

Haunted in Herndon

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A group of children who made it through the Bradley Farm Haunted House make scary faces outside of the neighborhood clubhouse. This is the fifth year Bradley Farm has held their Haunted House, which raised money for Herndon-Reston FISH.



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PHOTO BY ALEX McVEIGH/THE CONNECTION

There's Never Been a Better Time For a Change...



Teachers Say...Get Educated!



Did you know?

Teachers and Parents Agree on School Board candidates!

Did you know that the Fairfax Education Association, Fairfax Zero Tolerance Reform, and the Fairfax County Federation of Teachers, are endorsing the SAME CANDIDATES for School Board?

- *It's time for a change that will bring the necessary resources to our neediest students, and provide differentiated support for all FCPS kids,*
- *It's time for a change that will bring greater sensitivity and a restorative, educational, and therapeutic discipline process to our children,*
- *It's time for a change that will bring greater professional autonomy for our teachers to start teaching with creativity, and not 'to the test'.*



These candidates will bring about change for the better:

- **Braddock:** Megan McLaughlin • **Lee:** Tamara Derenak Kaufax
- **Providence:** Patty Reed • **Dranesville:** Louise Epstein
- **Mason:** Sandy Evans • **Mt. Vernon:** Dan Storck
- **Hunter Mill:** Pat Hynes
- **At-Large:** Lolita Mancheno-Smoak, Steve Stuban

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VOTE ON NOVEMBER 8TH ~ SCHOOL BOARD ELECTIONS MATTER!

VOTE FOR THE FCPS BOND REFERENDUM ON NOVEMBER 8TH TO IMPROVE OUR SCHOOLS!

ELECTION 2011



Cameron Quinn, who was sworn in as general registrar Sept. 12, points out district maps that cover the walls of her office. As general registrar, Quinn oversees Fairfax County's voter registration and election administration agency.



Fairfax County election manager Judy Flaig checks voter registration rolls with computer databases. Flaig, who has been with the Office of Elections for nearly 25 years, is also a certified elections/registration administrator, one of the few in the country.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

A Perfect Storm of Headaches

Check cards now, nearly half of county voters will experience some change.

BY VICTORIA ROSS
THE CONNECTION

The insider's game of political baseball known as redistricting usually draws yawns from voters, but Fairfax County's chief election official is issuing voters a wake-up call.

"It's critical that voters pay attention this year," said Cameron Quinn, Fairfax County's general registrar. "Even if they haven't moved, they may be voting in a new place or in a different election district. We don't want them to wait until Election Day to find out they don't know where to vote, or they've researched the wrong candidate."

This year's election, the first since the redrawing of boundary lines of the Virginia State Senate, House of Delegates and Fairfax County's Board of Supervisors magisterial districts along with relatively new statewide voter registration software, could be the perfect storm of potential headaches for voters and campaign officials come Election Day.

"From the perspective of an election administrator, this [election cycle] is a bad one," Quinn said.

What's At Stake?

With almost every state and local office in Fairfax County up for reelection, there is one thing both Republicans and Democrats can agree on: it's been a winning season for campaign sign makers.

On Tuesday, Nov. 8, 696,426 registered Fairfax County voters are eligible to go to the polls and cast their ballots. Off-year elections, with no presidential or mid-term Congressional races to draw voters, typically have dismal voter turnout, hovering around 20 percent. But many political observers expect voter turnout to be as high as 30 - 35 percent this year — nearly twice as many voters as in the 2009 election — because of high-stakes and hard-fought election battles throughout the county.

In Fairfax County, the state's most populous jurisdiction, Democrats have a six-member majority on the Board of Supervisors, and all of the county's nine Senators are Democrats. But Republicans say GOP dominance of state government is within reach; they currently hold a solid 59-seat majority in the House, and are two seats shy of controlling the Senate.

Statewide redistricting in 2010 put key seats into play. Fairfax County is where the state's Republican leadership is spending the most money in an effort to seize control of both houses. Democrats have a 22-18 seat majority in the Senate, but the GOP needs to pick up just two Senate seats to take effective control of the legislature, because the lieutenant governor casts the tie-breaking vote.

The unprecedented turnover within the Fairfax County School Board has pushed those races front and center this year. Six of the School Board's incumbents did not seek reelection, and all 12 seats are up for grabs. The retirement of Superintendent Jack Dale, and parent anger over many school district policies — including discipline, sleep and grading — has made the School Board race the one to watch.

— VICTORIA ROSS

"Anytime there's redistricting, you have to anticipate there will be some confusion and concern, but we're doing everything we can to mitigate the problem."

Quinn said she and nearly 75 full-time and seasonal employees have been working around the clock to double and triple check voter registration information, and correct any discrepancies before Election Day. One of the tools they are using is the

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KEY LOCAL RACES

31st Senate District: Favola vs. Merrick

Barbara Favola (D) has served on the Arlington County Board for the past 14 years, and was chair in 2000, 2004 and 2009, and vice chair in 1999, 2003 and 2008.

She said she will work to provide state funding for a low teacher-student ratio, create green jobs and hopes to focus on transportation options such as public transit.

"Since 2008, this entire region has created more jobs than any other in the state... and I want that to continue," she said.

As of Sept. 30, the Favola campaign has raised \$400,591.

Caren Merrick (R) is the co-founder of webMethods and is currently a partner at Bilbury Partners. She says she hopes to



Barbara Favola **Caren Merrick**

provide an alternative over a career politician and supports a greater focus on Science, Technology, Engineering and Math education and securing a dedicated funding source for transportation costs.

As a small business owner, Merrick says she hopes to "streamline regulations and taxation so that businesses of all sizes can grow."

The Merrick campaign has raised \$456,309 as of Sept. 30.

Dranesville Supervisor: Husch vs. Foust

John Foust (D) is finishing up his first term as Dranesville District Supervisor. A 24-year McLean resident, Foust serves as chair of the Fairfax County Economic Advisory Committee and vice-chair of the Chairman's Budget Committee.

Foust supports Dulles Metro, Route 7 widening going west from Tysons Corner and says Tysons redevelopment must be done in a way that "minimizes public investment and maximizes public benefit."

As of Sept. 30, the Foust campaign has raised \$222,106.

Dennis Husch (R) served on the Herndon Town Council for 16 years, from 1996 to 2010. He served on the town's Finance



John Foust **Dennis Husch**

Ad Hoc Committee and the Hispanic Task Force, among others.

He says he is concerned about the lack of information available about funding for Tysons redevelopment and Phase Two of the Dulles Metro.

Husch also pledged to "listen first, engage stakeholders and then make a decision."

The Husch campaign has raised \$32,399 as of Sept. 30.

School Board: Epstein vs. Strauss

Louise Epstein, Republican endorsed, is a trained tax attorney who has practiced for 15 years. She co-founded FAIRGRADE, an organization dedicated to reforming county grading scales. She has also served as PTSA president of Thomas Jefferson High School and budget chair for the McLean High School PTSA and the Fairfax Education Coalition.

She pledged, to "not vote year after year for budgets that shortchange our children here in Dranesville."

Janie Strauss, Democratically endorsed, has served on the school board for the past 18 years, representing Dranesville since 1995. She is the current



Louise Epstein **Janie Strauss**

chair of the school board, and served 10 terms as the board's budget chair. She also taught at Country Day School in McLean and served as PTA president at Franklin Sherman Elementary.

She said she hopes to be able to reduce class sizes in Dranesville, saying "as money becomes available, I would like to put those resources back into schools with the largest class sizes first."

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PHOTO BY ALEX McVEIGH/THE CONNECTION

Visitors to the Bradley Farm Haunted House scream upon making it through. The neighborhood's clubhouse was transformed into "The Land of Make Believe" last weekend, and featured numerous scary scenes.

Herndon Hosts Haunted House

Bradley Farm Haunted House raises money for Herndon-Reston FISH.

BY ALEX McVEIGH
THE CONNECTION

The line of children waiting outside the Bradley Farm barn couldn't help but hear the screams coming from inside. As they waited to get into the barn to experience the neighborhood's annual Haunted House, a volunteer pointed out the "chicken list," a chalkboard that tallied those who couldn't make it through the

entire house.

"The beginning was the worst for me, as soon as the door shut behind us and all you could hear was people screaming," said Emma Williams, 11. "This is my third year coming, and there were a lot more people jumping out at us."

Brenda Ventura, 11, didn't make it too far. "As soon as the door closed behind us and I saw the Pumpkin Man, I chickened out," said Ventura, who was the first (though not the last) mark on the "chicken list."

This was the fifth year the neighborhood transformed its clubhouse into a scary scene. The event featured musical performances, games and food for those who were biding time in between trips through

SEE HAUNTED, PAGE 12

Listening, working hard, and getting good things done!

Everyone agrees...

"John Foust has been an excellent addition to the Board of Supervisors."
-Washington Post Endorsement

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Guests at the MOM's Organic Market in Herndon browse their selection of 100 percent organic produce.



Montebello Ketchup from Charlottesville is one of many local products present at MOM's Organic Market.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

Organic Market Opens in Herndon

MOM's Organic Market is local chain's second Virginia location.

BY ALEX McVEIGH
THE CONNECTION

When it comes to a business philosophy, MOM's Organic Market doesn't compromise on theirs. Whether it's removing plastic from the store or bringing in 100 percent organic produce from local farms, everything in MOM's is there because it should be.

MOM's opened its second Virginia location in Herndon and celebrated with grand opening celebrations throughout last weekend.

"Our mission is simply to protect and restore the environment," said Julie Hafer, marketing director for MOM's.

All locations have undergone "plastic surgery," which means that they reduce the use of plastics wherever possible, and the plastic that is used is all plant-derived and 100 percent compostable.

One of the most notable results of this policy is the lack of bottled water. Customers can purchase water in bulk and re-usable bottles, but no 24-packs of Dasani.

The store's priorities are "organic is number one, local is number two." All products within the store are 100 percent organic and are made without hydrogenated oils, high fructose corn syrup or artificial preservatives.

Many customers were impressed with the wide range of organic products offered.

"You always hear about organic vegetables and



Guests sample organic foods at the grand opening of the Herndon MOM's Organic Market.

things like that, but I was shocked when I read the ingredient list on something like a can of spaghetti sauce, and saw the difference in sheer numbers," said Leon Orphale of Herndon. "The one thing I like about MOM's is that I'm not searching for organic alternatives or the organic section, I know everything is what it says."

Many items, from ketchup to cosmetics come from places in Virginia, Maryland and Pennsylvania, and signs designate those items for interested customers.

The store is lit by energy-saving LED lights, and the coolers are all closed, to save energy.

"It's an interesting contrast to see the equipment here that is different than other stores, and it makes you wonder why more of the chains aren't trying to save energy the way MOM's does," said Sarah Martinez of Herndon. "If a store like this can save energy, and money for energy bills, you'd think bigger stores would take their lead."

The MOM's in Herndon is located at 424 Elden Street, in the K-Mart Shopping Center. More information is available at www.momsorganicmarket.com.

Suspect in Sexual Assaults Arrested

On Oct. 24, the Herndon Police Department arrested a 31-year-old Herndon man in connection with two sexual assaults that occurred on Oct. 11.

The first incident occurred at about 3:45 p.m. in the 1200 Block of Magnolia Lane. The victim was approached by a subject that identified himself as a law enforcement official and sexually assaulted the victim. The suspect fled the area in a grey vehicle when the victim tried to enter her home.

The second incident occurred at about 7 p.m. in the 400 Block of Elden Street when the suspect approached the victim, identified himself as a law enforcement official and forced the victim into a grey vehicle. The suspect drove a short distance and then sexually assaulted the victim.

Information obtained during the investigation implicated the suspect. On Oct. 24, the suspect was observed during the commission of a similar crime at which time he was placed under arrest. The investigation is ongoing.

He has been charged with sexual assault, abduction, impersonating a law enforcement officer and use of a firearm in the commission of a felony. The suspect is currently being held at the Fairfax County Detention Center without bond.

Anyone with information about these or additional incidents is asked to call the Herndon Police Department at 703-435-6846, or Detective Nuckolls at 703-435-6886.

Volunteers Needed

The Town of Herndon is seeking citizen volunteers to fill vacancies on the town's Pedestrian and Bicycle Advisory Committee (PBAC). The committee provides advice to the Town Council on safety and transportation issues related to walking and bicycling in Herndon, and it works to promote the health and recreational benefits of walking and cycling. The committee generally holds four meetings per year.

Specifically, the town is seeking applicants who have physical challenges as well as individuals who walk around town with small children. The Town Council will review all applications as part of the selection process.

"Talent Bank" applications are available through the clerk's office at 703-435-6804, or via e-mail at town.clerk@herndon-va.gov. Applications are also available on the town's Web site at www.herndon-va.gov; click on "Government," then see "Talent Bank" under the Town Council page.

2011 Finalists from Portrait Competition

ArtSpace Herndon and the Council for the Arts of Herndon have announced the finalists in the 2011 "Expressions" Portrait Competition. The following artists were selected to create the "Expressions" Portrait Exhibit at ArtSpace Herndon in Nov. 2011: Suzanne Lago Arthur, Jill Banks, Carol Berman, Paul Gayter, Gavin Glakas, Evan Goldman, Penny Hauffe, Pamela Jarrett, Adrienne Kralick, Christine Lashley, Cathleen Lawless, Derek McGowan, Patricia McMahon Rice, Patrice McPeak, Mireille Molette Paguntalan, Susan Avis Murphy, Gonzalo Navarro, Aaron Pavelis, Mary Pedini, Mary Reilly, Barrett Ripin, Abel A. Rivera, Claudia Samper, Lorena Selim, Bruce Skillicorn, David Tanner, Eric Westbrook, Jordan Xu and Lester Yocum.

The finalists were selected from over 90 works entered by portrait artists in Virginia, Maryland, the District of Columbia, and Delaware. The paintings in this year's exhibit are exceptional and represent a wide variety of artistic styles. Tricia Cherrington Ratliff, a local artist, and Caron Broadway Moody, of Broadway Gallery, served as this year's jurors.

The judge for the competition that will select the winners of the cash prizes is Palden Hamilton, an award winning portrait artist in the Baltimore area.

These talented artists' work will be on display in the upcoming November exhibit at ArtSpace Herndon from Tuesday, Nov. 1 through Tuesday, Nov. 22. The public and press are invited to meet the artists and be on hand for the announcement of the winners of the cash prizes at the Opening Reception on Saturday, Nov. 5 at 7 p.m. ArtSpace Herndon is located at 750 Center Street, Herndon, VA 20170.

OPINION

Vote (No Later than) Tuesday, Nov. 8

Voting early could save confusion on Election Day; most commuters eligible to vote early.

You can find Connection stories about candidates and races, plus letters from readers, on our website, www.ConnectionNewspapers.com.

We're keeping this week's editorial short to make room for more letters relevant to the Election.

You can vote early, "absentee 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. Anyone who commutes or who has any sort of commitment away from home on Election Day would qualify.

Remember: Saturday, Nov. 5 is the last day to vote early, absentee ballot in-person. Tuesday, Nov. 8 is Election Day, with polls open from 6 a.m. - 7 p.m.

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>

❖ Virginia Board of Elections <http://www.sbe.virginia.gov>

LETTERS TO THE EDITOR

Fair is Not Always Equal

To the Editor:

Janie Strauss should be re-elected to the Fairfax County School Board for a number of reasons, but the most important, in my opinion, is that she cares for all students and doesn't see them through a "political lens." Regular kids (RKs), gifted kids, ESOL kids, kids from wealthy neighborhoods, and those who come from impoverished areas in the county—all are on Janie's radar now and always have been.

Janie knows that while lowering teacher/student ratios is essential across the county that nowhere is that ratio more crucial than in those impoverished areas where the school is many times the only resource many of the students have. The formula that is currently in place was reached with a lot of Janie's input and it is a fair one. Note: Fair is not always equal! Janie's opponent does not agree...she believes that equal is fair, and wants the formula adjusted as such.

This is where politics raises its ugly head. Class size should not be a Republican or Democratic issue! Class size should be about working on the critical needs of our deprived students with an eye to lowering all class sizes as the budget will allow, and this is Janie's steadfast position. The plan she will offer when re-elected will continue to serve our most disadvantaged students while also lowering the teacher/student ratio in all schools.

Janie has accomplished a great deal for all students: full day kindergarten, consistent support for the arts for every student, and a pay raise for teachers being a few. Together with Janie's steadfast leadership skills, her non-combative demeanor and consensus-building talent, her fiscal know-how, and institutional knowledge,

she is the ideal incumbent and school board chair. Her re-election is truly a "no-brainer!"

Judy Bowns

Former Herndon HS/Hughes MS teacher and currently Theatre Arts and Dance Specialist for FCPS as well as Cappies Co-founder and Director.

Toll Fee Robbery

To the Editor:

The Metropolitan Washington Airports Authority (MWAA) is proposing to take highway robbery to a new level and they don't need a mask and or a gun. Instead, they have our supposed representation, the Fairfax County Board of Supervisors, encouraging them.

The MWAA/BOS plan is to charge \$10 use the Dulles Toll Road — one way! That is \$100 a week and \$5,000 a year for those of us that commute from western Fairfax. My wife and I drive the toll road separately each day, so we'll have to cough up an additional \$10,000 a year from a budget that is already stretched too thin.

The tolls increases are supposed to be used to pay to construct Phase 2 of the Silver Line to Dulles Airport. WMAA's own studies suggest that \$10 each way is the price floor, meaning that prices will most certainly go up. What then? How will business react to such an increase in tolls? Most likely, they will leave the Dulles Corridor because they will not be able to compete in the labor market as they'll have their employees much higher salaries just to offset the tolls. What then?

The MWAA/BOS should actually try to develop a funding plan for Phase 2 that works! Or do as the Federal Transportation Department did — limit their investment to only Phase 1 in Tysons.

Dranesville Supervisor John Foust (D) contribution to this "special brand of silly" was to suggest that tolls should also be charged to the access road users (think taxi

fares are high now, just wait). Once again, Mr. Foust is out of touch with those he is supposed to be representing. If we don't change leadership this November, you can count on two additional vehicles navigating the already congested side roads to avoid the \$10 toll. We cannot afford this \$10,000 a year toll increase. Mr. Foust, I'm not your ATM.

Matt Genkinger

Herndon

A Can-Do Supervisor

To the Editor:

I am very happy to support John Foust in his re-election bid as our Fairfax County Supervisor for the Dranesville District. As a Herndon resident I know that Mr. Foust has established a very positive relationship with our Town Council and has vastly improved coordination and communication between town officials and county staff. As supervisor he has worked passionately and productively to support our town.

He worked with the Fairfax County Park Authority and Neighborhood & Community Services department to secure \$550,000 in county funds toward the two new turf fields at Herndon High school. He led the county effort in taking over the responsibility for the Neighborhood Resource Center, which saved the town about \$200,000 per year. He was successful in getting \$40,000 directed to the town for economic development, and \$50,000 dedicated to the town for sidewalk funding. He also secured \$50,000 from the county proffer fund for Dranesville Road improvements. He was also able to secure the funding needed (\$94,000) to create the right turn lane on the exit leading from the toll road onto Centreville Road.

Supervisor Foust is working with the county to move the Herndon

fire station plans forward. He has also worked as an intermediary to have the county staff work with the town staff on the planning and funding of the town's Metro Kiss and Ride station. He has fought for Herndon to get our metro stop named after the town, and he continues to work with various officials in negotiations to decrease the cost of the metro line and to fight against the high cost of tolls on commuters.

Herndon has greatly benefited from its relationship with Mr. Foust, who has proved himself to be an accomplished, proactive, can-do county supervisor. I support him

Barbara Glakas

Herndon

Skills to Govern

To the Editor:

A wise, gentle, skilled, efficient, easy going and at the same time powerful, well organized leader. A strong woman of integrity.

That was my impression of Pat Hynes 20 years ago when I got to know her as a parent, and soon as the president, of F.B. Meekins Co-operative preschool.

During our four years as members of that small community, I got to experience her as a worker, a colleague and a leader. I have since seen her skills in a variety of arenas, from the Vienna babysitting co-op to the presidential campaign, and in each of them, she has exhibited these same traits.

Our paths diverged for a few years but during that time I read about her activities in the local papers. A group of Vienna parents, unhappy with the lack of a safe social facility for their pre-teenagers, worked to create Club Phoenix at the Vienna Community Center. There was Pat Hynes, taking the lead, and accomplishing what she set out to achieve. Club Phoenix continues to be an

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THE CONNECTION

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LETTERS

FROM PAGE 6

oasis for our youth.

Soon I learned that Pat, who was a lawyer, had chosen a second career and had become a teacher. I knew she had been the PTA president at Louise Archer when her children were there and had again been very involved in the school, so it didn't come as much of a surprise to learn she was going into teaching. From the very first part of our acquaintance, it was clear to me that she loved children and I knew her future students were all going to be blessed with this smart, caring, fun, creative woman as their teacher. (I'm not surprised now during her campaign to find so many of her past students working to win her the job of Hunter Mill School Board member.)

A few years ago while volunteering in the presidential campaign at an early stage, I found myself working with Pat again. She told me at that time that she had not been politically active previously but believed she had to step up and get involved in that important election, and did she ever! As the months passed I witnessed two major things about Pat. First, she is a tremendous worker. She is the sort of person who doesn't stop until the job is done, and who doesn't shy away from the hard work. Second, once again I witnessed how easy she is to work with.

I think this is crucial and I can't emphasize it enough. Pat, who is also studying to be a mediator, will be a wonderful addition to the school board. She would be likely to

bridge both sides of a discussion. She will present her points so they can be heard and understood and she will listen to disparate points of view respectfully and with an open mind, genuinely trying to understand. I believe that she not only has the right ideas for this job but the best possible skills to work with a variety of different people to get the job done.

We need people like Pat Hynes with these skills to govern. I can't encourage you more to vote for her for the Hunter Mill School board member.

Harriet Hirsch
Vienna

Open Letter to School Board Candidates

When will the Fairfax County Public Schools replace the 754 trailers surrounding our schools with permanent school buildings (reference FCPS Capital Improvement Program (CIP) FY2012-2016 pages 91-98)?

Every Fairfax County School bond referendum on the ballot has been approved by Fairfax voters for the last 24 years since I relocated to Northern Virginia.

The Fairfax County Board of Supervisors has tripled the property tax on my house over the last 15 years citing the funding

SEE LETTERS, PAGE 8

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- Bill Cooper, Deputy Sheriff Lieutenant (Ret.), Fairfax County



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- Governor Bob McDonnell
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LETTERS

FROM PAGE 7

need for the county schools.

There are eight "Legacy" FCPS High Schools built in the mid-1960s that have never been renovated (Oakton, Herndon, Langley, Thomas Jefferson, Falls Church, and West Springfield) in 45 years and are filled with old trailers.

Families are not going to relocate to Fairfax County to place their children into worn out, overcrowded school buildings.

Any business owner knows a building cannot be continually used for 45-50 years without periodic refurbishment.

The CIP states \$600 million is needed during the FY2012 - 2016 period.

The 2011 \$155 million Fairfax County Bond sale will not be adequate to address the facility needs of the student population today let alone the student population of the future.

The incoming school board must consider using \$200 million of the annual Operating Funds each year for the next four years for construction of school buildings just for today's students.

The incoming school board should consider selling the land under Oakton HS (next to the Vienna Metro station) for rezon-

ing and redevelopment as transit-oriented development to fund the construction of a new Oakton HS on the Oak Marr Golf Driving Range and a new High School next to Rachel Carson MS to alleviate overcrowding at Chantilly, Westfields, and Herndon High Schools.

Current economic times require innovative, out-of-the-box solutions.

If chronic school overcrowding cannot be solved in 24 years, then Fairfax County is doing something wrong.

Jeannine Prokop
Herndon

A Listening Leader

To the Editor:

This letter is an endorsement of Jane Strauss for Dranesville School Board Member for the Fairfax County Public School System (FCPS). Throughout my 43 years as an educator, I have been quite fortunate to have met and worked worldwide with many highly intelligent and ethical, educational leaders; however, one person stands out as a model of

sincerity, intelligence, fairness, and collaboration — Janie Strauss.

As the former cluster assistant superintendent representing the McLean, Langley, and Dranesville pyramids, I worked closely with Janie for four years. Hence, I can distinctly remember from prior, one-on-one conversations with her that from the inception of the "changing-the-grading-scale movement," Janie felt the scale should be changed, and she advocated to FCPS decision makers that they should listen to the parents and support the change. Janie has an unwavering desire to "do the right thing" for all students, on all levels, at all times.

How fortunate the Fairfax County Public School System is to have Jane Strauss as a dedicated school board member, who is adept at lending a listening ear to everyone. An amazing woman and leader!

Audra Sydnor
Retired Cluster I Assistant Superintendent

'Biggering' To No End

To the Editor:

The Herndon Town Staff and the Planning Commission have been working hard for the past year to develop a master plan for the Herndon Metro Station Area and they should be commended for getting ahead of the curve and for a significant amount of thoughtful analysis and hard work. However, a convincing argument has not been made for the plan put forward for approval Oct. 3. The size and intensity of the proposed development is daunting and completely out of place in the Town of Herndon.

We all agree that the Herndon Metrorail Station Area should be distinct from other Metrorail stations and reflect Herndon's unique identity but the proposed urban landscape does not represent Herndon's identity. The Town Council's 2030 Vision Statement says this on maintaining a residential haven in Herndon:

"The Town of Herndon boasts...neighborhoods that have escaped traffic congestion, overcrowding, and the consequences of growth and development suffered by other metropolitan areas. It is an oasis of appealing green spaces to come home to..."

Can what is being proposed

here be called an oasis? The plan calls for 15-story buildings lining Herndon Parkway, which will operate as the spine of the Herndon Metrorail Station Area. Herndon Parkway is supposed to alleviate traffic from the center of Herndon — that is the simple elegance of Herndon's overall design. Instead people will be avoiding this section of the Parkway and congesting other roads, including downtown. An oasis with, by my estimate, about 10,000 new residents with a population density that is almost 10 times the average for Herndon? And that is without the office, hotel and industrial workforce that will be coming and going each day.

The financial analysis for the proposed plan states that "The primary objective of the baseline [financial] analysis is to determine whether or not the Floor Area Ratio levels ...are enough to incentivize redevelopment." And I have to ask myself, why are we trying so hard to incentivize redevelopment? To what end? To please the developers and property owners or to add real value to the Town of Herndon? The fis-

SEE LETTERS, PAGE 9



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LETTERS

FROM PAGE 8

cal benefits to the town are relatively small if they pan out as hoped for. In return we get the traffic congestion, less parks and services per resident, and a small city inside of our town.

I'm reminded of Dr. Seuss' The Lorax, and I quote: "I meant no harm. I most truly did not. But I had to grow bigger. So bigger I got." Are we figgering on biggering and biggering to no end? Do we have to bigger ourselves to get

what we want from the Metro and if so why? As a Herndon resident I am very skeptical that the benefits to the Town of Herndon for this plan outweigh the costs. That is, of course, unless you include the financial benefits to the property owners and developers. But we can't maximize their wealth at our expense.

I believe there is a more harmonious solution that would give the town what it wants (i.e. a lovely promenade entrance, a kiss and

ride, mixed use development) while enhancing, not assaulting, the character of our town. The concept of a Transit Oriented Development (TOD) is great but we don't need a Courthouse or Clarendon style TOD. We need a Herndon style TOD and a transit oriented Town of Herndon. We have something that is truly unique in this area, a real American town. Let's hold tight and not get sucked into the vortex of quasi-urban suburban chaos that will

soon surround us.

Doug Shuster
Herndon

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CAMPS & SCHOOLS

Fox Mill Students Help the Homeless

Fox Mill Elementary students will gather together on Nov. 3, for the sixth annual Fannie Mae-sponsored Mini-Walk for the Homeless. The school has chosen this walk as one of its community outreach programs to teach students that it is important to actively participate and get involved in helping others for the common good of all. Students also listen to stories in their library about those less fortunate and hear about the local Embry Rucker Community Shelter from their student representatives who visited the shelter.

Each year, for the past five years, the school has raised between \$4,000-\$5,000.

All proceeds benefit Reston Interfaith and the Embry Rucker Community Shelter. Each year's walk has helped move people in the area from homelessness to self-sufficiency.

Every student at Fox Mill is encouraged to participate either by pledging \$20 to the cause and then walking the school grounds from 3:30-5 p.m. on Nov. 3 or by adding their signatures to the paper "feet" that are displayed in the cafeteria.

Facts for Fox Mill Elementary

◆ Fox Mill Elementary PTA has conducted Help the Homeless Walks for past five years and Nov. 3, 2011 will make the sixth year.

◆ Each year about 200-300 people participate in the walk.

◆ On average, each walk raises between \$4,000 - \$5,000. It costs approx. \$5,000 to shelter, feed, counsel and help re-house one single individual through the Embry Rucker Community Shelter.

Each walk held by Fox Mill Elementary PTA

Rita's Ice will attend the event as well and encourage students to keep walking for the homeless with some tasty

literally helps to move people from homelessness to self-sufficiency.

◆ The funds raised by Fox Mill Elementary PTA help Reston Interfaith to receive walker benefit funding from Fannie Mae. Last year through the Fannie Mae program, Reston Interfaith earned \$86,708.

◆ Fox Mill Elementary PTA walk is the largest school Mini-Walk, and Reston Interfaith values the support and impact you have provided over the years.

treats. Students will walk rain or shine—the event will be moved to the indoor gym in case of rain.

SCHOOL NOTES

Valerie Pratt of Oak Hill has graduated from Randolph-Macon Academy in Front Royal. She is the daughter of Jennifer and Douglas Pratt.

Oakton residents **Catherine Cook** and **Christina Cook** have been named to the spring 2011 dean's list at the Savannah College of Art and Design of Savannah, Ga. Both are seeking a bachelor of fine arts in visual effects.

Sharon Nagel of Oak Hill has received a masters of communication degree from Spring Arbor University of Spring Arbor, Mich.

Navy Seaman Recruit **Philip M. Rogers** has completed U.S. Navy basic training at

Recruit Training Command, Great Lakes, Ill. During the eight-week program, he completed classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. Rogers is the son of Gloria J. Rogers of Oakton and Paul J. Rogers of Lapeer, Mich.

Louisa C. Stanwich of Oakton has been named to the spring 2011 president's list at Randolph-Macon Academy. She is the daughter of John Stanwich and Maria Carosa Stanwich.

Carissa Liberatore of Herndon has graduated with a bachelor of fine arts in animation from the Savannah College of Art and Design, Savannah, Ga.

Rohun Gujral of Herndon has been named to the spring 2011 dean's list at the Villanova School of Business, Villanova, Pa.

Nicholas McCormick of Oakton was named to the spring 2011 dean's list at Randolph-Macon Academy. He is the son of Michael and Gabrielle McCormick.

Pavithra Anand of Oak Hill has been named to the spring 2011 dean's list at Washington University School of Engineering and Applied Science in St. Louis.

Monica Corine McClain of Herndon has been named to the spring 2011 dean's list at Washington University Sam Fox School of Design & Visual Arts in St. Louis.

Sylvia Headen of Herndon has received a master of arts in education degree in counselor education from the Virginia Tech College of Liberal Arts and Human Sciences.

Alan Lytle of Herndon has received a doctor of philosophy degree in civil engineering from the Virginia Tech College of Engineering.

Lauren Steel of Herndon has received a master of accounting and information systems degree from the Virginia Tech Pamplin College of Business.

James Vann of Herndon has received a doctor of philosophy degree in public administration/public affairs from the Virginia Tech College of Architecture and Urban Studies.

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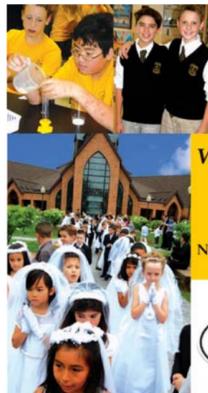
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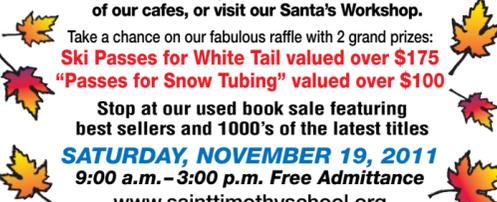



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Completing Marathon

Oak Hill resident Carol Byrne, right, celebrates after finishing the 36th Marine Corps Marathon Oct. 30 in a time of 4:09:27. Army lieutenant Chad Ware won the race with a time of 2:19:16 and Tezata Dengersa led the women with 2:45:28.



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FAITH

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

The Rohr Jewish Learning Institute (JLI) will present "Fascinating Facts: Exploring the Myths and Mysteries of Judaism." The six-session course will commence during the week of Nov. 6. Rabbi Leibel Fajnlund of Chabad of Reston-Herndon will conduct the six course sessions at 7:30-9 p.m. on Monday nights at Chabad Aleph Center. 718 Lynn Street, Herndon.

"As the People of the Book, we strongly believe people want to know the richness of the Jewish heritage," explains Fajnlund,

"and that is what we hope to accomplish in Northern Virginia, with this entertaining new educational offering."

Interested students may call (703) 476-1829 or visit www.myJLI.com for registration and other course-related information. JLI courses are presented in Arlington, Fairfax, Herndon, and Tysons Corner.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday Worship Services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or

www.hopefellowshipchurchloudoun.org.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at **St. Timothy's Episcopal Church**, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

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

Haunted House

FROM PAGE 4

the house. All proceeds went to Herndon-Reston FISH, a local nonprofit.

Members of the neighborhood begin planning the theme around New Year's, and spend the year building the pieces and collecting props for the two days the house is open.

This year's theme was "The Land of Make Believe," and as guests made their way through the house, gruesome displays awaited, as well as a legion of volunteers waiting to jump out or grab passersby.

"The scariest part was when you went up to things that looked fake, and then they just jumped at you," said Anastacia Puertas, 10.

A bedroom scene featured ominous shadows and figures that guests couldn't tell if they were real or not until it was too late.

"The bedroom part was the scariest, but that was the

only time I opened my eyes," said Ayushi Kumar, 11.

Visitors crossed a haunted bridge and tried to avoid the troll that owns it, passed through a gory dentist's office while staying away from the drill-wielding dentist and explored a haunted cornfield while in the house.

"I think it was a great Haunted House, it certainly looked better than a lot of ones I've seen in amusement parks and boardwalks," said John Follas of Herndon, who brought his children as well as several from his neighborhood. "It's a funny thing about kids, the girls are the ones who seem the most nervous when they're walking through, and they might scream the loudest, but they also seem to enjoy it more. I think my son was too scared to even enjoy it."

More information on the Bradley Farm Haunted House can be found at www.bfhauntedhouse.com.

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Butting Out

'Great American Smokeout' gets smokers on the road to quitting for good.

By MARILYN CAMPBELL
THE CONNECTION

Dean Adams says that he has been smoking for 25 years. The Alexandria-based bartender has only tried to quit once, a cold-turkey attempt that was unsuccessful. "It's kind of a manic thing for me," said Adams. "I smoke all the time, probably a pack to a pack and half a day."

He plans to try again on Nov. 17, a day designated as the Great American Smokeout, a campaign launched by the American Cancer Society to spotlight the dangers of tobacco use and the challenges of quitting.

"Most smokers make three to five serious quit attempts (i.e., for 24 hours or more) before they are finally successful," said Thomas J. Glynn, Ph.D. Dr. Glynn resides in Great Falls, and is the Director of Cancer and Science Trends for the American Cancer Society. "Deciding to quit smoking seems easy, but actually doing it is where the real challenge begins. That's why the Great American Smokeout can be so helpful—it gets smokers on the road to being smoke-free."

ONE OF THE GOALS of the Great American Smokeout is to raise awareness and make smokers aware of the obstacles to smoking cessation and the resources available to deal with those barriers.

"Cigarettes have a strong physiological pull on their users," said Glynn. "Nicotine maintains their physiological dependence, and the routines of smoking—reaching for the pack, lighting up...the cigarette after a meal, etc., maintains their psychological dependence."

Medical experts say that before deciding on a cessation method, a smoker must first have a desire to stop. "Most important is for the smoker to want to quit," said Dr. Jasmine Moghissi, of Fairfax. "It is almost impossible to get your wife/son/mother/cousin to quit if they don't want to. It has also been my experience that it is extremely difficult for someone to quit for their future health. If the smoker wants to quit because it's a filthy, smelly, dirty habit — that seems to be most effective."

Tools for quitting run the gamut from hypnosis and acupuncture to medication and laser therapy. Glynn says that no one method works best.

"Recent studies do suggest that a combination of medications [such as] Varenicline or Chantix and nicotine gum and counseling — either individual, group or by phone — may work best for many people."

Maureen Meehan, a certified hypnotist with Maryland Hypnosis, is a former substance abuse counselor who found hypnosis to be an effective tool for addressing addiction. "The reason it works so well to help people become non-smokers is because it deals with your subconscious mind which is powerful, alert and awake," said Meehan. "We talk to the subconscious mind and tell it to cut the cord to bad habits." Meehan says her method has a high success rate.

VIRGINIA HOSPITAL CENTER in Arlington offers a two-week smoking cessation class several times a year. "We teach smokers how to conquer the three



PHOTO COURTESY OF THOMAS J. GLYNN

Thomas J. Glynn, Ph.D., of Great Falls, the Director of Cancer and Science Trends for the American Cancer Society, says most smokers attempt to quit three to five times before they are successful.

aspects of smoking: addiction, habit and psychological dependency," said Cathy Turner. Turner resides in Burke and is Virginia Hospital Center's Director of Health Promotion as well as its smoking cessation instructor.

Psychologist Dr. Gayle K. Porter, Psy.D., of the Gaston and Porter Health Improvement Center in Potomac, has counseled those who have stopped smoking successfully.

"I've worked with people who've been addicted to a variety of substances, and smoking was the most powerful addiction to give up," said Porter, a former faculty member in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins School of Medicine. "It is like a friend that never leaves. If you're lonely, sad, angry, you can always light up."

Along with Dr. Marilyn Gaston, Porter wrote "Prime Time: The African American Woman's Complete Guide to Midlife Health and Wellness." The book includes an eight-step smoking cessation plan.

"First and foremost is stress reduction," said Porter. "If you're stressed, it is going to be hard to stop smoking, and if you've already stopped smoking and you're stressed, it is going to be difficult not to resume. You have to get control over your stress."

Porter and Gaston also founded Prime Time Sister Circles, a health support group that includes a component designed to help smokers kick the habit. Porter believes a team effort is necessary.

"It is important that people who are trying to quit smoking have support," she said.

Another smoking cessation tool is tobacco control. A study by Centers for Disease Control and Prevention (CDC) shows a link between strong tobacco control policies and a reduction in the adult smoking rate in the U.S.

"These findings add urgency to the continued need for strong tobacco control laws ...including tobacco tax increases, strong smoke-free laws...and policies that are proven to reduce adult smoking rates and discourage kids from ever starting to use tobacco..." said John R. Seffrin, Ph.D., Chief Executive Officer of the American Cancer Society Cancer Action network.

Maryland's current cigarette tax is \$2.00 per pack, the 11th highest in the nation, while Virginia's current cigarette tax is \$0.30 per pack, the second lowest in the nation. Maryland's smoke-free law requires all of the state's workplaces, restaurants and bars to be 100 percent smoke-free.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Dean Adams (right) and Jonathan Bisagni have tried unsuccessfully to stop smoking. Researchers say it often takes several attempts for smokers to quit.

Steps to Quit Smoking

Source: The American Cancer Society (ACS) and Thomas J. Glynn, Ph.D., the ACS Director of Cancer and Science Trends.

1) Think of your resolution to stop smoking as a project, a process that will take some time, and not one that is a snap decision or that will take only a few days. Remember, you are starting on a journey to health and greater prosperity, but also undoing a psychological and physiological habit that took many years to develop.

2) Make a list of all the reasons you want to stop smoking — health, cost, family/friends, longer life, etc. — and keep that list in your pocket at all times and take it out and review it whenever you are tempted to smoke.

4) Enlist the help of your family, friends and co-workers. Share your list of reasons for quitting with them — it will help them support you.

5) Decide on a quit date — maybe three or four weeks from the time you decide to become a nonsmoker (so you have time to prepare).

6) Speak with your physician or your pharmacist about your plan. Ask them for their advice and support, and discuss with them whether one of the seven FDA-approved medications for quitting smoking might be useful for you. Science shows that the most successful quitters use a combination of advice and medications.

7) In the days just before your quit date, remove all smoking paraphernalia from your home and workplace.

8) Quit on the big day, and be sure to let your support group know.

9) Be prepared for some of the immediate, and often unpleasant, side effects of quitting, and understand that these are good signs that your body is repairing itself and making adjustments as the toxins from your years of smoking begin to go away.

10) If you slip, as most smokers do, just analyze the situation in which your slip took place (e.g., a cigarette after dinner), and adjust your routine for a couple of months to avoid the situations in which you are in danger of slipping.

11) Start thinking of yourself as a nonsmoker who is on the journey of a lifetime, one that certainly has its unexpected twists and turns, but with great rewards at the end.

1-800-Quit-Now is a toll-free tobacco cessation program for adults who want to quit smoking.

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ENTERTAINMENT

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

WEDNESDAY/NOV. 2

Did You Feel It?: The Virginia Earthquake of Aug. 23. 7 p.m. USGS Headquarters, 12201 Sunrise Valley Drive, Reston. The magnitude 5.8 earthquake was among the largest to occur in the eastern United States, and was likely felt by more people than any other earthquake in U.S. history. Mike Blanpied and Mark Carter will discuss the seismology of the earthquake, its effects, and its context in the geology of Virginia. Federal facility, photo Id required. Free and open to the public. jcorley@usgs.gov or call 703-648-7770.

THURSDAY/NOV. 3

Artisans Trunk Show and Wine Tasting. 9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Fine crafts, jewelry, notecards, and more, including Herndon themed items. Enjoy a wine tasting. 703-956-6590 or www.artspaceherndon.org.

FRIDAY/NOV. 4

Chris Tomlin and Louie Giglio with Christy Nockles. 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Christian music. Tickets are \$15-\$32, available through www.ticketmaster.com or 703-573-SEAT, 202-397-SEAT. www.christomlin.com or www.patriotcenter.com.



There will be a Concert for Herndon High School's 100th Anniversary on Saturday, Nov. 5 at 6 p.m. in the Herndon High School Auditorium, 700 Bennet St. in Herndon. The concert will include performances of one song from each of the past ten decades, including the debut of "Metal," which was commissioned for the school's 100th anniversary. Joining the band will be band alumni of the past, as well as past band directors Richard Bergman and Gene Duman. Free and open to the public.

"The Drowsy Chaperone." 8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or restonplayers.org.

Artisans Trunk Show and Wine Tasting. 7 p.m. ArtSpace Herndon,

750 Center Street, Herndon. Fine crafts, jewelry, notecards, and more. Enjoy a wine tasting. 703-956-6590 or www.artspaceherndon.org.

SEE ENTERTAINMENT, PAGE 15

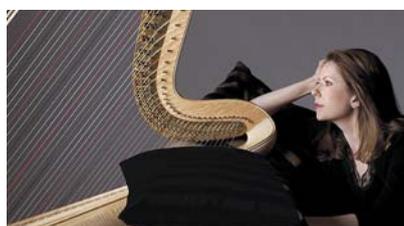


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THE CONNECTION
 NEWSPAPERS

ENTERTAINMENT

FROM PAGE 14

SATURDAY/NOV. 5

Concert for Herndon High School's 100th Anniversary.

6 p.m. Herndon High School, 700 Bennet St., Herndon. The concert will include performances of one song from each of the past ten decades, including the debut of "Metal," commissioned for the school's 100th anniversary. Joining the band will be band alumni of the past, as well as past band directors Richard Bergman and Gene Duman. Free and open to the public.

Due Soprani (Two Sopranos).

7:30 p.m. St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Voce Chamber Singers, under the direction of Artistic Director Dr. Kenneth Nafziger, present LouAnna Notargiacomo and Gretchen DeGraff Newman and pianist CJ Capen, in classical soprano duets by Chausson, Faure, Pergolesi, Handel, Gounod, Mendelssohn and others. Proceeds benefit Voce Chamber Singers. Admission is free, tax-deductible contributions accepted. A reception will follow. info@voce.org or 703-277-7772. www.voce.org.

HomeAid Northern Virginia's Gala and Auction.

6 p.m. Dulles Westin Hotel, 2520 Wasser Terrace, Herndon. Live entertainment, a four-course meal, silent and live auctions, open bar and more. Tickets \$150 each or \$1,500 for a table of 10. www.homeaidnova.org/gala.html or 571-283-6320.

Jeff Dunham: Controlled Chaos.

8 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Comedy. Tickets \$50.50, available at www.ticketmaster.com or 703-573-SEAT. www.patriotcenter.com or www.jeffdunham.com.

Artisans Trunk Show and Wine Tasting.

4 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Fine crafts, jewelry, notecards, and more. Enjoy a wine tasting. 703-956-6590 or www.artspaceherndon.org.

"The Drowsy Chaperone."

8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or restonplayers.org.

Annual Fall Arts and Crafts Fair.



"Solace at Salt Pond" by Karen Danenberger. There will be an Artist's Reception on Sunday, Nov. 6 from 2-4 p.m. at the JoAnn Rose Gallery, Reston Community Center at Lake Anne, 1609-A Washington Plaza in Reston, for Karen Danenberger's solo show "Escapes," with 34 oil paintings depicting water scenes from Italy and Cape Cod. The exhibit will be open from Nov. 1-29. 703-476-4500, www.restoncommunitycenter.com or http://karendanenberger.wordpress.com.

10 a.m.-3 p.m. Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Multiple vendors with handmade goods. Proceeds benefit local and nationwide missions. Free Admission. Beth_Fisher@raytheon.com.

Mini-Walk and Open House.

10:30 a.m. Shelter House, 2579 John Milton Drive, Herndon. Contests, prizes, entertainment and tours of Shelter House's administrative office. Glory Days Grill and Lucia's Italian Ristorante will host "Dining for Dollars" fundraising lunches for participants. Shelter House operates shelters for families and individuals fleeing domestic violence and human trafficking, transitional and permanent supportive housing units.

\$20 ages 25 and younger, \$30 adults. Register at www.shelterhouse.org.

SUNDAY/NOV. 6

Artist's Reception. 2-4 p.m. JoAnn Rose Gallery, Reston Community Center at Lake Anne, 1609-A Washington Plaza, Reston. Karen Danenberger's solo show "Escapes," with 34 oil paintings depicting water scenes from Italy and Cape Cod. The exhibit will be open from Nov. 1-29. 703-476-4500, www.restoncommunitycenter.com.

Artist Reception. 2-4 p.m. Reston Community Center at Hunters Woods, 2310 Colts Neck Road, Reston. Paintings by Sally Skene, Terry Mack and Mary Steingesser.



MaryAnn Perkel performed the solo cello parts of the Requiem.



Christine and Christopher Carrillo played trumpet.

Reston Chorale Concert a Sellout

The Reston Chorale was joined by four other choral groups and the Amadeus Orchestra to perform the legendary Durufle Requiem Sunday afternoon. A sellout crowd heard the short Bach Orchestral Suite #3 and then all nine movements of the famous Funeral Mass by the modern French composer

Maurice Durufle. David Lang, Music Director of the Chorale was joined by A Scott Wood, who conducted the orchestra.

— MICHAEL MCKEE

WWW.CONNECTIONNEWSPAPERS.COM

HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

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11:00 AM Connection, Contemporary Worship Service

other weekly services

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

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Voter Preparedness Critical

FROM PAGE 3

county's Geographic Information Systems (GIS) department street files and matching them to the voter database to search for errors.

"This is my third time redistricting," said Judy Flaig, a senior election official with the county. "In many respects, the technology makes it more accurate. I remember the days we were crawling on the floor with huge maps and markers circling districts. Redistricting takes place every 10 years after the U.S. Census is complete."

ELECTION OFFICIALS sent out voter cards on Oct. 7 to every one of Fairfax County's 640,000-plus active registered voters. They want voters to review those cards. Now.

"I can't say this enough. Please review those cards. Go to one of our websites. We'd rather people call us with questions now than get frustrated when they go to the polls," Quinn said.

Quinn said that nearly half of the county's registered voters will see a change on their cards, whether it's a new polling place, or a new House or Senate district.

"Most changes in polling locations are not significant," Quinn said. "There are places in Virginia where people may drive 20-30 miles to a new polling place. That hasn't happened here."

Because of legislative redistricting, as well as the number of offices being contested, the elections office has created a record 76 different ballot combinations this year. Complicating matters is the fact that election officials can never predict how many voters will show up at the polls.

"We're sort of like event planners, only we're planning 240 simultaneous parties with 700,000 potential guests and no RSVPs," Flaig said. "There's a point when you just have to keep your fingers crossed."

"Chances are that we will not have found all needles in the haystack. While we can mitigate the risk of problems, we can't completely eliminate them," Quinn said.

Election officials are still making corrections to the registration rolls, and voters may get a new card between the Oct. 7 mailing and now. Quinn said voters should make certain the card they rely on is the last one they received.

ON ELECTION DAY, staff will be coming through voter lines with a handheld device called Ask ED, which contains the entire County voter list to check once again if the voter is in the correct precinct. If there is a discrepancy between what's on the voter's card, and the most current information on the



Election Countdown: On Friday, Oct. 28, election employees Luke Baranyk and Larry Kunkel charge and load the AskEd handheld devices that staff will use on Election Day to confirm a voter's correct polling place and voter registration information.

Voter Information

On Tuesday, Nov. 8, polls will be open from 6 a.m. to 7 p.m. Following are links to sites election officials suggest voters check out before Election Day:

- ❖ Map Information: this site shows the 2011 adopted districts, precincts, boundary changes and polling place changes in Fairfax County. (Scroll down to find the maps) http://www.fairfaxcounty.gov/eb/1precinctchanges_adopted7262011.pdf.
- ❖ Voting Precincts: this site gives information on an individual's voting precincts on Fairfax County's website My Neighborhood pages at <http://www.fairfaxcounty.gov/gisapps/myneighborhood/>
- ❖ Sample Ballots: this site will show you sample ballots, listed by supervisor district, along with precinct maps. Before going to this site, you need to have the correct precinct name/number to find the correct ballot, which can be found on the My Neighborhood pages above. <http://www.fairfaxcounty.gov/eb/upcoming.htm>.
- ❖ Voter Information, Directions to Polling Places: this State Board of Elections website has information useful now and for future elections. <https://www.voterinfo.sbe.virginia.gov/PublicSite/Public/FT2/PublicLookup.aspx?Link=Registration>.

For more, call 703-222-0776.

county's election rolls, the staff person will call the registrar's office.

If the voter is, in fact, trying to vote in the wrong precinct? Best not to argue, or insist on a provisional ballot, Quinn said. According to the Virginia State Constitution, provisional ballots don't count if the voter casts a ballot in the wrong precinct.

"The only way your vote counts is if you are voting in the correct precinct. That's why we don't want people waiting until the last minute. When in doubt, call the elections office. We will pull the most current voter card and match it to our map," Quinn said.

Rust Examines Priorities

Says education, transportation, retirement funds will be key points for next budget.

BY ALEX McVEIGH
THE CONNECTION

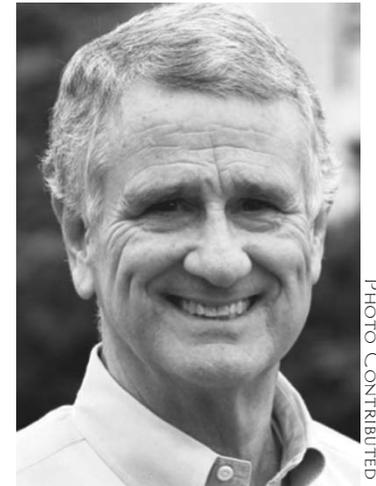
Though Del. Tom Rust (R-86) isn't facing a challenger this November, he's still looking at new ways to serve his district for the upcoming term. Rust, a former Herndon mayor, has been in office since 2002.

Rust said he is optimistic that the cooperation within the General Assembly during this year's session can be duplicated.

"It was an intense session, with a lot of pressure from groups concerned about their priorities," he said. "But at the end of the day we came together to make the tough choices."

He said he is interested to see what Gov. Bob McDonnell's priorities are for the upcoming budget.

"Education, transportation and addressing our unfunded liabilities in the pension plan seem to be the



Del. Tom Rust (R-86).

most pressing," he said. "There will be a number of new faces in the house, and everyone comes in with a different philosophy, so there's a little anxiety, but also excitement."

More information in Rust can be found at www.tomrust.org.

BULLETIN BOARD

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

THURSDAY/NOV. 3

Welcome Club of Northern Virginia Monthly Luncheon. 11 a.m. International Country Club, 13200 Lee Jackson Highway, Fairfax. Annual Unique Boutique. \$30. www.welcomeclubnvirginia.com.

FRIDAY/NOV. 4

District 29 Toastmasters Conference. 5-9 p.m. Dulles Hilton, 13869 Park Center Road, Herndon. A two-day conference with members of clubs from Fredericksburg to Leesburg. Listen to the winners of five division contests speak together in the District's championship of Table Topics, a test of impromptu speaking skill, and Humorous Speech. Hear presentations on storytelling, kinesics, leadership, and the Toastmasters program of Speechcraft. <http://bit.ly/nGM6US>.

SUNDAY/NOV. 6

November Volunteers for Change Orientation. 12 p.m. Volunteer Fairfax Office, 10530 Page Ave., Fairfax. Choose from more than 50 community service projects, including planting trees, bagging food for homeless families, tutoring adult ESL students, playing bingo with the disabled, special community-wide events throughout the year and more. Reservations required at 703-246-3895 or jkivlin@vlunteerfairfax.org.

TUESDAY/NOV. 8

Vienna-Oakton NARFE Chapter 1116 Meeting. 1:30 p.m. Vienna Community Center, 120 Cherry

SATURDAY/NOV. 12

Veterans Hiring Event in Conjunction with the American Freedom Festival. 9 a.m.-3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Attending veterans will have the chance to talk with employers, submit qualifications, and even participate in job interviews on the spot. Security Financial, TRAX International, NJVC, Northrop Grumman, Accenture and Microsoft, the Veterans Administration (VA), U.S. Office of Personnel Management Veterans Services, Department of Defense Civilian Personnel Management System, Department of Labor and Department of Energy will participate and make veterans aware of services available to them. Attendance is free and open to veterans and active duty military. 703-218-1600.

SUNDAY/NOV. 13

Day of Thanks. 5-8 p.m. Northern Virginia Bha'i Center, 21415 Cardinal Glen Circle, Sterling. Loudoun Interfaith BRIDGES (Building Relationships for Interfaith Dialogue, Goodwill, Education and Service), an association of congregations of Baha'i, Buddhist, Christian, Jewish, Muslim, Quaker, Sikh and Unitarian faiths, invites all faiths to celebrate cultural and religious diversity. Multicultural buffet dinner, musical performances and honoring of Interfaith BRIDGES award recipients. \$15 adult, \$10 child, \$40 family of four or more. Under age 6 free. www.loudouninterfaithbridges.org. priscillamtz@gmail.com or 703-622-8984.

SPORTS

Liberty District Football in Full Throttle

Seahawks get first win; Stone Bridge beats Madison in battle of first place; Highlanders, Saxons both win.

BY RICH SANDERS
THE CONNECTION

There was plenty of week nine high school football action in the Liberty District this past week, highlighted by South Lakes' first win of the season.

The Seahawks, under first year head coach Marvin Wooten, earned a 22-16 district win at Marshall last Friday night to notch their first victory following a 0-8 start. South Lakes had come close to winning on two prior occasions this season — a 21-19 loss at non-Northern Region opponent Louisa County on Sept. 30, and a 16-13 setback at district opponent Madison on Oct. 14. Against Marshall, the Seahawks were able to close the game out and get that long-awaited win. Marshall, with the loss, fell to 2-7 on the season.

South Lakes will close out the regular season at Jefferson this Friday night. The Colonials (2-7) are coming off an overtime loss to McLean. Marshall will play at local rival Madison on Friday.

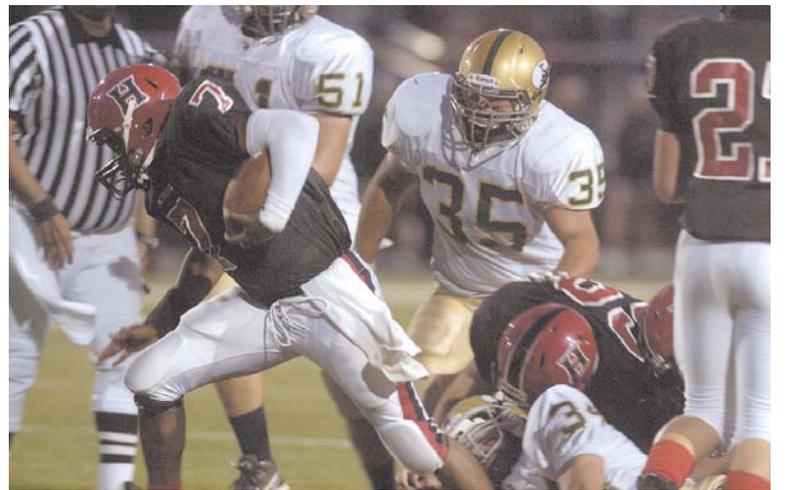
Madison, which has enjoyed a winning season under first year head coach Lenny Schultz, lost to Div. 5 region power Stone Bridge, 35-20, in a district game played in Ashburn last Friday. The district title was at stake for both teams. Madison, with the loss, fell to 6-3 overall while Stone Bridge improved to 8-1.

Going into the game with Stone Bridge, Madison had won five consecutive games - district affairs over McLean, Langley, Jefferson, South Lakes, and Fairfax. With the loss to the Bulldogs, Madison fell to 5-1 in the district while Stone Bridge improved to 6-0. Stone Bridge's lone loss this season came to non-district opponent Chantilly back in week two.

Madison quarterback Dan Powers threw two touchdown passes in the loss to Stone Bridge. The



South Lakes, shown here against Westfield early in the season, earned its first win last Friday night when it defeated home team Marshall in a Liberty District game.



Langley defensive lineman Andrew Gentry (35) looks to catch Herndon QB Ky Gilmore-Parrott from behind in recent high school football action. Langley will be at cross-town rival McLean this week. Herndon, coming off a loss versus Chantilly, will conclude its season with a Concorde District game at Westfield.

Seahawk Boys Finish Third at Districts

Herndon's Hunsaker, Burgess, and Bustamante all earn top 15 cross country finishes.

BY RICH SANDERS
THE CONNECTION

The South Lakes High boys' cross country team earned a third place finish at last Thursday's Liberty District Championships, held at Burke Lake Park. The Seahawks (74 points) finished behind first place Thomas Jefferson (34) and second place

Stone Bridge (64). Finishing fourth behind South Lakes was McLean (107).

The top four teams automatically qualified for this week's Northern Region Championships, set to take place on Thursday, Nov. 3 at Burke Lake.

South Lakes' top runner was Ashkan Mohammadi, who earned a Top 15 medal by finishing fifth place overall with a time of 16

minutes, 14 seconds. Two other Seahawks earned Top 15 medals — 11th place finisher Michael McHugh, and 13th place finisher Nicholas DeAtley. Rounding out South Lakes' top six runners were: Luis Rivas (20th place), Nick Tucker (25th), and Joey Rugari (38th).

The South Lakes girls' team finished sixth overall in their district championship race. The Seahawks' top finishers were Virginia McGiboney (25th place), Valentina Golac (26th), Molly Clough (32nd), and Allison Carone (35th).

THE HERNDON BOYS' top fin-

isher at last Thursday's Concorde District Championships was Troy Hunsaker, who earned a Top 15 medal (12th overall) and qualified for this week's regionals. The Hornets finished sixth in the team standings. Also for Herndon, Zach Ward and Harrison Murn finished 29th and 30th, respectively.

The Herndon girls' top finisher was Belle Burgess, who finished sixth overall to earn a trip to this week's region championships. Also going to regionals is teammate Gabby Bustamante, who finished 15th overall.

scoring catches went to Evan Jacquez and Ben Sanford. Madison's other touchdown came from its defense — a fumble recovery in the end zone by senior lineman Emmanuel Momoh.

McLean improved to 5-4 with a 34-31 double overtime win at district opponent Jefferson. Hunter Eckrod and Ryan McGolgan both ran for overtime touchdowns to lift the Highlanders.

McColgan scored three touchdowns in the win and Eckrod had two. McLean overcame a 21-7 halftime deficit.

The Highlanders will host district and local rival Langley this Friday night.

The Saxons, like McLean, are 5-4. Langley won a hard-fought district game versus visiting Fairfax,

14-13, last Friday night. Langley quarterback Nick Casso tossed a 43-yard touchdown pass to Kevin Wood as the Saxons took a 7-6 second quarter lead. In the second half, Langley running back Philip Mun, with his team trailing 13-7, scored on a 19-yard run. Mason McConnell converted the extra point kick, his second of the game. Mun finished the game with 150 yards.

THE SEASON has not been an easy one for Langley, which lost starting senior quarterback Austin Vasiliadis to a season-ending injury several weeks ago. But back-up QB, sophomore Nick Casso, has played well.

The Saxons went through a tough three-game stretch during the

middle of the season which saw them lose games to Madison, Stone Bridge, and Yorktown, but Langley has come back with two straight wins since.

"We are playing well, but have needed time to get the offense going after losing Austin at QB," said Langley coach John Howerton. "We have moved the ball on offense against all teams but need to be consistent getting in the end zone.

"We went through a tough part of the schedule with Madison, Stone Bridge and Yorktown — struggling to score points, but playing good defense," said the coach.

The defense has been a consistent strong area for Langley. The linebackers group of Marcus

Harvey, Philip Novacki, Saxon Justice, and Kyle West has been a team strength.

"We have been solid on defense all season," said Howerton. "We have had great play from our linebackers and they have given us a chance to win each week."

Langley is looking forward to the upcoming Div. 5 playoffs, which will include top level teams such as Stone Bridge, Madison, and Yorktown.

"If we can finish at 6-4, we will be in good position in the D5 playoffs to beat some teams and challenge for a championship," said Howerton. "I'm looking forward to the final weeks and playoff possibilities and, with a young team returning [next year], a big future."

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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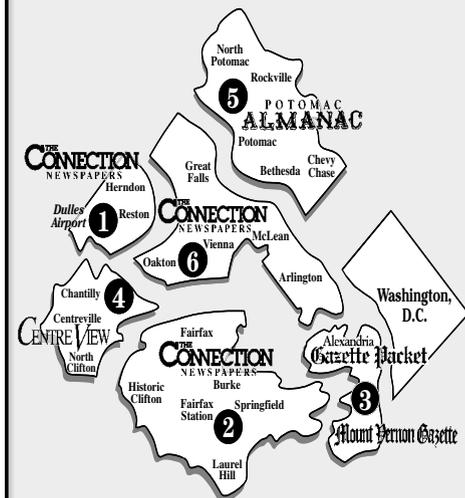
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Cause An Affect



By KENNETH B. LOURIE

My father was right: there are consequences to every action. And that Barry Lourie parental admonition is never more true than it is in the medical world, specifically the prescription medication world. In life, as my father tried to warn me, there are consequences; in medicine, there are side effects. Don't I know it! As a surviving, stage IV lung cancer patient, my world now (fortunately a world in which I'm still alive; however, there are no promises or predictions about my future) is regularly about dealing with – and treating – side effects.

The maintenance treatment drug, Avastin, with which I have been infused every three to four weeks going in for nearly 30 months now – and counting, (about 45 minutes per session) has kept my malignant tumors from growing and/or moving (perhaps causing a little shrinkage as well but not enough that my oncologist has described it as an official effect). However, aside from its presumptive success stalling (I wouldn't yet characterize its infusion as a defeat of my cancer, although I am in "partial stable remission," according to my oncologist), it has over my extended use caused a few side effects. Nothing major, nothing we can't control, but something we have to monitor. And the longer it continues (meaning the longer I live), the more chronic some of these conditions/side effects appear to become. As such, these conditions/side effects themselves need to be treated or else they'll potentially cause a type of collateral damage – that we're all trying to avoid, and one that could possibly weaken my immune system and compromise my defenses yet again.

I'm not talking nausea or vomiting or neuropathy, or a host of other side effects with which many chemotherapy patients are familiar. No, I'm referring to, at least in my circumstance: "the silent killer," as it sometimes called, high blood pressure as it is more well known. Every two weeks I'm "cuffed" and my numbers are recorded by a nurse. The issue, as it specifically relates to me, and my treatment, is that unless my blood pressure is under a certain pair of numbers (diastolic and systolic), the protocol prevents me from being infused with Avastin. And since neither the doctor nor myself want to ruin a good thing, we've been treating my elevated blood pressure fairly aggressively. In so doing, however, the increase in, and the addition of, new medication has itself caused a side effect: edema, the medical term for swelling. And it has not been swell.

Primarily, the swelling has occurred in my legs and feet (I've had to buy larger shoes – by one full size) and walking has become difficult. In sharing this new condition/side effect with my oncologist ("new" symptoms are very important and always worth mentioning, I've been advised, repeatedly), I was prescribed a water pill (one with an extremely long name) to eliminate the excess fluid in my legs; "benign" though, is how my doctor described this side effect. Two weeks into its unsuccessful use, I've been instructed to stop because the stress on my kidneys caused by its ingestion and subsequent filtering out of the body (through the kidneys) is worrisome. And if there's been one consistent theme to my treatment, it has been to carefully consider the effect on major organs where we don't want to create a new problem while treating the underlying problem.

Now, as my oncologist said, we're treating the side effect of the treatment of a side effect of a side effect of the Avastin. Less than ideal, you might say. I wouldn't say the whole thing is making me dizzy (another side effect?) because I might be prescribed another medication (just kidding; maybe not?). I'm not worried that I'm cascading downward; I'm merely venting a little cause and not-so-great effect.

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

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