

Kat Zobeck of Herndon and Candi Marshall of Reston help stack donated food boxes during the Reston Interfaith 2011 Thanksgiving Food Drive on Nov. 18 at Saint John Neumann Church in Reston. Marshall, a Reston Interfaith client, says, "I want to help everyone who is helping me." Zobeck, a Herndon High School student, decided to volunteer to earn volunteer hours for school. "I didn't think this many people would donate or that this many people would need it," Zobeck said.

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 11 ♦ SPORTS, PAGE 13 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY DEB COBB/THE CONNECTION

Herndon Hosts Turkey Trot
NEWS, PAGE 8

Formula Found To Complete Dulles Rail

NEWS, PAGE 5

PRSR.T STD.
U.S. POSTAGE
PAID
MARTINSBURG, WV
PERMIT #86

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NOVEMBER 23-29, 2011

**~Handmade for the Holidays~
Clay Cafe Makes it Easy**

• FUN • AFFORDABLE • EASY • MEMORABLE



'Areas Premier Paint Your Own Pottery Studio'
Voted BEST FOR FAMILIES, 2011!

Call **703.817.1051** or visit www.claycafechantilly.com
13894 Metrotech Dr. • Chantilly (Just to the left of PetSmart)

OPEN HOUSE LISTINGS
Will Return after the Holiday



To add your Realtor represented Open House to these weekly listings, please call **703-778-9410**

BULLETIN BOARD

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

THURSDAY/NOV. 24

Lupus Support Group. 12 p.m. at Reston Hospital Center, The West Wing, 1850 Town Center Parkway, Reston. Lh@ascendcomm.com or www.lupusgw.org.
Alzheimer's Association Memory Care Support Group. 11 a.m. Great Falls Assisted Living, 1121 Reston Avenue, Herndon. Facilitated by a geriatric care counselor. Meets monthly through December. Free. www.greatfallsassistedliving.com or 703-421-0690.

FRIDAY/NOV. 25

Friday Forum Business Networking. 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

FRIDAY/NOV. 28

Dulles Corridor Advisory Committee (DCAC) Meeting. 11 a.m. Dulles Corridor Metrorail Project Office, 1st Floor Conference Room, 1593 Spring Hill Road, Vienna. Updates on the construction status of the Dulles Corridor Metrorail Project, and the Airports Authority's 2011 Dulles Corridor Enterprise financial update. www.mwaa.com/tollroad/2471.htm.

TUESDAY/DEC. 6

Fairfax County Board of Supervisors Meeting. 9:30 a.m. Fairfax County Government Center, Board Auditorium, 12000 Government Center Parkway, Fairfax. 703-324-3151, TTY 703-324-3903.

WEDNESDAY/DEC. 7

Spiritual Development and Study Group. 7:30 p.m. Hunan East, 2533 John Milton Drive, Herndon. Every Wednesday. 703-620-3018.
Lupus Support Group. 6:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The Lupus Foundation of America DC/MD/VA Chapter offers a free support group for lupus patients and their families the first Wednesday of the month. 1-888-787-5390 or info@lupusdmv.org.

THURSDAY/DEC. 8

Tinsel & 'Tinis: Celebration 2011. 6-9 p.m. Cooley LLP, 11951 Freedom Drive, Reston. Celebrate the season with the Greater Reston Chamber of Commerce Board and community leaders. Food, martini bar, raffle, live jazz entertainment and more. \$50-\$60. Register at 703-707-9045 or www.restonchamber.org.

SATURDAY/DEC. 10

CASA Information Session. 11 a.m.-12 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Fairfax Court Appointed Special Advocates (CASA) is hosting an information session for those who would like to learn about advocating for abused or neglected children. 703-273-3526 ext. 22 or ekosarin@casafairfax.org.



**New Fall Pricing
Just Released!
Prices Reduced
up to \$70,000!***

Right in the heart of Herndon, Virginia, **Darlington Oaks** is close and convenient to everywhere you need and want to be, yet surrounded by nature and recreation.

Discover DARLINGTON OAKS in Fairfax County—Right Where You Want To Be, With Everything You Need

- Amazing Fall Pricing and Immediate Delivery Homes Now Available!*
- Single-Family Homes from the Upper \$500's*
- Final Opportunity—Only a Few Homes Remain!

 **STANLEY MARTIN HOMES**
Your Life is Our Blueprint



Close & Convenient

Dining, shopping, recreation, lively entertainment, and natural splendor are right outside your front door at *Darlington Oaks*.



Away from it All

Here you'll have the space to recharge and enjoy nature's wonders, including the beautiful W&OD Trail.



Exceptional Homes

Energy-efficient and designed for how you live today—the homes at *Darlington Oaks* offer open floorplans, generous master suites, plentiful storage spaces, and extraordinary kitchens.

Join us on:     

StanleyMartin.com

Sales Center Hours: Monday 1-6pm, Tuesday - Sunday 11am-6pm
800.446.4807 | 11111 Sunset Hills Road, Suite 200, Reston, Virginia 20190

A Builder 100 Top Home Builder—Builder Magazine

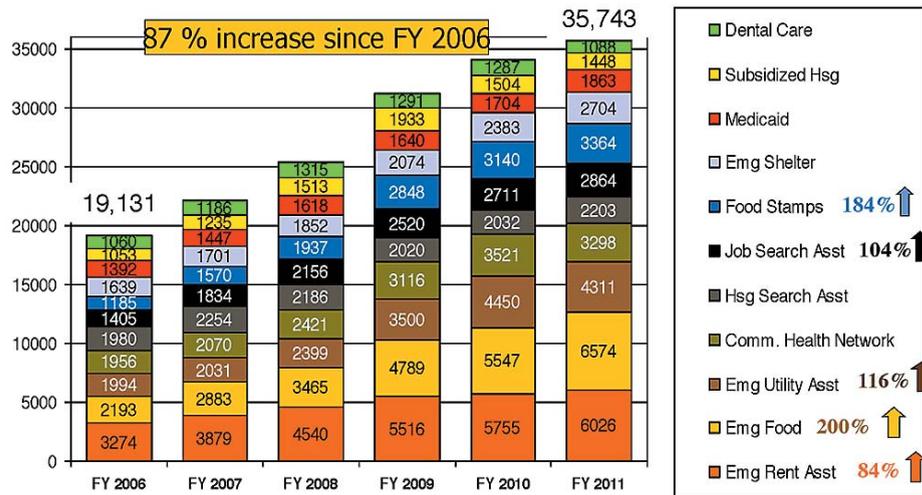
*Limited time only. Certain restrictions may apply. See a Neighborhood Sales Manager for complete details. Prices, financing and offers subject to change without notice.



NEWS

Average daily number of calls to Fairfax County's Coordinated Services Planning (CSP) has steadily increased from an average of 297 calls per day in FY 2007 to 441 per day this year.

"Top 11" CSP Contact Topics (FY06-FY11)



Time to Give

Demand for food, other services increases in Fairfax County.

BY VICTORIA ROSS
THE CONNECTION

On a recent Tuesday night at ECHO's distribution center in West Springfield, the parking lot is jammed, and social workers are busy helping needy families stock up on holiday food, clothing and other necessities.

"Here's an apple pie, mommy. Can we have it?" asks 9-year-old Marjorie, a fourth-grader at Lynbrook Elementary School.

Her mother, Dayance, nods, as she balances Marjorie's baby sister on her hip and sorts through clothing.

"This is a fairly typical Tuesday evening," said Meg Brantley, ECHO's Executive Director. "We are lucky because we have such a generous community. We just got a bumper crop of food from the annual Boy Scout Food Drive, more than 25,000 pounds and the Franconia Police Department donated 3,000 pounds of food, but the need is always there."

Founded in 1969 by nine local churches, ECHO (Ecumenical Communities Helping Others), is an all-volunteer non-profit serving families in the Burke, Springfield and Lorton area. In a store-like setting, ECHO distributes donated emergency food, clothing, and household items, provides transportation and offers a variety of family-counseling and financial-assistance services.

Like many agencies and non-profits in Fairfax County, ECHO has seen a dramatic increase in clients and requests for assistance since the recession hit in 2008.

In 2010, ECHO assisted more than 1,472 households, an increase of nearly 30 percent over FY07.

According to Brantley, the organization also continued its upward trend in food distribution with a record 180,000 pounds of food going out the door to 1,000 households this fiscal year, and a record number requests for financial and housing assistance,



Carrie Sawicki of Reston drops off two food boxes at the Reston Interfaith Thanksgiving Food Drive on Thursday, Nov. 17 at Saint John Neumann Church in Reston. "It's just the right thing to do," says Sawicki. Steven James Board of Reston helps her unload her car. Now 20, Board has been volunteering with Reston Interfaith since he was in the eighth grade.

such as help paying utility bills.

"We're seeing more of a financial need, people calling for rent and utilities. The foreclosure crisis has trickled down, because it's usually not the owner of the home who needs emergency help, it's the family he's been renting to," said Brantley.

Brantley said the community has come through with donations, and they raised nearly \$30,000 at their bi-annual yard sale, but ECHO's food pantry contains 35 percent less than it did last year.

"We're still giving out about 160 pounds of food per family, but this year it may be a chicken instead of a turkey we're giving for Thanksgiving," Brantley said.

THE STORIES are similar at agencies all across the county.

Social workers say the fallout of the 2008 recession continues to reverberate. People who lost their

SEE AID AGENCIES, PAGE 10



FISH's Bargain Loft, a volunteer-run thrift store, will be open with extended holiday hours until Dec. 23.

FISH Gives Back To Those In Need

Nonprofit helps with financial assistance, meets other needs.

BY ALEX McVEIGH
THE CONNECTION

This holiday season, Herndon-Reston FISH (Friendly Instant Sympathetic Help) will continue its legacy of supporting those in need around the area. Founded in 1969, the organization responds to many needs from the community.

FISH takes requests for assistance, which can be things such as: rent and utility assistance, help furnishing houses, giving rides to medical appointments and other short-term emergency needs. FISH donates more than \$270,000 annually to meet these needs.

According to their Fiscal Year 2010 report, FISH donated \$116,546 for rent assistance, \$136,094 for utility assistance, \$8,632 for medical expenses and \$4,405 for expenses like fuel and food. They also donated more than \$3,000 worth of holiday food and gift baskets.

In FY2010, FISH saw a 19 percent rise in total money given out for assistance, including a 21 percent rise in rent and utility payments.

The organization also works with Fairfax County to identify residents in need in their coverage area.

FISH board President Janet Hyman said at the end of the summer the organization had been giving out more assistance than they have been taking in, and "we've been dipping into our reserves."

FISH also runs The Bargain Loft, a clothing store that was started 28 years ago. It is run by a staff of more than 100 volunteers, who act as cashiers, stockers, greeters, pricers and test donated items like electronics to ensure they are in working order.

The donated items are sold cheaply, with sales making up a large part of FISH's funding.

Dorothy O'Hara, who was honored at this year's annual FISH Fling gala, has been volunteering for the past 18 years at The Bargain Loft.

"If you're coming back to work after not having a job for a while, you don't have a lot of money, but you need to wear the right clothes," she said. "That's where we can help."

The organization receives grants for necessities like phone and fax lines and database software. Almost everything else goes out to help the people in need.

"We'll pay the rent directly to the landlord, or the bill directly to Dominion Power and in order to be able to give the money out so quickly, we need to raise funds," Hyman said.

The Bargain Loft is located at 336 Victory Drive in Herndon. Its Christmas Store will be open until Dec. 23 and is open Tuesday, Wednesday and Friday from 10 a.m. to 3 p.m., Thursday from 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 4 p.m.

More information on FISH can be found at www.herndonrestonfish.org.

Benches, Fountains, Statues, Bonsai, Cactus & Succulents

25% OFF

Trees, Shrubs & Perennials, Wallstone, In-Stock Pavers

50% Off Japanese Maples, Evergreen Magnolias, Blue Atlas Cedar & Select Shade Trees

FREE Landscape Estimates

60-75% OFF POTS

Cravens Nursery & Pottery

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50,
1 mile from I-66 (Vienna Metro)
703-573-5025
www.cravensnursery.com
Open 9-5, 7 days a week

Off-Season Pricing

NEWS

Inspired to Give

Area residents share their personal stories of what inspires them to give, or a time when they were thankful.



PHOTO BY VICTORIA ROSS/THE CONNECTION

John Horejsi

After my mother died, I was taken in by poor relatives at the age of 3. I was moved by the sacrifices they made to care for me. These kinds of life events caused me to think about what I am doing for others. Inspired, I became an activist social worker, devoting time to impoverished people. After speaking at a Catholic Charities conference about homelessness and hunger, eight individuals in the audience decided to join me to take action. I learned that Virginia was charging sales tax on food stamps. Virginia was scraping \$9.5 million of food aid off the top of the federal food stamp program for families at risk of hunger. Outraged, our group went to Virginia to lobby their cause. When nothing happened in Richmond, I contacted Sen. Edward Kennedy, who discovered that 18 other states were also taxing folks in need of food stamps. Thanks to the combined efforts of our group and sympathetic politicians, the tax was prohibited in all 19 states. Heartened by our success, SALT (Social Action Linking Together) was founded. When word spread of our tax-removal success, SALT membership grew from eight to more than 150. We now stand at more than 1,000. SALT seeks to keep social justice issues front-and-center at the Virginia General Assembly. One legislator told me, 'Whenever we have a hearing, if the issue is for rich people, you can't get in the door. But when we're talking about poor folks, the room is empty.' Encouraged, SALT began diligently tackling new problems. Legislators have said the thing they really respect about SALT is that we're not asking anything for ourselves, but for those most desperate and in the greatest need."

— JOHN HOREJSI, FOUNDER AND COORDINATOR OF SOCIAL ACTION LINKING TOGETHER (SALT), VIENNA

"I work at Food for Others, the largest direct distributor of free food directly to families in Northern Virginia. I volunteered for two years prior to coming on staff at this incredible organization. I am humbled every day by our clients as well as our volunteers. I share a birthday with one of our favorite clients and there is always a hug and a special chat when she comes in. She is just one of so many special people we serve and that we care so much about. We are a staff of nine, and have the equivalent of 12 full-time employees in volunteer hours (over 1,000 wonderful volunteers). We serve the 'working insecure,' and last year distributed over 2.7 million pounds of food, 9 percent of which is donated or salvaged. We appreciate all the donations that we receive during the holiday season; it insures that we

can meet the high demand that we face every day. Unfortunately we have the same demand all year, and our shelves are at their lowest in the summer. We have been blessed by our donors in the community and have managed to meet the demands as best we can."

— LYNNE GALANIS, FINANCE MANAGER FOR FOOD FOR OTHERS, GREAT FALLS

"It's funny how it feels like we received so much more than we gave to the family we sponsored through Our Daily Bread. The goodwill, the feeling of friendliness between our families, the caring about what happens to another family. These are the gifts we received from this family."

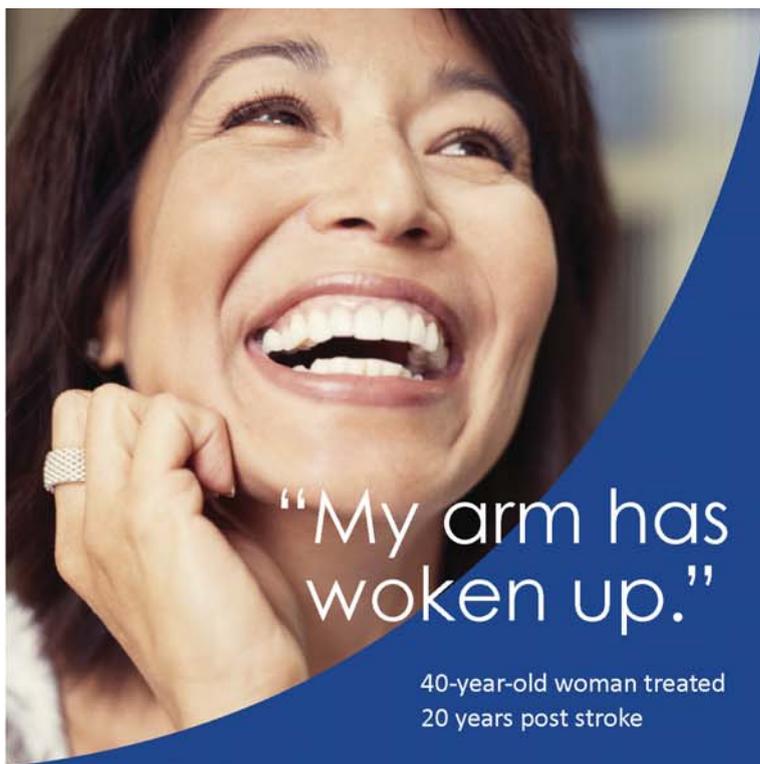
— RUTH, PHIL, LEAH AND EMMA ODOM, LONG-TIME OUR DAILY BREAD HOLIDAY PROGRAM DONORS, FAIRFAX

"I serve as a literacy volunteer for a woman in her 60s. In her life-long struggle to read, K. has faced a multitude of obstacles: from no childhood education, to dyslexia and other learning disabilities, to allergies that impede her processing, to a vocabulary limited by her status as a non-native English speaker. When we met she didn't know words like 'pond' or 'planet' because she only knew what she needed for a life around her house. These struggles do not indicate low intelligence. K. speaks four languages, cooks without recipes, and sews without patterns. She also ran a childcare business for years. I'm proud that after six determined years together, K. can read at the third grade level — no small feat. By reading signs, early reader books, and mail, her vocabulary grows steadily, opening the world to her one millimeter at a time. I do not know how far K. will go, but I do know that she will never give up. When she reads or writes something correctly, she gives me a thumbs-up and whispers, 'yes!' When she makes an error, she slaps her forehead and laughs. She laughs. And that is her gift to me."

— DEB WERRLEIN, LITERACY VOLUNTEER FOR OUR DAILY BREAD, VIENNA



Lynne Galanis of Great Falls



"My arm has woken up."

40-year-old woman treated 20 years post stroke

Imagine being able to do all the things you haven't done in years.

If you have limited use of your arm due to a stroke or other neurological condition, Myomo may be able to help. The Myomo mPower is a comfortable brace that uses the body's own biological signals to relearn how to use your arm again. The mPower can be used in the home as an assistive device and in the therapy setting to increase range of motion and perform functional activities. Stroke survivors up to 21 years post have seen positive results.

Free private screenings are available by appointment with a Myomo Certified Therapist to try the device and assess whether you medically qualify.



myomo
my own motion

Myomo is FDA cleared for use in clinical and home settings.

To schedule a screening, contact Micaela at (617) 444-9341 or micaela@myomo.com

Formula Found to Complete Dulles Rail

Board of Supervisors to vote on plan Dec. 6.

BY NICHOLAS M. HORROCK
THE CONNECTION

After weeks of negotiation, the Metropolitan Washington Airport Authority and federal, state and local "stakeholders" have agreed to a financing plan that would allow the \$6 billion Dulles Rail Project to complete its second phase to Dulles Airport and Ashburn.

But the financing plan is still not a full green light for the troubled project. The agreement stipulates that Loudoun and Fairfax Counties will pay for the \$2.8 billion in reduced Dulles Rail costs. Loudoun County voted last Wednesday to approve the agreement and the Fairfax County Board of Supervisors is expected to vote on the measure at its Dec. 6 meeting.

IN ORDER TO PAY their share, the two counties will receive some \$250 million in federal loans and another \$150 million from the State of Virginia, but even with the loans, the main source of funding remains the receipts from the Dulles Toll Road, according to several board members.

Mame Reiley said the federal loan should have been \$1 billion.

Over the next 40 years, the tolls would rise from \$1.25 at the main toll plaza and 75 cents at the ramps to \$9 dollars at the plaza and \$7 dollars at the ramps in 2047. Indeed the first big jump comes in 2013 when the rate will be \$2.75 at the plaza and \$1.75 at ramps and by 2019 a day's commute would be \$8.

But as the tolls rise, many question whether motorists will continue to use the toll road in the volume that MWAA's Wilbur Smith Associates estimated in 2009. According to TOLLROAD news, an electronic trade publication, toll roads can lose riders if rates get too high.

Fred Costello of the Fairfax Federation of Citizens Associations said in an interview that the rail users and the airlines should pay large bites of this because they are profiting from the rail system to Dulles.

Fairfax Board of Supervisors were told that a key element of shaving \$1.058 billion from the Phase 2 Dulles Rail cost would be to move some \$250 mil-

lion in construction charges directly to the tax payers of Fairfax County.

In a detailed briefing last summer, federal officials told the Fairfax Board that to save Phase 2 of the Dulles Rail project called for moving the \$136 million cost of a Metro station at Route 28 in Fairfax County and \$105 million in parking garages at the Herndon-Monroe and the Route 28 stations to Fairfax County.

The series of cost cuts envisioned by Ray LaHood, the U.S. Secretary of Transportation, would reduce the total cost of Phase 2 from some \$3.5 billion to \$2.767 billion which was more in line with figures proposed when the project got underway.

As part of the deal, Fairfax County is expected to seek public-private partnerships to build the garages and the Metro station, allowing private contractors to share in parking fees and advertising revenue.

IN ADDITION to shifting costs to Fairfax, LaHood's plan would junk the idea of a \$912 million underground airport Metro station near the terminal and build a \$350 million station next to the airport's north garage. It was the Metropolitan Washington Airport Authority's proposal to build the underground station that set off nearly a year of political wrangling and warnings that the Metro project might end at Tysons Corner.

Under LaHood's proposal the nearly \$80 million cost of two parking garages in Loudoun would be shifted to Loudoun's tax payers.

LaHood trimmed another \$135 million from the estimate mainly by reducing the yard and shop facilities by \$81 million and using steel rather than concrete at a savings of \$35 million.

But the conundrum for Fairfax Supervisors is how they could raise an additional \$250 million.

LaHood used TIFIA to assist Loudoun and Fairfax Counties in enticing public-private investment and helping to defray the costs associated with the assumption of Phase 2 parking facilities and the Route 28 station.

Meanwhile, Friday the House and Senate both approved legislation that will prohibit members of the MWAA from serving past the end of their term and would allow for all members to be removed for cause.

The bill also provides for membership in MWAA to be increased from 13 to 17 and gives Virginia two new appointments. Maryland and the District of Columbia will each get an additional member.

Old-fashioned Holiday on the Farm

Saturday, December 3
11am – 5pm
at Frying Pan Farm Park

- Children's Holiday Shopping
- Farm Animal Fun
- Photos with Santa on his Sleigh – \$5
- Wagon Rides – \$3
- Strolling Carolers
- Warming Fires and Storytelling
- Blacksmith Demo
- Win a Turkey



Frying Pan Farm Park
2709 West Ox Road • Herndon, VA 20171
<http://www.fairfaxcounty.gov/parks/fpp>
703.437.9101, TTY 711

33rd Annual Herndon Holiday Arts & Crafts Show

Sunday, December 4, 2011
10am - 4pm

The Herndon Community Center will host over 80 Arts and Crafts vendors offering unique gifts, holiday decorations and homemade items.

Free Admission and Parking
Refreshments Available. Please, no baby strollers.

 Herndon Community Center
814 Ferndale Ave | Herndon, VA 20170
www.herndon-va.gov | 703-787-7300

NEW
Holiday Cooking Demos

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

Elite Learning Center (ELC) admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Elite Learning Center (ELC) is committed to a policy of nondiscrimination with regard to race, color, sex, age, religion, disability, and national origin. This attitude will prevail in all of its policies concerning staff, students, educational programs and services, and individuals and entities with whom the Board does business. ELC is an equal opportunity employer.

Inquiries or complaints regarding discrimination on the basis of race, sex, color, religion, national origin, disability, and age (under certain conditions), including issues regarding the Americans with Disabilities Act or Title IX issues such as gender equity and sexual harassment, contact:

Office of Equity and Compliance
46784 Hollow Mountain Place, Sterling, VA 20164
703-433-2588 www.elite-learning-center.com

OPINION

Children's Connection

Call for student artwork and writing; deadline Dec. 5.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

The annual Children's Connection is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as summer is over.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories and photographs.

We ask that all submissions be digital so they can be sent through email or on CD. Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Please provide the submissions no later than Thursday, Dec. 8.

Some suggestions:

- ❖ Drawings, paintings, photographs of 2-D and 3-D artwork that have been digitally photographed or scanned as .jpeg files.

- ❖ Short stories, poetry, essays, class-wide prompt writings.

- ❖ Opinion pieces about family, friends, movies, traffic, sports, food, video games, toys, trends, etc.

- ❖ News stories from school newspapers.

We welcome contributions from families, public and private schools, individuals and home schoolers.

Email submissions for the Vienna/Oakton, McLean, Great Falls, Reston and Oak Hill/Herndon Children's Connections to ChildrensNorth@connectionnewspapers.com.

Email submissions for Springfield, Burke, Fairfax, Fairfax Station/Clifton/Lorton Connections to ChildrensSouth@Connectionnewspapers.com.

Email submissions for the Potomac Almanac to Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Arlington Children's Connection to Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Centre View to Steven Mauren at smauren@connectionnewspapers.com.

Email submissions for the Children's Gazette in the Alexandria Gazette Packet or Mount Vernon Gazette to Steven Mauren at smauren@connectionnewspapers.com.

To send CDs of artwork or CDs of typed submissions, mark them clearly by school and/or hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Kurspahic Takes over as Editor of Four More Papers

Kemal Kurspahic, longtime Connection managing editor, has taken the helm of the Springfield Connection, Burke Connection, Fairfax Connection and Fairfax Station/Lorton/Clifton Connection. He adds these responsibilities to his editing of the Vienna/Oakton Connection, McLean Connection, Great Falls Connection, Reston Connection and Oak Hill/Herndon Connection.

Kurspahic, who has won some of the most prestigious international awards as well as

many awards for local news coverage, focuses on a well-honed local mission with a lean team of reporters, photographers and freelancers, as well as editorial assistant Anna Rehmatulla.

Kurspahic was among the 50 World Press Freedom Heroes named more than a decade ago, honored again in Vienna, Austria in September, 2010.

In December 1988, Kemal Kurspahic was named editor-in-chief of Oslobodjenje, Sarajevo's 70,000 circulation daily newspaper, the first editor of that paper not appointed by the Communist Party. Then after the communists were ousted, Kurspahic maintained editorial independence against a coalition of nationalist parties who wished to control the press.

During the siege of Sarajevo, with snipers' bullets flying, shelling which destroyed the paper's building, no electricity and very little newsprint, Kurspahic guided the paper's multi-ethnic staff in a nuclear bomb shelter, publishing the paper, providing one of the city's only sources of information. Often its pages were filled with lists of the dead.

A U.S. citizen since 2001, Kurspahic is the author of several books, including "As Long as Sarajevo Exists" and "Prime Time Crime." He was a Nieman Fellow at Harvard, Senior Fellow at the U.S. Institute for Peace and also worked for the United Nations.

Questions? Comments? Story ideas? You can reach Kurspahic at Kemal@connectionnewspapers.com.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM; ON TWITTER @MARYKIMM

LETTER TO THE EDITOR

Paradigm Shift Needed in FCPS

To the Editor:

With a quasi-new School Board and the recruitment of a new superintendent, this system has the opportunity to reinvent itself, not just in rhetoric but in words and action. FCPS has had a great reputation, some of it built on old laurels. This is an opportunity to create a place where children can actually become. A place where homework is not four hours a night of senseless seatwork and where the stress level rivals a combat zone. It isn't good for humans — students, teachers, parents, administrators. The efficacy of homework is debatable, and many educators now say that it is completely without merit. It dominates our family lives and creates an atmosphere of micromanagement. I recently realized that my children would soon be grown and I have spent 12 years "getting through it"

with small periods of happiness between big fights with teachers and administrations.

What if we created a place where people felt welcome? What if we actually created emotional safety? What if homework was given only to the degree that it was meaningful and reasonable? (I still remember the wonderful elementary school teachers who "assigned" an hour of play outside). Studies show that trust and rapport are the most important aspects in seeking to enhance education and outcomes. (tests!) Ask yourselves this: how would you feel about a workplace where you were so closely monitored that you could do nothing right, where social interaction was not only discouraged but punished? Repressive and controlling policies like security cameras and the disgusting discipline policy create a toxic environment. We can learn from the research on community oriented policing that by creating an environment where no one feels

safe and everyone is under suspicion, bad events will happen, and are actually caused by these policies.

In this political cycle I was encouraged that some candidates for school board actually seem to get it. They ran on changing the horrific outcomes of zero tolerance. They acknowledged that this policy is not only harmful, but lethal. It is unfair, undemocratic and a violation of our children's civil liberties. It can strike your child, regardless of how accomplished, honest, hardworking or "good" they are.

I am hopeful that FCPS will un-hinge itself from some of these repressive tactics when they seek, and hopefully are granted, a waiver from some aspects of NCLB, the most harmful and poorly conceptualized piece of legislation ever launched against children and parents.

We need a system that starts from a simple place: the love of children. Some administrators

love buildings, and some love their jobs. You may say that this is simplistic but it is a critical starting place for change. Our schools must be student-centered, they must be built and designed, philosophically and literally, with students first.

Jan Falk, LCSW
Fairfax Station

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-778-9410.
By e-mail:
herndon@connectionnewspapers.com

THE CONNECTION

www.ConnectionNewspapers.com

Newspaper of
Oak Hill & Herndon
@HerndonConnect

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

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box
Email name, mailing & email address to goinggreen@connectionnewspapers.com.

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Anna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com
@AMcVeighConnect

Nick Horrock
County & Projects
nhorrock@connectionnewspapers.com

Rich Sanders
Sports Editor
703-224-3031
rsanders@connectionnewspapers.com

ADVERTISING:
To place an advertisement, call the ad department between 9 a.m. and 5 p.m., Monday - Friday.

Display ads 703-778-9410
Classified ads 703-778-9411
Employment ads 703-778-9413
e-mail:
sales@connectionnewspapers.com

Janis Swanson
Display Advertising, 703-778-9423

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Barbara Parkinson
Employment Advertising
703-778-9413
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Louise Krafft,
Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong, John Heinly, John Smith
Production Manager:
Jean Card

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecqueux
circulation@connectionnewspapers.com

CONNECTION NEWSPAPERS, L.L.C.

Mary Kimm
Publisher/Chief Operating Officer
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Jeanne Theismann
Special Assistant to the Publisher
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

WEEK IN RESTON

Parade Grand Marshal Announced

Franks Bensinger, newly retired principal of Forest Edge Elementary School in Reston, has been appointed Grand Marshal for the 2011 Reston Holiday Parade. Bensinger will ride in a VIP vehicle to lead the Reston Holiday Parade at 11 a.m. on Nov. 25.

Bensinger was awarded as a Best of Reston honoree in 2007, also in recognition of his service to the community. Forest Edge Elementary is a GT school which serves students from Reston and Great Falls.

Reston Town Center presents the 21st annual Reston Holiday Parade on Nov. 25 at 11 a.m. to launch the festive season with Macy's-style balloons, marching bands,

Schedule:

8 a.m.: Reston Town Center retailers open early

8 a.m.: Gingerbread Man Mile – Fun-run and races for kids, toddler through high school age, to benefit the charity, Neediest Kids. Free to participate. Registration and information: www.prraces.com.

11 a.m.: 21st Annual Reston Holiday Parade – Theme for 2011: "Storybook Magic"

12:30 – 4:30 p.m.: Visits and Photos with Santa and Mrs. Claus. Donations will benefit the South Lakes High School Chorus.

6 p.m.: Tree Lighting and Sing Along. Santa and Mrs. Claus will arrive in a

dancers, antique cars, and more. This one-hour parade along Market Street will welcome the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Held rain or shine, the Reston Holiday Parade has been an annual tradition on the day after Thanksgiving every year since 1990. The parade theme for 2011 is "Storybook Magic," with huge balloons, floats, costumes, and music depicting favorite characters and stories. Seventy-six groups, amounting to more than 500 participants, are lined up to march in the Reston Holiday Parade, which attracts thousands of spectators from near and far. At 6 p.m., Santa and Mrs. Claus will light up the huge Christmas Tree.

horse-drawn carriage to magically light up the Christmas tree in Fountain Square, followed by traditional holiday songs led by Reston Chorale and brass quintet.

6:30 – 10 p.m.: Horse-drawn Carriage Rides. Proceeds benefit Volunteer Fairfax. Pick-up location is in front of Talbots on Market Street. \$5 per person, children 5 and under ride free with adult.

All day: Ice Skating Pavilion – Public skating is open every day until March, including holidays. Hotline: 703-709-6300.

Gingerbread Village is on display in the lobby of the Hyatt Regency Reston throughout the season.

Visit www.restontowncenter.com.



Join us for Merrifield's
HOLIDAY OPEN HOUSE

Friday, Saturday & Sunday, November 25–27
Collectible Ornaments & Decorations
Poinsettias & Holiday Plants • Great Gifts
Holiday Ribbon & Merrifield Bows
Custom Wreaths & Centerpieces • Trees & Greens



FREE HOLIDAY DECORATING DEMONSTRATIONS
December 3 at 10 am
at our Fair Oaks & Gainesville stores

STEINBACH NUTCRACKER SIGNING EVENT
with Karla Steinbach
Fair Oaks: Thurs., Dec. 1
Gainesville: Wed., Dec. 7
from 4 – 8 pm

The "Real" Santa Claus arrives at noon on Nov 26 at our Merrifield location!
Also visit our Fair Oaks and Gainesville Santas
See our website for the full schedule

Merrifield GARDEN CENTER
40th ANNIVERSARY 1971-2011
merrifieldgardencenter.com

Merrifield • 703-560-6222
8132 Lee Hwy., Merrifield, VA
Fair Oaks • 703-968-9600
12101 Lee Hwy., Fairfax, VA
Gainesville • 703-368-1919
6895 Wellington Rd., Gainesville, VA
Closed Thanksgiving Day. Holiday hours begin Nov 25:
Mon. - Sat. 8 am - 9 pm • Sun. 9 am - 7 pm

FORECLOSURE AUCTION



5,106±sf Multi-purpose Bldg
14421 Newbern Loop
Gainesville, VA
(Prince William County)

Thur, Dec 8th at 12pm



Just 1 mile from intersection of US-29 & I-66!
Currently a Day Care Facility
(Capacity of 110 students) on 0.9505± Acres
Entry foyer, admin front desk area, great room, 7 classrooms, employee break room, kitchen, laundry, storage, 5 bathrooms. Zoned R-16. Located within the Heritage Hunt Project.

Terms: 5% Buyer's Premium added to the high bid to determine contract sale price. A bidder's deposit of (\$50,000) in the form of certified check or cashier's check, endorsed and payable to "Gebhardt & Smith LLP", shall be required to be paid by the successful bidder. Balance due at closing within 30 days. Full terms available online. VAAFP93

THE COUNTS
Realty & Auction Group

www.countsauction.com
800-780-2991

Don't Miss Our 2011 Holiday Special Editions
More Holiday Gifts and Entertainment on December 7, deadline December 2; December 14, deadline December 8; December 21, deadline December 14.
Plus, be a part of the acclaimed annual Children's Connection, December 27, deadline December 14

Be a part of our new Wellbeing pages
the first week of every month.
Special focus on New Year's Resolutions, first week of the New Year, deadline December 14.

Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: Education, Learning, Fun pages, the third week of every month. Plus be a part of the acclaimed annual **Children's Connection,** Dec. 27, deadline Dec. 14

Questions? E-mail sales@connectionnewspapers.com
Suggestions? E-mail mkimm@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

Santa Picture Day

Saturday December 3, 2011
8 AM to 2PM



Holiday Treats and Refreshments for all.
Sign up for our Premium Pet Food Discount Card
in Posh Paws Boutique, your Holiday Headquarters.

One 5x7 for \$20.00
Two 5x7 for \$30.00

Like us on facebook

follow us on twitter


A portion of the proceeds is donated to local charities.

Seneca Hill Animal Hospital, Resort & Spa
11415 Georgetown Pike, Corner of Leesburg and Georgetown Pikes
Great Falls, VA 22066 703-450-6760 www.senecahillvet.com

THE COUNTY LINE Water Wars

BY NICHOLAS HORROCK
THE CONNECTION

It's not Owens Valley. There's no William Mulholland, no Jack Nicholson or Faye Dunaway. But Fairfax County has a water war as real as that depicted in "Chinatown," the 1974 film based on how Los Angeles got water.

In the early 1900s, William Mulholland, the superintendent of the Los Angeles Department of Power and Water, had a 223-mile aqueduct built from Owens Valley California to Los Angeles to carry water to what was the state's fastest growing metropolis. He bought the water rights from the farmers of Owens Valley for about half what the city could have paid and subterfuge was later charged. Lake Owen dried up leaving an alkali desert. Los Angeles still gets half its water from Owens Valley and is trying to deal with the environmental damage of this diversion to this day.

Like Los Angeles in 1913, the Tysons Corner/Merrifield area in Fairfax County is anticipated to be the fastest growing section of the county in the next decades. Tysons alone is slated to grow from an edge city of 100,000 day workers and 19,000 residents, to an urban center with 200,000 workers and a population of 100,000 people living primarily in high rise buildings. It would still draw upwards of 55,000 shoppers daily to its upscale stores.

Supplying water to this metropolis could be worth millions and perhaps billions over the coming years.

The Fairfax County Board of Supervisors set Dec. 6 for a public hearing on a proposed ordinance that would allow the board to set maximum water rates and fees for residents even if they get water from other municipal water utilities, Falls Church, City of Fairfax, Herndon and Vienna.

It would also allow the Board of Supervisors to set service areas for Fairfax Water, the county's water utility, which would be areas of future development where builders would be required to hook up to Fairfax Water.

Laurie Genevro Cole, a member of Vienna's town council, said the way the board is proceeding with the ordinance "smacks of a power grab." She said the mayor and council in Vienna had no prior warning of the ordinance, despite the fact that discussions on the water issues have gone on for years.

Laurie Genevro Cole, a member of Vienna's town council, said the way the board is proceeding with the ordinance "smacks of a power grab." She said the mayor and council in Vienna had no prior warning of the ordinance, despite the fact that discussions on the water issues have gone on for years.

Fairfax County presses to control water as new development looms in Tysons and Merrifield.



Sharon Bulova, Fairfax Board Chairman



Linda Smyth (D-Providence)



John Foust (D-Dranesville)



Laurie Cole, Vienna Town Council

Supervisor John Cook (R-Braddock) said at the Nov. 1 meeting that he felt the board was "heavy handed" in proposing the ordinance and argued that the board give more time to working out an agreement with cities and towns.

He feared the action would impact the negotiation on other issues between the county and municipalities.

"He's right," said Cole, "this will make it harder." Nevertheless, Cook voted for the public hearing.

The Board of Supervisors voted 9 to 1 to move forward with the hearing. The nay vote came from Pat S. Herrity, (R-Springfield) who said the Democratic majority on the board hurried the ordinance before Election Day to help the candidacy of John W. Foust, (D. Dranesville). Foust won re-election with 61 percent of the vote.

The water battle in Fairfax has been a protracted issue for over a decade. Right after World War II, long before Fairfax County's extraordinary growth, county homes outside of the towns got their water from wells.

Laurie Cole said Vienna provided service to customers outside of the town as the county rezoned land for development in areas where the county could not provide service.

She said the town extended its water mains and increased its capacity at Fairfax County's request. "We have provided excellent water service to customers inside and outside the Town for decades," Cole said.

Falls Church has a similar story, but with a twist. Falls Church charges some 60 percent more for its water than Fairfax residents pay Fairfax Water. The city serves about 34,000 accounts; some 90 percent of those are outside of the City of Falls Church. County officials estimate some 100,000 Fairfax residents are getting water from municipalities and in the case of Falls Church paying a lot more for it.

Board of Supervisors Chairman Sharon S. Bulova (D) said "that inequity is something that is just unfair."

From 1981 to 2008, the City of Falls Church directed surplus water revenues to its general tax fund. It is estimated that some \$58 million were added to the town's coffers. In January 2010, Fairfax Circuit Court Judge R. Terrence Ney ruled that this practice was in effect imposing an unconstitutional tax on county citizens and halted it.

But Falls Church officials assert that Fairfax County is taking steps that might not be legal or appropriate.

"We have shared our concerns with Fairfax County that the proposed ordinance is legally questionable and anti-competitive, and not in the best interests of our customers," said Lawrence Webb, City Councilman and member of the Falls Church Public Utilities Commission, in an email. "Unfortunately, the county has not responded to these concerns and appears to be rushing this through to approval."

Supervisors Linda Q. Smyth (D-Providence) and Catherine Hudgins (D-Hunter Mill) have large numbers of constituents who pay what they say are exorbitant prices for Falls Church water. Last spring, after Falls Church announced it might have to raise its fees, Smyth and Hudgins asked the Consumer Protection Commission to study the fee structure.

Among its finding was that Falls Church continues to undercharge for hookups to win new customers and expand its territories, but charges older customers for the increased costs of new business.

Under the new rate, effective Oct. 1, Fall Church would charge a typical Fairfax County resident \$62.13 per quarter, some 60 percent more than Fairfax Water's charge of \$38.76.

It was from this consumer's report that Fairfax County's outgoing county executive, Anthony H. Griffin prepared the proposed ordinance.



Runners start at the horn at the 2011 Herndon Turkey Trot 5K Saturday, Nov. 19.



Runners cross the finish line at the 2011 Herndon Turkey Trot 5K Saturday, Nov. 19. More than 700 runners participated.

Herndon Hosts Turkey Trot

Annual 5K collects food for LINK, awards turkeys to winners.

BY ALEX McVEIGH
THE CONNECTION

Bill McClellan of Herndon ran the annual Herndon Turkey Trot 5K with turkey literally on his brain. McClellan ran the 3.1 miles with a hat on his head that looked exactly like a turkey.

"I saw someone wearing this hat the last time I ran this race about five years ago, and I thought it was funny," he said. "I asked people in my office if they'd run with me if I wore the hat, and about six of them did."

The race started at the Herndon Community Center Saturday, Nov. 19, where runners gathered to get their numbers and brought cans of food for donation to LINK, a food pantry in Herndon.

The course took runners down from the community center, down Ferndale Avenue and around the Herndon Centennial Golf Course before concluding just across the street from the community center.

George Ingham of McLean was the overall first place finisher, with a time of 16:57, or 5:28 per mile.

"I certainly wasn't expecting to win a turkey here today, I guess I just got lucky, there were a lot of great runners out there," Ingham said. He wore a jersey for Team Blitz, which he and his wife Jessica were part of in college.

It seemed to be good luck for both of them, as Jessica Ingham finished 13th overall, and was the second woman to finish, after Lauren Pinkston of Woodbridge.

The more than 700 runners spanned across all ages, with many senior citizens running alongside elementary school children. The team from Saint Joseph School, located right next to the community center, fielded five children who finished the 5K in under half an hour.

"I've done other 5Ks, but not this one, but they're always a lot of fun," said Patrick Twomey, 8. "It's very tiring while you're running, but it feels great when you cross the finish line."

Kiernan Bliton, 8, ran in the event last year, but he said this year's event had a better pace to it.

"Last year the pace seemed slower, I liked this year's because everything seemed to go quicker," he said.

Tony Langone, 8, said the hardest part was "going uphill," while Ethan Forester, 9, said the best part was "seeing the finish line, because then you can just sprint for the rest of the race."

The event provided entertainment even for those who didn't run. Joe Aaronson of Herndon says even though his days running in the event are done, he still likes to come and support the event.

"It's a nice event to come out to with neighbors and friends, and you always seem to know a group of people who are running," he said. "And it's always for a good cause, we brought some of our old shoes to be recycled, it's better they get some use than sit around and stink up the house."

The used running shoes collected will be ground up for use in basketball courts, running tracks, playgrounds and more.



Bill McClellan of Herndon finishes the 2011 Herndon Turkey Trot 5K with his turkey hat still intact.



Peter Sherry leads a pack of runners during the 2011 Herndon Turkey Trot 5K. Sherry would finish sixth overall with a time of 18:36.



From left, Jennifer Runyon, Felix Tanh and Jamil Alam, 19, sprint to the finish line during the Herndon Turkey Trot 5K Saturday, Nov. 19.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

DEPENDABLE and KNOWLEDGEABLE agent seeks customers looking for real **PROTECTION** and long term **RELATIONSHIP**

energetic lady. Must love kids, be fit and ready to jump in and join the fun. Military training would be a plus.

ADVENTUROUS CAT LOVER seeks adventurous cat owner. Please be employed and willing to relocate. Especially fond of black and white tuxedo cats. All responses will be answered. Looking for that Purr-fect match.

GRANOLA EATING, CAMP LOVING, WORLD TRAVELER

Look no further. Having one special person for your car, home and life insurance lets you get down to business with the rest of your life. It's what I do.

GET TO A BETTER STATE. CALL ME TODAY.



Thomas Ntuk, Agent
104 Elden Street, Suite 16 A
Herndon, VA 20170
Bus: 703-481-2211
www.thomasntuk.com



State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL
1101201

SHARE OUR TABLE THIS
Thanksgiving

Enjoy a 3-Course Dinner with All Your Holiday Favorites for \$23.95

MAKE YOUR RESERVATION TODAY!
www.McCormickandSchmicks.com

McCORMICK & SCHMICKS SEAFOOD RESTAURANTS		
WASHINGTON, D.C. K STREET (202) 861-2233 Thanksgiving Day 11am-9pm	WASHINGTON, D.C. F STREET (202) 639-9330 Thanksgiving Day 11am-9pm	CRYSTAL CITY/ ARLINGTON (703) 413-6400 Thanksgiving Day 12pm-8pm
RESTON TOWN CENTER (703) 481-6600 Thanksgiving Day 11am-9pm	TYSONS CORNER/ MCLEAN (703) 848-8000 Thanksgiving Day 11am-9pm	NATIONAL HARBOR (301) 567-6224 Thanksgiving Day 12pm-8pm

www.McCormickandSchmicks.com/DC

Agencies Report High Demand

FROM PAGE 3

jobs in 2008 or 2009 are draining personal savings, and the clock is ticking on social safety nets such as unemployment and Temporary Assistance to Needy Families (TANF) benefits, which provide a two-year cushion at best.

"What is particularly alarming is that many of the families calling are unemployed, and have been for a while," said Lisa Whetzel, executive director of Our Daily Bread (ODB), a non-profit serving Fairfax County's working poor for 25 years. More than half of ODB's clients are children.

"The low-wage jobs are decreasing. Some families that request utility assistance have been without electricity for over a month. They exhausted their personal resources and nonprofit resources and literally were living in the dark. Now that the temperature is dropping they are desperate," Whetzel said.

Since July of 2011, ODB has been tracking the number of clients they have to turn away who request financial assistance.

"The number is 60 families a month, and rising. And these are people that are able to work, but just cannot find work," Whetzel said. "The low-wage jobs that were once there for them, are just not there anymore."

At ODB, there is a steady waitlist for food assistance. "Another way that we track the need for food assistance is the number of requests for one-time emergency deliveries we make to families in dire need of food. This number averages 10 per month. Last month we made 21 deliveries. And we are leaning in that direction again this month," she said.

Food for Others, the largest direct distributor of free food in Northern Virginia, reported it delivered a record 2.7 million pounds of food to an average of 125 families a day last year.

"We are always slammed," said Lynne Galanis, Food for Other's finance director.

"This is our busy time of year, and we're seeing a sustained high volume of calls," said executive director Roxanne Rice.

John Horejsi, founder and coordinator of SALT (Social Action Linking Together), said Catholic Charities of Arlington has experienced a 450 percent increase in requests for emergency assistance from families, "With 17 tons of food delivered, Catholic Charities say they are still dangerously low on grocery supplies," Horejsi said.

FACETS, a Fairfax-based non-profit committed to helping vulnerable families struggling with homelessness, has also seen a surge in needs for services.

"At one point during the recession, we saw a 60 percent increase in our services," said Amanda Andere, FACETS executive director. "Since there has been such an increase in the amount of services requested, and the time we need to spend working with our clients to break the cycle of poverty and homelessness, the donations are not keeping up with this increased need."

"The call volume for assistance countywide has gone through the roof," said Patricia Stevens, director of the county's Office of Public Private Partnerships (OP3). "People are living close to the margin, and something like losing that second job, or running out of savings, can tip the balance."

The Fairfax County Office of Public Private Partnerships (OP3) serves as a clearing house and point of contact for public agencies, non-profit organizations, and businesses.

Stevens said Fairfax County's Coordinated Services Planning (CSP) tracks the volume and type of calls



PHOTO BY VICTORIA ROSS/THE CONNECTION

Patricia Stevens, executive director of Fairfax County's Office of Public Private Partnerships (OP3), unveils its new "12 Days of Giving Calendar."

that come into its hotline.

In 2007, CSP had five "high volume" days with more than 400 calls. In 2010, there was a 60 percent jump in days when social workers were handling more than 400 calls, and one in every five days had more than 500 calls.

AVERAGE DAILY CALL VOLUME has steadily increased from an average of 297 calls per day in FY 2007 to 441 per day this year. Since August 2006, there has been a prolonged increase in the number of requests to CSP, which is one indicator, Stevens said, of economic stress in the community.

And while Fairfax County still ranks as one of the wealthiest in the nation, the number of residents living in poverty (considered to be less than \$60,000 annually for a family of four) increased 33 percent from 2000 to 2009, according to a report released by Fairfax County's Human Services Council this month. Nearly 58,000 county residents currently live in poverty.

According to Fairfax County Public Schools, more than 2,000 Fairfax County Public School students were identified as homeless during the 2010-11 school year, and one in four FCPS students is eligible for free and reduced lunches.

Despite the bleak statistics, there are bright spots. "We are a caring community, and people are extremely generous this time of year," Rice said. "It's a double-edged sword. People are taken over by the holiday spirit, and we're able to provide for the demand, but the demand for food is there in January and February too."

"Overall, Fairfax County has done better than many parts of the country. We're a vibrant community of diverse people who want to give," Stevens said, "but they are not always aware of how to give so that their donations stay in the community. What I find is that it's a matter of raising awareness, which is something we're all trying to do."

Where To Give

Consider donating time, food, household supplies or financial aid to one of these local organizations this holiday season.

In addition to the organizations listed below, Fairfax County maintains an online database of human services organizations that is available 24 hours a day, 7 days a week, to anyone with internet access. The Human Services Resource Guide is a database of public, non-profit, and some private for-profit organizations that provide human services to Fairfax County residents. The database includes descriptions of services provided, access criteria, location and contact information among other information. To access the Human Services Resource Guide, click on the following link: <http://www.fairfaxcounty.gov/rim/default.asp>. Visitors to the site are able to search by a service category and/or organization name.

❖ The Jeanie Schmidt Free Clinic, 13525 Dulles Technology Drive, Herndon, VA 20171, 571-235-3577. Last year, 139 community volunteers — nurses, nurse practitioners, and physicians — gave more than 1,300 hours of their time to see patients. www.jfreeclinic.org.

❖ Alternative House — Abused and Homeless Children's Refuge, 2100 Gallows Road, Vienna, VA 22182, 703-506-9191. www.thealternativehouse.org.

❖ Reston Interfaith, 11150 Sunset Hills Road, Suite 210, Reston, serving Reston and Herndon. 571-323-9555, www.restoninterfaith.org. Programs and services include the Embry Rucker Community Shelter, Emergency Food Pantry, Hypothermia Prevention Program and the Thanksgiving Food Drive.

❖ SHARE of McLean seeks donations of grocery gift cards. Gift cards can be dropped off at SHARE, c/o McLean Baptist Church, 1367 Chain Bridge Rd. on Wednesdays and Saturdays (except Thanksgiving week) 9:30 a.m. - noon. Checks and gift cards can be sent to: Holiday Celebration, Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. www.SHAREofMcLean.org

❖ LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. Email Lisa Lombardozi at LisaLombo@signaturecos.com. 703-437-1776 www.linkagainsthunger.org

❖ FACETS — Information about supply donations and FACETS holiday gifts drive is available on the website at www.facetscares.org. Additionally, FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. People who are interested in volunteering can contact 703-865-4251 or volunteer@facetscares.org.

❖ Our Daily Bread — ODB has been serving disadvantaged families in Fairfax County for 25 years. For more information on their holiday programs, including how to sponsor a family, go to www.odbfairfax.com.

❖ Food for Others — Food for Others is the largest distributor of free food directly to people in need in Northern Virginia, provides the assistance needed by unemployed and low-income neighbors. The non-profit provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. Located at 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. www.foodforothers.com

❖ Ecumenical Community Helping Others (ECHO), 703-569-9160. Open to receive donations at 7205 Old Keene Mill Road, Springfield. www.echo-inc.org.

❖ Lorton Community Action Center operates the Act II Thrift Shop at 9506 Richmond Highway, Lorton. Sales from the shop generate funds for LCAC and clients also shop there. While donations are welcome during store hours, visitors are asked to call first at 703-339-8611 before dropping off. www.lortonaction.org.

❖ Comfort for America's Uninformed Services (CAUSE) — CAUSE ensures that recuperating service members have opportunities for recreation and social interaction and receive concrete signs of appreciation for all that they have done. 4114 Legato Road Suite B, Fairfax, VA 22033, 703-591-4968, cause-usa.org

❖ National Capital Food Bank, 6833 Hill Park Drive, Lorton, serving all of Northern Virginia, 703-541-3063. www.capitalareafoodbank.org

❖ Western Fairfax Christian Ministries — food pantry at 13981 Metrotech Drive in Chantilly (near Backyard Grill and Bar). For more information or to sponsor a family, call 703-988-9656, ext. 105. To mail gift cards or send donations by check, add a note saying "food basket program" and send them to: WFCM, P.O. Box 220802, Chantilly, VA 20153. 703-988-9656.

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.

FRIDAY/NOV. 25

Reston Holiday Parade. Reston Town Center, 11900 Market Street, Reston. With Macy's-style balloons, musicians, dancers, antique cars and more along Market Street will welcome the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Free admission, donations requested for photos with Santa, \$5 per person for carriage ride, children 5 and under free with adult. Ice Skating Pavilion open all day. 703-689-4699 or www.restontowncenter.com.

❖ Parade: "Storybook Magic". 11 a.m.-12 p.m.

❖ Photos with Santa. 12:30-4:30 p.m.

❖ Tree Lighting and Sing-along. 6 p.m.

❖ Carriage Rides. 6:30-10 p.m.

Frying Pan Farm Park Presents "A Thanksgiving Story." 11 a.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. An interactive retelling of the Thanksgiving Story. Admission \$4. Children must be accompanied by registered adult. 703-437-9101.

The Grandsons General Admission Dance. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Roots-rock quartet. \$16. www.wolftrap.org.

SATURDAY/NOV. 26

Weekend Bluegrass Concert: Jimmy Gaudreau and Orrin Starr. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15, age 12 and under free. www.holycrosslutheranchurch.net.

John Eaton: Indiana on Our Minds. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Music of Cole Porter and Hoagy Carmichael. \$25. www.wolftrap.org.

MONDAY/NOV. 28

Easy Reader Book Discussion, Level 2. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read a book aloud and enjoy a related activity. Call for title. Age 6-7. 703-689-2700.

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

TUESDAY/NOV. 29

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

WEDNESDAY/NOV. 30

Hi-BEAR-nation Story Time. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Help tuck Busia Bear in for his long winter's nap. All ages. 703-689-2700.

Small Wonders. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Short stories. Age 13-23 months with adult. 703-242-4020.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

THURSDAY/DEC. 1

Dan Hicks & The Hot Licks. 8 p.m. The Barns at Wolf Trap, 1635 Trap



PHOTO CONTRIBUTED

Gallery artwork displayed at last year's Gifts from the HeART Fine Art Exhibit.

Gifts from the HeART Exhibit proceeds will benefit Reston Interfaith.

Reston Community Center's 13th Annual Gifts from the HeART Fine Art Exhibit will be held from Nov. 30 through Jan. 3, 2012 at RCC Lake Anne's Jo Ann Rose Gallery and new 3-D Gallery. All are invited to a reception and gift-shopping event on Saturday, Dec. 3, from 11 a.m. - 4 p.m. in conjunction with Santa's arrival by barge at Lake Anne Plaza. Artists' entry fees and 10 percent of all sales for this exhibit are donated to Reston Interfaith.

The exhibit showcases original works of art in a variety of media, including oil, acrylic, watercolor, collage, stained glass, ceramic, sculpture, and mixed media, in a wide range of sizes and prices. The reception on Dec. 3 will offer the community a chance to purchase artwork and get into the holiday spirit with gift shopping and holiday refreshments.

Proceeds will help Reston Interfaith to continue the work of the Embry Rucker Community Shelter, the Laurel Learning Center and their Community Services Outreach, which includes job counseling, emergency food, and youth programs. Since the annual exhibit was first held in 1999, Gifts from the HeART has raised approximately \$5,000 for Reston Interfaith.

For more information regarding the exhibit or the opening reception on Dec. 3, call Gloria Morrow, Arts Education Assistant at 703-476-4500 ext. 3012.

The Jo Ann Rose Gallery is located in the Reston Community Center Lake Anne at 1609-A Washington Plaza in Reston. The facility is open Monday through Saturday from 9 a.m. to 9 p.m. and 9 a.m. to 8 p.m. on Sundays. The Gallery is not open to the public during rental functions and/or some programs.

Road, Vienna. Holidayze in Hicksville incorporates Western swing, traditional folk, bluegrass, cowboy tunes, Gypsy jazz and bossa nova. www.wolftrap.org.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

Used Book Sale. 10 a.m.-4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. No scanners permitted. Quantity limit. All proceeds benefit the Reston Regional Library and the Fairfax County Public Library system. 703-689-2700.

FRIDAY/DEC. 2

"Beauty and the Beast." 7:30 p.m. Herndon High School, 700 Bennett

St., Herndon. Musical fantasy with Belle, Lumiere, Cogsworth, Gaston and the Beast. \$10. 703-810-2341.

Herndon Towne Square Singers Holiday Concert. 7:30 p.m. Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Celebrate the holiday season with timeless favorites and fresh new sounds. \$12, available at the Herndon Community Center or 703-787-7300.

Steve Solomon's My Mother's Italian, My Father's Jewish & I'm Home for the Holidays! 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Hilarious recount of a chaotic family reunion. \$32. www.wolftrap.org.

Schooner Fare. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. With a basis in traditional maritime tunes, the group's repertoire includes folk, pop and more. www.wolftrap.org.

BACKYARD GRILL

Chantilly

Join us for a fabulous Thanksgiving Dinner

Buffet Service

Thursday November 24th
11:00 AM to 4:00 PM

Featuring:

Roasted Turkey Breast w/ Savory Gravy
Pineapple Glazed Virginia Baked Ham
Prime Roast Beef *Au jus* • Seafood Newburg
Sweet Potato Casserole • Garlic Mashed Potatoes
Greek Salad w/ Couscous • Caesar Salad
Pumpkin Cheesecake • Pecan Pie • Apple Pie
...and more!

Meals to Go!
Pick up or Delivery
Ask Manager
for details

Adult Buffet \$17.95

Children Buffet (10 & under) \$9.95

Plated Thanksgiving Dinner

Served 4:00 PM to 10:00 PM

Adults \$13.95 • Children \$8.95

RESERVATIONS RECOMMENDED

R.S.V.P. @ 703-802-6400 or See Manager

13999 Metrotech Drive • Chantilly • BYGrestaurant.com

Experience the hospitality that made Ireland famous.

WEEKEND BRUNCH

The Best Irish Breakfast in Town!

Enjoy our generous servings of eggs, Irish bacon, black & white pudding, Irish beans & home fries.

Sat: 11am - 2:30pm ☘ Sun: 10am - 2:30pm

LIVE Music!

Every Weekend 9:30pm-1:30am

- Friday, 11/25/11: Andy Bopp's Duo
- Saturday, 11/26/11: Mike Leverone

IT'S TIME FOR FOOTBALL!

Catch your favorite teams on our 7 HDTV's!

754 Elden Street ☘ Herndon, VA 20170

703-464-0522 ☘ www.osullivanirishpub.com

Be a Part of CHILDREN'S (& TEENS') CONNECTION



Every year between Christmas and New Year's, The Oak Hill/Herndon Connection turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

E-mail to: ChildrensNorth@connectionnews.com, or mail (.jpg and text files on disc only) by Nov. 30, to 1606 King St., Alexandria, VA 22314. Please be sure to include the student's name, age, grade, school and town of residence along with each submission. For information, call 703-778-9410.

THE CONNECTION
NEWSPAPERS

COMMUNITIES OF WORSHIP



GOOD SHEPHERD
LUTHERAN CHURCH
Making more and better disciples of Christ

1133 Reston Avenue, Herndon, VA 20170
Worship: Sunday, 8:00 A.M. and 11:00 A.M.
Sunday School: 9:30 A.M.

Rev. Dr. William H. Flammann, Pastor

Church Office: 703.437.5020
Preschool: 703.437.4511
www.gslcva.org

Child care available at all services



Progressive & Welcoming

ST. ANNE'S EPISCOPAL CHURCH • Reston



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday school/Music: preschool - grade 2
10:25 a.m. Sunday school/Music: grades 3 - 12
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 and 11:15 services

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Denise Trogdon
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston

To Highlight
your
Faith
Community,
Call Karen at
703-917-6468



Herndon United Methodist Church
www.HerndonUMC.org

Sundays

8:30 AM Sanctuary, Traditional Worship Service
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

701 Bennett St., Herndon, VA
703-707-6271



Join us for
THANKSGIVING

Serving traditional buffet-style Thanksgiving dinner

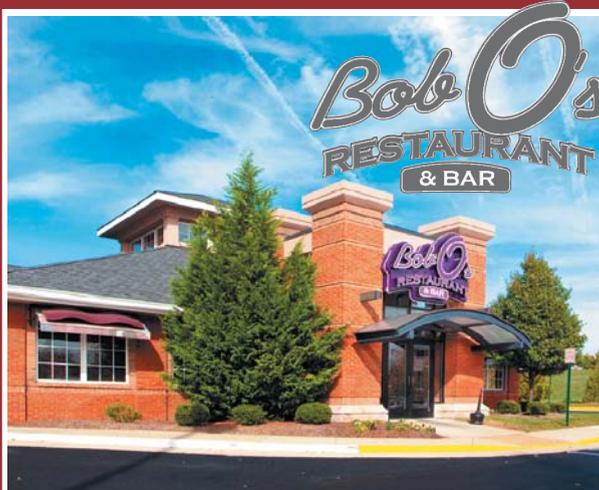
11 a.m.- 4 p.m., Thurs., Nov. 24

Featuring:

- Sliced Turkey Breast with Stuffing and Cranberry Sauce
- Prime Rib au Jus • Ham • Crab Legs
- Green Salad • Green Beans
- Pasta Station • Garlic Mashed Potatoes
- Dinner Rolls • Assorted Desserts

Adults \$19.99 Kids under 10 \$10.99

Call for Reservations • 703-961-2800



4335 Chantilly Shopping Center
Chantilly, VA 20151

Located in the
Holiday Inn Chantilly
(next to Dulles Expo Center)
Willard Road
& Route 28, Chantilly



Holiday Inn

703-961-2800



Go to the place where the thing you wish to know is native; your best teacher is there. Where the thing you wish to know is so dominant that you must breathe its very atmosphere, there teaching is most thorough and learning is most easy. You acquire a language most readily in the country where it is spoken; you study mineralogy best among miners; and so with everything else.

—Johann Wolfgang von Goethe



Oakton's Kelly Brooks-Muse (3) caught four passes for 57 yards in Oakton's home game playoff loss to Lake Braddock.



PHOTO BY
CRAIG STERBUTZEL/
THE CONNECTION

Oakton Football Enjoys Another Winning Season

First year head coach Jason Rowley leads Cougars to 8-3 record.

BY RICH SANDERS
THE CONNECTION

Oakton High's football season ended with a first round Northern Region Div. 6 playoff loss to visiting Lake Braddock two weeks ago. Nonetheless, for a Cougars' team which competed in one of the toughest districts in the state and was under a new head coach, the season overall was highly successful.

Oakton was under the leadership this season of head coach Jason Rowley, a former Oakton assistant under the program's previous head coach, Joe Thompson.

Thompson, following many successful seasons with Oakton, stepped down this past offseason. Rowley was a natural replacement, having been a part of the program. He knew the Oakton players, their strengths and weaknesses and his hiring made for a smooth transition.

As a result, Oakton football continued its winning ways with an overall record of 8-3. The Cougars began the season with a dominating 55-17 victory over visiting cross-town rival Madison on Sept. 2. Madison, like Oakton, was also under a new head coach in Lenny Schultz, a former Warhawks' assistant coach. Madison, despite its tough opening week loss, would ultimately emerge into a winning team and finish second in the Liberty District and qualify for the Div. 5 playoffs where its season would end with a quarterfinals playoff loss to South County. Madison, under Schultz, finished an impressive 7-4 this season.

Oakton, following its season opener win over Madison, went on to win its next six games for an outstanding 7-0 start. Key wins during that stretch came over South County, 21-7, in week two, and Chantilly, 21-14, in week seven. South County upset Stone Bridge in a Div. 5 semifinals game this past Friday night and will meet undefeated Yorktown this weekend for the Div. 5 title. The Stallions of South County, after an 0-3 start this season, have won nine straight.

Oakton, following its 7-0 start, lost its first game

the following week to visiting Concorde District rival Westfield, 35-10, on Oct. 21. Westfield was also unbeaten going into that game. Currently, the Bulldogs, still undefeated at 12-0, are preparing to face district opponent Centreville for this week's Div. 6 title game.

Following Oakton's loss to Westfield, the Cougars bounced back in strong fashion with a 42-8 win at district rival Robinson on Oct. 28 to improve their record to 8-1. But Oakton's momentum was hurt in a 42-14 home loss to district foe Centreville in the final game of the regular season.

Then, with an 8-2 regular season record, Oakton saw its season end the following week with the playoff loss to Lake Braddock, the two-time defending Div. 6 region champions who ultimately saw its season end with a semifinals round loss at Centreville last Friday.

"I felt like we had a good season overall," said Rowley, the Oakton coach. "It certainly didn't end the way in which we had envisioned so, of course, there is some disappointment with that. However, I think as we get some distance from that and reflect back on the season we, as a program, should be proud of what we accomplished. We ended the regular season with an 8-2 mark. We hosted a first round playoff game, something we haven't done since 2008. We improved our district record from a year ago. When we faced adversity throughout the season, the players were able to confront it head on and overcome it."

ROWLEY SAID one of the biggest factors in his team's winning season was the leadership displayed by the team's seniors, who excelled both on the field and in the classroom at Oakton. The guidance of those 12th graders on the roster only made things easier for Rowley as he got his feet wet as head coach.

"The thing that I am most proud of is our seniors," he said. "They are a great group of young men who are not only good football players, but also good people. As a group, they get excellent grades in school, they are responsible, and they are willing to sacrifice for the betterment of the group. The majority have maintained above a 3.5 [GPA] throughout their time here at Oakton. That is no easy task trying to balance the requirements of their academics as well as their athletics. I look forward to the future to see these seniors excelling in college and beyond. They will be doing great things in the years to come."

Oakton Shines at State Meet

Cougars finish third on boys' side while girls take fourth place.

BY RICH SANDERS
THE CONNECTION

The Oakton High boys' and girls' teams, on a gorgeous fall, sunny day, put together outstanding showings at the recent Virginia State AAA cross country championships, held Nov. 12 at the Great Meadows race site in The Plains.

The Oakton High girls finished fourth place overall. Midlothian High of the Central Region was the girls' team champion. The top finishing teams from the Northern Region, along with Oakton, were third place West Potomac, seventh place West Springfield, and 10th place Jefferson High.

Oakton's top girls' finisher was Allie Klimkiewicz, who finished fifth place overall to earn a top 15 medal. Also for the Cougars, Hailey Dougherty finished in 10th place. Other Oakton runners who were part of the fourth place team finish were: junior Briana Stewart (16th overall), junior Kristi Carrigan (56th overall), freshman Maryn McCarty (59th overall), senior Morgan Bayer (70th), and senior Megan Cahill (89th overall).

Other Northern Region runners to finish in the top 20 included first place finisher Sophie Chase (17:33) of Lake Braddock Secondary; seventh place Macey Schweikert of Robinson; eighth place Caroline Alcorta of West Springfield; 12th place Hannah Christen of Lake Braddock; 13th place Bailey Kolonich of Lee; 17th place Isabel Amend of Washington-Lee; 18th place Rebecca Vinter of Centreville; and 19th place Sarah Jane Underwood of West Potomac.

THE OAKTON BOYS earned third place at states. The boys' team champion was Stafford High. The top Northern Region team finishers, along with the Cougars, were fifth place Chantilly and sixth place Tho-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Girls' cross country Runners Caroline Alcorta (left) of West Springfield and Hailey Dougherty of Oakton compete at the Northern Region championships at Burke Lake Park. Dougherty, during the recent postseason, helped the Cougars finish second overall in the team standings at regionals and fourth overall at states.

mas Jefferson. Robinson High finished 13th.

In the boys' state AAA state championship race, Annandale's Ahmed Bile (15:16) finished first ahead of Chantilly's Sean McGorty (15:21). Other top 20 finishers from the Northern Region were: sixth place Nick Tuck of Lake Braddock; eighth place Logan Miller of Chantilly; 12th place Paul Gates of W.T. Woodson; 13th place Patrick Spahn of Robinson; and 19th place Louis Colson of Edison.

While Oakton did not have any runners finish among the top 15, the Cougars had enough solid individual outings to earn their third place team finish. Oakton's regional team was made up of: senior Gregory Petruncio (16th overall), senior Michael McNamee (19th overall), senior Christopher Jewell (28th overall), senior Pratik Singh (32nd overall), sophomore David Atkinson (33rd), senior Patrick Eberhart (63rd overall), and senior Michael Raiti (96th overall).

Let's Talk Turkey



By KENNETH B. LOURIE

Lung cancer is the leading cause of cancer deaths. One-hundred, sixty-thousand people, approximately, succumb to its ravages every year. More people die from lung cancer than from breast, prostate and colon cancer COMBINED. Eighty-five percent of those diagnosed with lung cancer die within five years. Fifteen-percent of lung cancer patients are non-smokers (yours truly). Men and women are diagnosed in equal numbers. Smoking rates among young people have not been affected by these facts, unfortunately. The message – or its delivery, is not getting through to this population, for some reason. (This information provided by Dr. Wallace Akerley, Professor of Medical Oncology, University of Utah School of Medicine, Huntsman Cancer Institute in Salt Lake City; recently he and I participated, along with a second stage IV lung cancer survivor, in a Satellite Media Tour (several media interviews from one location) sponsored by Genentech/Astellas as part of Lung Cancer Awareness month: November 2011.

When asked, Dr. Akerley explained the cruel irony as to why lung cancer has not garnered the kind of publicity that breast, prostate and colon cancer – and their survivors have; his answer was succinct: "Death." There are simply not enough survivors to advocate for it. To advocate, you sort of have to be alive, and there's not exactly an abundance of lung cancer survivors able to do so. As strength is so often found in numbers, so too is weakness often found when those same numbers are shrinking. Lung cancer's deadliness is its own worst enemy, if you know what I mean, to provide the necessary elements to raise awareness – and money, to fight and ultimately defeat this insidious disease.

However, in the last decade or so research has yielded insights into how cancer cells grow. Genetic mutations in cancer cells have also been discovered which have led to targeted therapies – such as Tarceva and Avastin as an example, that can attack the tumor itself – directly, or that alternatively, can attack the blood vessels feeding the tumor, thereby cutting off its blood supply. When targeting the tumors in this manner, there's less damage (make that side-effects) to the patient and greater damage/effect on the cancer/tumor. John, the other stage IV lung cancer patient and I are living proof. Nevertheless, lung cancer patients – like myself, still face a rather unenviable future with few guarantees. Every day brings hope however, that more research, clinical studies, gene therapy, whatever else, will yield new and different strategies to help cancer patients/survivors, survive.

As for preventing lung cancer in the first place, Dr. Akerley answered that it is possible: "Stop smoking. Eighty-five percent of those diagnosed with lung cancer are smokers. The second leading cause of lung cancer is exposure to Radon Gas, so have your homes checked." There's also a confirmed link between exposure to asbestos and lung cancer.

Enough cancer talk. It's Thanksgiving and I'm hungry, and thankful as well for all I've been given. I am alive and reasonably well, having survived stage IV lung cancer for nearly three years; after originally receiving a "13-month-to-two-year prognosis" by my oncologist. Now would someone please pass the gravy? Thanks.

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

ZONE 1: • RESTON
• HERNDON • LOUDOUN

EMPLOYMENT

703-917-6464

ZONE 1 AD DEADLINE:
TUESDAY 4 P.M.

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Systems Administrator

BS (or MS) in comp sci, info systems or eng + 5 YR exp (3 YR exp w/ MS).
Job in Herndon, VA. Email resumes to iOrmyx, Inc., usjobs@iormyx.com

EDUCATION TRAINING

Pharmacy Technician Trainees Needed Now!

Pharmacies now hiring. No experience? Job Training & Placement Assistance Avail.
1-877-240-4524
CTO SCHEV

DENTAL ASSISTANT TRAINEES NEEDED NOW!

Dental Offices now hiring. No experience? Job Training & Placement Assistance Avail.
1-800-381-1734
CTO SCHEV

MED BILL & CODING Trainees NEEDED NOW

Medical Offices now hiring. No experience? Job Training & Placement Assistance Avail.
1-800-385-2615
CTO SCHEV

Admissions/Marketing Assistant

Cameron Glen Health and Rehab Center seeks energetic and organized team player to assist in admissions and market our state-of-the-art rehabilitation and nursing facility. Exceptional customer service skills and professionalism required. Experience in health-care desired. FT with benefit package, salary based on experience. EOE, Union Free & Drug Free.

Please send resume to:

Center: Cameron Glen Health and Rehab
Contact: Brittney Asbury
Address: 1800 Cameron Glen Drive
City, State, Zip Code: Reston, VA 20190
Email: basbury@cameronglenrehab.com
Fax: 703-834-5851

Love to Decorate?

Decorating Den Interiors was chosen Best of the Best by Entrepreneur Magazine. Home based, flexible schedule, low overhead, wholesale accounts. Call for more information on how you can turn your passion into a business.



703-239-8112
www.Decoratingden.com

PromoWorks Engagement Specialist

PromoWorks is actively seeking motivated, energetic, engaging, sales driven individuals to conduct in-store sampling events. Please visit us at www.promoworks.com and follow the four easy steps outlined below if you are interested in becoming a PromoWorks Engagement Specialist.

- 1) Select Careers at the bottom left of the page.
- 2) Click on Engagement Specialist.
- 3) Click on the "Apply Now!" button.
- 4) If you receive a Security Warning or Alert window, please select yes to continue to the assessment page.

HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00

Zones 1, 3.....Tues @ 4:00

Zone 2.....Wed @ 11:00

Zone 4.....Wed @ 1:00

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Barbara @ 703-778-9413

ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette

- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com



Employers:
Are your recruiting ads not working in other papers?

Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.



703-917-6464

classified@connectionnewspapers.com
Great Papers • Great Readers • Great Results!

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-917-6400

ZONE I AD DEADLINE:
MONDAY NOON

ZONE I: • RESTON
• HERNDON • LOUDOUN

CLASSIFIED

703-917-6400

ZONE I AD DEADLINE:
MONDAY NOON

CLEANING

CARE MORE CLEANING SOLUTIONS

Residential & Commercial
10% Senior Citizen Discount

703-862-5904
OR
703-780-6749

caremorecleaning.com

GUTTER

LAWN MOWING
LAWN MOWING, TRIMMING, EDGING,
SODDING, MULCHING, LEAVES,
GUTTER CLEANING, YARD CLEANUP

PINNACLE SERVICES
"Friendly services,
for a friendly price"

703-802-0483
Lic. Free Est. Ins. email: jamie@lawnsgutters.com
www.lawnsgutters.com

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office,
yard, construction debris

Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

LANDSCAPING

ANGEL'S LAWN MOWING
•Trimming •Leaf & Snow
•Removal •Yard Clearing
•Hauling •Tree Work

703-863-1086
703-582-3709
240-603-6182

26 Antiques

We pay top \$ for antique
furniture and mid-century
Danish/modern
teak furniture, STERLING,
MEN'S WATCHES, jewelry
and costume jewelry,
paintings/art glass/clocks.
Schefer Antiques @
703-241-0790.
Email:theschefer@cox.net

4 RE for Sale

FIXER UPPER
Bargains, lowest prices.
These homes need work.
Call for a free list w/pics.
www.metrolivinginfo.com
Free recorded message
1-800-216-5723
ID# 1048

21 Announcements

ABC LICENSE
SBSINC, INC trading as
Edoya Ssambab & Sushi, 150
Elden St, #160, Herndon, VA
20170. The above establish-
ment is applying to the VIR-
GINIA DEPARTMENT OF AL-
COHOLIC BEVERAGE CON-
TROL for a Wine & Beer on
Premises and Limited Mixed
Beverage on Premises license
to sell or manufacture alcohol-
ic beverages. Myoung E.
Shim, owner.
NOTE: Objections to the issu-
ance 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. Ob-
jections should be registered at
www.abc.virginia.gov or
800-552-3200.

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

HAULING

ANGEL'S TRASH REMOVAL
•Junk & Rubbish •Furni-
•Yard, Construction
Debris • Mulch &
Spring Clean Up

703-863-1086
703-582-3709
240-603-6182

LANDSCAPING

A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions

703-863-7465

PAINTING

PATRIOT PAINTING
www.PatriotPainting.net

Wallpaper Removal,
Carpentry,
Power Washing,
Int/Ext Painting

Free Est. • Satisfaction Guar.
Lic./Ins. Int./Ext.

703-502-7840
Cell
571-283-4883

I'm a
slow walker,
but I never
walk back.
-Abraham Lincoln

REVEALED
Free Report reviews 7
Costly Mistakes to Avoid
Before Selling Your
Home.
www.metrolivinginfo.com
Free recorded message
1-800-216-5723
ID# 1048

GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned • Small Repairs • Gutter Guards

LEAF REMOVAL

PINNACLE SERVICES,
"Friendly services for a friendly price" Inc.
703-802-0483 • Free Estimates
Email: jamie@lawnsgutters.com
Web: lawnsgutters.com
Lic • LAWN MOWING, SODDING,
MULCHING, Yardclean-up • Ins.

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

21 Announcements

BATHE SAFELY AND INDEPENDENTLY
BUY DIRECT FROM MANUFACTURER'S DEALER AND \$AVE

21 Announcements

WALK-IN BATHTUBS
ADVANCED TUB AND TILE INC.
Authorized Dealer of Fountain of Youth Bathrooms, Inc.
540-775-4015

100% FINANCING • LIFETIME WARRANTY
1-DAY INSTALLATION
ASK ABOUT OUR
"FREE INSTALLED SAFETY BAR"
(VALUED TO \$100 - With In-home Free Estimate - Limited Time Offer)

21 Announcements

ROOFING

Falcon Roofing
Roofing & Siding
(All Types)

Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small

703-975-2375
falconroofinginc.com

21 Announcements

IT'S HARVEST TIME FOR YOUR BUSINESS!
Reap rewards when you advertise through Virginia Press
Services' Statewide Display Advertising Network!
Place your business card-size ad in more than 65 newspapers
and your message will reach more than 800,000 Virginians.
CONTACT THIS NEWSPAPER or Adriane Long,
Virginia Press Services, 804-521-7585 or adrianel@vpa.net.

IMPROVEMENTS

R&N Carpentry

◆BASEMENTS ◆BATHS ◆KITCHENS
Foreclosure specialist/Power washing
◆Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

IMPROVEMENTS

R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail

21 Announcements

LANDSCAPING

J. REYNOLDS 703.919.4456
Landscaping LLC
Free Estimates
Licensed / Insured
www.ReynoldsLandscapingOnline.com

21 Announcements

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angelstreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

21 Announcements

LANDSCAPING

INSTALLATION SPECIALIST **WET BASEMENT / WET YARD**

Paver & Flagstone
Patios / Walkways
Retaining Walls
Stacked Field Stone
Plants / Trees / Shrubs

Water Proofing Foundations
Standing Yard Water
French Drains / Swales
Downspout Extensions
Dry River Beds

•No sub-contractors, or day labors. •15 Years Designing and Installing
•The Owner is physically on your job site. •On time and Professional.

IMPROVEMENTS

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811

IMPROVEMENTS

J.E.S Services
LANDSCAPE & CONSTRUCTION

• Patios • Walkways
• Retaining Walls
• Drainage Problems
• Landscape Makeovers

Call: 703-912-6886
Free Estimates

21 Announcements

MASONRY

3rd Generation Masonry Company
Family Owned & Operated Since the 1950s

MASONRY SPECIALIST, LLC
For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration
* Also Offering Custom Carpentry Services! *

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls

703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

21 Announcements

MASONRY

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

21 Announcements

CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com



NED DEVINES

2465 Centreville Rd Herndon, VA 20171

Have you been to Ned's lately?

- **SUNDAY AND MONDAY**
1/2 PRICE STEAKS AND FOOTBALL SPECIALS
- **EXPRESS LUNCH MENU**
MONDAY - FRIDAY NOTHING OVER \$10.00
- **GREAT HAPPY HOUR SPECIALS**
EVERY DAY OF THE WEEK
- **ALL NEW SMOKING LOUNGE**
- **LEGAL BETTING ON THE HORSES**
WATCH AND WAGER
- **WEEKLY LIVE MUSIC & ENTERTAINMENT**

www.neddevines.com 703-793-7376

WATCH AND WAGER

COME OUT AND ENJOY ALL RACES RIGHT HERE

80 CHANNELS OF RACING FROM AMERICA AND AROUND THE WORLD



WHY GO TO LAURAL CHARLES TOWN OR ROSECROFT TO PLACE YOUR BETS, WHEN YOU CAN DO IT RIGHT HERE!



Specialists in Natural Pet Foods and Supplies

WHOLE PET[®]
CENTRAL
where healthy food comes naturally

Super selection of high-quality, all-natural pet foods at affordable prices

BB&T Center • 304 Elden Street (at Herndon Pkwy) • Herndon, VA 20170 • 571.521.0399
Open M-F 10AM-8 PM • SAT 10AM-6 PM • SUN 11AM-6 PM

OTHER LOCATIONS IN VIRGINIA & MARYLAND

Ashburn Farm Market Center • 43330 Junction Plaza, Suite 176 • Ashburn, VA 20147 • 703.724.4319
1306 E. Gude Drive • Rockville, MD 20850 • 301.217.0432

Online shopping at www.wholepetcentral.com

