

# Sacrificial Limb?

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**The Town of Herndon will sacrifice the red oak by the former Ashwell property in order to make safety improvements to the intersection.**

**Election Day in Herndon, Reston**

NEWS, PAGE 3

**Herndon Field Hockey Falls to Fairfax**

SPORTS, PAGE 9

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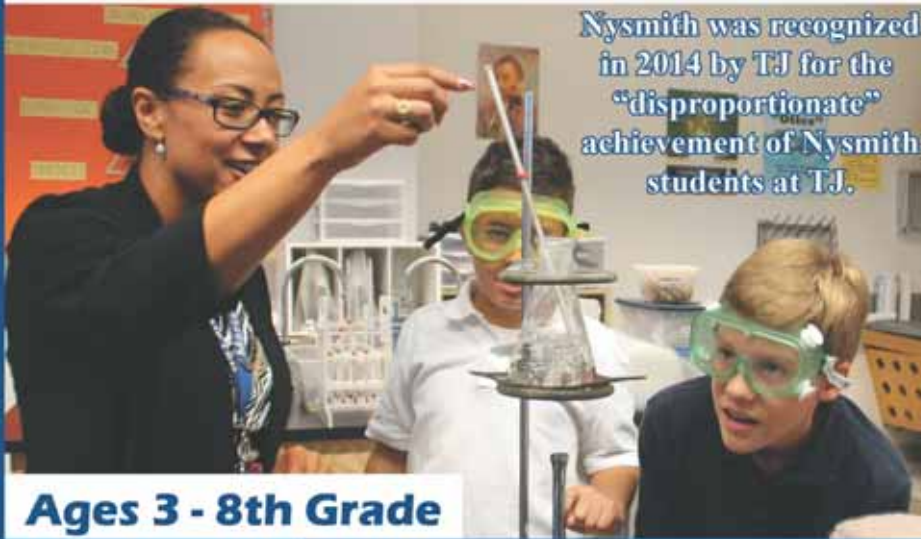
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PHOTOS BY RYAN DUNN/THE CONNECTION



**Outside Herndon Elementary School, voters can be handed information about the candidates for the Nov. 3 election.**

**Nov. 3 the polls were open for election in Fairfax County. Shirley Elliott offered voting information and literature to residents who came to vote at Reston's 1850 Cameron Glen Drive.**

## Election Day in Herndon and Reston

BY RYAN DUNN  
THE CONNECTION

**P**olls opened in Virginia from 6 a.m. to 7 p.m. on Nov. 3 for the election, where voters will choose state and county lawmakers. “The turnout at 10 a.m. from the precincts we have heard from are averaging between 4 to 6 percent this morning,” said Lisa Connors, public information officer and CIO for the Fairfax County Office of Elections. New machines were installed for last year’s election. Another call in was scheduled for 2 p.m.

Issues captured the attention of campaigns were the matters of gun control and tolls on Interstate 66 in Northern Virginia.

At the Hunter Mill District, Supervisor and incumbent Cathy Hudgins (D) is running unopposed. For Virginia Senate, incumbent Janet Howell (D) is running unopposed. Virginia House of Representatives incum-

bent Ken Plum (D) is also running unopposed. Communities included in the Hunter Mill District include parts of Tysons Corner and Vienna, north Vienna, Reston, Oak Hill, and some areas around Herndon. The voting site at Reston’s 1850 Cameron Glen Drive, was tranquil this morning.

“We are slower than we would have liked,” said chief election officer Susan Berger. With so many candidates running unopposed at Hunter Mill, election officer Dan Kush said some voters were initially confused. “It has been a light turnout,” said Kush.

By 10:45, the Hunter Mill district had a turnout of about 9.3 percent or 370 persons. Some election officers expected the turnout may reach 20 percent. “We pay attention to politics, and we know who we stand for,” said Hunter Mill resident Marilyn Leitner who put in her vote with her husband, Dave Leitner.

At Herndon Elementary School, the turn-

out was also described as light. Elections officers arrived at their assigned voting sites between 5 a.m. and 6 a.m. to set up for voters. “People are usually here with their minds made up,” said Herndon resident and writer Christian Kachel, who was handing out literature with Eric Boll. Glenn Boysko, husband of candidate Jennifer Boysko visited Herndon Elementary to help provide voting literatures.

Danny Vargas is running for election against Jennifer Boysko. Vargas says retiring Delegate Tom Rust asked him to run to succeed him. Republican Tom Rust, former Herndon mayor, has held the seat since 2002.

Fairfax County voters were presented with bond issues, a \$315 million school bond and a \$151 million facilities bond. Part of the facilities bond will go towards replacing the Fairfax County Fire and Rescue Station at Wiehle Avenue and Sunset Hills Road, as well as a new animal shelter. “I

endorsed both bonds, because they needed service,” said Herndon resident Bob Reynolds, who said off-year elections are terribly important. Dranesville District resident Mike Smith decided to vote for the facilities bond. “I go by the old adage, if you don’t need it, don’t spend it,” said Smith.

Jennifer Chronis, a Republican, challenged incumbent Dranesville Supervisor John W. Foust in this November’s general election. “We got an incredible amount of robo calls and campaign literature. I was able to read up on the candidates views,” said Dranesville district resident Craig Griffin. Griffin decided to vote for school bond issue. At Herndon Elementary, the turnout was at about 302 or 6 percent by 10:25 a.m.

“We expect about 30 percent voter turnout, we will have to wait,” said voting officer Michael Linck Jr. Linck has served as a voting officer with Fairfax County since 2004.

**Fairfax County voters were presented with bond issues a \$315 million school bond and a \$151 million facilities bond. Part of the facilities bond will go towards replacing the Fairfax County Fire and Rescue Station at Wiehle Avenue and Sunset Hills Road,**

**as well as a new animal shelter. “I endorsed both bonds, because they needed service,” said Herndon resident Bob Reynolds, who said off year elections are terribly important.**



**Dranesville District resident Mike Smith decided to vote for the facilities bond in the Nov. 3 election. “I go by the old adage, if you don’t need it, don’t spend it,” said Smith.**



**Dranesville district resident Craig Griffin with his friend Chester. Griffin was not a dummy, and exercised his right to vote. “We**

**got an incredible amount of robo calls and campaign literature. I was able to read up on the candidates views,” said Dranesville district resident Craig Griffin. Griffin decided to vote for school bond issue.**



# OPINION

## Coming: Children's Connection 2015

### Get ready to send your submissions soon.

**D**uring the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

#### EDITORIAL

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

### Editor's Note on Election Coverage

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, this paper among them. While reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) for results, and next week's papers for more insight.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

come.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

- ❖ Your opinion (50 to 100 words) about traf-

fic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 4.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scroll down to Children's Edition.

#### COMMENTARY

## Real Solutions for Real Problems on Roads

### The truth behind I-66 inside the Beltway.

BY AUBREY LAYNE

SECRETARY OF TRANSPORTATION FOR THE COMMONWEALTH OF VIRGINIA

**V**irginians deserve a healthy public discussion about how best to improve our transportation system. But that discussion must also be grounded in fact, not political rhetoric. Unfortunately, the leadership of the House Republican Caucus is engaged in a campaign of misleading and flatly incorrect information on the McAuliffe administration's proposal to improve I-66 inside the Beltway. So in the interest of good public policy, here are the facts.

- ❖ Fact 1: Despite unfounded claims to the contrary, dynamic tolling on I-66 will reduce congestion.

In 2013 the McDonnell Administration released a study on reducing traffic congestion in the I-66 corridor. It was the third such study in 15 years.

The study stated that dynamic tolling and multi-modal improvements could move 40,000 more people a day through the I-66 corridor, which is equivalent to 10 additional interstate lanes in the morning and another 10 in the evening. The proposal would increase travel speeds from today's low of 5 miles per hour to a more reliable pace of 45 miles per hour or

faster.

The tangible congestion alleviation benefits this proposal will generate have led the Fairfax and Loudoun County Chambers of Commerce to express support for the proposed improvements. We are working collaboratively with Fairfax, Arlington and Falls Church on the proposed project. Just recently the Washington Metropolitan Council of Governments' Transportation Planning Board approved adding this project to the region's Constrained Long Range Plan.

- ❖ Fact 2: The McAuliffe administration's proposed changes will only add more choices for I-66 commuters without impacting current HOV commuters.

If you currently carpool through the corridor, you will ride free as you always have. If you are a solo driver who used to have to exit I-66 and take secondary roads to and from work, you will now have the option to pay a toll and remain on I-66 all the way into the city. Despite the disinformation political opponents are disseminating, tolling would only be in effect during peak hours, and this proposal offers more drivers the option of a fast and reliable trip without impacting current HOV commuters.

- ❖ Fact 3: Travel times on parallel routes will either improve or stay the same.

Studies show dynamic tolling will manage traffic more efficiently on I-66 inside the Beltway and parallel roads. In fact, this proposal will reduce traffic on parallel routes heading to D.C. in the morning, by offering more

solo drivers the choice of paying a toll and staying on I-66.

VDOT has conducted a detailed analysis that shows no impacts on parallel routes, meaning that drivers who take Route 50 can expect roughly the same travel times in 2017 as they can today.

- ❖ Fact 4: Toll revenues will be used to help move even more people through the corridor.

Studies reveal that dynamic tolling itself is a mechanism for managing congestion and reducing travel times – and every cent from that tolling on I-66 will be used to even further reduce congestion in that corridor. This is a self-financing project and will not take funding away from other transportation improvements.

Again, contrary to what House Republicans have conjured, it would be against the law to use those revenues for bike paths in the woods or road improvements in other parts of Northern Virginia or the state.

Since the state will own and operate the facility and collect tolls, excess revenues will not go to the profit of large corporations. All monies will directly benefit the corridor to enhance motorist through-put.

- ❖ Fact 5: Widening I-66 inside the Beltway will take place – if necessary.

It is the Secretary of Transportation's job to ensure that transportation funds are spent wisely. In the case of I-66, that means implementing the most cost-effective solutions first, before we consider spending over \$100 mil

Oak Hill & Herndon  
**CONNECTION**

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SEE REAL SOLUTIONS, PAGE 5

# BULLETIN BOARD

To have community events listed in the Connection, send to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by the Friday prior to the following week's paper.

## THURSDAY/NOV. 5

**Blanket and Children's Winter Coat Drive Kickoff.** 11 a.m.-12:30 p.m. Fairfax Government Center Press Room, 12000 Government Center Parkway, Fairfax. Area residents of all faiths and backgrounds will unite for the third annual Blanket Drive for Syrian Refugees. Region-wide effort to help more than 4 million refugees fleeing from Syria and Iraq due to ISIL and civil war violence. Gently used blankets and children's winter coats will be collected at various locations throughout Northern Virginia from Nov. 7-Dec. 5 and will be shipped to refugees who have fled to Turkey. [www.helpsyrianrefugees.us](http://www.helpsyrianrefugees.us)

## DEADLINE FRIDAY/NOV. 6

**Best of Reston Awards.** The awards honor

individuals, businesses, and civic/community organizations that have demonstrated significant contributions to the greater Reston/Dulles community in their commitment to community service, excellence and involvement. Presented by The Greater Reston Chamber of Commerce and Cornerstones. <http://www.restonchamber.org/events/Nominations-Deadline-for-the-25th-Annual-Best-of-Reston-Awards-2715/details>.

## FRIDAY/NOV. 6

**Annual Prospective Member Breakfast.** 8-10 a.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Interested in joining? Orientation is the best way to understand how to maximize your ROI on Reston Chamber Membership. The Greater Reston Chamber of Commerce is the largest regional chamber in the Washington, D.C. region celebrating a 22 percent increase in new membership over last year. Free. [toddr@restonchamber.org](mailto:toddr@restonchamber.org) or 703-707-9045.

## COMMENTARY

# Real Solutions

FROM PAGE 6

lion to perform even a limited widening of I-66.

The Governor's proposals for I-66 will better manage traffic flow at a fraction of the cost of widening the road. We owe it to taxpayers to exhaust low-cost solutions, but, if after 5 years, vehicles are not traveling at free flow on I-66 during rush hour, then toll revenues will be used to widen the road.

❖ Fact 6: Doing nothing is not an option.

Opponents of the Governor's proposal for I-66 have a host of complaints. What they have yet to put forward are facts to back those claims, or real ideas for moving Virginians through the I-66 corridor more quickly.

I am confident that this plan meets the transportation and political realities of this corridor – and that allowing campaign gamesmanship to block progress is not an option.



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# Gearing up for Thanksgiving Turkey Trots

Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

By MARILYN CAMPBELL  
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past. "I've run this race more times than I can count and it's always a great time," said Colarco, a Road Runners Club of America certified running coach.

On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots. Running USA, a non-profit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

"[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes," said Colarco, who also works as a coach for True Health and Wholeness in Arlington.

While Colarco and her running mates train year-round, there's still time to get in shape and choose a turkey trot this year. "Many competitive and enthusiast runners start with



Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

3 or 5K races," said Richard L. Steele, assistant dean of physical

education at Northern Virginia Community College in Alexandria. "I tell most people to pick race that

is conveniently located ... or has special meaning to them personally, [like] a charity."

Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training. "Typically, the folks I work with run between three and five times a week with some weight training and ... cross-training worked into the schedule," said

Colarco. "The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

Colarco tailors her training regimen to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road."

"Up your training distance each week, but do it in small amounts," said Steel. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. "Eat a high-energy meal about an hour before the race," said Steel. "Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. "You get an average of about 4,500 blows to your joints over the course of a 5K," said Christian Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having

strong muscles." Weight training exercises for the legs should be done two to three days per week, advises Steel. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well."

"It has been proven that runners who do strength training have fewer knee injuries," added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance."

The most common injuries associated with running are ankle and knee

sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steel.

Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax.

"Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steel. "You'll be surprised how much better you feel in general after doing this for about a week or two."

**"Get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes."**

— Susan Colarco, certified running coach

## Locate a Local Turkey Trot

<http://www.runningintheusa.com>  
<http://www.runnersworld.com/race-finder>

## VOLUNTEER EVENTS & OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Nov. 10, 7-8 p.m.** Register beforehand at [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Caregiver Support.

**Northern Virginia Caregivers Conference** — "Prepare to Care: Getting Your Ducks in a Row," Wednesday, Nov. 11, 8 a.m.-3:30 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville. Speakers share their extensive knowledge on topics important to caregivers of persons with dementia. \$30 includes continental breakfast, lunch, and materials. Register at <http://states.aarp.org/nov11/>. For more information call **703-324-5425**, TTY 711.

Fairfax County is offering a free presentation on **Medicare 101 on Wednesday, Nov. 18, 11:30**

**a.m.-1:30 p.m.** at McLean Community Center, 1234 Ingleside Ave., McLean. To register call Sydney Duberstein at **703-790-0123**, TTY 711. Visit [www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm).

Fairfax County's free **Seminars for Family Caregivers of Older Adults** are held throughout the county in November:

- ♦ **Strategies for Difficult Conversations** take place on **Monday, Nov. 2, 7-8:30 p.m.** at George Mason Regional Library, 7001 Little River Turnpike, **Annandale**. Learn how to have conversations with an older family member about driving, accepting help in the home or moving to a safer environment. Register at [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on 2015 Caregiver Seminars.
- ♦ **AARP's Prepare to Care Workshop** takes place on **Thursday, Nov.**

**5, 3-4:30 p.m.** Sherwood Regional Library, 2501 Sherwood Hall Lane, **Alexandria**. Learn how to care for yourself and your loved ones. Register at [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on 2015 Caregiver Seminars.

♦ **Scams and Financial Crimes against Seniors** takes place on **Tuesday, Nov. 10, 3-4:30 p.m.** at the North County Governmental Center, 1801 Cameron Glen Drive, **Reston**. Older adults as well as family members, caregivers, and service providers are welcome. Register at [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on 2015 Caregiver Seminars.

♦ **Five Questions to Consider About Paying for Long-Term Care** — **WEBINAR, Wednesday, Nov. 18, Noon-1:00 p.m.** Register beforehand at [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on 2015 Caregiver Seminars. Call **703-324-5484**, TTY 711.

The **Hollin Hall Senior Center** in **Alexandria** needs a volunteer to help with **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** and an **Art Therapy Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm).

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Hula Hoop Class Leader** and instructors to teach **Country Western Line Dance, African Style Dance and Mosaic Art or Jewelry Making**. For

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[www.exceptionalschoolsfair.com](http://www.exceptionalschoolsfair.com)

# Sacrificial Limb? 'Chaotic intersection' at Center and Elden finally to be improved.

BY KEN MOORE  
THE CONNECTION

**T**own Councilmember Sheila Olem goes out of her way to avoid the intersection at Center and Elden streets.

"I don't even try to go through that intersection, it's just too dangerous, the way it's aligned," Olem said.

Since 2009, an average of six reported accidents take place at the intersection each year.

"It's absolutely a chaotic intersection. I go down and get the light at Grace," said Olem.

By a 6-1 vote last Tuesday, Oct. 27, The Town Council approved design improvements for the intersection that will include wider sidewalks and shorter walks across the street for pedestrians, left turn lanes to improve through traffic on Elden, synchronized lights and more sight distance for turns.

"This is a decision that is going to be with us for many years to come," said Vice Mayor Jennifer Baker. "Overall, this is a well thought out plan to dramatically improve this intersection."

**THE PROJECT** will cost approximately \$2 million, funded half from VDOT. Construction is scheduled to begin in spring 2017.

Intersection improvement has been part of the Town Capital Improvement Plan since 2000.

The concept for a signalized intersection began in 1988 with the Historic Herndon Downtown Streetscape Project. A traffic signal was installed in 1992 at Grace Street for safety of children going to Herndon Middle School.

"Since I moved to town in 1990 this has been a subject because this intersection is kind of convoluted," said Olem.

"I'm looking forward to this,"



**A \$2 million project to make intersection improvements at Center and Elden streets are scheduled to begin in Spring of 2017.**

she said. "I think this is much needed to make our downtown safer for our pedestrians as well as our bicyclists and the motorists."

Bob Boxer and the Department of Public works presented the Council with three options for design improvement in May. They presented citizens with the designs in July. About 15 citizens submitted written feedback; the majority agreed with the one selected by Council.

"Safety first," said Councilmember Grace Wolf.

During summer months, many pedestrians and motorists navigate the intersection on their way to Friday Night Live and "a lot of folks are confused by that intersection because it just doesn't work," said Wolf. "Safety is our primary concern at this intersec-

tion, and it's really problematic."

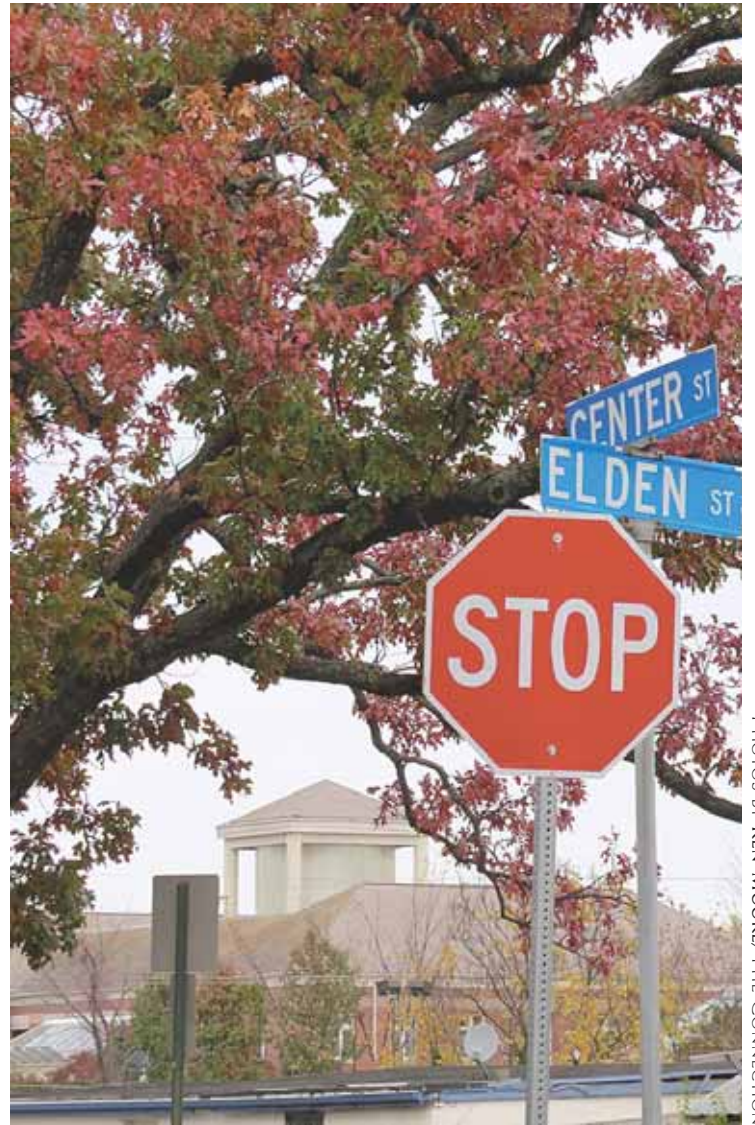
**LEFT TURN LANES** will get signalized, which will open up the flow on Elden Street, said Boxer.

Councilmember Steve Mitchell made the dissenting vote. "I know we need to do something about this intersection," he said. "I'm glad we're looking for the solution, but I don't believe we've found it yet."

Mitchell took a tape measure with him Tuesday afternoon to the streets to do his own traffic study. "The tape measure doesn't lie," he said. The plans are too tight for busses, he said.

"It you kiss the curb, you will be bumping the through lane," he said. "Look up the average bus size."

Councilmember Dave Kirby said, "They've already done the right



PHOTOS BY KEN MOORE/THE CONNECTION

**An average of six reported accidents occur at Center and Elden Streets each year. "It's just too dangerous, the way it's aligned," said Councilmember Sheila Olem.**

experiments to do that."

Traffic engineer Dennis M. Thomas, from Burgess and Niple, said the intersection design met VDOT standards for busses as well as cars.

"Traffic engineers say it does work," said Merkel.

The Council approved the plan by a 6-1 vote.

The post oak tree in front of The

Church of Jesus Christ won't be affected, but the Council had to sacrifice its neighbor, the red oak at the corner by the old Ashwell Property for the improvement project.

"I love that tree," Mitchell said in May, when the Council first heard the options.

See <http://www.herndon-va.gov>.

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# CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

## ONGOING

### Ethereal and Natural Reactions.

Through Sunday, Dec. 6. ArtSpace Herndon, 750 Center St., Herndon. Ethereal is series of abstract, contemporary art paintings by artist Anne Cherubim. In Natural Reaction, sculptor Brian Kirk reshapes and twists steel into new forms using blacksmithing techniques that focus on the beauty of rust as a surface treatment. Free. <http://www.artspaceherndon.com/ethereal-and-natural-reaction>. 703-956-6590.

### Reston Town Center Ice Skating Pavilion – 2015-2016 Season.

November through March. Open daily. 11900 Market Street, Reston. For more information on rates, rentals and schedules, call 703-709-6300 or visit [skating@restontowncenter.com](mailto:skating@restontowncenter.com).

### Art/Craft Programs.

10 a.m.-noon. Saturdays/Nov. 7, 14, 21, 28. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Nov. 7-Colorful fall leaves. Nov. 14-Marshmallow sculpture. Nov. 21-Paper bag turkeys. Nov. 28-Holiday decorated snack plates. Ages 3-11. [www.restonartgallery.com](http://www.restonartgallery.com).

### Portrait and Figure Painting with Jordan Xu.

Wednesdays, Nov. 4-Dec. 23. 7-10 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Come and learn how to paint portraits and figures in oil, acrylic or pastel from a live model. In this class you will gain the knowledge of basic painting concepts and techniques such as value, color temperature, composition and transition. Step-by-step instructions will take you through the entire process of a painting. Fee: \$250. Registration required at <http://www.artspaceherndon.com/portrait-and-figure-painting-with-jordan-xu/>. For more information, call 703-956-6590.

### Community Performances.

December through the holiday season. 11900 Market Street, Reston. Street performances of music and dance performed by a variety of local groups. For more information and schedules, visit <http://www.restontowncenter.com>.

## THROUGH SATURDAY/NOV. 7

**"Shrek the Musical."** Reston Community Center Centerstage, 2310 Colts Neck Road, Reston. It really is a big, bright beautiful world. And love can surely conquer lots, even if you are a big green ogre named Shrek with some bad habits or a spirited princess named Fiona. Add in tap-dancing rats, a 13-foot-tall magenta dragon, a smooth-talking donkey and fairy-tale characters, all to bring enjoyment. Tickets \$21-\$25. 703-476-4500. [restonplayers.org](http://restonplayers.org).

## THROUGH SATURDAY/NOV. 14

**One-Man Shows.** Reception on Oct. 10, 5-8 p.m. Exhibit Monday-Saturday, 10 a.m.-5 p.m. The Frame Factory, 212 Dominion Road, NE, Vienna. One-Man Shows from David Cochran and Joseph Sheppard Rogers.

## THURSDAYSUNDAY/THROUGHNOV22

**Deathtrap.** Time varies. NextStop Theatre, 269 Sunset Park Drive, Herndon. Keep up with the twists and turns... if you dare. Deathtrap is a hysterical yet terrifying thriller sure to delight. Come in costume on Halloween weekend for fun and prizes. \$35. [www.nextstoptheatre.org](http://www.nextstoptheatre.org). 866-811-  
www.CONNECTIONNEWSPAPERS.COM

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## WEDNESDAY-THURSDAY/NOV. 4-5

**Ice Skating Fundraiser for Character Counts.** 11 a.m. - 10 p.m. Reston Town Center, 11900 Market St., Reston. Character Counts! Reston will receive 50 percent of ice skating proceeds to support character and citizenship development in schools and the community.

## SATURDAY/NOV. 7

**The Churchmen.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Traditional bluegrass and bluegrass Gospel group renowned for their tremendous vocal harmonies and absolute mastery of their instruments. \$15, free to children under 12. 703-435-8377.

## TUESDAY/NOV. 10

**Dave Gunning.** 7:15 p.m. Amphora Diner Deluxe, 1151 Elden St., Herndon. Flavors of Irish, Scottish, folk and country musical styles that fill the senses and touch the soul. Presented by The Folk Club of Reston-Herndon. \$9, \$10. [restonherndonfolkclub.com](http://restonherndonfolkclub.com).

**Design and Wine.** 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Join for Kumo Shibori Scarf Dyeing with Acoatzin Torres where using the Kumo Shibori technique of folding and wrapping fabrics to create dye resists and pleats. Students will wrap, tie and over-dye silk scarves, and each student will leave with a unique finished project. Tickets: \$30. Registration required. For more information, call 703-956-6590.

## FRIDAY/NOV. 12

**Senior Tea.** 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month. Free. 703-956-6590.

## FRIDAY-SATURDAY/NOV. 13-14

The Closet's "Everything Christmas Sale." Friday, 4-7 p.m. Saturday, 9 a.m.-noon. The First Baptist Church of Herndon, 681 Elden St., Herndon. get a jumpstart on your holiday decorating or choose something unique for that hard-to-please relative. [www.theclosetofgreaterherndon.org](http://www.theclosetofgreaterherndon.org).

## FRIDAY/NOV. 13 AND FRIDAY/DEC. 11

**Senior Tea.** 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and sweets. It is free and open to the public. For more information, visit <http://www.artspaceherndon.com/events-2/senior-tea/> or call 703-956-6590.

## SATURDAY/NOV. 14.

**Artist Reception Ethereal and Natural Reactions.** 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. Ethereal is series of abstract, contemporary art paintings by artist Anne Cherubim. In Natural Reaction, sculptor Brian Kirk reshapes and twists steel into new forms using blacksmithing techniques that focus on the beauty of rust as a surface treatment. Exhibit runs from Tuesday, Nov. 3 to Sunday, Dec. 6. <http://www.artspaceherndon.com/ethereal-and-natural-reaction>. 703-956-6590.

**Community Irish Dance.** 6:30-10 p.m. Frying Pan Park Visitors Center,

2739 West Ox Road, Herndon. Family Friendly CCE community Irish CEILI Dance featuring music by Old Pitch and Friends. Ceili and set dances are called by Marilyn Moore. \$7.50-\$35. [borlinset@yahoo.com](mailto:borlinset@yahoo.com). 703-631-9179. [cceptomac.org](http://cceptomac.org).

**Used Book Sale.** 10 a.m.-4 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stock up on books for the holidays. Fiction, non-fiction, children, adults, romance, history, cookbooks, gift books, etc. Come spend a little, get a lot. Sponsored by Friends of the Herndon Fortnightly Library.

## SUNDAY/NOV. 15

**Jazzart Concert.** 5-7 p.m. ArtSpace Herndon, 750 Center St., Herndon. jazz vocal stylist Kitt Potter has a show at ArtSpace Herndon to the backdrop of Ethereal and Natural Reactions. Kitt will be accompanied by Wayne Wilentz (Shirelles, Marvelettes, SKYY) on piano, David Jernigan on bass and Douglas Richardson on drums. \$15. <http://www.artspaceherndon.com/jazzart-concert/>. 703-956-6590.

## SATURDAY/NOV. 28

**Jimmy Gaudreau and Orrin Star.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Bluegrass musicians who have been with some of the top bands in the genre over their 20 plus years in the music business. Jimmy is a master mandolin player and Orrin is a champion flat picking guitar player. Together they blend voices, instruments and sense of humor that make for a great night of music and fun. \$15, free to children under 12. 703-435-8377.

## SUNDAY/NOV. 29

**Mini-Train Rides.** 12 p.m. - 4 p.m. 11900 Market Street, Reston. All aboard for rides up and down Market Street, departing in front of Talbots beside Fountain Square. Donated fee benefits local charities. Presented by Reston Town Center. For more information, visit <http://restontowncenter.com/index.php>.

## SUNDAY/DEC. 6

**Holiday Arts and Crafts Show.** 10 a.m.-4 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. A variety of handcrafted items and fine art will be on sale including wreaths, quilts, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass and more. Visit [www.herndon-va.gov](http://www.herndon-va.gov).

## SUNDAYS/DECEMBER 6, 13, 20

**Mini-Train Rides.** 12 p.m. - 4 p.m. 11900 Market Street, Reston. All aboard for rides up and down Market Street, departing in front of Talbots beside Fountain Square. Donated fee benefits local charities and the event is presented by Reston Town Center. For more information, visit <http://restontowncenter.com/index.php>.

## MONDAY/DEC. 7

**Evening in December.** 7:30-9:30 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Ladies, put aside that endless Christmas to-do list and grab your friends! You do not want to miss this year's Evening in December! Enjoy a rejuvenating evening of music and message, love and laughter, realignment and restoration. \$15. 703-793-9521.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Sammy Stone and the Herndon field hockey team lost to Fairfax in the 6A North region quarterfinals on Oct. 29.**

# Herndon Field Hockey Falls to Fairfax

BY JORDAN SMALL  
FOR THE CONNECTION

The Oct. 29 field hockey game between Fairfax and Herndon was everything a playoff game should be. The game was high-paced, low-scoring and an overall battle. Both goalies buckled down and helped their teams get through the game. After trading goals in regulation and two scoreless overtime periods, the game went to 1v1s. Ultimately, Fairfax would pull ahead on a controversial call. The Rebels would go on to win the game 2-1 to advance to the 6A North region semifinals.

"You hate for [the game] to come down to something like strokes," Fairfax head coach Amber Beaudoin said.

Fairfax was able to score 18 minutes into the first half, on a goal from junior forward Emily Deivert, after dominating the start.

In the second half, Herndon came out strong and was able to equalize just over 8 minutes in on a goal from junior forward Kristen Caron.

"I thought that we played really well in the first half and

really well in the overtimes," Beaudoin said. "The last couple of games we've been able to score in the open field, they've been making connections."

While Fairfax dominated the first half, Herndon was not going to go down without a fight. The Hornets came out in the second half really pressing for the equalizer.

"Well, I felt like we were the better team or that the teams were even," Herndon head coach Mary Miller said, "so you don't want to give the other team the momentum and we let them bring it to us. The girls know that if we take the momentum to them, we are in a much better place and we have a better chance to win."

Fairfax was able to convert twice in the one-v-ones to send the Rebels on to the next round.

"That's where you want to be at the end of October, when you're really peaking," Beaudoin said. "I think this team constantly surprises me and it's great to see that they are finally making those connections."

Herndon ended the year with a 14-6 record and finished runner-up in Conference 5.



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-William Van Horne

## Reston Hospital Center & StoneSprings Hospital Center

### ★ JOB FAIR ★

When: Wednesday, November 11, 2015 • 1PM – 7PM

Where: Reston Hospital Center • 1850 Town Center Pkwy, Reston, VA 20190  
Use West Wing entrance – Classroom C

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- Registrar (Reston/StoneSprings - PRN -every other weekend, PT and FT, various shifts available)

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- Excellent patient and customer service skills
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- At least 1 year of customer service experience, preferably in a healthcare setting
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