

# Herndon Football Gets First Win

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What Would \$155  
Million Bond Package Buy?

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A Three-way  
Race in 10th District

News, Page 3

Running back Denzel Weaver and the Herndon football team won their homecoming game against Washington-Lee, 20-6, on Oct. 13.

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Photo by Joe Gaitley

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## Kristin Cabral

Kristin Cabral is a native of New Jersey, and moved to Northern Virginia in 1995. She received her bachelor's degree from the University of Michigan and her law degree from Harvard.

She has worked as federal prosecutor for the Department of Justice, a clerk for a federal judge and a law professor teaching legal writing at George Washington University. She also serves on the board of trustees on the Fairfax County Public Library Board.

She lives in McLean and is married to her husband Joe. They have a son and a daughter.



## Kevin Chisholm

Kevin Chisholm grew up in a small town near Albany, N.Y. He attended Rensselaer Polytechnic Institute, where he received a degree in engineering. He moved to Northern Virginia in 1981, and has served as an environmental consultant in energy efficiency and conservation solutions, for private companies and governments.

From 2003 to 2010, he was in charge of energy and utilities for Arlington County Public Schools.

He is 55, is based in Leesburg and has two daughters.



## Frank Wolf

Frank Wolf is originally from Philadelphia, Penn., and attended Penn State for his undergraduate degree in Political Science in 1961 and received his law degree from Georgetown University in 1965. He also served in the Army Reserve from 1962-63.

He became a legislative assistant to Pennsylvania Rep. Edward Biester from 1968 to 1971, and from 1971 to 1975, he was an assistant to Secretary of the Interior Rogers Morton. He was first elected to Congress in 1980.

He lives in Vienna with his wife Carolyn, with whom he has five children.

# Three-Way Race in 10th

## Kristin Cabral, Kevin Chisholm oppose Frank Wolf in new-look 10th district.

By Alex McVeigh  
The Connection

**R**ep. Frank Wolf (R-10) is attempting to be re-elected for a 16th term come Nov. 6, but he will face two challengers in Kristin Cabral (Democrat) and Kevin Chisholm (Independent).

The 10th district was altered due to 2010's redistricting, with large areas adjacent to Route 66 lost from Gainesville to Strasburg. Closer to Fairfax County, areas east of Manassas to West Springfield were added to the district, including sections of Fairfax Station.

The district also lost sections of McLean south of Dolley Madison Boulevard to East Falls Church, but gained sections of Oak Hill east of Chantilly and bordering Oakton.

**CABRAL** is a Harvard-trained attorney, who was the first in her family to attend college. She says she is running to "cut through the partisan gridlock" in Congress and plans to focus on strengthening education, economic growth and women's rights.

"To think that Congressman Wolf was elected during the same election as Ronald Reagan, and still oversees such an important district that has seen tremendous changes, it's time for a new voice," said Edward Blume, a Cabral supporter from Great Falls. "I don't think he's a bad guy, and he's done some good things, but I think it's time the 10th district take a step into this century."

Cabral credits her development from involvement at a young age in her school district's Head Start

See Two Challenge, Page 13

**The new 10th Congressional District, which will see incumbent Rep. Frank Wolf (R) face off against Kristin Cabral (D) and Kevin Chisholm (I) Nov. 6.**



Photo Contributed



Photos by Alex McVeigh/The Connection

**Rep. Gerry Connolly (D-11) speaks at the home of Robert Simon Sunday, Oct. 14.**

## Simon Hosts Connolly Fundraiser

### Reston founder welcomes congressman, supporters to his Lake Anne home.

By Alex McVeigh  
The Connection

**S**upporters of Rep. Gerry Connolly (D-11) ascended to the top of Lake Anne Plaza, as Reston founder Robert Simon hosted a fundraising event Sunday, Oct. 13 at his home. Due to the 2010 redistricting, the 11th district includes Reston in its entirety.

"I'm so pleased that through redistricting, we have a new congressman in Gerry Connolly," said Del. Ken Plum (D-36), who was in attendance. "Jim Moran is a great man and a great American, but we don't lose anything by having Gerry as our congressman, and I think he'll pay a lot of attention to us, because he likes representing us."

Connolly, who also gained large portions of Tysons Corner, Herndon and Vienna in his new district, said he remembers thinking, while working in Washington, D.C. in the mid-70s, "why would anyone live so far away?"

"Since then, I've seen this

community mature, I've seen Bob's vision come to fruition and then some, and what he's built in Reston is a model community for not only Fairfax and Northern Virginia, but the country," he said. "A model of tolerance, of inclusivity, civic engagement, a model of spirited debate, but respect for other people's points of view and other people. Couldn't we all use some of that in our national political life?"

Connolly previously served as the Providence District supervisor from 1995 to 2003, and served as chair of the Fairfax County Board of Supervisors from 2003 to his election to congress in 2008.

He faces opposition this November from Republican Chris Perkins, Green Party candidate Joe Galdo and Independents Christopher DeCarlo, Mark Gibson and Peter Marchetti.

"It's great to have Gerry here, with Restonians," Simon said. "Hopefully in the next few weeks, we'll be influencing people to see the light."



**Reston founder Robert Simon hosts Rep. Gerry Connolly (D-11) at his Lake Anne residence Sunday, Oct. 14.**

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Gainesville • 703-368-1919  
6895 Wellington Rd., Gainesville, VA

## The County Line

# What Would \$155 Million Bond Package Buy?

**New fire stations, library renovations, park improvements and more on Nov. 6 ballot.**

### WANT TO KNOW MORE ABOUT BONDS?

For general information, go to [www.fairfaxcounty.gov/bond](http://www.fairfaxcounty.gov/bond)  
Check out the YouTube links to three videos about the bonds:  
Library: <http://www.youtube.com/watch?v=34763GH7Q4c>  
Public Safety: [http://www.youtube.com/watch?v=1JI\\_zmihy2Y](http://www.youtube.com/watch?v=1JI_zmihy2Y)  
Stormwater: <http://www.youtube.com/watch?v=WI3ZQq94Jk>  
Participate in two upcoming AskFairfax! Online forums:  
Monday, Oct. 24 at 10 a.m. at [www.fairfaxcounty.gov/AskFairfax/ActiveDiscussion.aspx?roomid=43](http://www.fairfaxcounty.gov/AskFairfax/ActiveDiscussion.aspx?roomid=43)  
Monday, Oct. 29 at 10 a.m. on the Parks bond exclusively at [www.fairfaxcounty.gov/AskFairfax/ActiveDiscussion.aspx?roomid=45](http://www.fairfaxcounty.gov/AskFairfax/ActiveDiscussion.aspx?roomid=45)

By Victoria Ross  
The Connection

**O**n a recent Saturday afternoon, Monique Bell of Oakton helped her 5-year-old daughter McKenzie sort through a dozen Halloween craft books at the Reston Regional Library.

The library, one of the busiest branches in Fairfax County, has a collection of more than 215,000 volumes and circulates more than a million books a year.

For children, there is a separate wing with everything from board books for infants to chapter books for school-age readers; special events such as Spiderella's Spooktacular Tales, and a full-service children's information desk.

"We're new to the area," Bell said, "but this has already become one of our favorite places. It's where a lot of moms spend time. We love all the story-time events."

Built in 1985, the 30,000-square-foot library is located north of the Reston Town Center and near the planned Reston Parkway Metro station. Because that area may be redeveloped into a more urban, mixed-use center, the library may be relocated.

The \$10 million project, which includes site studies, design and construction of a new library, is just part of Fairfax County's \$155 million bond package on the ballot Nov. 6. Specifically, the ballot will include four bond referendums for parks, public safety facilities and storm water projects.

"I didn't know about the project, but I can't imagine not supporting library projects," Bell said. "They're important for our children, like good schools, and one of the reasons we moved here."

**IF MOST VOTERS** think like Bell, their approval of the bond package would allow the County to borrow \$25 million to redesign the Reston library, as well as renovate three other libraries: Pohick Regional, Tysons-Pimmit Regional and John Marshall Community libraries.

The public safety bond would raise \$55 million, including \$35 million to replace three fire stations—Baileys Crossroads, Jefferson and Herndon—and \$20 million to renovate 22 courtrooms in the Jennings Judicial Center.

The \$75 million park bond for local and regional parks, according to County officials, would generate \$63 million toward a 10-year, \$435 million capital improvement plan and \$12 million to renew a four-year plan to contribute capital funds to the Northern Virginia Regional Park Authority. Another \$30 million is earmarked for a levee and other stormwater improvements in the Huntington community.

"The projects the bond referenda will pay for are community priorities that essentially enhance our quality of life," said Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large). She said Fairfax County's triple-A credit rating—one of only 39 counties in the country to earn the rating - allows

the County to borrow money at a low cost to pay for public facilities and infrastructure. She said the County has a fiscally-conservative policy of rapid debt retirement and strong debt management. Since 1978, the County has saved more than \$543.28 million on bond and refunding sales as a result of the triple-A ratings. Bulova said none of the bonds are expected to raise tax rates for residents.

"The County has benefited from the low cost of construction to make these kinds of improvement to our parks, libraries and public safety facilities. It's the silver lining, so to speak, in the economic downturn," she said.

In Fairfax County, bonds typically have a high rate of passage and, for the most part, have bipartisan support from the Board of Supervisors.

"All residents benefit from parks, libraries and, of course, the courthouse renovations. Efficient handling of court cases come from better facilities. Park and library funds are spent in an order established based on needs. Over time that covers the whole County," said Supervisor John Cook (R-Braddock).

However, a partisan divide separated supervisors on the \$30 million storm water bond referendum, which would provide flood-prevention measures such as a new levee for residents in Mount Vernon's flood-prone Huntington community.

In April, Huntington residents appeared before the board, asking the County to support measures that would protect their community from continued flooding along Cameron Run. On Sept. 8, 2011, during Tropical Storm Lee, Cameron Run peaked at 15 feet and flooded homes, causing the evacuation of more than 200 residents.

"We have 1,341 signatures from people who support our request. By our count, 1,193 of them are Fairfax County residents," said Huntington Community Association (HCA) secretary David Coon, who spoke about the community's "Stop the Floods" campaign at the April 12 board meeting.

During the May 22 board meeting, Supervisor Gerry Hyland (D-Mount Vernon) urged the board to include a \$30 million bond referendum for flood-prevention measures in Huntington, arguing that the county should fulfill a 40-year-old promise to protect the neighborhood.

**THE BOARD'S THREE** Republican supervisors—John C. Cook (Braddock), Michael R. Frey (Sully) and Patrick S. Herrity (Springfield)—opposed the extra bond referendum for flooding.

"I voted against the storm water bond because it only helps about 200 households in Huntington," Cook said. "It will significantly increase the value of those homes, which is good for them, but at others' expense." Cook said supervisors should have explored the option of a private developer who had expressed an interest in buying the homes and building an apartment building, which would meet current FEMA floodplain regulations.

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**Sundays**

**9:00 AM** Sanctuary, Traditional Worship Service  
**11:00 AM** Connection, Contemporary Worship Service

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# Bulletin Board

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

## THURSDAY/OCT. 18

**MOMS Club of Herndon October Meeting.** 10 a.m.-noon, Trinity Presbyterian Church, 651 Dranesville Road. Hear the book Big Pumpkin by Erica Silverman read and break into smaller groups to do character-based activities, including a cauldron bean bag toss, a ghost footprint craft, mummy wrapping races and more; costumes not expected. info@momsclubofherndon.org or www.momsclubofherndon.org.

**Preparing for Future Earthquakes: Earthquake Drill.** 10:18 a.m.-11 a.m., at Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. Drop, cover and hold on to

practice how to protect yourself during an earthquake. www.fcps.edu/HughesMS/.

## MONDAY/OCT. 22

**NARFE Dulles Chapter Meeting.** 11:30 a.m., Amphora Diner, 1151 Elden Street, Herndon. U.S. Rep. Frank Wolf (R) speaks; opposing U.S. Rep. Gerald Connolly (D) speaks also. Reservations by Oct. 18. 703-435-3523.

## SATURDAY/OCT. 27

**Understanding and Asserting Your Rights to Marital Assets in a**

**Divorce.** 10a.m.-12:30 p.m., at Odin, 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.

## SUNDAY/OCT. 28

**Cat Adoption.** 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost

Dog & Cat Rescue Foundation. www.lostdogrescue.org.

## ONGOING

**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.

## NEWS INTERNS

Educational opportunity to work with award-winning editors on local news coverage, including politics, elections, community events, local insiders' guides, news feature writing, website and online news management and more. Internships require a commitment of at least six weeks, 16-40 hours a week. Please e-mail a statement of interest and a resume to cbryan@connectionnewspapers.com

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# Thanks to this light fixture, a foundation was dug to a new home.



This used light fixture was donated to the ReStore.

It was purchased at the ReStore for \$35 to help refurnish a kitchen.

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# Opinion

## Pick Your Own Election Day

It's called "absentee voting in person," and there are a lot of reasons why you should.

**E**lection Day is Tuesday, Nov. 6. The deadline to register to vote is past, although in Northern Virginia, it's clear that a very high percentage of eligible voters are registered.

Four years ago in the presidential election of 2008, there were 5,034,660 voters registered in Virginia and 3,752,858 actually voted. Just in the month of September 2012, Fairfax County saw more than 6,000 newly registered voters, for a total of 646,881 active voters. Arlington registered more than 3,300 new voters in September, with more than 130,000 active voters total. Alexandria added more than 1,300 new voters last month alone, with 81,847 active voters.

Voting on Election Day at one's home precinct is often a wonderful experience, especially if you are a regular voter. Yes, there will be lines, but if the weather is nice, you can chat with your neighbors and enjoy the process. Assuming you can get to your polling place, the weather is nice and...

In a survey by The Weather Channel last month in battleground states, between 20 and 35 percent of registered voters said that if there is bad weather on Election Day, they would be likely not to vote. Remember that the great Northern Virginia Earthquake was on a Primary Election Day, and that moderately unusual

events, weather-related and otherwise can turn the commute home into a multi-hour ordeal that could cause many voters to miss the 7 p.m. closing time at the polling places.

There is a way for voters to choose their own Election Day. Pick a day that works for you, check the weather forecast and go vote.

From now until Nov. 3, you can vote absentee in person for a variety of reasons, but you must sign a form affirming that you do qualify. Almost everyone with a job in Northern Virginia qualifies for one particular reason, however: your work plus commute time would be 11 hours or more between 6 a.m. and 7 p.m. on Election Day. Other reasons include planned travel, pregnancy, illness or disability, being a student out of area, and more.

In Fairfax County, you can vote at Fairfax County Governmental Center or any one of seven "satellite" voting locations. If you have not been to the government center, it's worth having a look.

❖ Fairfax County Government Center, 12000 Government Center Parkway, Suite 323, Fairfax, VA 22035. Open for voting Monday-Friday: 8 a.m.-8 p.m. and the next three Saturdays, Oct. 20, Oct. 27, and Nov. 3: 9 a.m.-5 p.m.

The satellite locations in Fairfax County are

and beautifully do both. Fairfax is such a family friendly and great place to live primarily because of its dedication to green, historic, and recreational spaces. My hope is the County continues to add more of these gems throughout the region with your help on Nov. 6. Please remember to vote YES for our parks.

I know in our troubled economy some will argue that taking on debt is not a smart decision. However, I would argue that right now is the best time to embark on projects this bond will fund. Fairfax County maintains their debt payments at 10 percent or below tax revenue. The current bond request is projected to remain below that limit. With the current economic climate, purchases and construction costs are significantly lower so the funds can stretch further. Fairfax County's outstanding credit rating also enables it to obtain lower interest rates. Please visit [www.fairfaxcounty.gov/parks/2012bond.htm](http://www.fairfaxcounty.gov/parks/2012bond.htm) for more detailed information about projects funded by the bond and more about the bond process.

I live in a neighborhood near the recently completed section of Pohick Stream Valley Trail in Burke. This project was paid for with park bond funds and I am so pleased with the results. Living in the suburbs outside the beltway, it is rare that you can easily walk or bike to shopping centers or commuter hubs. I can now easily

and stop. Unfortunately, I am one of very few.

Before something really tragic happens and we lose a child, it would be wonderful if our community were to join together to request a pedestrian bridge or, at the very least, seriously high speed bumps on either side of the walkway across Route 193.

I'm absolutely certain that we would all prefer happy memories to a terribly sad memorial.

**Beth Gamble**  
Burke

## Protecting Visitors to Clemyjontri Park

To the Editor:

Clemyjontri Park captures memories. My grandchildren and I swing, climb, balance, run, jump, go through the maze and ride the carousel horses. On the weekends, we park in the overflow lot and have to make our way across Route 193. The street curves right before the point of crossing so we have to be extremely cautious. And when I drive by Clemyjontri and see families pushing strollers and waiting to cross, I slow down

also open for absentee in person voting through Nov. 3, Monday-Friday, 2-8 p.m. and Saturdays, 9 a.m.-5 p.m.

❖ Franconia Governmental Center, 6121 Franconia Rd., Alexandria, VA 22310

❖ Dolley Madison Library, 1244 Oak Ridge Ave., McLean, VA 22101

❖ North County Human Services Building, 1850 Cameron Glen Dr. Reston, VA 20190

❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003

❖ Mount Vernon Governmental Center, 2511 Parkers La., Alexandria, VA 22306

❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

For more on voting absentee in Fairfax County, visit <http://www.fairfaxcounty.gov/elections/absentee.htm>

Saturday, Nov. 3 is the last day to vote absentee-in-person.

Voters can also vote absentee by mail. The deadline to submit an application to have an absentee ballot mailed to you is Tuesday, Oct. 30 at 5 p.m. The application must be received at the Voter Registration Office by that time. Voters who request a mailed absentee ballot must return them to their local elections office by 7 p.m. on Election Day, Nov. 6, for the ballot to be counted.

It's worth looking at the absentee ballot application online before going to vote absentee in person. <http://www.sbe.virginia.gov/Files/Forms/VoterForms/ABApplication.pdf>

**Penny Morrill**  
McLean

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.  
By e-mail:  
[herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com)

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# News



Photo Contributed

**Children and families served by DC metro-area nonprofits were treated to a day at the circus in Dulles. The children were guests of The Community Foundation for the National Capital Region, thanks to the generous support of an anonymous donor.**

## Community Foundation Donor Gifts over 1,600 Circus Tickets

The Community Foundation for the National Capital Region—through a generous donation from an anonymous supporter—invited over 1,600 low-income children and family members to see the Big Apple Circus in Dulles on Sunday, Sept. 23. (The donor bought out the entire Big Top for the festivities.) Tickets to the event were distributed to non-profits in the D.C. metro area that serve children and families, including homeless shelters, foster care groups,

afterschool programs and those who work to prevent domestic violence.

“I’m so grateful for this incredibly generous donation, and the joy it brought to the children and their families,” said Terri Lee Freeman, president of The Community Foundation. Terri served as honorary ringmaster for the event (ringmaster hat and all). “I’m also grateful for the opportunity to perform under the Big Top. My staff can’t wait to frame a picture of me in the hat!”

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# Elections Come to Area Schools

**Educators use current election to teach students about campaigns and elections.**

By Marilyn Campbell  
The Connection

**H**ow would you change the current tax situation and, at the same time, address the larger issue of our national debt? Do you believe it is the government's job to provide health care for all citizens? Why or why not?

Would you approve the Keystone pipeline and what other changes would you make to help make the U.S. energy independent, while also protecting the environment?

Sound like questions that belong in a presidential debate? These are actually inquiries written by Advanced Placement (AP) government students at Alexandria's St. Stephen's & St. Agnes School, and they're just some of the local students getting involved in this year's election. From mock debates to in-school voter registration, some local educators are using the upcoming election to bring American government books to life.

"[Students in] ninth through twelfth grade are holding a student debate between the Peoples' Democratic Front and the Young Conservatives, and then will hold a mock election after the debate," said Linda Stratton, St. Stephen's and St. Agnes' director of communications. Stratton said the students prepared questions to introduce the four debate topics: health care, the economy, foreign policy and energy and environment.

"The AP government class will be predicting the Electoral College result of the presidential race and the overall make-up of the House and Senate," she added.

Students at the Potomac School in McLean even used social media to simulate a real campaign. "Students put together a mock Facebook profile for a selected candidate," Jenni Ashley, an intermediate school



Photo courtesy of Norwood School

**Fourth graders at Norwood School in Bethesda, Md., gather around the school's lower school election table to answer the "Question of the Day."**

humanities teacher at the school, said. "To explore the issues, students researched the two candidates, particularly their websites and their positions on the issues.

"The majority of my students are 12. I would say that all of the students knew the candidates and had some idea of who they are. However, they were quite uninformed on the issues," she added, saying the election provides an opportunity to explore these issues.

Her students are learning about campaign issues in preparation for a pre-Election Day mock debate. "We will start to explore how the candidates are trying to win the election," said Ashley. "We are going to discuss the effectiveness of yard signs and create our own signs. And we will explore TV ads, both current and from past elections."

**IN FACT, TEACHERS SAY** mock debates are a way to teach students about elections and current events in way that keeps them engaged.

"A few days before the election, the [middle school] history department is hosting a mock debate that will lay out all of the issues of the election," said Stratton of students at St. Stephen's and St. Agnes. "On

Election Day, they will set up polling places throughout the school where students will vote on issues." While the students will not vote on actual candidates, they will receive "I voted" stickers.

Stratton added that the history department is sponsoring a "March Madness"-style contest to see which student can most accurately predict the results of the Electoral College and Senate races.

At Norwood School in Bethesda, Md., even kindergarten students are becoming politically active. "Students in kindergarten through fourth grade will be asked a "Question of the Day" relating to the election process in general and the presidential election specifically," said Leanne Gill, Norwood's director of communications. "The questions will be on display on an election table situated at the entrance to the lower school library."

Students write their answer on a piece of paper and place them in a box. The number of correct answers is posted each morning. "The goal...is to provoke discussion and provide new information about the election process for our younger students," she said.

The school is holding a "Norwood School Voter Registration Week" prior to the Nov.

**"I would say that all of the students knew the candidates and had some idea of who they are. However, they were quite uninformed on the issues."**

— Jenni Ashley,  
the Potomac School in McLean

6 election. "As students attend library class, they will be given the opportunity to register as citizens of Norwood School," said Gill. "On Tuesday, Nov. 6, we will hold our own Norwood presidential election."

Students will also receive an "I voted" sticker after casting their ballots and teachers hope to announce the results of the Norwood election before the end of Election Day. "Throughout the weeks leading up to the election, the library will showcase a display of books about elections, presidents, and government," she added.

In addition, teachers asked Norwood seventh and eighth grade students to watch at least 20 minutes of each presidential debate. "The school is holding 'Election Days' after each debate when we discuss the debate and other issues related to the election," said Gill.

**SOME STUDENTS SAY** the lessons on political culture and good citizenship can extend beyond the election. "When you are running for president, it doesn't matter who you are—black or white, man or woman—it just matters that you work hard and do a good job," said Julius Camper, a fourth grade student at Norwood School.

Asma Poshni, also a fourth grade student at Norwood added: "Even though there are two people running in the election, none are bad. Both can do a good job."

## Private Schools

### Applying to Private Schools: Getting to Know the Schools

Considering private school? Local independent school officials offer advice on what to do and how to select the right school for your child after you've identified several choices.

"Now that you know where you are applying, be on time and follow the admissions calendar. Call the admissions director to introduce yourself, ask questions and let the director know who you are.

Putting a face, or a least a voice, with an application file can go a long way."

— **Rich Moss**, director of admissions, The Heights School, Potomac, Md.

"Find out when each school is having open houses or other events that help you get to know the program. Some schools have a limited number of these 'get to know you' events. If you miss

them, you can still visit and tour the programs, but you will sometimes have missed the one opportunity to also meet faculty and talk with a variety of students and volunteers. Remember, your child spends the majority of her or his waking hours at school. You should want to get to know as much as you can about the schools you are interested in, this is the time to do that."

— **Pat Harden**, director of ad-

missions and financial aid, Connelly School of the Holy Child, Potomac, Md.

"Each school has its own mission and community. It's important to experience the school to get an accurate picture. Can you envision your child and family there?"

— **Diane Dunning**, director of admission and financial aid, St. Stephen's & St. Agnes School, Alexandria.

"Track your application progress. Online systems are great and usually very efficient, but if you've not heard back from a school after you've applied, call to check on your status and to ensure that your application is complete and no further steps are needed."

— **Tim Simpson**, director of admission, Bullis School, Potomac, Md.

— Marilyn Campbell

# Creating Path to Financial Stability

## Advice for developing and strengthening sound money habits.

By Marilyn Campbell  
The Connection

**M**ichael Gallagher, a recent college graduate, just landed his first full-time job. He says that while he feels fortunate to be employed, he is nervous about the prospect of moving out of his parents' home and living on a budget.

"I have students loans, rent and I am planning to buy a car," said Gallagher, a 25-year-old Alexandria resident. "I also know that I should be saving some money, but I don't think that I am going to be making enough money to cover all of those expenses."

Money experts say creating sound financial health requires planning and discipline. One of the first steps, they say, is to understand the meaning of financial stability. "Healthy finances include spending less than you make, establishing a savings habit—both in

retirement accounts and outside of retirement, and using debt wisely," said Kristan Anderson, director of retirement plan services at West Financial Services in McLean.

Annandale resident and McLean-based senior financial adviser Susan E. Hamilton adds that obtaining financial well-being includes "having a healthy cash reserves fund for unexpected emergencies and opportunities, making sure that you have adequate insurance coverage, saving and investing money on a regular basis and carefully watching/limiting your overall debt level."

Steve Pilloff, Ph.D., assistant professor in the School of Management at George Mason University said, "Financial health is not just saying 'ok this month I had enough money to pay my bills,' its having a plan that lets me have enough to not only pay my bills but also save for retirement, buy a house or send my kids to college."

**SO HOW DOES ONE** achieve financial health? The first step is deciding how income will be allocated. "The...most important piece of advice I have is create a budget and stick with it. [This is] easier said than done, of course," said Catherine England, Ph.D. associate dean of the School of Business Administration at Marymount University in Arlington.

Living below your means is another key, say experts. "That's how you will be able to save and get ahead," said Hamilton. "Be careful of adjusting your lifestyle upward every time you get a raise or come into additional money."

Pay down debt. "If someone has a significant amount of debt, they should make paying off balances with higher interest rates a priority," said Anderson.

Not all debt is bad, however. They key, say experts, is to make sure one's debt load is manageable. "Most of us can't buy a house or a car with cash," said England. "Loan repayments [such as] mortgage or car payments and credit card payments that bring your credit card debt to zero as quickly



England



Anderson



Hamilton

as possible should be part of the budget."

When borrowing, make sure the repayment plan is realistic. "Just because a financial institution might be willing to qualify you for a higher loan amount, doesn't necessarily mean that you can comfortably afford it," said Hamilton. "Make sure that you own your house, and that your house doesn't own you."

Even those like Gallagher, who are living on a meager budget, should make an effort to save. "Savings don't have to be big at the beginning," said England. "Saving at a young age puts money to work for a longer time, and just getting into the habit of putting something aside every month helps create a cushion in the event of a crisis or for a more comfortable retirement."

In fact, says Pilloff, saving should be a budgetary priority. "People should have a mindset

that they're going to spend whatever is left after saving," he said. "They're not going to save whatever is left after spending."

Plan for the unexpected. "Everyone should establish an emergency fund of four to six months of expenses. This emergency fund should not be used for general expenses, but reserved for true emergencies like the loss of a job or a medical emergency," said Anderson.

Try the cash option. "In the old days, we'd often advise that you force yourself to adhere to a budget by carrying only so much cash each week, say for lunches or coffee breaks," said England. "If you knew that cash had to last for the week, it was easy to keep up with what you were spending. The ease with which we can whip out a debit or credit card makes it more difficult for us to maintain that financial discipline and stick to a budget."

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# Sports



Photo by Joe Gaitley

**The South Lakes boys' cross country team competes at the 20th Annual Glory Days Invitational on Oct. 13 at Bull Run Regional Park.**



Photo by Craig Sterbutzel/The Connection

**Running back Denzel Weaver and the Herndon football team secured their first win of the 2012 season, beating Washington-Lee, 20-6, on Oct. 13.**

## Herndon Football Gets First Win

The Herndon football team snapped a six-game losing streak and earned its first victory under head coach Brian Day by winning its homecoming game against Washington-Lee, 20-6, on Oct. 13 at Herndon High School.

The 20 points represented Herndon's second-highest point total of the season, behind the Hornets' 21-point effort against Yorktown on Sept. 14.

Herndon will close the regular season with Concorde District games against Robinson (away, Oct. 19), Chantilly (away, Oct. 26) and Westfield (home, Nov. 2).

## Records Set at Glory Days Invitational

Chantilly's Sean McGorty and West Springfield's Caroline Alcorta each set a course record at the 20th Annual Glory Days Invitational on Oct. 13 at Bull Run Regional Park.

McGorty was the boys' top finisher with a time of 14 minutes, 45 seconds. His time blew away the previous course record of 15:08, set by Quince Orchard's Neal Darmody in 2007, and meet record of 15:03, set by Handley's Bobby Lockhart in 2001. The meet had a course change in 2005.

McGorty led Chantilly to a first-place team finish with a score of 31. Severna Park (91) finished second, followed by Georgetown Day School (163) and Robinson (200).

Alcorta was the girls' top finisher with a time of 17:42, breaking the course record of 17:49, set by James River's Kristen Wolfe in 2007. Centreville's Laura Heiner posted a time of 17:23 in 1997 and Hayfield's Melissa Dewey recorded a 17:37 in 2004, prior to the course change.

West Springfield won the girls' team title with a score of 112. Washington-Lee (119) took second, followed by Chantilly (124) and Patriot (210).

The South Lakes boys' team finished 10th.



Photo by Joe Gaitley

**The Herndon defense brings down a Washington-Lee ball carrier.**

Ashkan Mohammadi (46, 16:38), Andrew McCool (77, 16:54), Luis Rivas (83, 16:59), Michael McHugh (84, 16:59) and Chris Heishman (118, 17:22) competed for the Seahawks.

The Herndon boys' did not have a complete team, but Zach Ward was the school's top finisher, placing 36th with a time of 16:33.

The South Lakes girls' team finished 18th. Augusta Durham (64, 20:18), Devin Nieuwsma (78, 20:28), Kelly Jean Watkins (85, 20:36), Erin Bidwell (95, 20:49) and

Abigail Reinhold (106, 20:58) ran for the Seahawks.

## Madison Football Beats South Lakes

The Madison Warhawks beat the South Lakes Seahawks by a score of 38-35 in a fiercely-contested Liberty District game on Oct. 12 at Seahawk Stadium.

Mitchell Goddard, filling in at quarterback for the injured Dan Powers, led the

Warhawks on a thrilling 67-yard touchdown drive in the final two minutes for the winning points. The win raised Madison's overall record to 6-1 and 4-0 in the District. South Lakes fell to 2-5, including 0-4 in the district.

Jacob Hall provided much of the offense for the Warhawks, rushing for 168 yards and three touchdowns, catching two passes for 19 yards, and returning three kicks for 76 yards. Goddard played well at quarterback for the Warhawks, completing 13 of 21 passes for 183 yards and one touchdown. In addition, Goddard rushed for 18 yards on four carries, including a 1-yard touchdown dive with 20 seconds left in the game.

Madison rushed to an early 13-0 lead behind two Hall touchdowns. On the other side of the ball, the Warhawks defense seemed in complete control. However, South Lakes came roaring back with an 88-yard touchdown pass and a 40-yard touchdown run to take a 14-13 lead. Nick Dorca converted a 31-yard field goal to give Madison a 16-14 halftime lead.

The Seahawks put together two long touchdown drives in the third quarter and started to look unstoppable on offense. Madison responded with a 20-yard touchdown pass from Goddard to Tom House. House, who finished the game with five catches for 69 yards, made a leaping grab deep in the right corner of the end zone. After three quarters, the Seahawks led, 28-23.

Madison regained the lead in the fourth quarter on Hall's third rushing touchdown of the game, a 25-yard run. The two-point conversion game Madison the lead at 31-28.

Once again, South Lakes responded with a 12-play drive to retake the lead at 35-31 with two minutes remaining in the game. That set the scene for Goddard, who calmly led the Warhawk offense down the field on nine plays to set up his winning 1-yard dive with seconds left in the game. Jordan Durham intercepted the final Seahawks pass to seal the victory for Madison.

The Warhawks defense had three interceptions, three sacks and seven tackles for losses. Madison's next game is against Fairfax at 7:30 p.m. on Friday, Oct. 19 at Madison.

# News

The October "Yard of the Month" is this landscaped yard on Jeff Ryan Drive. The Yard of the Month contest resumes in spring 2013.



Photo Contributed

## Week in Herndon

### Bach to Rock to Open in Herndon

Bach to Rock (B2R), America's music school for students of all ages, will celebrate the opening of the new Herndon location on Saturday, Oct. 20, from 10 a.m. until 3 p.m. The new school is located in the Worldgate Centre at 13009 Worldgate Drive. During the grand opening celebration B2R will host an open house where visitors can watch B2R student performances and experience live demonstrations of

classes offered. The new Herndon location accommodates not only a school, but B2R's first hands-on franchisee training facility to provide both new and existing franchise owners with cutting-edge training and support.

"We're excited to finally begin making musical moments at our new home at the Worldgate Centre," said Adam Carluccio, site director of B2R Herndon. "Our staff of musically-trained experts is ready to lead the young talent of Herndon down the pathway to success by teaching them the fundamental values of music."

The new 4,000-square-foot Herndon facility has the very latest in technology, computer and software availability and traditional instrumental instruction. Students will be trained on the B2R method as they work together in teams to build their self-esteem and motivate one another to stay committed to developing their music skills. The school also features Beat Refinery, the Mid-Atlantic's premier DJ school dedicated to teaching every aspect of the craft, combining traditional methods with the latest technology for aspiring DJs.

### Two Challenge Wolf in 10th District

From Page 3  
program. Over the years she supported herself through grants, student loans, scholarships and part-time jobs to put her through college, where she was a Harvard classmate of Barack Obama.

"Even at the Virginia General Assembly level, we've seen this attack on women's rights when it comes to their own bodies," said Evan Scott. "I think Kristin is the kind of person we want looking out for women, and families, in this district."

More information on Cabral can be found at [www.kristincabral.com](http://www.kristincabral.com).

**CHISHOLM** is running for the 10th district seat as an independent. He has lived in Northern Virginia for the past 31 years.

He describes himself as a "fiscally conservative progressive." An engineer by trade, he ran for the Arlington County Board as a member of the Green Party in 2010.

"I hear a lot about how our two-party system is broken and that people need to think about voting someone else in to affect real change, but in the next breath they talk about how it's throwing away your vote to go third-party," said Boris Palidnor of Chantilly. "It's easy to say that, but until we start actually casting the votes, any change is going to be a pipe dream."

Chisholm said he remembers hoping that the election of Reagan would mean a smaller government and less government waste, but he was disappointed.

He supports a simpler tax code and energy policy reform.

Supporter Christy Pergola of Sterling said, "I think it's evident that neither party has earned re-election, and maybe having someone like Kevin in a prominent, wealthy district like the 10th would open some eyes."


More information on Chisholm can be found at [www.chisholmforcongress.com](http://www.chisholmforcongress.com).

**WOLF** was elected in 1980 when he defeated incumbent Democrat Joseph Fisher. Since then, Wolf opponents have only gotten more than 40 percent of the vote once since 1988, and Wolf's last two elections were won by more than 20 percent. Since his first re-election, he has never garnered less than 57 percent of the vote.

"Congress has its historically low approval rating for a reason, but Mr. Wolf is one of the good ones," said Janet Paice of Oak Hill. "I think he's been so successful through many different administrations and public moods because he comes across as genuine and not particularly partisan, which Congress seems to be becoming more of."

Wolf's primary issues of concern are human rights and transportation. In August, he proposed a bill that would reduce the size of the Metropolitan Washington Airports Authority Board. Wolf called the board "broken and broken badly," and his bill also proposed to give Virginia a majority of seats on the board.

More information on the Wolf campaign can be found at [www.wolfforcongress.com](http://www.wolfforcongress.com).



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6100 Eagle Landing Rd.....	\$649,900..Sun 1-4..Carol Hermandorfer....Long & Foster..703-503-1812
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<b>Centreville</b>	
6071B Wicker Ln.....	\$394,900 Sun 12-3.....John Queeney.....Century 21..703-868-0061
<b>Chantilly</b>	
42344 Astors Beachwood..	\$838,000..Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662
<b>Clifton</b>	
8215 Cub Den Ct.....	\$699,999..Sun 12-3.....Lisa Clayborne...Long & Foster..703-675-5461
<b>Fairfax Station</b>	
10817 Windermere Ln....	\$1,398,000..Sun 1-4..Carol Hermandorfer....Long & Foster..703-503-1812
6901 Wolf Run Shoals Rd..	\$899,900..Sun 1-4..Carol Hermandorfer....Long & Foster..703-503-1812
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<b>Falls Church</b>	
7937 Freehollow Dr.....	\$582,000..Sun 1-4.....Christine Shevock.....RE/MAX..703-475-3986
<b>Herndon</b>	
1206 Cameo Ct.....	\$739,900..Sun 1-4.....Pat Gallagher....Long & Foster..571-241-6324
<b>Leesburg</b>	
451 Heartleaf Terr SE.....	\$375,000..Sun 1-4.....Paul Gunning...Samson Props..703-606-6068
<b>Manassas</b>	
7078 Token Valley Rd.....	\$389,000..Sun 1-4.....Danny Samson...Samson Props..703-378-8886
<b>McLean</b>	
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<b>Vienna</b>	
252 Glen Ave SW.....	\$1,285,000..Sun 1-3.....Vicky Beach-Chriser..Fieldstone..703-669-3142
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15120 Snapper Ct.....	\$494,000..Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
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All listings due by Monday at 3 P.M.**

# "Hey Beez; Beez, It's Me"



By **KENNETH B. LOURIE**

It was my father all right – in a dream. Standing five feet away, approximately, in a well-lit, local convenience store with which I am extremely familiar. This was no case of mistaken identity. Besides, he was wearing those blue, terrycloth shorts of his that my mother always hated. So yes, I called out to him, surprised as I was to see him, locally as it were.

It's been nearly six years since my father died. But this was the first time (of the half-dozen or so dreams I've had in which my father was present) where he did not respond to me, either verbally or physically (we've actually touched in a couple of dreams). Mostly, we've exchanged pleasantries, looks, awareness and/or acknowledgment of one another. This dream, however, offered no such comfort. It was him. It was me. But it wasn't us.

Disconcerting, unsettling, disappointing; depressing if you want to know the truth. I woke up thinking that whatever connection we had maintained since the his death in early December, 2006 had been severed somehow. Not that we spoke regularly since his passing, or that I ever had a sense of his spiritual hand guiding me, but I did feel he was sort of aware of who I was/what I was doing. Oh sure, I visit his grave site and update him – and my mother of course, on what's happening in my life, but never had I heard back, so to speak, except in the occasional dream where although nothing of substance was ever discussed or any references/inquiries made acknowledging my graveside utterances, I always felt looked after, you know what I mean?

But now, since this last dream, maybe I don't feel so "looked after." And so what? So who knows? Maybe six years is the median length of time after a loved one dies when the spiritual connection fades? Maybe six years is a world record for such relationships and maybe the next dream which includes my father will be different and my father will be cracking some of the same Henny Youngman jokes back to me that I regularly – and repeatedly, said to him after his second stroke left him semi unresponsive? He could never remember the jokes or remember hearing them, so every visit (every other day; my brother and I alternated days), I would start our visit by saying: "Hey Beez, I just came back from a pleasure trip. I took my mother-in-law to the airport." Smile, laughter. "Hey Beez, do you know I've been in love with the same woman for 30 years? If my wife finds out, she'll kill me." Bigger smile. More laughter. "Hey Beez, I just came back from the doctor; he gave me six months to live. I told him I couldn't pay his bill. He gave me another six months." "Yeah, I know that one," he'd mumble. And on and on I'd go for as long as he laughed.

We had multiple connections: sports, humor, both salesmen, words (he loved crossword puzzles); and we all got along and enjoyed spending time together. However, in this last dream, although we were together, it felt like we were apart. A part of me has accepted it and moved on; and a part of me, as reflected in this column, hasn't.

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

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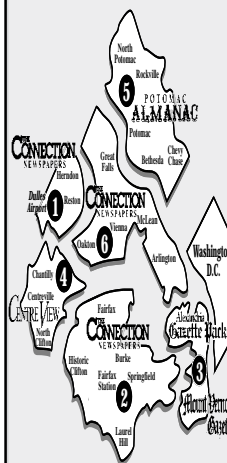


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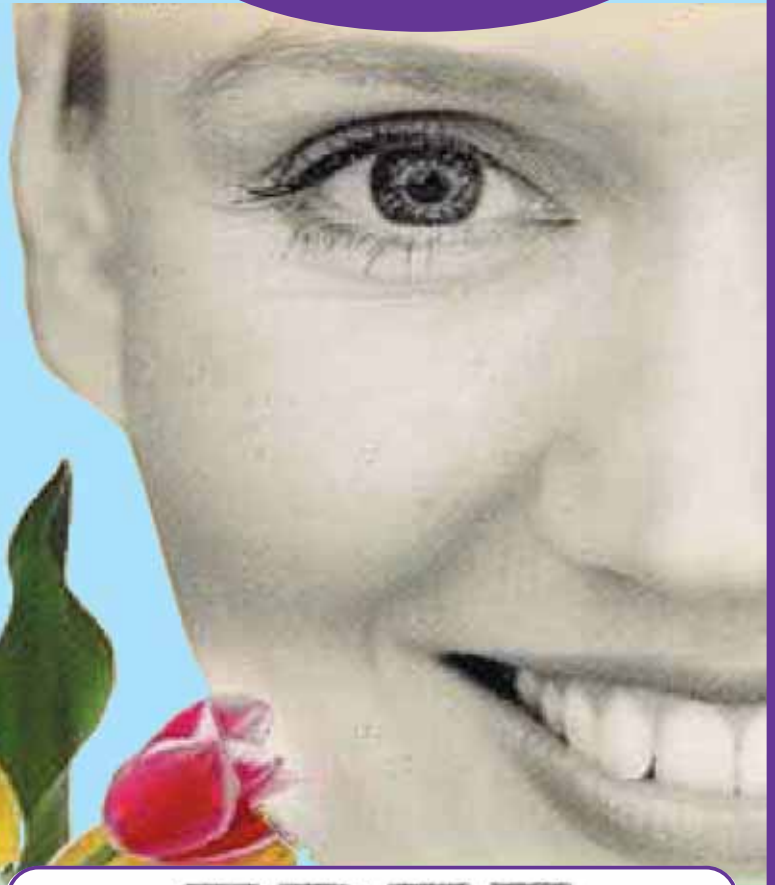
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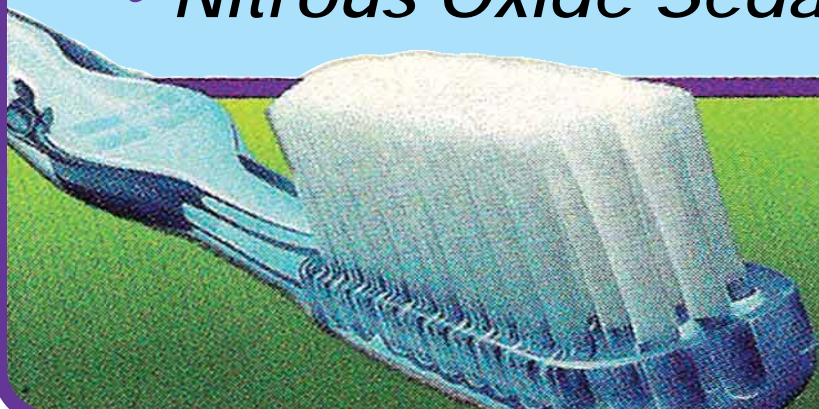
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