

Reston
CONNECTION

Home LifeStyle

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A selection of ornaments and other holiday items for sale at the Frying Pan Farm Park General Store.

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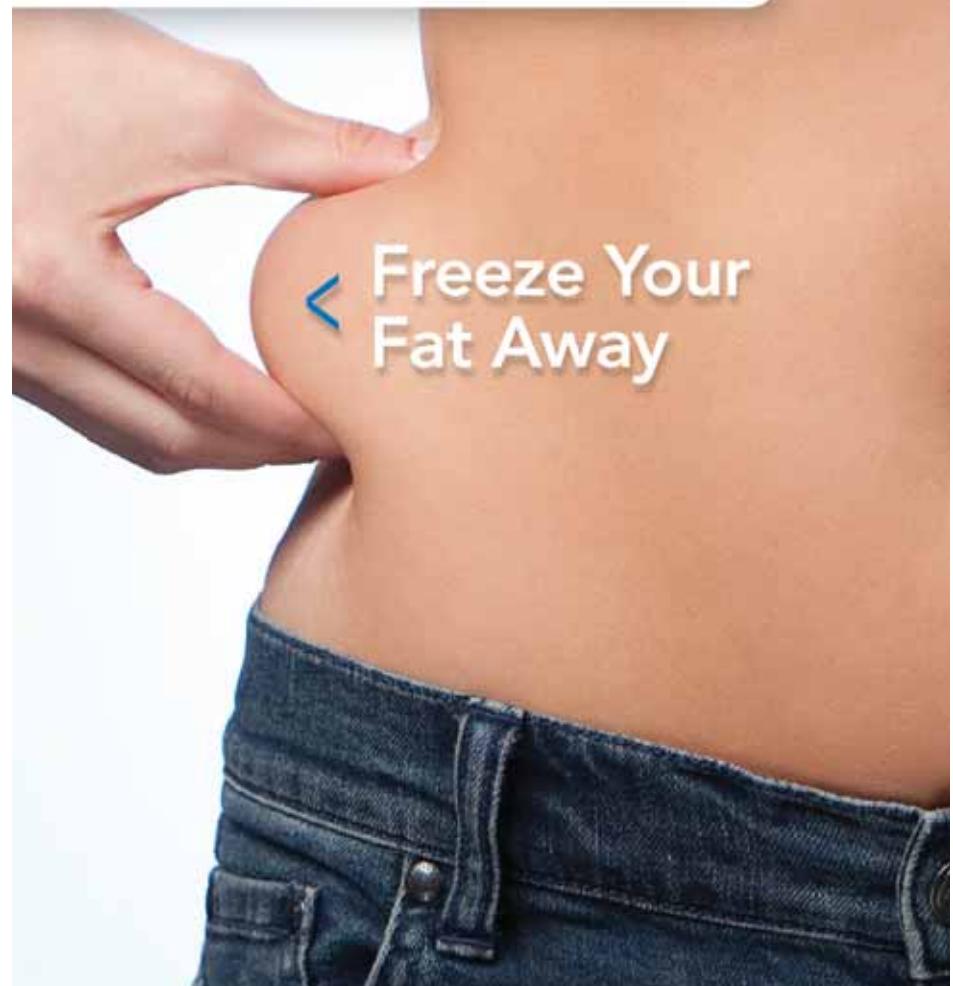
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Photos by Deb Cobb/The Connection



U.S. Rep. Gerry Connolly (D-11) helps a Greenspring resident find election officials at the Greenspring Polling Station to determine whether he can vote in the election.

Reaction to the announcement that President Barack Obama has been re-elected at the Fairfax County Democrats Victory Party on Nov. 6.

Area Votes for Obama, Kaine, House Incumbents

President Barack Obama wins second term, Kaine wins Senate seat, Moran, Wolf, Connolly re-elected.

By Victoria Ross
The Connection

In a bitter and historically expensive battle, President Barack Obama defeated Gov. Mitt Romney, winning a second term Tuesday after grabbing the key swing state of Virginia after midnight.

With the addition of the commonwealth's 13 electoral votes—as well as those of Colorado, Iowa, New Hampshire and Wisconsin—Obama sailed over the electoral cliff with the critical 270 electoral votes he needed for victory.

More than 200 Democrats gathered at the Tysons Sheraton Tuesday evening—some cautiously optimistic, some nervous—about the Democrats' chances of another four years for Obama in The White House.

Mondana Nicksolat, an Obama volunteer from McLean, said she was so nervous about Obama's chances for victory, "I feel like I'm getting ready to take a final exam. . . . I'm nervous. I'm not sure he will win," Nicksolat said. But as the evening wore on, Nicksolat became more optimistic.

"Obama shouldn't be called a politician," she said. "He is a human being. He has a lot in common with the American people. We are not all rich; we all did not go to elite schools; some of us are immigrants and we're Americans. Obama is with us."

Close to midnight, the Sheraton crowd erupted in cheers, hugs and tears when news networks projected the win for Obama.

"The country and women are safe for four more years," one guest shouted.

According to the Fairfax County Board of

Elections, Obama won the county with nearly 60 percent of the vote.

Kaine Wins Senate Seat

It was one of the most competitive and closely-watched Senate races in the nation, but after 17 months of brutal campaigning, former Virginian Governor and DNC Chair Timothy M. Kaine grabbed the seat of retiring U.S. Sen. Jim Webb from former Governor George Allen. Kaine won 51.85 percent of the vote over Allen's 47.97 percent with 100 percent of the state's 2588 precincts reporting, according to the Virginia State Board of Elections.

The 11th District: Connolly

U.S. Rep. Gerry Connolly (D-11) knows how close a race can be on election night, beating challenger Keith Fimian in 2010 by a razor-thin margin, but Connolly handily defeated Republican challenger Chris Perkins Tuesday night along with four other candidates: Chris DeCarlo (Independent), Mark Gibson (Independent), Joe Galdo (Green Party) and Peter Marchetti (Independent Green Party). Connolly received 60.05 percent of the vote, or 163,212 votes, compared to Perkins's 36.22 percent of the vote with 98,456 votes.

"Tonight our voters also sent a message about our politics. They want more functional government," Connolly said, standing with his daughter and wife at the

Sheraton. "They don't want more rabid, partisan rhetoric as a substitute for real solutions to real problems."

Connolly said he was honored "to have been reelected, by my widest margin ever, and to have received the thrust of our voters to represent them for the next two years. On their behalf I will fight for the values we share while seeking common ground to move our country forward."

Connolly also displayed his trademark wit when he told the crowd he had another announcement: "CBS News just called it for Tim Kaine. . . . Not so fast, Tea Party!"

The 10th District: Wolf

U.S. Rep. Frank Wolf (R-10), the most senior of the 11 members of the House of Representatives from Virginia, won his 17th consecutive term on Tuesday. This year, Wolf faced a challenge on two fronts: Democrat Kristin Cabral and Independent Kevin Chisholm fought hard to take his seat.

Wolf won 58.71 percent of the vote (194,817 votes) compared to Cabral's 38.38 percent of the vote (127,355 votes) with 192 of 195 precincts reporting at 1 a.m.

Wolf sits on the powerful House Appropriations Committee, where he is the chairman on the Commerce-Justice-Science subcommittee. In addition, he is the co-chairman of the Tom Lantos Human Rights Commission, a bipartisan organization made up of more than 200 members of Congress who work together to raise awareness about international human rights issues.

The 8th District: Moran

U.S. Rep. James P. Moran won a 12th term in Congress, easily beating his Republican



State Del. Mark Keam (D-35) tweets election results from the Democrats victory party at the Tysons Sheraton Tuesday night.

opponent J. Patrick Murray with 63.42 percent (174,974 votes) of the vote over Murray's 31.5 percent of the vote (86,910 votes). A senior member of the Appropriations Committee, Moran serves as the ranking member on the Subcommittee on the Interior and Environment and also serves on the Defense and Military Construction Subcommittees. Throughout his two decades of service in the House of Representatives, Moran has championed regional transportation solutions, the environment, women's issues, technology, fair and open trade, and fiscal discipline. He is also well known for his efforts to protect federal employees and military retirees.

News

Herndon, Reston Honor Veterans

American Legion hosts Veterans Day Observance.

By Andrea Worker
The Connection

The eleventh hour of the eleventh day of the eleventh month. Let us observe two full minutes of silence." With those words, David Kirby, commander of Herndon-Reston American Legion Wayne M. Kidwell Post 184, opened the 2012 Veterans Day observance, addressing veterans, active duty members, town dignitaries and respectful citizens gathered on the green behind the Herndon Municipal Center. The commander was, of course, referring to 11 a.m., Nov. 11, 1918—the date and hour when hostilities on the Western Front of World War I officially came to an end. Originally celebrated as "Armistice Day" to remember those fallen in combat during that war, what we now call Veterans Day has evolved to honor those who made that ultimate sacrifice, and to thank all who have served and continue to do so.

The first of the two minutes of silence is observed to remember the approximately 20 million people who died during the war. The second minute is dedicated to those left behind who were most affected by those losses—the family and friends of fallen heroes.

AT THE START of his remarks, Kirby asked the crowd to especially remember the two former Navy SEALs who had been killed during the recent attack on the US Embassy in Benghazi, Libya—Glen Doherty and Tyrone Woods. "We revere these heroes," said Kirby, "because they revered us. They paid the price for a land worth serving. That price is also paid by their heartbroken families." Kirby noted that the American Legion was a major source of support for service personnel and their families, citing a number of programs and resources offered by the organization. He asked that employers consider veterans for their hiring needs, and reminded the assembly that a large number of police, firefighters and first responders are veterans. He also pointed out that too many veterans become homeless "when they shed their uniforms. Hardly the thanks of a grateful nation. Let us serve them as well as they served us," he asked.



From left—David Lacombe, US Army Ret., William Spence, US Army Ret., Naval Academy sophomore Fabio Garcia, Naval Academy freshman John Wilson, William G. Wright, Sr., US Army Ret., Bob Thompson, US Navy Ret., and Eric Clauch, US Airforce. The veterans insisted that the young naval cadets join them in the military line-up. Garcia and Wilson were both members of the Herndon Junior Naval ROTC before taking the next step in their careers at the Naval Academy.

Many of these themes were reiterated by the occasion's guest speaker, Lieutenant Colonel Debra M. Biely, USMC Ret. "It's about time the Post had its first woman guest speaker," declared Commander Kirby. "And who better to start this new tradition." Kirby introduced Biely, highlighting many of her numerous accomplishments both during her 20 years in the United States Marine Corps, and as a civilian since her retirement. The Lt. Colonel spoke of how highly trained, disciplined and suited for teamwork and deadlines are our veterans. "Hire a vet. Work veteran-owned companies. It's one small way to honor those who ensure that we can love in freedom," stated Biely.

BIELY AND KIRBY laid the memorial wreaths to the Sounding of Taps by bugler Eric Claunch. Post 184 Chaplain Dmytro Andriuk performed the opening invocation and the closing benediction before the ceremonial Retiring of the Colors. The Herndon Junior Naval ROTC handled the flags. As the observance came to its close, Commander Kirby invited the gathering to join in refreshments provided by the Herndon Women's Club and said a visit to nearby Chestnut Grove Cemetery to view the Avenue of Flags erected there in honor of all veterans would be well worth the trip.



The crowd listens to American Legion Post 184 Commander David Kirby's remarks at the Veterans Day Observance at the Town Green in Herndon.

Photos by
Andrea Worker



Photos by Alex McVeigh/The Connection

Members of the Reston Garden Club during their "Big Dig" beautification project at the Reston Regional Library Monday, Nov. 5.

Garden Club Hosts 'Big Dig'

Reston Garden Club performs beautification project at Reston library.

By Alex McVeigh
The Connection

nandinas, as well as two transplanted hinoki cypresses and several day lilies.

"They did a really good job selecting the plants at the entrance, it's a nice variety that makes the sign pop," said Marilyn Calhoun of Reston. "It looks cleaner, less cluttered, and it creates a better first impression for the library, even for people just passing by."

The large bed adjacent to the entrance already had a large tree, and members added dozens of liriope, a low-grass like flowering plant. Piselli used a power auger to create holes, then club members could add the plants.

"This is our annual beautification project, where we provide the labor to add to the landscape around our local library," said club member Julie Bond. "The Friends of the Reston Regional Library provided the funding for the plants, and Hidden Lane Landscaping, a Herndon-based residential garden design firm, performed much of the work.

"Our goal was to coordinate with the club to put in plants that are as care-free as possible. They don't need annual fertilizing and won't need to be trimmed much," said Anthony Piselli of Hidden Lane Landscaping. "They'll also stop a lot of the erosion that happened with just the dirt, after it rained, the parking lot would be a mess with all the washed out dirt."

Piselli said they wanted to give the soil beds next to the sign on Bowman Towne Drive "curb appeal," so they used a variety of nepetas and

The Reston Garden Club was founded in 1970, and hosts monthly meetings to connect members with gardening resources and education. They host several projects per year, including beautification of the Reston library, and the creation of holiday greens displays for the Cameron Glen Care Center.

More information can be found at www.therestongardenclub.org.

Opinion

Elections 2012—Role of Big Bucks Going Forward

By John Lovaas
Reston Impact Producer/Host

Happy post-election to you all. Before I return to our discussion of our flawed election process and the role of the big bucks, I want to congratulate a good friend and fellow Restonian. Aaron Williams recently resigned after three years



Independent Progressive

as director of the Peace Corps, one of America's finest organizations. When this Reston resident, a former PC Volunteer himself, took over the Corps, it faced some major issues. He successfully addressed those issues and reformed the agency's strategic planning tools to assure

future volunteers are more effective and better supported in their work. "From working tirelessly to improve volunteer support to his leadership in reforming and modernizing the agency, Aaron has been a champion of the thousands of remarkable Peace Corps Volunteers [9,000] serving across the globe," said President Obama. High praise indeed, and well deserved. You made Reston proud, Aaron!

What impact did the \$2 to 3 billion spent on the 2012 elections really have? On the front end, it appears that the money, in many cases, was not the determining factor—even the legendary Karl Rove with \$400 million was not able to buy the presidency or the U.S. Senate seat in Virginia. Gerry Connolly overwhelmed his chief opponent financially

See Lovaas, Page 13

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Opinion

Shop Locally, Give Locally

Small business Saturday isn't enough; don't wait until then, and don't stop after that.

An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving. This year that is Nov. 24. Black Friday, the day after Thanksgiving, a day of national zeal for shopping. Presumably the next day shoppers can focus on local shopping.

It sounds like an obligation, and it is. But there is a joy to shopping in local stores at the holidays, to walking along a sidewalk with the streets decked out for the holidays, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

We all benefit when local stores thrive, when local business districts beckon.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

Supporting small businesses, locally owned businesses, has to be more than a one-day affair.

The economy continues to improve slowly without inspiring. But still, local families will shop and exchange gifts during the next month, spending tens of millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any commu-

nity. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who is active in fundraising for local charities, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face

Give Locally

Poverty and homelessness are sometimes hard to see in Northern Virginia, but there is no shortage of families in need locally, especially at the holidays. Here are some of the local organizations ready to help, and in need of your help. Financial contributions are always preferred.

Where to Give Locally

In no particular order:

- ❖ **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 and more. 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. More than 4,000 adults and children have signed up for help with Thanksgiving and Christmas meals. 703-437-1776 www.linkagainsthunger.org
- ❖ **Committee for Helping Others (CHO)**, Vienna, organized in 1969 by a group of concerned churches and individuals in the Dunn Loring, Merrifield, Oakton, Vienna community to provide simple, loving charity to those in need. 14th Annual Thanksgiving Interfaith Service is Tuesday, Nov. 20, 7:30 p.m. at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. 703-281-7614 <http://www.cho-va.com>
- ❖ **Fairfax City Area FISH** (For Immediate Sympathetic Help), working with the Office of Coordinated Services Planning, Fairfax County Department of Human Services, FISH helps local citizens who are in temporary need of life's basic necessities such as food, clothing, and financial assistance for rent, mortgage payments, utilities, and medical treatments. FISH also provides limited transportation for doctor appointments and food delivery. 703-222-0880 <http://fairfaxfish.org/>
- ❖ **Herndon-Reston FISH** (For Immediate Sympathetic Help), 336 Victory Drive, Herndon, 703-391-0105 <http://herndonrestonfish.org>
- ❖ **Northern Virginia Family Service**, 10455 White Granite Drive Suite 100, Oakton, VA 22124. 703-385-3267 <http://www.nvfs.org>

tough challenges right now. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally-owned retailers.

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. But local shoppers should be sure to save some shopping time and dollars for local stores. Spend some time shopping in your own community, and also plan an excursion to a nearby town to check out the local businesses and holiday spirit there.

— Mary Kimm,
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Commentary

By Kenneth R. "Ken" Plum
State Delegate (D-36)



"Oh, no!" many may exclaim at the idea of hearing any more about the elections. But I believe it is instructive for the future to consider what happened and why. As residents of a battleground state, Virginians were inundated with telephone calls, television ads and slick mailers. Interestingly, the guys who spent the most money did not win. Virginia is a state that had just a few years ago elected Republicans to its top three statewide offices, majorities in the House and Senate, and eight of its 11 congressional representatives. Yet President Obama won the state handily. And former Governor Tim Kaine won a seat in the U.S. Senate even though 30 million in outside dollars were spent against him. How can this happen? Some

important in elections. The notion that a campaign of 12 months of half-truth advertising as was run against Senator-elect Tim Kaine would be effective shows a disregard of the intelligence of the voters. The over-the-top ads created a negative attitude on the part of the electorate for the persons running the ads. For its part the Kaine campaign ran television ads for 12 weeks rather than 12 months that overwhelmingly featured the candidate speaking directly to the voters on what he intended to do in office.

Slick political mailing pieces are no longer effective. Voters can spot them instantly, and they go into the recycling bin. They are slick to the touch or some may say slimy, very colorful with a grainy photo

of the opponent and a family picture of the candidate. The opponent is always a bum; the candidate has the answer to all the district's problems. Political consultants continue to push this advertising because that's the way it has always been done, and the consultants make lots of money on producing, printing and mailing them. In contrast, the Obama and Kaine campaigns made effective use of social media.

Demographics have changed, and no campaign showed a greater awareness of these changes and their impact on voting than did the Obama and Kaine campaigns. Messages were tailored and directed to different constituencies very effectively. In contrast, I got about a dozen Romney mailings, including requests for contributions. Obviously, there was something wrong with their targeting.

Campaigns need to change to reflect the intelligence of the voters, who they are, and how they get their information. Voters need to be congratulated on cutting through the static of the campaigns, sticking it out in long voter lines, and electing strong leaders. But voters need to take responsibility every year for being involved. It is incongruous that the same voters who helped elect President Obama and Tim Kaine also voted for Attorney General Ken Cuccinelli and the ultraconservatives in the General Assembly who passed the anti-woman legislation last year. We have a chance to rectify those mistakes. Next year we elect another governor and House of Delegates members. If everyone who voted this year votes next year in the same way we will have a positive change of direction in Virginia.

Community

Reston Holiday Parade Set for Nov. 26

Reston Town Center presents the 22nd annual Reston Holiday Parade on Friday, Nov. 23 at 11 a.m. to launch the festive season with Macy's-style balloons, musicians, dancers, antique cars, and more. This one-of-a-kind, one-hour parade along Market Street will also welcome the arrival of Santa and Mrs. Claus in a horse-drawn carriage. The Reston Holiday Parade is held rain or shine, and since 1991 it has been an annual tradition on the day after Thanksgiving. The full day's schedule is listed below, and more information is available at www.restontowncenter.com/holidays.

"Come Out to Play!" is the parade theme for 2012 with huge balloons, floats, and costumes inspired by all kinds of fun games, sports, and music. The Reston Holiday Parade attracts approximately 10,000 spectators from near and far to see at least seventy groups, amounting to approximately 500 participants in the procession.

Special guest emcees will announce the procession from two

VIP grandstand locations on Market Street. Grand Marshal for the 2012 Reston Holiday Parade is Bruce Butler, who retired from his post as principal at South Lakes High School in June. VIPs and dignitaries will also take part in leading the parade, including Reston founder, Robert E. Simon, Jr. Continuing another tradition, prior to the 11 a.m. start, thousands of Reston Town Center jingle bell lanyards will be handed out to children along the route as they wait for the parade to begin.

After the parade, Santa and Mrs. Claus will stay for visits and photos until 4:30 p.m. and will return to light up the huge Christmas tree at 6 p.m. The tree lighting will be emceed by DC-region radio personality icon, Cerphe, and attracts a gathering of approximately 5,000 people to Fountain Square for a half hour Sing Along of traditional Christmas songs. Horse-drawn carriage rides begin at 6:30 p.m.

Full information about Holidays are Here at Reston Town Center is available at www.restontowncenter.com/holidays.

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60% of adults in families that were homeless were employed



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— Dale Peak, Administrator, Reston Bible Church



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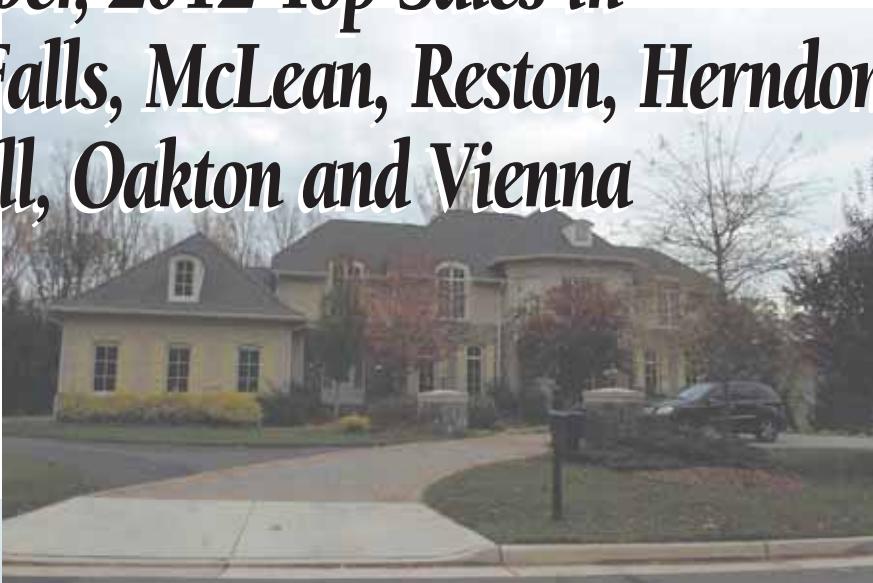


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Local REAL ESTATE

September, 2012 Top Sales in Great Falls, McLean, Reston, Herndon, Oak Hill, Oakton and Vienna

⑧ 7846
Westmont Lane,
McLean —
\$2,350,000



Photos by Craig Sterbutzel /The Connection

② 175 Chain Bridge Road,
McLean — \$5,000,000

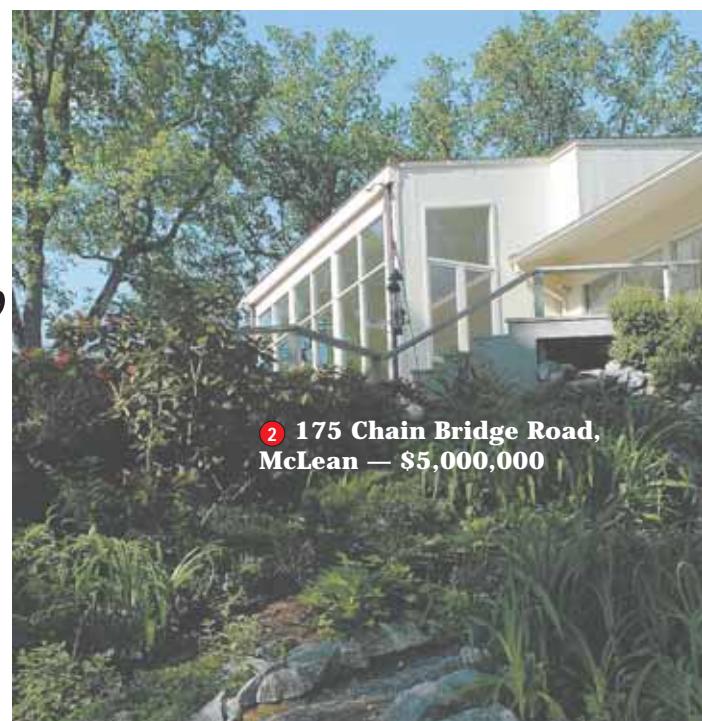


Photo by Louise Kraft /The Connection



⑬ 1290 Difficult Run Court, Vienna — \$1,285,000

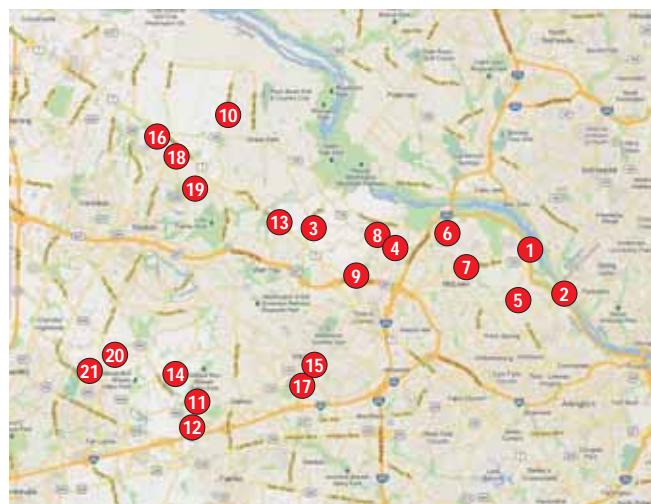


⑫ 11041 Heathland Drive,
Oakton — \$1,300,000



⑯ 11630 Cedar Chase Road,
Herndon — \$1,229,000

⑯ 11305 Stones Throw Drive, Reston — \$1,150,000



© Google Map data

	Address	BR	FB	HB	Postal City ...	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
①	1003 CREST LN	4 ..	5 ..	1 ..	MCLEAN	\$7,000,000	Detached	2.31	22101	RANDELL CORTES W PROP ...	09/13/12
②	175 CHAIN BRIDGE RD	4 ..	3 ..	1 ..	MC LEAN	\$5,000,000	Detached	2.30	22101	ARLINGWOOD	09/21/12
③	1112 DARA LN	4 ..	4 ..	1 ..	GREAT FALLS ..	\$3,696,597	Detached	1.88	22066	MARQUETTE	09/27/12
④	932 DOMINION RESERVE DR	4 ..	5 ..	2 ..	MCLEAN	\$2,625,000	Detached	0.96	22102	THE RESERVE	09/27/12
⑤	6019 WOODLEY RD	6 ..	6 ..	1 ..	MCLEAN	\$2,575,000	Detached	0.63	22101	SIMPSON AND MAYS	09/28/12
⑥	6901 BENJAMIN ST	7 ..	7 ..	3 ..	MCLEAN	\$2,500,000	Detached	0.97	22101	LANGLEY FOREST	09/24/12
⑦	1222 STUART ROBESON DR ...	6 ..	8 ..	1 ..	MCLEAN	\$2,425,000	Detached	0.27	22101	MERRYHILL	09/18/12
⑧	7846 WESTMONT LN	5 ..	5 ..	2 ..	MCLEAN	\$2,350,000	Detached	0.99	22102	THE RESERVE	09/28/12
⑨	1361 HARDISON LN	7 ..	6 ..	1 ..	MCLEAN	\$2,250,000	Duplex	0.80	22102	BELMEADE	09/07/12
⑩	10496 PATRICIAN WOODS CT ...	4 ..	4 ..	1 ..	GREAT FALLS ..	\$1,778,000	Detached	1.01	22066	FINGER LAKE ESTATES	09/24/12
⑪	3186 WHEATLAND FARMS DR ..	5 ..	4 ..	2 ..	OAKTON	\$1,300,000	Detached	1.23	22124	WHEATLAND FARMS	09/19/12
⑫	11041 HEATHLAND DR	5 ..	4 ..	2 ..	OAKTON	\$1,300,000	Detached	0.95	22124	OAKTON CROSSING	09/17/12
⑬	1290 DIFFICULT RUN CT	4 ..	4 ..	1 ..	VIENNA	\$1,285,000	Detached	0.46	22182	MIDDLETON TWO	09/27/12
⑭	11227 SORREL RIDGE LN	6 ..	6 ..	0 ..	OAKTON	\$1,250,000	Detached	2.00	22124	FOX LAKE	09/14/12
⑮	606 COTTAGE ST SW	5 ..	6 ..	3 ..	VIENNA	\$1,250,000	Detached	0.23	22180	WEST VIENNA WOODS	09/19/12
⑯	11630 CEDAR CHASE RD	5 ..	4 ..	1 ..	HERNDON ...	\$1,229,000	Detached	0.50	20170	CEDAR CHASE	09/11/12
⑰	513 RIDGE RD	6 ..	5 ..	1 ..	VIENNA	\$1,215,000	Detached	0.25	22180	VIENNA WOODS	09/14/12
⑱	11305 STONES THROW DR	5 ..	4 ..	1 ..	RESTON	\$1,150,000	Detached	0.58	20194 ..	ESTATES AT WYNDHAM HILLS .	09/18/12
⑲	1388 CAMERON HEATH DR	6 ..	5 ..	1 ..	RESTON	\$1,145,000	Detached	0.24	20194	HUNTERS END	09/26/12
⑳	12314 WESTWOOD HILLS DR ..	5 ..	6 ..	2 ..	OAK HILL	\$1,080,000	Detached	0.87	20171	RESERVE AT OAKTON	09/28/12
㉑	12854 PARAPET WAY	5 ..	4 ..	2 ..	HERNDON ...	\$1,050,000	Detached	0.88	20171	CAMBERLEY EAST	09/07/12

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Home LifeStyle

Woodpecker Attack

**Homeowner
feels desperate
after birds build
nest in her home.**

By Marilyn Campbell
The Connection

When Diane Smith moved into her Reston home in 2004, the house, which was built with cedar siding, was in good repair. The siding, she says, "appeared intact and heavily stained."

However, two years later, her home was under attack—by birds. "The floodgates broke loose—woodpeckers began to savage the home," she said. "The rotten and dead trees in the woodlot that surrounds the house were colonized and the actual home was the social center of woodpecker life."

Smith restained the siding and painted the trim, but woodpeckers continued to feast on her home.

"A lot of woodpeckers enjoy going after bugs that are in the wood siding," said Danny Harper, owner of Custom Concepts Construction Concepts, Inc. in Maryland. "What happens is that the wood starts to rot, insects get in there and woodpeckers go in looking for bugs. Anytime you have older homes with water damage that attracts insects. The woodpeckers follow and come around eating people's homes."

Smith said she used several weapons in her woodpecker war, including "a solar-powered device that sounds like a woodpecker predator." She tried filling the holes with steel wool and even used exterior insect repellent to kill the wood-boring bugs. "Nothing worked: The house continued to be Swiss-cheesed by the birds."

THE FINAL STRAW came, Smith said, when the woodpeckers drilled a hole large enough to build a nest, then laid eggs and hatched a family inside the framework of her home. She was actually ready to sell her house when she noticed that her next-door neighbor, whose home appeared similar to hers, didn't have any woodpecker damage. The difference? That house was sided with HardiePlank siding.

Although Smith says she found many non-wood siding options, like



Photo by Case Design/Remodeling, Inc.

Reston homeowner Diane Smith says that after woodpeckers "Swiss-cheesed" her house, she decided to install HardiePlank siding.

vinyl or metal, they were unattractive and overpriced. Feeling desperate, she brought in a contractor.

"I was amazed as to the extent of damage the different species of woodpeckers created," said Steve Magill at Fred, a home repair division of Case Design/Remodeling, Inc. "I have seen woodpecker dam-

age in siding that was pretty large. Nothing compared to this damage, [and it] was still growing."

Magill and his team installed HardiePlank on Smith's home. "We covered the entire house in panels and trim. The Hardie panel is a cement-based product that has a very long life span, maybe 100 years," he said. "It comes with a factory paint applied in controlled environments. The warranty on the paint is 15 years."

For those who don't want synthetic siding, Harper says up-keep is paramount. "It comes down to a maintenance thing. You have to be diligent and keep up with the maintenance cycle of painting and caulking to create a water barrier so that water can't penetrate. In most cases, people let it go, and then it creates a problem and then it is more expensive in the long run."

Smith said that for her, cedar was impractical and she's happy with her new, bird-free home. "It's a solid, visually pleasing exterior housing material. The decision was quite easy."



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OPEN HOUSES SATURDAY/SUNDAY, NOVEMBER 17 & 18

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.

Call Specific Agents to Confirm Dates & Times

Burke

6159 Hatchet Ct.....\$599,950....Sun 1-4..Kathleen Quintarelli.....Weichert.. 703-862-8808	9417 Ulysses Ct.....\$414,950....Sun 1-4..Kathleen Quintarelli.....Weichert.. 703-862-8808
--	--

Centreville

6487 Trillium House Ln.....\$999,900....Sun 12-4 ..Jean Marotta.....Birch Haven... 703 402-9471

Chantilly

27577 Equine Ct.....\$875,000....Sun 1-4 ..Jim Gilbert.....Samson Props.. 703-969-0410
--

Clifton

6324 Deepwood Farm Dr\$589,000....Sun 1-4Ed Duggan.....Century 21 .. 703-989-7735
--

Dunn Loring

7912 Railroad St.....\$685,000....Sun 1-4..Farzaneh Sohrabian.....MCM.. 703-596-8067
--

Herndon

1069 Nicklaus Ct.....\$335,000....Sun 1-4 ..Bob Scherbarth.....Century 21.. 703-477-1043
--

Oakton

3508 Willow Green Ct.....\$724,900....Sun 1-4....Kathrine Holstrom.....Nelson.. 703-585-3333
--

Reston

11201 Longwood Grove Dr.. \$875,000....Sun 1-4Glynis Canto.....Keller Williams.. 703-395-2355

Springfield

6212 Duntley Pl.....\$434,000....Sun 1-4..Gary Harvey/Veronica Kressel.. Samson Props.. 703-819-9804
--

Vienna

2010 Roundhouse Rd.....\$949,000....Sun 1-4Lisa Moffett.....Coldwell Banker.. 703-938-5600
--

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com
All listings due by Monday at 3 P.M.

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**THE CONNECTION
NEWSPAPERS**

Gift Guide

Frying Pan Farm Home to Holiday Entertainment

Old-Fashioned Holiday Celebration features demonstrations, children's shopping.

By Alex McVeigh
The Connection

The historic Frying Pan Farm Park will host several of its signature events this holiday season, allowing anyone with an appreciation for history, agriculture and the outdoors to shop for gifts and attend several different presentations.

"From Halloween through Christmas, Frying Pan Farm Park is one of our family's favorite destinations on an almost weekly basis," said Debbie Santiago of Herndon. "Something about the idea of cold weather, outdoor fires is just a perfect combination."

Once at the heart of Fairfax County's booming dairy industry, Frying Pan Farm Park now preserves and interprets life on a farm between 1920 and the 1950s. Featuring a farmhouse and several barns, the park takes advantage of all their facilities during their holiday celebrations.

On Saturday, Dec. 1 the farm will host their Old-Fashioned Holiday Celebration, a day of holiday cheer and demonstrations of the daily functions of a farm.

A local beekeeper and blacksmith will give demonstrations of their trade throughout the day and the farmhouse will be decorated and open for tours.

"It's fun for the kids to interact with the animals they have here, but the demonstrations are such a

valuable educational tool," said Tom Jennings of Herndon. "The skill and determination to make things like metal or fabric is a great example for the younger generation about how things in their everyday life were made for hundreds of years."

One of the most popular events during the celebration is the children's holiday shopping at the farm's general store. Farm staff will help children find presents for everyone on their list and keeping them under budget.

The store features a variety of toys, books, tools and more. Wool from the farm's sheep and honey from the farm's bees, as well as meal from nearby Colvin Run Mill are also available.

"They do a good job of stocking the general store with gifts that kids can pick up that are actually educational or useful around the house," said Katie Bennett of Herndon. "Last year, my son got my husband a book about the history and methods of local gardening, and it was a hit. We all learned a lot from it."

Frying Pan Farm Park's Old-Fashioned Holiday Celebration will take place Saturday, Dec. 1, from 11 a.m. to 5 p.m. Admission is free, but some activities have fees.

More information is available at <http://www.fairfaxcounty.gov/parks/fryingpanpark/classes.htm>.



A selection of holiday and farm-related items are for sale this holiday season at the Frying Pan Farm Park General Store.



Local history books for sale at the Frying Pan Farm Park General Store.

Ladies Night Out
THURS., NOV. 15, 6-9 PM
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Enjoy holiday shopping,
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November 23, 24 and 25
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Nov. 24 at our Merrifield store

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THE CONNECTION
NEWSPAPERS

Gift Guide

Used Book Shop Offers Gift Ideas

Lake Anne shop has been "where books and people meet" for more than 30 years.

By Alex McVeigh
The Connection

Whenever he comes to Lake Anne, Jeremy Thompson of Reston has a place he always stops. A place he calls an "increasing rarity" in today's world.

"As someone who is against e-readers in all forms, Reston's Used Book Shop is paradise for me, just the smell of paper is something that's hard to find outside of my library," he said. "My personal favorites are history books, and the beauty of a used book store like the one at Lake Anne is that ones that have gone out of print because they don't cover eras that are popular these days, can be found."

Their selection of history books, particularly about the Civil War and other military history, is one of their signature features.

Sue Schram and Sue Wensell founded the store in 1978. Known as "The Sues," their goal was to create a place "where books and



A selection of books at Reston's Used Book Shop. The store features a wide selection of used books, with a large section of books on military history and the Civil War.

people meet." Bud and Susan Burwell became the owners in 1999.

The shop has been in business for more than 30 years largely thanks to their "FRUBs," or Friends of the Reston Used Book Shop. Even when Hurricane Sandy knocked out their credit card servers, the Burwells recalled customers going to an ATM before coming in, making purchases in cash.

In addition to the books that are packed into every single inch of shelf and cubby

space at the shop, many customers say they enjoy the atmosphere.

"It's sort of like a comfortable living room, with couches, chairs and tables that you would find in a well-lived, warm space," said Jan Simmons of Reston. "Even though a lot of the bigger bookstores have chairs and coffee shops, they still feel very cold and corporate. The Reston shop is just a place that was made to experience the best of what books can offer."

The store also carries a selection of new



Shelves at Reston's Used Book Shop at Lake Anne stacked with books. The store features a wide variety of used books, and a selection of new books by local authors.

Photos by Alex McVeigh/The Connection

books, by exclusively local authors. Authors include Reston resident Paul Friedman, whose book "Two Circles of Life" tells the story of growing up in communist Russia and longtime staff member Charlene Gagon, who recently published her first book of poetry, inspired by Lake Anne.

Reston's Used Book Shop is located at 1623 Washington Plaza North, and can be found online at www.restonsusedbookshop.com, and on Facebook at facebook.com/RestonsUsedBookShop.



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Entertainment

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

WEDNESDAY/NOV. 14

Ice Skating Pavilion Celebration and Exhibition. 6:30-8 p.m., at Reston Town Center, 11900 Market Street, Reston. An on-ice fashion show of Athleta active-wear, a showcase of local ice skating talent, refreshments and prizes. 703-709-6300 or restontowncenter.com/ skating.

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

THURSDAY/NOV. 15

IPAR Annual Reception. 6 p.m., at Midtown Reston Town Center, 11990 Market St., Reston. Join the Initiative for Public Art Reston in their mission to make art and culture a vibrant part of everyday life. www.publicartreston.org.

Thanksgiving Card Challenge: Awards Reception. 6-7:30 p.m., at GRACE, 12001 Market St., Suite 103, Reston. A Thanksgiving card-making challenge for area schools in which 29 elementary school students compete for the reward of 100 copies of their card to sent to family and friends, \$250 for the artist's school and their artwork featured on the K3 Thanksgiving card, to be emailed to 1,400-plus area organizations. www.restonarts.org.

FRIDAY/NOV. 16

Reception and Artist Talk: CAIRNS by Pam Rogers. 6-8 p.m., at GRACE, 12001 Market St., Suite 103, Reston. Rogers' work addresses the relationship between individuals and nature, exploring cultural issues related to sustainability and growth; the work is a modern "memento mori," or a reminder of the inevitability of death. The exhibition is up Nov. 15-Jan. 5. www.restonarts.org.

SATURDAY/NOV. 17

Artist-led Family Weekend Workshop. 10 a.m.-noon, at GRACE, 12001 Market St., Suite 103, Reston. The creator of the CAIRNS exhibition in GRACE, Pam Rogers, leads a workshop for the family. www.restonarts.org.

Bulletin Board

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

THURSDAY/NOV. 15

Assistance League Supplemental Food Packaging. 10 a.m., at the Dominion Virginia Power offices, 3702 Centreville Rd., Herndon. Pack food for children in four Title I schools in Northern Virginia and make sure children who receive free or reduced-price weekday meals don't go hungry weekends. 703-585-3755 or ALNorthernVa@yahoo.com.

Dealing with Back Pain. 6 p.m., at the Reston Hospital Center in Classroom C, 1850 Town Center Parkway, Reston. Dr. Brian Subach of Virginia Spine Institute discusses common causes and the latest treatment options for back pain; light refreshments served. Reservations. 1-877-689-DOCS or restonhospital.com.

FRIDAY/NOV. 16

Panel on the Affordable Care Act and Local Businesses. 11:30 a.m.-2 p.m., at the Westin Washington Dulles Airport Hotel, 2520 Wasser Terrace, Herndon. ABC7 Anchor Alison Starling moderates a panel on the effects of the act on local businesses; the program includes networking followed by the program and lunch. \$50, members; \$65. www.restonchamber.org/events.

SATURDAY/NOV. 17

Hats, Socks and Gloves for Families. 2-3 p.m., at the Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Give warmth to those who have been affected by Hurricane Sandy. 703-904-0359.

MONDAY/NOV. 19

Reston Planning and Zoning



Contributed

"Hot Anger Stained Glass," by Mary Ellen Mogee

Color: Bold & Vibrant

Andrea Cybik, Mary Ellen Mogee and M. Jane Johnson, local abstract artists who make vibrant, energetic abstract works of art are exhibiting their work together. Their show opens Tuesday, Dec. 11 and runs through Saturday, Jan. 20. An artists reception, on Sunday, Dec. 16 from 3-5 p.m. provides a chance to meet the artists at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. 703-956-6590 or www.artspaceherndon.org.

donations; register in advance, 200 volunteer slots only. www.restoncommunitycenter.com.

FRIDAY/NOV. 30

Artist-led Creativity Challenge. 7-10 p.m., at GRACE, 12001 Market St., Suite 103, Reston. Work in teams with limited materials to design unique, nature-based creations inspired by artworks in the current CAIRNS: Works by Pam Rogers exhibit; beverages and light snack included. \$10 per person for members and residents of Small District 5; \$20, non-members/non-residents. www.restonarts.org/AdultPrograms.htm.

Towne Square Singers' Holiday Concert: December Past. 7:30 p.m., at Elden Street Players' Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Encores of favorite musical numbers from holiday shows of the past 30 years, sung loud and clear for all to hear. \$12. 703-787-7300 or www.herndonva.gov.

SATURDAY/DEC. 1

Holiday Homes Tour of Herndon. 10 a.m.-4 p.m., at various homes in Reston. Tour Herndon homes in high holiday fashion—tickets available at

Herndon Florist, ArtSpace, and Herndon Community Center. \$15 in advance; \$20 day of. 703-435-6800 ext. 2222 or facebook.com/holidayhomestour.

Winter Open House. 11 a.m.-2 p.m., at Herndon Fortnightly Library, 768 Center Street, Herndon. Glass harpist Jamey Turner plays while shoppers look for crafts from the Council for the Arts of Herndon; refreshments courtesy of the Fortnightly Club and Friends of the Herndon Library. 703-437-8855 or www.fairfaxcounty.gov/library.

ONGOING

Toys for Tots. 9 a.m.-5 p.m., Monday-Thursday and 9 a.m.-4 p.m. on Friday at 13350 Franklin Farm Road, Suite 350, Herndon. Nov. 12 through Dec. 14, drop off a new, unwrapped toy at the local Edward Jones office and it will be delivered to Toys for Tots. 703-435-1247.

Parks and Recreation Fall Classes/Registration. Various times, Stacy C. Sherwood Center, Old Lee Highway, Fairfax. Register online at www.fairfaxva.gov/ParksRec. 703-385-7858.

Westfield HS Crew team offers holiday greenery in two sizes and colors of florist-quality poinsettias and mixed wreaths. Order at <http://poinsettiasale.westfieldcrew.org/> by Nov. 16 for Nov. 28 pickup. anhalt.dc@cox.net.



Pam Rogers' "Tertiary Education," 2012, Handmade plant, soil and mineral pigments, watercolor, graphite and ink.

Reception and Artist Talk: Cairns by Pam Rogers

On Friday, Nov. 16 from 6-8 p.m., at GRACE, 12001 Market St., Suite 103, Reston. Rogers' work addresses the relationship between individuals and nature, exploring cultural issues related to sustainability and growth; the work is a modern "memento mori," or a reminder of the inevitability of death. The exhibition is up Nov. 15 through Jan. 5. www.restonarts.org.

Letters

Volunteers Make Democracy Work

To the Editor:

During my last canvassing on Nov. 5, I met a young female canvasser who truly exhibited outstanding determination in participating in the Get-Out-To-Vote effort of the Obama campaign. I spoke to Natalie Erdossy, and learned that Natalie brought her three very young children along during the canvassing, and that her husband was doing a second tour in Afghanistan with the State Department. She said that she was recruited by her neighbor Ellen Graves and she wanted to do her part. What I find so outstanding is that she was driven by a purpose greater than her immediate personal comfort. The late afternoon temperature was in the mid-40 degrees Fahrenheit, and she had just returned to the canvassing staging at Tom Snider house, just before sunset. What I find remarkable about her determination is that when I ask her how could you do this canvassing with these small children, she replied that she does everything with the kids, and this was very important to her. Natalie could have easily used her children as an excuse for not canvassing, but she didn't because

she is driven by purpose greater than her immediate comfort. Her purpose is probably linked to what quality of education will be available for her children, withdrawing from Afghanistan so that her husband can return soon, and what type of health care will be available for her family.

I also want to reflect on my voter registration at the barber shops, beauty shops, Jimmy's Tavern. Over the last eight months, [I made] about 80 visits to the shops. Barbers and the beauticians were very supportive of the voter registration drive that I was conducting. They would frequently identify customers who recently moved into the area, and their customers would frequently thank me for being available to update their VA Voter Registration. Since I would show up at their shops every Saturday, we developed a good relationship of dependability. I want to extend a special appreciation to the following Barber/Beauty shops: Unique Reflection, Fade-UP and Sheldeez Beauty Salon.

C. Denver Lovett

Reston

Morality and the Budget

To the Editor:

Sister Marge Clark discussed "morality and the budget," and argued that "unmet needs" must be the starting point of building any budget ["Discussing Budget Morality," Reston Connection, Oct. 31-Nov. 6, 2012].

Sister Clark is exactly right that budgets and morality are intertwined, but she is precisely wrong on the problem and the solution. America's fundamental moral problem is that too many people think they have a right to steal from other people and to borrow money they have no intention of repaying. Such theft is not merely inherently sinful, but corrupts the recipients, undermining their character and inculcating envy, resentment, greed, and pride. This is not Christianity; indeed, this is the moral inversion of Christianity. We must never confuse the Christian duty of voluntary individual charity with the state-mandated theft and redistribution of wealth.

Our basic moral duty with respect to government spending is to minimize and bal-

ance it. It is grossly dishonorable and immoral to live at the expense of others, and to borrow money that one cannot repay. This is as true for governments as it is for individuals. Therefore, the starting point of any budget must be to determine a level of revenue that does not cripple economic growth or require borrowing. Then, we must pay for essential government services—police, firemen, courts, prisons, and schools. Only then should we address the genuine needs (not wants masquerading as needs) that private charities cannot meet.

The Sister urged a compassionate vision for the future. The best way to show compassion for our children and grandchildren is to stop borrowing money. Every dollar we borrow today is another chain around their necks that will constrain their opportunities and reduce their standard of living.

James Perry

Reston

Lovaas

From Page 5

(\$2.2 million to \$500,000), but hardcore right winger Col. Perkins was such a mismatch for the new, progressive leaning 11th District, designed for Connolly, that it is hard to imagine a different outcome even if the finances were reversed.

But, here's the rub. Besides the fact that the sloshing big bucks tend to turn campaigns into marketing slogan slugfests instead of intelligent discourse on public policy ideas and differences, there is the terrible residue of all that money that changed hands from powerful special interests to candidates now indebted to the biggest donors. Those interests expect something in return—and if you follow the U.S. Congress carefully, you'll notice that votes and actions in Congress tend to move in the direction of those interests.

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 -Winston Churchill

21 Announcements

21 Announcements

OBITUARY

Mabel Elizabeth Vannoy Bruce, age 84, of Herndon, passed November 5, 2012. Beloved wife of late Horace Dalton Bruce. Loving Mother of Horace Dalton Bruce Jr. (Mary Beth) of SC, Jerry Ann Sajeski (William) of Manassas, VA, Michael Albert Bruce (Toni) of Bowie, MD. Also survived by seven grandchildren, numerous great grandchildren, other relatives and friends. Preceded in death by daughter Linda Sue Bruce Erwin.

Family received friends at First Baptist Church of Herndon, 681 Elden Street Herndon, VA, on Friday, November 9, from 10:00 a.m. until service at 12 noon.

Memorial donations suggested to Alzheimer's Association, National Capital Area, 11240 Waples Mill Road #402 Fairfax, VA 22030. alz-nca.org

Visit www.adamsgreen.com for information and condolences.

21 Announcements

21 Announcements

21 Announcements

Fairfax Water

NOTICE OF WATER RATE Public Hearing

At 6:30 p.m. on Thursday, December 13, 2012, Fairfax Water will conduct a public hearing on its proposed Schedule of Rates, Fees and Charges. The hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA.

The proposed changes, to be effective April 1, 2013, include the following:

1. An increase in the Availability Charge from \$3,700 to \$3,850†.
2. An increase in the Local Facilities Charge from \$9,000 to \$9,500.
3. An increase in the Service Connection Charge from \$1,000 to \$1,050†.
4. An increase in the Account Charge from \$33 to \$35.
5. An increase in the Quarterly Billing Service Charge from \$8.35 to \$9.20†.
6. An increase in the base Commodity Charge from \$2.16 to \$2.29 per 1,000 gallons of water.
7. An increase in the Peak Use Charge from \$3.20 to \$3.45 per 1,000 gallons of water.
8. An increase in the Turn Off / Turn On Charge from \$46 to \$50.
9. An increase in the Fees for Use of Fairfax Water Fire Hydrants to include the increase in the Commodity Charge and Peak Use Charge.
10. An increase in the Installation of Sewer Use Meter Charge from \$41 to \$44.
11. An increase in the Returned Payment Charge from \$16 to \$17.

A copy of the proposed changes can be viewed on our Web site at <http://www.fairfaxwater.org/rates/index.htm>. Those wishing to speak at this hearing or desiring a copy of the proposed changes should call Ms. Eva Catlin at 703-289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

Fairfax Water
 Public Hearing Comments
 8570 Executive Park Avenue
 Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, December 12, 2012 to be included in the record of the public hearing.

*Charges reflect fees associated with a standard 5/8" residential meter. Changes in charges for larger residential and commercial meters are reflected in the Proposed Schedule of Rates, Fees, and Charges.

Fairfax Water

NOTICE OF PUBLIC HEARING ON PROPOSED 2013 BUDGET

Fairfax County Water Authority (Fairfax Water) is proposing a \$143.4 million budget for calendar year 2013¹.

On Thursday, December 13, 2012, Fairfax Water will conduct a public hearing on its proposed 2013 Budget in its offices at 8570 Executive Park Avenue, Fairfax. The public hearing will begin at 6:30 p.m.

A copy of the proposed budget can be viewed on our Web site at <http://www.fairfaxwater.org/>. Those wishing to speak at this hearing or desiring a copy of the proposed budget should call Ms. Eva Catlin at 703-289-6017.

Revenues are expected to be \$143.4 million in 2013. Water sales are expected to provide \$124.6 million. Approximately \$18.8 million is expected from connection charges, investment income and other sources.

The major areas of operation and maintenance expense are:

Category	2012	2013
Personal Services & Employee Benefits	\$46,473	\$48,367
Power and Utilities	11,345	11,686
Chemicals	6,694	7,968
Fuel	916	960
Postage	547	460
Insurance	1,300	1,107
Supplies and Materials	3,976	4,233
Contractual Services	8,749	8,657
Professional Services	1,656	1,902
Other	2,005	2,285
Sub-Total	83,661	87,625
Transfer to Improvement Fund	(9,559)	(9,613)
Total	74,102	78,012

Net revenues are expected to be appropriated as follows:

Debt Payment	\$39,374,000
Improvement Fund	\$11,000,000
General Fund	\$14,068,000

¹ Fairfax Water's Board will continue to monitor economic factors and review revenues and expenditures at mid-year to determine if additional action is needed.

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A.O. "K," Emotionally

By KENNETH B. LOURIE

Well, I did, along with 2,000 or so other like-minded individuals, walk the Walk on November 4th: Five Ks, although not exactly the route mapped out by the literature provided by the LUNGevity Foundation. (If truth be told, our group, "Team Kenny's Column" veered off course prematurely by a "K" or so to attend to some prearranged business, unfortunately). Nevertheless, we started the Walk behind the Washington Monument, then alongside the Reflecting Pool up toward the Lincoln Memorial, stopped at the steps for a "photo op," then returned on the other side of the Reflecting Pool back down to 7th Street, then across the Mall – with the U.S. Capitol in our sights, finally turning back along the sidewalk bordering the Mall and returning to the Start/Finish.

Twenty-two registrants from our "team" paid their money and made their presence felt. Spirits were high even though the temperature was low, in the 40s. Still, the sun was mostly shining, the breeze was light, and the turnout was record-setting, as was the money raised: over \$261,000 as of November 10, 2012 (the site, www.LUNGevity.org will remain active/open through December 31st for donations), and the greater good was most definitely served.

As a "survivor," I was given a green t-shirt with "Survivor" printed on the front; the other participants received blue t-shirts without being so identified. In addition, we all received LIVESTRONG-type wrist bracelets with "www.lungevity.org" and "Cure Lung Cancer" printed on them. I wore my bracelet proudly that day, (as everyone did) and even kept it on my wrist when I went to bed that night. However, I had trouble sleeping and attributed it to the bracelet reminding my brain that I have cancer. Feeling a physical reminder like that touched me – subconsciously. And though I may wear my emotions on my sleeve, as you regular readers know, having such a constant reminder of my cancer diagnosis dangling on my wrist didn't seem to help me fall asleep. I know I have cancer. I don't need to be convinced. Nor do I need to be reminded all the time. Forgetting helps too.

And if I did forget about having cancer, it would qualify as a mental health moment. Being diagnosed with cancer is bad enough, especially the kind (non-small cell lung cancer, or NSCLC) that I have, which is, at present, incurable/terminal ("Treatable," my oncologist said, "but not curable;" words I never imagined hearing at age 54 and a half). Forgetting about my diagnosis, as often as possible and living life – as normally as possible, has been a part of my process diagnosis-to-date. Though sometimes it seems irresponsible to do so, and almost inappropriate even, concentrating and focusing on it/the disease/my compromised life expectancy shall we say, 24-7 seems counter-productive. It's sort of a bastardized version of: "If you can't beat 'em, join 'em." Somehow, I have to live my life like I have a life, not like I have a cancer. I'm not giving up, and I'm not giving in. I'm just making the best of bad situation. And as bad as it is, I don't need to make it any worse. If it sounds counter-intuitive, it probably is. But that's life in the cancer lane. One conundrum after another.

Participating in Breathe Deep DC/LUNGevity Foundation's 5K made that life better. And "better" is all I can ask for. Thanks to all who organized, volunteered, participated and donated their time, energy and money. See you all next year.

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

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Sports



Herndon Varsity Co-Ed Cheer with the Virginia States Championship trophy. Back Row: Coach Deven Song, Coach Suzanne Mansfield, Coach Jenny Goff, Conlan Miller, Veronica Wood, Briana Heckard, Breana McPherson, Lexia Rowley, Lisa Sheffer, Bridget Nagy, Claire Barnes, Rebecca Valley, Margaret Schaaf, Macie Heuring, Shannon Kelley, Joanna Albert, Coach Anna Seymour, Coach Emma Collie. Middle Row: Zoe Langendorff, Marissa Foster, Bernadette Abadias, Alex Asack, Sarah Strangfeld, Kara Joyce, Hannah Moore, Meghan Henry, Inteha Hassan, Sheena Okai, Coach Hayden Little. Front Row: Alex Coffelt, Isaac Parada.

Herndon Cheer Team Wins State Championship

On Nov. 10th the Herndon High School (HHS) Co-Ed Varsity Cheer team traveled to Virginia Commonwealth University to compete in the annual Virginia High School League State Cheer Championships. The HHS team brought home the championship, scoring an impressive 280.5, the second highest score ever recorded at the state level. This is the team's first state championship, besting previous winners Fairfax High School and Cosby High School. While this is their first state championship, the HHS Co-Ed Varsity Cheer program is no stranger to success, having won the last three Concorde District cheer titles and placing second and third at states in the past two years. Their big win this year is somewhat bittersweet, as Head Coach Jenny Goff is stepping down after nine years with the cheer program.

Goff along with assistant coaches Emma Collie, Suzanne Mansfield, Deven Song, Anna Seymour and Hayden Little led Herndon to win three District Titles, one Regional Title, and the 2012 State Championships. Collie and Mansfield are also retiring this year.



The beginning of Herndon's competition routine.



One of the stunts of the routine.



Photo by Craig Sterbutzel/The Connection

Photo by Annette Kelley

Herndon senior Bradley Heuer earned AAA all-state honors with a seventh-place finish at the VHS state cross country meet on Nov. 10 at Great Meadow.

Herndon's Heuer Places Seventh at State X-Country

Herndon senior Bradley Heuer finished seventh with a time of 15:49 during the AAA boys' race, earning all-state honors at the VHS state cross country meet on Nov. 10 at Great Meadow. The top 15 individuals are named all-state, and the top three teams are honored at the podium.

Chantilly's Sean McGorty won the state title with a course-record time of 14:47. Lake Braddock's Nick Tuck finished runner-up with a time of 15:29, followed by Chantilly's Logan Miller (third, 15:36), Edison's Louis Colson (fourth, 15:36), Forest Park's Andrew Gaiser (fifth, 15:40) and Midlothian's Sean Willard (sixth, 15:47).

Osborn Park's Nickolas Causey was eighth with a time of 15:51, followed by Stafford's Joey Abbatello (ninth, 15:51), Marshall's MacKenzie Haight (10th, 15:52), Oakton's Jack Stoney (11th, 15:53), Douglas Freeman's Ronnie Calkins (12th, 15:53), Madison's Matthew Calem (13th, 15:54), Hickory's Micah Ellington (14th, 15:56) and Albemarle's Ryan Thomas (15th, 15:56).

Chantilly won the team title with a score of 57, followed by Midlothian (72) and Battlefield (128).

South Lakes Basketball

The South Lakes girls' basketball team will host a scrimmage against Yorktown at 1:30 p.m. on Saturday, Nov. 17, and will open the regular season at home against Westfield. The South Lakes boys' basketball team will host a scrimmage against Chantilly at 7 p.m. on Tuesday, Nov. 20 and will open the regular season at Westfield on Nov. 27.