Lights! Camera! 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An hour of Family Fun Films. All ages. 703-689-2700.

FRIDAY/SEPT. 2
JamBrew. 6 p.m. Herndon Town Green, 777 Lynn St., Herndon. A free outdoor concert and brew fest hosted by the Herndon Hospitality Association. Try any or all of the beer selections and enjoy original music. JamBrew.Tumblr.com or www.HerndonHospitality.com.

SATURDAY/SEPT. 3
Paint Herndon 2011. 10 a.m.-5 p.m. ArtSpace Herndon, 750 Center St., Herndon. Family fun activities, farm tractor display, art exhibits and a painting competition. Produced in partnership with Frying Pan Park's 50th Anniversary. Free admission. 703-956-6590 or www.artspaceherndon.org.

SUNDAY/SEPT. 4
Woodenhead. 8 p.m. ArtSpace Herndon, 750 Center St., Herndon. The New Orleans electronic instrument band with Jimmy Robertson live in concert: \$15 at the door, \$10 in advance. www.artspaceherndon.org or 703-956-6590.

MONDAY/SEPT. 5
Herndon Labor Day Jazz & Wine Festival. 12-6 p.m. Herndon Town Green, 814 Ferndale Ave., Herndon. Live music, a craft show, food, twelve wineries and micro-brews. Admission including wine and beer tastings \$15, entrance only (no alcohol) \$8. www.herndon-va.gov.

WEDNESDAY/SEPT. 7
Stranger than Fiction: The Secret Lives of Freshwater Mussels. 7 p.m. USGS, 12201 Sunrise Valley Drive, Reston. Over 200 species of freshwater mussels live in North American rivers, streams, and lakes. To metamorphose from larvae to adult, they must pass through a parasitic phase on the gills of freshwater fish. Bill Lellis and Heather Galbraith will explore their reproductive biology and ecological role. Free. Federal facility, photo Id required. 703-648-4748 or www.usgs.gov/public_lecture_series.

THURSDAY/SEPT. 8
Before Reston: The Town of Wiehle. 7 p.m. Reston Community Center, Lake Anne, 1609A Washington Plaza, Reston. Historical researcher Audrey Haugan with an overview of development by Dr. Max Wiehle on land that is now Reston. www.restonmuseum.org.

SATURDAY/SEPT. 10
Artist Reception and Gallery Talk. 7:30 p.m. ArtSpace Herndon Post Gallery, 750 Center St., Herndon. Lori Simmerman Goll's exhibit "Peace & Quiet." 703-956-6590 or www.artspaceherndon.org.
Community Yard Sale. 8:30 a.m.-12:30 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Rain date Sunday, Sept. 11. www.reston.org.



"Paper Potpourri" is a display of collage art by Reston artist Loy McGaughey, at the Vienna Arts Society Gallery, 513 Maple Ave., W. in Vienna, through Oct. 1. McGaughey adds colored, textured and printed papers to her watercolor and acrylic paintings to create new surfaces. The gallery is open Tuesdays-Saturdays 10 a.m.-4 p.m. 703-319-3220 or www.ViennaArtsSociety.org.

Lake Fairfax Park Walk. 1:30 p.m. Reston Museum, 1639 Washington Plaza at Lake Anne, Reston. Meet at Reston Museum to carpool to the Uplands Tennis Courts on Ring Road for a 2-mile walk over the new footbridge connecting Buttermilk Trail to Lake Fairfax Park, part of the stream restoration project being undertaken with Wetland Studies and Solutions on 29 miles of Reston streams. 703-709-7700 or restonmuseum@gmail.com.
Championship Boxing. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Jimmy Lange to fight Raul Muñoz for WBU title. Tickets \$35-\$500, available at www.ticketmaster.com and 703-573-SEAT.

SUNDAY/SEPT. 11
Tenth Annual AARP-Wiygul Classic Car Show. Downtown Herndon at the intersection of Lynn and Station Streets. Live entertainment, classic cars, 9-11 Remembrance Ceremony and more. \$15-\$20. Register cars at www.aarpdulles.org/mxroot/carshow2011/WebRegisForm.pdf
 ♣Vehicle Check-in & Registration. 7-10 a.m. and 10:30-11 a.m.
 ♣9/11 Remembrance Ceremony. 10-10:30 a.m.
 ♣Welcome and Show Particulars & Acknowledgements. 10:30 a.m.
 ♣Music by Retro Sounds. 10:45 a.m.-3 p.m.
 ♣Door Prizes and raffles. 11 a.m.-2 p.m.
 ♣Swing Dancing Demonstration. 12-12:30 p.m.
 ♣Roving Doo-Wop. 1-2 p.m.
 ♣Raffle Drawings. 2 p.m.
 ♣Awards Presentation and 50/50 Drawing. 2:30 p.m.
Fall Frolic Teddy Bear Collectible Show and Sale. 10 a.m.-3:30 p.m. Hilton Washington Dulles Airport Hotel, 13869 Park Center Road, Herndon.

Works by teddy bear artists from across North America. A Adopt bears and other soft sculptured animal characters. Exhibitors will sell bear making supplies, teddy bear collectible items, books and more. Adults \$8, students and seniors \$7, age 12 and under free. 717-993-3041, 416-605-2720 or 419-344-2322.

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OPINION

Crazy Week Contested primaries about as comfortable as earthquakes, but with far greater benefit.

A 5.8 earthquake gave the region a shaking up last Tuesday, and while it was mostly harmless, two landmarks, the Washington Monument and the National Cathedral, are still closed.

The quake came amidst primary election day for both Republicans and Democrats, with at least two somewhat unexpected results. It's a sign of health for both parties that candidates are prepared to compete in primary elections.

While some have cited the negativity in one of the Democratic primary races, the benefits of contested races outweigh the negatives, especially in districts that lean so heavily to one party, the primary is the election.

(It's true that the vitriolic negativity in the primary for the 31st, carried out via hundreds of thousands of dollars in slick mailers, was an unfortunate introduction for the many voters new to the district.)

But voters in the 30th and 31st Senate districts were offered real choices.

Too often these races involve the anointing of incumbent or heir-apparent who are then practically guaranteed a seat after the general election.

Not this time.

The message was that good candidates can rise up and seek election. And the Republican challengers in these two races cannot be counted out, especially Caren Merrick in the 31st.

There were also Republican races for the right to challenge Virginia Senators George Barker, Toddy Puller and Dave Marsden, and Sheriff Stan Barry (D) of Fairfax.

Two Democrats faced off in a very close race

for the right to challenge Supervisor John Cooke in the Braddock District of Fairfax County.

The sad part was the timing and the turnout. The August primary, necessitated by the resolution of redistricting, and other factors lead to a voter turnout of less than 10 percent in most areas.

And then, to complete the week, Hurricane Irene gave the area a power wash.

Nuclear Caution, Food for Thought

The Nuclear Regulatory Commission is sending a team to the North Anna nuclear power plant, which shut down during last week's earthquake. The plant, located just 10 miles from the epicenter of Tuesday's 5.8 quake, was reported designed to withstand that magnitude quake and no more, but shaking at the location of the quake might have exceeded that.

The plant could be shut down for six weeks to six months according to a report in the Freelance Star newspaper. North Anna is about

70 miles from our area.

In April, the Surry nuclear plant, about 140 miles away, automatically shut down after losing power when a tornado hit the electrical switchyard next to the plant, reported the Virginia Gazette newspaper. Diesel generators kicked in to provide emergency power.

- MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM,
ON TWITTER @MARYKIMM

LETTERS TO THE EDITOR

Supporting Epstein for School Board

To the Editor:

I was born and raised in India and came to the United States in 1999 to a small but old Christian College. I grew up with the idea that the United States was the center of innovation and technology. To my greatest disappointment I found that our cutting edge technologies today are developed by foreign minds with American money. I graduated with a double major in Physics and Mathematics with just two other Physics majors in my entire graduating class. It was a reality check for me.

After college I served as a Marine Officer and worked with some of the brightest and most dedicated people I have ever met. This

was contradictory to what I witnessed in college. So I asked myself the question why such bright Americans are not dominating in various academic fields especially in Science and Mathematics and why the same nation that put a man on the moon is now outsourcing intelligence.

Then I found the answer: it is in our school systems. Schools create citizens, well-educated and good citizens. When there is a problem in that arena a nation begins to face downfall. Schools should be given the priority in government spending. In my mind there are two professions absolutely vital to our nation's survival. They are the military who protect

our borders and freedom and teachers who educate and shape the future citizens of this country. Just like military protects our way of life schools preserve our way of life. Our priorities have to be re-set and schools need good leadership to shape our children's future and hence our great nation.

Louise Epstein believes in the same way as I do that schools are vital to our future. There is no reason why children in India and China should outperform Americans. We as Americans have the capability and drive and all we need is good leadership to guide our path. And I believe that Epstein is just the kind of person we need on the school board to

set our priorities straight and influence and guide the board with the interests of our children in mind.

Epstein is well educated and her dedication could be seen in the influence she had on her children to succeed in academics. Her oldest daughter is starting her Ph.D. in Physics at University of California at Berkeley and the other two children about to attend MIT and Rice University majoring in Geophysics and Engineering. Let us work towards bettering our schools system and get Epstein on our school board.

Benny Kandhiraj
Herndon

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

THURSDAY/SEPT. 1

Herndon Farmer's Market. 8 a.m.-12 p.m. Lynn Street in downtown Herndon.

Thursdays through Oct. Seasonal fruits, vegetables, flowers, meats, eggs, jams, plants and baked goods. All items are homegrown or baked by the vendors at the market. www.herndon-va.gov or 703-787-7380.

SATURDAY/SEPT. 3

Reston Farmers Market. 8 a.m.-12 p.m. Lake Anne Village Center, Reston. Open Saturdays through Oct. Vegetable farmers and fruit orchards, baked goods, homemade sausages and soups, and more. Live music, the Reston Crafts Market and the Master Gardeners to help with lawn and garden problems. www.restonfarmersmarket.com or 703-318-9628.

TUESDAY/SEPT. 6

Reston Garden Club Meeting. 1 p.m. Walker Nature Education

Center, 11450 Glade Drive, Reston. Short social period followed by "Flower Design: My Style" at 1:30 p.m. TheRestonGardenClub.org.

WEDNESDAY/SEPT. 7

Dulles Regional Chamber of Commerce 2011 Health Fair. 9:30 a.m.-2:30 p.m. Hyatt Dulles, 2300 Dulles Corner Blvd., Herndon. Local health care providers, alternative health practitioners, nutritional experts and numerous complimentary health screenings. Free admission. 703-266-0505 or drgebaide@centrevillechiro.com.

Break-out sessions include:

❖9:30 a.m. **Time Management Techniques** to Save Time and Reduce Work Stress with Susan Kousek of Balanced Spaces.

❖10 a.m. **Insights Into Holistic Health:** A Metric-Driven Solution with John Nastelli of Creating Wellness.

❖10:30 a.m. **Stress-Less Leadership:** How To Reduce Stress By Changing Your Language with Freddi Donner of Business Stamina.

❖11 a.m. **An Integrative Approach to Healthcare:** Understanding the ROI with Dr. Grace Keenan of NOVA Medical and Urgent Care Center.

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New High School Football Season Kicks Off This Week

Madison, Oakton, South Lakes all have new coaches; Langley and McLean both coming off playoff seasons.

BY RICH SANDERS
THE CONNECTION

High school football stadiums throughout the Northern Region will be alive with buzz and excitement this Thursday and Friday night with week one action of the new season.

While some folks are still in a summertime mode, many families within Fairfax County are kicking off the new school year. One of the most recognizable transition signs of the new school year is the start up of prep school football. Let's take a look at where some of the local teams — Madison, South Lakes, McLean, Langley, Oakton, Herndon, and Marshall — finished off in 2010 as they prepare to launch into the upcoming 2011 campaign.

Madison, under former head coach Gordon Lieb, struggled through a re-building season last year. The Warhawks, a perennial Div. 5 playoff contender during Lieb's decade-long tenure at the helm of the program, were just 2-8 last year, winning their final two games following a 0-8 start.

Lieb stepped down as head coach during the offseason in order to accept the head coach position at Paul VI High in Fairfax. Meanwhile, former Madison assistant Lenny Schultz was named Madison's new head coach. The Warhawks will begin their new football era with their annual season-opener versus cross-town rival Oakton — in the Outback Bowl — this Friday night, Sept. 2 at 7:30.

Oakton, like Madison, is under a new head coach this season following the resignation of Joe Thompson, who recently accepted an administrative position at Annandale High School. Thompson, as Oakton's head coach since 2002, led the Cougars to outstanding success, including a state title victory in 2005 and another trip to the state playoffs in 2008. Last year, Oakton went 7-3 during the regular season before losing in a first round playoff game to Robinson, 14-7. One of the Cougars' best wins last year was a 17-14 triumph over Chantilly in the final game of the regular season.

This year's Oakton squad will be led by new head coach Jason Rowley, the Cougars' defensive coordinator last year. The Cougars host Madison on Friday of this week and will also be at home versus South County the following Friday (Sept. 9).



McLean, on defense here, will host Washington-Lee on Thursday of this week in both teams' season opener. The Highlanders began the 2010 season with a 14-6 win over the Generals.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Herndon will be looking to notch some victories this fall following a tough 2010 season.

Marshall, under second year head coach Bill Laphorn, will be looking to improve on last year's 1-9 record. The Statesmen, on Thursday, Sept. 1 of this week, were scheduled to play at Lee High in Springfield at 7:30. The following week, on Friday, Sept. 9, Marshall will open its home schedule with a game versus Mount Vernon.

ANOTHER PROGRAM which will be under a new head coach this season, like both Madison and Oakton, is South Lakes High, which enjoyed a fine season a year ago in since-departed Andy Hill's lone season at the helm. Hill, who had led Park View High (Sterling) to prominent success for several years within the Dulles District, brought his

magic to Reston in 2010 as head coach of the Seahawks, who qualified for the Div. 5 playoffs where they defeated Mount Vernon in the first round before losing in the semifinals to eventual region champion Stone Bridge. South Lakes' high-powered offense averaged 27 points per game.

Hill stepped down during the offseason and has returned to his roots in Minnesota. South Lakes' new coach is Marvin Wooten, a South Lakes assistant the past four years under both Hill and previous coach John Ellenberger. Wooten's right hand man will be assistant head coach Galvin Morris.

South Lakes opens its season this Friday night, Sept. 2 at 7 p.m. versus visiting Westfield High. The Seahawks will also be

home the following Friday night (Sept. 9) versus cross-town opponent Herndon.

Herndon, under the longtime leadership of head coach Joe Sheaffer, struggled through a 1-9 record last year. The Hornets had experienced one of their better seasons the previous fall (2009) when they qualified for the Div. 6 playoffs.

Herndon will try to bounce back from its tough 2010 season with a good season this fall. The Hornets will open with a home game on Thursday night, Sept. 1 versus Langley at 7:30. That will be followed with a week two game at South Lakes on Friday, Sept. 9.

Sheaffer's coaching staff includes two former Washington Redskins in assistant head coach Todd Liebenstein and offensive line coach Raleigh McKenzie.

AT MCLEAN HIGH, the Highlanders had a breakthrough 2010 season which local fans will always remember for their 8-0 start. And although the Highlanders ultimately lost their final three games of the season, including a Div. 5 first round playoff loss to Hayfield, the season overall was a highlight reel for a program which, just two years earlier, had gone winless.

McLean, 8-3 last year and 6-5 in 2009, has now experienced two consecutive winning seasons under fourth year head coach Jim Patrick. The Highlanders' quest for a third straight winning record will begin Thursday night (Sept. 1) of this week versus visiting Washington-Lee. A year ago, the Highlanders opened their season with a 14-6 win over the Generals.

Following this week's game with Washington-Lee, Mclean will hit the road for two weeks versus both Falls Church (Sept. 9) and Fairfax (Feb. 16) before returning home for a week four game versus Madison on Sept. 23.

Also making the playoffs last year was Langley High, which qualified for the eight-team Div. 6 postseason tournament. The Saxons lost their first two games of the season before winning five straight. Their best game of the season came in week 10 when they closed the regular schedule with a 56-12 home win over local rival McLean. That victory clinched a winning season for veteran head coach John Howerton and his Saxons, who would see their season end the following week with a first round 34-10 playoff loss to eventual two-time region champion Lake Braddock.

The 2010 Saxons had one of the top passing attacks in the state behind since-graduated quarterback Braden Anderson, who passed for a school record mark of 2,300 yards. Only the high-powered Lake Braddock offense, with QB Michael Nebrich behind the center, could match the Saxons' region aerial success in 2010.

Langley will open the new season this week with a road game at Herndon on Thursday, Sept. 1 at 7:30. The Saxons will play their home opener the following week against Jefferson on Friday, Sept. 9.

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In The Throes



By KENNETH B. LOURIE

Not really in a significant way. But when there's one more thing, and that thing can run the gamut from the sublime to the ridiculous, and/or from the serious and time-sensitive to the familiar and regularly recurring, it may be just enough additional mental weight at the least opportune time, and over the mental edge I go. Not in any sort of way where I need psychiatric assistance or 24/7 monitoring, but in a way where it affects how I want to be: calm, functioning and relatively normal ("normal" meaning, in this context: not having cancer).

As much as I don't want this cancer diagnosis/living-with-cancer existence to define me, it does, more often than I care to admit, control me; sometimes consciously, other times, subconsciously. I don't want to think and feel certain emotions, some of which are really unhelpful in my daily pursuit of normalcy, but circumstances beyond my control - unfortunately, inevitably, trigger some sort of acknowledgment of my cancer reality, and as a result, sometimes, I go to a bad place. Moreover, if the timing of that trigger is particularly poor - like now, it adds to the weight that all of us cancer/terminal patients carry and unbalances that mental load. At least it does for me.

What's caused me to bend but not quite break of late is the need to change my health insurance coverage. Given that I've now been on Social Security Disability for two years (as of 8/1/2011; that's what happens when you outlive your prognosis), I am eligible, though "underage" for Medicare. My wife however, is not eligible. Ergo, the complication. Medicare is not a family plan. As such, if I elect to participate, I no longer need the health insurance offered by the Connection. And once my inclusion in that plan ceases, the coverage for my wife ceases, so not only am I changing my coverage, I'm changing hers as well.

With these changes comes: uncertainty. And if there's one area/subject where I'd rather not have any uncertainty right now, it's health insurance, for me and my family. To say that making the wrong decision/assessment about what we decide to do could cost me my life and/or our life savings is almost not doing justice to the seriousness and depth of this situation/problem we face. (Or maybe that's simply the cancer diagnosis talking?)

I am hardly at the age and/or in the health circumstance where I could afford (literally and figuratively) one wrong move. And once going forward, I doubt there's much recourse, other than to suffer/endure the consequences of my/our actions. (If my father impressed anything on me, it was to "be aware of the consequences of your actions.") Ordinarily, as a long-time, former insurance salesman/financial planner, these sorts of insurance/financial decisions/calculations were fairly routine and not at all emotionally charged. But I hadn't been diagnosed with stage IV lung cancer back then (by the way, in case you don't know, there's no stage V). And as much as I try to pretend and/or deny now, that I don't have cancer - or not admit it's who I am, the more frequently my subconscious seems to take over and complicate my life. What tasks used to be simple now seem more challenging, even though I don't consciously think I feel any different. But I am different. And some days, certain decisions really make that obvious.

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

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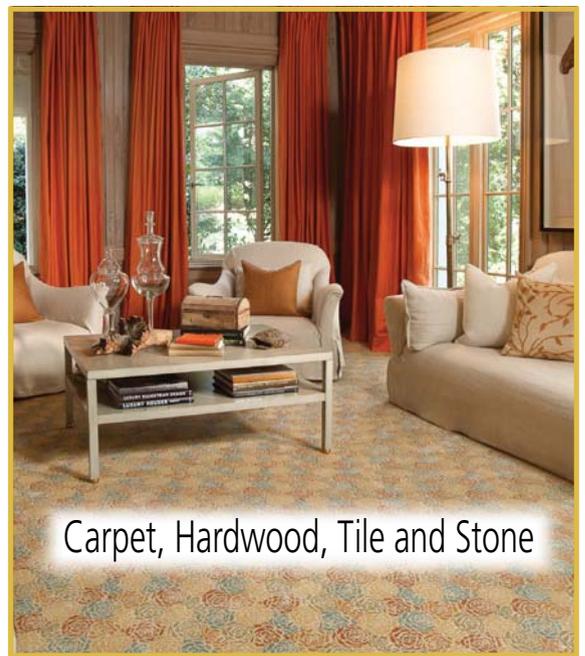
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