

WELLBEING

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Chef Roslyn 'Ros' Clark flips an omelette during a cuisine presentation at the 25th Herndon Labor Day Festival on Monday.

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News

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Members of the Herndon Woman's Club near one of the entrances to the festival.

PHOTOS BY
RYAN DUNN/
THE CONNECTION



Herndon Celebrates Labor Day

25th Herndon Labor Day Festival attracts area residents.

BY RYAN DUNN
THE CONNECTION

The Town of Herndon held its 25th Herndon Labor Day Festival, on Monday, Sept. 2 from on the Town Green at 777 Lynn Street next to the Municipal Building. For \$20, attendees received admission to hear the music, a tasting glass and unlimited wine tastings, plus four beer tastings with the option to purchase more. For \$10, a person could enter to hear the music.

A wide range of live music was performed on the stage by the Town Green, including the bands Delta Saints, Anthony Clark, Ducky Duke & The Vintage, and Blue Label. Also there was a craft show and sponsorship gallery, along with culinary demonstrations by chefs working through Cookology, a recreational cooking school based in Dulles Town Center in Sterling. This was the third year the festival was attended by Culinary Showcase, and the culinary demonstrations or classes were taught by chefs Roslyn "Ros" Clark and Mark Chang. Topics they covered included Asian cuisine, paleo diets, knife skills and sauté.

"The event started with just three wineries and one food vendor. Now we have grown up to 12 wineries, two microbrew, 15 craft vendors and four food vendors," said Holly Popple, the performing arts special events supervisor in the Town of Herndon. The Town of Herndon Parks and Recreation Department produces the event, working in conjunction with the Herndon Woman's Club.

"We are a service organization, and this is our biggest fundraiser," said Janet Greene, a member of the Herndon Woman's Club. Membership to the club is not limited to only residents of Herndon. "The money we receive from this event goes back to other education and scholarship programs."

"This is our first year here at Herndon," said Johnny Puckett, operator of the vending station for Rogers Ford Farm Winery. The family owned farm is located at Rogers Ford Road in Sumerduck, Va., and brought a selection of wines for sampling including some dry white wines and red wines. "In vino veritas," quipped one worker.

Michael Kimball managed operations at the station for Williamsburg Winery Limited. "This festival kicks off our fall festival season, so it is really when we begin to showcase a lot of our wine," said Kimball. "We look forward to this festival every year and get great comments and suggestions about our wine." This year the Williamsburg Winery was offering a new sweet blend wine, the Midsummer Night's White. "This is the first festival we are pouring this wine at," said Kimball.



A worker with Williamsburg Winery Limited pours a sample of Midsummer Night's White wine.



Mary Sears, artist and owner of Glorious Goblets.

"It is a great time for people to go out and taste the wine and enjoy the music, said Herndon resident Mary Sears. An art teacher at St. Joseph's school in Herndon, Sears rented a vending station and was selling painted wine glasses with her sister Shelly Perry. "It has been a nice, steady crowd, more mellow than the Herndon festival. We always do well at this show and I bring new designs to keep it fresh." The pair calls their craft business "Glorious Goblets."

Another artist attending the event was Ashburn painter Ray Hart. "I began painting in 1997, and I do everything myself," said Hart. Hart paints in what he calls an open, surreal style, and had attended last year's Herndon Labor Day Festival.

"This show was more organized and less crowded than some other wine tastings I have attended," said Abbey Delozier, a resident of Manassas. Alcohol sales ended at 5 p.m. and no alcohol containers were permitted outside the festival site.

To learn more about the Herndon Woman's Club, visit their webpage: <http://www.herndonwomensclub.com>.



PHOTO BY RYAN DUNN/THE CONNECTION

Teresa Carlson, VP of the Worldwide Public Sector at Amazon Web Services (AWS) at Amazon, greets all guests.

Amazon Comes to Herndon

Amazon Web Services hosts opening of Herndon Public Sector Headquarters.

BY RYAN DUNN
THE CONNECTION

Amazon Web Services held a grand opening at their public sector headquarters on Worldgate Drive in Herndon on Monday, Aug. 26. Local dignitaries and guest speakers attended the event. The opening of Amazon Web Services at the Town of Herndon location brings an economic boost to the area and strengthens this region's status as the Silicon Valley of the East.

Teresa Carlson, VP of the Worldwide Public Sector at Amazon Web Services at Amazon, spoke about the skills Amazon Web Services would bring to the marketplace. "I really appreciate all the support we have had locally, the state of Virginia is a phenomenal place to do business," said Carlson.

Steve Schmidt, chief information security officer for Amazon Web Services, said, "This is great place to start a new office ... it gives us an opportunity to continue building up our security features. ... In case anyone knows any security engineers, we are hiring." Amazon will be bringing 500 jobs with the new headquarters.

AMAZON WEB SERVICES (AWS) delivers a scalable cloud computing platform with both availability and dependability, and the flexibility to enable customers to build a wide range of applications.

U.S. Representative Gerald

Connolly (D-11) said, "AWS is setting the stage for the proliferation of ground-breaking products and services by providing startups with access to powerful computing capabilities at low costs," said Connolly.

Jim Cheng, Virginia's secretary of Commerce and Trade, praised AWS as a world-class company. He presented both Carlson and Schmidt with a flag of Virginia that had been flown over the state capital in Richmond. Delegate Tom Rust (R-87) praised Amazon for being ready to reach out to the community. "Virginia and the United States' online security are under constant attack, and it is companies like Amazon that are protecting us. I welcome Amazon and we are so happy you chose Herndon," said Rust.

Amazon AWS had reached out to local arts groups including the Council for the Arts of Herndon and Herndon Foundation for the Cultural Arts, inviting them to do an art installation at the Herndon office. Works by local artists were on display where the reception was held after the ceremony. Mercia Hobson, vice president of the Board of Directors for the Herndon Foundation for the Cultural Arts, was one of the team leaders of the art project.

"The art project was a win-win for everyone involved," said Hobson.

SEE AMAZON, PAGE 11

Herndon Temple Prepares For High Holidays Activity

New Rabbi Michelle L. Goldsmith enjoys friendly community, neighborhood.

BY RYAN DUNN
THE CONNECTION

Rabbi Michelle L. Goldsmith joined Congregation Beth Emeth as rabbi beginning July 1, taking the pulpit as Beth Emeth's third full-time rabbi in the synagogue's 34-year history. Rabbi "Mina" Goldsmith takes over for Rabbi Steven Glazer, who retired after 18 years at Beth Emeth.

"This is my second time as the solo or lead rabbi, I am enjoying it very much," said Goldsmith. Goldsmith comes to the area from Birmingham, Ala. where she led Temple Beth-El for four years. Goldsmith is settling in to life in Northern Virginia with her four children and her husband Jeff.

With a new rabbi, the congregation has experienced an increase in activity. "There has been a lot of new energy and new programming," said Executive Director Linda Eisinger. "The rabbi is more involved in the high school program, and how to address life issues with a Jewish perspective," said Ita Mandel, the congregation's school director. One of Rabbi Goldsmith's more recent projects has been preparing for the congregation's High Holiday activity.

THE JEWISH HIGH HOLIDAYS begin with Rosh Hashanah, also known as the Jewish New Year, starting at sundown on Sept. 4 and ending at nightfall on Sept. 6. For many Jewish families, it is a holiday of reflection and renewal, as well as a time to share a holiday meal with family and friends. Congregation of Beth Emeth families will celebrate a special Rosh Hashanah afternoon at Frying Pan Park in Herndon with a family service, Tashlich and picnic dinner and a family-friendly Ma'ariv service. The festivities get underway with a Family Service from 4 to 5 p.m. followed by Tashlich at 5 p.m.



Rabbi Michelle "Mina" Goldsmith, new leader of Congregation Beth Emeth.



From left—Linda Eisinger, executive director, and Ita Mandel, the school director at Beth Emeth synagogue.

During the holiday of Sept. 20, the Congregation of Beth Emeth will host a Sukkot Shabbat Potluck Dinner and Service. The dinner begins at 6:30, followed by Erev Shabbat services at the special time of 7:30 p.m. "Up until now we have not had potlucks," said Goldsmith.

Another event will be the Sept. 26 Simchat Torah. Simchat Torah is a component of the Biblical Jewish holiday of Shemini Atzeret ("Eighth Day of Assembly"), which follows after the festival of Sukkot. "We have been lent a beautiful, brilliant torah scroll which is on extended loan for the congregation. We will be dedicating this scroll, and this is very exciting," said Goldsmith.

THE TORAH is owned by congregants David and Sheri

Cerny.

"Clergy life is very interesting," said Goldsmith. "This congregation is nice because there are a lot of knowledgeable congregants who are ready to share the burden and get things done. We have an active youth group, the religious schools are thriving, and we have had musical Friday services, which have been very well received.

"The people here are incredibly friendly, not only in my congregation but also in the broader community and neighborhood we are living in. We are very excited for school to start and our children to meet more people and become more involved. I am hoping for a very long and successful time here. I feel very at home here," said Goldsmith.

PHOTOS BY RYAN DUNN/THE CONNECTION



Kim Waite-Williams and Teddy take a walk.

The Pet Elf Celebrates 15 Years in Business

The Pet Elf is now officially in its 15th year of caring for Reston and Herndon's pets.

Kim Waite-Williams is the owner of The Pet Elf, one of Pet Sitters International's nearly 7,000 members. Sept. 8, they'll be marking the occasion with an outdoor picnic to honor their many clients and their pets at North Hills Pavilion, N. Village Road at Hollow Timber Court, Reston, from noon to 4 p.m.

"I want to acknowledge our clients and thank them for supporting our local business. We've grown tremendously in 15 years, and at the same time remain a personal service," said Waite-Williams, a 30-year Reston resident. "It's important to educate the pet-owning pub-

lic about the benefits of professional pet sitters. When you work long hours, a midday dog walk creates a happy, healthy dog," she adds. For pet owners, at-home pet sitting provides an alternative to boarding facilities or having to rely on family and neighbors to check in on their pets. Pet sitting goes beyond simply feeding and caring for pets.

Professional pet-sitting services often offer daily dog walking, care of special needs pets, pet transportation services and dog training in addition to basic pet care.

Waite-Williams invites anyone interested in learning more about the advantages of hiring a professional pet sitter to visit her website, www.petelf.com.

Kim Waite-Williams with Teddy (right) and Emma (left) at Lake Audubon, Reston.

PHOTOS COURTESY OF
JEANNE TAYLOR
PHOTOGRAPHY/
WWW.JTPETPICS.COM.



BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

WEDNESDAY/SEPT. 4

Reston Garden Club meets at the Walker Nature Education Center, 11450 Glade Drive, Reston. Meet to learn garden skills such as how to make flower arrangements in shoes, slippers, sandals, boots or other footwear; a social hour precedes the meeting. Find info on upcoming meetings at www.therestongardenclub.org.

THURSDAY/SEPT. 5

5th Annual Portrait Competition Deadline. 2 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Professional and amateur artists 18

and older residing in Virginia, Maryland, D.C. Delaware and West Virginia are eligible to submit portraits to compete for a \$500 first-, \$200 second- and \$100 third-place prize and placement of portrait in an exhibit; judging this year is Ted Reed, an internationally award-winning portrait artist and teacher. www.ArtSpaceHerndon.com.

SUNDAY/SEPT. 8

Conversational English Classes. 2-3:30 p.m. Sundays (beginner/intermediate), 2-3:30 p.m. Wednesdays (beginner/intermediate), 7-8:30 p.m. Thursdays (intermediate/advance), at Washington Plaza Baptist Church, Lake Anne, 1615 Washington Plaza N, Reston. Come to any of the classes to begin a fall program of English-learning and practice. www.washingtonplazachurch.com.

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Later Start Times for High School

**It's past time to act;
let this year be the year.**

Tuesday morning, Sept. 3, the first day of school in Fairfax County, Dr. Karen Garza began her official day at 6:30 a.m. at Chantilly High School. While Garza was making herself available for interviews before the first class started at 7:20 a.m., many students were already on the school bus.

That means the students, and most likely their sleep-deprived parents, were rousted out of bed before 6 a.m., a time that is essentially the middle of the night for teenagers.

The science on teenagers, sleep schedule, health, learning and more all points in a single direction.

"The scientific evidence is irrefutable: chronic sleep loss and disruption in circadian

EDITORIAL

rhythms associated with early high school start times are associated with negative consequences including poor academic performance, increased sport-related injuries, and potential long-term increases in cardiovascular and metabolic (i.e., type 2 diabetes) health risks, said Judith Owens, MD, director of Sleep Medicine at Children's National Medical Center. "We know that delaying high school start times increases total sleep time and positively impacts academic achievement and school attendance. There are also documented mental and physical health benefits for students that include reductions in rates of depression and fewer drowsy driving crashes."

Children's National Medical Center's Division of Sleep Medicine has been contracted by the Fairfax County School Board to develop a plan to delay high schools' start time to 8 a.m. or later.

A 2011 survey showed that more than a quarter of 10th and 12th grade students were get-

ting less than five hours of sleep on school nights, about half of the recommended eight-and-a-half to nine-and-a-half hours of sleep for teenagers.

Sleep deprivation can also affect teen mood and ability to cope with stress. About a third of Fairfax County students surveyed in the last county student youth survey reported feeling depressed, with more than 15 percent reporting that they had considered suicide in the past year.

Fairfax County Public Schools, with a new superintendent supportive of later start times, is poised to do the right thing. It's time to make this the last year that high school begins at 7:20 a.m.

For more information see <http://smartschoolstart.wordpress.com/> and <http://www.sleepinfairfax.org/>.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Heading to Polls

To the Editor:

Thanks to the Connection and reporter Victoria Ross for the "Every Year is Election Year in Virginia" information in the Aug. 28 edition. I hope that readers will clip and save the article and then go to the polls and vote on Nov. 5.

I would like to add two points that were not mentioned in the article:

❖ Virginia citizens who have a current Virginia driver's license or ID card issued by the DMV can now register or update their registration information online by going to: <https://www.vote.virginia.gov>.

❖ The Fairfax County Office of Elections will need over 2,000 election officers to work at the polls for the Nov. 5 election. Persons with fluency in several languages are especially needed. Persons able to spend election day plus several hours for training to "help make democracy work" can sign up by calling the Office of Elections at 703-324-4735 or going to the office's website at: <http://www.fairfaxcounty.gov/elections/working.htm#electionofficer>.

The League of Women Voters of the Fairfax Area (LWVFA) will be at the Reston Multi-Cultural Festival at Lake Anne Plaza on Sept. 28 to register voters and provide (nonpartisan) election information. Stop by.

Therese Martin
LWVFA first vice president

Saving the Book

To the Editor:

I picked up a book of poetry at Reston Regional Library so I would have something to read my granddaughter at bedtime while we were at the beach last week. I found "The Children's Own Longfellow." It's illustrated with wonderful old, oil paintings. When I was reading it to my granddaughter, I came across a poem my sixth grade teacher in Salt Lake City required us to memorize. "Under a spreading chestnut-tree/ The village smithy stands;/ The smith, a mighty man is he,/ With strong and sinewy hands." It was one of three poems we were required to memorize that year.

My teacher, Mr. Boyce, was a WWII veteran and brought home a French wife. Since he had had to learn French to talk to his wife, he decided we should, too. Every morning, all year, we conjugated French verbs. He really loved poetry. "One ship sails East,/ And another West,/ By the self-same winds that blow,/ 'Tis the set of the sails/ And not the gales,/ That tells the way we go."

Why is poetry important for children? For one thing, it adds complexity of language they cannot get from contemporary spoken language. It exposes them to an expanded vocabulary. Poetry is also at the nexus of cognitive experience and the creation of thought. It is where we go when we want to think new thoughts, to describe new experiences, to explore, playfully, how language works.

Poetry is also the only link we have to a pre-literate past from

before we began to transmit our culture with the written word. The Bible, Gilgamesh, Beowulf, Iliad and the Odyssey were all memorized and recited before they were finally put down on paper generations after they were first spoken. Those rhythmic poetic cadences are what we have left from our earliest experiences as human beings.

Chanting and rhyming repetition is how children learn and remember language. Who doesn't remember, "By the shores of Gitche Gumme,/ By the shining Big-Sea-Water,/ Stood the wigwam of Nokomis,/ Daughter of the Moon, Nokomis."

I found Susan Jeffers' illustrated Hiawatha at Reston Regional in with the other children's poetry. Much of that collection has been culled, sold away or burned. Now that my granddaughter knows from reading this edition of Longfellow that there are many more poems in the original Hiawatha, she wants to hear them all. Luckily, I have a copy of the entire epic poem.

But this little book, the one we read at bedtime last week, I worry about. When I take it back to the library will some wet-behind-the-ears library page pull it for disposal because it's old? Inside the book it says it was published in 1908. Library Director Sam Clay is having library pages pull old books. Under the Beta Plan, a front-line librarian will not see this book again before it goes to the dumpster. Will the kid know that this is a recent printing? Will the kid ever have heard of Henry Wadsworth Longfellow? Will there

ever be another child who reads these words from this very book, "Listen my children, and you shall hear/ Of the midnight ride of Paul Revere."

I cannot bring myself to take it back to the library. The fate of this one book is important to me. It should be important to you. We need Fairfax County to understand we will not tolerate any more destruction of our library books. Write the Fairfax County Board of Supervisors. Write the Library Board of Trustees. Tell them to cancel the Beta Plan and revisit the Library Strategic Plan which seeks to replace our print books with eBooks. Do it soon. Every day more books are culled from the shelves and sent to the dumpster at Chantilly waiting for transport to the incinerator.

Kathy Kaplan
Reston

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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WEEK IN HERNDON

Delegates Rust and Plum to Update AAUW

The American Association of University Women (AAUW) of Reston and Herndon will feature Delegates Ken Plum and Tom Rust at its monthly meeting at the Reston Regional Library on Thursday, Sept. 12 at 7 p.m. Come and hear these delegates to the Virginia General Assembly bring AAUW up to date on the 2013 legislative session and outlook for the coming year on issues of interest to women in particular and Virginians in general. There will be refreshments and an opportunity to briefly meet your delegate and to ask questions.

The meeting is open to AAUW members, those who may be interested in joining AAUW, and the general public. For more information, call Linda Walker at 703-709-8599.

Wolf to Host STEM Education Career Fair

Rep. Frank Wolf (R-10), a long-time supporter of STEM (Science Technology Engineering Mathematics) education, announced a STEM Career Fair for area middle and high schools students Sept. 27-28 at the Dulles Town Center in Loudoun County (21100 Dulles Town Circle, Dulles).

Wolf, chairman of the House Appropriations subcommittee that funds many of the nation's science programs, is co-hosting the fair with the National Science Foundation (NSF).

More than 50 exhibitors will be in attendance, including NOAA, National Institute of Standards and Technology (NIST), National Institute of Health (NIH), NASA, the Friends of the National Zoo (FONZ). The fair is free and open to the public.

"The fair is aimed at encouraging young people to pursue careers in science, technology, engineering and math, which are the surest career paths to an exciting, successful career and a strong, competitive economy," Wolf said.

The fair is open to middle school and high school students, teachers and families and will be held 10 a.m. to 7 p.m. Friday, Sept. 27, and 10 a.m. to 5 p.m. Saturday, Sept. 28.



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WELLBEING

How to Set Realistic Goals

Local experts say
the key to success
is setting
achievable goals.

BY MARILYN CAMPBELL
THE CONNECTION

Laura Wheeler Poms, of Fairfax, set out to earn a doctorate degree and make a career change. As a wife, mother and working professional, the goal, she said, often felt lofty.

"Writing my dissertation at times felt overwhelming, especially if I looked at it as one huge project," said Poms, who now holds a Ph.D. in industrial/organizational psychology and is an assistant professor of global and community health at George Mason University in Fairfax. "I set goals like writing one page or doing one analysis each day and I was able to get it done. I also gave myself little rewards along the way."

While Poms set and achieved an ambitious goal, she and other psychologists say many people do not. Whether one desires to make a career change, set boundaries in an unhealthy relationship or lose weight, setting and achieving goals is difficult for some.

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish," said Linda Berg-Cross, Ph.D., a therapist in private practice and a professor of psychology at Howard University in Washington, as well as a Potomac, Md., resident. "If you say, 'I'm going to ex-

ercise an hour a day,' but you have a full-time job and children, you really don't have time to exercise for an hour."

Poms says that a person's reasons for waiting to make a change could affect his or her success or failure. "If your goal is motivated by guilt, fear or regret, you're less likely to achieve that goal," she said. "If someone tells you that you need to lose weight, unless that realization has come home to you, it is not very useful. ... If you don't see the need, you're not going to be motivated to accomplish it."

To make lasting changes, experts say, one must be prepared for the work involved in making the shift. "Sometimes when people want to make a change, they are not quite ready," said Amy Van Arsdale, Ph.D., assistant professor of psychology at Marymount University in Arlington and a therapist in private practice who lives in Fairfax. "And sometimes people want to make a change, but they aren't sure how. Another reason that sometimes makes it really hard for people to make changes like setting boundaries with someone they love, is because that person might feel hurt, so the person who is trying to change backs down," Van Arsdale continued.

Whether your goal is getting out of a toxic relationship, making a career change or maintaining an exercise plan, there are strategies

that you can implement to maintain your perseverance.

"If someone starts to give up," said Van Arsdale, "I recommend that they do a check-in and ask 'What is going on that makes me want to quit?'"

Assessing how much control one has over the situation is another key tactic. "A person should look at what they can change and what cannot change," said Van Arsdale. "When setting a boundary with another person, for example, a person could say, 'Maybe I can change how often I call my mother, but I can't control how often she calls me so I need to change how I respond, because I can only control myself.'"

Berg-Cross recommends small, gradual changes. "Make the teeniest changes you can think of that



Laura Wheeler Poms
GEORGE MASON UNIVERSITY



Amy Van Arsdale
MARYMOUNT UNIVERSITY

"The biggest reason people fall off the bandwagon is that they pick goals that are outside their behavioral repertoire, that are environmentally impossible or that they don't have the skills to accomplish."

— Linda Berg-Cross, Ph.D.

PHOTO BY MARILYN CAMPBELL/THE CONNECTION



When working to make behavioral or physical changes, experts recommend dividing one's goals into small, gradual steps.

goals," she said. "Accentuate the small things that you've done."

Van Arsdale said, "Think how your life will change if you make the change, but be realistic. Saying I want to lose 10 pounds is vague. Saying 'I really want to be able to walk a 5K race with my friend' is more doable."

This strategy also works in interpersonal relationships. "You have to figure out what it is about the other person that makes you feel

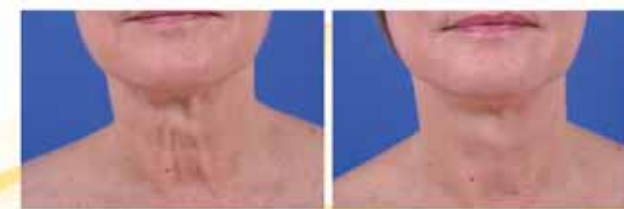
the need to set the boundary," said Poms. "You have to figure out deep down what is the source of the irritation and then set a boundary, but you want to try to talk to that person first."

Get support from friends and family for any challenging goal. Also, "Don't set too many goals at once because it gets overwhelming," said Poms. "You need practical solutions for dealing with things."



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FAITH

New Accessible Community Playground Opens at Southview Community Church

Southview Community Church invites all to the grand opening of a new accessible community playground on Sunday, Sept. 8.

Southview Community Church recently completed its goal of raising funds to renovate and expand its playground, making it into an accessible playground where all children can come and have fun. "Many people in the Herndon and Reston community come and enjoy the playground all throughout the week," said Pastor William Attaway. "We want to provide a safe and fun environment where parents, grandparents and caregivers can come and bring children. We believe every person matters to God, and they matter to us too. Part of being a community church is showing love to our community, and this playground is one small way we can do that."

Southview will have the grand opening of the new accessible playground on Sunday, Sept. 8. Worship services are held at 9 a.m. and 11 a.m. Following the 11 a.m. service, there will be a free hamburger and hot dog lunch, bounce houses and a giant inflatable slide and a dunking tank. Everyone is invited.

Southview hosts many family events throughout the year. This year's summer kids day camps drew record attendance in June and July, and many families have come to call Southview their church home because of its emphasis on children, students and family ministry.

Southview was established in 1978. For more information about this event or any of the other ministries at Southview, visit www.southview.org, or call 703-860-8800.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m.

Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center,

Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds monthly classes for the general public which use Buddhist teachings to practice meditation. 202-986-2257 or www.meditation-dc.org.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has a Sunday worship service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and adult Sunday school is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.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 a 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.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

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ENTERTAINMENT



“La Chien de Grange” by Mireille Molette, whose work will be featured alongside other artists’ at ArtSpace Herndon Saturday, Sept. 7, 7-9 p.m. at an artists reception for the exhibit, “Menagerie,” which focuses on the fun nature of animals. The artists will also be present at Paint Herndon, Saturday, Sept. 21.

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

SATURDAY/SEPT. 7

Run With the Doctor. 7 a.m. at 108 Elden St., Herndon. The Center for Orthopaedics and Sports Medicine offers its services in a convenient format to runners at this running event. Free. facebook.com/runwiththedoctor.

Reston Community Yard Sale. 8:30 a.m.-12:30 p.m., at Reston Association, 12001 Sunrise Valley Drive, Reston. Ninety-five families will be selling a variety of items so this event is a great opportunity to find things for a new home or a college dorm. Vendor space is sold out. In case of rain in the forecast, call 703-435-6577 the morning of the event for a recorded message.

Tig Notaro. 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. The comedian opens the Centerstage season with her comedy act after appearing on “Comedy Central Presents” and “The Sarah Silverman Show.” \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

THURSDAY/SEPT. 12

40 for 40: Celebrating 40 Decades of G.R.A.C.E. 6-9 p.m. Greater Reston Arts Center, 12001 Market St

#103, Reston. Forty artists affiliated with G.R.A.C.E. will showcase their work in celebration of the center’s 40th anniversary.

SUNDAY/SEPT. 15

Green Lizard Bike-a-Thon. 9 a.m., at Green Lizard Cycling in Herndon. Proceeds support Herndon High School’s **The Herndon Marching Band** as they prepare for their appearance in the Pearl Harbor Memorial Parade. This half century ride follows the Washington & Old Dominion Trail from Herndon to Purcellville and back. Riders may also choose an abbreviated 25 mile ride which will turn around in Leesburg. 703-707-2453 or www.greenlizardcycling.com.

Left Bank Quartet. 3 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Four D.C.-based musicians perform a musical tapestry that has become a CenterStage Favorite. \$15 Reston, \$30 Non-Reston. www.restoncommunitycenter.com.

THURSDAY/SEPT. 19

Beverly Cosham. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Cabaret singer, actress and Reston singer populaire with experience performing at nightclubs all over the country sings at the “Meet the Artists” concert co-sponsored by Osher Lifelong Learning Institute. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.



Howlin’ Winds takes the stage Friday, Aug. 30 for the first JamBrew concert of the year. The concerts will continue through the end of September every Friday night.

JamBrew Concerts Return

BY ALEX McVEIGH
THE CONNECTION

Friday Concerts On the Green

The Herndon Hospitality Association’s annual JamBrew concert series returned Friday, Aug. 30, and will continue every Friday night through the end of September.

“As an association, we’re always interested in bringing more people to Herndon. We knew people love Friday Night Lights, so we figured September would be a perfect way to keep concerts going,” said Vinay Patel, president of the Herndon Hospitality Association. “I think it’s been good so far, turnout has increased every year, and I think downtown businesses and people are enjoying it.”

The Herndon Hospitality Association was founded in 2009 to promote the businesses, history and other features of Herndon.

Patel says the concerts usually do well to break even, but that the feedback has been so positive that they have pursued and expanded the series year after year.

The concerts will begin at 6 p.m. and run to 10 p.m., and each week will feature two different bands.

“We pick bands that I’ve seen around that are the best local independent bands around here, ones that I know are hardworking bands that are serious about their music and put on a great show,” said Jay Hutchinson, who chose the bands for this year.

This year is another year of growth for the concert series. When it started in 2011, there were three shows, last year there were four.

“One of the reasons we started JamBrew was because I didn’t think there were enough events dedicated to

All JamBrew shows will run from 6 to 10 p.m. at the Herndon Town Green, 777 Lynn Street.

Sept. 6—The Pocket with Half Past 3

Sept 13—Ted Garber (blues rock) with Norman Rockwell

Sept 20—Dub City Renegades with Heather Mae

Sept. 27th—...And What Army with THEYCALLMEPIANO

bringing support for local music,” Hutchinson said.

Previous years have included student bands from local music schools like Bach2Rock. While arrangements couldn’t be made this year, organizers say they are hoping to renew the partnership for future years.

In addition to music, there will be food and beverages, including craft beers, for sale from local businesses such as Jimmy’s Old Town Tavern and O’Sullivan’s.

“There’s been a great selection at the shows I’ve been to in previous years, food at the ‘mobile’ Jimmy’s Tavern is as good as the regular one,” said John Dyess of Herndon, who lives within walking distance of downtown. “I’ve always thought JamBrew served as a great complement to the summer Friday Night Live concerts, because it takes advantage of even better weather than the hot summer.”

The concerts will also feature several raffle prizes, with the proceeds going to support The Closet thrift store in Herndon, and Recycle Life, an organ donation advocacy group.

The final concert on Friday, Sept. 27 will be followed by an after party at Carpool Herndon, located at 208 Elden Street.

More information, including the complete schedule, can be found at www.jambrew.com.

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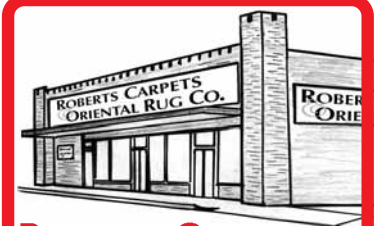
FROM PAGE 3

HERNDON MAYOR LISA MERKEL said, “Herndon prides itself on its small town charm ... we see ourselves as the next generation small town. Amazon is the type of business we hope to continue to attract.”

Speakers also included Supervisor John W. Foust (D- Dranesville) and Gerald L. Gordon, president and CEO of the Economic Development Authority in Fairfax

County. Gordon said that Amazon AWS was an excellent addition to the economic infrastructure in Fairfax County. He mentioned that the town of Herndon is also headquarters to Volkswagen of America, Inc., and over the past several years companies including SAIC and Hilton Hotels Corporation have also decided to move their headquarters to Fairfax County.

To learn more about Amazon AWS, visit <http://aws.amazon.com/>.



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SPORTS



South Lakes junior Aly McCarty scored the lone goal during a 1-0 victory over Centreville on Aug. 27 during the Under the Lights Tournament at Lee High School. The South Lakes field hockey team finished first in its pool and is undefeated after five games.



Katie Hunt and the South Lakes field hockey team are off to a 4-0-1 start.



Kacey Hirshfeld and the South Lakes field hockey team finished first in their pool during the Under the Lights Tournament Aug. 26-27 at Lee High School.

PHOTOS BY JON ROETMAN/THE CONNECTION

South Lakes Field Hockey off to Undefeated Start

Seahawks win pool at Under the Lights Tournament.

The South Lakes field hockey team finished first in its pool at the Under the Lights Tournament and is undefeated after five games.

The Seahawks played four games in their season-opening

tournament at Lee High School Aug. 26-27, finishing at the top of "Pool B" with a 3-0-1 record. South Lakes defeated Chantilly 2-0 and finished in a 2-2 tie with West Springfield on Aug. 26. The following day, the Seahawks beat Hylton 3-0 and Centreville 1-0.

South Lakes finished first with 10 pool points, followed by Chantilly (9), West Springfield (7), Centreville (6) and Falls Church (0).

"They improved so much over this tournament, being at the beginning of the season," South

Lakes assistant coach Jackie Barrett said. "... The morale just went up. [There was] lots of teamwork [and this is a] great group of girls."

Barrett said junior Aly McCarty, junior Megan Greatorex, senior Olivia Wolfe, senior Hannah Becker and senior goalkeeper Allie Micka played well during the tour-

namment.

Jessica Salo is the Seahawks' head coach.

South Lakes won its home opener on Aug. 29, beating Falls Church 3-0 to improve to 4-0-1.

The Seahawks will travel to face Herndon at 7:30 p.m. on Monday, Sept. 9.

— JON ROETMAN

Oakton Football Throttled by TC in Season Opener

BY JON ROETMAN
THE CONNECTION

After an Oakton punt bounced toward the sideline early in the second quarter, T.C. Williams return man Rashawn Jackson noticed the ball remained in bounds.

He also noticed an opportunity.

"I thought the ball rolled out of bounds, and then when it didn't, nobody was covering the ball," Jackson said, "so I just said, 'there's my chance right there.'"

Jackson grabbed the ball and raced 53 yards for a touchdown, helping give the T.C. Williams football team a 24-point lead en route to a 38-2 season-opening victory over the Cougars on Friday night at Oakton High School. Five different Titans scored a touch-



Oakton's Bobby Lam carries the ball against T.C. Williams on Aug. 30.

down in the program's first victory against a team from Conference 5, formerly known as the Concorde District, since beating Oakton in 2009.

THE COUGARS, who graduated several key players from their

2012 Northern Region championship team, were no match for the talented Titans, who scored on their first offensive play from scrimmage and led 31-2 at halftime.

"Beating Oakton High School, they're not as strong as they've al-

ways been, but they're still a very strong program," TC head coach Dennis Randolph said. "By the end of the year, they're going to be in playoff contention, so I think we beat a playoff team. ... That was our goal: to come in here and show them that we could play with them. We have some very, very, very good athletes."

THE TITANS held Oakton to 105 yards of offense, including minus-2 on the ground. Five-foot-8 senior Michael Ficarra, making his first varsity start at quarterback, completed 8 of 15 passes for 107 yards. Senior Bobby Lam was Oakton's leading rusher with 28 yards in 11 carries.

"We had a senior-laden team (in 2012), we're returning two starters on offense this year," Oakton head coach Jason Rowley said. "We've got to bring some of these younger guys around and some of the guys that are seniors that have

waited their turn, they've got to learn how to play under the lights and take care of the little things, and we didn't take care of the little things tonight. ... We got beat in every facet of the game. ...

"TC's a good football team, take nothing away from them. They've got talent all over the place. They've got two Division I committed players (Carney and lineman Jeremiah Clarke). [Their] quarterback, he can throw the deep ball as well as anybody in the region. They're impressive. Coach Randolph has done an excellent job over there."

T.C. Williams will travel to face the Centreville Wildcats at 7:30 p.m. on Friday, Sept. 7. Centreville won its opener against West Potomac, 51-7, on Thursday.

Oakton will host Madison at 7:30 p.m. on Friday.



Marianne Hendrickse, "Family Circle Celebrations."

Quilt Show Displays 'Sacred Threads'

Some 231 handmade quilts exploring themes of spirituality, joy, inspiration, peace/brotherhood, grief and healing were displayed during the biennial Sacred Threads exhibition, July 10-28, at Floris United Methodist Church in Oak Hill.

Christine Somerset,
"Crossroads."

PHOTOS BY
BONNIE HOBBS
THE CONNECTION



"Butterfly" by Oak Hill's Anne Winchell.



Herndon's Shana Spiegel created "Out on a Limb."



Ann Turley, "Consider the Lilies."



Linda K. Bell, "Life is Change."

NEWS

Mount Pleasant Baptist Church of Herndon to Celebrate Anniversary

Mount Pleasant Baptist Church of Herndon will continue its 147th anniversary celebration season at 7 p.m. on Wednesday, Sept. 11, with guest speaker Dr. Lance Watson of St. Paul's Baptist Church, Richmond. He is host of the telecast "Positive Power" on TV ONE Network and authored "Being Healthy From Now On," "Maximize Your Edge: Navigating Life's Challenges," "Meet Me in the Morning" and the soon to be released, "That Was Then, This is NOW." Saint Paul's congregation of over 15,000 has been noted as one of the fastest growing churches in the nation by Outreach Magazine.

The Anniversary theme, "Reaching for New Horizons While Unified with a Purpose" is a consistent posture as the church continues to grow. During the next several years, Mt. Pleasant Baptist Church seeks to expand its territory, which includes teaching the value of good stewardship. The celebration services and revival leading up to the anniversary will be a time of spiritual renewal, reflections, refreshing and just praising God.

Mount Pleasant Baptist Church of Herndon was established in 1866 with a rich legacy that continues to spur the church to service in the Herndon community. Over 70 ministries and programs provide services, and training in areas to include family life, nurturing and support for the needy, prison ministry, international family life fellowship and outreach, college counseling and schol-

arships for youth, and fellowship for the senior citizen community. The Mt. Pleasant Academy provides a sound education for primary grades.

Over the past 18 years, Mount Pleasant Baptist Church has sent missionaries to communities throughout the world where they have built churches, schools, water wells, assisted in farming and supported countries in crisis including Haiti. During this milestone, Sr. Pastor James L. Graham, Jr. said the church's primary mission is based on Matthew 28:19-20, which calls Christians to go into the entire world and make disciples. Graham, Jr., also said the church believes that God is calling the congregation to be a more proactive source of counsel for the community and regional leaders as they make decisions that impact this community and region of the country.

Each year Mt. Pleasant Baptist Church brings world-renowned speakers to keynote its "Wonderful Worshipping Wednesday" series, which lead up to the anniversary celebration on Sunday, Sept. 22 and final Worshipping Wednesday on Sept. 25. Other speakers featured are Dr. Gina Stewart of Christ Missionary Baptist Church, Memphis Tenn.; Dr. Matthew Watley of Reid Temple in Silver Spring, Md.; Dr. Leonard L. Hamlin Sr. of Macedonia Baptist Church, Arlington, Va.; Pastor Anthony Maclin of The Sanctuary at Kingdom Square, Capitol Heights, Md. and Dr. Cynthia Hale of Ray of Hope, Decatur, Ga.

WEDDING

Patterson, Meador Wed

Mr. and Mrs. Stephen Meador of Clifton are pleased to announce the marriage of their daughter, Holly, to Brett Patterson, son of Mac and Theresa Patterson of Herndon.

The wedding was held at the Cathedral Basilica of St. Augustine in Florida with the reception at the St. Francis Officers Club, June 8.

The couple honeymooned in the Turks and Cacaos and now reside in Herndon. Holly is a graduate of Paul VI High School, Virginia Tech and is employed at Il Pioppo. Brett graduated from Westfield High School, George Mason University and works at Dunn & Phelps.



Brett Patterson and Holly Meador married June 8.

PHOTO
CONTRIBUTED

Indeterminate Sentence

By KENNETH B. LOURIE



And no, that's not another made-up phrase by yours truly describing my occasionally cluttered/run-on prose with which many of you extremely patient regular readers are all too familiar. No, it has to do with how I perceive my future now that I'm post-hospital and sleeping in my own bed. Instead of nurses, respiratory therapists, X-ray technicians, doctors and miscellaneous other hospital staff too numerous to list, I have one wife and five cats to do my bidding. And though they're not nearly as attentive as the hospital staff, I know that they all have my best interests at heart.

Not that I thought I was going to die during this most recently-written-about hospital stay; still, the experience was unsettling and reminded me of how fragile and maybe even precarious my situation might be. As much as I try to ignore certain stage IV, terminal-type facts/prognosis, a four-day stay in S.I.C.U. sort of brings the reality into sharper focus, despite my best – and continuing – efforts to delude myself otherwise.

As I sit here at home, comfortably and relatively normally (I know, "normally" is a relative term), I am betwixt and between emotionally. I can't decide if this hospital stay has given me direction or misdirection. Do I now have a truer, more honest sense of my own insecurity (mortality) or have I just created a false sense of security in its place – having survived the ordeal so unexpectedly well?

I realize I'm not bullet-proof; but if there ever were a hollow point-type metaphorical bullet, stage IV non-small cell lung cancer would likely be it; it's a killer, usually. However, I can't help but feel empowered somehow, more confident even, in my body's ability to withstand the rigors an incurable disease can impose. I'm sure there's a toll to be paid, but so far, I'm living proof that statistics are not exactly about everybody, if you know what I mean. I know that wishing and hoping don't necessarily make it so, but after yet another experience where I far exceeded my doctor's rather modest expectations, I can't help but feel more positive about my prospects (there's my delusional naïveté rearing its illogical head).

In February, 2009, I was "prognosed" to live "13 months to two years" according to my oncologist. Yet, here I still am, four-and-a-half years later, released from the hospital, better than when I went in. Anything is possible: I think I've proven that. And I don't intend to stop now.

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

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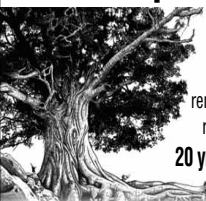
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Best in Show, Non-daily Artwork

The top prize when the first place winners of all the design categories for all Virginia Press Association-member, non-daily papers are judged against each other.



Jean Card

❖ **Jean Card, Laurence Foong, Craig Sterbutzel**, Fairfax Connection: Informational Graphics • Parks in Fairfax County



Laurence Foong

Win, Place, Show for Alexandria Gazette Packet

Alexandria Gazette Packet reporters took all three top spots for In-depth or Investigative Reporting in their division.



Craig Sterbutzel

First Place

❖ **Nicholas Horrock**, Alexandria Gazette Packet: In-depth or investigative reporting



Nicholas Horrock

Second Place

❖ **Montie Martin**, Alexandria Gazette Packet: In-depth or investigative reporting • Guns From the South



Montie Martin

Third Place

❖ **Michael Lee Pope**, Alexandria Gazette Packet: In-depth or investigative reporting • Looking Behind the Numbers



Michael Lee Pope

First Place Winners

❖ **Jean Card, Laurence Foong, Craig Sterbutzel**, Fairfax Connection: Informational Graphics • Parks in Fairfax County

❖ **Nikki Cheshire**, Great Falls Connection: Breaking News Photo • Rescue at Great Falls



Nikki Cheshire

❖ **Deb Cobb**, Mount Vernon Gazette: Online Slideshow • Daily Patrols Take to the Water



Deb Cobb

❖ **Laurence Foong, Michael Lee Pope**, Alexandria Gazette Packet: Informational Graphics

❖ **Bonnie Hobbs**, Centre View North: Public Safety Writing



Bonnie Hobbs

❖ **Kenneth Lourie**, Arlington Connection: Column Writing



Kenneth Lourie

❖ **Alex McVeigh**, Oak Hill/Herndon Connection: Education Writing • The Human Element of Learning



Alex McVeigh

❖ **Michael Lee Pope**, Arlington Connection: Multimedia News Report • Secret Police



Victoria Ross

❖ **Michael Lee Pope**, Alexandria Gazette Packet: Business and Financial Writing

❖ **Michael Lee Pope**, Mount Vernon Gazette: Breaking

News Writing

❖ **Victoria Ross**, Springfield Connection: In-depth or Investigative Reporting • Immigration

Second Place Winners

❖ **Jean Card**, Mount Vernon Gazette: Page Design

❖ **Bonnie Hobbs**, Fairfax Connection: Public Safety Writing



Louise Krafft

❖ **Louise Krafft**, Mount Vernon Gazette: Picture Story or Essay • Mount Vernon Graduation 2012



Jeanne Theismann

❖ **Louise Krafft, Jeanne Theismann**, Alexandria Gazette Packet: Combination Picture and Story • Memorial Day

❖ **Craig Sterbutzel**, Burke Connection: Sports News Photo • Santiago Valdez

❖ **Jeanne Theismann**, Alexandria Gazette Packet: Headline Writing

❖ **Jeanne Theismann**, Alexandria Gazette Packet: Column Writing



Steven Mauren

❖ **Steven Mauren, Geovani Flores, Stuart Moll, Laurence Foong, Jean Card**, Mount Vernon Gazette: Special Sections or Special Editions • Insider's Guide



Geovani Flores

LOCAL MEDIA CONNECTION



Kemal Kurspahic

❖ **Kemal Kurspahic, Amna Rehmatulla, Chelsea Bryan, Laurence Foong, Stuart Moll, Geovani Flores**, Great Falls Connection: General Makeup



Stuart Moll

Third Place Winners

❖ **Laurence Foong**, Alexandria Gazette Packet: Page Design



Chelsea Bryan

❖ **Laurence Foong**, The Fairfax Connection: Informational Graphics



Amna Rehmatulla

❖ **Mary Kimm**, Fairfax Connection: Editorial Writing



Mary Kimm

❖ **Louise Krafft**, Arlington Connection: Sports Feature Photo

❖ **Louise Krafft**, Alexandria Gazette Packet: Picture Story or Essay • Celebrating the Irish

❖ **Michael Lee Pope**, Alexandria Gazette Packet: Multimedia News

Report • Schools in Crisis

❖ **Michael Lee Pope**, Mount Vernon Gazette: Feature Series or Continuing Story • Horses and Graves Versus Road Widening

❖ **Michael Lee Pope**, Mount Vernon Gazette: Health, Science and Environmental Writing

❖ **Jon Roetman**, Arlington Connection: Sports Writing



Jon Roetman

❖ **Steven Mauren, Jean Card, Geovani Flores, Laurence Foong, Stuart Moll**, Alexandria Gazette Packet: General Makeup

❖ **Steven Mauren, Geovani Flores, Stuart Moll, Laurence Foong, Jean Card**, Mount Vernon Gazette: Special Sections or Special Editions • Children's Edition

MDDC

The Potomac Almanac, a Connection Newspaper located in Potomac, MD, competes in the Maryland-Delaware-DC Press Association, and won at least six press association awards, which will be formally announced on May 17 at the MDDC Press awards luncheon. **Susan Belford, John Byrd, Laurence Foong, Ken Moore (2)** and Staff were named as winners.

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