

Herndon Celebrates Arts Week

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Children gather for face painting and balloon animals during the community picnic held at The Closet in Herndon, Saturday, Sept. 22.

Closet Hosts Community Picnic

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Family of Four Found Dead in Herndon

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Faith

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

The Heritage Fellowship Church, 2501 Fox Mill Road, Reston, presents the Women's Weekend of Wholeness 2012, a holistic health fair with educational workshops and an exhibit hall. On Friday, Saturday and Sunday, Oct. 19-21, the weekend aims to restore and educate adult and teen women, beginning Friday night at 7 p.m. 703-620-9515 or dbell@heritagefellowshipchurch.org.

Join for **Vajrayogini Buddhist Center's** monthly class on Saturday, Oct. 20, held in the library: **Transforming Conflict Through Skillful Action**, from 10-11:30 a.m., at the Unitarian Universalist Church, 1625 Wiehle Ave., Reston. \$12. 202-986-2257 or www.meditation-dc.org.

Rite of Christian Initiation for Adults (RCIA) Classes. Various times, at St. Veronica Catholic Church on Centerville Road. RCIA is a series of classes for people interested in learning about the Catholic faith and practice, as well as for those interested in entering (or returning to) the Catholic Church. Classes begin Sept. 17. rcia@stveronica.net.

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, has worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

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News

Herndon Councilmember Dave Kirby addresses the crowd at the community picnic at The Closet, Saturday, Sept. 22.

Photos by
Alex McVeigh/
The Connection



Closet Hosts Community Picnic

Thrift store kicks off fall shopping season.

By Alex McVeigh
The Connection

The Closet Thrift Store in Herndon hosted a community picnic on Saturday, Sept. 22, paying thanks to their customers, donors and volunteers that have supported the shop during their almost 40-year mission. The store, which sells clothes, housewares, electronics and more is a nonprofit supporting local charities with donations of clothes and money.

"This was a way for us to show our support for the donors, the shoppers and the volunteers, who all make what we do possible," said Aaron Sawyer, manager of the store.

The Closet was founded in 1974, and since then they have donated more than \$2 million to local groups such as Herndon-Reston FISH. Last year they donated more than \$80,000 worth of clothing and other necessities to local resident in need.

THE STORE is staffed by a few paid staff members and volunteers from 23 different faith communities in the area. The staff spent the week of Sept. 10 to 14 restocking and cleaning the store for the fall shopping season.

"I heard about the store through my church, and I've always loved thrift stores, so I knew I had to check it out," said Joanne LeSage, who has volunteered there since 2011. "I noticed the first time I came that it was one of the best thrift stores I've ever been to. It was so well organized and everyone is so dedicated, I knew I wanted to be a part of it."

Saturday's picnic was The Closet's first in three years, and more than 100 people attended for a chance at raffle prizes, catering by Jimmy's Old Town Tavern and a chance to interact with fellow shoppers and staff.

"If the store was just a normal, antique store, I think I would still regularly shop there because of their well-sorted collection that features a lot of cool stuff," said Elena Santos of Herndon. "Knowing that it helps people, and especially because they focus on local charities, is icing on the cake."

Herndon Councilmember Dave Kirby attended the picnic, and said he has personal experience with The Closet as a one-stop shop for hard to find items.

"My hobby is photography, and I have older pictures of my family members, my grandfather, great-grandfather, on both my wife and my sides of the family. I walked by The Closet one day and saw one of those old-fashioned round frames, ideal for fram-



From right, Kathy Trachtman, member of The Closet's volunteer board, Tom Wilson, executive director of the Northern Virginia Dental Clinic and his wife Kathy at The Closet's community picnic, Saturday, Sept. 22.

ing one of my grandfather's black and white photos," he said. "Since then, I've come here quite often. My son Daniel is a computer engineer, and all of a sudden he got an interest in VHS tapes. He happened to be with me one day and saw a great big cabinet full of tapes, and he went crazy. He probably bought 20-25 of them for the great price of 25 cents each."

Kirby also praised The Closet for benefiting all who are involved with it.

"This is a win-win situation, The Closet. People come here to donate things they no longer need at home. I've done that many times myself with old clothing, toys my kids have outgrown, and I drop them off at the back, and inevitably find myself going to the front door, and lo and behold, I find things that I purchase," he said. "The Closet is extremely successful, we are proud to have it in the Town of Herndon, and we're proud of what it does for everybody."

THE CLOSET is located at 845 Station Street, and is open Tuesday, Thursday and Saturday from 10 a.m. to 2 p.m. Donation hours are the same days, from 8 a.m. to 2 p.m.

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



Photo by Alex McVeigh/The Connection

The residence on Point Rider Lane, where a family of four was found dead in the early afternoon Tuesday, Sept. 25.

Family of Four Found Dead in Herndon

Police make discovery during welfare check, believe husband killed family before turning gun on himself.

By Alex McVeigh
The Connection

A Herndon family of four was found dead in their home on Point Rider Lane the morning of Tuesday, Sept. 25. Fairfax County Police responded after a co-worker of one of the family members reported that they had not been to work this week.

According to Fairfax County Police, they came to the house at around 10:30 a.m. as part of a welfare check. After they didn't get a response, they breached the house shortly after noon, finding the bodies of four people inside.

The deceased were Albert Peterson, 57, his wife Kathleen Peterson, 52, and their sons Matthew, 16, and Christopher, 13.

The state Office of the Medical Examiner determined the cause of death for each to be gunshot wounds to the upper body, and preliminary investigations indicate that Albert Peterson killed his wife and two sons before killing himself.

The Petersons lived there since 1984 when the house was built. Matthew was a sophomore at Westfield High School and Christopher was a student at Rachel Carson Middle School. Students at Westfield wore black and gathered outside the school Wednesday, Sept. 26 in remembrance.

NEIGHBORS REMEMBERED the Petersons as a social family, often greeting people from their front porch as they entered the neighborhood. Sandra Stevens, who lives nearby, says she runs almost every day around the circular Point Rider Lane, and remembers seeing the family often.

"I remember seeing them out on the porch, where they had a few chairs and a fire pit, and every time I would run by and someone would see me, they would always wave," she said. "It's an absolute gut check to think about what could have happened, how they ended up like this."

The Petersons were members of Floris United Methodist Church, where a candlelight vigil was held Wednesday, Sept. 26 and was attended by hundreds.

"We're not here for a memorial service, we're not here to figure everything out, what we're here to do initially is to be here as a community," said Rev. Tom Berlin, the church's pastor. "When a tragedy strikes, you can see how close knit a community is. And when you see a gathering like this, you start to see all the ways we know each other as neighbors, or at the same school or on the soccer field, and you realize this is my community."

Wellbeing

Photo by Marilyn Campbell/The Connection



Experts say good hand washing habits, especially for children, can help keep illness at bay.



Photo Contributed

Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church, says that people should get a flu vaccine as soon as possible because the antibodies take about two weeks to provide the full measure of protection.

Preparing for Cold and Flu Season

Health care professionals offer advice for staying healthy.

By Marilyn Campbell
The Connection

While many of her friends and family members enjoy the cooler temperatures and vibrantly colored leaves that herald the arrival of autumn, Mary O'Brien braces herself. For her, fall and winter mean sniffles, sneezes and frequent trips to the doctor.

"I usually catch about four colds between October and April," said the North Potomac, Md., mother of two preschool children. "Between myself, my husband and our kids, it seems like someone always has a runny nose, fever or cough."

Local health care professionals say that while cold and flu season peaks in January and February, it can begin as early as October and extend through May. While there is no cure for the cold or flu, there are a few strategies that can increase one's chances of staying healthy.

Clean hands are the first line of defense against germs that cause illness. "I advise my patients to practice good hand washing habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church and Molina Healthcare.

Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax adds, "Hand sanitizers are a great option if you're out and about or don't have access to soap, but you should always make sure you clean your hands before and after eating, when you've been around other people who might be sick, or when you've come in contact with animals."

Experts also stress the importance of safeguarding one's immune system: "Getting enough sleep, drinking lots of water and getting exercise are also important in helping your immune system stay healthy and strong," said Lynch.

She went on to advise patients to avoid spreading germs to others: "If you're not feeling well, stay home. If we keep people who are sick at home, we're not

Cold or Flu? Understanding the Difference

"Symptoms of the flu range from mild to severe, but usually begin with a fever and body aches, and often include a cough and/or a sore throat, a headache, a runny nose, fatigue and chills, and potential vomiting, nausea and/or diarrhea. In many cases, the flu will resolve on its own in four to ten days with plenty of rest and liquids. If symptoms are severe, a doctor can prescribe antiviral medication to help lessen the duration and/or symptoms."

— **Dr. Jean Glossa**, medical director for the Fairfax County Community Health Care Network.

spreading it to individuals who aren't sick. A lot of times, people think it's strong to push through and still go to school or work even if you're not feeling well."

WHEN IT COMES to staving off the flu, healthcare professionals say to vaccinate.

"The CDC (Centers for Disease Control and Prevention) reminds us that the single best way to prevent the flu is to get an influenza vaccine each season," said Diane M. White, a registered nurse with a master's of science in nursing and director of the Nurse Practitioner Marymount University Student Health Center in Arlington.

How does one know whether or not they should get a flu shot? "The CDC recommends that anyone over 6 months of age gets vaccinated, especially those at high risk for complications ... like [people with] asthma, diabetes and chronic lung disease, pregnant women, children between 6 and 23 months of age, anyone 65 or older and those who live with or care for those [at] high risk," said Glossa.

Glossa adds that because the antibodies take about two weeks to provide the full measure of protection, the CDC recommends that the public get vaccinated as soon as the new vaccine is offered.

Experts say that some people are afraid to get the vaccine because they believe it may cause the flu, but that notion is inaccurate: "Injected flu vaccines only contain dead virus so it can't infect you," said Glossa. "The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick."

Glossa offers one caveat: "People with severe allergies, especially those with an allergy to eggs, or anyone who has had a severe reaction to flu vaccines in the past, should check with their doctors before getting a flu shot."



Photo by Marilyn Campbell/The Connection

Ophthalmologists are using the month of October, Eye Injury Prevention Month, to promote eye safety and raise awareness about eye injuries.

Protecting One's Eyes

Medical experts offer safety suggestions during Eye Injury Prevention Month.

By Marilyn Campbell
The Connection

Nancy Mahon was cleaning the bathroom of her Herndon home last spring when she noticed that something was going wrong.

"My eyes started burning intensely," she said. "They were red and felt like they were on fire." The source of her eye irritation was a chemical that she was using to clean her bathroom. She sought medical care and now uses mild, non-toxic cleaners.

Simple tasks like gardening or cleaning can lead to eye injury, so ophthalmologists are using the month of October, Eye Injury Prevention Month, to promote eye safety and raise awareness about eye injuries.

"Unfortunately, most people don't think about eye protection for home projects until it is too late," Dr. Lynn Polonski, M.D., an ophthalmologist and spokesman for the American Academy of Ophthalmology, said in a statement.

Experts say there are a few simple things that homeowners can do to decrease their risk of eye injury.

"Wear protective eyewear during risky activities, such as anytime you might be exposed to flying particles or dust. Wear goggles when exposed to chemicals," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network. "Take caution with chemicals and cleaners. Carefully read the labels of chemicals in household cleaning supplies and don't mix products."

Glossa added that washing one's hands after using chemicals is another preventative measure.

Children are also susceptible to eye injuries, but parents can take a few precautions to thwart harm.

"Avoid certain children's toys [like] projectile toys such as darts and bows and arrows," said Glossa. "Keep all household cleaning supplies that contain chemicals and sprays out of a child's reach, and cushion the sharp corners and edges of furniture and home fixtures."

The American Academy of Ophthalmology also recommends being careful when using lawn mowers, trimmers and shovels, which can propel dirt and debris into the air.

Ophthalmologists, Optometrists and Opticians:

An **ophthalmologist** is a medical or osteopathic doctor who specializes in eye and vision care. Ophthalmologists differ from optometrists and opticians in their levels of training and in what they can diagnose and treat.

Optometrists are health care professionals who provide primary vision care ranging from sight testing and correction to the diagnosis, treatment, and management of vision changes. An optometrist is not a medical doctor.

Opticians are technicians trained to design, verify and fit eyeglass lenses and frames, contact lenses, and other devices to correct eyesight.

Source: The American Academy of Ophthalmology

People

Herndon Student Interns at Youth Villages

Nicole Kaley Erickson of Herndon spent her summer interning at Youth Villages, a private nonprofit organization dedicated to helping children and families live successfully.

Youth Villages provides a variety of programs to help children who may have suffered abuse or neglect, or who may have emotional and behavioral issues. Erickson interned at Youth Villages' Girls Center for Intensive Residential Treatment, helping girls in residential treatment learn more positive behavior patterns and deal with past trauma.

Erickson, a senior at Virginia Tech, is majoring in psychology and human development with a minor in Spanish. She plans to become a high school counselor.

Headquartered in Memphis, Tenn., Youth Villages will help more than 20,000 children and families this year in 11 states and Washington, D.C., through a wide array of programs, including intensive in-home services, residential treatment, foster care and adoption, transitional living services, mentoring and crisis services. Youth Villages' focus on strengthening families consistently produces an 80 percent success rate of children living successfully at home or in



Nicole Kaley Erickson

a home-like setting two years after completing a Youth Villages program. Named one of the Top 50 Nonprofits to Work For by Nonprofit Times and Best Companies Group in 2010 and 2011, Youth Villages has been recognized by Harvard Business School and U.S. News & World Report, and recently was identified by The White House as one of the nation's most promising results-oriented nonprofit organizations. For more information about Youth Villages, visit www.youthvillages.org.

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Opinion

Be Prepared: What's on the Ballot?

Early voting (technically voting absentee-in-person) is already underway in Virginia, so you can go out and vote this week.

Every voter in Virginia will vote for a U.S. senator and member in the U.S. House of Representatives, in addition to president of the United States and two constitutional questions.

Two constitutional questions will appear on all Virginia ballots, one about the use of eminent domain and one about the timing of a particular session of the General Assembly to consider overriding vetoes by the governor of legislation that was passed by the assembly. See <http://www.sbe.virginia.gov/webdocs/201211ConstitutionalAmendmentsPoster.pdf>.

In the races for U.S. House of Representatives, it's worth noting that redistricting resulted in significant changes in Northern Virginia in terms of who your U.S. representative will be. If you live in Reston, for example, you were represented by Jim Moran and the 8th district, now you are in the 11th district where the incumbent is Gerry Connolly. Fairfax County is represented by three Congressional Districts, 8, 10 and 11.

In Fairfax County, voters will also decide whether to invest in infrastructure based on

Serve as Election Officer

Election Officers work at the polls on Election Day to ensure elections are run in an honest and well-organized manner. Election officers are paid \$100 - \$200 for the day depending on assignment and locality. Election Day begins by showing up at an assigned polling place before 5 a.m. and remaining on the job until all votes are tallied after the polling places close at 7 p.m.

Requirements to serve as an election officer include: being registered to vote in Virginia; not holding elected office and not being an employee of an elected official; enjoying meeting other people and serving the public; being detail-oriented, able to take direction well and not easily distracted. Election officers must attend training before Election Day. Many officers are assigned to their "home" precinct or a nearby precinct or asked to work in the absentee precinct.

Fairfax County needs 3,000 election officers in its 239 precincts for Election Day. Call 703-324-4735.

Arlington County will need 900 election officers in its 52 precincts on Nov. 6. To apply, visit <https://sites.google.com/site/arlingtoncountypollworkers/apply-now>

The City of Alexandria needs 500 election officers to serve at its 27 precincts. Call 703-746-4050.

four bond questions, answering yes or no to supporting \$75 million for parks, \$55 million for public safety facilities, \$25 million for library facilities and \$30 million for stormwater and sewer improvements. http://www.fairfaxcounty.gov/elections/nov_2012_county_bond_issues.pdf

Last Week to Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15, 2012. Registered voters should have received a new voter card in the mail by now. You can check your registration status online by visiting the State Board of Elections website at www.sbe.virginia.gov. There you can also download a voter registration form and mail or fax it to your elections office address.

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Editorial

Herndon Celebrates Arts Week

Oct. 8 through 13 will feature daily art activities.

By Alex McVeigh
The Connection

The Council for the Arts of Herndon will host Arts Week in Herndon taking advantage of a holiday week to feature all kinds of local art. Starting Monday, Oct. 8 and going through Saturday, Oct. 13, there will be events all over town, featuring artists, live music and classes for people of all ages and interests.

"I am excited that once again, CAH is able to provide wonderful, interactive arts experiences to town residents and visitors, with most of the events absolutely free and open to the public," said town councilmember Grace Wolf, also a member of the council. "There is something for everyone—from art classes for kids to wine and art for the adults."

The council, with their partners, aimed to have a variety of experiences for all age groups and interests.

"Our goal is to have as many people as possible experience the arts in and around Herndon," said Signe Friedrichs, a member of the board of directors for the council.

"We thought Monday, as a holiday, would be the perfect chance to get kids involved with some classes, and as we move along we've got events like a barbershop quartet for the seniors, and others, and a pub crawl for the over-21 crowd."

The classes Monday, Oct. 8 will take place at The Artory, and will feature everything from freestyle classes to sessions and dance, movement and improvisation.

Concerts during the week will include a performance at Amphora Diner Oct. 9 by Pint and Dale, part of the Herndon Reston Folk Club, and a barbershop quartet at the Music Loft Saturday, Oct. 15.

For many local residents, the highlight will be the artists pub crawl, which features stops at three local watering holes, each with artists posted there to speak about their work.

"What interests me most about the week in general is the pub crawl. I'm looking forward to being able to talk to so many artists in the course of one night, and you'll never hear me complain about stopping at three bars in one night," said Ed Revis of Herndon. "The selections of Jimmy's, the Ice House Café and O'Sullivan's is the



Photo by Alex McVeigh/The Connection

Artist Keith Naquin, who will be participating in this year's Arts Week in Herndon from Oct. 8 to 13.

perfect choice, those three are sort of like Herndon's holy trinity when it comes to restaurants."

Photographer Lee Love and mural artists Keith Naquin (who painted the NAPA Auto Parts building this year, and will soon paint the side of the Ice House Café) will be at Jimmy's Old Town Tavern,

Arts Week Schedule

- ♦ **Monday, Oct. 8:** Free kids art classes at The Artory. Children can create colorful artwork using real artists' materials, try out a dance and movement class and express themselves in an improv class. Pre-registration is requested. For more information or to register, <http://www.makeroomforart.com/events>.
- ♦ **Tuesday, Oct. 9:** Reston Herndon Folk Club Concert at Amphora Diner, featuring Pint and Dale. Doors open at 6 p.m. for dinner, music will be from 7:15 to 9:45 p.m. Artist donation: \$12 (\$11 for members). For more information, visit <http://restonherndonfolkclub.com>.
- ♦ **Thursday, Oct. 11:** Art Pub Crawl, 7 to 9 p.m. Join local artists at the following downtown locations—meet, eat, enjoy their artwork on display. Jimmy's Old Town Tavern (featuring mural artist Keith Naquin and photographer Lee Love), O'Sullivan's Irish Pub (featuring portrait painter Trish Ratliff), Ice House Café (featuring artists Dan Root and Mary Sears).
- ♦ **Saturday Oct. 13:** Free Barbershop Quartet at The Music Loft 4 to 5 p.m. The award-winning Sweet Adelines barbershop quartet "Sound Advice" performs. Doors open at 3:45 p.m. The Music Loft is at 1141 Elden Street, Suite 212. For more information contact The Music Loft at 703-956-6563.

portrait painter Trish Ratliff will be at O'Sullivan's Irish Pub and Dan Root and Mary Sears will be stationed at the Ice House Café.

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

Oak Hill & Herndon CONNECTION

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Entertainment



Photo Contributed

Eddie and Martha Adcock and Tom Gray.

Eddie & Martha Adcock with Tom Gray

On Saturday, Oct. 13, Eddie & Martha Adcock play with Tom Gray. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. The old school bluegrass musicians combine to create a new sound with true roots.

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/OCT. 4

Reston Town Center Walk to End Homelessness. Noon, at Mayflowers, 11959 Market Street, Reston. May Bernhardt of Mayflowers leads the inaugural walk sponsored by Mayflowers A Floral Studio to benefit those in need of emergency housing. 571-323-9572.

FRIDAY/OCT. 5

Oktoberfest Reston. 3-11 p.m., at Reston Town Center, 11900 Market Street, Reston. Northern Virginia's largest outdoor fall festival with seasonal beer and wine, 17 restaurants, family carnival, live entertainment, chilli cook-off and the Great Pumpkin 5k. \$1-20 for food tickets; \$1-20 for carnival tickets. www.OktoberfestReston.com.

SATURDAY/OCT. 6

Oktoberfest Reston. 11 a.m.-11 p.m.; race at 8:30 a.m., at Reston Town Center, 11900 Market Street, Reston. Northern Virginia's largest outdoor fall festival with seasonal beer and wine, 17 restaurants, family carnival, live entertainment, chilli cook-off and the Great Pumpkin 5k. \$1-20 for food tickets; \$1-20 for carnival tickets. www.OktoberfestReston.com.

Lake Anne Plaza's 6th Annual Jazz Festival. Noon-8:30 p.m., at Lake Anne Plaza, 11402 Washington Plaza W, Reston. Singer-songwriter-musician Rashida Jolley headlines among six other artists at the family-friendly festival. www.restoncommunitycenter.com.

Fairfax County Dance Coalition's 2012 Gala. 3 p.m., at Northern Virginia Community College, 8333 Little River Turnpike, Annandale. Twelve dance companies from Fairfax County. \$23. www.fairfaxcountydance.org.

SUNDAY/OCT. 7

Oktoberfest Reston. Noon-8 p.m., at Reston Town Center, 11900 Market Street, Reston. Northern Virginia's largest outdoor fall festival with seasonal beer and wine, 17 restaurants, family carnival, live

entertainment, chilli cook-off and the Great Pumpkin 5k. \$1-20 for food tickets; \$1-20 for carnival tickets. www.OktoberfestReston.com.

Ike Willis from Frank Zappa Music Clinic. 5 p.m., at the Music Loft, 1141 Elden Street, Suite 212, Herndon. Ike Willis, Frank Zappa's lead singer and rhythm guitarist discusses time signatures, key signatures and melodic ideas as well as vocal techniques. 703-956-6563 or www.TheMusicLoftonline.com.

MONDAY/OCT. 8

Celebrate Columbus Day Brunch. 11:30 a.m., Mon Ami Gabi, 11950 Democracy Drive, Reston. Eggs Florentine, Seafood Crepe, Waffle with Nutella, Blueberry French Toast, mixed drinks, Warm Berry Crumble and Sorbet Du Jour make the day off sweet. 703-707-0233 or www.moniamigabi.com.

TUESDAY/OCT. 9

Pint & Dale. 7:15 p.m., at Amphora Diner Deluxe, 1151 Elden Street, Herndon. The Folk Club of Reston-Herndon celebrates its 27th year with their monthly concerts; the Seattle-based duo plays lively maritime music. \$11, members; \$12, non-members. DAHurdSr@cs.com, 703-435-2402 or www.restonherndonfolkclub.com.

SUNDAY/OCT. 14

Festival on the Square. Noon-5 p.m., at Reston Heights, 11790 Sunrise Valley Drive, Reston. Live entertainment, food samples, farm animals, fancy cars, a maze made of hay and much more. 703-476-9377 or www.festivalonthesquare.com.

WEDNESDAY/OCT. 17

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.

WEDNESDAY/NOV. 14

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.

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South Lakes Volleyball Coach Eyes Top-Four District Finish

Seahawks reach Hayfield tournament semifinals.

By Jon Roetman
The Connection

The South Lakes volleyball program on Sept. 6 defeated Northern Region power Langley for the first time in six seasons under head coach Cheri Hostetler. With the majority of their Liberty District schedule remaining, Hostetler has her sights set on a strong finish.

After multiple seasons in the bottom half of the district standings, Hostetler said her goal for the remainder of the 2012 campaign is for South Lakes to finish in the top half of the eight-team Liberty District. The Seahawks are off to a 1-1 start in district play, having faced the two teams that have dominated the Liberty for the last eight seasons: Stone Bridge and Langley. The two programs combined won the last eight district titles (Stone Bridge has won six, including the last five) and have met in the district tournament final each of the last six years.

This year, South Lakes traveled to Langley and defeated the Saxons, 3-1. On Sept. 20, the Seahawks traveled to Ashburn and



Senior middle hitter Mary Severin (15) and the South Lakes volleyball team faced Forest Park in the semifinals of the Hayfield Invitational.

were swept by Stone Bridge, which is undefeated.

"We have Fairfax, Marshall, Madison and McLean all left—and Jefferson," Hostetler said. "So we'd just like to win those and finish in the top half of the district."

On Saturday, Sept. 29, South Lakes competed at the Hayfield Invitational. The Seahawks went undefeated in pool play, beating Lee, Hayfield and Edison, but lost to eventual tournament champion Forest Park in the semifinals.

"This is always better than just a Satur-

day practice," Hostetler said. "You get to see a lot of different teams when you come to a tournament like this that we normally wouldn't get to play. Forest Park, they're preparing us for our tough district, that's why we like to come and play teams like that."

Through the season's first 10 matches, freshman opposite/middle hitter Vela McBride led South Lakes with 47 kills and 27 blocks. Senior captains Annemarie Bresson and Dory DeWeese had 36 and 33 kills, respectively. Senior opposite hitter Maddie Youngren had 30 kills.



Photos by Craig Sterbutzel

Senior captain Annemarie Bresson and the South Lakes volleyball team are off to a 1-1 start in the Liberty District.

Senior outside hitter Cloe Traylor had 29 kills.

"She's our go-to person," Hostetler said. "If we want to get a kill, we go to Cloe."

Junior opposite hitter/setter Rachel Wood had 108 assists and sophomore setter Jackie Trautman had 71.

South Lakes defeated Mount Vernon, 3-0, on Oct. 1, improving its record to 10-7. The Seahawks will host Falls Church at 7:15 p.m. on Thursday, Oct. 4, and will resume district play on the road against Marshall on Oct. 9.

Rescue Reston, RA Ramp Up Golf Course Efforts

Groups organize community response, retain legal counsel.

By Alex McVeigh
The Connection

Donna Robuck and her husband Robert have lived in a house that overlooks the 10th hole at the Reston National Golf Course for the past 14 years. She can still recall: "I walked in the house, walked straight through to the balcony, and me and my husband thought, 'this is it. This is the perfect house,'" she said. "The very next day my mother-in-law called and asked what the kitchen looked like, and I had no idea."

Since then, she described living in their house as a dream, but in recent months that dream has been threatened.

"We cannot stand the thought of someone taking away the golf course away from us," she said. "My husband and I have sunk a lot of money into our town home and we're waiting for the Metro to come, which will be in walk-

ing distance, and hopefully I can retire early. If that dream gets messed up, it destroys our life."

THE ROBUCKS' DREAM is in danger due to the Reston National Golf Course owners' appeal with Fairfax County's Board of Zoning Appeals to get residential development rights for the 166-acre course.

The BZA will hear the appeal at their Oct. 24 meeting, but until then, residents like the Robucks have organized a community response dedicated to making sure the golf course stays the same.

Rescue Reston, an organization formed a little over a month ago, aims to combat potential development through legal means and through community activism.

"Rescue Reston opposes the redevelopment of 166 acres of land that is, one, a marketing icon that was just named one of the top ten places in the United States to live, two, represents a redefinition of a major part of our town and, three,



Photo by Alex McVeigh

Neighbors and community members are organizing to make sure the golf course is not turned into residential units.

it dramatically and intentionally, alters a planned community design and a culture that has evolved over the past 50 years," said John Pinkman, executive director of Rescue Reston.

Research by Rescue Reston has been engaging in a campaign that includes sign placement, passing out fliers at public events and personal appeals to John Schlifske, CEO of Northwestern Mutual, the company that Rescue Reston found through public records as being involved in the planning for the golf course property.

The group held a rally Saturday,

Sept. 29 near the golf course at the corner of Reston Parkway and Sunrise Valley Drive.

"We've received a lot of things asking 'what can I do? How can I help?' Not many people can take time off of their day to help. But what they can do is talk to two people, ask them to talk to two people and have those two people talk to two people," he said. "The public pressure will continue in support of the Fairfax County Zoning administrator at the BZA meeting on Oct. 24, this effort becomes very public. It's just beginning, we're not going away."

THE RESTON ASSOCIATION Board of Directors voted unanimously at their Sept. 13 meeting to hire the law firm of Odin, Feldman, Pittleman PC as special counsel to perform legal services on behalf of the RA.

According to the motion, the law firm will advise and provide counsel with respect to the Reston National Golf Management appeal before the BZA, advocate the opposition of the RA to any use of the property other than a golf course and to prepare for any necessary litigation.

The RA also voted to establish a special committee of the board, to work with RA staff and special counsel on the matter. The committee is made up of Knueven, as well as Directors Donna Miller Rostant, Michael Sanio, Andy Sigle and RA CEO Milton Matthews.

"It's open space, and many folks bought into Reston because of the golf course, so it needs to stay that way," Sanio said.

More information on Rescue Reston can be found at www.rescuereston.org.

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OPEN HOUSES SATURDAY/SUNDAY, OCTOBER 6 & 7

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

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By KENNETH B. LOURIE



These are the exact words, ergo the quotation marks, e-mailed to me by my oncologist describing/assessing my most recent CT Scan. Words which no doubt will be clarified-and-questioned by yours truly at our next face-to-face appointment (in two weeks approximately). Subject to interpretation, misinterpretation, one's level of denial, that same one's level of acceptance; these are words that for now, I must live with, and considering the operative word "live," I am happy – and amazingly fortunate, to do so.

Given the availability of e-mail, results regarding lab work, diagnostic scans and miscellaneous other tests are now just a mouse click away. No more sitting anxiously in the doctor's office waiting for his arrival, eager to observe his facial expressions, body language, tone and inflection, desperate for a hint, until he shares the latest news about your health; now we know, sort of. Although there is a wide margin for conversational disconnect and misunderstanding when doctors provide such information electronically (and not personally, and with no real-time feedback loop), knowing something quickly (same day service for this most recent result), has its place. Not perfect, by any means. But they are a means to an end – of worrying and wondering when you are going to receive a phone call/hear back from your oncologist.

Nevertheless, it is impossible – for me, not to get existential when you receive these e-mails and wonder, what does it all mean? Of course, you know what you want it to mean. But as much as I'd like to think I can be objective about such communications, given the seriousness of the underlying diagnosis (NSCLC, stage IV), I suppose if I were being totally honest, I would have to say that's probably being unrealistic. Moreover, even though I've been through this emotional ringer for three and a half years now, and much of what occurs is familiar, presuming that wishful thinking, naïveté and plain old hope don't subconsciously take over and lead the patient/survivor down the garden path is probably also a bit unrealistic. Still, what's a terminal patient to do? As Tug McGraw of the "Amazin'" '69 Mets made famous: "You Gotta Believe." So I do.

It's not that I'm totally out of touch with the severity of my diagnosis and the statistical probabilities of living beyond a certain number of years, it's more that I choose to ignore them and try extremely hard not to dwell on them. (Much easier written than actually done.) As my brother Richard encouraged me at the very beginning: "There are exceptions to every rule. You'll be the exception that disproves the rule." And so, he has been proven correct as I have survived beyond my oncologist's original prognosis, grim as it was ("13 months to two years"). It's not to say I didn't believe what the oncologist said to me when I first heard it, (life expectancy/prognosis), but it was sure hard to process it since I was asymptomatic and felt completely fine. Still, I took the news very seriously, as you can imagine. To say the next few days at home were not incredibly difficult would be a lie.

Within a few weeks or so, I had made a variety of changes in my life and tried to assimilate my diagnosis/prognosis into my present so that maybe I'd have a future. For a long time I became a proponent of George Allen's football philosophy: "The future is now!" Given how I feel now, three-plus years later, and considering the results of this most recent scan, the future may simply be what it is: not now, but later. At least, that's the way I see it, subjectively speaking. (Now whether "subjectively speaking" is just a euphemism for "unrealistic" is likely a topic for a "future" column.)

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

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News

Inova Provides 'Link to Pink'

To celebrate the growing awareness around breast cancer, Inova Breast Care Institute is hosting several events throughout October.

Free Screening Mammogram Day Saturday, Oct. 27. Available at all the following locations:

- ❖ Inova Fairfax Hospital
- ❖ Inova Loudoun Hospital
- ❖ Inova Mount Vernon Hospital
- ❖ Inova Fair Oaks Hospital
- ❖ Inova Imaging Center - Franconia/Springfield
- ❖ Inova Imaging Center - Dulles South
- ❖ Inova Imaging Center - Leesburg
- ❖ Inova Imaging Center - Mark Center

This free screening mammogram is available to all women over 40 who have a physician order. Registration is required. Please call 571-423-5400.

Survivorship: Thriving through Integrative Strategies Oct. 6 from 9:15 a.m.-3 p.m. at Inova Loudoun Hospital.

Dispelling the Myths About Breast Cancer Oct. 17 from 6:30-8:30 p.m. at Inova Mount Vernon Hospital.

Key to the Cure Oct. 17-21. Saks Fifth Avenue will donate two percent of sales to Life With Cancer. Saks Fifth Avenue, Tysons Galleria.

Women's Health Fair Oct. 20 from 10 a.m.-noon at Inova Fair Oaks Hospital.

Treatment Options for Breast Cancer Oct. 23 from 6:30-7:30 p.m. at Inova Fair Oaks Hospital.

For information or to register on any of these events, visit www.inovalinktopink.org or call 1-855-MY-INOVA (1-855-694-6682).

Bulletin Board

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

THURSDAY/OCT. 4

Coffee and Contracting: GovCon

Networking. 8-9:30 a.m., at Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston. Morning networking series for government contractors, held bi-monthly. \$10, members; \$15, non-members. 703-707-9045 or www.restonchamber.org.

THURSDAY/OCT. 11

Women's Club of Greater Reston. 10 a.m., at Lake Anne Community Center, 1609 Washington Plaza North, Reston. The Women's Club of Great Reston, formerly the Reston Newcomers and Neighbors Club, presents financial planner Miye Wire, speaking at the monthly meeting. 703-869-5027 or www.restonnewcomers.org.

SATURDAY/OCT. 13

Convertibles/Volunteers Needed for

Herndon Homecoming and Parade. TBD, 8-10 p.m., 10 p.m.-midnight. If you have a convertible and like to drive, Herndon High School needs you to be part of Homecoming Court in the Homecoming Parade; volunteers are still needed for the homecoming dance as well. kmgoodwin@fcps.edu.

WEDNESDAY/OCT. 17

Imagine Their Future. 10:30 a.m., at Reston Town Center, TBA. One-hour program on the mission, work and vision for the Children's Science Center; meet board members and volunteers behind the programs and plan and bring a friend or educator. RSVP. Imagine@TheChildrensScienceCenter.org.

SATURDAY/OCT. 27

Understanding and Asserting Your Rights to Marital Assets in a Divorce. 10 a.m.-12:30 p.m., at Odín, Feldman & Pittleman, PC, 1775 Wiehle Avenue, Suite 400, Reston. Learn how Virginia courts divide assets and liabilities upon divorce, how to determine whether property is marital or separate and the factors the court must take into account in making its decisions. \$50, \$40 for Members. Register. 703-281-2657, ext. 276 or www.thewomenscenter.org.

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but I never
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