

Waiting outside the Frying Pan Park Visitors' Center to cast their Herndon Precinct 235 votes, the voters seemed to treat the wait as a good time to catch up with friends and neighbors.

# Voter Turnout Strong in Herndon

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LINK Needs  
Children's Coats,  
Winter Clothes

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Jeanie Schmidt  
Free Clinic,  
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Photos by Amiee Freeman/The Connection

Voters line up at Langley High School Tuesday, Nov. 7.

## Voter Turnout High in Reston

**Despite long lines crowds remain positive.**

By Amiee Freeman  
The Connection

**V**oter turnout around Reston was high Tuesday morning with voters reporting waits ranging between 35 minutes and one hour. Despite the long lines, poll workers and election officials said that the crowds were generally positive.

"Everybody who is afraid of the long lines say they will come back," said Lee Brown, a poll worker stationed outside Buzz Aldrin Elementary in Reston. "Everyone's been really positive and that is important especially with all the negative advertising we've seen with this campaign. It's nice to see such a strong turnout."

"People are showing up because it's a presidential election," said Randy Causey, elections chief at Aldrin Elementary. Causey referred to the precinct voting at Aldrin as a mega-precinct, the largest in Reston, with 5,200 voters on the roster. Between 7 and 8 a.m., Causey and the other election officials processed the crowd of nearly 200 voters waiting to vote.

This was the first year Reston is included in the 11th Virginia Congressional District. The district was redrawn following the 2010 Census to reflect the explosive



Voters lined up outside Lake Anne Elementary early Tuesday morning. Voters reported about a 45 minute wait at Lake Anne Elementary.

growth in this area of Northern Virginia. Current Congressman Gerry Connolly was defending his seat against five challengers: Republican Chris Perkins, Green Party candidate Joe Galdo, Independent Green candidate Peter Marchetti, Independent candidate Chris DeCarlo and Independent candidate Mark Gibson.

Perkins was on-hand at Aldrin Elementary to greet voters early Tuesday morning. "In most precincts only 3 to 5 percent of the voters are independent. Here, 40 to 45 percent of the voters are independent with about another 20 to 25 percent Republican. There's a lot up for grabs in this precinct," Perkins said.

### Viewpoints

## What brought you to the polls, who did you vote for?

**Nyin Jing,**  
Reston

"For this election and with Virginia being a swing state, I feel my vote is very important. That's why I'm here today voting for Obama."



**Mike Bailey,**  
Reston

"I'm a Tea Party guy, I don't necessarily support all Republicans, but I'm supporting Romney. I vote for people who will support the Constitution and I don't support people who make their own laws. Obama decides which law he will enforce. That's tyranny. Hope we can turn things around."



**Lillian Christman,**  
Reston

"I'm here to vote today because so much is at stake. There is so much we could lose if Obama is not re-elected. It's really very scary. I didn't sleep at all last night, thinking about it."



-Amiee Freeman  
The Connection



Election volunteer Mari McColl kept lines moving and answered voter's questions.



Jim Eggeman of Vienna

Photos by Victoria Ross/The Connection

## Absentee Voting Down Slightly

**More confusion about redistricting reported at polls, not Voter ID.**

By Victoria Ross  
The Connection

**T**he line of 100-plus voters casting absentee ballots at the Reston Government Center Friday evening moved quickly. Poll workers Mari McColl and Joe Gofus frequently walked up and down the lines, checking to make sure forms were filled out correctly, and voters got answers to their questions.

"Do you have your forms? Any questions about your ID? Need anything else, a beer maybe?" joked Gofus.

"We haven't had any real problems," McColl said. "We only had to turn away one voter so far, and that was because the only form of ID this man had was an out-of-state driver's license." McColl said election volunteers provided the man with the list of acceptable forms of identification. McColl said most absentee voters have been using their new Voter Registration Cards, sent out by the State Board of Elections in early October.

McColl said the line Friday night was relatively short compared to earlier in the week.

"On Thursday we had over 750 people come through," she said. "Things have been hopping, but it's worth it to be part of the process as long as people vote."

Jim Eggeman of Vienna, standing in line at the Reston Government Center Friday night, was one of the 82,145 voters in Fairfax County who cast an "in-person" absentee ballot by Nov. 3, according to Cameron Quinn, the County's

chief elections official. "This is more convenient than trying to get here on Election Day, and I will be working all day," he said.

Quinn said absentee voting was down slightly this presidential year—a total of 93,014 absentee ballots mailed—compared to 107,145 in 2008.

"We typically have high voter turnout in Fairfax County," Quinn said. In 2008, Quinn said 79 percent of the County's registered voters cast their ballots, compared to 38 percent nationally. And nearly 90 percent of eligible voters, about 721,000 out of 800,000, have already registered to vote in Fairfax County.

Fairfax County's Office of Election employees have been working overtime the past few months to make sure voters are "election ready" on Tuesday, Nov. 6.

While Virginia's new Voter ID laws was the hot topic in the run-up to the Nov. 6 elections—Quinn said many of her office's 600-plus calls each day concerned the Voter ID measures—it wasn't the big question in many polling stations. Redistricting was.

"Now I'm confused," said Oakton voter Barb Cranston. "I thought I was in the 11th district, but someone just told me I'm in the 10th Congressional district."

"I'm not sure if I'm still in the 11th district," Eggeman said, as election volunteers walked through the line, looking up addresses to help guide voters to the right ballot box.

"I didn't even know there was redistricting," Eggeman said.





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## News

# LINK Needs Children's Coats, Winter Clothes

Addressing area hunger.

By Lisa Lombardozzi  
LINK President

**N**ine hundred twenty-three million people do not have access to enough food to eat globally—more than the populations of the USA, Canada and the European Union (Source: U.N. World Food Program 2009). Yet, there is enough food available globally to provide at least 4.3 pounds of food per person daily. Hunger also exists in our own communities. In Fairfax County, 24 percent of the children attending school qualify for free and reduced lunch. In Loudoun County, 16 percent qualify for free and reduced lunch. The hungry population extends to senior citizens as well. LINK is seeking civic groups, churches, businesses and schools to partner with LINK to help provide food for needy families this year.

On Sept. 30, LINK celebrated its 40th anniversary with board members, volunteers, church leaders, elected officials, friends and some of the original volunteers who helped establish LINK in the summer of 1972. It was a grand turnout and everyone enjoyed having a chance to visit and share stories. In addition, the Fairfax County Board of Supervisors recognized LINK's service to the community on Oct. 16, with a formal Resolution and the Virginia Assembly signed a Commending Resolution honoring LINK's 40th Anniversary.

LINK is an all-volunteer non-profit coalition of churches and community organizations provid-



Photo by Justin Letendre

**Father and son volunteer and team up to assist needy LINK families by sorting winter coats and sweaters by gender and size at a make-shift clothing store in Sterling United Methodist Church (SUMC). Hundreds of families flow through the LINK clothing store all day and more than 1,000 gently used winter coats, 1,000 mittens and numerous hats, scarves and winter clothing items are distributed to LINK guests. The SUMC Women's Group and Youth Group support this event.**

ing emergency food assistance to needy families in Herndon, Sterling and Ashburn. Our motivations are rooted in spirit, mercy and responsibility to others.

LINK provides hundreds of families with various kinds of support during a typical calendar year. Supplying emergency nonperishable food to local people in need is the main ministry of LINK. The organization delivers food to the homes of approximately 80 families (about 300 people) per month in the Herndon, Sterling and Ashburn communities, five days a week, 52 weeks a year. In 2011, LINK volunteers made 887 deliveries, providing food for 4,435 people; \$19,020 in grocery gift certificates was also included with these deliveries. Guests request assistance through a direct phone

line, referrals are made through social services staff, and volunteers also work with the public schools to assist families with school children. Each qualified family is given about five day's supply of non-perishable food and a certificate to purchase perishable food.

During Thanksgiving and Christmas in 2011, LINK served an additional 1,758 families through our holiday program. This number represents a little over 8,900 individuals who received food for five to seven days, over \$49,000 in grocery gift cards, gently-used winter coats and clothing, two new toys for children newborn through 16 years of age and fresh bread.

Below is more information on the holiday program for 2012:

See Helping, Page 7

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## Helping Neighbors in Need

From Page 6

❖ Saturday, Nov. 17, Food Distribution, 8 a.m.–2 p.m.

Locations: Christ the Redeemer Catholic Church, 46833 Harry Byrd Highway, Sterling, and Trinity Presbyterian, 651 Dranesville Road, Herndon.

Winter Coat Distribution, 8 a.m.–3 p.m.

Location: Sterling United Methodist Church, 304 East Church Road, Sterling.

There is a need of children's coats in particular this year—even one or two coats will make a difference.

❖ Saturday, Dec. 15, Food Distribution, 8 a.m.–2 p.m.

Locations: Christ the Redeemer Catholic Church, 46833 Harry Byrd Highway, Sterling, and Trinity Presbyterian, 651 Dranesville Road, Herndon.

Toy Distribution, 8 a.m.–2 p.m.

Location: Herndon United Methodist Church, 701 Bennett Street, Herndon. Families will receive a ticket from the food pick-up location to be used to pick up toys.

Donations Needed:

Food—Donations of non-perishable food can be dropped off during the sorting hours listed below at either Christ the Redeemer Catholic Church or Trin-

ity Presbyterian Church.

Coats—Donations of new or gently-used winter coats, scarves, mittens and/or hats can be dropped off at Sterling United Methodist Church, Nov. 12–16, 8:30 a.m.–8:30 p.m., and Nov. 17, 8:30 a.m.–1 p.m.

Toys—Donations of new toys can be dropped off at Herndon United Methodist Church, Dec. 10–15, 9 a.m.–3 p.m.

Monetary Donations—Donations can be sent to: LINK, P.O. Box 443, Sterling, VA 20167-0443. If the donation is to be dedicated to a certain purpose, please include that in the memo line.

Translators Needed—Volunteers who are bilingual and speak Spanish (teenagers are also welcome) are needed to volunteer the day of the holiday programs on Nov. 17 and Dec. 15.

Boxes Needed—There is typically a need for 500 empty boxes for both the November and December basket programs. Boxes should be approximately 18 by 12 by 15 in size. They will be loaded with heavy canned goods, so a smaller size box is better.

Volunteers Needed—To volunteer; register online or send an email to Becky Field-Ross (fieldross@aol.com), the volunteer coordinator. To sign up, go to: [www.linkagainsthunger.org](http://www.linkagainsthunger.org).

## Volunteer Dates and Hours

### November:

❖ Monday, Nov. 12—Sorting from 9 a.m.–noon; 7–9 p.m., at Christ the Redeemer Catholic Church and Trinity Presbyterian Church

❖ Thursday, Nov. 15—Sorting from 9 a.m.–noon; 7–9 p.m., at Christ the Redeemer Catholic Church and Trinity Presbyterian Church

❖ Friday, Nov. 16—Sorting from 9 a.m. until finished, at Christ the Redeemer Catholic Church and Trinity Presbyterian Church

❖ Saturday, Nov. 17—Volunteers to help re-stock food, assist families, act as translators and clean-up, 7:30 a.m.–4 p.m., at Christ the Redeemer Church and Trinity Presbyterian Church

Drivers to help deliver food to people who are home-bound, 9 a.m.–noon, at Trinity Presbyterian Church

NOTE: Volunteers are also needed to pick up food donations from schools during school hours located in Herndon, Sterling and Ashburn area and drop it off at either Christ the Redeemer or Trinity Presbyterian between Monday, Nov. 12, and Friday, Nov. 16.

### December:

❖ Monday, Dec. 10—Sorting from 9 a.m.–noon; 7–9 p.m., at Christ the Redeemer Catholic Church and Trinity Presbyterian Church

❖ Thursday, Dec. 13—Sorting from 9 a.m.–noon; 7–9 p.m., at Christ the Redeemer Catholic Church and Trinity Presbyterian Church

❖ Friday, Dec. 14—Sorting from 9 a.m. until finished, at Christ the Redeemer Catholic Church and Trinity Presbyterian Church

❖ Saturday, Dec. 15—Volunteers to help re-stock food, assist

families, act as translators and clean-up, 7:30 a.m.–4 p.m., at Christ the Redeemer Church and Trinity Presbyterian Church;

Drivers to help deliver food to people who are home-bound, 9 a.m.–noon, at Trinity Presbyterian Church.

NOTE: Volunteers are also needed to pick up food donations from schools during school hours located in Herndon, Sterling and Ashburn area and drop it off at either Christ the Redeemer or Trinity Presbyterian between Monday, Dec. 10, and Friday, Dec. 14.

Contact Information: Holiday Basket Program Coordinator

Lisa Lombardozzi, call 703-973-4444, or e-mail [LisaLombo@signaturecos.com](mailto:LisaLombo@signaturecos.com);

For Volunteer Coordinator, Becky Field-Ross, call 703-434-9099 or e-mail [fieldross@aol.com](mailto:fieldross@aol.com).

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Barack Obama came to Northern Virginia on Saturday, Nov. 3 with Bill Clinton and Dave Matthews.



Photos by Deb Cobb/The Connection

Mitt Romney packed the Patriot Center at George Mason University on Monday, Nov. 5. Anne Romney asked: "Will we be neighbors soon?"

## Feeling Important

**Presidential campaigns traverse Northern Virginia on last days, mark the importance of every vote.**

**T**he images from the last weeks of the presidential election of 2012 make it clear that it would be hard to overstate the importance of voting, especially in Virginia, especially in Northern Virginia.

Every vote will be important. What I wish for today from Northern Virginia is record turnout and smooth sailing for voters casting their votes.

Writing this the morning of Election Day, it's still fair to say that the race for president and for the U.S. Senate in Virginia is too close to call. It's hard to overstate the difference it will

make when the election results are final.

Mitt Romney came to the George Mason University Patriot Center on Monday, also bestowing attention on Republican Senate candidate George Allen. It was one of several trips to the area.

President Barack Obama came to Prince William County on Saturday, along with Bill Clinton. On Monday, Vice President Joe Biden came to Claude Moore Park. Both visits gave a boost to Democratic Senate candidate Tim Kaine.

The money that has been spent—and raised—here in Virginia is daunting. At the end of Octo-

ber, in 2012, Romney had raised \$10.1 million and Obama \$8.2 million in checks of \$200 or more from Virginians, according to the Virginia Public Access Project. Inside the Beltway donors (different from Northern Virginia in VPAP's categories) gave \$3,193,148 to Obama and \$3,104,160 to Romney. Northern Virginia outside the Beltway gave \$2,694,030 to Obama and \$3,525,796 to Romney.

While either way, about half of voters will be disappointed by the outcomes here, no one will be sorry that this campaign season is over. It's been fun to be a favorite child in some ways, but it will be OK to go back to addressing local issues without the magnification of such an important election.

— Mary Kimm,

mkimm@connectionnewspapers.com

### "Who did you vote for to be president? Why?"



**Kwasi Kubi**, self-employed, cab driver

"Barack Obama. I still like his ideas. And I think he will be better for the poor people. I think he has done what he could with what he inherited."



**Derek Einsig**, employed by GeoEye

"Mitt Romney. Obama had a shot. He didn't live up to his promises. He hasn't been able to work with the current legislators. It may not be all his fault, but we need to try something new, see if we can get some compromise. If sequestration happens, that's a real threat to my job working with satellites and mapping."



**Shalini Karnani**, employed by Score, a non-profit

"Barack Obama. I think Obama is the only one paying attention to women's issues. I don't want my body to be a conversation piece anymore. It's time to move forward in this country. I have a child inside of me right now and I think it's in this baby's best interests for education and healthcare and more, to vote Obama. Plus, I come from Detroit. He literally saved us there."



**Robin Drake**, phone worker, non-profit organization

"Barack Obama. I think he has done as well as he could with a recession underway when he came in and with the global economic situation. Romney scares me. He doesn't show the same face twice. If he were simply Tea Party, or traditional Republican, then I could understand him, predict which way he would go on things. I just don't feel like I know Romney, even now on Election Day."



**Mike Diamore**, employed by Booz Allen

"Barack Obama. Infrastructure. I don't think either candidate really pushes for that, but I think under Obama there's a better chance of something getting done. We need more and better transportation. Much of our infrastructure, our wiring is aging. We need to start taking care of these things for our future economic health."



**Grace Serquinia**, employed by the FC School system

"Barack Obama. I think Mitt Romney is making it up as he goes along. I don't think he has a plan. You know, it's like going to the dance and waiting to hear what music they play before deciding how to dance to it. Been here before. Obama is in there. We know what's what."

— Andrea Worker

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## Fall Bazaar

An annual bazaar with rummage sale items, baked goods, ceramic and crafts put on by the Fairfax County Health Department and the Herndon Adult Day Care Center. Nov. 6-7 from 7 a.m.-3 p.m., at The Herndon Adult Day Care Center, 875 Grace Street, Herndon. 703-435-8729.

## Entertainment

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

### WEDNESDAY/NOV. 7

**The Science of Good Taste—Geology, Wine and Food.** 7 p.m., at USGS Headquarters, 12201 Sunrise Valley Drive, Reston. Part of the More Tales of the Hydro-illogical Cycle, learn about ancient Egyptians and Greeks' knowledge and relationship to wine, and why wines from different places taste so different.  
www.usgs.gov/public\_lecture\_series/.

### SATURDAY/NOV. 10

**Children's Fall Flea Market.** 9 a.m.-noon, RCC Hunters Woods, 2310 Colts Neck Road, Reston. Donate one non-perishable food item for the RCC Thanksgiving Food Drive and then do your holiday shopping at bargains: gently-used toys, books, clothing and games.  
www.restoncommunitycenter.com.

### A Hike to Ancient Rocky Outcrops.

1 p.m., at the Walker Nature Center, 11050 Glade Dr., Reston. A two-and-a-half mile walk along Twin Branches and Lake Audubon trails to see the rocky outcrops, ancient rocks; the tour is led by USGS coordinators. Carpools to the nature center leave from the Reston Museum, 1639 Washington Plaza, at 12:30 p.m. 703-709-7700 or  
www.restonmuseum.org.

### Artists' Reception: Expressions

**Portrait Competition and Exhibit.** 7-9 p.m., at ArtSpace Herndon in the Post Gallery, 750 Center Street, Herndon. Local painter Kurt Schwarz judges the competition featuring finalists from ArtSpace Herndon's Fourth Annual Portrait Competition; the exhibit opens Thursday, Nov. 8 and is up through Dec. 9. www.artspaceherndon.org.

### Contra Dance with the June Apple

**Band.** 7:15 p.m., beginners' workshop; 8 p.m., dance. At the Reston Community Center, 2310 Colts Neck Road, Reston. Polish your dancing at a free workshop, enjoy potluck refreshments at the break and then have a ball with quick feet and the June Apple Band's tunes. \$9 (singles and couples welcome). 703-476-4500.

### SUNDAY/NOV. 11

**Veterans Day Observance.** 11 a.m. www.ConnectionNewspapers.com

Veterans Memorial at the Herndon Town Green, 777 Lynn Street, Herndon. The American Legion, Wayne M. Kidwell, Post 184, in cooperation with the Town of Herndon, will be holding their Annual Veterans Day Observance at the Veterans Memorial. Herndon High School Junior Naval ROTC will form the color guard and present the Colors for the ceremony. Admission is free. For more information call Post Commander, David Kirby at 703-481-6189.

### TUESDAY/NOV. 13

#### Turner Park Farm's Evolution

**Celebration.** 11 a.m.-1:30 p.m., at the Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Interactive entertainment includes karaoke. Lunch is provided and a small donation is requested. Reservations. 703-759-3721 or linda.fernald1@verizon.net.

#### Vigil: Shine a Light on Lung

**Cancer.** 6-8 p.m., at Reston Hospital Center, Conference Rooms A & B, 1850 Town Center Dr., Reston. The Northern Virginia Thoracic Oncology Program of Reston Hospital Center and The Lung Cancer Alliance host a vigil where Girl Scout Troop 5140 presents pillows to comfort lung cancer patients as part of a nationwide effort to empower attendees. restonhospital.com.

**Bryan Bowers.** 7:15 p.m., at Amphora Diner Deluxe, 1151 Elden St., Herndon. The autoharp player and singer-songwriter brings stage presence and passion to his performances. \$11, members; \$12, non-members. 703-435-2402 or www.amphoragroup.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.

### SATURDAY/NOV. 17

#### Fairfax Symphony Orchestra:

**Masterworks II.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Ken Woods and violinist Benjamin Bellman perform Beethoven's Overture to Coriolan, Op. 62, Symphony No. 2 and Violin Concerto. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

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## Wellbeing

# Racing for Superheroes

Event benefits local nonprofit organizations.

By Marilyn Campbell  
The Connection

From children wearing superhero capes to costume-clad adults to tots in strollers, participants took to the streets of Arlington last month to raise money for charity as part of the fourth annual Acumen Solutions Race for a Cause 8K and 1-Mile Fun Run.

"This year's Race for a Cause was a shining example of the power of community. Our goal is to not only raise awareness and much needed funds for our 10 nonprofit partners, but to engage the community in a way that enables us all to feel the impact," David Joubran, Acumen's president and CEO, said in a statement.

Acumen Solutions identifies 10 local nonprofit organizations that they dub "superheroes." Through race registration, more than 3,000 people selected and secured funds for one of the 10 organizations. The nonprofit organizations also help raise money. The Fairfax County Boys & Girls Clubs of Greater Washington came in first place.

"Our teamwork made it possible. We recruited runners and donors and sponsors," said Wonhee Kang, the regional director of Fairfax County Boys & Girls Clubs of Greater Washington.

The Women's Center in Vienna placed second, followed by Greenbrier Learning Center in Arlington.

"We are thrilled and delighted to have won second place thanks to the efforts of our board, our staff, our therapists and all of our community supporters. We had a wonderful showing of support," said Carol Loftur-Thun, executive director of the Women's Center in Vienna.

"We offer counseling services to more than 2,500 people from D.C., Maryland and also right next door in McLean and Great Falls," she continued. "About 60 percent received counseling services at a reduced fee or less. The race and the funds that will be awarded will go to help support our services."

Even those who were not among the top winners saw the race as an opportunity to increase their visibility in the community. "What I love about this event is that all kinds of people sign up to race. They learn about the nonprofits in their community who are doing good work and they can sign up to volunteer," said Patti Donnelly, executive director of the Literacy Council of Northern Virginia in Falls Church. "We tutor adults who are learning to read, write and speak English all throughout the Northern Virginia region, from Alexandria to Herndon to downtown Fairfax to Arlington County. We need to reach a lot of people in Northern Virginia."

Other participating nonprofits that will also receive monetary funding include Our Daily Bread in Fairfax, The Reading Connection in Arlington, and Washington, D.C.-based Education Pioneers, Young Playwright's Theater, United for D.C., and For Love of Children. Funding will be announced and distributed at a Nov. 28 race celebration event.



Photos courtesy of Acumen Solutions

Participants in the fourth annual Race for a Cause cross the finish line. The event raised money for local nonprofit organizations.



The fourth annual Acumen Solutions Race for a Cause 8K and 1-Mile Fun Run raised money for local nonprofit "superheroes." The McLean-based Acumen team is pictured here.

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## Wellbeing

# Jeanie Schmidt Free Clinic, HealthWorks Merge

By Alex McVeigh  
The Connection

**T**he Jeanie Schmidt Free Clinic, which served nearly 2,000 low-income patients without health insurance last year, has merged with HealthWorks for Northern Virginia. Founded 10 years ago, the clinic was founded at Herndon Middle School.

"We're always looking for ways to expand capacity, because the need is always there," said Carol Jameson, executive director of the clinic. "We had reached the point where we were looking at having to create a waiting list."

HealthWorks, formerly known as Loudoun Community Health Center, is a federally qualified health center that provides healthcare as well as preventative care.

Due to Herndon's high concentration of low-income residents, HealthWorks put in an application in 2010 to open a center in Herndon, but it was not funded.

Currently located at the Connections for Hope offices on Dulles Technology Drive, the new location will be next to the Amphora Diner, bringing the clinic back to within the Town of Herndon borders.

According to the clinic, the new facility will feature an additional five exam rooms, 12 up from the current seven and treat children age 2 and up, as



**The Jeanie Schmidt Free Clinic, currently located at the Connections for Hope office, has merged with HealthWorks for Northern Virginia and will open a new health center in the Town of Herndon.**

well as adults with conditions such as hypertension and diabetes. They also hope to eventually open a diabetes treatment center.

"We're a safety net program, but it's time to start looking at what the barriers are to being healthy," Jameson said. "If we continue with a more educational approach, it will empower our patients, give them a chance to take ownership of their health in a more holistic way."

The new facility is scheduled to open in mid-December.

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## Oakton Boys', Girls' Cross Country Advance to States

**Madison's Calem,  
Herndon's Heuer  
earn all-region.**

By Jon Roetman  
The Connection

**T**he Oakton cross country program had a strong showing at the Northern Region championships on Nov. 2 at Burke Lake Park. The girls' and boys' teams each finished runner-up in their respective races, earning a trip to the state meet.

The Oakton girls' team finished with a score of 92. Lake Braddock won the event with a total of 38. Chantilly (109) placed third and West Springfield (116) was fourth. South Lakes (248) finished 10th, Madison (275) was 11th. The top four teams and the top 15 individuals advance to states.

Oakton sophomore Allie Klimkiewicz placed fourth with a time of 17:16, which is the fastest time in school history. Hailey Dougherty (18:25) finished 17th, Briana Stewart (18:37) was 22nd, Maryn McCarty (18:45) finished 27th and Kristi Carrigan (18:49) was 30th.

"I was happy with the girls' finish but we realize we were fortunate with the final result of second place," Oakton Head Coach Alisa Byers wrote in an email. "Our region is very competitive and some highly respected programs won't be at states this year."

The Oakton boys' team totaled a score of 85, edging Robinson (87) for second place. Chantilly won the team title with a score of 39 and Lake Braddock (124) finished fourth. South Lakes (279) finished 10th.

Jack Stoney (15:29) led the Oakton boys' team with a fifth place finish. David Atkinson (15:53) just missed all-region with a 16th-place finish. Isamu Hosakawa (15:58) finished 23rd, Christopher Sprague (16:01) was 26th and Oliver Lopez-Gomez (16:07) was 38th.

"I was very proud of the boys' resiliency not only to make it out, but to come in second after our district performance," Byers wrote in an email. "We graduated six of our seven from last year, but this group of guys has learned how to race and when to fight."

In individual girls' action, Lake Braddock's Sophie Chase won her third consecutive region title (she finished second her freshman year) with a time of 16:42, which tied her for the third-best time in the history of the Burke Lake Park course. West Springfield's Caroline Alcorta (second, 16:58), Lake Braddock's Hannah Christen (third, 17:08), Oakton's Klimkiewicz and Robinson's Macey Schweikert (fifth, 17:27) complete the top five.

The rest of the top 15 were: Lake Braddock's Katie Roche (sixth, 17:33), Chantilly's Alexa Cowne (seventh, 17:33), Robinson's Lauren Berman (eighth, 17:44), West Springfield's Maddie Wittich (ninth, 17:45), Lee's Bailey Kolonich (10th, 17:49),



**Oakton sophomore Allie Klimkiewicz placed fourth at the Northern Region cross country championships on Nov. 2, helping the Cougar girls' team to second-place finish and a state berth.**



**Madison's Matthew Calem (92) placed fifth and Herndon's Bradley Heuer (80) finished 11th at the Northern Region cross country championships on Nov. 2 at Burke Lake Park.**



**South Lakes' Andrew McCool finished 53rd with a time of 16:21 at the Northern Region cross country championships on Nov. 2 at Burke Lake Park.**

Washington-Lee's Sarah Angell (11th, 17:55), Edison's Jennifer Flack (12th, 18:02), Lake Braddock's Katy Kunc (13th, 18:08), West Potomac's Katie Genuario (14th, 18:15) and Westfield's Sara Freix (15th, 18:19).

South Lakes' top finisher was Devin Nieuwsma (24th, 18:39) and Madison's top finisher was Amanda Swaak (26th, 18:44).

Chantilly's Sean McGorty won the boys' race with a time of 14:19, which tied him for the second-best performance of all time at Burke Lake Park. Lake Braddock's Nick Tuck (second, 15:03), Chantilly's Logan Miller (third, 15:23), Edison's Louis Colson (fourth, 15:27) and Oakton's Stoney complete the top five.

Madison's Matthew Calem (15:30) finished sixth, followed by Robinson's John Tolbert (seventh, 15:30), Chantilly's Faris Sakallah (eighth, 15:30), Stone Bridge's Brady Guertin (ninth, 15:31) and Chantilly's Ryan McGorty (10th, 15:34). Rounding out the top 15 were: Herndon's Bradley Heuer (11th, 15:39), South County's Alec Jones (12th, 15:42), Lake Braddock's Alex Corbett (13th, 15:43), Marshall's MacKenzie Haight (14th, 15:44) and Washington-Lee's Haileye Demsie (15th, 15:46).

South Lakes' top finisher was Ashkan Mohammadi (16:04), who placed 31st.

The state meet is scheduled for Saturday, Nov. 10 at Great Meadows.



# Week in Herndon

## Bank Robbery in the Herndon Area

Police are investigating a bank robbery that occurred Thursday, Nov. 1. Around 1:37 p.m. a man entered the Capital One Bank located at 13344-A Franklin Farm Road, implied he had a weapon and demanded money from a teller. The teller complied and the suspect fled. There were no injuries.

The suspect was described as white, in his 40's, five-foot-four inches to five-foot-seven inches tall, medium build and wearing a black zip-up style jacket, black pants and a black hunter's style hat.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at [www.fairfaxcrimesolvers.org](mailto:www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.



Police photo

Robbery caught on surveillance camera.

## Herndon Holiday Arts and Craft Show Set for Dec. 2

Herndon Holiday Arts and Craft Show will be held on Sunday, Dec. 2, 10 a.m.-4 p.m. The Herndon

Community Center will host more than 100 arts and crafts vendors, offering unique gifts, holiday decorations, and handmade items. Admission and parking are free.

The event is at the Herndon Community Center, 814 Ferndale Ave., Herndon.

## Bulletin Board

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday.

### TUESDAY/NOV. 13

**Sleep and Our Teens.** 7-8:30 p.m., at Herndon High School, 700 Bennett St., Herndon. Students and parents of middle, high school and college aged students can learn from a regional sleep expert, monitor their sleep patterns with a sleep log and learn about the repercussions of inadequate sleep. [www.fcps.edu/HerndonHS/](http://www.fcps.edu/HerndonHS/).

### THURSDAY/NOV. 15

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

3755 or [ALNorthernVa@yahoo.com](mailto:ALNorthernVa@yahoo.com).

### FRIDAY/NOV. 16

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

### SUNDAY/NOV. 25

**Cat Adoption.** 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston. Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

### SUNDAY/DEC. 16

**Cat Adoption.** 1-4 p.m. PetSmart, 11860 Spectrum Center, Reston.

Every Sunday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

### ONGOING

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

**Parks and Recreation Fall Classes/Registration.** Various times, Stacy C. Sherwood Center, Old Lee Highway, Fairfax. Register online at [www.fairfaxva.gov/ParksRec](http://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](mailto:anhalt.dc@cox.net).

days from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**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](http://www.florisumc.org).

**St. Anne's Episcopal Church,** 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

**Adult Sunday school** will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Vil-

lage Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**The Jewish Federation of Greater Washington** and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays.

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6487 Trillium House Ln.....\$999,900..Sun 1-5.....Jean Marotta.....Birch Haven..703-402-9471

### Fairfax

3953 Kathryn Jean Ct.....\$479,000...Sat 1-3.....Kathleen Miller.....Samson Props..703-409-7637

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620 Tapawingo Road, SW...\$1,199,000..Sun 1-4.....John Saab.....Saab..703-288-4877

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## Weight For It



By KENNETH B. LOURIE

This reference is not about pounds, per se. It is about the two largest tumors in my lungs, inoperable in that they are located between the two halves which make up the whole lung. "Inoperable" defines stage IV lung cancer, along with the cancer having moved from its primary location (still unknown at this time) to a secondary location (my lungs) where we certainly have become familiar with it, but oddly enough, not symptomatic because of it.

One of the first questions my oncologist asked me way back when, at our initial Team Lourie meeting, was if I felt anything heavy in my chest. I said I did feel a weight/heaviness in the middle of my chest; in the exact spot he said, after I pointed it out, where the tumors were located, sort of confirming what all the test results and biopsy had indicated: a growth (determined to be malignant) where it wasn't supposed to be. To this day, 44 months later, the most recurring question my oncologist asks me when we meet is whether I feel that "heaviness" in my chest. More often than not, my answer has been "No," a clear indication, along with the results from my regular CT Scan, that the tumors that have been weighing on my mind were, for that particular two-month interval of treatment, not growing (appreciably, anyway; I try to be realistic). "News with which," as I so often say, "I can live."

I remember three and a half years ago when the significance of this heaviness issue became more obvious to me. It was at the first appointment I had with my oncologist after I had been infused with two or three rounds (six hours+ per round) of heavy-duty chemotherapy. Once the standard pleasantries and how-are-you-feelings were out of the way, we got into more detailed doctor-patient talk: "Kenny," my oncologist asked, "do you not feel anything?" Repeating the question out loud and sort of scoffing at its ambiguity, I found myself, saying/snickering: "Do I not feel anything? Well, I sort of don't feel that weight in my chest." To which my doctor enthusiastically replied: "That's great! That's where the tumors are located. The chemotherapy seems to be working." (To say we were all a bit encouraged at the time would be the understatement of the universe. Little did we know, the roller coaster had only just begun.)

And so, this same "weight/heaviness" question has continued to be asked at every appointment (now bi-monthly). And every minute of every day, I am self-assessing any weight that I may feel in my chest and/or any other sensations originating from where I know the tumors are situated. What little I know now is, if I feel weight in my chest, perhaps the tumors are growing - or maybe not (ergo my ongoing Memorex-type problem: "Is it real or is it...?") Maybe it's fluid in my lungs or scar tissue scabbing over a shrinking tumor or nothing-in-particular-just-something-I'm-super-sensitive-to because of my age or circumstances? Either way, I'm always waiting and wondering if the weight of the world need be on my shoulders, if occasionally it's not in my chest.

What this all means is, confusion. As much as you want a straight answer and a clear understanding of what was happening to you - and why, and what might happen still, the day you were diagnosed with the cancer was the day all of that ended. And to complicate matters further, under such stressful circumstances as a terminal diagnosis, I can readily admit: One's mind has a mind of its own, and control of it, as with your television - made famous during the beginning of "The Outer Limits" (a mid-60s classic), doesn't belong to you. (Unfortunately, unlike the television show, control does not return in an hour.)

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



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