

Herndon Looks Ahead In 2012

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PHOTO BY ALEX McVEIGH / THE CONNECTION

Wellbeing

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From left, Herndon Mayor Steve DeBenedittis, Vice Mayor Lisa Merkel, Councilmembers Sheila Olem, Grace Worlf, Jasbinder Singh and Bill Tirrell and Supervisor John Foust (D-Dranesville) at the sign indicating where access to the proposed Herndon-Monroe Metrorail Station will be. Planning will continue this year for redeveloping the area adjacent to the station.

Dulles Rail Hits 60 Percent

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Keeping New Year's Resolutions

WELLBEING, PAGE 8

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During their visit to Uzimatele Educational Centre in Nairobi, Sebastian Whittle, a 4th grader at Dominion Christian School, read to and played with students there.



PHOTOS CONTRIBUTED

Laura Whittle poses with some of the children from Uzimatele Educational Centre. In mid-November, Laura and her son, Sebastian, delivered funds and supplies gathered by members of the Dominion Christian School community.

Helping Children in Kenya

Oakton private school raises \$3,500 for school in Nairobi.

BY AMIEE FREEMAN
THE CONNECTION

Dominion Christian School, a private school in Oakton, raised \$3,500 to support the addition of a classroom to a school in the Gitaumba slum outside Nairobi, Kenya. Dominion Christian School student, 10-year-old Sebastian Whittle with his mom Laura, spearheaded the mission project and traveled to Nairobi in November to deliver the funds raised and supplies collected.

Interest in Uzimatele Educational Centre began with the relocation of the Douw family to Nairobi last year. Prior to moving Jonathan Douw was a student at Dominion Christian School, and he and Sebastian were best friends. The friends and their families stayed in touch over the past year. The Douw family shared with the Whittle family information about the Uzimatele Educational Centre, which is located in the suburbs of Nairobi and provides educational opportunities for the displaced families living there.

According to Laura Whittle, Uzimatele Educational Centre began as a church in the 1990s. Around 2006, it expanded into a school program. At present it has three or four classrooms and provides instruction for about 75 students from ages 3 or 4 up to 10 years old. The funds raised by Dominion Christian School will go toward providing an additional classroom for the older students. In addition to educational opportunities the school is also a feeding center, providing hot meals to students enrolled in the school.



Laura Whittle and her son Sebastian Whittle, a 4th grader at Dominion Christian School, holding a poster indicating funds raised for the Uzimatele Educational Centre mission project in Nairobi.

In a school newsletter, Laura described the school as a “cluster of rough stone buildings with no electricity or running water. Inside the small classrooms, the children sit on simple wooden benches with a wood plank on legs in front of them as a desk. The walls are bare except for a few homemade posters of alphabet letters and simple words.”

THE DOMINION CHRISTIAN COMMUNITY began raising funds for this mission in October. On the last day of school before the Thanksgiving break, Sebastian’s 4th grade class hosted a “Dress Down Day.” With at least a \$2 donation to the mission project, students did not have to wear their school uniforms to school that day. This activity raised \$700 for the mission. A 6th grade class at the school hosted a bake sale and

the need for space as we here on our campus have a need for space. The children were also very motivated to help after seeing pictures of the classrooms at Uzimatele. They couldn’t believe that a school would have bare cinder block walls and boards for chalkboards. We are very blessed to have such a responsive community. It’s just \$3,500 to us, but it means the world to them.”

Sebastian and Laura arrived in Nairobi the week before Thanksgiving with two suitcases full of classroom supplies. Upon receiving the supplies, the children at Uzimatele set to work immediately making Christmas cards.

“It is definitely a very poor area,” said Laura. “I was impressed with how cheerful and how excited the children were about the pencils, rubber balls and balloons we had packed in little gift bags for them. They were so excited.”

Sebastian agreed, saying how happy all the children were. Sebastian visited with the children in class and read *Brown Bear* by Eric Carle. A teacher translated the book into Kiswahili. Later on the playground, Laura said the children followed Sebastian around, with several children holding on to each arm.

“They are doing so much there with so little. They have no supplies, no books, no library. We take so much for granted here. We are very blessed,” said Laura.

“We are very blessed to have such a responsive community. It’s just \$3,500 to us, but it means the world to them.”

— Marjorie Veiga,
Dominion Christian School’s committee chair for mission projects

raised \$200. Members of the school community donated the remainder of the funds.

“We set the bar high,” said Marjorie Veiga, Dominion Christian School’s committee chair for mission projects, in reference to the funds raised. “A lot of kids understand

EACH YEAR Dominion Christian School is required to complete two mission projects. Typically, one project is local and one is international, said Veiga. For example, last year, said Veiga, the school provided goody bags to local children suffering from Lyme’s disease and the school raised money to help renovate a Romanian orphanage. This year, the school hopes to sponsor four mission projects.



PHOTO BY CHUCK SAMUELSON/DULLES CORRIDOR METRORAIL PROJECT

The station canopy is visible at Wiehle Avenue.

Phase 1 Hits 60 Percent

Airport Authority prepares for Phase 2 of the Dulles Rail project.

BY MARCIA MCALLISTER

Looking back on construction accomplishments that pushed Phase 1 of the Dulles Corridor Metrorail Project to 60 percent last year, project officials are looking forward to 2012 and envisioning completion of aerial structures to support tracks in Tysons Corner, station construction and laying track in the tunnels that connect two stations in Tysons Corner.

And, the rail team is preparing for critical steps that will lead to the start of construction of Phase 2 of the 23-mile extension of Metro's Orange Line. The project is owned and managed by the Metropolitan Washington Airports Authority.

As Executive Project Director Pat Nowakowski told attendees at a recent meeting of the Dulles Corner Advisory Committee, there has been major progress from East Falls Church to Reston. He used the latest construction photos to illustrate successes at the tie-in for the Silver Line to Metro's existing Orange Line near the junction of I-66 and the Dulles Connector Road, expansions at the West Falls Church Rail Yard, bridge construction and track work along the connector road, completions of tunnel mining in Tysons, aerial

guideway construction in the Tysons area and traction power substations all along the 11.7-mile Phase 1 corridor.

Construction is well underway at all five stations. The Tysons East Station at Route 123 and Colshire Drive in Tysons and the Wiehle Avenue Station on the eastern edge of Reston, the temporary terminus of the extension, are the stations furthest along. The station canopy is visible at Wiehle Avenue and escalators have been installed.

SPECIFIC HIGHLIGHTS of the year's work included:

- ❖ Construction of the aerial guideway for track across I-495 and the near-completion of aerial guideway along Route 123. This work is being done using horizontal cranes, 366-ton pieces of specialized bridge-building equipment. In Summer 2011, three trusses were in commission simultaneously, a con

SEE DULLES RAIL, PAGE 5



Escalators being installed at Wiehle Avenue station.



PHOTO CONTRIBUTED

Some of the improvements suggested for the Metro Station Area Plan presented to the Town of Herndon Dec. 14.

Herndon Looks Ahead in 2012

Metro planning, elections highlight upcoming year.

BY ALEX MCVEIGH
THE CONNECTION

Herndon heads into 2012 with plans to improve the downtown area and prepare for the coming of Metrorail in 2017. The town, which has been working with consultants Vanesse Hangen Brustlin (VHB) since April 2010, will hold meetings throughout the year to solicit input on development.

In November, the Town Council voted to return the Comprehensive Plan Amendment regarding the Metro Study Area back to the town's Planning Commission.

"The inputs for the transportation analysis were incorrect, and that created a ripple effect," said Lisa Gilleran, the town's director for Community Development. "We have received some questions about whether or not this means we need to go back to step one and start all over from scratch, but

that is not the case."

The Planning Commission work session on Dec. 19 made a few changes to the Comprehensive Plan Amendment, and the updated resolution will be recommended to the Town Council during the Jan. 9 public hearing.

VHB also presented their third draft of the Herndon Metrorail Station Area Study on Dec. 12, which incorporated changes from the Sept. 28 draft.

"The revised draft Herndon Metro Station Area Plan provides for significant redevelopment in a 'Transit Oriented Core' that is smaller and more focused than previous plan alternatives that were studied for infrastructure impacts, financial feasibility, traffic performance and other features," the report reads. "This core is confined to nine land parcels south of Herndon Parkway in the general vicinity of the Metro station entrance."

SEE MAYOR, PAGE 4



PHOTO CONTRIBUTED

Consultants hired by the town of Herndon have presented this area, located just north of the proposed Herndon-Monroe Metrorail station, for redevelopment.

Mayor, Council Face Election

FROM PAGE 3

THE CORE will be developed with densities that range from 3.8 to 4.3 Floor Area Ratio, the ratio of the floor space of a building in relation to the lot it sits on. For example, a 1.0 FAR would be a one-floor building over the entire lot, a two-floor building over half the lot, or a four story building on a quarter of the lot. The highest densities would be located closest to the station itself.

The plan also calls for the core to consist of 3 percent retail, 50 percent office space, 41 percent residential and 6 percent hotel.

According to the report, the Transit Oriented Core plan is intended to be “used as a guide when considering future development.” It will set parameters for design elements such as building height, setbacks, public spaces, pedestrian and vehicular access and parking.

THIS YEAR will also feature the town’s biannual elections for mayor and town council. The Fairfax County Electoral Board administers the elections, which will be held the first Tuesday in May.

Elected officials will assume office July 1.

In May 2011, the Town of Herndon passed the Campaign Finance Disclosure Act, and this year will be the first election where it comes into play. The act applies the provisions of the Code of Virginia’s Campaign Disclosure Act of 2006, as well as ensuring that all criminal or civil penalties from the Virginia act apply.

The act required candidates who raise more than \$200 to maintain records of expenditures made for “advocating the election or defeat of a clearly iden-



From left, Herndon Mayor Steve DeBenedittis, Vice Mayor Lisa Merkel, Councilmembers Grace Wolf, Jasbinder Singh, Connie Hutchinson, Bill Tirrell and Sheila Olem. The council will face re-election this year.

tified candidate.”

In 2010, Mayor Steve DeBenedittis and councilmembers Bill Tirrell and Connie Hutchinson were re-elected, while Vice Mayor Lisa Merkel and councilmembers Sheila Olem, Jasbinder Singh, Grace Wolf were elected to their first term.

The current council was the first with a majority of women.

The mayoral election is separate, while the highest vote-getter among council candidates will be named vice mayor.

Candidates must have lived in Virginia for at least one year immediately preceding the election.

VIEWPOINTS

Reflections on 2011, 2012

The Oak Hill/Herndon Connection has asked community leaders to reflect on the following three questions:

- 1) What is your New Year’s Resolution?
- 2) What were the (one, two or three) most significant happenings of 2011 for you in your community?
- 3) What do you think our readers should watch for in the coming year?

Grace Wolf, Herndon Town Councilmember, Herndon



1) For 2012 I resolve to get out to more family and community oriented events and stop wasting time on Facebook.

2) Some of Herndon’s most significant happenings include the adoption of a Downtown Master Plan for our Town, being named (#34) on CNNMoney.com’s Best Places to Live in 2011 and the Town being awarded a Go Green Award by the Virginia Municipal League.

3) What should residents keep an eye on? Moving forward with the Metro Area Station Redevelopment Plan and the elections in May! Top events or happenings locally will be many of the great events that are well loved Herndon home-

town events such as Taste of the Town (April), Friday Night Live (May - Aug), and the Herndon Festival (June) but keep an eye out for a new indoor mural at the Herndon Community Center, which is being painted by the Herndon High School Art Club and will be installed by and donated to the Town of Herndon by the Council for the Arts of Herndon.”

— ALEX McVEIGH

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Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: Education, Learning, Fun pages, the third week of every month.

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THE CONNECTION
NEWSPAPERS

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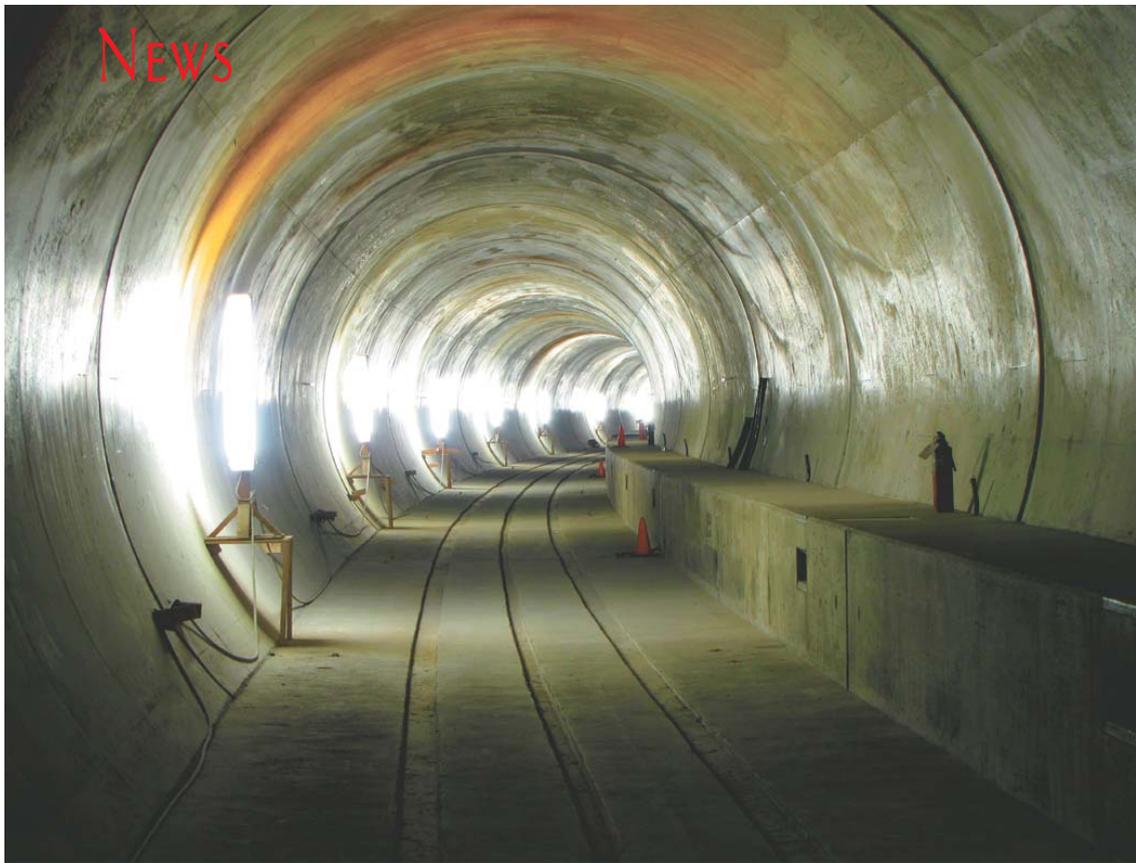


PHOTO BY CHUCK SAMUELSON/DULLES CORRIDOR METRO RAIL PROJECT

Inside a Silver Line tunnel: Crews have mined and waterproofed the inbound and outbound tunnels that connect the Tysons Central 123 Station and the Tysons Central 7 station. Crews will begin laying track in early 2013 in the tunnels.

Dulles Rail Moving to Phase 2

FROM PAGE 3

struction feat that is believed to have been accomplished nowhere else in North America. It was impossible to miss any of them as they perched atop pier structures along Route 123 near Capital One and over the beltway. In early 2012, additional bridge work will be completed near Capital One.

- ❖ Start of aerial guideway work on Route 7, a highlight of which is the current construction of bridges across the Gosnell/Westpark and Spring Hill Road intersections. This work will continue in 2012, with a concentration on building bridges to carry trains from Route 7 to the median of the Dulles International Airport Access Highway.

- ❖ The completion of the twin tunnels beneath the highest natural point in Fairfax County at the intersection of Routes 7 and 123 in the heart of Tysons Corner occurred this past fall. Both tunnels are approximately 2,400 feet in length, just shy of a half-mile. During mining operations, this team successfully excavated more than 100,000 cubic yards of dirt, which was carried by truck to Washington Dulles International Airport grounds, according to Dulles Transit Partners, the design-build contractor for Phase 1.

- ❖ The project's first Traction Power Substation and Train Control Rooms were moved to sites along the Dulles Connector Road and bridges were built across Pimmit Run, Difficult Run and the Washington and Old Dominion Trail. In 2012, additional facilities will be located on sites in Reston, Wolf Trap, Tysons and in the Connector Road corridor.

Looking toward Phase 2

Phase 2 of the Dulles Rail Project will run from the Wiehle Avenue Station to Route 772 in Loudoun County, with stations in the median of the Dulles Toll Road/Airport Access Highway and the Dulles

Greenway corridor at Reston Parkway, Herndon/Monroe, Route 28, Route 606 and at Ashburn/Route 772.

The board of directors of the Airports Authority has approved building the airport station above rather than below ground and preliminary engineering is expected to be completed in February 2012, according to information supplied to those attending the advisory committee meeting.

The authority recently issued a formal request for information, seeking to find out if there are potential Phase 2 contractors who would be interested and capable of helping providing some financing for Phase 2. The authority is reviewing those options. The authority will issue a request for qualifications in January and expects to solicit bids in the spring and award a contract later this year.

There are still some environmental reviews on the horizon along with evaluations by project partners, including Loudoun and Fairfax counties.

As Nowakowski said, "this is a very complicated project."

The writer is the Communications Manager for Dulles Corridor Metrorail Project.



Escalators being installed at Wiehle Avenue station.

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Also, beginning January 10 - *"Keeping Good Marriages Healthy"*
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OPINION

Resolved: Pick One Way to Get Involved

New Year's resolutions? Go ahead, let's pledge to lose weight, exercise regularly, spend less, recycle, save and read more. The turn of the calendar really does provide an impetus to make small and large changes in the way we live.

One item to add to the list of resolutions is to get involved locally. Volunteer one time for one day, or give a few hours a week to something that interests you. Pick one place where you can make a difference. The

experience will enrich you (and your family) as well, connecting you to the community in new ways. Making time for even a single volunteer effort communicates an invaluable message about your values to your children in a powerful way that words cannot match.

Most local nonprofits and church groups that provide emergency food and services for families in need are overwhelmed right now by the dramatic increase in demand for food, emergency help with rent to prevent homelessness and much more. See sidebar for some suggestions.

Volunteer Fairfax connects volunteers of all kinds to organizations in need of help, providing flexible weekend and evening opportunities including packing emergency food kits for families in crisis, tutoring adults in alternative learning programs, reading to elementary school children after school, socializing with seniors or planting trees to prevent erosion. Volunteer Fairfax will hold its annual Give Together: A Family Volunteer Day on Monday, Jan. 16, Martin Luther King Jr. Day, with focused events at the Herndon Senior Center, the Gum Springs Community Center, and at George Mason University. See www.volunteerfairfax.org.

The Arlington County Volunteer Office promotes civic engagement and active volunteer participation, coordinating volunteer opportunities from hundreds of non-profit and government agencies. Visit www.co.arlington.va.us and type "volunteer" into the search box.

Where To Help

- ❖ Volunteer Fairfax, www.volunteerfairfax.org
- ❖ Our Daily Bread has been serving needy families in Fairfax County for 25 years. www.odbfairfax.com.
- ❖ Food for Others provides free food directly to people in need in Northern Virginia. 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. 2938 Prosperity Ave., Fairfax, VA 22031, 703-207-9173. www.foodforothers.com
- ❖ 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. jsfreeclinic.org.
- ❖ Habitat for Humanity of Northern Virginia, 703-521-9890
- ❖ 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
- ❖ SHARE of McLean seeks volunteers and donations. Checks and gift cards can be sent to: 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, plus volunteers. Email Lisa Lombardo at LisaLombo@signaturecos.com. 703-437-1776 www.linkagainsthunger.org
- ❖ 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.
- ❖ Committee for Helping Others (CHO), Vienna 703-281-7614
- ❖ Fairfax City Area FISH (For Immediate Sympathetic Help), 703-222-0880
- ❖ Herndon-Reston FISH (For Immediate Sympathetic Help), 703-391-0105
- ❖ Northern Virginia Family Service, Oakton, 703-385-3267

The Alexandria Volunteer Bureau recruits and coordinates volunteers and matches their interests, skills and availability with the needs of service-providing nonprofit organizations and public agencies. Visit www.volunteerallexandria.org.

The Literacy Council Northern Virginia is in need of volunteers who will devote several hours a week to helping adults master reading and writing skills; visit www.lcnv.org.

A Court Appointed Special Advocate (CASA) volunteer is a trained citizen who is appointed by a judge to represent the best interests of a child in court. CASA volunteers help children who will have their home placement determined in juvenile court. See www.casafairfax.org.

The Alexandria/Arlington Court Appointed Special Advocate (CASA) Program has helped hundreds of children have a voice within the court system. See <http://www.scanva.org/casa.htm>

Some other suggestions:

Get involved in state and national political campaigns. If the coming campaign season is

anything like four years ago, presidential candidates will be crisscrossing Northern Virginia on a weekly basis soon. George Allen and Tim Kaine will be engaged in a very lively contest for Senate. Our U.S. representatives are also up for reelection. Volunteer for a candidate, with the League of Women Voters or with your local electoral board.

The public school or library closest to your house is also in need of volunteers. Homeowners associations need activists to learn about a variety of local issues and coordinate neighborhood response. Your church or house of worship could use a hand. In addition to their usual work, animal shelters and animal rescue groups are also over extended with families giving up pets due to the economy. Environmental groups like Audubon Naturalist Society and the Nature Conservancy offer many kinds of volunteer opportunities, as do local parks.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

General Assembly 2012 Preview

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

A representative group of colonists met in the church on Jamestown Island in 1619 establishing a form of government for the new settlement and giving Virginia the distinction of having the oldest, continuous representative legislative body in the western hemisphere. Its successor, the General Assembly, will convene next week on January 11 for its 2012 session. As the person to whom the voters of the 36th district have delegated the responsibility to represent their interest, I would like to hear from you.

There will be many issues to resolve: Should a 30-year ban on mining uranium in the state be lifted? A recent study raises some serious doubts.

Should the use of hand-held cell phones be outlawed while driving? The distracted driver



causes serious accidents.

Should life be defined to begin at conception? The first bill introduced, House Bill 1, says it should be.

Should the governor be allowed to serve a second term in succession? Such a change in the law would not apply to the current governor.

Should Virginia set up a health insurance exchange to lower the cost of health insurance and make it more accessible? Some want to wait for a federal mandate.

Should Governor McDonnell's \$85 billion budget for the biennium be passed as presented? Many of us do not like the cuts to education.

Should Virginia take action to reduce traffic

congestion? Many are scared away by the price tag that continues to get higher.

Do we really need the more than 3,000 bills and resolutions that will be introduced? All will be heard by a committee on the subject and only about half will pass.

ON WEDNESDAY EVENING, Jan. 4, I will be using an established technology of the telephone to call voters in the district. At 8 p.m. you should receive a call from me on your home telephone unless your number is unlisted. For the first few seconds you will hear my recorded voice, and then I will come on the line to talk about the legislative session and respond to your questions.

If you want to talk with me in person, come to the Public Hearing I am having with State Sen. Janet Howell on Thursday, Jan. 5, 7:30 to 9 p.m. at the Reston Community Center at Hunters Woods.

SEE PLUM, PAGE 7

Oak Hill & Herndon CONNECTION

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OPINION

Competitive Bidding Reduces Costs

Introducing Fair and Open Competition in Government Contracting Act.

BY BARBARA COMSTOCK
DELEGATE, R-34

Recently, I introduced the Fair and Open Competition in Government Contracting Act (HB33). HB 33 prohibits Virginia and recipients of state funding from requiring or prohibiting contractors to enter into union agreements, such as a project labor agreement (PLA), as a condition of winning any state-assisted construction contracts.

HB 33 will keep the government neutral with respect to a qualified contractor's relationship with labor unions in all projects. Companies can still voluntarily enter these agreements, but they cannot be forced upon them. This will increase the creation of Virginia jobs, increase competition, and provide our taxpayers with more miles of transportation and infrastructure solutions for every dollar we spend.

This commonsense legislation will stretch our tax dollars on infrastructure projects and will guarantee that free enterprise and full and open competition will determine how public construction contracts are awarded. Mandated project labor agreements have been estimated to raise costs by 10 to 20 percent or more with the most egregious example being Boston's "Big Dig" debacle.

Legislation similar to HB 33 already has been



our tax dollars.

There is broad opposition to PLA mandates. The attempts to mandate PLAs on Phase 2 of the Dulles Rail Project has generated broad bipartisan opposition which includes eight of the 11 members of our congressional delegation including U.S. Rep. Frank Wolf and Majority Leader Eric Cantor; the Loudoun County Board of Supervisors; the Fairfax County Board of Supervisors; the Virginia Chamber of Commerce; the Fairfax Chamber of Commerce; the Dulles Regional Chamber of Commerce; the Purcellville Business and Professional Association; a coalition of 13 of Northern Virginia's leading business groups and associations; the Virginia Chapter of the Associated Builders and Contractors; Women Construction Owners and Executives; and many of our local, state and elected officials.

A reduction of two or three bidders because

passed in 11 states as diverse as Louisiana and Michigan. This bill will ensure that the 96 percent of the Virginia private construction workforce that chooses not to join a labor union has a fair opportunity to compete for projects funded with

of Metropolitan Washington Airports Authority's PLA mandate could increase costs by hundreds of millions of dollars, depending on the final Phase 2 construction costs and put incredible burdens on our state and local budgets.

The Silver Line PLA controversy is not the first time that there have been attempts to force PLAs on Virginia workers. The Wilson Bridge project was temporarily subjected to a union-favoring PLA requirement by the Maryland Governor in 2000. After the PLA was imposed, only one bidder responded to the RFP for the bridge superstructure contract, at a bid price more than \$370 million above the state's engineering estimates — a 78 percent cost overrun. Eventually, the Wilson Bridge contract was broken up and rebid into three smaller contracts free from mandated PLAs. Multiple bids were then received and the winning bids came in significantly below the estimates and resulted in on-time and on-budget construction by both union and merit shop firms.

If those proponents of PLAs truly believe what they say when they claim that PLAs make the project better and can reduce costs, then those bidders who engage in free and open competition can prove that point by submitting a winning proposal. Since HB 33 provides neutrality, the market will determine who provides the best deal for taxpayers.

Plum

FROM PAGE 6

Virginia's House Appropriations and Senate Finance Committees will hold a regional Public Hearing on Friday, Jan. 6, at George Mason University's Fairfax Campus, Dewberry Hall, in the Johnson Center at 10 a.m. The purpose of the hearings is to receive comments on the Governor's proposed 2012-14 biennial state budget. Those wishing to speak may register at the hearing site no earlier than one

hour prior to the start of the hearing; speakers will be taken in order of registration. Those unable to attend may comment in writing to Del. Lacey E. Putney, P.O. Box 406, Richmond, VA 23218, or to Sen. Charles J. Colgan, 10th Floor General Assembly Building, Richmond, VA 23219.

Fairfax County Delegation's Pre-General Assembly Public Hearing will be held on Saturday, Jan. 7 at 9 a.m., in the Board Auditorium

at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Individuals wishing to speak should call the Office of the Clerk to the Board of Supervisors at 703-324-3151 by noon on Friday, Jan. 6. Point of contact for other questions is Katie Boyle at 703-324-2649.

Constituents should have received a printed newsletter from me last week. Please complete the survey in it or go to

www.kenplum.com to complete it online. If you did not receive a newsletter, call 703-758-9733 or e-mail kenplum@aol.com, and one will be mailed to you. Throughout the legislative session you can continue to call me at 703-758-9733, and your call will be forwarded to my Richmond office without cost to you. Continue to use kenplum@aol.com for e-mails to me during the session. I look forward to hearing from you.

BULLETIN BOARD

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

WEDNESDAY/JAN. 4

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/JAN. 12

Reston Historic Trust Annual Meeting, Art Show and Sale. 6-8 p.m. Reston Museum, Reston

Historic Trust, 1639 Washington Plaza, Lake Anne Village Center, Reston. Review of the past year and election of board members. Art show and sale exhibit reception will follow the meeting. ww.RestonMuseum.org.

FRIDAY/JAN. 13

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.

MONDAY/JAN. 16

Assistance League of Northern Virginia. 11 a.m. Fairfax County Police Department-Sully District Station, 4900 Stonecroft Blvd.,

Chantilly. Martin Luther King, Jr. day of service Operation School Bell Weekend Food for Kids, packing 1,000 food bags for 3 Title one schools in Northern Virginia. Preceded by the regular monthly meeting at 9:30 a.m. for members and those interested in joining the organization. www.northernvirginia.assistanceleague.org or 703-591-2312.

FRIDAY/FEB. 10

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/MARCH 9

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/APRIL 13

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.



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Reina Offutt Pratt, owner of a Pilates studio, leads Donna Gramm in Pilates exercises. Getting in shape is one of the most common New Year's resolutions, but most people who make resolutions fail to keep them.



Reina Offutt Pratt teaches a Pilates class to Donna Gramm, Cyndi Hann, Carly Yoo and Nicole Krug. Increasing physical exercise is a New Year's resolution that is often made and broken.

Keeping New Year's Resolutions

A detailed plan could make all the difference, experts say.

BY MARILYN CAMPBELL
THE CONNECTION

A recent poll by the Marist Institute for Public Opinion shows that increasing exercise, losing weight, quitting smoking and improving one's financial situation are among the most common New Year's resolutions, but more than 60 percent of people who make these promises fail to keep them. Mental health experts say impractical or undefined targets are among the top causes of resolutions without staying power.

"People set unrealistic and unattainable goals, get demoralized and give up," said Thomas N. Wise, M.D., director of behavioral services at Inova Health Systems and chairman, Department of Psychiatry at Inova Fairfax Hospital in Falls Church. Wise has studied addiction, habit change and obesity. "Often, the bar is set way too high. You didn't become overweight overnight, so you're not going to lose the weight overnight," said Lisa Calusic, M.D., a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria.

A lack of specificity can derail ambitions. "People set abstract goals. [They say] 'I want to be healthier. I want to be thinner. I want to work out more.' But they don't have implementation plans," said Todd Kashdan, Ph.D., professor of psychology at George Mason University.

DONNA GRAMM practices

Pilates regularly as part of her effort to stay in shape.

"I've been working out since college. It makes me feel good," said Gramm, a Potomac resident.

This month, however, she has more company in the exercise room. Each January, people who've resolved to get in shape or lose weight flock to gyms and health clubs. Gramm is not worried about the influx of fitness aspirants. She knows most will soon be gone. Her instructor, Reina Offutt Pratt, owner of Potomac Pilates, agrees. "In January we see the largest spike [in class attendance], but a lot of the people we see come in January don't come back in February," said Offutt Pratt. "The gung-ho nature of their New Year's resolution starts to dissipate."

So what are the secrets to making New Year's resolutions a permanent lifestyle change? "Set small, realistic and concrete steps towards making or improving a behavior," said Maria Londono, of Chantilly, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church. "For example, lose weight by eating a healthy breakfast in the morning and exercising three times a week. [Begin] with 15-minute routines and increase to 30 minutes when [your] body is more used to exercise."

Be specific. "We have to have very clear behavioral plans for how we're going to implement [our goals]," said Kashdan who has studied and written about behav-



Thomas N. Wise, M.D., of McLean, director of behavioral services at Inova Health Systems, believes that impractical or undefined goals lead to New Year's resolutions that fail.

ioral changes for the journal Clinical Psychology Review. "If you say you want to be more fit in the upcoming year, what exactly are you going to do in the course of a week?"

A SCHEDULE is also important. "Keeping track of what you want to change is the essence of following through," said Wise, who lives in McLean. "It is very easy to say, 'I'm not going [to the gym] today.' Before you know it, it's been two weeks since you've exercised. Having a regular schedule where you rarely miss it is the way to keep up with any kind of behavior modification."

Develop a support network. "Choose friends who respect the fact that you want to change. Choose people who look like what you want to become," said Kashdan who lives in Centreville.



Lisa Calusic, M.D., of Arlington, a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria, says that behavior changes require the admission of a problem.

Find ways to make behavioral changes enjoyable. "We encourage clients to exercise with friends," said Offutt Pratt. "Make it about friendship and socializing."

Create a plan that fits one's lifestyle. "Find something that is convenient and that you can do on a regular basis," said Wise. "If you work long hours, a complicated workout probably makes no sense, but jogging around [your neighborhood] might make sense."

Set up reminders and measure progress regularly. "Post notes for yourself," said Wise. "Let's say there is an outfit you want to fit into. Don't put it in the closet behind your other clothes. You put it in front to remind you."

Set short-term goals. "I encourage clients to set weekly goals rather than monthly or yearly goals and make themselves accountable



Maria Londono, of Chantilly, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church says that setting small, realistic goals is key to making permanent lifestyle changes.

on a weekly basis," said Offutt Pratt. "For example, 'I'm going to attend two classes on a weekly basis rather than saying, 'I'm going to attend 10 classes next month.'"

Shifts such as spending less money, decreasing debt, giving up smoking or limiting alcohol intake require the admission of a problem. "You can't change what you don't acknowledge," said Calusic, who lives in Arlington. "Unless someone decides for themselves that they have an addiction or habit that they want to change, it is not going to happen. Other people wanting them to change doesn't work."

Find substitutions for unhealthy habits. "If someone is used to drinking every day, there is a reason why," said Calusic. "Alcohol is providing a crutch. You can't take it away unless you have something to replace it with [like] a hobby [such as] art, tennis or anything that can distract from the negative habit that they are trying to break."

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HOME SALES

In November 2011, 62 homes sold between \$972,436-\$154,000 in the Herndon and Oak Hill area.

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision
12611 WINTER WREN CT	5	4	0	HERNDON	VA	\$972,436	Detached	0.19	20171	RESERVE AT STONE HILL
11690 HANNA OVERLOOK CT	4	4	1	HERNDON	VA	\$900,000	Detached	0.83	20170	STUART HILLS
2862 CHERRY BRANCH LN	4	4	1	HERNDON	VA	\$860,000	Detached	0.32	20171	MIDDLETON FARM
13219 MIDDLETON FARM LN	5	4	1	HERNDON	VA	\$830,000	Detached	0.22	20171	MIDDLETON FARM
13327 GLEN TAYLOR LN	5	3	1	OAK HILL	VA	\$712,500	Detached	0.23	20171	CHANTILLY HIGHLANDS
2510 CAMBERWELL CT	4	3	1	OAK HILL	VA	\$710,000	Detached	0.23	20171	MONROE MANOR
117 ANTHEM AVE	4	3	1	HERNDON	VA	\$614,500	Townhouse	0.08	20170	DARLINGTON OAKS
131 ANTHEM AVE	4	3	1	HERNDON	VA	\$600,000	Townhouse	0.00	20170	DARLINGTON OAKS
12706 FOX WOODS DR	5	3	1	OAK HILL	VA	\$592,500	Detached	0.25	20171	MONROE MANOR
12812 TURBERVILLE LN	4	3	1	OAK HILL	VA	\$580,000	Detached	0.23	20171	FRANKLIN FARM
13079 GREG ROY LN	4	3	1	HERNDON	VA	\$555,000	Detached	0.10	20171	GREAT OAK
12113 WESTWOOD HILLS DR	5	3	0	OAK HILL	VA	\$517,000	Detached	0.64	20171	FOLKSTONE
13158 NEW PARKLAND DR	4	3	1	OAK HILL	VA	\$540,000	Detached	0.34	20171	BRADLEY ACRES
13406 RUNNING PUMP CT	3	2	1	HERNDON	VA	\$525,000	Detached	0.20	20171	SPRING LAKE ESTATES WEST
13639 CEDAR RUN LN	3	3	1	HERNDON	VA	\$517,000	Townhouse	0.05	20171	CREEKSIDE
13581 BIG BOULDER RD	3	3	1	HERNDON	VA	\$500,000	Townhouse	0.09	20171	SQUIRREL HILL
2868 RUNNING PUMP LN	3	2	1	HERNDON	VA	\$488,750	Detached	0.20	20171	SPRING LAKE ESTATES WEST
2613 PURITAN CT	6	3	1	HERNDON	VA	\$485,000	Detached	0.24	20171	FOX MILL ESTS
1334 GRANT ST	4	3	1	HERNDON	VA	\$475,000	Detached	0.23	20170	BARKER HILL
13210 STONE HEATHER DR	3	2	2	HERNDON	VA	\$455,000	Detached	0.21	20171	CHANTILLY HIGHLANDS
642 MADISON ST	4	1	1	HERNDON	VA	\$451,000	Detached	0.85	20170	HERNDON
1607 ATTORNEY CT	4	2	2	HERNDON	VA	\$450,000	Detached	0.23	20170	KINGSTON CHASE
417 VAN BUREN ST	4	3	0	HERNDON	VA	\$450,000	Detached	1.45	20170	HERNDON TOWN
12612 ETRUSCAN DR	4	2	1	HERNDON	VA	\$420,000	Detached	0.24	20171	FOX MILL ESTATES
1498 OAK TRAIL CT	3	2	1	HERNDON	VA	\$404,000	Detached	0.23	20170	BROAD OAKS
13136 KIDWELL FIELD RD	3	2	2	HERNDON	VA	\$402,000	Townhouse	0.05	20171	MENNAIR FARMS LANDBAY 11
12607 WESTLODGE CT	4	2	1	HERNDON	VA	\$400,500	Detached	0.24	20170	HIDDENBROOK
13616 RED SQUIRREL WAY	3	2	2	HERNDON	VA	\$400,000	Townhouse	0.04	20171	SQUIRREL HILL
2515 ISHAM RANDOLPH DR	3	2	2	HERNDON	VA	\$398,000	Townhouse	0.04	20171	MENNAIR FARMS WEST
1518 SUMMERSSET PL	6	3	3	HERNDON	VA	\$393,000	Detached	0.27	20170	FOUR SEASONS
2479 TERRA COTTA CIR	4	3	1	HERNDON	VA	\$392,000	Townhouse	0.03	20171	COPPERMINE CROSSING LAND
12863 WHITEFUR LN	3	3	0	HERNDON	VA	\$369,900	Detached	0.25	20170	HIDDENBROOK
13449 MUIRKIRK LN	3	2	1	HERNDON	VA	\$365,000	Detached	0.20	20171	CHANTILLY HIGHLANDS
2562 THORNCROFT PL	4	3	0	HERNDON	VA	\$365,000	Townhouse	0.03	20171	WELLESLEY
656 ERIC CT	4	3	1	HERNDON	VA	\$360,000	Detached	0.28	20170	COURTS OF CHANDON
2471 WHEAT MEADOW CIR	3	3	1	HERNDON	VA	\$350,500	Townhouse	0.03	20171	MENNAIR FARMS LAND BAY 2
12813 FLAGSHIP AVE	3	2	1	HERNDON	VA	\$337,000	Detached	0.23	20170	KINGSTON CHASE
1402 SADDLERS WELLS DR	3	2	0	HERNDON	VA	\$330,000	Detached	0.21	20170	HIDDENBROOK
1545 YOUNGS POINT PL	3	2	0	HERNDON	VA	\$326,000	Detached	0.21	20170	HIDDENBROOK
2478 CURIE CT #12	3	2	1	HERNDON	VA	\$325,000	Townhouse	0.03	20171	COPPERMINE CROSSING
3222 TAYLOE CT	3	2	1	OAK HILL	VA	\$299,900	Townhouse	0.04	20171	FRANKLIN FARM
13322 BURROUGH FARM DR	2	2	1	HERNDON	VA	\$292,000	Townhouse	0.03	20171	MENNAIR FARMS LANDBAY
2535 LOGAN WOOD DR	2	2	1	HERNDON	VA	\$281,500	Detached	0.02	20171	MENNAIR FARMS LANDBAY 6
12909 CENTRE PARK CIR #104	2	2	0	HERNDON	VA	\$275,000	Garden 1-4 Floors	0.03	20171	BRYSON AT WOODLAND PARK
902 BALLOU ST	3	1	1	HERNDON	VA	\$270,000	Detached	0.44	20170	BALLOU
1004 JEFF RYAN DR	7	2	0	HERNDON	VA	\$268,000	Detached	0.26	20170	TREESIDE
12929 CENTRE PARK CIR #113	2	2	0	HERNDON	VA	\$265,500	Garden 1-4 Floors	0.03	20171	BRYSON AT WOODLAND PARK
13388 SPOFFORD RD #104	2	2	1	HERNDON	VA	\$254,500	Townhouse	0.03	20171	MANORS AT MENNAIR FARMS
482 VIRGINIA AVE	4	3	1	HERNDON	VA	\$254,000	Townhouse	0.03	20170	WATERFORD PARK
1126 WHITWORTH CT	3	2	1	HERNDON	VA	\$252,400	Townhouse	0.04	20170	POTOMAC FAIRWAYS
12925 CENTRE PARK CIR #411	2	2	0	HERNDON	VA	\$248,000	Garden 1-4 Floors	0.03	20171	BRYSON AT WOODLAND PARK
804 DULLES CT	4	1	1	HERNDON	VA	\$240,000	Detached	0.20	20170	DULLES PARK
13353 SHEA PL	3	2	1	HERNDON	VA	\$228,000	Townhouse	0.03	20170	REFLECTION LAKE
12903 ALTON SQ #301	2	2	0	HERNDON	VA	\$220,000	Garden 1-4 Floors	0.03	20170	WORLDGATE
1324 SPRINGTIDE PL	3	2	1	HERNDON	VA	\$217,000	Townhouse	0.06	20170	FOUR SEASONS REGIME
13334 APGAR PL	3	2	1	HERNDON	VA	\$215,000	Townhouse	0.03	20170	REFLECTION LAKE
2223 MONAGHAN DR	4	2	1	HERNDON	VA	\$204,000	Townhouse	0.05	20170	REFLECTION LAKE
1304 WEXFORD CT	3	1	1	HERNDON	VA	\$201,000	Townhouse	0.06	20170	TRALEE
330 RENEAU WAY	3	2	1	HERNDON	VA	\$180,000	Townhouse	0.03	20170	CRESTVIEW
2215 GINGELL PL	2	2	0	HERNDON	VA	\$169,000	Townhouse	0.03	20170	REFLECTION LAKE
2109 HIGHCOURT LN #102	1	1	0	HERNDON	VA	\$165,500	Garden 1-4 Floors	0.03	20170	WORLDGATE
1224 MAGNOLIA LN	4	2	1	HERNDON	VA	\$154,000	Townhouse	0.04	20170	DULLES PARK TOWNHOUSES

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REAL ESTATE NOTES

Send announcements to herndon@connectionnewspapers.com. Deadline is Friday for the next week's paper.

Nikki Ryan with Keller Williams Realty completed a luxury home marketing training course offered by The Institute for Luxury Home Marketing Institute.

The course - which covered such topics as demographics of the affluent, lifestyle segmentation, trends and amenities in today's luxury home product, and creating a marketing plan for the multimillion dollar property - was taught by Laurie Moore-Moore, President of the Dallas-based Institute for Luxury Home Marketing and author of the book, Rich Buyer, Rich Seller! The Real Estate Agents' Guide to Marketing Luxury Homes.

Ryan is an award-winning sales associate who has been in real estate since 2003 and specializes in the Great Falls, Reston and Herndon market.

For insights into the current state of the luxury market, contact Nikki Ryan at Keller Williams Realty, 11700 Plaza America - Suite 150 in Reston, call 703-615-2663 or email Nikki@NikkiRyan.com.

Paul Valentino, president of Coldwell Banker Residential Brokerage in the Greater Washington Metro, has announced that Tanya Blosser has been

selected as the company's Field Marketing Manager. She will lead the company's marketing efforts and work with agents to help them promote and develop their business.

"I look forward to assisting agents in developing their personal marketing plans and using all the resources Coldwell Banker has available to increase their visibility in the marketplace," said Blosser, who will be based in Coldwell Banker's corporate headquarters in Reston.

Blosser's career has focused primarily on print and digital media sales and marketing to real estate companies.

Coldwell Banker Residential Brokerage in Reston has announced its sales associates, and teams who have earned the company's International President's awards. The winners include: Individual Achievements - President's Club Bonnie Harrison, Shelley Lawrence, Alexis Norton, Suzanne Parisi, Deborah Pestronk and Vicky Robertson.

Group and Team Achievements - International President's Circle: The Scoggin Home Team; President's Club - Lilyan Dickerson and Heather Watson.

Jim Weichert, founder and president of Weichert, Realtors®, has been selected for the Inman News list of the 100 Most Influential Real Es-

tate Leaders for 2010. This year's selection is the fourth consecutive year that Weichert was honored with this distinction. Jim Weichert was recognized in the Brokerage category, which is reserved for company leaders who command the attention of real estate professionals through their words and actions. During his more than 40 years of sales experience, Weichert has led the development of Weichert, Realtors from a single office in 1969 to one of the largest privately held real estate companies in the nation.

Bruce Green, regional vice president of announced Tahir Nisar of the Reston/Herndon office was recognized for industry success in December. A neighborhood specialist, Nisar led the region for resales. Weichert, Realtors experienced sales associates can be reached at Weichert's Reston/Herndon office, 703-264-0000, located at 1760 Reston Parkway #111.

RE/MAX Distinctive Real Estate is pleased to congratulate the following agents celebrating their anniversaries with the company this month: Evelyn Flynn - 21 years and Kurt Kuykendall - 23 years.

Both Evelyn and Kurt are members of the RE/MAX Hall of Fame and have been recipients of numerous local sales and marketing awards.

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

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ENTERTAINMENT

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

THURSDAY/JAN. 5

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

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

FRIDAY/JAN. 6

VIP Reston. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support group for visually impaired adults. 703-689-2700.

SATURDAY/JAN. 7

Reston Contra Dance. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Music by the June Apple Band. Beginners' workshop 7:15 p.m. Partner not required. Admission \$9. anote20@gmail.com.

SUNDAY/JAN. 8

United States Marine Band. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Free, non-ticketed. www.gmu.edu.

MONDAY/JAN. 9

Game On! Afternoon Edition. 3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Wii gaming, Mario Kart and Super Smash Brothers. Age 8-14. 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.

Brain Games. 3:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. After-school drop-in program. Play chess, Blokus, Battleship, Rush Hour and other strategy games. Age 6 and up. 703-242-4020.

TUESDAY/JAN. 10

Great Decisions Roundtable Discussion. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discussion of U.S. and International issues. This month's topic is Middle East Realignment. Adults. 703-689-2700.

Read to the Dog. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Call or sign up online for a 15-minute session. Age 6-12. 703-689-2700.

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.

Money Matters. 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Monthly group discussion on personal finance and investing. Adults. 703-242-4020.

WEDNESDAY/JAN. 11

Speakers Forum with Dr. David Applegate. 10 a.m. Ernst Cultural Center, NVCC Annandale Campus, 8333 Little River Turnpike,

Annandale. The latest scientific research on earthquakes, volcanoes, tsunamis and floods with Dr. David Applegate, associate director for natural hazards at the United States Geological Survey. Social hour 9:30 a.m. Sponsored by Lifetime Learning Institute of Northern Virginia for adults over 55. Free admission, garage parking \$1 per hour. <http://lli.nova.org> or 703-503-0600.

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

Reston Book Club. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call for title. Adults. 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.

THURSDAY/JAN. 12

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

Book Discussion Group. 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Keepers of the House by Shirley Ann Grau. Ask at circulation desk for copy. Adults. 703-689-2700.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

SATURDAY/JAN. 14

Reston Community Orchestra: Tribute to Dr. King. 6 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. With singer Beverly Cosham. Featuring music by African-American composers and vocal selections inspired by the Civil Rights movement. Free, donations accepted. www.restoncommunityorchestra.org.

Fairfax Symphony Orchestra. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax.

With cellist Sergey Antonov. Glazunov's Chant du Ménéstrel, Haydn's Cello Concerto in C Major, and Shostakovich's Symphony No. 11, "The Year 1905." Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. info@fairfaxsymphony.org.

All4Hym. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A family bluegrass gospel group. \$12. 703-435-8377.

Discover eBooks. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. How to find and download library eBooks. Bring your Kindles, iPads and Nooks. Hands-on assistance provided. Adults. 703-689-2700.

TUESDAY/JAN. 17

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

Director's Choice Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Confederacy of Dunces by John

Kennedy Toole. Adults. 703-689-2700.

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/JAN. 18

International Guitar Night. 8 p.m. The Barns at Wolf Trap, 1635 Trap Road, Vienna. Acoustic guitarists Adrian Legg, Lulo Reinhardt, Marco Pereira, and Brian Gore. \$25. 1-877-965-3872 or www.wolftrap.org.

Preschool Storytime. 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs, and rhymes. Age 3-5 with adult. 703-437-8855.

Toddler Music Time. 3:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Experience the melodies, rhythms, and rhymes of music. 2-3 with adult. 703-437-8855.

Toddler Tales. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities. Age 2-3 with adult. 703-242-4020.

THURSDAY/JAN. 19

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

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for an appointment. Adults. 703-242-4020.

Book Discussion. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Skeletons of the Feast by Christopher Bohjalian. Adults. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

FRIDAY/JAN. 20

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

SATURDAY/JAN. 21

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

Science Spectacular. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A wild and wacky scientist will perform eye-catching experiments. Age 6-12. 703-689-2700.

SUNDAY/JAN. 22

American Youth Philharmonic Orchestra. 3 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. \$14. www.gmu.edu.

MONDAY/JAN. 23

Kids' Science. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore scientific topics through activities. Age 6-8. 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.

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PHOTO COURTESY OF SOUTH LAKES VOLLEYBALL

Cheri Hostetler's South Lakes' volleyball team enjoyed an outstanding 15-win season this past fall.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Coach Greg Miller's Herndon High baseball team experienced a winning season for the second consecutive year in 2011.

Area Coaches Discuss Their New Year's Resolutions

Amanda Bates, head coach girls' basketball, Langley High School

New Year's Resolution: "My New Year's resolution is to communicate better with my players. Sometimes I forget that this group has gone through several coaching changes during their high school careers, so they are still adjusting to having someone new in charge. I want to do a better job making sure that the girls understand what I'm asking of them, and my staff and I are doing all that we can to bring the best out in them."

Most significant happenings of 2011: "For the team, one of the most significant happenings would be the South Lakes game [in mid-December]. It was the first game we scored over 40 points, and it was the closest we've been to playing a complete game. We learned a lot from that game on the importance of taking care of the ball and valuing every possession, and that it takes 32 minutes of solid play to win."

Looking ahead to 2012: "Some key things that our team will look to improve on in 2012 is becoming a stronger offensive team. We dedicated a great deal of time early on developing our defense, but now it's time to balance out our game and put more points on the board. We will work on perfecting our offenses and getting lots of shots up at practice."

Greg Miller, head baseball coach, Herndon High School

New Year's Resolution: "To win a [Concorde] District Championship and get our team back to the regional playoffs."

Most significant happenings of 2011: "Having our second winning season in a row, especially with such a young team. We only started one senior."

Looking ahead to 2012: "We return eight

starters from last year's team so we are expecting big things. We have a group of hard working kids who want to be successful and who are working hard in the offseason. I think we are all excited for the season to get underway."

Cheri Hostetler, head girls' volleyball coach, South Lakes High School

New Year's Resolution: "Our New Year's Resolution for the South Lakes volleyball program is to make it to regionals in 2012! We plan to work hard in the pre-season through workouts and camps. We have always done off-season workouts but due to the new VHSL rule, the coaching staff can have some contact with the athletes which is exciting."

"All players will have the opportunity to get court time, not just the players that play club volleyball."

Most significant happenings of 2011: "The highlight of the 2011 season was improving the team's regular [season] record to 15-10! It was a great year because they worked well as a team. The team spirit was at an all-time high mainly because they were all so supportive of each other."

Looking ahead to 2012: "The 2012 season looks promising. The team will have a lot of returning players because we only graduated four seniors. There is a lot of talent coming up from the JV and freshmen teams also. We expect a lot of exciting play from the team in 2012 to build on the momentum from 2011. There is a group of three players that has been on the team for a couple of years so we look for Cloe Traylor, Annemarie Bresson and Dory DeWeese to really lead the team. They will all be seniors and have had a lot of impact on the program during their tenure."

Kevin Simonds, head football coach,

Fairfax High School

New Year's Resolution:

"It's hard to keep resolutions so I try to see what I can improve on or continue to do better at. For the coming year I hope to continue building on a strong football program by attending coaching clinics and working with my staff and players in the weight room in order to be a force in the Liberty District/Northern Region."

Most significant happenings of 2011:

"Just building on the success from 2010 was great. We started the season 4-0 and for the first time in our history we faced the mighty Westfield Bulldogs with the same record at the midpoint of the season. We also won our first game of the season, homecoming and we secured a spot in the regional playoffs before the final game of the regular season. The Rebel football program is growing and we are getting better each season. I am excited to see what we will do over the next three years as our freshman team shared in the Liberty District title."

Looking ahead to 2012:

"We are challenging them to finish. Often we battled but in the games we lost we were not able to play a solid four quarters. We did not finish drives and we did not finish tackling. This year we aim to finish what we start. We will have a solid core group of seniors with a solid group of juniors that will make for a very competitive team in 2012."

Mike Barbee, head boys' basketball coach, Fairfax High School

New Year's Resolution: My personal New Year's Resolution is to find more time to go to the gym to work out in basketball sea-

son. As a coach it is always hard to find the time to do it with everything that goes into the work with the team.

Most significant happenings of 2011: Most significant events of 2011 for me were getting named the boys' basketball coach at Fairfax High School and leaving Woodson High School after being there for seven years. This completely changed my life and I have enjoyed every moment of it.

Looking ahead to 2012: Key things to look for from the Fairfax boys' basketball team in 2012 are how we grow into our offensive system as a program. I feel we have become a tough team on the defensive end of the floor with our man to man defense but we have plenty of room to grow on the offensive end. I expect to see a team much more familiar and comfortable with the new sets that we are running in 2012 than we have seen so far in 2011.

Jim Poythress, head football coach, Lake Braddock Secondary

New Year's Resolution: My focus is on health - lose 30 pounds, stretch more often.

Most significant happenings of 2011: We played one of the toughest schedules in the state. We could not run the ball [but] we did not collapse. We won a share of the [Patriot] District. We continued to improve. We were a final four team for the third straight year.

Looking ahead to 2012: Can we find offensive balance? Will our underclass play at a high level? Will we stay healthy? Can we continue to improve week to week, and will we play as a team? If the answer to these questions are yes, we could be a contender. Somebody needs to step up as a leader.



PHOTOS BY JOE ROMEO

The new Route 7 overpasses take shape over the Capital Beltway.

Looking north from Tysons Corner, the Westpark Drive access ramp and the Dulles Metrorail dominate the scene.

A Hot Year for HOT Lanes

Many overpasses completed, work continues in 2012.

BY MIKE SALMON

Last year was a big hurdle for the I-495 High Occupancy Toll (HOT) Lanes. Throughout 2011, drivers and residents along the highway saw many of the overpasses completed and traffic shifted over to the new spans.

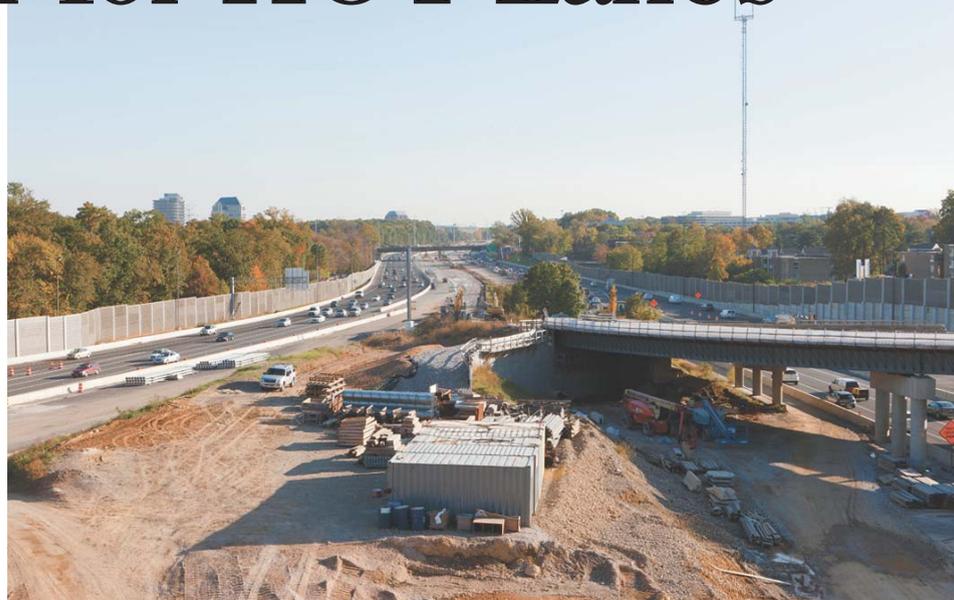
This occurred at Lewinsville Road, Leesburg Pike, Idylwood Road, I-66, Gallows Road, Little River Turnpike and Braddock Road. These new overpasses are wider, with sidewalks and bike lanes that the old overpasses lacked, so it was a welcome addition to many Fairfax County residents.

At the Dulles Toll Road and I-495 interchange more than 17 bridges are under construction and last summer crews closed the far left lane on the eastbound Dulles Toll Road to complete pier work. After the initial congestion increased, crews restriped the area to provide smoother traffic flow before the left lane was restored completely in late December.

At Route 123 in the Tysons Corner area, all the lanes of the beltway that were routed on one overpass in 2010 were rerouted back to the original highway path across a new bridge span over Route 123. Plus the left lanes along Route 123 were reopened along with the exit from Route 123 north to I-495 north. Wider beltway overpasses were also built at Arlington Boulevard.

Motorists are now traveling on newly paved lanes in many areas along the beltway as well. These lanes are outside of the original configuration so crews can work on the actual HOT Lanes in the middle of the beltway.

At I-66, the left exit from the northbound lanes of the beltway to I-66 west was closed permanently. That exit has been a congestion point in years past, so it was closed and motorists heading to I-66 west are now using the two-lane, right exit. That left exit will be a HOT Lanes exit in the future. Also at I-66, a new flyover ramp was opened in late December from I-66 east to I-495 north bringing northbound traffic down to the



PHOTOS BY JOE ROMEO

Looking south from the I-66 ramp, the HOT Lanes configuration takes shape.



PHOTO BY MIKE SALMON/VIRGINIA MEGAPROJECTS

From the new, unopened section of Rolling Road, the ramps to the Franconia-Springfield Parkway are part of the Fairfax County Parkway's last phase.

right side on the beltway eliminating the left merge across the roadway to access Routes 7 and 123.

Other Megaprojects

Other Megaprojects underway include the Telegraph Road interchange with I-95/495 in Alexandria and the Fairfax County Parkway extension through the Fort Belvoir North area, formerly known as the Engineer Proving Ground.

The Telegraph Road interchange is the last part of the Woodrow Wilson Bridge project. By the end of 2011, all the new ramps were completed and in use. In the coming year, the through lanes in the center of the beltway will be completed and bridges over Cameron Run and the railroad tracks in Alexandria will be open. The project is expected to be completed in the late 2012-early 2013 timeframe.

The Fairfax County Parkway passed a milestone in July 2011 with the opening of the Boudinot Drive loop, providing a direct connection to Fullerton Road. A few months later, parts of Rolling Road were restored and the intersection at Donegal Lane was partially closed.

In spring 2012, the Rolling Road overpass will be completed and the Donegal Lane intersection will be completely closed. This overpass is the last part of the Fairfax County Parkway extension, although a commuter lot is planned for a space near the Barta Road-Rolling Road intersection. This 535-space lot is being added as a suggestion by the Fairfax County Department of Transportation, and is scheduled to open in September 2012.

Last July, the ribbon was cut on the I-95 Widening Project, which was the first Megaproject that is officially completed. This project added another lane on both sides of I-95 through a six-mile stretch of highway from the Fairfax County Parkway overpass to Occoquan.

The writer is a Public/Community Outreach Specialist for Virginia Megaprojects.

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"Scanxiety"



By KENNETH B. LOURIE

(With attribution to Ember Garrett from the San Diego, California Weber Shandwick satellite office.) The meaning being: the anxiety one feels waiting for, and awaiting the results of, a diagnostic scan. My particular cycle now occurs every four months for the CT Scan (of my upper torso/lungs) and every 12 months for both the full body Bone Scan (lung cancer spreads to the bones) and MRI of the brain (where the highest percentage of lung cancers' spread, 30 percent, most often goes).

Perhaps I don't know what I'm supposed to be feeling or am too clueless or naive about what symptoms I'm experiencing – or lack thereof, but diagnosis-to-date, I have felt very little that ever gave me pause. However, given the fact that I was basically asymptomatic immediately preceding my biopsy and subsequent diagnosis/prognosis, and a life-long nonsmoker to boot born into a family with no cancer history; not feeling anything one might consider worrisome: coughing, shortness of breath, difficulty breathing, etc. has not been as reassuring as some might think. In my case, nothing actually turned into something (my philosophy in life has always been: "It's nothing until it's something"). Ergo my discomfort. The less I feel, the more I worry. That's how this all started. Why/how can I expect it to finish any differently?

Now don't let me lead you completely astray; feeling something would be worse, presumably. But having felt very little so far, I can't say for sure how feeling something would compare. Maybe feeling something would provide an odd sense of comfort – and possibly even a sense of cause and effect. Feeling nothing however, contributes very little to the understanding of why and how an otherwise healthy, middle-aged male who never smoked a cigarette, cigar or pipe, never chewed tobacco, inhaled secondhand smoke or was exposed to asbestos or radon, was diagnosed with stage IV lung cancer, the leading cause of cancer deaths, with nearly 160,000 annually, 85-percent-plus of which are attributable to these causes.

So whatever is, or is not happening to me, becomes diagnostically clear only when a radiologist reads my scan and issues a report. Until I know those results, approximately two to three days after the actual scan occurs (and weekends don't seem to count), anxiety is the emotion of the day – and night, too. In this context, what you don't know does in fact hurt you – emotionally. And unfortunately, the longer you (I) live and the more frequently you experience this interminable wait, the easier it does not get. Familiar? Yes. But this kind of familiarity does not exactly provide comfort or relief. Nor does it – for me, breed contempt, as the old saying goes. It is what it is. I accept my circumstances. I accept the process. I understand there's no fault involved. It's simply what patients have to endure.

Ironically though, you want to endure this process for a long time. Because it means you're still alive – and kicking. But to think it gets any easier over that time would be, at least in my three years of living it, wrong. "Scanxiety" will be with you for the rest of your scan-taking life (women waiting for the results of their mammograms are well-acquainted with this feeling). I may get used to it, but I'll never get over it. Life-changing events are funny that way.

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

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21 Announcements

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NPM Inc, trading as North Point Sunoco, 1496 Reston Parkway, Reston, VA 20194. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine & Beer off premise license to sell or manufacture alcoholic beverages. Larry Jannes, Chief Financial Officer
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing-date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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