

Herndon Shows Off Its Natural Side

From left, Isaiah Juma, 3, of Herndon, examines a corn snake with volunteers Abigail Ackerman and Paul Morgan at NatureFest Sunday at Runnymede Park.

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PHOTO BY ALEX McVEIGH/THE CONNECTION

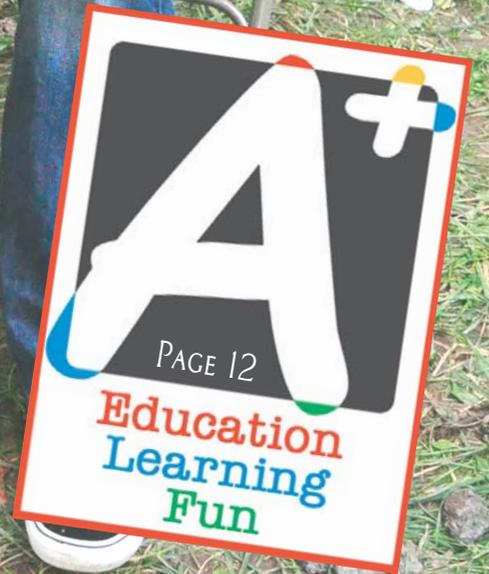
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Chamber Endorses Bulova

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Fairfax County Board of Supervisors Chairman Sharon Bulova (D-At-large) smiles after the conclusion of her Sept. 15 debate with challenger Spike Williams (R).

PHOTOS BY
MICHAEL O'CONNELL/
THE CONNECTION

Chamber Endorses Bulova

Chairman pledges smart growth, smart budgeting.

BY VICTORIA ROSS
THE CONNECTION

Mere hours after the first debate between Board of Supervisors chairman Sharon S. Bulova (D-At-large) and Republican challenger Michael Spike Williams, the Fairfax County Chamber of Commerce endorsed Bulova.

The Fairfax Chamber sponsored the televised debate on Thursday, Sept. 15, and announced its endorsement Monday, Sept. 19.

"The support of the Chamber of Commerce is not something that is easily earned," Bulova said in a statement released Monday. "In my first term as chairman during these tough economic times, we have created a climate in Fairfax County where businesses can thrive.

NOVABizPAC, the political arm of the Fairfax Chamber, cited Bulova's 20 years of experience in local government, as well as her grasp of the issues facing Fairfax County residents, in its decision to endorse the Democratic incumbent.

"There were a number of reasons why we endorsed Sharon Bulova," said Fran Fisher, chair of the Fairfax Chamber's PAC. "She has a record of accomplishments that she has initiated, or is continuing... At the 30,000-foot-level, we look at our advocacy agenda

based upon our entire membership. The bottom line is that Fairfax County is a good place to live, and it's business-friendly. We looked at her role in maintaining that."

Fisher said the PAC committee interviewed each candidate before the debate, and unanimously endorsed Bulova.

"This is an important election year in Fairfax County and Virginia," said Fairfax Chamber President and CEO Jim Corcoran. "The Chairman of the Board of Supervisors has an important impact on the issues that affect business most, like real estate development, transportation, telecommunication, taxation, privatization and more."

Corcoran noted that the Fairfax Chamber, with more than 500 member companies, has hosted a debate in every Board of Supervisors race.

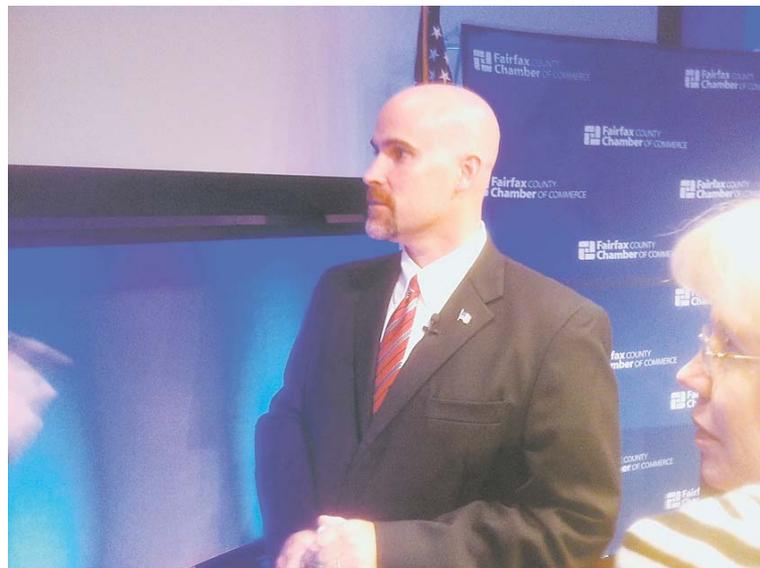
THE ENDORSEMENT followed a polite, no-fireworks debate held at the Capitol One complex in McLean, where both candidates touted their pro-business accomplishments.

During opening statements, Williams described himself as a "family man and small-business owner." He noted that county spending and property tax bills have doubled in the past decade. "You should be getting twice the services in half the time. ... Are you getting that? I understand the need to tighten your belt to fight another day."

Bulova said the county's stellar bond rating, stable budgets and top-notch schools "didn't happen by

SEE BULOVA, PAGE 7

Republican challenger Michael Spike Williams talks with supporters following his Sept. 15 debate with Fairfax County Board of Supervisors Chairman Sharon Bulova (D-At-large).



PHOTOS COURTESY OF VDOT

Sunrise Valley Drive in Reston: Closed eastbound between Glade Drive and Mercator Drive. Crews placed temporary steel plates last weekend to open the left-turn lane and left through lane to traffic. Bids for a permanent repair contract are being taken next week for sinkhole repairs and pipe replacement.

Roads Still Closed Due to Floods

Up to \$10 million in damages to roads and bridges in Fairfax County.

After the heavy rains that fell on Sept. 8, many roads and bridges were washed out by the rising waters.

Garrett Moore, VDOT district administrator for Northern Virginia, said the damage throughout the area was extensive.

"Our initial assessment indicates that there could be up to \$10 million in damages to bridges and roads in Fairfax County," he said in a Sept. 11 press release. "We will make repairs as quickly as possible. We could even see more pavement and slope failures in the coming

days, in addition to potholes."

At a Sept. 20 GPCA meeting, Nick Roper, Northern Virginia bridge engineer for VDOT, said there are literally hundreds of sites still being inspected in the area. He also said that they hope to get bids for the repair work in as soon as possible.

TO REPORT additional road problems, contact VDOT at 800-FOR-ROAD (367-7623). For current road conditions as of Sept. 15, visit www.511virginia.org and click "Road Conditions."

— ALEX McVEIGH



Hunter Mill Road in Reston: Closed between Crowell Road and Chamberlain Drive. Repairs will be made to bridge approach and shoulder damage, as well as washed-out pavement.

WEEK IN HERNDON

Free Rain Garden Seminar

Town of Herndon's Department of Public Works in cooperation with the Northern Virginia Regional Commission, the Northern Virginia Soil and Water Conservation District, and ArtSpace Herndon presents a free seminar to promote the environmental benefits represented by rain gardens. Homeowners will learn how

to properly site, design, construct and maintain do-it-yourself rain gardens.

Storm water runoff is the number one water quality problem throughout Northern Virginia, carrying pollutants to local streams, larger bodies of water and ultimately the Chesapeake Bay. Rain gardens allow storm water to infiltrate into the ground, slowing its flow and preventing pollutants from reaching local waterways. Due to their ability to retain and

filter water, rain gardens also aid homeowners in solving drainage or standing water problems.

The seminar takes place at ArtSpace Herndon, 750 Center Street, Herndon and is free and open to the public. Saturday, Sept. 24, 10 a.m. – noon. Check-in begins at 9:30 a.m.

Registration is requested. To reserve a seat for the seminar, contact Laura Grape at lgrape@novaregion.org or 703-642-4625.

Bike Collection Slated for Sunday, Sept. 25

Herndon Friends Meeting will host its 16th annual Used Bike Collection this Sunday, Sept. 25, at the Herndon Friends Meeting-house in Herndon from noon until 3 p.m.

The collection is in support of Bikes for the World, an Arlington, Virginia-based non-profit that col-

lects and ships bikes around the world in support of local business and clean energy initiatives. Bikes for the World is an independent, registered non-profit organization and all material and financial donations are tax deductible. Herndon Friends Meeting has collected more than 2,000 bikes since it started its collection in 1995. Bikes for the World shipped its 50,000th bike this past spring.

The Herndon Friends collection will occur at the Friends Meeting-house, which is located at the corner of Spring and Locust Streets near downtown Herndon, across the street from the firehouse. The collection will accept adult and children's bikes, road bikes, mountain bikes, wheelchairs and sewing machines. Bicycle parts and frames are welcome. A \$10 donation is requested to defray shipping costs.

For more information please call Paul Murphy at 703-517-2784 or e-mail murphy005@verizon.net.

BULLETIN BOARD

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

SUNDAY/SEPT. 25

Chez Nous Reston Salon. 5 p.m. Sunset Hills Montessori School, 11180 Ridge Heights Road, Reston. "Courage: Think Bigger, Live Bolder!" with Forbes Magazine columnist, coach and author Margie Warrell. Her 2010 book, "Courage" will be available for sale and signing. \$35 includes buffet, via Pay Pal to: Cheznousreston@gmail.com.

MONDAY/SEPT. 26

Be Prepared for Your Children: Legal Aspects of Child Support, Custody & Visitation. 7 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. \$55 non-members, \$45 members. How courts determine what financial support is required based on spousal income(s), what is deemed to be in the "best interests" of the child and what to expect during the custody proceedings. Support group available. Register at www.thewomenscenter.org.

WEDNESDAY/SEPT. 28

Understanding Alzheimer's Disease. 3 p.m. Herndon Senior Center, 873 Grace St. #1, Herndon. Speakers include experts in law, care management, finances and community services. Register at 703-324-5205, TTY 711. www.fairfaxcounty.gov/dfs/olderadultservices.

VOLUNTEERS NEEDED

Fairfax County's Volunteer Solutions needs volunteers to help older adults and adults with disabilities. Urgent needs include an assistant-treasurer for Meals on Wheels, a Vietnamese-speaker to help a Falls Church resident with grocery shopping, and an Arab-speaker to provide social visits to a Reston resident. 703-324-5406; TTY 711, DFSAAvolunteer@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

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Lois Auer shows an owl to guests at Runnymede Park Sunday, as part of the park's annual NatureFest.

Herndon Shows Off Its Natural Side

Runnymede Park hosts annual NatureFest.

BY ALEX McVEIGH
THE CONNECTION

Herndon's Runnymede Park is often teeming with wildlife, from fish and small crustaceans in the stream to butterflies, deer and other land animals. To see them, usually guests have to hope to get lucky while hiking along the park's trail, but they were all on display Sunday, Sept. 18 at the park's annual NatureFest.

Younger children were able to make their way through the park stopping at 12 different stations, each featuring an aspect of Runnymede Park. For the older children, the first annual Great Runnymede Race featured four teams that raced their way around the park completing various tasks.

"The race went very smoothly this year, but the students were much faster than we anticipated," said Carol Hadlock, board member of the Friends of Runnymede Park. "Next year we'll have to add a few more tasks, but I think it was a fun event."

As children made their way through each station, they received a stamp on their "passport," which they could redeem for a cookie after making the complete loop.

After examining how bees produce honey and a tour through the wildflowers near the parking lot, visitors could follow the path down to the stream to examine fish and other animals caught that morning in the stream.

"I had no idea that there were that many species that make their home right here in this park," said Sidney Arlen of Herndon. "I spent about five minutes looking at them, wondering where they were brought in from, until they told me they came from 10 feet away. I guess I'll have to keep my eyes open next time I come here."

FURTHER ALONG THE TRAIL, visitors

SEE NATUREFEST, PAGE 11



Lauren, 6, and Zachary Lieberman, 3, of Herndon search the meadow at Runnymede Park for insects during the park's annual NatureFest.



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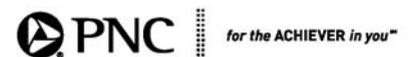
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OPINION

A Lesson in Civil Discourse?

What we say and do can be a powerful example for our children.

Election season is upon us and with only five incumbents of the 10-seat Fairfax County School Board running again, whatever the result, the county will have a very different School Board on the morning of Nov. 9, the day after the 2011 General Election.

Change is good and the possibility of a new direction for the School Board should certainly hearten those citizens who have decried the current School Board for its inflexibility and unresponsiveness to the people who voted them into office.

It's important to note that School Board members provide an important public service for very little compensation. Even though some parents may be dissatisfied with a particular decision from the current board, this leadership oversees a school system that is the envy of much of the nation. Just ask any politician or business leader and they'll tell you that one of the things that draws people to Fairfax County is the reputation of its public schools.

As the editor whose coverage area was largely affected by last year's Southwestern

Boundary study, I was witness to a great deal of public discourse on the School Board's decision to close Clifton Elementary School and redraw the boundaries of many FCPS elementary schools.

Those affected by the workings of any School Board know that the most potentially divisive process that the body undertakes involves redrawing attendance boundaries.

But in 2010, the discourse surrounding the School Board's decision to close Clifton Elementary and redraw school boundary lines turned ugly very quickly. Citizens and School Board members — we know because their e-mail conversations were released thanks to a Freedom of Information Act request — shot angry barbs back and forth at each other which were sometimes uncomfortably vicious and personal.

It's difficult to say who fired the first shot. I liken it to a pie fight in a Three Stooges movie. It's not important who threw the first one, by the end, everyone's covered in pie filling and looks just as bad as the next person.

Many citizens submitted letters during the School Board debates, highlighting important concerns and raising questions that sometimes deserved better answers than they received. But some were not published because they were harsh, personal attacks against individuals.

While emotional debate is inevitable when

the School Board is making decisions that can change where children will be able to attend school, I don't know if all the negative emotion accomplished anything. It's easy to understand the resentment of some who feel slighted. After all, the decision involved their families, children and neighbors. One hopes that the communities affected can move on. I suspect they will, in time.

With so many seats open on the School Board, this is an opportunity for real and meaningful change. The at-large race alone has seven candidates vying for three spots.

For those who are dissatisfied with some decisions of the School Board, this is the opportunity to be heard. Whether your concerns are school boundaries, start-times, honors classes, curriculum choices, school discipline or other issues, take the time to find out what the candidates stand for. Go to meet-the-candidate events. Visit their websites. Read local news stories about the races. Also, let the candidates — and the Connection — know what matters to you.

The Connection welcomes thoughtful letters about school issues and School Board candidates. No one needs to "get personal" to accomplish that. Let's teach our children about civility in political debate.

— MICHAEL O'CONNELL

MOCONNELL@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

In Support of Janie Strauss

To the Editor:

We have a heated race between current Chairman of the School Board Janie Strauss and challenger Louise Epstein. It is important that issues are debated to ensure that we have a Board that seeks excellence in our schools. Going beyond a healthy debate into personal attacks is certainly not in the best interest of our kids, our schools, or our community.

Janie Strauss has served as a committed member of the school board for 18 years. She is more than qualified for this position as displayed by her 18 years of service on the Board; her ten terms serving as School Board Budget Chair; her current position as School Board Chair; her Masters Degree in Teaching from Harvard; her valuable experience as a teacher, school PTA president and county PTA president; and her role as a mother of four FCPS graduates whose needs spanned special ed, general ed and advanced academics.

More importantly, Janie Strauss has heart to go with her intelligence and depth of experience. I have known Janie for over 20 years as a friend and neighbor. I

have interacted with her on numerous issues relating to issues involving Franklin Sherman, Longfellow and McLean High School. She is a good listener, even-handed and more than thorough in addressing all sides of difficult issues. She has many constituents to please...taxpayers, parents, teachers and children...and that requires balance, vision and diplomacy. She is a strong leader and works tirelessly for our kids.

Part of Janie's strength is in her ability to work quietly behind the scenes to solve difficult problems. Often it is the one who is not the loudest or the most public individual that ends up being more effective and successful. Her diplomacy skills combined with her experience enable her to bring consensus to a very diverse board in a large county with varying needs. Janie is an advocate for all schools, students and parents in their quest to obtain the best possible education opportunities for our kids. It would be a shame to lose her as our advocate.

It is important to keep Janie's character and strengths in mind. In politics there are often things in print that stretch the truth or even mislead the public. If you have questions, ask Janie. She will answer your questions and be

there for you as she has been for me and all my children for the past 20 years. Vote with your mind and your heart on Nov. 8.

Laura Warren
McLean

Vote 'Yes' on School Bond

To the Editor:

Because Fairfax County can't afford not to, I encourage your readers to support the school bond referendum and vote "yes" on Nov. 8. The school bond will raise the necessary funds to initiate much needed improvements in our school facilities, athletic fields, security, and most importantly, classrooms.

There has never been a better time to make an investment in our schools. As a result of the economic downturn, interest rates and construction costs are at record lows. Combine that with Fairfax County's "AAA" credit rating, there is tremendous value right now to make this kind of investment that won't necessarily exist in the future if this much needed investment is put off. Furthermore, it is much better to do this now with no additional cost to the taxpayer, than later when

delayed improvements will cost more and may need to be funded through tax hikes.

Apart from the value, FCPS facilities are more than just places for our children to learn, they are staples of the community. More than 2,000 community organizations utilized FCPS facilities just last year; 242 school gymnasium courts and 532 school athletic fields were used for community recreation activities.

And over 180,000 meals were served to senior citizens last year in 37 different FCPS cafeterias.

It is clear that our public schools are vital not just to our children, but to our community, and that is why it is incredibly important to vote "yes" for the school bond on Nov. 8!

Krystle Weeks

Fairfax Citizens for Better Schools, Providence District

Write

The Connection welcomes views on any public issue. Send to:

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Bulova Secures Chamber's Endorsement

FROM PAGE 3

accident." She promised "continued smart budgeting and a focus on community priorities."

The county's affordable housing program, Dulles rail, immigration, county services and big business topped the list of issues.

Bulova reaffirmed her commitment to the planned Metro line to Dulles International Airport, calling it her "number one transportation priority," and cited the importance of phase two, "to get all the way to Dulles Airport," Bulova said.

Williams countered that he thought Dulles Rail was more about economic development rather than solving transportation issues. "Let's not keep our eyes closed about it," he said.

"The support of the Chamber of Commerce is not something that is easily earned... Fairfax County has become the most attractive place in the U.S. for Fortune 500 companies looking for greener pastures."

Sharon Bulova

The candidates diverged sharply on the topic of affordable housing, an issue that has sparked debate among members of the Board of Supervisors several times this year.

Williams criticized the county's affordable housing policies, saying that county government should not "dabble...in luxury affordable housing. ... We're providing luxury affordable housing to people who ... drive a Lexus and hang a plasma-screen TV on their walls."

Bulova confirmed her support of the county's housing policies, asserting that the county's "forward-thinking" policies have been successful in reducing the homeless population by nearly 17 percent in four years.

In 2010, the Board adopted the Housing Blueprint, which allocates \$10.1 million in FY 2011 to provide housing for the homeless as well as

"workforce housing." As of March, 2011, there were 11,818 families and individuals on the waiting list for the county's three principal affordable housing programs, according to the county's Department of Housing and Community Development.

"It's critical for us to address affordable housing needs. [Affordable housing] spans people living in the woods and cars, and people in the middle who need help getting back on their feet," she said.

Williams said he agreed that it was critical to provide people "an opportunity to live near where they work." But he maintained the private sector should be responsible for affordable housing, not the government.

On illegal immigration, "We have a problem," Williams said, adding that he did not want to the county to become a haven for illegal immigrants.

"I am all for people who are legal citizens ... getting the benefits of government. ... I celebrate diversity in Fairfax County," Williams said.

Bulova said she would never describe the county as a "sanctuary," or a "magnet" for illegal immigrants.

"We have a welcoming culture, but when someone breaks the law, our county police work with federal authorities [to identify those in the country illegally]," she said.

THE DEBATE ended cordially, with Bulova stating that her opponent is a "good guy," but lacks her range of political experience. "I will enjoy working with Spike in the years to come," she said.

Williams drew laughter when he said he also looked forward to working with Bulova, "in her role as a county resident."

After Thursday's debate, Williams' campaign released a news release stating that "What distinguishes Spike Williams is his loyalty to small business owners ... Spike is a proven conservative leader who will level with [residents]."

Bulova said the debate was a "good discussion of Fairfax County issues. I was pleased to make my priorities clear - to continue to maintain a quality of life in Fairfax County that our residents and businesses appreciate and value and to do so in a way that is affordable to our taxpayers."

Bulova has appreciably outspent Williams during the campaign, raising approximately \$425,000 to Williams' roughly \$75,000, according to the Virginia Public Access Project (VPAP), a non-partisan organization that collects financial data of all candidates. In addition to the main party candidates, Bulova and Williams will be joined on the Nov. 8 ballot by two independents: Will Radle Jr. and Christopher F. DeCarlo.

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- Saturday, 9/17/11: Osama Malik 9:30 p.m.-1:30 a.m.

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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.

THURSDAY/SEPT. 22

Before Reston: The Bowman Family. 7 p.m. Reston Community Center, Lake Anne, 1609A Washington Plaza, Reston. A presentation on the Bowman family and the 1927-1961 era, including the history of the Bowman Distillery that produced Virginia Gentleman bourbon in Reston through the 1980s. 703-709-7700 or restonmuseum@gmail.com.

Big Apple Circus. 7 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or bigapplecircus.org.

Registration for English Class. 5:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. The Family Learning Program provides group English instruction for parents while children participate in activities. Adults. 703-437-8855.

Friends of Oakton Library used book sale. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Great selections for kids, teens and adults. Proceeds support library programs and services for the community. All ages. 703-242-4020.

E-Book / E-Reader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about e-book reader options and/or your e-book reader. Call for an appointment. Adults. 703-242-4020.

Reston Friends Fall 2011 Book Sale. 10 a.m.-5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700.

FRIDAY/SEPT. 23

Big Apple Circus. 7 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or bigapplecircus.org.

Friends of Oakton Library used book sale. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Great selections for kids, teens and adults. Proceeds support library programs and services for the community. All ages. 703-242-4020.

Reston Friends Fall 2011 Book

Sale. 10 a.m.-5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700.

SATURDAY/SEPT. 24

Reston Multicultural Festival. Reston Community Center, Lake Anne Village Center, 2310 Colts Neck Road, Reston. Live entertainment, music, food and more. At 1 p.m., the Traveling Players Ensemble will perform Moliere's "Sganarelle," where a simple act of kindness leads to a case of mistaken identity that threatens to split up two couples. Free admission. 703-476-4500. www.travelingplayers.org.

"So You Think You Can Dance." 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. The 10 finalist dancers from the television show. Tickets \$38.50-\$58.50, available at www.ticketmaster.com or 703-573-SEAT. www.fox.com/dance or www.patriotcenter.com.

Big Apple Circus. 12:30 p.m. and 4:30 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or bigapplecircus.org.

Lucky Dog Pet Adoption. 12-2 p.m. Whole Pet Central, 304 Elden St., Herndon. www.luckydoganimalrescue.org.

HHS Dance Team Yard Sale Fundraiser. 8 a.m.-1 p.m. 11626 Deer Forest Road, Reston. All proceeds support the team's trip to Nationals. tracey.baroody@gmail.com.

Neighborhood Plant Clinic. 10 a.m.-1 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Fairfax County Master Gardeners Association gives tips and strategies. Cosponsored by the Virginia Cooperative Extension Service. 703-242-4020.

Friends of Oakton Library used book sale. 10 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Great selections for kids, teens and adults. Proceeds support library programs and services for the community. All ages. 703-242-4020.

Reston Friends Fall 2011 Book Sale. 10 a.m.-4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700.

Power of 5 Benefit Concert. 7 p.m. Tzu Chi Foundation office, 1516 Moorings Drive, Reston. Clarinet, flute, classical gu-zhen and choir performances by middle to high



The Temptations and The Four Tops will perform their R&B hits on Thursday, Sept. 25 at 8 p.m. at the Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$38 in-house, \$22 lawn. www.wolftrap.org.

school students. \$5, proceeds help the Tzu Chi Foundation improve lives of people in Sub-Saharan Africa, Haiti, homeless shelters and more. Reserve at 703-707-8606 or dctzushao@gmail.com.

SUNDAY/SEPT. 25

Alzheimer's Association Walk to End Alzheimer's. Reston Town Center, 11900 Market St, Reston. 5 p.m. registration, 6 p.m. program and walk, 7 p.m. candlelight rally. Raise awareness and funds for Alzheimer's care, support and research programs. Learn more about Alzheimer's disease, advocacy opportunities, clinical trial enrollment, programs and services of the Alzheimer's Association. www.alz.org/nea or 703-359-4400.

Big Apple Circus. 12:30 p.m. and 4:30 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or bigapplecircus.org.

Reston Friends Fall 2011 Book Sale. 1-3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 703-689-2700.

Blessing of the Animals. 3 p.m. Floris United Methodist Church,

13600 Frying Pan Road, Herndon. A short service of prayer, scripture and blessing. Come and share with other animal lovers in this time of blessing. Cancelled in case of rain. resqui1@hotmail.com.

Annual Tailgate Party. 11 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Bills vs. Pats at 1 p.m. With Scott Norwood and Charley Taylor and the University of Buffalo Alumni Group. All-u-can eat wings, sahen dogs, Wecks, BBQ pork, potato skins, slaw and more. \$16 adults, \$7 under age 12. Outdoor JOTT-Hole Tournament at 6 p.m. 703-4350-JIMS.

MONDAY/SEPT. 26

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020.

TUESDAY/SEPT. 27

Enrique Iglesias with Pitbull and Prince Royce. 7 p.m. George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Tickets are \$19.50-\$89.50, available at 703-573-SEAT or www.ticketmaster.com. Accessible seating is available for patrons with disabilities by calling 703-993-3035. www.enriqueiglesias.com.

Big Apple Circus. 7 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or

bigapplecircus.org.

Slithering Snakes Preschool Storytime. 7 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories and rhymes about snakes. Age 3-5 with adult. 703-437-8855.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for an appointment. Adults. 703-242-4020.

Preschool Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 4-5 with adult. 703-689-2700.

WEDNESDAY/SEPT. 28

Big Apple Circus. 11 a.m. and 7 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or bigapplecircus.org.

No Kidding! 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Great Grass-Grazing Goat Stories for the entire family. All ages. 703-689-2700.

THURSDAY/SEPT. 29

Big Apple Circus. 7 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or bigapplecircus.org.

FRIDAY/SEPT. 30

ValeArts Fall Art Show Reception. 7-9 p.m. Vale Schoolhouse, 3124 Fox Mill Road, Oakton. More than 150 paintings by nine artists. Free. www.valearts.com or 703-860-1888.

Big Apple Circus. 7 p.m. Dulles Town Center, 21100 Dulles Town Circle, Dulles. Performers from around the globe. 888-541-3750 or bigapplecircus.org.

SATURDAY/OCT. 1

Light the Night Walk for Leukemia & Lymphoma. 5-9 p.m. Reston Town Center, Pavilion and Market Streets, Reston. Celebrate and commemorate lives touched by cancer to benefit the Leukemia and Lymphoma Society. Funds raised support the ongoing mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma and to improve the quality of life of patients and their families. Children's games, local restaurants, live music and entertainment until 2-mile walk begins at dark. Register at 703-960-1100, 1-877-LTN-WALK or leukemia-lymphoma.org.

The 73rd Annual Potomac Rose Society Rose Show. 1-6 p.m. Merrifield Garden Center Fair Oaks, 12101 Lee Highway, Fairfax. Exhibitors must place rose specimens by 9:30 a.m. Saturday, judging follows. Consulting Rosarians will answer questions. Free. 301-869-4948 or kay.george@verizon.net.

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*Offer good on select seat locations and performances. Children under 3 are free on the lap of a paid adult, one child per lap.

ArtSpace Herndon is presenting a solo exhibition by Petra Gerber. Her new series of large (40" x 60") watercolor paintings were inspired by the Hubble and Spitzer telescope images of the Universe.

Gerber is a Master Watercolorist, whose paintings have been exhibited in museums and galleries in the U.S., and have sold to collectors all over the world. She studied art in Germany, New York City and Washington, D.C. — and received her Master of Fine Arts degree from The George Washington University. She has taught art at GWU and other universities for the past 20 years, and is currently teaching at her studio in Fairfax and at the William Woodward School of Fine Arts in Warrenton, Va.

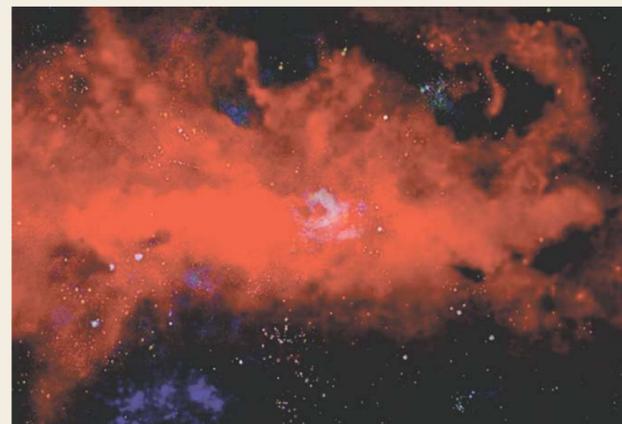
Even though her diverse artistic endeavors have touched upon all styles and subject matter — she has always called herself a "colorist". Gerber's primary goal was to create paintings

which did not require an explanation or justification, but, paintings which were intellectually and emotionally satisfying to all audiences. To learn more about the artist, visit her website, www.petragerber.com.

Gerber's work will be on display in the Post Gallery at ArtSpace Herndon from Tuesday, Sept. 27 through Sunday, Oct. 30. The public is invited to meet the artist at the artist reception on Saturday, Oct. 1st at 8 p.m. ArtSpace Herndon is located at 750 Center Street in Herndon. ArtSpace Herndon is open Tuesday - Thursday 10 a.m.-2 p.m., Fridays 10 a.m. - 8 p.m., Saturday 10 a.m. - 5 p.m. and Sunday 1 p.m. to 5 p.m.

The artist is offering to schedule gallery talks for students and other groups by appointment. Call ArtSpace Herndon at 703-956-6590 or email Robin Carroll at rcarroll@artspaceherndon.com for more information.

Petra Gerber Exhibits at ArtSpace Herndon



Petra Gerber, 'Milky Way.'



Petra Gerber, 'Trapezium Star.'

OPEN HOUSES

SATURDAY/SUNDAY, SEPTEMBER 24 & 25



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

Call Specific Agents to Confirm Dates & Times.

Great Falls

1078 Mill Field Ct..... \$1,850,000...Sun 1-4.....Jane Price.....Weichert. 703-628-0470

Manassas

6400 Tinkling Springs.....\$465,000...Sun 1-4....Rachel Pullen.....Century 21.. 703-774-8800

McLean

1519 Pathfinder Ln.....\$1,249,900 ...Sun 1-4..Monica Gibson..Keller Williams.. 703-944-3434

Reston

1509 Autumn Ridge Cir... \$399,900...Sun 1-4.....Sheri Daniel..Keller Williams.. 703-489-2656

South Riding

25725 Howertown Dr.....\$739,000...Sun 1-4...George Azzouz..Samson Props.. 703-728-0843

Sterling

323 Felsted Ct.....\$289,900...Sun 1-4.....Sandy Loftis.....Weichert.. 703-444-4700

Vienna

2701 Bellforest Ct. #409..\$330,000...Sun 1-4.....Ron Fowler.....Weichert.. 703-691-0555

825 Ninovan Rd.....\$459,000...Sun 1-4....Evelyn Cheme.....Weichert.. 703-725-6622

9624 Prelude Ct.....\$720,000...Sun 1-4...Suzanne Burch.....Century 21.. 703-328-5606

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Monday at 3 P.M.

HOME SALES

In August 2011, 83 homes sold between \$1,682,000-\$109,000

in the Herndon and Oak Hill area.

This week's list represents those homes sold in the \$1,682,000-\$467,500 range.

For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
3182 MARY ETTA LN	7	7	2	OAK HILL	OAK HILL	\$1,682,000	Detached	0.83	20171	SHADETREE ESTATES
3178 MARY ETTA LN	4	5	2	HERNDON	HERNDON	\$1,620,000	Detached	0.85	20171	SHADETREE ESTATES
12799 OWLSLEY WAY	4	3	1	OAK HILL	OAK HILL	\$845,000	Detached	0.22	20171	OAK FARMS
3205 NAVY DR	5	4	1	OAK HILL	OAK HILL	\$820,000	Detached	0.58	20171	DARTMOOR WOODS
3314 WILLOW GLEN DR	5	3	1	OAK HILL	OAK HILL	\$802,500	Detached	0.27	20171	STILL OAKS
1160 SILVER BEECH RD	6	3	1	HERNDON	HERNDON	\$800,000	Detached	0.60	20170	SUGAR CREEK
2707 COPPER CREEK RD	5	3	1	HERNDON	HERNDON	\$765,000	Detached	0.70	20171	COPPER CROSSING
2710 REIGN ST	5	3	1	OAK HILL	OAK HILL	\$735,000	Detached	0.30	20171	SUMMERFIELD
2519 GLENLAWN PL	5	3	1	HERNDON	HERNDON	\$695,000	Detached	0.20	20171	SYCAMORE LAKES
13003 MONROE MANOR DR	4	3	1	OAK HILL	OAK HILL	\$690,000	Detached	0.21	20171	MONROE MANOR
12216 LAKE JAMES DR	5	4	0	HERNDON	HERNDON	\$685,000	Detached	0.53	20171	FOX HUNT ESTATES
2511 BRANDING IRON CT	5	3	1	HERNDON	HERNDON	\$675,000	Detached	0.24	20171	SYCAMORE RIDGE
13135 CURVED IRON RD	4	3	1	OAK HILL	OAK HILL	\$670,000	Detached	0.24	20171	SYCAMORE RIDGE
12514 SUMMER PL	4	2	1	HERNDON	HERNDON	\$629,530	Detached	0.30	20171	SUMMERFIELD
1302 KELLY CT	4	2	1	HERNDON	HERNDON	\$620,000	Detached	0.61	20170	SHAKER WOODS
3100 HARRISON HOLLOW LN	4	3	1	OAK HILL	OAK HILL	\$615,000	Detached	0.28	20171	FRANKLIN FARM
2938 HARVEST GLEN CT	5	2	1	HERNDON	HERNDON	\$612,017	Detached	0.54	20171	FOLKSTONE
2712 COPPER CREEK RD	4	2	2	HERNDON	HERNDON	\$602,000	Detached	0.75	20171	COPPER CROSSING
3102 HANNAH'S POND LN	4	3	1	HERNDON	HERNDON	\$590,000	Detached	0.24	20171	FRANKLIN FARM
13617 OLD DAIRY RD	5	2	1	HERNDON	HERNDON	\$565,000	Detached	0.20	20171	FRANKLIN FARM
2483 LEYLAND RIDGE RD	4	3	1	HERNDON	HERNDON	\$560,000	Detached	0.11	20171	OAKMILL
124 ANTHEM AVE	3	3	1	HERNDON	HERNDON	\$554,340	Townhouse	0.07	20170	SOUTH VAN BUREN
12406 WENDELL HOLMES RD	4	3	0	HERNDON	HERNDON	\$552,000	Detached	0.28	20171	FOX MILL ESTATES
2724 VIKING DR	5	2	1	HERNDON	HERNDON	\$546,250	Detached	0.34	20171	FOX MILL ESTS
3321 DAIRY LOU DR	4	3	0	OAK HILL	OAK HILL	\$542,000	Detached	0.22	20171	FRANKLIN FARM
3325 THORNGATE DR	5	3	0	HERNDON	HERNDON	\$535,000	Detached	0.29	20171	FRANKLIN FARM
2651 UNICORN CT	5	3	1	HERNDON	HERNDON	\$530,000	Detached	0.29	20171	FOX MILL ESTS
12547 BROWNS FERRY RD	4	3	1	HERNDON	HERNDON	\$520,000	Detached	0.27	20170	CRESTBROOK
13185 LADYBANK LN	4	3	1	OAK HILL	OAK HILL	\$520,000	Detached	0.20	20171	CHANTILLY HIGHLANDS
12407 MYTERRA WAY	5	3	0	HERNDON	HERNDON	\$519,000	Detached	0.46	20171	MYTERRA
2755 MANSWAY DR	4	2	1	OAK HILL	OAK HILL	\$510,000	Detached	0.23	20171	BRADLEY ACRES
12027 HEATHER DOWN DR	4	2	1	HERNDON	HERNDON	\$490,000	Detached	0.20	20170	UNION MILL
2713 VIKING DR	5	2	1	HERNDON	HERNDON	\$490,000	Detached	0.26	20171	FOX MILL ESTS
2676 LOGAN WOOD DR	3	2	1	HERNDON	HERNDON	\$482,000	Townhouse	0.04	20171	MCNAIR FARMS LANDBAY
13609 SOFT BREEZE CT	3	3	1	OAK HILL	OAK HILL	\$475,000	Detached	0.23	20171	FRANKLIN FARM
2603 TARLETON CORNER DR	3	2	1	HERNDON	HERNDON	\$468,000	Townhouse	0.04	20171	MCNAIR FARMS LANDBAY
480 MONTALTO DR	4	4	1	HERNDON	HERNDON	\$467,500	Detached	0.31	20170	VILLAGES THE

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10:00 AM Garden, Traditional Worship Service
11:00 AM Connection, Contemporary Worship Service

other weekly services
5:30 PM Saturdays: Relax & Renew, Casual Worship Service

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703-707-6271

REAL ESTATE NOTES

Send announcements to herndon@connectionnewspapers.com. Deadline is Friday for the next week's paper.

Paul Valentino, president of Coldwell Banker Residential Brokerage in the Greater Washington Metro, has announced that Tanya Blosser has been selected as the company's Field Marketing Manager. She will lead the company's marketing efforts and work with agents to help them promote and develop their business.

"I look forward to assisting agents in developing their personal marketing plans and using all the resources Coldwell Banker has available to increase their visibility in the marketplace," said Blosser, who will be based in Coldwell Banker's corporate headquarters in Reston.

Blosser's career has focused primarily on print and digital media sales and marketing to real estate companies.

Coldwell Banker Residential Brokerage in Reston has announced its sales associates, and teams who have earned the company's International President's awards. The winners include: Individual Achievements - President's Club Bonnie Harrison, Shelley Lawrence, Alexis Norton, Suzanne Parisi, Deborah Pestronk and Vicky Robertson.

Group and Team Achievements - International President's Circle: The Scoggin Home Team; President's Club - Lilyan Dickerson and Heather Watson.

Jim Weichert, founder and president of Weichert, Realtors has been selected for the Inman News list of the 100 Most Influential Real Estate Leaders for 2010. This year's selection is the fourth consecutive year that Weichert was honored with this distinction. Jim Weichert was recognized in the Brokerage category, which is reserved for company leaders who command the attention of real estate professionals through their words and actions. During his more than 40 years of sales experience, Weichert has led the development of Weichert, Realtors from a single office in 1969 to one of the largest privately held real estate companies in the nation.

NatureFest at Runnymede Park

FROM PAGE 5

came across volunteers such as Abigail Ackerman, who was wearing an odd-colored necklace. As curious guests got closer, they could see the necklace begin to move, as it was actually a corn snake.

"We volunteer at events like this to show off the kind of snakes around here," Ackerman said. "Hopefully people can learn not to be scared of them."

Many children weren't scared to touch the snakes, rather it was their parents who were hesitant.

"We were looking at the turtles, and next thing I know, I'm watching my son handle a huge snake," said Beth Jorder of Herndon. "I

freaked out for a second, but they said it was perfectly fine. I guess I know who will be taking care of any snakes that appear in our yard, my son might beat my husband to it."

As the trail took people around to the other side of the park, children could sift through owl pellets to find bones, wander the meadow for insects, or catch, tag and release butterflies.

Zachary Lieberman, 3, spent part of his afternoon with his sister Lauren, 6, wandering through the tall



PHOTO CONTRIBUTED

Teams at the Great Runnymede Race pick up their tote bags at the start of the event. Four teams participated in the first iteration of the scavenger hunt at Runnymede Park's annual NatureFest.

grass with their insect nets. While Zachary was looking for ladybugs, his sister was searching for more mobile creatures.

"I've been looking for butterflies, but I don't think they like the spiky grass here," Lauren Lieberman said.

RUNNYMEDE PARK features four different ecosystems spread over its 58 acres. More information on future events can be found at www.frpweb.org.

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Remembering 9/11

Langley High students hold second annual flag memorial.

BY JEAN T. JIANOS
THE CONNECTION

Despite having to reschedule twice because Fairfax County Public Schools closed due to recent flooding, the Langley High School Young Republicans club was committed to remembering the victims of the Sept. 11, 2001 terrorist attacks with their second annual flag memorial. When school grounds were reopened on Saturday, Sept. 10, club Co-Presidents Alicia Underhill, Class of 2012, and Matthew McCann, Class of 2013, together with Great Falls resident Sarah Warack, Class of 2012, spent all of the sunny afternoon planting 2,958 American flags in the shape of "9/11" and painting the Langley Rock with "Never Forget," as part of the Young America's Foundation "9/11: Never Forget Project."

Speaking for the Young Repub-

licans club, Underhill said, "It was really important for us to do this not only for the club, but for Langley High School as a whole, to show that we too as students will always remember that fateful day. Being only in 2nd grade myself when the attacks occurred, I feel like my age group is the last to remember what actually happened. We want to show that we too will never forget, and that we are proud to stand up next to our fellow Americans and show that the American spirit will never be broken."

Fellow Senior Warack agreed that, having experienced them as an 8-year-old, the events of 9/11 are a vivid early memory. Her dad, a United States Air Force officer, left the Pentagon that morning, traveling on the same roadways that the hijackers of American Airlines flight number 77 would dive over just 30 minutes later. "The memory of my dad in his blues,



PHOTOS BY ALICIA UNDERHILL

Firefighters from Tower-Ladder Unit 401, Fairfax County Fire and Rescue Department Station 1, McLean Volunteer Fire Department with Langley High School Seniors Alicia Underhill and Sarah Warack.

standing in the lobby of my elementary school is so clear," says Warack. "When he came and picked me up from school, and we walked home, I remember thinking, 'Something is totally weird.'"

McCann was only a first grader in 2001 and had not yet left home for school at the time of the attacks, so he doesn't have the same kind of first-person account of 9/11. As co-president of the Young Republicans club, he was asked by other students whether the club would be planting flags as it had last year. He says that he will continue with the memorial next year, as well. "It is important to all of us."



Memorial of 2,958 American flags planted by the Langley High School Young Republicans club.

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South Lakes Volleyball Starts Season Fast

Seahawks set to take part in Hayfield Invitational this Saturday.

BY RICH SANDERS
THE CONNECTION

This year's South Lakes High girls' volleyball team has a little bit of everything a coach would dream of — talent, experience, a dedication and love for the game, and a hunger to win.

"This is one of the best teams I've ever had at South Lakes," said Cheri Hostetler, the fifth-year head coach of the Seahawks. "They're all good players. They all work hard and our practices are very exciting. These kids just love volleyball and you can tell when they play."

South Lakes, earlier this week, improved its record to 4-1 when it won a non-district home match, three games to none (3-0), against Wakefield High (Arlington) on Monday evening, Sept. 19.

The Seahawks opened the season back on Aug. 29 with a 3-0 home win over the Mount Vernon Majors. They lost their following match, 2-3, against a talented Westfield High team a few days later on Sept. 1.

The following two days — Sept. 2-3 — saw South Lakes take part in the 16-team pre-season Cassel Invitational at the Virginia Volleyball Center in Sterling. There, South Lakes, going up against some of the better teams across the Northern Region, went 2-3. The wins came against Herndon High and Washington-Lee, both by 2-1 scores. The three losses came against Robinson, 0-2; Woodson, 1-2; and Westfield; 1-2.

The five exhibition tournament matches did not count towards South Lakes' overall record but served as a great preparation for the Seahawks as they begin play in the ultra tough Liberty District schedule, which will include such region powerhouse teams such as Stone Bridge and Langley. In fact, South Lakes was set to open its district schedule on Wednesday evening, Sept. 21 against visiting Stone Bridge.

"We played some very tough teams like Robinson and Woodson, teams we haven't played and two of the best teams in the tournament," said Hostetler, of competing at the Cassel. "Playing in that tournament helped our team a lot."

Following South Lakes' positive showing at the Cassel Invitational, the Seahawks defeated local rival Herndon, 3-0, on Sept. 6, and followed that up with a 3-0 victory at Edison last Thursday, Sept. 15.

SOUTH LAKES' SENIOR co-captains this season are Christy Hoffman, who plays setter/opposite hitter positions, and middle

hitter Sarah Delaney. Both are seasoned Seahawks' players.

Hoffman, a 5-foot-7 inch athlete in her third season as a varsity starter, is an outstanding all-around player who makes very few errors during matches.

"She's a very aggressive player," said Hostetler. "This year she's kind of taking the team and pushing everybody [to excel]. She also leads by her play. She's an amazing player."

Delaney, a 6-2 middle hitter, can be a force on the front line.

"She's a good blocker," said her coach. "When she's on the front row it's hard for other teams to attack. She's so athletic."

Hostetler's squad has a trio of junior outside hitters — Annemarie Bresson, Cloe Traylor, and Dory DeWeese — who are all in their second years as Seahawk starters. Hostetler said the outside hitter position for South Lakes is in good hands with the threesome. When one player might be off her game, the other two are usually on. And when all three are clicking, the Seahawks can be formidable.

"They're just precise players who, when the game is on the line, we know they can get a kill or dig," said Hostetler, of the three 11th graders. "All three are both offensive and defensive players."

Two other key members of the South Lakes' line-up include seniors Elora Huber and Elise Cross, both third year varsity players. Huber, a left-handed player and a tremendous passer, served the Seahawks as an outside hitter both her sophomore and junior years but has been moved to the libero position (defensive specialist) this season. Cross, who played outside hitter as a sophomore, started at a setter position last year as a junior and continues in that role as a senior.

South Lakes, which went 6-9 last year, is competing at the eight-team Hayfield Tournament this Saturday, Sept. 24. The Seahawks, at the one-day tourney, will compete in a four-team bracket consisting of Hayfield, Lee, and Mountain View (Stafford) High Schools.

Next week, South Lakes is scheduled to play non-district matches versus visiting Annandale on Monday, Sept. 26, and a road match at Washington-Lee the following evening.

Jeff Farrell, the former South Lakes' freshmen girls' volleyball coach in recent years, is serving as Hostetler's varsity assistant this season. Hostetler believes her squad can finish among the top four teams in the district this season, which would qualify the Seahawks for the postseason region playoffs.



PHOTO BY CRAIG STERBUITZEL/THE CONNECTION

Hornets to Face Centreville

The Herndon High football team (pictured), 1-2 this season following a loss to Yorktown last week, will be looking to pull off an upset when it travels to unbeaten Centreville for the Hornets' Concorde District opener this Friday night at 7:30. South Lakes High, meanwhile, will be looking for its first win when it hosts Fairfax High on Friday.

SPORTS ROUNDUPS

The Northern Virginia Senior Olympics (NVSO) opened last Sat., Sept. 17 at Thomas Jefferson Community Center in Arlington. On hand for the opening ceremonies was an excited crowd of participants and supporters. NVSO chairman Betsy Bailey opened the formalities, which included a flag ceremony by the George Mason University Police Honor Guard and the National Anthem sung by Arlington's Noël Williams.

Former NVSO chairman Steve Mandes introduced U.S. Rep. Jim Moran (D-8). Moran acknowledged the athletes' commitment to healthy aging. He said that in addition to their personal dedication, they exemplify the benefits of living healthy longer and are an inspiration to others.

Bailey recognized local dignitaries and sponsors. Cheryl Johnson, Manager of Arlington's Office of Senior Adult Programs, praised the NVSO Committee for its year-round work in implementing and promoting the events.

Johnson officially opened the 29th Senior Olympics, along with Bernhard Stamm of Ashburn, carrying the NVSO torch. The opening ceremonies were followed by eight track events. More than 25 other events will take place through Sept. 28 at various venues throughout Northern Virginia.

Track events began with a three mile walk. Gold medal winners in the event on the men's side included: Dave Osmun of Fairfax (age 50-54 category); Rob Aaront of Centreville (55-59); and Victor Litwinski of McLean (65-69). Women to earn a gold in the three mile walk included: Susan Osmun of Fairfax (50-54); Carol Banks of Springfield (60-64); and Naomi Hesser of Fairfax (85-89).

Brian Forst of Reston (65-69) earned gold in the men's 1,600 meter walk, while Springfield's Carol Banks (65-69) earned

gold on the women's side.

Gold medal winners in the men's 800 meter walk included Dave Osmun of Fairfax (50-54) and Rob Aaront of Centreville (55-59). On the women's side, Patricia Jarvis of Herndon (60-64) earned gold as well.

In the men's 60 meter dash, gold medalists included Tom Flaherty of Vienna (50-54); Christopher Detmar of Reston (55-59); and Harry Dietz of Fairfax (80-84).

Gold medalists in the men's 200 meter run were Reston's Christopher Detmar (55-59) and Oakton's Robert Hannah (75-79). Detmar was also a gold winner in three other events: the 400, 800, and 1,600 races. Springfield's Robert Eaheart, Jr. (60-64) was victorious in the men's 400 and Springfield's Stephen Banks (65-69) was first in both the men's 800 and 1,600 races. Also, G. Stan Brown of Fairfax (70-74) was first in the men's 1,600.

Flint Hill School, a private school member of the Mid-Atlantic Athletic Conference (MAC), defeated Episcopal of Alexandria, 10-7, in a non-conference home game last Saturday afternoon. For the Huskies, running back Trevor Ogundepo rushed 27 times for 104 yards and a touchdown. Flint Hill kicker Hunter Windmuller hit a 27-yard field goal in the third quarter to give his team a 10-7 lead that stood the remainder of the game.

Ben Kase sealed the Huskies' victory with two fourth quarter interceptions. Tony Fortkort also had an interception in the win. Other Huskie highlights included Jerrod Reed forcing a key fumble that led to Flint Hill's only TD, and Mikey Palma, Larry Chambers and Connor Chess each recording sacks. The contest was scoreless at the half. Flint Hill (2-0) will play a road game against John Paul The Great, this Saturday.

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"Cancer-nonymous"



By KENNETH B. LOURIE

Hello. My name is Ken. I have cancer. I have never been to a meeting before. I've seen a psychologist twice, but never before have I participated in any kind of public forum where my fellow cancer patients were in attendance. I'm not exactly sure what there is to gain from confessing – and admitting – my cancer-related sins, but I imagine denial is not a prudent long-range solution. Nor do I imagine there's a twelve step program for cancer sobriety; it's likely a two-step program: one foot in front of the other.

And for two and half years, that's how I've rolled: steadily forward. Trying to smell some roses as I went while attempting to stress less and live more. Aware of my rather ominous circumstances and terminal prognosis (which I have now exceeded, big time), but ever mindful of the infamous fat lady whose songs have often been heard but in whose name many predictions have failed to materialize. Not that my oncologist was predicting, back in Feb., 2009 when he told Team Lourie that my diagnosis was stage IV lung cancer, very serious; and that I had "13 months to two years" to live. It was more his very-educated opinion about an extremely unfortunate set of health circumstances that had begun to reveal themselves during the last week of Dec., 2008. That is when I first went to the Emergency Room complaining about a pain in my left rib cage that had migrated to the right (even I had to admit that seemed odd). Combined with the difficulty I was also having inhaling/breathing and bending at the waist, I consented to my wife, Dina's urging me to see a doctor so together we drove to the E.R. The rest is history I've rather not have made nor been a party to (some party!). But life goes on (don't I know it). Thank God!

So here I am, 30 months, post diagnosis, alive and not trying to count backwards. Trying as well to ignore certain facts – in evidence, and not consider other facts/ eventualities/inevitably and presume somehow, that grim is sometimes just a collection of fairy tales and not relevant at all to my long-range (heck, make that short-term and/or medium-term) prognosis. Ignorance is not exactly bliss – for me, but it is a means to a hopefully not premature end. Although I don't see any of this as a beginning, either. It's more of a continuation. Still, as long as it's not an end, I can live with it. Duh!

In addition to taking one step at a time, one day at a time, etc., and thinking that no news is good news and it's nothing until it's something, I will continue to believe in statistical anomalies and exceptions that disprove the rule. Moreover, I can still pretend with the best of them/us (terminal patients) that somehow I'm different (and not terminal) and believe as well in the power of a positive attitude. The fact that I have cancer is not the first thing out of my mouth (though it is – more often than not – as you regular readers know, the first thing out of my pen), it is generally the last thing, and only if someone asks. As much as it is what I have, it can't be who I am (somehow).

Thank you for letting me share. I feel better already.

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

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