

# Oak Hill ❖ Herndon CONNECTION

Herndon Police Chief Toussaint E. Summer Jr. and his wife Cheryl at the Sept. 27 Herndon Town Council meeting. Summers retired after 12 years as chief of the Herndon Police Department.



## Chief Steps Down

NEWS, PAGE 3

Wellbeing

PAGE 10

Being Prepared

NEWS, PAGE 3

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OPINION, PAGE 6 ❖ ENTERTAINMENT, PAGE 8 ❖ SPORTS, PAGE 13 ❖ CLASSIFIEDS, PAGE 14

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**Herndon Police Chief Toussaint E. Summers Jr. is presented with the badges of 19 local police jurisdictions Sept. 27 in honor of his retirement. Summers served as chief of police in Herndon for 12 years.**

## Summers Says Goodbye

### Police Chief Retires after 12 years.

BY ALEX McVEIGH  
THE CONNECTION

Surrounded by his wife of more than 30 years, his grown children and a flock of grandchildren, Herndon Police Chief Toussaint E. Summers Jr. bid farewell to Herndon at the Tuesday, Sept. 27 Town Council Public Session. Having occupied the position since July 1999, Summers saw five mayors and four town managers during his tenure.

"I always knew that the people were the strength of this organization, and you have to value their opinions, you can't make decisions in a vacuum," Summers said. "You can't work 12 years in a place and not become attached."

Summers grew up in Northern Virginia, in Fauquier and Fairfax counties, graduating from J.E.B. Stuart High School in Falls Church, which is where the policing bug first took hold of him. He remembered being impressed by the officers that helped teach driver's education.

"When I saw them in their uniform, I said to myself 'that's what I want to be,'" he said.

He attended Virginia Commonwealth University

for his bachelor's and American University for his master's, both in administration of justice, before becoming a Prince William County police officer in 1976. He spent 23 years there before being hired by the Town of Herndon on July 19, 1999.

"I was immediately impressed by the small town feel, and I got the sense of this community right away. People take pride in this town," he said.

Del. Tom Rust (R-86) was the Mayor of Herndon when Summers was hired, and he remembers the interview process.

"I remember either I or [former Town Manager] Rob [Stalzer] asking the chief 'What is your vision for the Police Department in the Town of Herndon?'" he said. "One of the things he stuck in my mind was that he said 'I want the police department to be integrated with the community, and I want the community to be integrated with the police department.' I think he has lived up to that."

Summers said he came to the Herndon Police Department as the "new guy," but said it didn't take long to feel at home.

"What I'll always carry away with me is the way I was accepted here by the officers and staff," he said. "I came in with some nontraditional ideas, and people might have looked at me funny at first, but they gave me a chance."

Capt. Larry Presgrave, Support Services Division commander for the Herndon Police, was one such

**"You can't work 12 years in a place and not become attached."**

— Herndon Police Chief  
Toussaint E. Summers Jr.

SEE HERNDON CHIEF, PAGE 11

## Being Prepared For Anything

### Herndon Police host emergency preparedness panel.

BY ALEX McVEIGH  
THE CONNECTION

With an earthquake, hurricane and flooding hitting the region in the past few weeks, it's important for residents to be prepared for any emergency that might come up. With that in mind, the Herndon Police Department hosted an emergency preparedness seminar Sept. 14 at the Herndon Police Station.

"We can learn from our catastrophes, we can predict where tornadoes and hurricanes are going to land, we have pretty good intelligence in the law enforcement community that we hope will predict if there's going to be some type of event, and we can get information out on how to prevent it," said Herndon Police Chief Toussaint Summers Jr. "We need to be prepared and take advantage of the resources we have now."

Lt. Earl Sheffer of the Herndon Police Department; Roy ShROUT, director of the Fairfax County Office of Emergency Management; Virgil Gray, Region 7 coordinator for the Virginia Department of Emergency Management; and Jeff Fletcher, deputy coordinator for the Loudoun County Department of Emergency Management spoke at the discussion.

One of the first things discussed was what people who deal in how people who deal with emergencies for a living define the word itself.

"An emergency is a very personal thing, if you're in a car on Herndon Parkway and there's a minor accident that's got traffic all hemmed up, that's not going to make CNN, but it's an emergency for you, because it means another 20 minutes trying to get home," Fletcher said. "It doesn't have to affect tens of thousands of people. So when we talk about preparedness, prepare for the things that are most likely to happen."

Sheffer recalled how the duties of first responders, such as police and fire personnel, can change depending on what sort of emergency is happening.

"Being a first responder in the Town of Herndon, I've witnessed a lot in 20 years," Sheffer said. "For example, during the flooding we had, one of the emergencies I saw the most was the roads shut down, people couldn't get home or pick up their children. It created havoc. There's not a whole lot we could do with that, we just had to work with Fairfax County and State Police, keep traffic moving, work with tow companies to get cars that were abandoned removed from roadways." With Internet connected cell phones and other technology around people every day, it is easier than ever to get information, but Fletcher said that's only part of the plan.

"We all are accustomed to now, this instantaneous information. We're getting tweets, seeing Facebook updates, updated web pages, we're getting alerts on cell phones and through e-mail, and that is wonder

SEE EMERGENCY, PAGE 11

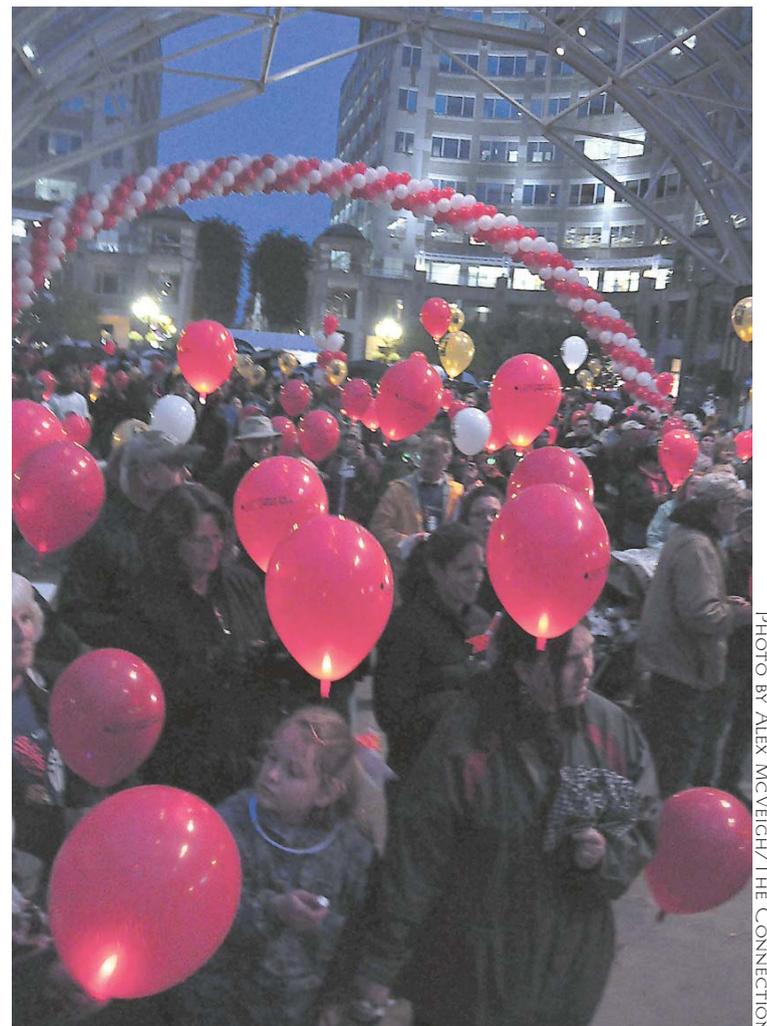


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From left, Dranesville School Board representative candidates Louise Epstein and Janie Strauss state their platforms at McLean High School Monday, Sept. 26.

PHOTO BY ALEX McVEIGH/THE CONNECTION

# Dranesville Candidates Debate

**Louise Epstein challenges incumbent Janie Strauss.**

BY ALEX McVEIGH  
 THE CONNECTION

**D**ranesville School Board representative Janie Strauss will face her first opponent in more than 10 years this Nov. 8 in FAIRGRADE co-founder Louise Epstein. While Strauss said her almost two decades on the board speak for themselves, Epstein said it's time for a change.

Epstein practiced law for 15 years. She co-founded FAIRGRADE, an organization dedicated to reforming Fairfax County grading scales and served as president of the Thomas Jefferson High School Parent Teacher-Student Association and budget chair for the Fairfax Education Coalition and McLean High School PTSA.

"I'm running to make sure that we do a better job of allocating our \$2.2 billion a year budget, so that more of it reaches our classrooms," she said. "I want to make sure our area, the Dranesville District, is adequately represented on the School Board ... If elected, I will not vote year after year for budgets that shortchange our children here in Dranesville."

Strauss has served for 18 years on the School Board and is the current chair. Her tenure also includes 10 terms as the board's budget chair. She was elected as an at-large member in 1991, and as the Dranesville representative in 1995. She previously taught at Country Day School in McLean, and as the PTA president of Franklin Sherman Elementary School.

"For the past 18 years, I have fought to ensure that our students receive a world-class education, I am proud of my record," she said. "I brought full-day kindergarten to all Dranesville schools. It was the right thing to do for our 5-year olds. I promised our teachers they would receive a salary increase and I've been true to my promise. This year they will get a much deserved 3.5 percent pay increase. We cannot keep quality in the classroom unless we can attract and keep the very best teachers."

Strauss said much was accomplished while schools

faced the economic realities of the past few years. "We had to make tough decisions with budget shortfalls. Since FY2007, enrollment has increased by 8 percent, school-based staffing has increased by 4.5 percent, central office has decreased by 7.5 percent," she said. "Central office expenses are also at a 10-year low, so we can direct our resources to the classroom."

The new School Board will be tasked with appointing a successor to current superintendent Jack Dale upon his retirement in June 2013. Epstein said she would like to see an overhaul in the process, which she said would hopefully result in a more accessible superintendent.

"We need a superintendent that is more responsive to parents and teachers," she said. "If you like the last two superintendents and how they worked out, then voting for my opponent might make sense. If you feel like it's time for a change and a different kind of superintendent, you might want one on the School Board as well."

Strauss said the new superintendent must be committed to working with the community.

"We need a superintendent that has to be able to build partnerships, long partnerships, expectations are high and they should be," she said. "A superintendent

has to be able to work from the ground up, not the top down."

Class sizes in Dranesville are currently the largest in the county. Both

Epstein and Strauss said reducing them is a priority and Strauss said once more funding becomes available, reducing class size will one of the first things the money is used for.

"The first thing we need to buy back is reduced class size," she said. "We need to get back to where we were before the recession. As money becomes available, I would like to put those additional resources back into the schools with larger class sizes first."

However, Epstein said that it is possible under current conditions.

"When you look back and compare class sizes in this area to class sizes in the county as a whole, including Haycock, Springvale, Colvin Run, Churchill, Forestville [elementary schools], those schools have

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- Oct. 27: Herndon High School, 700 Bennett St., Herndon, 7 p.m.

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# NEWS

## Candidates' Forum

FROM PAGE 4

much larger class sizes than the average school in Fairfax County," she said "We need to take money out of central headquarters, because you look at statistics on the Fairfax County website, you'll see that between 2004 and 2011 total spending on central departments net budget cost increased by 23 percent, while the number of students increased by 7 percent."

The process of notifying parents should a disciplinary or other situation arise has been a hot button issue as of late, and Strauss said she believes principals need to use judgement when deciding on when to notify parents.

"While investigating whatever is going on, they need to figure out if a student is involved, what's good for them," she said. "At

the same time, I believe that you can run parallel track and pick up the phone and call, as soon as they figure out who to call."

Epstein said the current process is flawed, and should the matter come up for vote while she is serving, she would vote to change it.

"One of the problems is that what we have now is an optional process. If a principal doesn't want to call the parents for a while, they don't have to," she said. "If we put in a regulation that you are supposed to require notification except under the following circumstances, then it's much harder to take away the right for parents to be notified."

More information on Epstein can be found at [www.louiseepstein4schoolboard.com](http://www.louiseepstein4schoolboard.com). More information on Strauss can be found at [www.janiestrauss.com](http://www.janiestrauss.com).

### MILITARY NOTES

USMC Cpl. **Sienna Desantis** has arrived home on leave. She was deployed with the Female Engagement team in Sangin, Afghanistan. As an FET member she patrolled alongside the infantry and received a Combat Action Ribbon for receiving and returning Taliban fire. Desantis is a graduate of Herndon High School.

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

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

**Marine Corps Pvt. Boris I. Calderon-Velasquez**, son of Ethel Velasquez and Alex A. Calderon, both of Reston, recently completed 12 weeks of basic training at Marine Corps Recruit Depot, Parris Island, S. C.

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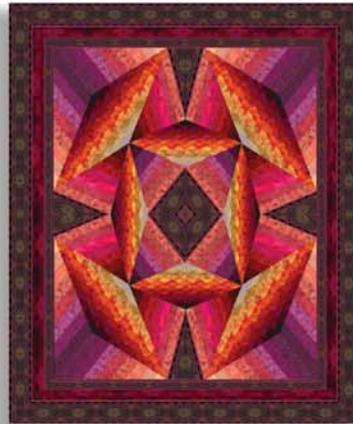
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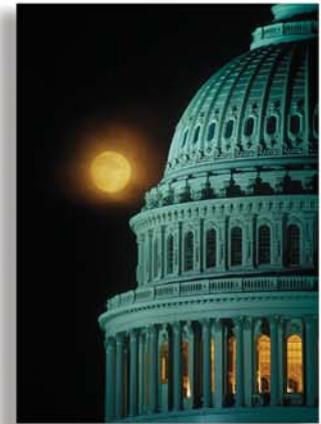
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# OPINION

## Northern Virginia Pays Again

Commonwealth reaps economic benefits of Dulles, National airports, forces costs on Northern Virginia residents.

**D**rivers in Northern Virginia are justifiably concerned about tolls. The cost of driving from Leesburg to Woodbridge on existing and proposed toll roads would run between \$30 and \$40 at some times of the day.

The Greenway in Loudoun leads to the Dulles Toll Road to Beltway HOT Lanes to Interstate 95 Corridor HOT Lanes. In each case, a driver would theoretically have an alternative, Route 7 along the Greenway and Dulles Toll Road, the regular lanes of Interstates 495 and 95.

But recent vitriol about tolls on the Dulles Toll Road is misplaced. This is one more example of the Commonwealth of Virginia feeding on revenues from the economic vitality of Northern Virginia, then forcing Northern Virginia residents to pay for the infrastructure of that economic activity out of local funds and personal pockets.

The Virginia Department of Aviation report

in August attributes \$17.5 billion in annual economic activity in Virginia to Dulles International (IAD) and Ronald Reagan National airports, with Dulles providing the majority of that.

The Commonwealth collects most of the tax revenue that results from this activity, but pays only 3 percent of the \$6.2 billion cost of rail to Dulles. This will force more than 80 percent of the costs of building rail to Dulles on local drivers and property owners.

### EDITORIAL

Having major airports adequately served by rail and other transportation options is more than an amenity, it is part of sustaining the economic benefit that comes from major airports. The question is not whether we should be building rail to Dulles, but about who benefits and who pays.

So yes, it makes sense to pressure MWAA to proceed to make cost-effective decisions. Yes, it is maddening that tolls could climb to the point of pushing drivers off the Toll Road and

onto Route 7.

But when you hear that the state wrapped up last fiscal year with a surplus, you can realize one more time that Northern Virginia residents are paying for the Commonwealth's prosperity coming and going. No relief is in sight. The state collects the income tax from the good jobs generated here in Northern Virginia by the airports, by the high tech firms, by the business innovators, by proximity to the Pentagon and the federal government.

The current funding structure for rail to Dulles, based on a projected total project cost of \$6.2 billion, is:

❖ Fairfax County, Loudoun County and Airports Authority contribution, 25 percent (Fairfax County pays most of this, 16 percent)

❖ Federal contribution, 14.8 percent, based on a fixed grant for Phase 1 of \$900 million.

❖ The Commonwealth contribution, 3 percent, which is based upon a fixed contribution of \$275 million.

❖ Dulles Toll Road contribution, more than 57 percent, provides the remaining amount.

And drivers beware, HOT Lanes ahead.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM, ON

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### LETTERS TO THE EDITOR

## Stop Playing Games

To the Editor:

Why do our elected officials keep complaining about something that will help to improve the local economy while improving transportation? It seems to me the governor of Virginia and his cronies only care about politics and not the actual people who work and live in the state. Corporations don't care about how much the taxpayers have to shell out to correct their mistakes. They're more concerned about getting state and federal contracts where they can abuse imported construction workers. Now we are being told that MWAA might have to increase toll rates if the governor doesn't fund the Dulles Metro Project? What? Gov. McDonnell, the local greedy Chambers of Commerce and the Associated Builders and Contractors (ABC) must stop putting corporate greed in front of the public good and work harder to fund this project in order to keep toll costs down! It's time for the governor and his corporate friends to stop playing games. Bob, please stop the media attack on this badly needed project and just fund the thing so we can avoid high toll rates.

**Irena Kemmer**  
Herndon

## Howell Apologizes

To the Editor:

I want to apologize to the Reston community for the excessive number of my political signs that were placed in Reston last week. Apparently some overly-enthusiastic high school volunteers put them up. While I greatly appreciate their support and energy, we will direct the students to other campaign activities.

When my husband and I saw the signs on Saturday, we stopped the car and pulled them up ourselves. I suppose it is rare to see a candidate remove over 150 of her own signs.

In my opinion, political signs are universally ugly and I wish they were not viewed as an essential part of campaigning.

**Sen. Janet Howell**  
D-32

## Visionary Candidate

To the Editor:

I recently met Louise Epstein [candidate in the Dranesville District for School Board] at a party. Like most of the other parents there, I grew up in another country and did not attend U.S. schools.

**Yaning Liu**  
McLean

Some of the parents spoke about how Louise had gone out of her way to welcome them into their children's schools. She recruited them to work on PTA and other volunteer committees, and made sure that they felt comfortable in their children's schools.

Other parents spoke about how Louise had provided them with great advice about the schools, even though she didn't know them when they first approached her. When they had questions, they called Louise.

They considered Louise as their education adviser and advocate, who functioned like their School Board member. At this party, I learned why.

I asked Louise about foreign language instruction, that I was not sure what decision to make for my children. Louise listened carefully, explained the different options to me clearly, and gave me the information I needed.

Louise will be a great School Board member. She is not only smart and visionary, but also very approachable. She cares deeply about talking to everyone, no matter what your background is and what kind of children you have. She listens and communicates so well. She works so hard. She will make a huge difference for us.

## Supporting Strauss

To the Editor:

I'm writing on behalf of my mom, Janie Strauss, who is running for re-election for the Dranesville District seat for the Fairfax County School Board this Nov. 8.

There is not a time that I can remember that did not include my mom fighting to make schools better. My mom has been the Dranesville District School Board member since 1996 and is now the current standing chairman for the second time. I watch her in admiration as she spends countless hours every day answering e-mails, taking phone calls, meeting with parents, teachers and students alike. Her experience as a parent, as an educator, as a school Board member and her undeniable compassion and consideration is why she has held this seat for so long. And somehow she still finds time to also be the Board Chair at The Country Day School, a private preschool in McLean, where she supports and leads the very best in early childhood education. My mom is also the International Chair for the Cappies, a high school theater and journalism program, in which she attends high school plays and musicals every

SEE LETTERS, PAGE 7

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# LETTERS

FROM PAGE 6

weekend during the school year throughout the Washington, D.C., metro area and mentors student critics.

Her dedication and passion for the betterment of our community is not reserved only to schools either. I remember in 2005 watching the news when Hurricane Katrina ravaged the Gulf Coast and left thousands of people homeless. Within a few hours my mom was on the phone trying to figure out how she could help. The next day she met with the leaders of Fairfax County, dozens of organizations, private businesses and any and all families that wanted to help. Together they created Fairfax Families Care to assist those affected by Hurricane Katrina. Hun-

dreds of people attended Katrina Aid, a benefit concert put on by students and alumni from all over Fairfax County. All the money raised went to Hurricane Katrina victims who were displaced to our area. The countless hours she dedicated to selflessly organize a way to bring our community together when another community needed our help is immeasurable.

This is just one example that makes my mom so special. Please support my mom and vote to keep her as your Dranesville District School Board member on Nov. 8.

**Victoria S. Hays**  
Fairfax

## NOTICE TO THE PUBLIC OF THE APPLICATION OF WASHINGTON GAS LIGHT COMPANY FOR APPROVAL TO IMPLEMENT THE SAVE RIDER FOR 2012 CASE NO. PUE-2011-00101

On September 1, 2011, Washington Gas Light Company ("WGL" or "Company") filed its application ("Application") for approval of the SAVE Rider for 2012 ("2012 SAVE Rider") as required by the Commission's April 21, 2011, Order approving WGL's SAVE Plan. The Company states that it estimates expenditures totaling \$29,754,000 during 2012 that will be allocated among the four SAVE Plan projects approved by the Commission. WGL estimates that the 2012 SAVE Rider will add \$6.43 to a typical residential customer's bill.

In Case No. PUE-2010-00087, the Commission approved WGL's overall SAVE Plan pursuant to Chapter 26 of Title 56 of the Code of Virginia ("Code") (§§ 56-603 et seq. - Steps to Advance Virginia's Energy (SAVE) Plan ("SAVE Act")). WGL states that the SAVE Act provides for the recovery of the costs of replacing gas utility infrastructure not otherwise recovered through rates previously approved by the Commission or through revenues from new customers who connect to the utility. Under its SAVE Plan as approved by the Commission, the Company expects to recover approximately \$116.5 million in anticipated expenditures for the replacement of facilities over a five-year period (2010-2014). WGL's SAVE Plan includes the following categories of eligible infrastructure replacement projects: (1) Bare and Unprotected Steel Service Replacement Program; (2) Bare and Unprotected Steel Main Replacement Program; (3) Mechanically Coupled Pipe Replacement Program; and (4) Enhancement of Optimize Decision Support Computer Program.

The SAVE Act authorizes eligible infrastructure replacement costs to be recovered through a SAVE rider, which, according to WGL's Application, is included in a separate line item on customers' bills labeled "All Applicable Riders." The Company states that the 2012 SAVE Rider will be applied to meter readings beginning with the January 2012 billing cycle. Additionally, WGL states that, in accordance with § 56-604 F of the SAVE Act, "the Company will re-set the SAVE Rider for 2012 to reflect eligible infrastructure replacement costs that are incorporated in base rates, following the issuance of the Commission's Final Order in the Company's current pending rate proceeding, Case No. PUE-2010-00139."

A public hearing on the Application shall be convened at 10 a.m. on November 1, 2011, in the Commission's Courtroom, Second Floor, Tyler Building, 1300 East Main Street, Richmond, VA 23219, to receive into the record the testimony of public witnesses and the evidence of the Company, any respondents, and the Commission Staff. Any person desiring to testify as a public witness should appear at the hearing location fifteen (15) minutes before the starting time on the day of the hearing and contact the Commission's Bailiff. Individuals with disabilities who require an accommodation to participate in the hearing should contact the Commission at least seven (7) days before the scheduled hearing date at 1-800-552-7945 (voice) or 1-804-371-9206 (TDD).

The Company's Application, the Commission's Order for Notice and Hearing, and all documents filed in Case No. PUE 2011-00101 may be inspected in the Commission's Document Control Center, Office of the Clerk of the Commission, First Floor, Tyler Building, 1300 East Main Street, Richmond, VA 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. The Application, the unofficial text of the Commission's orders, and other materials also may be viewed at the Commission's website at: <http://www.scc.virginia.gov/case>.

The Company will provide to interested persons, at no charge, a copy of the Application upon request to counsel to the Company, Meera Ahamed, Esquire, Washington Gas Light Company, 3rd Floor West, 101 Constitution Avenue, N.W., Washington, DC 20080. The copy of the Application may be provided on electronic storage medium or in electronic form if agreeable to the person making the request.

On or before October 26, 2011, any interested person may file written comments on the Application with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, VA 23218-2118. Interested persons desiring to submit comments electronically may do so on or before October 26, 2011, by following the instructions found on the Commission's website at: <http://www.scc.virginia.gov/case>. All comments shall refer to Case No. PUE-2011-00101.

Any person or entity may participate in this proceeding as a respondent as provided by the Commission's Rules of Practice and Procedure, specifically 5 VAC 5-20-80 B, *Participation as a respondent* and the requirements set by the Commission's Order for Notice and Hearing entered in this proceeding. On or before October 14, 2011, a respondent must file with the Clerk of the Commission a notice of participation. If not filed electronically, an original and fifteen (15) copies of the notice of participation must be submitted to Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, VA 23218-2118. A copy of the notice of participation simultaneously shall be served on counsel to the Company, Meera Ahamed, Esquire, Washington Gas Light Company, 3rd Floor West, 101 Constitution Avenue, N.W., Washington, DC 20080. Pursuant to 5 VAC 5-20-80 B of the Commission's Rules of Practice and Procedure, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Interested persons shall refer in all of their filed papers to Case No. PUE-2011-00101.

The Commission's Rules of Practice and Procedure may be viewed at: <http://www.scc.virginia.gov/case>. A printed copy of the Rules of Practice and Procedure and an official copy of the Commission's Order for Notice and Hearing in this proceeding may be obtained from Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, VA 23218-2118. All correspondence shall refer to Case No. PUE-2011-00101.

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PHOTOS BY ALEX MCVEIGH/THE CONNECTION

**A balloon artist creates a helmet at the Woodland Park Crossing HarvestFest Saturday, Oct. 1.**

## HarvestFest Comes to Herndon

**Woodland Park Crossing hosts event with music, games, scarecrow walks.**

BY ALEX MCVEIGH  
THE CONNECTION

Emily Rosen of Herndon was just headed to the Harris Teeter at Woodland Park Crossing in Herndon on Saturday Oct. 1, when she came upon a most unusual sight.

"When I parked I heard music, but I thought it was from a car or something, I didn't think anything would actually be going on in this weather," she said. "But then I saw the pumpkins and the hay, and soon two people that looked like they were eight feet tall were waving me over, so I had to check it out."

Rosen was just one of many who attended Woodland Park Crossing's HarvestFest this year, which featured food from the shopping center's restaurants, children's games, and two 8-foot people walking around.

"It's been fun walking around all day like this," said Vonya Lamarra, who donned a pair of stilts and walked around the HarvestFest with her sister Veronica. "I'm walking by people who are 6-6, and I'm still looking down on them, it's pretty cool."

The Lamarras were only part of the attraction, as a DJ played music throughout the day and children were invited to paint their own pumpkins.

"We had planned on coming here for a while, it's too bad the weather drove a lot of people away," said Samara Singh, who lives on the other side of Sunrise Valley from the shopping center. "But then again, my daughter and I got our pick of pumpkins, and we were able to work under a tent, so I can't complain too much."

**Pumpkins, hay and other fall staples greet visitors to the Woodland Park Crossing HarvestFest Saturday, Oct. 1. The event took place next to the Harris Teeter, and featured a DJ, children's games and food from the shopping center's restaurants.**



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

Anne. 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

### SATURDAY/OCT. 8

**Fairfax Festival of the Arts.** 10 a.m.-6 p.m. Fairfax Corner, 11900 Palace Way, Fairfax. Over 10,000 pieces of art will be for sale, including paintings, sculptures, photographs, jewelry, glass, fiber and ceramic art and more.

**Oktoberfest Reston.** 11 a.m.-11 p.m. Reston Town Center, Pavilion and Market Streets, Reston. Featuring fall brews, food from area restaurants, live entertainment, children's rides and more. Presented by the Greater Reston Chamber of Commerce. [oktoberfestreston.com](http://oktoberfestreston.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](http://bigapplecircus.org).

**Chris Smither.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Blues and contemporary roots music. \$25. [www.wolftrap.org](http://www.wolftrap.org).

**Discover eBooks.** 11 a.m. Reston Regional Library, 1925 Bowman Towne Drive, Reston. A check presentation will be followed by hands-on demonstrations on downloading eBooks and will allow participants to compare different eReaders. 703-689-2700.

**Blessing of Pets.** 1 p.m. Brown's Chapel, 11450 Baron Cameron Ave., Reston. Free. [frsantore@onebox.com](mailto:frsantore@onebox.com) or 703-405-0365.

**Discover eBooks.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A live demonstration on how to download eBooks from the FCPL website for free. Staff will be on hand to help customers access eBooks on handheld devices such as the nook, ipad and iphone. 703-689-2700, TTY: 711.

### SUNDAY/OCT. 9

**Fairfax Festival of the Arts.** 10 a.m.-5 p.m. Fairfax Corner, 11900 Palace Way, Fairfax. Over 10,000 pieces of art will be for sale, including paintings, sculptures, photographs, jewelry, glass, fiber and ceramic art and more.

**Oktoberfest Reston.** 12-8 p.m. Reston Town Center, Pavilion and Market Streets, Reston. Featuring fall brews, food from area restaurants, live entertainment, children's rides and more. Presented by the Greater Reston Chamber of Commerce. [oktoberfestreston.com](http://oktoberfestreston.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](http://bigapplecircus.org).

**Anthem Great Pumpkin 5K and Kid's Pumpkin Dash.** 8:30 a.m. Reston Town Center, 11921 Freedom Drive, Reston. Kids Pumpkin Dash and pumpkin decorating contest. Timed 5k \$35, non-timed 5k \$25. 703-707-9045.

### MONDAY/OCT. 10

**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](http://bigapplecircus.org).

SEE ENTERTAINMENT, PAGE 9

### WEDNESDAY/OCT. 5

**We Can't Live Without Them: The Importance of Minerals to Our Way of Life.** 7 p.m. USGS, 12201 Sunrise Valley Drive, Reston. Every year about 25,000 pounds of non-fuel mineral materials are extracted from the Earth for every person in the US. Learn what these minerals are and how we use them, where they come from, and the steps involved from discovery to use. Free and open to the public. Federal facility, photo Id required. 703-648-4748 or [www.usgs.gov/public\\_lecture\\_series](http://www.usgs.gov/public_lecture_series).

**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](http://bigapplecircus.org).

**Wonderful Ones.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Songs, stories, and rhymes. 12-23 months with adult. 703-437-8855, TTY: 711.

### THURSDAY/OCT. 6

**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](http://bigapplecircus.org).

**Learn the basics of the Internet, Word and Excel.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment. Adults. 703-242-4020, TTY: 711.

**Preschool Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime and activities. Age 4-5 with adult. 703-689-2700, TTY: 711.

### FRIDAY/OCT. 7

**Oktoberfest Reston.** 3-11 p.m. Reston Town Center, Pavilion and Market Streets, Reston. Featuring fall brews, food from area restaurants, live entertainment, children's rides and more. Presented by the Greater Reston Chamber of Commerce. [oktoberfestreston.com](http://oktoberfestreston.com).

**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](http://bigapplecircus.org).

**The Wood Brothers with Clay Cook.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$20. [www.wolftrap.org](http://www.wolftrap.org).

**Transforming the Written Word into a Spoken Performance.** 1:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Laura Giannarelli, a professional actress and audio book narrator for the Library of Congress, gives the inside scoop on transforming the written word into a spoken performance by taking you behind the scene in the recording studio. [www.fairfaxcounty.gov/library/branches/rr/direct.htm](http://www.fairfaxcounty.gov/library/branches/rr/direct.htm).

**Art Show and Reception.** 5 p.m. Reston Museum, 1639 Washington Plaza, Reston. Carol Berman's pastel images of Lake

# ENTERTAINMENT



**The Fairfax Festival of the Arts will be at Fairfax Corner, 11900 Palace Way, Fairfax, on Saturday, Oct. 8 from 10 a.m.-6 p.m. and Sunday, Oct. 9 from 10 a.m.-5 p.m. Over 10,000 pieces of art will be for sale, including paintings, sculptures, photographs, jewelry, glass, fiber and ceramic art and more. Admission is free. [paragonartevents.com/fairfax2/](http://paragonartevents.com/fairfax2/)**

FROM PAGE 8

**Take Steps for Crohn's & Colitis.** 3 p.m. Temporary Road Pavilion, Reston. Raise money for research and raise awareness of these painful digestive diseases that afflict millions of people. [www.cctakesteps.org](http://www.cctakesteps.org), 703-865-6130 or [hpalmer@ccfa.org](mailto:hpalmer@ccfa.org).

## TUESDAY/OCT. 11

**Folk Club of Reston-Herndon with Sam & Joe Herrmann.** 7:15 p.m. The Back Room of The Tortilla Factory, 648 Elden St., Herndon. \$11, \$10 members. [DAHurdSr@cs.com](mailto:DAHurdSr@cs.com).

**One-on-One Computer Tutoring.** 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020, TTY: 711.

**Money Matters.** 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Explore the importance of money and the economy. Monthly group discussion focuses on personal finance and investing. Adults. 703-242-4020, TTY: 711.

**Ballet-Tumble Class.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn basic motor skills, coordination, balance and rhythm. No younger or older siblings allowed. Age 3-4 with adult. 703-689-2700, TTY: 711.

**Great Decisions Roundtable Discussion.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discussion of U.S. and international issues. The subject for October is The Caucasus. Reading material available at the desk. Adults. 703-689-2700, TTY: 711.

**Read to the Dog.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring your own book or choose a book from the library. Call or sign up for a 15-minute session. Age 6-12. 703-689-2700, TTY: 711.

## WEDNESDAY/OCT. 12

**Toddler Tales.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities for you and your toddler. Age 2-3 with adult. 703-242-4020, TTY: 711.

**Toddler Storytime.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs and activities. Age 2-3 with adult. 703-437-8855, TTY: 711.

**Reston Book Club.** 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call for title. Adults. 703-689-2700, TTY: 711.

**Sam Bush.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. A fusion of bluegrass with jazz, rock, reggae and more. \$35. [www.wolftrap.org](http://www.wolftrap.org).

## THURSDAY/OCT. 13

**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 appointment. Adults. 703-242-4020, TTY: 711.

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime for you and your child. Age 12-23 months with adult. 703-689-2700, TTY: 711.

**Book Discussion Group.** 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Story of Edgar Sawtelle. Ask for a copy at the circulation desk. Adults. 703-689-2700, TTY: 711.

**Enter the Haggis.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. A Canadian indie/Celtic-rock world-fusion band. \$20. [www.wolftrap.org](http://www.wolftrap.org).

## FRIDAY/OCT. 14

**The Ahn Trio: BraziliAhn.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Chamber music. \$40. [www.wolftrap.org](http://www.wolftrap.org).

## SATURDAY/OCT. 15

**Frying Pan Farm Park Harvest Day.** 10 a.m.-3 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Watch the cider press in action, milk a goat, shell corn, peel apples, and meet the farm animals. Paint a small pumpkin, play farm games and see traditional farm demonstrations. \$5. 703-437-9101.

**Comedian Wanda Sykes.** 8 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. \$35-\$45, available online at [www.ticketmaster.com](http://www.ticketmaster.com) or 703-573-SEAT. [www.wandasyses.com](http://www.wandasyses.com) or [www.patriotcenter.com](http://www.patriotcenter.com).

**Weekend Bluegrass Concert Series: Hearttown.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15. 703-435-8377 or [www.hearttownband.com](http://www.hearttownband.com).

**Getting to Know the Shepherd Center.** 10 a.m. Oakton Library,

10304 Lynnhaven Place, Oakton. Information about services, light refreshments. Adults. 703-242-4020, TTY: 711.

**Chaise Lounge.** 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. A local jazz collective. \$20. [www.wolftrap.org](http://www.wolftrap.org).

## SUNDAY/OCT. 16

**Noel Paul Stookey.** 7:30 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Activist, artist, and founding member of Peter, Paul & Mary. \$25. [www.wolftrap.org](http://www.wolftrap.org).

## MONDAY/OCT. 17

**English Conversation.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020, TTY: 711.

**Frying Pan Farm at Reston Regional Library.** 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet a goat, peel apples and create a mask to celebrate the fall harvest. Age 6-11. 703-689-2700, TTY: 711.

## TUESDAY/OCT. 18

**One-on-One Computer Tutoring.** 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020, TTY: 711.

**Teen Read Week Party.** 7 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Pizza and games in celebration of Teen Read Week. Every attendee will get a free book. Age 12-18. 703-437-8855, TTY: 711.

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 12-23 months with adult. 703-689-2700, TTY: 711.

## WEDNESDAY/OCT. 19

**Disney On Ice: Dare to Dream.** 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$15-\$70, available at 1-800-551-SEAT, [www.ticketmaster.com](http://www.ticketmaster.com); and [www.patriotcenter.com](http://www.patriotcenter.com).

**Small Wonders.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Short stories. Age 13-23

SEE ENTERTAINMENT, PAGE 12

## 2nd Annual NOVA Fall Art & Craft Showcase

Presented By  
Northern Virginia Handcrafters Guild



Saturday, Oct 8 (10 - 5)  
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## WELLBEING

# The Doctor Will See You [Right] Now

**Concierge medicine offers greater access to physicians and less time in crowded waiting rooms.**

BY MARILYN CAMPBELL  
THE CONNECTION

**A**t one point in her medical career, Dr. Sandy Ibrahim of Fairfax County saw about 25 patients per day. Each patient got less than 15 minutes of her time, even for a physical examination Ibrahim had little time to develop a doctor-patient relationship, which she said is an essential component of quality health care.

"I put out fires the best I could in the time I had," said Ibrahim.

In 2008, Ibrahim joined PartnerMD, a membership medical practice with an office in McLean. She now spends a minimum of 30 minutes with each patient during routine office visits and 90 minutes for a physical exam.

"I can sit with them one-on-one, really listen and learn about them," she said.

Ibrahim is part of a medical trend called concierge medicine. Here's how it works: patients join a concierge medical practice by paying a membership fee that typically ranges from \$900 to \$3,600. In exchange, they avoid long waits in crowded waiting rooms and spend more time with their physician during office visits. Their physical exams are more thorough than in many traditional practices and include in-depth screenings and tailored education for disease prevention. Same-day or next-day appointments are also common. In practices such as PartnerMD, patients even have 24/7 access to the physicians and medical staff, including their doctor's cell phone number and e-mail address.

"Patients [are not] just another medical chart," said Ibrahim. "Because I have more time to devote to each patient, I can dig deeper into their symptoms."

Tom Blue, executive director of American Academy of Private Physicians, said that annual exams in a concierge medical practice are more likely to provide early detection of diseases, which can lead to more successful treatments.

"[Concierge medical practices] are able to deliver a more current and modern ap-

proach particularly to disease prevention than traditional practices [in part] because [the services] don't hinge on what isn't reimbursed [by insurance companies]," said Blue. Most concierge practices accept insurance, and the membership fee is specifically for services that are not covered.

Blue said that although no official tracking of concierge practices is available in the Washington, D.C., area, he estimated that there about 200. Among the largest and most well-known companies offering such services are MDVIP and Privia Health.

**"We have so much more paperwork to do because of the insurance companies. Unfortunately, some of the doctor-patient relationship gets lost."**

— Dr. Janice Ragland, MD, Herndon Family Medicine



**In a concierge medical practice, patients pay a membership fee ranging from \$900 to \$3,600. In exchange, they avoid long waits in crowded waiting rooms and spend more time with their physician during visits.**

Concierge medical practices offer benefits for doctors, too, like a caseload reduction from as many as 3,000 to as few as 600 patients. Dr. Janice Ragland, M.D., a family practice physician with Herndon Family Medicine and former president of the Virginia Academy of Family Physicians says that fewer patients mean a stronger doctor-patient relationship.

"We have so much more paperwork to do because of the insurance companies," said Ragland, who has chosen to remain in a traditional practice. "Unfortunately,



DONATED PHOTOS

**Dr. M. Anthony Casolaro of Virginia Hospital in Arlington says executive health clinics allow patients to get efficient, personalized attention and early detection of diseases, which can lead to more successful treatments.**

some of the doctor-patient relationship gets lost."

The salary of family physicians, who are among the lowest-paid doctors, can increase when they transition to a concierge practice. "Often [doctors] have extremely significant debt that they've incurred through medical school, and they are looking at how they can make the amount of money they need to pay their bills off," said Ragland.

Concierge medicine came about in 1996, but the focus on finding innovative strategies to improve doctor-patient relationships is much older. In 1948, executive health programs emerged as a way to benefit both patient and physician. Since that time, other executive health clinics have sprouted up around the country including locally at Virginia Hospital Center in Arlington.

**"We need to figure out ways to make the clinician's life more rewarding, and this is one of them."**

— Len Nichols, Ph.D., director of the Center for Health Policy Research and Ethics at George Mason University

Like in concierge practices, patients pay a fee to join and get extensive, personalized physical examinations that include tests running the gamut from electrocardiograms and stress tests to CT scans and bone density tests. The tests are all performed in one appointment, and the doctor delivers the results to the patient at the end of the session.

"They do in one [visit] what you would need four or five visits to different physicians to accomplish," said Dr. M. Anthony Casolaro, M.D., medical director of Executive Health at Virginia Hospital in Arlington.

While concierge services replace tradi-

tional primary care doctors, executive health services are meant to work in concert with a primary care doctor. Rates at Executive Health at Virginia Hospital in Arlington start at \$2,200.

"It is really designed for people [for whom] time is [the] biggest constraint," said Casolaro.

One such person is Marc Wallace, an Arlington business owner who says he was dissatisfied with the hurried pace of the physical examinations he received from his primary care doctor. At the suggestion of a friend, he tried Executive Health at Virginia Hospital Center.

"I was able to ask [the doctor] any questions and not feel pressured like he had to run off to see somebody else quickly," said Wallace.

Some health care experts say that such personalized services cater to the elite and put additional stress on an already overburdened health care system. Baby Boomers

begin turning 65 this year and will require increased medical care. At the same time, the American Academy of Family Physicians says the number of medical students entering family practice is declining, with the current environment driving them into subspecialties like radiology and anesthesiology.

"The med student who is choosing family practice

now is pretty much in the single digits per year," said Len Nichols, Ph.D., director of the Center for Health Policy Research and Ethics at George Mason University. "We're not even replacing the [family practice doctors] we have, and we don't have enough now."

Nichols said the field of concierge medicine is not yet large enough to pose a serious threat to the health care system. In fact, he said there are aspects of the model that health policy experts would be wise to emulate. "I certainly wouldn't want to nip this innovation in the bud," he said. "We need to figure out ways to make the clinician's life more rewarding, and this is one of them."

# Herndon Chief Retires

FROM PAGE 3

officer. Presgrave was one of the candidates in the running for chief back in 1999.

"That could have been a tough period of time for both of us, but he brought no air of arrogance or anything like that, and he used his interpersonal skills to make the transition smooth," Presgrave said. "It could be easy to dislike someone who got a position that you were going for, but from day one that was never the case, and it served as the basis for what became a great relationship."

Summers said one of his priorities right away was pushing Herndon officers to pursue education.

"I'm proud that many officers and supervisors have gone on to earn degrees," he said.

Town Manager Art Anselene credited Summers with changing the fabric of the police department in a positive way.

"He changed the career advancement program to a career development program, with education and training being key concepts to keep officers current with strategy and making sure they had the best in law enforcement training," he said.

Summers said he tried to make sure his officers weren't seen as the people who merely write tickets, but true proponents of what he calls "community policing."

"Officers who come here want to do more than answer calls and sit in their cars, they want to be involved in their community," he said. "I had a good group of officers when I started, and I think I've hired more than a few since then. I would compare the Herndon Police Department to any other in this area. They're very skilled, very educated and most officers come here by choice, because they want to be involved in small town community policing."

Summers was also the chairman of the Northern Virginia Gang Task Force from 2002 to 2010.

"That in and of itself was a full-time position," Anselene said. "Their efforts to reduce and eliminate gang activity throughout Northern Virginia has been critical these past 10 years."

Summers also saw the Town of Herndon go through 287(g) training, U.S. Immigration and Customs Enforcement. The program allowed the Herndon police to question and detain individuals for potential removal from the United States if they were identified as illegal immigrants.

"During the Day Labor Center disputes and the 287(g) processes, Chief Summers analyzed everything completely and made the best decision for this community and this agency," Presgrave said.

Vice Mayor Lisa Merkel commended Summers for presiding over a difficult stretch in Herndon's history.

"Over the past decade, he has led the Herndon Police Department through some of the most tumultuous times that we've experienced, when the town and the police department were both under unprecedented scrutiny, sometimes at a national level," she said. "It's because of his standards and leadership that we made it."

Mayor Steve DeBenedittis credited the chief's attitude for his success during his 12-year tenure.

"The chief is relentlessly positive, anybody who knows him knows that. He always says 'Every day gets a little better,'" he said. Summers is remembered by many in the town and the police department for his sense of humor. Despite their friendship, Presgrave says he and Summers always had a competition between them, stemming from their love of motorcycles.

Summers rides a Honda and Presgrave a Harley-Davidson, and Presgrave says they never missed an opportunity to tease each other about it.

For someone who was inspired as a youth by visiting police officers, Councilmember Grace Han Wolf said Summers is now the one doing the inspiring.

"He's the type of police officer that all the kids can look up to and say 'I'm going to be a police officer,'" she said. "The impression he gives of the police and how it represents the town is wonderful."

While Summers has no doubt left his legacy on the Town of Herndon, he is still quick to pass the credit onto others.

"All the achievements that were credited to me were a direct result of the partnership with this community, but more importantly the men and women of the Herndon Police Department, who no matter what the issue was or idea I came up with, were willing to try. I really enjoyed my 12 years here, and the men and women behind me are responsible for all the success I had," he said. "Each and every one of them gave me a chance to prove that I'm here, not for me, but for this town, and that's what I've always tried to do."

# Emergency Preparation

FROM PAGE 3

ful stuff, but it's half the battle," Fletcher said. "Preparedness is the other part of that. With that information, what does it mean for you? What does it mean that you're going to do? If your radio says there's flooding behind your house, and your reaction is 'Huh. What do I do know?' you're not as prepared as we would like you to be." Shroul was careful to point out that no matter how advanced technology gets, not everybody will hear every warning.

"There's not a single piece of technology out there that will give us full coverage," he said. "We have partners with National Weather Service, Sirius/XM Radio for those who have it, we have the capability to put a message to crawl across your radio screen. But that's only if you happen to be in your car, or watching the local Washington, D.C. channel."

Fletcher said that no matter how people obtained the information, that it's important to be plugged into some source to know what is expected. "You have an obligation as a person, to know that there's a potential for severe weather," he said. "We rarely have severe weather just creep up on us. That information is widely available through a number of different means, and part of your personal preparedness plan means being aware." Gray recommended that everyone have a plan of whom to contact, where to go and what to do in the case of an emergency that could happen at any time. "It starts at the individual level, an individual plan," Gray said. "Have a personal plan, have a plan for your kids, talk to your school system, know what the plan is should you not be able to get home."

More information on emergency preparedness in this area can be found at [www.readynova.org](http://www.readynova.org).

## FAITH NOTES

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

**Oakton United Methodist Church**, 2951 Chain Bridge Road in Oakton, will offer "The Seven Last Words of Jesus on the Cross" at their April 22 Good Friday Service. Contact 703-938-1234 or [www.oaktonumc.org](http://www.oaktonumc.org).

**12 p.m. Word 1:** Luke 23:34a with Rev. Beth Neubauer, Emmanuel Lutheran Church, Vienna.

**12:25 p.m. Word 2:** Luke 23: 43 with Dr. Edward Bauman, Chaplain, Virginia Hospital Center, Arlington.

**12:50 p.m. Word 3:** John 19: 26 with Rev. Chris Bowman, Oakton Church of the Brethren, Vienna.

**1:15 p.m. Word 4:** Matthew 27: 46 with Dr. James Hoffman, Fairfax Baptist Church, Fairfax.

**1:40 p.m. Word 5:** John 19:28 with Rev. Donna Johnson, Unity of Fairfax, Oakton.

**2:05 p.m. Word 6:** John 19:30 with Rev. Don Hawks, Oakton United Methodist Church.

**2:30 p.m. Word 7:** Luke 23:46 with Rev. Don Hawks, Oakton United Methodist Church.

**Washington Plaza Baptist Church**, 1615 Washington Plaza in Reston, has announced their Holy Week events. The regular weekly Sunday worship service is at 11 a.m., followed by lunch together at 12 p.m. Contact 703-471-5225 or [www.washingtonplazachurch.com](http://www.washingtonplazachurch.com).

**Maundy Thursday Service, April 21.** 7 p.m. Experience Christ's last night through narration and music...

**Reston Community Good Friday Service, April 22.** 12 p.m. Share the story of Christ's last hours through scripture & prayer.

**Easter Sunday, April 24.** 8:30 a.m. Sunrise service outside with music and prayer; 9:30 a.m. breakfast in the Plaza Room; 9:45 a.m. children's Easter Egg Hunt behind the church; 10:45 a.m. Worship Celebration with the choir; 12 p.m. coffee downstairs (no lunch this day).

**The Vajrayogini Buddhist Center** will offer a Monthly Meditation Class at 1 p.m. on May 7 and May 14 at Brown's Chapel, 11450 Baron Cameron Ave. in Reston. Weekly Meditation Classes are 7 p.m. at The Griffin Center, Suite 5, 3800 Fairfax Drive in Arlington. Classes are free to members, \$12 non-members. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-331-1790.

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11:15 a.m. Holy Eucharist, Rite II  
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The Rev. Jacqueline Thomson  
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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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# OPEN HOUSES

## SATURDAY/SUNDAY, OCTOBER 8 & 9



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**Call Specific Agents to Confirm Dates & Times.**

### Gainesville

13525 Chipper Ct.....\$440,000.....Sun 1-4.....Scott Koval...Samson Props..703-625-3446

### Herndon

12003 Cheviot Dr.....\$525,000.....Sun 1-4.....Suzanne Hilder..Coldwell Banker..703-471-7220

### Kingstowne/Alexandria

4717 Poplar Dr.....\$899,000.....Sun 1-4.....Rachel Carter..Coldwell Banker..703-851-4207

### McLean

1519 Pathfinder Ln.....\$1,249,900.....Sun 1-4.....Monica Gibson...Keller Williams..703-944-3434  
4054 41st St, N.....\$1,410,000.....Sun 1-4.....Heather Bennett.....RE/MAX..703-508-5442

### Oak Hill

3021 Leefield Drive.....\$798,500.....Sun 1-4.....Keith Harris...Samson Props..703-395-6601

### Reston

1535 Woodcrest Dr.....\$299,990.....Sun 1-4.....Teresa Kidwell.....Century 21..703-818-0111  
11673 Bennington Woods Rd..\$1,026,000.....Sun 2-5.....Carina Slepian.....Weichert..703-919-6364

### Springfield

7301 Rolling Oak Ln.....\$350,000.....Sun 1-4.....Katharine Binkley...Keller Williams..703-328-9325

### Sterling

20925 Trinity Sq.....\$434,900.....Sun 1-4.....Judy Wills.....Long & Foster..703-403-1000  
6 Devenshire Ct.....\$469,000.....Sun 1-4.....Erin Mendenhall.....Century 21..703-821-8300

### Vienna

309 Edwin Ln NE.....\$639,500.....Sun 1-4.....Lisa Moffett..Coldwell Banker..703-938-5600  
512 Gibson Dr.....\$565,000.....Sun 1-4.....Jim Fox.....Long & Foster..703-503-1800  
903 Fairway Dr.....\$749,000.....Sun 1-4.....Anne & Sarah Harrington..Long & Foster..703-585-8595  
2926 Village Spring Ln.....\$463,000.....Sun 1-4.....Yanji Lama.....ERA Elite..703-359-7800  
9946 Corsica St.....\$925,000.....Sun 1-4.....Casey Samson...Samson Props..703-508-2535  
1809 Dawson St.....\$739,000.....Sun 1-4.....Bettina Dee...Premier Realty..703-748-0001  
9314 Robnel Place.....\$765,000.....Sun 1-4.....Paula Stewart.....Weichert..703-408-5854  
9624 Prelude Court.....\$699,000.....Sun 1:30-4.....Olga Aste.....Century 21..703-624-4199

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

## ENTERTAINMENT

FROM PAGE 9

months with adult. 703-242-4020, TTY: 711.

#### Halloween Preschool Storytime.

11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs and rhymes about Halloween. Age 3-5 with adult. 703-437-8855, TTY: 711.

#### Teen Read Week Party.

7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Hear about the latest in graphic novels and learn to make comics with illustrator Matt Dembicki. Trade used comics and manga. Pizza and more. Teens. 703-689-2700, TTY: 711.

#### THURSDAY/OCT. 20

**Disney On Ice: Dare to Dream.** 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$15-\$70, available at 1-800-551-SEAT, [www.ticketmaster.com](http://www.ticketmaster.com); and [www.patriotcenter.com](http://www.patriotcenter.com). [www.disneyonice.com](http://www.disneyonice.com).

**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 appointment. Adults. 703-242-4020, TTY: 711.

**Book Discussion.** 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Evensong by Gail Godwin. Adults. 703-242-4020, TTY: 711.

**Toddler Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories, songs and fingerplays. Age 2-3 with adult. 703-689-2700, TTY: 711.

**Ollabelle with Kris Delmhurst.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Roots music. \$20. [www.wolftrap.org](http://www.wolftrap.org).

#### FRIDAY/OCT. 21

**Herndon Spooktacular.** 6:30 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Ghoulish games, creepy cuisine, pumpkin contest and trick or treating during the costume parade. Registration fee covers all activities, treat bag and Magic Show. Ages 3-8 with parent. 703-787-7300.

**Disney On Ice: Dare to Dream.** 10:30 a.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$15-\$70, available at 1-800-551-SEAT, [www.ticketmaster.com](http://www.ticketmaster.com); and [www.patriotcenter.com](http://www.patriotcenter.com). [www.disneyonice.com](http://www.disneyonice.com).

**16th Annual Craftsmen's Fall Classic Arts & Crafts Festival.** 10 a.m.-6 p.m. Dulles Expo Center South Hall, 4320 Chantilly Shopping Center, Chantilly. Original designs and work from hundreds of artists and craftsmen. Admission \$7, \$1 age 6-12, under age 6 free. 1-336-282-5550.

**Battlefield Band.** 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Scottish revival music. \$24. [www.wolftrap.org](http://www.wolftrap.org).

#### THURSDAY/OCT. 22

**Signed Trail Update Walk.** 1:30 p.m. Reston Museum, 1639 Washington Plaza, Reston. Meet at Reston Museum for a 3-mile walk and an update on Reston's signed trails between Lake Anne and Reston Town Center. 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

**Disney On Ice: Dare to Dream.** 10:30 a.m., 2:30 p.m. and 6:30 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$15-\$70, available at 1-800-

551-SEAT, [www.ticketmaster.com](http://www.ticketmaster.com); and [www.patriotcenter.com](http://www.patriotcenter.com). [www.disneyonice.com](http://www.disneyonice.com).

**Fairfax Symphony Orchestra.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. With the Alturas Duo. Sibelius' Tapiola, Farias' Commissioned Concerto, and Beethoven's Symphony No. 3, "Eroica." Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. [info@fairfaxsymphony.org](mailto:info@fairfaxsymphony.org).

**16th Annual Craftsmen's Fall Classic Arts & Crafts Festival.** 10 a.m.-6 p.m. Dulles Expo Center South Hall, 4320 Chantilly Shopping Center, Chantilly. Original designs and work from hundreds of artists and craftsmen. Admission \$7, \$1 age 6-12, under age 6 free. 1-336-282-5550.

**Centreville Day.** 6:30 p.m. Historic Centreville Park, 4630 Stonecroft Blvd., Chantilly. Walk the banks of the Cub Run stream and hear the stories of the people who once called it home. \$4 for Fairfax County residents, \$6 for out-of-county residents. 703-817-9407.

**Breast Cancer Fundraiser.** 11 a.m.-4 p.m. 711 Pine St., Herndon. Silent Auction with sports memorabilia, artwork and jewelry plus raffles. All proceeds benefit the Tiger Lily Foundation, a non-profit charity based in Reston. 703-435-8002.

#### SUNDAY/OCT. 23

**Festival on the Square.** 12-5 p.m. Westin Reston Heights, 11790 Sunrise Valley Drive, Reston. Petting zoo, face painting, children's activities and more. Z Car Club's Judging and People's Choice Awards (Sports Cars) and outdoor restaurant grills. 703-476-9377.



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# Seahawks, Hornets Show Steady Progress

Both local teams compete at annual Glory Days event in Manassas.

BY RICH SANDERS  
THE CONNECTION

The South Lakes High girls' and boys' cross country teams have shown steady improvement over the course of the fall season. The Seahawks, at Saturday, Oct. 1's, annual Glory Days Invitational meet at Bull Run Regional Park in Manassas, continued their good season with several solid individual efforts.

"I was pleased with our performance on Saturday," said South Lakes coach Kevin Donovan. "Both the boys and girls teams showed improved times and really outstanding effort. We are running faster times each week and hope to be right in the mix by the time the [Liberty] District Championships are held at the end of the month."

Highlighting the day for South Lakes was a third place showing by the freshmen girls' team in the 13-team frosh girls' race. South Lakes finished behind first place Jefferson and second place Centreville and ahead of fourth place West Potomac and fifth place Georgetown Visitation.

Molly McGrath was the top Seahawk finisher in that race with a 15th place overall finish in the field of 158 runners. The next top finisher for South Lakes was Caroline Sartorius (26th overall). Other good outings for the Seahawks in the freshmen race came from Princess Aghayere (29th) and Alexis Cherry (37th).

The South Lakes freshmen boys finished ninth in the 22-team frosh boys' race. Top Seahawk finishers were Andrew McCool (18th) and Michael McDermott (22nd).

In the JV girls' race, South Lakes' top finisher was Haley Vaughn (17th overall). Amy Shomberg was the second Seahawk finisher and 40th overall.

In the seeded boys' varsity race, Chantilly's Sean McGorty, perhaps the top runner in the state, won the individual title. He was followed by teammate Logan Miller, who finished second overall for the first place Chargers.

South Lakes, in the seeded varsity boys' race, finished 11th place out of 18 teams. The Seahawks' top finishers were Nicholas Deatley (29th overall) and Ashkan Mohammadi (35th). Luis Rivas (46th) was also among the top 50 runners.

In the seeded varsity girls' race, South Lakes' top finisher was Molly Clough, who was 32nd overall in a field of 97 runners. Teammate Virginia McGinboney was 48th.

In the boys' varsity B race, South Lakes' Sebastian Waldschmidt was 30th overall.

**THE HERNDON HIGH** boys' team, competing at the Glory Day meet, finished fourth in the varsity B race. The Hornets finished behind champion Sidwell Friends, second place John Handley and third place Osbourn Park. Finishing behind Herndon was fifth place Centreville.

Leading the way for Herndon was junior

**"Both the boys and girls teams showed improved times and really outstanding effort."**

— South Lakes coach  
Kevin Donovan



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**South Lakes' Ashkan Mohammadi, right, along with a runner from Potomac Falls High, competes in last Saturday's seeded varsity boys' race at the Glory Days Invitational.**

Bobby Heuer, who finished second overall behind winner Chan Young Lee of Centreville.

"He ran and executed a great race plan, ran smart and tried to win it," said Herndon coach Pete Sherry, of Heuer's race. "He's learning how to win."

Several Herndon runners were not available to run due to SAT testing. Those runners included top tier Hornets Troy Hunsaker, Harrison Murn and Kevin Baldwin.

"We were missing our one, three and four runners on the boys' side," said Sherry, who went on to say most schools were without some of their runners.

The coach said the Herndon boys, at the Concorde District Championships later this month, will have to be at or near the top of their game in order to break into the top four finishing teams and qualify for the Northern Region Championships.

"The district is much better and deeper than I estimated," said Sherry. "I'm hoping we can get fourth and get into regionals. Their coming along nicely."

For the Herndon girls, competing in Saturday's varsity B girls' race, Callie Pfeffer-Hahn (35th) was the Hornets' top finisher. Other top 50 runners for Herndon were Noelle Muha (38th), Ashley Grupenhoff (43rd), and Jessica Ya (49th).

Herndon's top girls' runner this season, senior Belle Burgess, missed the race due to SATs.

"She's a tough kid and hopefully she can peak at regionals and get to states," said Sherry, of Burgess.

Gabby Bustamante, Herndon's No. 2 varsity runner, finished sixth overall in the freshmen girls' race.

"She's been coming along slowly but progressing and getting better every week," said Sherry, of ninth grader Bustamante.



**Seahawk teammates Molly Clough, left, and Kelly Jean Watkins run side by side in the varsity girls' race.**

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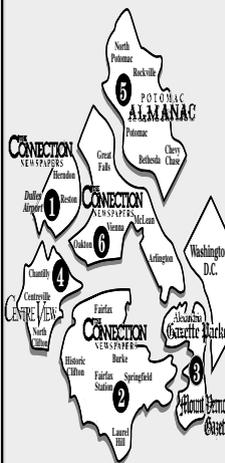
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## NOTICE OF WATER RATE PUBLIC HEARING

At 6:30 p.m. on Thursday, December 15, 2011, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2012, include the following:

1. An increase in the Availability Charge from \$3,600 to \$3,700†.
2. An increase in the Local Facilities Charge from \$8,500 to \$9,000.
3. An increase in the Account Charge from \$32 to \$33.
4. An increase in the base Commodity Charge from \$2.04 to \$2.16 per 1,000 gallons of water.
5. An increase in the Peak Use Charge from \$2.95 to \$3.20 per 1,000 gallons of water.
6. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties may submit written comments to [PublicHearingComments@fairfaxwater.org](mailto:PublicHearingComments@fairfaxwater.org) or mail written comments to:

**Fairfax Water**  
Public Hearing Comments  
8570 Executive Park Avenue  
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 14, 2011 to be included in the record of the public hearing.

†Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

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## Much Ado About Something, Maybe



By KENNETH B. LOURIE

Or maybe not. Such is life as a cancer patient. The other day I received a call from my oncology nurse advising me of an elevated level of something from my previous day's monthly, pre-chemotherapy lab work (blood and urine). This is in fact the exact reason for this pre-chemotherapy lab work: to monitor. And during my now 30 months of it, receiving such advisories has not been uncommon; it has happened half a dozen times, approximately, for a variety of reasons: low white blood cell count, as well as increased levels of bilirubin, creatinin, potassium, protein. Consequences have ranged from delaying that particular week's chemotherapy to emergency-type doctor's appointments - that same day, to adjustments in medication (adding or subtracting or changing altogether) and/or re-tests to confirm the abnormal readings, and of course lifestyle and diet suggestions. In summary, I have fared pretty well, having survived all of it, many months beyond the original timeline as initially projected by my oncologist back in Feb., 2009.

Fortunately, so far, the previous irregularities in my lab work have always returned to normal, either after a re-test or the passage of time. However, any abnormalities have always been cause for concern, for doctor and patient alike. Similarly, any change or worsening of symptoms/behavior, especially breathing and/or coughing (which diagnosis to date, have remained non-issues, thank God!) have likewise been carefully noted. Through it all, my body has tolerated the treatment exceptionally well and been fairly resilient, which presumably has contributed to my rather ordinary life, post diagnosis. Nevertheless, 30 months into it, I'm beginning to have a bit more difficulty mentally, shrugging off this most recent result. At some point, either the poisonous nature of the chemotherapy or the multiple malignant tumors in my lungs (currently characterized as in "partial stable remission") have to have a harmful effect, don't they? I mean, stage IV lung cancer is, well; there is no stage V, so sooner rather than later, one would presume that you know what is going to hit the fan, figuratively speaking, and when it does, it may be, as they say in Massachusetts: "Katie bar the door."

As much as I want to believe I'm immune to cancer's effects, there's a logical Libra inside of me scaling this mental mountain every day, wondering: when? And statistical anomalies aside, what I have is incurable, according to my oncologist, as told to me on that fateful day back in February, 2009. Presumably, what's not making me stronger is in fact killing me - to turn a phrase completely around. And try as I might to ignore certain facts and pretend that what ails me, doesn't, calls from my oncology nurse with precautionary indications of something or other upset my apple cart. An apple cart I didn't even know I had but one that I cling to every day, apparently without realizing it.

Let's be realistic here, I have to cling to something. I can't be expected to skate through this diagnosis/prognosis like I'm Alexander Ovechkin on holiday. This is no holiday. This is a hell of a day, especially when my lab work generates a "Kenny, how are you feeling"-type call. As experienced as I now am at receiving these calls, the arrival of them is still unsettling. Thankfully, diagnosis to date, the blips in the miscellaneous levels of whatever that have appeared in my blood and urine have always returned to acceptable levels within very short order. One day, sooner than I care to admit, that has to change, doesn't it?

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

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