

Reston Hosts Oktoberfest

NEWS, PAGE 3

Hundreds of guests
line Market Street
in Reston Town
Center during
Reston Oktoberfest
Saturday, Oct. 8.

Plum, Cannon Square Off For 32nd Delegate Seat

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Schedule Intensifies for South Lakes Volleyball

SPORTS, PAGE 16

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 14 ♦ SPORTS, PAGE 16 ♦ CLASSIFIEDS, PAGE 18

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NEWS



PHOTOS BY ALEX MCVEIGH/THE CONNECTION

From left, Republican Hugh "Mac" Cannon and Democrat Ken Plum, candidates for the 36th district delegate seat.

Plum, Cannon Square Off For 32nd Delegate Seat

Challenger Cannon runs against longtime incumbent Plum.

BY ALEX MCVEIGH
THE CONNECTION

Del. Ken Plum (D-36) will face Hugh "Mac" Cannon this November for the 36th district delegate seat. Plum, initially elected in 1982, previously faced Cannon in 2009, which was Plum's first contested election since 1999.

Cannon is a native of Oakton, and attended Paul VI High School in Fairfax, and Virginia Tech, where he received his degree in business. He has worked in telecommunications sales as well as several nonprofits, and is currently pursuing his Master's Degree at George Mason University while serving as executive director for the American Council of Engineering Companies.

He says he is running as a fresh voice in the General Assembly, one who will make it his priority to serve the interests of Northern Virginia.

Cannon, 34, currently resides in Reston with his wife and their three children. He said if elected, his goal would be work for constituents, not follow party lines.

"I want to go to Richmond and fight for Northern Virginia, because that's the key to bringing this state forward," he said. "I'm not a



Ken Plum



Hugh "Mac" Cannon

Candidates Debate

A forum featuring Democratic incumbent Ken Plum and Republican challenger Mac Cannon will be televised on Comcast Channel 28 on Wednesday, Oct. 12 at 8:30 p.m. and Sunday, Oct. 16 at 8 p.m. It will also be shown twice more before the elections, with the date and time to be determined. The forum can also be viewed online at www.rctv28.com.

party operative, the R next to my name doesn't govern me. I know to get things done, I'll have to lead by example."

CANNON said he would not allow himself to be constrained by the Republican obligation to vote along with their caucus if there's a three-fourths majority vote.

"I'm not going to be somebody that because three-fourths tells me to go sit in a corner, that I'm going to sit in a corner," he said. "If that means I'm not going to be put in a committee, they'll hear about it, and you'll hear about it."

He said he wants to maintain

Virginia's status as a right-to-work state, and pointed to the Project Labor Agreement controversy on Phase Two of Dulles Metro as an example. A PLA would require unions to perform all the work for Phase Two.

"We need to make sure we protect the right-to-work law in Virginia," he said. "One of the issues that falls under that is the fact that the Project Labor Agreement we had in Phase One is not the same as it is in Phase Two. Phase One was a self-imposed one by the contractor, Phase Two is one that was put forth. That's jobs that should

SEE CANDIDATES, PAGE 5



ALEX MCVEIGH/THE CONNECTION

Guests take to the dance floor at the Reston Town Center Pavilion during Reston Oktoberfest Saturday, Oct. 8.

Reston Hosts Oktoberfest Greater Reston Chamber of Commerce holds annual event at Reston Town Center.

BY ALEX MCVEIGH
THE CONNECTION

After the weekend of Oct. 1 proved to be cold and rainy, James Cole of Reston was a little worried about committing to attend Reston Oktoberfest the following weekend in his lederhosen.

"I had visions of being cold and wet in my German gear at an empty Reston Town Center," he said. "Luckily we had one of those perfect Fall weekends, and plenty of people were around to share in some October fun." Cole was one of thousands to flock to Reston Town Center last weekend for the annual Oktoberfest, and one of several dozen to go all out with his German attire. "I'm proud of my German heritage, which is why I like to get dressed up and come out to enjoy a dark beer and a bratwurst," he said. "Of course, my dad's family is Irish, so I'll be in all green come March." The annual event is put on by the Greater Reston Chamber of Commerce. Booths were set up along Market Street, and there was live music and entertainment at each end, as well as at the Pavilion throughout the weekend.

The Low'n'Brows German band hit the stage around 2:30 p.m. Saturday, Oct. 8 and pro-

vided a chance for visitors to dance to some traditional German tunes. "Dancing to the 'Pennsylvania Polka' was my favorite part, even though I'm sure my kids were disgusted to see their parents on the dance floor," said Kim Bloom of Reston. "But we usually get stuck watching them dance to Katy Perry or whatever they're into, so it was our turn for a change."

Various restaurants offered their take on Oktoberfest staples such as bratwurst with sauerkraut, knockwurst and other favorites. "I think Clyde's had the best sausage here," said Armel Diego of Reston. "The sauerkraut on top put it over the top. Though to be fair, I only had their brat, it was so good, I focused on other foods for the rest of the day."

Beer gardens were set up at each end of Market Street as well, offering Starr Hill Northern Light (based in Crozet, Va.) and Dominion Oktoberfest (based in Ashburn) and Beck's Oktoberfest. "I'm a big Beck's fan normally, I love German beer, but I was blown away by the Dominion Oktoberfest," said Tony Ellington of Herndon. "It's a perfect fall beer, dark and flavorful, but not too heavy, and it's amazing to think it's made just down Route 7."



Guests at Reston Oktoberfest line up at one of the beer gardens to sample some local and German Oktoberfest brews.



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Fairfax County Mobile Apps – There's an Award for That

Fairfax County is putting government in the palm of resident's hands, and getting applause for it.

Last week, the county received the Governor's Technology Award for innovation in local government for its mobile applications. The award was presented at the annual Commonwealth of Virginia's Innovative Technology Symposium (COVITS) on Sept. 26.

"Our iPhone, iPad, Android and BlackBerry mobile applications place the Fairfax County government in the palm of your hand through 24/7 access to government information and services," said Merni Fitzgerald, the county's public affairs director.

This first version of the app includes a variety of features, along with the ability to search the entire website for the information or navigate through the county's mobile website m.fairfaxcounty.gov:

❖ **Alerts:** The latest updates about major incidents or weather events including text/email alerts, social media, emergency RSS news feed, important phone numbers, seasonal preparedness information, recovery resources, mobile weather forecast and links to key county, state and federal emergency agencies.

❖ **NewsWire:** Each business day, the Fairfax County NewsWire features the latest headlines from all county departments.

❖ **Contact Us:** One-touch calling of the main 703-FAIRFAX phone number, critical emergency phone numbers, libraries, parks, courts and department/program listings.

❖ **Calendars:** Browse upcoming public meetings, community events, tax deadlines and more.

❖ **Library:** Patrons can browse the online catalog, get hours and locations, check reviews, place and modify holds for pick-up, check account status and renew material.

❖ **Locations:** Use the GPS features of your device to find the nearest library, park, community center, fire station, police station and government buildings.

❖ **Services:** Key services like Childcare Central. The second version of the app will include more mobile-friendly services.

❖ **Social Media:** Links to the mobile versions of all official county government social media sites on Facebook, Twitter, YouTube, Flickr and podcasts on iTunes. Like them, follow them, watch a video, view pictures or listen to podcasts through the coordinated social media efforts.

❖ **Board of Supervisors:** Quick access to the Board of Supervisors with links to mobile versions of their Web pages, meeting schedule, agendas and more.

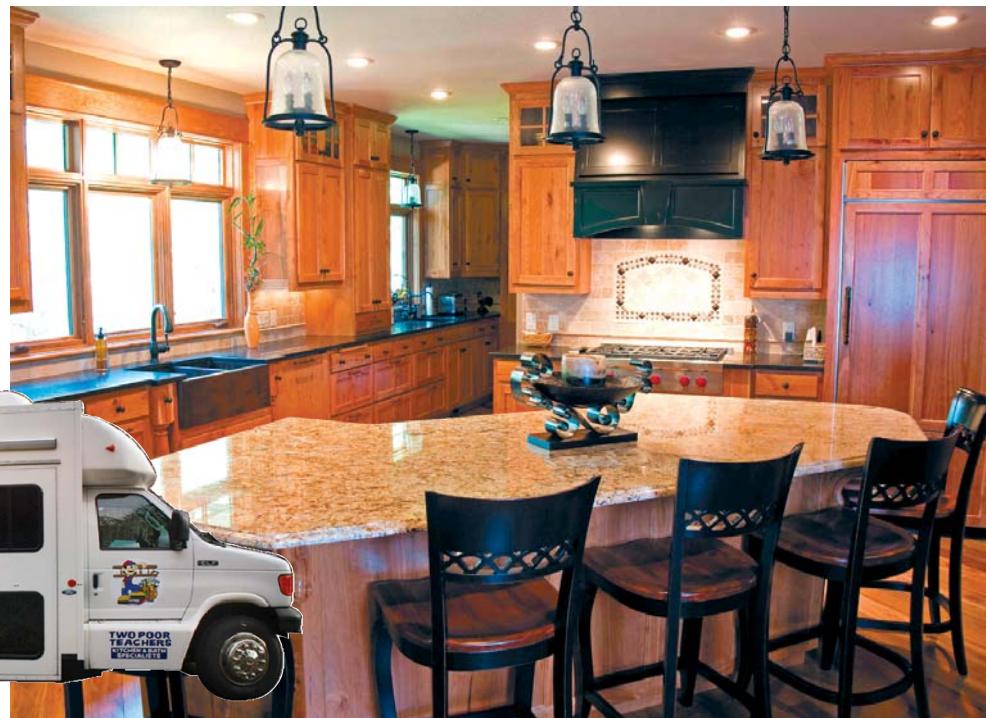
❖ **Transportation:** Key links to major transportation resources such as the Fairfax Connector bus, Metro, VRE, bikes, pedestrians, Virginia Department of Transportation and more.

For more information, go to www.fairfaxcounty.gov/news/mobile/ or visit m.fairfaxcounty.gov on the phone for a mobile-friendly version of the county's website.

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NEWS

Candidates Discuss Area Priorities

FROM PAGE 3

be going to people who work here in Northern Virginia, not folks who are coming from Pennsylvania, Maryland or West Virginia."

Cannon said funding for transportation projects in general would be a big issue going forward, and he said he wants to look for new solutions.

"A lot of people would ask about the gas tax. I don't think the gas tax is a funding source we can rely on long-term," he said. "We need to look at 21st century solutions. If Northern Virginia wants to take another crack at the Northern Virginia Transportation Authority, and we have the ability to tax ourselves, then why not do it? Let's make it constitutional this time if we want to keep our own money up here."

The Cannon campaign has raised \$18,799, according to the Virginia Public Access Project, with \$12,800 of it coming from cash contributions of more than \$100, \$3,665 coming from cash donations of \$100 or less and \$1,982 of in-kind contributions of more than \$100.

More information on Cannon can be found at www.cannonfordelegate.com.

PLUM is a native of Shenandoah, and was a Fairfax County Public Schools teacher and school administrator for more than 30 years, and also served as the Director of Adult and Community Education. He is also the founder and chair of the Dulles Corridor Rail Association and the chair of the House Democratic Caucus. Plum, 59, and his wife have four children.

Plum says his goals are to stop the erosion of money from public education; seek greater federal and state partnership in funding Dulles Rail; take steps forward in cleaning up the Chesapeake Bay; and the passage of legislation to prevent discrimination based on sexual orientation.

He also said he prides himself on always being accessible to his constituents involved in what's going on.

"My philosophy is that campaigning is just an accelerated version of what I do every day, which is keeping in touch and keeping people educated and informed about the issues," he said.

Plum said that while Phase Two of Dulles Rail should be finished, it would most likely require state and federal money. He said both

the state and federal government need to be "active players" in Phase Two. "We're unfortunately the recipients right now of what became during the Bush administration, an effort to get out of the transit business. It's really unfortunate that our nation's capital has an international airport that doesn't have a rail connection. There is a federal interest in this line, and the federal government needs to step back up to the plate," he said. "Currently there's talk of \$150 million in state money to go to Phase Two. In Tidewater Virginia, with a whole lot fewer people, a road and tunnel received \$500 million from the state to buy down the tolls. So let's at least match that, and we won't be talking about overburdening toll road users." Plum said that he would work to make sure Northern Virginia receives proper state funding for education.

"I'm concerned about the renegeing on the part of the state government to fulfill its requirements in funding at least half the cost of public education," he said. "If you take a look now at the 50-50 average that's supposed to be there, school funding is now at 60-40. The 60 percent is [funded by] your local government. One of the reasons Fairfax County has difficulty balancing its budget is because Richmond is simply not sending back the money promised to local government, and that needs to be resolved." He also said he remains committed to the region's pledge to clean up the Chesapeake Bay.

"I'm concerned about the life of the Chesapeake Bay because it's an indicator of how well we're doing environmentally," he said. "I put in legislation to take phosphate out of dishwashing detergent. It doesn't sound like a big deal, but a local middle school student did the research for me that showed how much that phosphate contributed to the degradation of quality in the Chesapeake Bay. Most recently, I was involved in taking the phosphates out of lawn fertilizers."

The Plum campaign has raised \$231,766 according to the Virginia Public Access Project, with \$198,094 coming from cash contributions of more than \$100, \$23,955 coming from cash contributions of \$100 or less and \$8,731 coming from in-kind contributions of more than \$100.

More information on Plum is available at www.kenplum.com.

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OPINION

A Few Days Left To Register To Vote

Vote now, who knows what Election Day could bring.

The turnout was so minuscule for Primary Election Day that you might not remember that it was also Earthquake Day, and that if you were planning to vote when you got home from work, you probably wouldn't have had the chance. Traffic came to a halt, and many commutes took many hours.

EDITORIAL Imagine what would happen if we had a repeat of a historic early snow: On Nov. 11, 1987, a foot of snow fell at National Airport. On Nov. 6 and 7, 1953, this area had more than seven inches of snow, according to the National

Weather Service. Seven inches fell in November, 1938. In November, 1904, the area had three inches of snow; November 1910, the area had five inches of snow.

So far, 2011 has been a year of extremes, so is it worth preparing for the great Election Day blizzard? Or possibly just the great Election Day traffic jam?

You can vote in person from now until Nov. 5 if you think that there is any chance you could be away from home for 10 hours on Election Day. Remember that some people spent 10 hours on the GW Parkway one day last winter.

There are only a few days left to register to vote to participate in the Nov. 8 general election if you have not already done so.

Some important dates to remember:

Monday, Oct. 17, 2011 is the deadline to register to vote, either in person or mailed registration postmarked by that date to vote in the Nov. 8 General Election.

Tuesday, Nov. 1 is the deadline to apply for an absentee ballot by mail.

Saturday, Nov. 5 is the last day to vote early, absentee ballot in-person.

Tuesday, Nov. 8 is Election Day.

For more election information:

Alexandria Board of Elections, 703-746-

4050, <http://alexandriava.gov/Elections>

Fairfax County Board of Elections, 703-324-

4700, www.fairfaxcounty.gov/eb/

Arlington Board of Elections, 703-228-3456,

<http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx>

City of Fairfax General Registrar, 703-385-

7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>

— MARY KIMM,
MKIMM@CONNECTIONNEWSPAPERS.COM.
ON TWITTER @MARYKIMM

LETTERS TO THE EDITOR

Partnership, Not Competition

To the Editor:

We would like to offer "a differing point of view" from Mr. Jack Kenny's column ["Going Ape!," Reston Connection, Oct. 5-11, 2011]. Mr. Kenny asserts that the County is entering direct competition with a private enterprise. There is no competition here—it's a partnership. FCPA gets a share of the money, which could go a long way to keeping Riverbend Park operational.

It is not a team building operation—it's strictly one person at a time on any segment of the course.

Yes, Riverbend is a refuge for many people who want to enjoy a peaceful environment; the park is 418 acres and the rope course will occupy seven acres. That hardly qualifies for Mr. Kenny's assertion that the park will be transformed into an amusement park.

Mr. Kenny seems to object to the amount of training required before going on the course, and yet he envisions the county attorneys being kept busy for years dealing with injury lawsuits. What's wrong with this picture? The training prevents accidents. Safety is paramount at GO Ape.

I would like to suggest Mr. Kenny do as we did; visit the Go Ape facility in Rock Creek Regional Park in Montgomery County. The course is tucked into the forest out of sight from the street; there is very little environmental impact; there are no concessions stands; there was not a piece of trash in

the park.

With devolution as being discussed, localities may pick up a greater responsibility for funding roads but without the funds to meet their costs.

Would the state dump the responsibility for maintaining secondary roads on localities without providing the necessary money?

The experience with school funding suggests yes.

By altering school standards to

meet budget dollars, the state claims it meets its obligation but does not provide adequate monies in reality to meet actual costs.

Localities get left holding the bag.

The same could clearly happen with roads. Looks like devolution all over again!

SEE HADLOCK, PAGE 9

THE CONNECTION

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COMMENTARY In this column I made the assertion a couple of months ago that the Commonwealth of Virginia was shirking its responsibility in funding its share of public school K-12 budgets. I wrote that the state has a responsibility under the constitution to fund 55 percent of the cost of public schools but is providing only 41 percent of the costs. The Richmond Times Dispatch "PolitFact" checker reviewed the "facts" behind my statement and by changing the word "responsibility" to "requirement" found the statement to be false. Their argument was a technical one that the state needed to fund only 55 percent of Standards of Quality (SOQ) related costs with which it had complied. They ignored my contention that SOQ costs are a small share of public school costs, and the SOQ standards are revised downward as the budget is reduced. All public schools find it necessary to exceed SOQ's in order to successfully operate their schools.

In the most recent issue of Virginia Towns and Cities, the journal of the Virginia Municipal League (VML), the Executive Director of the VML, Mike Amyx, entered the debate between me and the Times Dispatch. Amyx found that "PolitFact assessment of delegate's K-12 funding statement is flawed." As he wrote, "The point that Del. Plum correctly



BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

made is that the state does not recognize what it actually costs to educate students and to meet state accountability standards, such as the Standards of Learning... Prior to the recession the state devoted 35 percent of its general fund budget to public schools.

Today, post-recession, the state's general fund support has dropped to below 30 percent... the state's 41 percent share of meeting K-12 education costs is woefully inadequate... if you rate Del. Plum's statement against reality, it is absolutely true."

The devolution of state responsibility for funding an equal share of education costs with localities to the localities having to pick up a greater share of the costs is about to happen in another area of state responsibility if early discussions around the Capitol are to be believed.

In a recent meeting of the Northern Virginia Transportation Alliance, Secretary of Transportation Sean Connaughton observed that cities in the Tidewater and Central Virginia areas maintain their own streets.

He raised a question as to whether or not all localities should be required to maintain their streets and secondary roads. Currently, cities and towns and the Counties of Henrico and Arlington receive urban street payments from the Department of Transportation to maintain their streets and

Weather Service. Seven inches fell in November, 1938. In November, 1904, the area had three inches of snow; November 1910, the area had five inches of snow.

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OPINION

Learning from a Cruise

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

It is hard to get back in the swing of things in Reston after being away and truly out of action for 10 days. I am behind on several projects and still sorting the snakes and tasks lurking in a mountain of emails and phone messages. Worse yet, after 10 days of solid relaxation at a major high school reunion — High Point High School in Beltsville, Md. — followed by a week-long cruise to Bermuda and back, I am having a devil of a time getting my motor restarted to attack the tasks.

The cruise was especially bad, a regimen of sleeping in late in the morning, sunning ourselves on deck while reading or dozing, eating three or four major meals a day and lounging on comfortable sofas with a beverage in hand enjoying good, live entertainment just about every evening. All this with 962 ship's crew attending to our every need or whim.

While Bermuda was not high on our list of places to visit, because it is pretty much exists only for short-term tourists, it turned out

to be strikingly beautiful and inhabited by really nice people with a smile, charm and a spirit of fun.

INDEPENDENT PROGRESSIVE
The white

sandy beaches with the crystal clear aqua waters were amazing. We very much enjoyed every bit of our too brief time on the island.

So, you are no doubt asking, what lessons did we learn that would be useful if transferred back to our beloved Reston, Fairfax County and the Old Dominion? Well, the Progressive noticed of course that there did not seem to be much visible poverty on the island. This was attributed to a minimum wage, which is a living wage (about \$17/hour in a high cost economy with basic necessities all imported), universal public education and strong social services. And, I heard little of the whining one hears in Virginia about taxes. This is due no doubt to the fact that direct taxes on income are low



and on sales non-existent. Major revenue comes from the tourist industry and a variety of transfer taxes sufficient for real investment in infrastructure and people.

An activity we observed and would like to see more in evidence back home was recycling. Everywhere on the ship and along the streets in Hamilton and St. George

there were separate bins for recycling glass, tin, and paper products. For all the good things our Reston Association does to keep our pathways and open spaces looking good, I do not recall seeing any recycling receptacles in recreation areas, along the pathways, or conveniently placed by our open spaces.

We do, however, see lots of cans, bottles and fast food container refuse in those otherwise attractive areas as well as in our parking lots. The same is true at Lake Anne. What a difference it would make to strategically place attractive recycling containers as statements about who we are — people who care! It would also beautify frequently littered waters, parks and paths.

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Week 3 — Pork: Stuffed Roast Pork Tenderloin; Spicy Mexican Pork Stew; Classic Stir Fry of Pork with Thai Basil.
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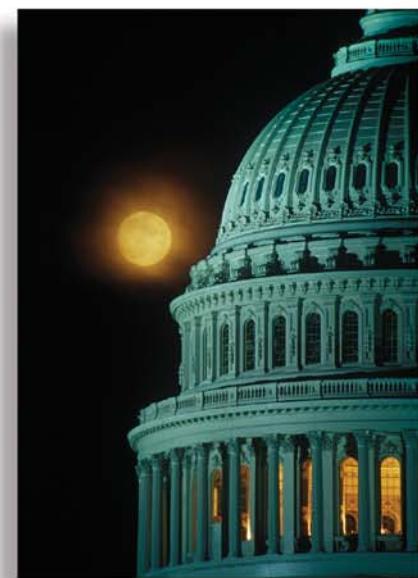
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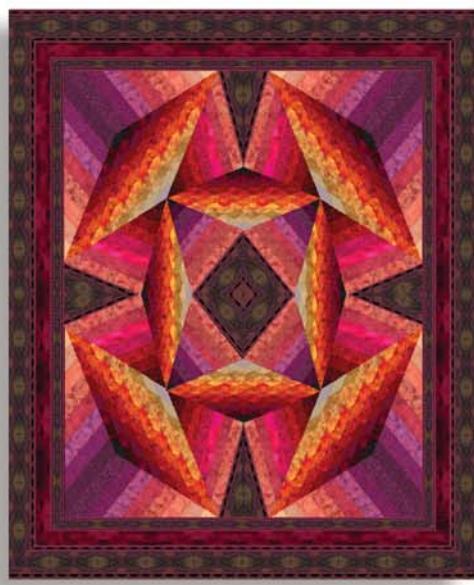
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LETTERS

Handlock

FROM PAGE 6

sight; there were birds everywhere; the only noise was the sound of happy people enjoying a beautiful day in the park—no different from the kids running around the picnic area or the pickup volleyball game on the lawn at Riverbend, except these people were in the treetops.

With FCPA's share of the County budget shrinking, money to keep the parks operational has to come from somewhere. Public-private partnerships can be a remedy and hopefully, they will all be as well thought out as this one.

Carol and Walter Hadlock
Herndon

Questioning Campaign Mailer

To the Editor:

You have to laugh. For those that haven't yet seen Sen. Janet Howell's (D-32) latest campaign mailer:

She "worked with Governor McDonnell to cut state spending." Who knew? Someone be sure to call Gov. McDonnell and let him know. Not, presumably, when she was opposing, *inter alia*, job-creating offshore oil exploration.

As a "lead Senate budget negotiator," she does not appear to have been preeminently successful in securing anything in the way of funding for the "not-quite-shovel-ready" Rail to Dulles project.

Senator Howell touts her contri-

bution to Virginia's balanced budget (it has to "balance" by law). Well and good, but it was her party in the person of Gov. Kaine that bequeathed us all, prior to Gov. McDonnell, a "shoddy" (Richmond Times-Dispatch) final budget involving a \$2 billion tax hike.

She "put politics aside:" would that have been when breaking Senate tradition and rules in killing minority bills, on which she would have had to cast an uncomfortable vote, when blatantly attempting an egregious piece of district gerrymandering, or when calling Gov. McDonnell a "zealot"?

Harry Locock
Reston

Inaccurate Figures

To the Editor:

Recently, State Sen. Janet Howell and House of Delegates Representative Kenneth Plum sent an open letter to Gov. McDonnell, expressing concern about projected increases in the Dulles Toll Road (DTR) fees that will be needed to pay for Dulles Metro Phase 2 (DMP2).

In this letter, they spoke of "some in the community ... using projections that have not been validated, to create concern and confusion". This statement is inaccurate. Applying the same method used by the firm that generated their "validated" projection, Reston Citizens Association's Reston 2020 Committee issued a paper in April 2011 stating that DTR users would be paying 56 percent of total Dulles rail costs and three-quarters of DMP2's costs. That conservative estimate, never publicly questioned, would put tolls at over \$15 in the mid-2040s, or more than \$6 in 2010 dollars. The only difference from the 2009 "validated" (sponsored by Metropolitan Washington Airports Authority (MWAA)) results is that the Committee's estimate used updated Metropolitan Washington Council of Governments (MWCOG) growth projections and the MWAA's own projection of a one billion dollar increase in DMP2 costs.

**Tammi Petrine
and John Hanley**
Co-Chairs,
Reston 2020 Committee

Amazing Race at South Lakes High

Hundreds are expected to turn out for the NephCure Amazing Race at South Lakes High School on Sunday, Oct. 16. The event features an Amazing Race-style event with adult and child teams, raffle, live music, face painting and fun for the whole family.

The event is the second annual fundraiser benefiting

The NephCure Foundation, the only organization committed exclusively to support research seeking the cause for two potentially devastating kidney diseases, Nephrotic Syndrome and Focal Segmental Glomerulosclerosis (FSGS), improve treatment and find a cure.

More than 5,400 patients are diagnosed with FSGS every year. Currently there are no FDA approved treatments for FSGS.

More than 200 people at-

tended last year's NephCure Walk, which helped to raise more than \$20,000. The fundraisers have been organized by Curt and Nikki Buermeyer of Herndon, whose 9-year-old daughter, Allie, was diagnosed with FSGS in January 2010. Allie was given remission status shortly after last year's walk and has remained in remission for a year now. However, in the spring she will need to be weaned off the medications and at that point there is a 90 percent relapse rate.

The race begins at 10 a.m.; registration opens at 9:30 a.m. In addition to the Amazing Race, the Buermeyers have organized an online auction starting at 8 a.m. Oct. 7 and ending at 8 p.m. on Oct. 14. To register for the race and the auction, visit <http://allieshope.wordpress.com> for the links.



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Home Life Style

The Next Generation of Green Living

Cutting edge green home design emerges in the region.

BY MARILYN CAMPBELL
THE CONNECTION

Imagine a home that is so well insulated that a furnace is obsolete. Picture the elimination of rooms that run hot during the summer and basements and tile floors that are frosty during the winter. Visualize trimming your energy bill by 90 percent.

Meet the passive house, dubbed the next generation of green living, and named one of the top green building trends of 2011 by the Earth Advantage Institute, a nonprofit organization that promotes sustainable building practices.

The region's first passive house, a five-bedroom, four-and-a-half bathroom home in Bethesda, was designed by Alexandria-based architect David Peabody of Peabody Architects and built by Potomac-area builder Brendan O'Neill Sr. of O'Neill Development.

"As luck would have it, my son and I arrived during a snow storm," said O'Neill. "We were blown away by the warmth and temperate conditions inside that house. It was incredible. We said,

if this is what a passive house can do under extreme conditions, we're going to try one."

- David Peabody, Peabody Architects



PHOTO BY ANICE HOACHLANDER/O'NEILL DEVELOPMENT
Architect David Peabody and builder Brendan O'Neill Sr. incorporated green design into this home's plans.



PHOTO COURTESY OF CRAFTED ARCHITECTURE
Mount Vernon architect Christine Kelly of Crafted Architecture designed an addition for the Fairfax County home of Enid and Laing Hinson. She salvaged stone from the original home and incorporated it into the new design and used large, energy efficient windows to maximize the natural light. Passive solar energy contributes to the comfort of the home.

"I like taking what was already in the house and repurposing it that so that a lot of materials don't go into the landfills."

- Christine Kelly, Crafted Architecture, Mount Vernon

"This home gets all the heat it needs on the same amount of energy it would take to run two hairdryers."

- David Peabody, Peabody Architects

ably going to be worth it to us in the long run," said Enid Hinson.

"[Passive solar design entails] designing walls, windows and floors to collect or reflect solar energy and then distribute it as heat during the winter months and shade against the heat in the summer months," said Kelly. "[The Hinsons] had a sun room that had a slate floor, and we took up that slate during the demolition, salvaged it and then designed a new sunroom with large windows that are facing south so that as the sun comes into the room, the floor is heated and retains heat and makes it a very comfortable space in the winter time without the use of mechanical systems. A stone floor can be designed to collect heat during the day and then radiate it into the room at night to help keep the space warm."

The Hinsons noticed a difference. "As the weather got chilly and it was going down into the high-40s at night recently, we didn't have to turn our heater on at all. The house never got below 71 degrees," said Enid Hinson.

The Hinsons' remodel received a National Green Building Certification from the National Association of Home Builders (NAHB) for meeting NAHB green building standards.

Kelly says that when it comes to green design, she begins with the basics. "I like taking what was already in the house and



PHOTO BY MARILYN CAMPBELL
Alexandria architect David Peabody designed the Washington-region's first passive house. The home runs on 90 percent less energy than a traditional home.

SEE BENEFITS, PAGE 12

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3101 Fox Mill Rd\$635,000...Sun 1-4.....Liz Abele.....Long & Foster.....202-364-5200
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HomeLifeStyle



PHOTOS BY MARILYN CAMPBELL

The first passive home in the Washington region runs on the energy it would take to run two hairdryers, says architect David Peabody, who designed the house.

Benefits of Green Design

FROM PAGE 11

repurposing it that so that a lot of materials don't go into the landfills. And then I like to move to insulating. Not only do I like to insulate the new addition, but I like to go back and examine the existing house and figure out how to make that just as tight as well."

The Hinsons were pleased that they did not have to compromise aesthetic appeal for energy efficiency. "Our house is not bigger; it is just flows better," said Enid Hinson. "The windows are really energy efficient. We have the [George Washington Parkway] behind our house, and if the doors and windows are closed we cannot hear the traffic noise at all."

O'NEILL SAID his one condition was that the design of the passive house be consistent and compatible with the rest of the homes in the neighborhood. "David hit a home run. We would not have proceeded if the style had not fit in with the others architecturally. It is designed as an integrated system, with site, energy, ventilation, air quality, humidity, health and comfort all taken into account. And yes, you can open the windows."

Peabody, who is now designing smaller and less expensive passive house models, acknowledges that such homes are more costly to build. "But we're finding that the marginally higher costs of construction are more than offset by savings in monthly energy bills," said Peabody. In fact, he says, affordable housing organization Habitat for Humanity is building a passive house in the Washington, D.C., area.

Even though the home is airtight, it is well ventilated. "During heating and cooling seasons, when you don't want to open the windows, there is an imperceptible but constant flow of fresh air to all the living spaces and exhaust air from all the bathroom and kitchen spaces. Air essentially makes a one-way trip through the house, as opposed to being churned around and around as with standard heating and cooling systems," said Peabody.

While there are only 23 passive houses in the U.S., in Europe more than 20,000 homes, apartments, of-



"The important thing about certifying a project green is building smart, not necessarily building expensive."

- Tom Chapa, Potts and Chapa Construction

fices and schools have been built to passive house standards.

Although solar orientation is a factor, it is not the same as a passive solar house. Instead, it uses a robust building envelope to achieve as much as 90 percent savings in energy use.

While the passive house concept is still emerging, passive solar design is more prevalent in the region. Solar orientation is a factor in both, but the passive house uses a building envelope to save energy.

Oak Hill, Herndon & Reston REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Top Sales in August

**① 3182 Mary Etta Lane,
Oak Hill — \$1,682,000**



② 3178 Mary Etta Lane, Herndon — \$1,620,000

③ 11226 South Shore Road, Reston — \$870,000



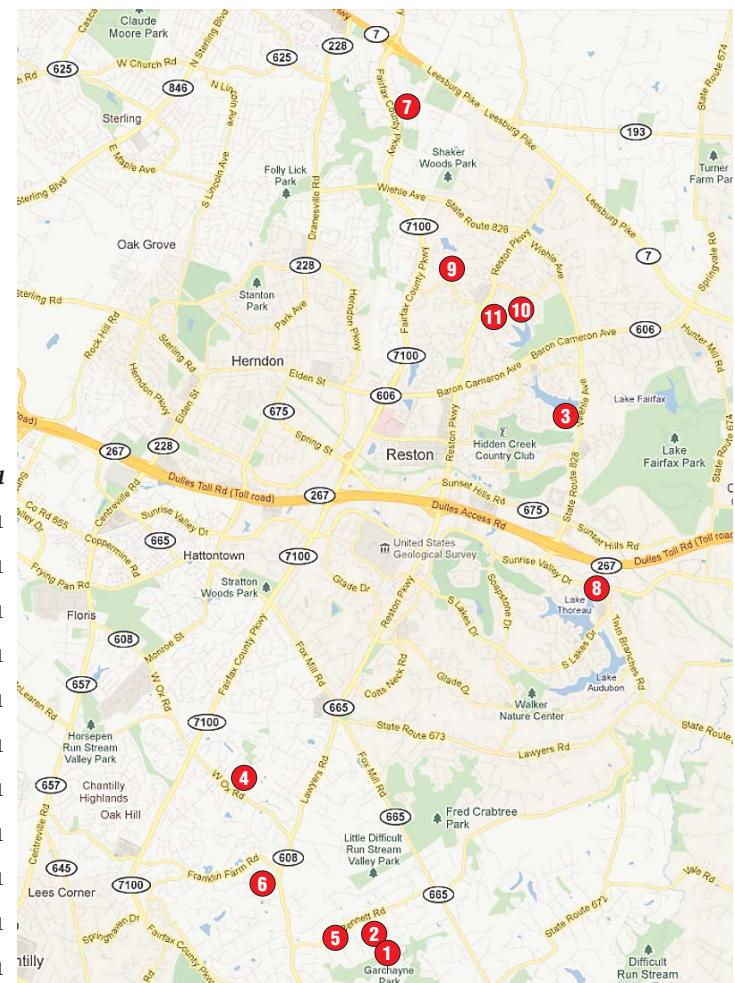
**④ 12799 Owlsley Way,
Oak Hill — \$845,000**

**⑧ 1939 Lakeport Way,
Reston — \$795,000**

Address BR FB HB Postal City Sold Price Type Lot AC . PostalCode Subdivision Date Sold

- ① 3182 MARY ETTA LN 7 ... 7 ... 2 OAK HILL \$1,682,000 Detached 0.83 ... 20171 SHADETREE ESTATES ... 08/22/11
- ② 3178 MARY ETTA LN 4 ... 5 ... 2 HERNDON \$1,620,000 Detached 0.85 ... 20171 SHADETREE ESTATES ... 08/03/11
- ③ 11226 SOUTH SHORE RD 4 ... 3 ... 0 RESTON \$870,000 Detached 0.29 ... 20190 RESTON 08/19/11
- ④ 12799 OWLSLEY WAY 4 ... 3 ... 1 OAK HILL \$845,000 Detached 0.22 ... 20171 OAK FARMS 08/16/11
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- ⑩ 11525 HEMINGWAY DR 4 ... 3 ... 1 RESTON \$725,000 Townhouse 0.05 ... 20194 RESTON 08/22/11
- ⑪ 11598 LAKE NEWPORT RD 5 ... 3 ... 1 RESTON \$700,000 Detached 0.34 ... 20194 RESTON 08/15/11

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ENTERTAINMENT

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

WEDNESDAY/OCT. 12

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.wolftap.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.wolftap.org.

FRIDAY/OCT. 14

The Ahn Trio: BraziliAHN. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Chamber music. \$40. www.wolftap.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 or 703-573-SEAT. www.wandasynes.com or 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.

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.wolftap.org.

Reston Home Tour. 10 a.m.-5 p.m. Six private homes and the DeLong Bowman House will be open for touring. This year's theme, "Finding the Upside of Down", summarizes how various changes have brought positive results to each home and the owners' lifestyles. \$25-\$30. Tickets and tour map available at www.restonmuseum.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.wolftap.org.

SEE ENTERTAINMENT, PAGE 15
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ENTERTAINMENT

FROM PAGE 14

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; and www.patriotcenter.com. www.disneyonice.com.

Small Wonders. 10:30 a.m. Oakton



The Weekend Bluegrass Concert Series at Holy Cross Lutheran Church, 1090 Sterling Road in Herndon, will present HeartTown on Saturday, Oct. 15 at 7:30 p.m. Admission is \$15, light refreshments are available. 703-435-8377 or www.hearttownband.com.

Library, 10304 Lynnhaven Place, Oakton. Short stories. Age 13-23 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; and www.patriotcenter.com. www.disneyonice.com.

BULLETIN BOARD

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

THURSDAY/OCT. 13

Fairfax County School Board Candidate Forum. 7 p.m. American Legion Post 180, 303 Center St., N., Vienna. The Hunter Mill candidates will be featured. 703-242-7651

SATURDAY/OCT. 15

10 a.m.-1 p.m. Public Safety Day, Town of Herndon, Town Hall, 730 Euden St., Herndon. The Fairfax County Sheriff's office provides a free laminated card about the size of a driver's license, including a photo, thumbprints and other vital information for authorities to use in case a child goes missing. The ID process takes less than four minutes and uses clean, inkless technology. The Sheriff's Office recommends that parents tuck away the card for safekeeping and have it updated with a new photo once a year. 703-246-3673 or

Stacey.Kincaid@FairfaxCounty.gov.

Federal Job Application

Workshop. 10 a.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Federal sources of information, USAJobs.Gov, federal application process, federal-styled resume, federal contractors, job search strategies and more. \$25-\$35. Register at www.thewomenscenter.org or 703-281-4928.

Countywide Crime Prevention.

10:30 a.m.-3:30 p.m. Reston

Association, 12001 Sunrise Valley Drive, Reston. Seminars and tips, training sessions, and a variety of police equipment displays, including vehicles, robots and more. A moon bounce, McGruff the Crime Dog and officers will be on hand. www.fairfaxcounty.gov/police.

SUNDAY/OCT. 16

Modern Retirement Strategies. 4 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Alternatives for choosing and funding residence, health care and living expenses. A panel discussion of approaches to preparing both oneself and elderly family members for the middle and later years of life. Aging-in-place, healthcare, and assistance with daily living, typical costs, financial concerns and more. jschatz@brucevaughn.com or 703-496-7182.

TUESDAY/OCT. 18

Modern Retirement Strategies. 7 p.m. Unitarian Universalist Church in Reston, 1625 Wiehle Ave., Reston. Alternatives for choosing and funding residence, health care and living expenses. A panel discussion of approaches to preparing both oneself and elderly family members for the middle and later years of life. Aging-in-place, healthcare, and assistance with daily living, typical costs, financial concerns and more. jschatz@brucevaughn.com or 703-496-7182.

PUBLIC HEARING

Reston Association invites you to attend a public hearing on the 2012-2013 proposed budget.

TWO SESSIONS

Thursday, Oct. 27, 2011, 7 p.m.

During the regular meeting of the Board of Directors
12001 Sunrise Valley Drive
Reston, VA 20191

Saturday, Oct. 29, 2011, 9 a.m.

12001 Sunrise Valley Drive
Reston, VA 20191

Draft Budget is available at www.reston.org.
Just click on "Budget and Finance" under "Governance."

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SPORTS

The Reston Youth Association (RYA) Seahawks' 150-pound 'A' team, playing in its fourth game of the season against Herndon last week, came away with a high-scoring 36-20 football victory.

The offensive attack was led by Seth Ravenstahl, David Kerns, Sean Hill, Sander Smith, Cameron 'Cam' Wooden, Dominique May, and Deontae Wingfield, behind the strong blocking of Tyler Norris, Luis Castro, Nick Fouty, Dylan Gill, and Devonte Spann. On the defensive side of the ball, Alex Schulz, Chaz Anderson, Tsheetiz Tamang, Izaz Amir Hamza, Ben Thompson, and

SPORTS ROUNDUPS Joshua Stokes handled the defensive line and corner duties. Missing from action due to injury and prior commitment were Romello Ownes and Turner Walton.

The Seahawks started the game strong, but ran into trouble in the third quarter. They were able to regroup in the fourth quarter to finish the game strong. The touchdowns came from David Kerns, Sander Smith, Sean Hill and Seth Ravenstahl.

Reston National Golf Course will host a 'Rally for the Cure' tournament on Thursday, Oct. 27 to benefit the Susan G. Komen Breast Cancer Foundation. The four-person scramble will begin at 9 a.m. and will include greens and cart fees, putting contest, lunch, and prizes. Entry is \$85 per player with proceeds going to the foundation. Sponsorship opportunities are also available.

"Reston National is proud to partner with the Susan G. Komen Breast Cancer Foundation to raise funds which can help eradicate this tragic disease," said Mark Wesolek, General Manager of Reston National. "Increasing awareness and education is critical."

For more information, or to register for the tournament, go to www.restonnationalgc.com, or call 703-620-9333.

Langley High captured the Northern Region golf championship last week with a winning score of 605. The Saxons finished ahead of second place Chantilly (617). The postseason event took place Oct. 3-4 at Twin Lakes Golf Club. Both the Saxons and Chargers, by finishing first and second, respectively, qualified for this week's Virginia State AAA Championships.

Langley's top scorers at regionals were: Will Byrne (148), Matt DiSalvo (151), Chris Brugge (152), Edric Wung (158), Derrick Paxton (163), and Chad Deese (176).

Chantilly's top scorers were: Steve Aanstoos (151), Juhee Bae (152), Mike Gagne (156), Jack Dargle (162), Tim Harwick (162), and Mike Sciorra (163).

The following were the top regional individual finishers and medalist winners: Chris Brugge (148) of Langley; Tyler Spears (150) of Lee High; Keon Ho Song (151) of Centreville High; Steve Aanstoos (151) of Chantilly; and Edric Wung (151) of Langley.

The following were the individual state tournament qualifiers — not including members of the top two region team finishers (Langley and Chantilly): Tyler Spears of Lee; Keon Ho Song of Centreville; Julie Luo of Thomas Jefferson; Matt Ashley of Stone Bridge; Joel Choi of Madison; and Patrick Milkler of Herndon.

Local figure skaters, including several from Northern Virginia, will be showcasing their abilities in preparation for the South Atlantic Regional Championships. The skaters will perform programs full of jumps, spins and dance moves in a send-off exhibition on Sunday, Oct. 9, from 2 p.m. to 6 p.m., at the



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Glory Days

Girls' cross country runners compete in the varsity seeded race at the recent Glory Days Invitational, held Oct. 1 at Bull Run Regional Park. South Lakes' Molly Clough (far left) was the top Seahawks' finisher. Langley's Jessica Miles (993) is in the middle.



PHOTO COURTESY/RYA

Pink Out at Lake Fairfax Park

Hunter Mill District Supervisor Catherine Hudgins, along with Reston Youth Association's Rob Shorts and Stephen Gambrell, kicked off Breast Cancer Awareness Month at Lake Fairfax Park with the inaugural Reston Youth Association (RYA) Pink Out on Oct. 1. RYA football games took place throughout the special, fun-filled day.

Rockville Ice Arena. There is no admission charge and the public is encouraged to come and support these skaters. A few of the skaters participating in the send-off are: Armin Mabahnoozadeh

(Great Falls); Oleksiy Melnyk (Reston); Kathryn 'Kit' Albaugh (Arlington); Taylor Hoover (Ashburn); Brianna Laxson (Ashburn); Elise Romola (Ashburn); and Madison Vinci (Ashburn).

Schedule Intensifies for South Lakes Volleyball

BY RICH SANDERS
THE CONNECTION

come back to win the sets," said Hostetler.

The South Lakes High girls' volleyball team has played at a high level over the bulk of the fall season and is now hoping to continue its winning ways as it dives into the heart of its Liberty District schedule over the next several weeks.

South Lakes, 13-6 going into this week, most recently won a match at Falls Church High, in a non-district competition last Tuesday, Oct. 4. The Seahawks defeated the Jaguars, members of the National District, three games to none.

It marked the third consecutive match in which South Lakes had defeated an opponent three games to none. The previous two match wins had come at home against Annandale (Patriot District) on Sept. 26 and at Washington-Lee High (National District) on Sept. 27.

In that meeting against Washington-Lee in Arlington, the Seahawks trailed in the first set by a 19-24 score before rallying to win.

"The Washington and Lee match was very exciting because we came back to win 26-24, which is unusual," said South Lakes head coach Cheri Hostetler, of the first set comeback versus the Generals.

The second set was more of the same for South Lakes, which overcame an 18-23 deficit to win 26-24.

So, in a match which South Lakes could easily have trailed two sets to none, it was in fact the Seahawks who were in control going into the final set.

"The team played extremely well under the pressure to

get through that set," Hostetler said. "It was a great team effort."

THE SCHEDULE gets more intense beginning this week as South Lakes begins a three-week, six-match stretch of matches versus Liberty District opponents to wrap up the regular season. This week, the Seahawks were scheduled to host district home matches on Tuesday, Oct. 11 and Thursday, Oct. 13 versus Marshall and Langley, respectively. Next week, South Lakes will play Monday and Tuesday matches (Oct. 17-18) at district opponents Fairfax and Jefferson. Then, the following week, the Seahawks will conclude the regular season with two more district matches - home versus Madison on Tuesday, Oct. 25, and at McLean on Thursday, Oct. 27. The Liberty District Tournament will begin Monday evening, Oct. 31 (Halloween) with first round action.

"Starting [this] week we play six district teams," said Hostetler, of the hard-hitting Liberty schedule. "We are excited for these matches because it will determine where the team [is seeded] for the district tournament."

In between the challenging district schedule, South Lakes will host its 5th annual fundraiser, 'Volleyboys,' this Saturday, Oct. 15. In the benefit event, four boys' teams, under the guidance/coaching of South Lakes' girls team members, will play matches against one another. The boys' playing schedule is as follows: freshmen and sophomores match at 5 p.m.; juniors versus seniors at 6. The event will help kick off South Lakes' Homecoming Week.

Nine Seniors Over 90 Win Gold Medals

The Northern Virginia Senior Olympics (NVSO), held in late September, drew more than 620 participants. The events were held over a 10-day period with more than 40 events at 18 different venues.

"Our new events, cycling, badminton and volleyball, were big successes," said Betsy Bailey, NVSO chairman.

"We had three women's volleyball teams and nearly 40 cyclists, all of who competed at venues in Fauquier County, NVSO's newest jurisdictional sponsor."

During the events, nine seniors over 90 years of age won gold medals,

als, including Cora Parsons (Ashburn) and Trong Trongtonil (Alexandria) in eight ball pool; Carla Convery (Alexandria) in frisbee throw and mini javelin; Chester Myslicki (McLean) in freestyle swimming; Ray Kaminski (Springfield) in Wii bowling; and Mike Lowe (Springfield) in standing long jump. A gold medal in the 80-89 age range

went to the Heatherwood Hotties line dancing team from the Heatherwood Retirement Community in Burke. For more information about NVSO or to volunteer, call 703-228-4721 or check the website at www.nvso.us.

CAMPS & SCHOOLS



The South Lakes High School Marching Band stands at attention during the Bands of America Regional Championship in North Huntingdon, Pa., on Saturday, Sept. 24.

Band Steps Off on the Right Foot

The South Lakes High School Marching Band Boosters report that the annual Tag Day fundraising effort on Saturday, Sept. 10, was a huge success.

The funds raised will be used to repair and replace aging instruments owned by the school (such as the various percussion instruments and the tubas), pay for instructional assistants during band camp and throughout the year, offset the cost of traveling to competitions, and buy new uniforms as the band grows; these are just some of the costs that the school system cannot cover.

Grayson Fore, Director of Bands, the students, and the boosters extend a huge

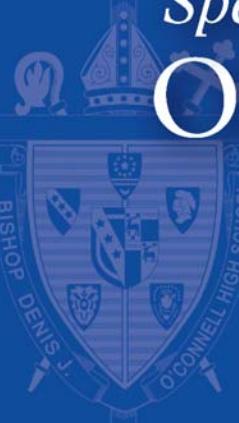
thank-you to the community for their generosity this year. In return for such a show of support, the community is invited to a concert featuring the marching band and the wind ensemble on Nov. 22 at 7 p.m.

Despite cancelled rehearsals and lack of access to the football field due to the recent bouts of wet weather, the South Lakes High School Marching Band made it into the finals in its first trip of the season to the Bands of America Regional Championship, which was held Saturday, Sept. 24, in North Huntingdon, Pa. (just outside of Pittsburgh). This competition was judged by nationally recognized music educators, who provided valuable feedback to the band.



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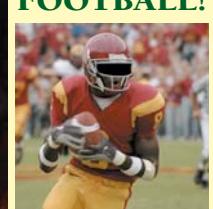
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Light tomorrow with today! -Elizabeth Barret Browning

21 Announcements

21 Announcements

21 Announcements

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 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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An Even Newer Normal

By KENNETH B. LOURIE

The blip-hopefully-not-splat I wrote about last week: lab tests which reveal/maybe even indicate problems that might cause cancer patients (like me) on presumably life-sustaining drugs to consider modifying and/or stopping their treatment altogether, has become the bane of my existence; it's what I live for, if you know what I mean? The problem is, I rarely know/feel anything different until I'm told (the lab results) that something is in fact different. The prudent course of action which usually follows presents a dilemma: do I continue treating the underlying problem (my stage IV lung cancer) if that treatment is harming/compromising other not-directly-related-to organs or do I stop? The medical version of the ever-unpopular, collateral damage.

Thirty months post diagnosis, and thirty-months-plus-one-week when I started chemotherapy (my oncologist's recommendation was not to wait), I am now mindful of, and beginning to seriously worry about, whether my body will allow me to continue the treatment which so far seems to be keeping me alive; the medical vernacular is "tolerate." Diagnosis-to-date, I have been extremely fortunate that my body has "tolerated" the treatment very well, and rarely has any prescribed treatment/schedule been adjusted because of any adverse – but not totally expected, reaction.

Now however, I fear I'll likely be in the adverse-reaction game. A game that I anticipate won't be much fun, but as long as I'm still able to play, I will be grateful. Moreover, the longer I live and the longer I remain on chemotherapy (which diagnosis-to-date, I have now become one of my oncologist's longest-living-on-Avastin patients), the greater the chances/liability that I'll have more complications. Complications which, amazingly enough, I've not experienced before and which, going forward, have not been studied. Anticipated, maybe? Solvable? Probably not, but possibly manageable. As my oncologist has told me, we're sort of in uncharted territory here. What levels I'm exhibiting may be permanent, and/or may be characteristic of a terminal patient's decline. It's somewhat of a guess, educated, but still a guess. Ergo, my "new normal." Alive and kicking, but what's keeping me alive may very well be what's kicking my butt. Stopping is not an option – in my mind. But in my body, stopping may be the prudent and life-saving – for the moment, course of inaction. However, stopping what treatment I'm currently receiving doesn't seem like a very proactive pursuit. I don't imagine the cancer is going to heal itself. I believe in truth, justice and the American Way but I'm not Superman. I'm average-man, and I don't presume to have any super powers or unique answers – or clues even, to preventing the growth and spread of the tumors already in my lungs. Though I have made a number of changes to my diet and lifestyle since I was diagnosed, I still can't see eliminating medical treatment has part of my future, unless the treatment is doing more harm than good. Is that what these most recent lab results are beginning to indicate?

Whatever tests, lab work, etc., I may have taken for granted previously because the results were usually within reasonably normal parameters might now be changing – for the worse. Certainly I don't know anything definitively, yet (if ever), and future tests could return to normal, and these most recent results may very well just be a blip. Nevertheless, as I consider the past few weeks of stops and starts and re-tests/follow-ups, I can't help but get the feeling that I may be seeing the future – in the present.

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

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Sustainable Reston

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