

Reston CONNECTION

Showing The 'Spirit Of Reston'

South Lakes High School percussionists concentrate on their part of the routine at the annual Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday at West Springfield High School. The SLHS 'Spirit of Reston' band won a Superior rating, which is the first step in earning Virginia Honor Band Status.

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PHOTO BY ROBBIE HAMMER/THE CONNECTION

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NOVEMBER 2-8, 2011

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

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

Every child, parent, and teacher matters.

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

32nd Senate District: Forrest vs. Howell



Forrest **Howell**

Patrick Forrest is the Republican challenger for the 32nd Senate seat. He said he wants to make sure local officials have authority when it comes to land use and transportation issues, and that he wants to eliminate legislation, such as the Business Professional Occupancy Licensing tax, that hinders the growth of small businesses.

He also said he hopes to "incentivize the repatriation of highly complex manufacturing back to Virginia."

As of Sept. 30, the Forrest campaign has raised \$187,239.

Janet Howell (D) was elected in 1992. She said she hopes to continue the General Assembly cooperation that resulted in a unanimous budget being passed this year.

She also said she supports getting state and federal funding for Phase Two of Dulles Metrorail, which includes taxing the Dulles Airport Access Road.

Howell says she supports the continuation of a study that examines how business incentive programs are working, saying "we don't know that if we encourage big business to come to Virginia if they're displacing small business."

The Howell campaign has raised \$515,541 as of Sept. 30.

36th Delegate District: Cannon vs. Plum



Cannon **Plum**

Hugh "Mac" Cannon (R) is the challenger for the 36th delegate seat. A native of Oakton, he says he will be a voice for Northern Virginia in Richmond.

He said he opposes the use of a Project Labor Agreement on Phase Two of Dulles Metrorail, and said he would look into the creation of a Northern Virginia Transportation Authority.

"I'm not a party operative, the R next to my name doesn't govern me," he said.

The Cannon campaign has raised \$20,504 as of Sept. 30.

Ken Plum (D) has held the 36th seat since 1982. He pledged to secure more transportation funds from Richmond, and said he remains committed to pre-

serving the Chesapeake Bay.

He said state and federal government need to be active players in Phase Two of Dulles Metrorail.

He also said he is "concerned about the reneging on the part of state government to fulfill its requirements in funding at least half the cost of public education."

As of Sept. 30, the Plum campaign has raised \$249,527.

School Board: Hynes vs. Linton



Hynes **Linton**

Patricia Hynes, Democratically endorsed, is currently a kindergarten instructional aide. If elected [as a Hunter Mill School Board representative], she will be the only school board member to have taught within the last 10 years.

She pledged to be a teacher's voice in the classroom, saying "I don't think it's good to set policy without knowing what's happening in the classroom."

Hynes also said she would make it a priority to make pre-school programs more readily available, and she would like to receive more input from students and teachers on the use of technology.

Nancy Linton, Republican endorsed, says she has wanted to be on a school board since she was 16. She is a licensed

counselor. She said her experience gives her the ability to analyze problems and to "ask probing questions, find out the fundamental problem and establish a course of action."

Linton says she would like to see the board and its committees communicate with the public more frequently, and said she would support the creation of a teacher's task force to allow educators regular access to the board.

NEWS

Searching for God's Feminine Face

BY AMIEE FREEMAN
THE CONNECTION

Church members at Unitarian Universalist Congregation of Fairfax in Oakton sought to raise consciousness for a good cause Friday, Oct. 21 and Saturday, Oct. 22, with the production of "Mother Wove the Morning," a play by Carol Lynn Pearson, which searches for the feminine face of God.

The play, with its cast of seven women playing multiple roles, is "a walk through history starting in Paleolithic times and traces the history, or perhaps her-story, of the transition from mother-like god to a male god," said Oakton resident and director Sarah Jesbian.

According to Jesbian, Pearson had a dream in 1989 about opening a box and finding her deceased mother's head in it. Upon waking Pearson decided that this dream was a message to take her mother "out of the box so to speak and explore the feminine aspects of spirituality," said Jesbian.

Elaine Keener, a UUCF member and Reston resident, played the role of Pearson; Keener narrated the play.

"This play is one of those things that I hope people will think about the next day," said Keener. "The play definitely has a lot of depth to it. I think the next day, after seeing the play, the audience will still be thinking about it. Perhaps a light bulb will go off and they will begin to understand more."

THE FIRST CHARACTER to join Keener on stage



PHOTO BY AMIEE FREEMAN

Reston resident and UUCF member Elaine Keener, in the role of narrator, speaks with LaVerne Gill, of Reston, in the role of Bruen, during the dress rehearsal of "Mother Wove the Morning."

is LaVerne Gill, also a UUCF member and Reston resident. Gill plays the parts of Bruen, a Paleolithic woman; Amemepshut, an Egyptian priestess; and Phoebe, a Shaker woman.

"I had an opportunity to do some research about the play. I feel it is very powerful and will certainly raise consciousness. It may also trample on some sacred cows," said Gill.

Director Jesbian feels that this play is necessary to perform as the feminine is often removed from religious discussions. "I found this play when I was a teenager. I was looking for something spiritual I could connect with. This play was the first time I

SEE PLAY, PAGE 12

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



"Bill Cooper is a true public servant and will do an outstanding job as the next Sheriff of Fairfax County. Bill's exemplary service to the County in the Sheriff's Department is commendable and his commitment to taking leadership positions shows he is ready to lead the department. Bill Cooper will do exactly as he says: Keep Fairfax Families Safe. Please join me in supporting Bill Cooper for Fairfax County Sheriff on November 8."

- Governor Bob McDonnell
71st Governor of the Commonwealth of Virginia

Supported by Deputies, Police Officers and Firefighters

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PHOTO CONTRIBUTED

The current draft plan for the Lake Fairfax Skate Park

Lake Fairfax Skate Park Updated

Park Authority currently accepting feedback on design features.

BY ALEX McVEIGH
THE CONNECTION

Plans for the proposed skate park at Lake Fairfax have reached a preliminary stage, and they were presented to the public during a meeting at Armstrong Elementary School in Reston Thursday, Oct. 27. The skate park was originally drafted in June, but was moved to a different location within the park due to neighbor concerns.

The current plan features a triangular design with a three-tiered bowl in the middle. Between the bowl and the triangular track will be a landscaped grass strip. The total park will be around 20,000 square feet and has a budget of about \$1.2 million.

"Due to environmental concerns, we can't dig more than two feet into the ground, so we'll have to build a berm in order to build the site up," said Jason Baldessari of Spohn Ranch, the company contracted by the Fairfax County Park Authority to build the park.

John Lehman of the Fairfax County Park Authority said they are exploring other options for the non-concrete middle section, since grass could lead to mud on the park structures and be difficult to maintain.

Adding more concrete to those sections would cost more money, Baldessari said, which would take away money to build more features.

"Seed and grass costs about \$.50 a square foot, while asphalt is about \$4 and concrete is about \$6 to \$7 a square foot," he said. "If we take the right steps with the grass, we won't see many issues, it hasn't been an issue in most parks I've visited."

The site is located southwest of the lake, near the campgrounds. Since the last presentation, a vending area and lights have also been added to the plan. The movement of the park to the athletic field section of the park allows for the lights to be built.

Jeff Carr of Herndon says he hopes the lights mean the park will have more extensive usage hours.

"If we're spending money on the lights, I'd like the park to open as early as possible and kept open late so those who have to work regular hours can make it over there," he said.

The drawing features a shade structure which will provide skaters a place to rest out of the sun, but also a place for instructional programming that will not get in the way of the park's regular users.

Lehman says that the shade area will most likely not end up where it is depicted in current drawings.

"We'll probably want to move the shade structure a little away from the parking lot," he said.

The park authority is currently accepting feedback on the design of

"If we're spending money on the lights, I'd like the park to open as early as possible and kept open late so those who have to work regular hours can make it over there."

— Jeff Carr of Herndon

the park. Comments can be made by joining the "Lake Fairfax Skatepark" group on Facebook, or by visiting www.fairfaxcounty.gov/parks/plandev/skateparkdevelopment.htm.

located at 11750 Sunrise Valley Drive on Sunday, Sept. 18 around 8:15 p.m. for a report of an apparent drowning. Police discovered the body of a 1-year-old female inside a hotel room. The parents of the deceased were located on scene.

Arrest Made in Child Drowning

Police have charged the parents in the case of child drowning in Reston: they turned themselves in on Monday, Oct. 31. Police responded to the Westin Hotel,



PHOTO CONTRIBUTED

Greater Reston Chamber of Commerce president and CEO Mark Ingrao welcomes General Assembly candidates to a forum Thursday, Oct. 27 at the Reston Association headquarters.

Candidates Talk Business

Greater Reston Chamber of Commerce hosts General Assembly hopefuls.

BY ALEX McVEIGH
THE CONNECTION

The Greater Reston Chamber of Commerce hosted several General Assembly candidates Thursday, Oct. 27, to get a better sense of how the candidates would tackle business issues.

While the chamber does not endorse any candidates, they released their public policy statement recently, where they stated positions on several key issues.

"The chamber opposes any mandatory Project Labor Agreements," said Mark Ingrao, president and CEO of the chamber. "We understand that they're necessary, but we believe that the contractor should be the one that decides about a PLA."

Sen. Janet Howell (D-32), who is running for re-election, says she is always careful to read the GRCC's public policy statements before legislative sessions.

"I've always agreed with absolutely everything that the Reston chamber has said," she said. "They've taken a much broader scope of any other chamber I've read the policies for."

Chamber board member C. Michael Ferraro says transportation is the chamber's number one priority right now.

"We want to make sure rail funding isn't on the backs of toll road users," he said. "We're an advocate of finding a dedicated source of Phase Two funding,"

Board chairman Tim Sargeant agreed that transportation was the top priority for the chamber, saying "it impacts every aspect of how employees live and work."

Del. Ken Plum (D-32) said he was waiting to see if Gov. Bob McDonnell would come back as he pledged, in 2012 with a plan for funding transportation improvements in the area.

"He's not going to sell me on any gimmicks, you can't tell me ABC store sales will do it," he said. "But when you come back with a dedicated reliable source of funding, I will be pleased in a bi-partisan way to commit a vote for that."

Republican Hugh "Mac" Cannon, Plum's opponent, says making things easier for small businesses are a main priority for him.

"I believe and I understand free market principles. I espouse them, I applaud them," he said. "Small businesses are going to be key for us, that's where jobs are coming from, where tax revenues are coming from."

Sargeant said they also support sustainable energy policies, and that they want to make sure the area's science, technology, engineering and math educational programs are well funded.

"It's critical to invest in science and math, it's an essential foundation for any strong economy," he said. "I think we're lucky in Northern Virginia to have all of our elected officials and candidates be appreciative of all of our issues."

WEEK IN RESTON

Reception Celebrates Public Art in Reston

Celebrate public art in Reston — past, present and future — and honor its supporters at a reception, Thursday, Nov. 10, hosted by the Initiative for Public Art -

Reston (IPAR). The reception, 6 p.m. to 8 p.m., will be held in the resident lounge of Midtown Reston Town Center.

Tickets may be purchased online at www.publicartreston.org. Click on the IPAR Annual Reception.

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>

Vote Yes for School Bond

Funding improvements today will save money and support schools for years to come.

BY LEN FORKAS

As the owner of a small business in Reston, I know how important it is to have highly educated employees from Fairfax County to help my business succeed. With great schools, we are able to supply our businesses with a pool of highly qualified employees who will continue to work, play, and pay taxes in Fairfax County. And as a parent of children who attended Fairfax County Public Schools, I know firsthand the preparedness a world-class education provides for our next generation of

GUEST
EDITORIAL

leaders. By voting "Yes" on the School Bond on Nov. 8, you are doing your part as a citizen to provide the facilities necessary to ensure a top-notch education for our students, a well-educated workforce for our businesses, and ultimately the future vibrancy of our county.

The school bond will provide funding for renovation, capacity enhancements, construction and planning for more than twenty schools across Fairfax County. With an ever-growing population, Fairfax County Public Schools are approaching, and in many cases have far surpassed, their capacity. Renovations and capacity enhancements add 20 years to the functional life of a school building and will relieve crowded classrooms.

The value of FCPS facilities also extends beyond children and Fairfax County residents with children; the community at-large relies on public school buildings every day. More than 2,000 community organizations used FCPS facilities in 2010, from civic organization meetings to Sunday religious services. School buildings are used as polling places, for after-school and summer programs, adult education classes and recreation/sports leagues, as sites for Park Authority classes and camps, and as a location to serve meals to senior citizens. Improving our public school facilities will allow more people in the community to meet in a variety of ways, which will only improve the quality of our neighborhoods and the county as a whole.

From a financial standpoint, now is the time for this worthy investment in our children and our county's future. With a lack of commercial construction projects in the Washington, D.C. area as a result of the economic downturn, construction costs are lower than we have seen in decades. Also, Fairfax County is one of only 37 localities in the nation to hold a AAA bond rating, meaning we will be able to borrow at an extremely low interest rate. Most importantly, an ambitious renovation agenda will be a boon to the local economy and put people to work.

The 2011 School Bond is a fiscally responsible way to fund necessary school projects

without increasing tax bills or diverting dollars from classroom budgets. Bonds spread the financing of needed school construction over the improvement's usable life, distributing the contribution over all users throughout the years.

Our county's fiscal strength puts us in a position where it would be a financial mistake to push this necessary investment off to a time when both costs and interest rates will be higher.

As counties across the nation feel the pinch of a struggling economy and reduced revenues, Fairfax County continues to be the envy of local governments because of its economic stability that stems from its vibrant business community. Over the past years, despite the down economy, companies like Volkswagen Group of America and Northrop Grumman chose to create hubs in Fairfax County. One of the primary drivers in the decision of corporations like these — and the hundreds of others that locate in Fairfax County each year — is our top notch public school system, which ranks in the highest percentile of school districts across the country. To continue to retain this level of excellence, our community must work diligently to continue to attract the caliber of business that we do. That is why it is imperative to vote "Yes" on the Nov. 8 School Bond to provide our school system with the funding to maintain high-quality facilities that will aid and advance the education of our future workforce.

Len Forkas is chairman of Fairfax Citizens for Better Schools.

LETTERS TO THE EDITOR

Donating on 'Give to the Max Day'

To the Editor:

Each day, my family's lives are enriched by the work of nonprofit organizations. Despite often being under-resourced and under-appreciated, these nonprofits help make Reston and the entire region a great place to live.

We can all show nonprofits we care on "Give to the Max Day" on Nov. 9. On that day, you can join me by going online at www.give2max.org and making a contribution to nonprofits working on issues you care about. This effort will kick off the charitable giving season with a focused day of community giving and support for a broad range of nonprofits.

Here is what I will be thinking about when I make my donation:

How Reston Interfaith provides

countless neighbors shelter, food and access to childcare when otherwise they would go lacking. How at South Lakes High School I have been honored to help students who are the first in their families to apply to college write essays as part of our volunteer Academic Boosters program. How by working with the Initiative for Public Art in Reston (IPAR) I have joined a large group of volunteers committed to promoting art in our community.

Give to the Max Day offers us an opportunity to make a bold statement about how important nonprofits are to our individual and collective lives. Even if we keep our philanthropy private, when we all contribute on a single day, we show the power of community and can encourage others to join in a broad effort to improve the lives of all our neighbors.

Join me in making a list of the nonprofits that have enriched your

SEE LETTERS, PAGE 8

THE CONNECTION

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Newspaper of Reston
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An independent, locally owned weekly newspaper delivered to homes and businesses.

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Alexandria, Virginia 22314

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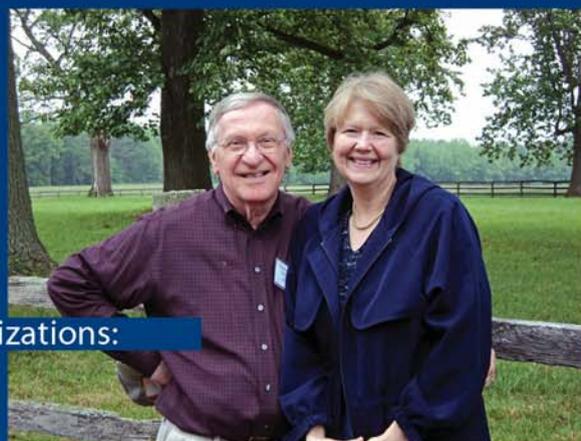
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DELEGATE
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It's my honor to serve as your full-time Delegate. I'm working hard to protect the quality of life we enjoy in our community. My priorities are:

- Working for a stable economy and job growth
- Protecting and enhancing funding for public schools
- Expanding transportation choices
- Safeguarding our environment
- Keeping our community safe
- Serving as a role model for civility



I'm pleased to have the endorsement of the following organizations:

- Virginia Education Association
- Fairfax Education Association
- Fairfax County Chamber of Commerce
- Virginia Chapter - Sierra Club
- Northern Virginia Association of Realtors
- Virginia AFL-CIO
- Virginia League of Conservation Voters
- NARAL Pro-Choice Virginia PAC
- Northern Virginia Technology Council's TechPAC
- Equality Virginia
- Virginia Partisan's PAC, LGBT Democrats of Virginia
- Fairfax County Professional Fire Fighters and Paramedics

Election Day is Tuesday, November 8. I ask for your vote and the opportunity to continue to serve the community I love. Please feel free to contact me at kenplum@aol.com if I can ever be of assistance to you.



www.kenplum.com



Authorized by Kenneth R. Plum. Paid for By Friends of Delegate Ken Plum

VOTE
November 8

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Plum**

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OPINION

Election Day

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



This coming Tuesday, Nov. 8, is Election Day. Although there is a choice among candidates for most offices on the ballot, the biggest obstacles to a successful electoral process for all candidates and for society are indifference, disengagement, and apathy. For some people the number of elections seems overwhelming: State Senate, House of Delegates, Chairman of Fairfax County Board of Supervisors, local Fairfax County Supervisor, School Board local member and three at-large members, Commonwealth Attorney, Sheriff, members of the Soil and Water Conservation District, and a school bond question. Voter guides printed in local newspapers and online can help. A Democratic voter guide can be found at www.fairfaxdemocrats.org. For a sample ballot, go to www.fairfaxcounty.gov/eb, click on Upcoming Elections at left, and scroll down to your magisterial district for a map of your precinct and the applicable sample ballot. Scrolling further down, this site also provides a view of the actual voting machine or optical scan document you will use.

Some people translate their frustrations with the antics going on in the U.S. Congress to state and local government. There is no comparison; there is a sharp contrast in performance and behavior. The Commonwealth of Virginia and the County of Fairfax

COMMENTARY

pass their budgets each year without delays, filibusters, or continuing resolution. State and local budgets are balanced, and both Virginia and Fairfax County have triple-A bond ratings. Some may argue that state and local officials deserve a vote of confidence for the responsible way they get the business of government accomplished. The challenges facing state and local governments in the next several years are enormous. Adequately funding our schools, ensuring there are enough seats in our colleges and universities for our children and grandchildren, and rebuilding and expanding the crumbling transportation system are a few of those challenges. People who want to have a voice and who can offer solutions must overcome apathy and indifference to be needed contributors. As a reader of this column, I suspect you are also a consistent voter. Please say to your family members, neighbors, and colleagues that voting is an important right — exercise it. Persons needing to find their polling place should go to www.fairfaxcounty.gov/eb, click on Where Do I Find My Polling Place?, enter your address, and view the location where you vote. If you are going to be away on Election Day, you can still vote in person today, Thursday, and Friday, Nov. 2-4, at the North County Governmental Center, 12000 Bowman Towne Drive, Reston, from 2:30 to 7 p.m., and this Saturday, Nov. 5, from 9 a.m. to 5 p.m. See you at the polls on Tuesday, Nov. 8.

LETTERS TO THE EDITOR

FROM PAGE 6

life. Then, on Nov. 9 go to www.give2max.org, and do what I plan to do: Give to the Max.

Elizabeth Vandenburg
Reston

Elizabeth Vandenburg is the AAUW Regional Liaison for the Mid-Atlantic Girls Collaborative (MAGiC).

How Much For Mailing Campaign

To the Editor:

I have a request for follow up on recent article ["Plum, Cannon

Square off for 32nd Delegate Seat," Reston Connection, Oct. 12-18, 2011]. The author notes how much each campaign has raised according to the Virginia Public Access Project. Many of us would be interested to know how much money the Republican Party of Virginia has spent on the postal mailing campaign which comes into our mailboxes several times a week and grossly misrepresents Ken Plum's record. Mr. Cannon doesn't need to raise much money with this group backing him. If you can find the amount, please share it with us.

Constance Rue Hartke
Reston

FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@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 Fajnland 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 Fajnland, "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.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

Vajrayogini Buddhist Center offers ongoing classes on meditation and

Buddhist philosophy, Mondays at 7 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton.

\$10 per class. 202-331-2122 or www.meditation-dc.org.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays.

Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.



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CAMPS & SCHOOLS



The South Lakes High School "Spirit of Reston" Marching Band takes the stage for the annual Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday at West Springfield High School. More than 25 bands from throughout the region participated in the annual event, which is the first step in being named a Virginia Honor Band.



The Marching Seahawks of South Lakes High School perform their marching routine for a packed house during the annual Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday. Inclement weather moved the usually outdoor event indoors.



The South Lakes High School marching band color guard provides colorful stimulation for those in attendance at the annual Virginia Band and Orchestra Director's Association State Marching Band Assessment on Saturday at West Springfield High School. More than 25 bands from throughout the region participated in the annual event, which is the first step in being named a Virginia Honor Band.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION

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BULLETIN BOARD

To have community events listed in the Connection, send to reston@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. <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.

Play

FROM PAGE 4

heard there was a female deity I could connect to. I have two little girls. I don't want my girls feeling anything less than awesome," said Jesbian.

Producer and actor Susan Bennett agreed. "I have done a lot work with women in spirit circles. I have asked women what do they think God looks like. Almost everyone of them said that God is man with a long, white beard who lives up in the sky. We are trying to bring the feminine back into spirituality. This play is not about men versus women. In fact, I think men will find this play very touching," said Bennett.

ALL PROCEEDS from the production went to the Fistula Foundation, which is working to prevent through surgery the ostracization of women who have become incontinent following a difficult or obstructed labor. The foundation supports fistula treatment in 12 low-income countries. This is the fourth fundraiser the Unitarian Universalist Congregation of Oakton has had for this foundation.

Over the past several years, members of UUCF have produced productions of "The Vagina Monologues" and "A Memory, a Monologue, a Rant and a Prayer" to raise funds in support of V-Day, a global activist movement to stop violence against women and girls.

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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.
- 3) 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.
- 4) 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).
- 5) 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.
- 6) In the days just before your quit date, remove all smoking paraphernalia from your home and workplace.
- 7) Quit on the big day, and be sure to let your support group know.
- 8) 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.
- 9) 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.
- 10) 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.
- 11) 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 reston@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. mcarter@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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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 Sopranani (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

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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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11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

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

other weekly services

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

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ELECTION 2011

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.

Hudgins Hopeful For Future

Hunter Mill Supervisor says Metro development, accessibility is top priority over next term.

BY ALEX McVEIGH
THE CONNECTION

Supervisor Cathy Hudgins (D-Hunter Mill) will not face an opponent in next week's election, but she says she remains focused on the next few years in her district.

"I think Hunter Mill is an invigorated district, and I'd like to see that continue," she said. "We have a lot of assets, but there's a lot of work to do to connect those assets and make a connected community."

The district will see Phase One of Dulles Metrorail come to the Wiehle Avenue station, as well as the development that comes along with it. Hudgins says she hopes to improve accessibility to the station, and those that will come after it.

"We want the stations to be walkable, and for people to use public transit to get there," she said. "We need to not just focus on the rail, but a full range of alternative transit options."

Hudgins also said she is in "goal



Hunter Mill District Supervisor Cathy Hudgins (D).

setting mode" when it comes to working with the Fairfax County School Board, wanting to examine more comprehensive preschool programs, and other programs geared to success in grades K through 12.

More information on Hudgins is available at www.cathyhudgins.com.

Northern Virginia Soil and Water Conservation District Candidates Johna Good Gagnon, Democrat; George W. Lamb, Democrat; Thomas Cranmer, Republican; John Peterson, Republican.

While not getting as much attention as the Senate or Board of Supervisor's races, voters will also be electing three members to the The Northern Virginia Soil & Water Conservation District (NVSWCD) Board of Directors. The agency, which has the goal of promoting clean streams and protecting natural resources, is governed by a five-member Board of Directors. Three directors are elected in a general election every four years, and two, including a Virginia Cooperative Extension agent serving Fairfax County, are appointed by the Virginia Soil and Water Conservation Board. The NVSWCD works to lessen the impact of urban and suburban activities on land and

water resources in Fairfax County, vital components of the Chesapeake Bay Watershed.

Founded in 1945 by citizens concerned about conserving natural resources, NVSWCD is now one of 47 conservation districts in Virginia and approximately 3,000 nationwide. The board provides technical information and assistance, conservation education and volunteer opportunities for Fairfax County residents.

NVSWCD is not a regulatory agency. Instead, the agency provides conservation information, technical services, educational programs and volunteer opportunities to citizens on many aspects of water quality, nonpoint source pollution, and stream health.

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 Justince, 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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Nothing is too small to know, and nothing too big to attempt.
-William Van Horne

21 Announcements

ABC LICENSE
Guac & Roll, LLC trading as Moe's Southwest Grill, 12950 Highland Crossing Dr, Herndon, VA 20171. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer On premises license to sell or manufacture alcoholic beverages. Frank Maresca, Member Guac & Roll, LLC
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.

26 Antiques

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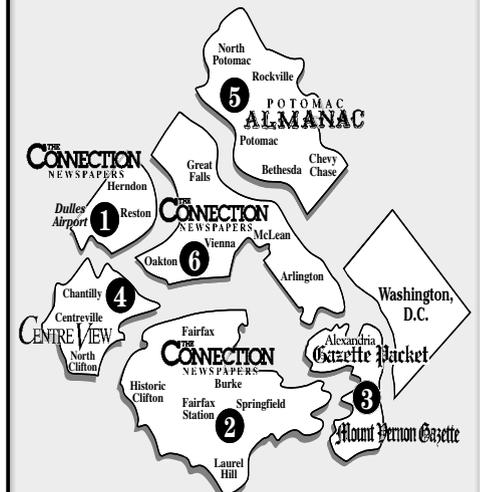
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Cause An Affect



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 be. 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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