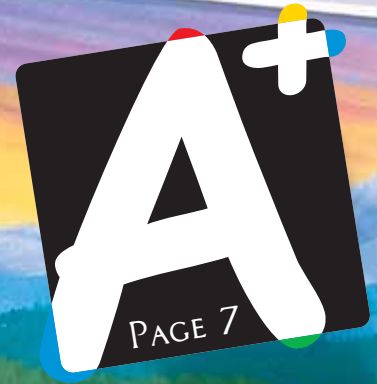


Oak Hill ❖ Herndon CONNECTION

Owner of Dominion Animal Hospital in Herndon Dr. James Boone with former Herndon mayor Mike O'Reilly, president of the Council for the Arts of Herndon. Behind them is the art mural by Keith Naquin dedicated on Sunday, Aug. 17.



Mural Dedication Held In Herndon

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AUGUST 20-26, 2014

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Karen Shoemaker, mural artist Keith Naquin, owner of Dominion Animal Hospital in Herndon Dr. James Boone, and Town of Herndon Mayor Lisa Merkel cut the ceremonial ribbon at the August dedication ceremony.



Amy Skiavo, mural artist Keith Naquin, Anna Bledsoe, Karen Shoemaker, and Signe Friedrichs, executive director of the Council for the Arts of Herndon, near the Dominion Animal Hospital in Herndon.

Mural Dedication Held In Herndon

Art mural by Keith Naquin on view at Station Street in Herndon.

BY RYAN DUNN
THE CONNECTION

Associates and friends of the Council for the Arts of Herndon (CAH) assembled to celebrate the dedication of a mural at the Dominion Animal Hospital at 795 Station Street in Herndon. The mural, painted by former Herndon High School art teacher Keith Naquin, is a 95-foot long piece of art, and was commissioned by the CAH. Almost 100 persons attended the outdoor dedication ceremony on Sunday, Aug. 17.

"The Council for the Arts of Herndon really outdid themselves this time with their latest public art project," stated Mercia Hobson, a resident of Herndon and Vice President of the Herndon Foundation for the Cultural Arts. "It's bright, invigorating and engaging. How can you not smile at the fairy-tale like scene Keith created for the Town of Herndon?" There are 23 animals depicted on the mural, which includes a variety of cats and dogs.

The purpose of the mural was to produce a tribute to the furry friends of the community as part of a campaign to highlight the town's support for the arts. The mural is on a wall adjacent to a town parking lot used year round as well as daily parking for local shops, offices and restaurants. This is the town's 4th large scale mural. Naquin painted two other outdoors murals in downtown Herndon. One mural is on a wall of the Ice House Café building, and was completed in the fall of 2012. "It is a great accomplishment and a great asset for the town of Herndon," said David Segal, a resident

Owner of Dominion Animal Hospital in Herndon, Dr. James Boone, says a few words at the dedication ceremony held on Aug. 17 for the new mural completed by Keith Naquin.

PHOTOS BY
RYAN DUNN/
THE CONNECTION



of Herndon and member of the CAH.

The mural is directly across the street from the Town of Herndon Municipal Center with a view for the Municipal Center's visitors. "The murals in downtown Herndon add to the ongoing development of our downtown," said Hobson. "Art is the place maker that makes all the difference." Karen Shoemaker, a CAH board member, helped raise funds and campaign for the mural project. The mural dedication ceremony followed one of the most successful CAH fundraisers ever, with \$14,000 raised for scholarships.

Former Herndon mayor Mike O'Reilly, president of the CAH, opened the dedication event. "The latest mural sponsored by the Herndon Council for the Arts brought

the entire community together to celebrate Herndon, Herndon families and Herndon pets," stated O'Reilly. "We partnered with businesses and pet owners to recognize the Dominion Animal Hospital and the many animals that its staff cares for and has cared for over the years. This new mural displays the Herndon that we all know and love, a vibrant, caring community."

Current Mayor Lisa Merkel was welcomed to give some remarks, as was the owner of Dominion Animal Hospital, Dr. James Boone. "We have heard so many compliments about Keith's work... God has given him a gift," said Boone. Reverend Laverne Gill, Treasurer for the CAH, shared some history on the founder of the Dominion Animal Hospital, Dr. Kermit O. Cockrell. In

the mural, there is a red barn with name "Doc Cockrell" painted on it. To finance the mural project, for a limited time the CAH opened sponsorship opportunities. Herndon organizations including the Herndon Woman's Club made donations to have names placed on passageways on the landscape. "We have been overwhelmed at the support this mural has received from the residents of the town," said Signe Friedrichs, executive director of CAH. "The painting of the mural was like a piece of performance art, passing children and adults took every opportunity to speak with the artist as he worked. It was really a pleasure to see this mural become part of the conversation about art, which is what public art is meant to inspire." After a layer of stucco was applied to the wall, Keith Naquin painted for almost three months. Naquin thanked Sherwin Williams for donating the paint used for this project, and thanked the audience and town of Herndon. "I am hoping everybody is pleased with the result," said Naquin.

"I love how vibrant the mural is and how much it means to the community to have their cherished pets represented on it," said Herndon town council member Grace H. Wolf. "This mural was the first mural idea we thought of when we created the outdoor art program several years ago. Myself and then Executive Director Vicky Dorman approached the Animal Hospital to see if they were interested and they were supportive from day one." Work on the mural was delayed until 2014 when sufficient funds were available to cover the expense of the project. "I am so pleased we selected mural artist extraordinaire Keith Naquin to paint this," said Wolf. The CAH is a nonprofit that creates opportunities for local artists to showcase their talents and provides local arts programming to businesses and the public sector in the vicinity of the Town of Herndon. For more information about the Council for the Arts of Herndon, visit herndonarts.org.



Mayor Lisa Merkel gets drenched during the ALS Ice Bucket Challenge.



Most of the participants for the ALS Ice Bucket Challenge on Saturday.

Freezing for a Good Cause

ALS Ice Bucket Challenge raises money to fight the disease.

BY REENA SINGH
THE CONNECTION

Cold water or cash? That was the question about 20 residents were forced to make Saturday for a charity challenge making its rounds through the nation.

The challenge was that if a person who committed to the challenge called out a person they know - or don't know - they have 24 hours to dump a bucket of ice water on their head and donate \$10 to the ALS Association. If they opted out, they have to donate \$100.

"I got called out by the owner of the

Ashburn Pub, Kevin Beanardz, and I thought I'd take it to the next level," said resident and local business owner Jimmy Cirrito. "Go big or go home."

ALS stands for Amyotrophic lateral sclerosis, a disease that affects the brain and spinal cord.

On a video Cirrito put up on Facebook, he challenged Mayor Lisa Merkel, the Herndon Town Council and several other residents. Under the afternoon sun, they each took turns getting a bucket of ice water - or three - dumped on their head while Cirrito recorded it.

"We do a lot of fun things in Herndon and we've been thinking about doing some charitable things," said Merkel when asked why she brought several members of the town council with her to the event. "We're hoping it's the start of periodic things the council does together."

Other council members who attended were Dave Kirby, Steven Mitchell and Grace

Wolf. Even though she had about six buckets of ice water dumped on her from several people, she said it didn't feel as bad as she thought it would.

Many others were visibly shaking as the cold water splashed over their head.

Herndon resident Jameson Glynn, 10, splashed water on many other participants after she participated in the event.

"It was freezing," she said.

She challenged her best friends and her cousin to do their part for the charity.

Wolf said she was more than happy to take part in the challenge with her fellow council members.

"Herndon is always up for a good cause," she said. "It's a great community building experience."

She said many other municipal councils are all business, but Herndon's council works hard and plays hard.

"We're one of the few councils that really have a lot of fun," she said.



Jameson Glynn, 10, reacts to having the cold water dumped on her head by a fellow participant.

Town Council Considers Zoning Amendment

Planning Commission will create Landmark Business Overlay guidelines.

BY REENA SINGH
THE CONNECTION

It may be easier for businesses to open their dream office space in the future near Herndon's impending Silver Line Metro station.

The Herndon Town Council unanimously approved to consider an amendment to the Landmark Business Overlay District to change the requirements and regulations at the Aug. 12 meeting.

"I think tonight's discussion went great," said Mayor Lisa Merkel. "I am thankful that it was brought to our attention, that we were able to pull it off the consent agenda and flesh through quite a few issues. What I want to say to the public is that the council wants to



Herndon Town Council approved to consider amendments to the zoning near the future Metro station.

hear from you."

The Landmark district, according to the proposal, is located within 1,500 feet of the

Dulles Toll Road northern boundary and the Fairfax County Parkway. The overlay also cannot be within 500 feet of a residential area.

The resolution allows the town staff to look into the pros and cons of the provisions of the amendment, which include increasing roof height and floor space, adding pedestrian trails and sidewalks en route to Herndon's Metro station site and allowing multi-family dwelling units to be built.

If an amendment is passed in the future, business owners would still need to apply for a special exception for their requests, which would require a public hearing.

"So even if the ZOTA is approved, they would need a special exception," said Vice Mayor Jennifer Baker. "I wanted that to be clear, because I felt that was a lot of what we got the comments about, from the public tonight and in writing. I feel like, from what I'm hearing, that we're still protected and that we're trying to streamline as we prepare for Metro."

"Why is quadrangle requesting this to cover the entire overlay rather than just his property?" asked Councilman Dave Kirby.

Quadrangle letter to the Town Council

was added to the proposal packet asking for an amendment to the current zoning requirements for the overlay, including adding mixed use zoning to the Fairbrooke Business Park. The letter also suggested the zoning amendment change the maximum height requirements of the building.

The exact location of the overlay will be determined by the planning commission when they create the amendment proposal.

"I think what I really would like to see is for the staff to say this is the total map, and this is the area that is really affected," said councilman Jasbinder Singh. "Then we can see how far is the potential district from the parkway."

He said he wanted the council members to be able to tell the planning commission what their wishes and expectations are for the amendment.

Mayor Merkel congratulated the council members for being able to approve the resolution despite their differences. She said that, even though it is only the council's second public hearing of the fiscal year, she can see progress.

Heads Up Football Flourishing in Fairfax County

Program reduces concussion risk by teaching players to take the “head” out of tackling.

BY VICTORIA ROSS
THE CONNECTION

It wasn't that long ago when youth football coaches believed a player's toughness was measured by his ability to play through the pain. Concussions and other serious injuries were just “part of the game.”

“When I was playing football for W.T. Woodson in the late 1960s, you had two practices a day in the heat and humidity of August. There were no water breaks except before and after practice,” said state Sen. Dave Marsden (D-37). “Coaches thought drinking water would make you sick.”

Marsden, a wide receiver for Woodson, said injuries were minimized.

“When someone had disorienting head trauma, we'd say ‘you got your bell rung,’ or ‘he was shaken up by the play.’ Coaches clearly expected you to go right back in the game.”

During football's heyday, players and coaches alike looked up to legends like Paul “Bear” Bryant who left a legacy of 37 winning seasons and five Associated Press national championships at Alabama.

Bryant was also known as a strict disciplinarian: His first training camp as Texas A&M coach did much to write his legacy as a “tough” coach when Bryant took his “Junction Boys” to a small Texas town and ran a boot camp in which more than two-thirds of his players quit. As a player at Alabama, Bryant demonstrated his own toughness by playing against Tennessee with a broken leg.

“There was this thing that coaches had all been taught, that it took that kind of toughness to win ...,” Marsden said. “It was ridiculous, and we know better now.”

TWO YEARS AGO, as concussions were getting more attention in the NFL, USA Football — the national governing body for the sport and its youth outreach arm — created a program to teach safe tackling to youngsters called “Heads Up.” Heads Up Football is based on a style of tackling that puts emphasis on striking a blow with the shoulders instead of the head.

At the same time, Marsden received a call from his son Connor, who had played football at the University of Richmond. “He asked me to watch a Bryant Gumbel special regarding head injuries in football and said, ‘Dad you have to do something,’ he told me.”

Marsden thought about legislation, but realized there was a more efficient way to get the program off the ground: In 2013 he introduced a bill in the Virginia Senate to



State Sen. Dave Marsden (D-37) attended the VYI Mom's football camp for Vienna-Oakton area on Friday, Aug. 1, to talk football safety with parents and coaches. Marsden, center, is standing with VYI commissioner and coach Dr. Todd Casey and moms who sweated it out during football camp.



Vienna Youth Football players carry team trophy at last year's FCYFL awards recognition.

Supervisors Honor Those Promoting Heads Up Football

Last January, the Fairfax County Board of Supervisors honored a group of local coaches and residents for their role in promoting Heads Up Football, a program to reduce the number of concussions among players, in Fairfax County Public Schools.

The board recognized Bill Curran, Fairfax County Public Schools; Mark Meanna, USA football board member; Dick Adams, former Annandale High School coach; Mike Lalli, Chantilly High School coach; Chris Haddock, Centreville High School coach; and State Sen. Dave Marsden.

Local coaches were also previously among just three districts in the country to adopt a pilot program. The program aims to improve tackling techniques, and by extension, reduce the number

of concussions — a topic of increasing concern among parents and on the professional level, in the NFL. “All the polls show that NFL football is the most popular sport in our country today...But there's a bit of a contradiction, as the pro game is so popular there is a growing number of parents who are concerned and won't let their children participate in youth sports or youth football. The concern is long-term impact of head injuries and concussion impacts. So this is just a huge step forward to give parents that one extra level of security,” said Supervisor Michael Frey (R-Sully District). Added Supervisor Pat Herrity (R-Springfield): “Every little thing that we do, if we can prevent serious injuries, it's important to our students and our communities.”

making national headlines as the target of an FBI probe — were slim to none.

So he introduced his bill, then asked that it be tabled in favor of a letter to the Virginia High School League (VHSL) by the Education and Health Committee chairman asking that the matter be studied.

“A letter signed by the members of the Virginia Senate worked just as well,” Marsden said, smiling.

A task force was established and — after a year of meetings — significant reductions in full contact were written into regulations governing high school football in Virginia. VHSL Executive Director Ken Tilley presented the task force's action to the Senate at the 2014 session. Their actions also made “Heads Up Football” the standard of instruction.

Last year, Fairfax County became the first high school district in the country to adopt Heads Up Football.

Craig Richardson, the vice chair of Communications for the Fairfax County Youth Football League (FCYFL) and former president and commissioner of McLean Youth Football, said Heads Up football has become a key component of all Fairfax County clubs.

FCYFL is the umbrella organization comprising the 22 clubs that serve Arlington, Fairfax, Loudoun, Prince William and the City of Alexandria. Last season, FCYFL fielded more than 300 teams, with 1,200 coaches and more than 6,000 players.

When USA Football created Heads Up in 2012, it hoped to reach a few hundred of the nearly 11,000 leagues in the U.S.

IN ONE YEAR, Heads Up Football was adopted by nearly 2,800 groups.

The NFL noticed.

This year, the NFL provided USA Football with a five-year, \$45 million grant. And USA Football is in the process of hiring more master trainers, expecting to add between 50 and 70 to the first-year roster of about 30.

Heads Up football simplifies many safety techniques into six key components:

- ❖ education and certification
- ❖ equipment fitting
- ❖ concussion education and response
- ❖ heat and hydration
- ❖ the establishment of a player safety coach
- ❖ and tackling with the head up — and out of contact.

“The FCYFL has been on the forefront of making football the safest it can be for years,” Richardson said.

“For example, our age/weight matrix is the model that football programs across the county now follow. Every year, we weigh in every single one of the 6,000 or so players in our league, and they are placed within a particularly weight-class depending on their age and weight. The younger a player is in the weight-class, the more they can weigh, Richardson said.

Richardson also noted that — because there are three skill levels within each weight class — players are matched up appropriately.

“Finally, we require all coaches to be USA Football certified, which requires completion of an extensive online training course including a module on concussions and other safety issues, and they must complete a background check by a professional screening company,” he said.

Richardson said there was some initial hesitation from coaches, particularly those

SEE FOCUS, PAGE 5

Focus on Concussion Prevention

FROM PAGE 4

who had been around for a while.

"They had their own way of doing things, and they were a bit resistant to making changes to their approach to teaching. Once they saw the Heads-up football program, how it works, its safety benefits, and the ease in understanding it from the players perspective, all were converted and are now outspoken advocates for the program," Richardson said.

"Parents are obviously concerned given the extensive negative publicity primarily at the NFL level, and are excited that at the youth level we were proactively addressing the issue," he added. "The Heads-up program also requires significant parent involvement, so they are included in the training process and are an integral component of its success."

As more than 6,000 local youth began football camps in every area of the county last week, Richardson said the FCYFL reminded players, coaches and parents that Fairfax County is a Heads Up organization.

"We take player safety seriously. Our number one rule stipulates that there's no physical contact for any player during the first three days of practice, and that each player must have at least three practice periods of conditioning and training before engaging in any contact drills or scrimmages."

Vienna Youth football commissioner Todd Casey ran a "Football Moms" camp last week at Oakton High School specifically to give parents the opportunity to experience and understand what their sons encounter during football practice. The camp was organized by VYI Football Moms, and nearly 50 Oakton and Vienna moms attended the Friday evening camp.

Tami Chadwick, whose son plays VYI football and whose daughter is an OHS cheerleader, said she is more concerned about the possibility of injuries in other sports.

"We have a great organization with involved coaches and parents," Chadwick said. "It's clear from day one that coaches are concerned with safety. For example, there is no way they let your son play with a helmet that does not fit properly."

"We coach with safety in mind," Casey said. "Fairfax County youth football is an incredible community that has a ridiculously large impact on the lives of those who play."

Casey said Heads Up has not detracted from staying competitive and continuing to compete in playoffs.

Greg Dunlap, a 15-year-old player from Lake Braddock, said the changes have made playing football "smarter and safer."

"You understand what you're doing more. It's not just blindly running and hitting the guy with the football," Dunlap said.

According to the National Federation of State High School Associations, participation in high school football was down 2.3 percent in the 2012-13 season compared to the 2008-09 season.

Some of that drop-off is attributed to parents' concerns about safety in football. Former NFL running back Merrill Hoge, now a member of USA Football's board of directors, said Heads Up Football is having a positive impact on the game and addressing parents' concerns.

"The ultimate objective is to educate everyone who needs to know more about the trauma in sport, and when it happens, that the right action takes place," Hoge says.

TO FAIRFAX COUNTY COACHES like Richardson and Casey, Heads Up Football benefits all coaches, whether they are working with pee wees starting out in football, or high schoolers with college scholarships in sight.

Marsden added that Heads Up shifts the emphasis from treatment to prevention. "In the past so much of the focus has been on treating a player after a big hit. This is the first time we saw there was something we could do on the front end that makes the game safer," Marsden said. "At the end of the day, prevention is always the best place to end up, whether it's medicine, crime or sports. Prevention is always better than the cure," Marsden said. Marsden sees the connection to high school football as essential. "The high school coach is critical to this program, not only continuing to succeed, but grow," Marsden said. "The high school coach in the area is the guy who supports the youth programs, the guy who is looked up to on every level, the guy the kids want to play for some day. The more high schools applied to the program, it will legitimize the program even more. They prepare their kids for high school. If this is part of the high school curriculum, we will see more youth coaches embrace it."

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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OPINION

Accountability for Police in Northern Virginia

There is more transparency in the police shooting in Ferguson last week than in police shootings in Northern Virginia.

This is not Ferguson, and tanks do not roll down the streets of Northern Virginia driven by police officers pointing sniper rifles at residents. But police departments here are engaged in serious and significant abuse of power. This is the perfect moment to do something about it.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That

means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim.

This isn’t about race; this is about abuse of power. This is about lack of accountability and denying the public access to information that must be made public.

Consider:

Police shot and killed 46-year-old John Geer standing unarmed in the doorway of his home on Pebble Brook Court in Springfield on Aug. 29, 2013. Unlike in the case in Ferguson last week, the officer who shot him remains unnamed, and we have no official explanation of what happened or why.

In December, 2008, Fairfax County police officers chased 19-year-old Hailu Brook across the county line into Arlington and shot him dead. Brook, a senior at Yorktown High School, had reportedly robbed a BB&T in McLean. The autopsy report, one of the few documents his parents were able to obtain, shows that the teen was shot 20-25 times by three officers with large caliber handguns. Baffled by what happened to their son, the parents sought access to police reports and documents, but even now that the case is closed, their requests have been denied.

Other police-involved shootings include the November 2013 death of James Bryant, 28, a

resident at the Eleanor Kennedy homeless shelter in Mount Vernon, who assaulted other residents at the shelter and then police when they arrived, wrestling away the baton of one police officer; David Masters, an unarmed man with mental illness who was shot and killed by police in 2009 on Route 1 in Mount Vernon; there are many other examples.

Even for family members of crime victims, documents are routinely withheld by police agencies. One example is the 2009 murder of 19-year-old Kossi Djossou, who was shot at his workplace in Alexandria. After the murder, the Djossou family tried to find out what had happened, but their repeated attempts to get documents in the cases were denied. “How can something happen to your son, and you’re never going to know the facts?” asked Geoffrey Josseau.

Police wield power unlike any other entity — the power to detain and question, the power to arrest, the power to respond with force when necessary, the power to use deadly force.

With that power, comes responsibility — the responsibility to operate openly and with transparency, the responsibility to make available the greatest possible amount of information, especially the responsibility to provide the public with a full picture of what happened when something goes wrong.

It’s time for a change.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

LETTERS TO THE EDITOR

Opposing Medicare Expansion

To the Editor:

Four years ago, a practical doctor said something like this: “So let me get this straight. We’re going to be gifted with a healthcare plan we are forced to purchase, and fined if we don’t, which purportedly covers at least 10 million more people, without adding a single new doctor, but provides for 16,000 new IRS agents, written by a committee whose chairman says he doesn’t understand it, passed by a Congress that didn’t read it (but exempted themselves from it), supported by a government which has already bankrupted Social Security and Medicare, all financed by a country that’s broke. So what the “blank” could possibly go wrong?”

Virginians are fortunate that

Medicaid Expansion was defeated in our state. The Fed’s promises of temporary bailouts are merely band-aids, inadequate to the task of repairing dysfunctional “business models” such as Medicaid, Medicare, Obamacare, and the Veterans Administration health care. Their inherent fraud, waste, and corruption end up destroying the very goals they aim to achieve; namely: quality, affordable, health care! Most doctors even refuse to accept new Medicaid patients anymore. They can’t afford to because Medicaid does not reimburse enough to cover their costs. This begs the question: Why would we want to expand a system that would put doctors out of business?

Last week, the California Insurance Commissioner, a Kaiser Fam-

ily Foundation survey, and a Government Accountability Report all reported cost increases, continued failures in the Healthcare.gov exchanges, and billions more in subsidies needed to prevent collapse. So where will the money come from to pay for the doctors, nurses, administrators, hospitals, clinics, contractors, pharmaceuticals, medical schools, research and development, retirement plans, supplies and suppliers, utilities, and overhead? If it’s all “free”, then who will pay for it? “Free” health care is unsustainable because people don’t make responsible decisions when something is free. Furthermore: When government pays our bill, then we lose our freedom because they get to tell us what to do. That’s a dangerous trade-off, because it leads to productive people being enslaved by

an insatiable government that promises to take care of all the world’s unproductive people. Poverty can only be cured by making people more productive, not by eroding their work ethic and creating a culture of dependency.

“Free” Care does not result in Health Care. It results in more layers of expensive bureaucracy that must be created (and paid for by us) in order to administer and enforce largely irrelevant regulations. This increases costs and destroys the doctor-patient relationship. Doctors should be accountable to patients, not bureaucrats. America’s health care system needs market-based solutions such as choice (that meets patient, not government, needs), portability, and tort reform.

Elinor Bartlett
Vienna

Well Deserved Endorsements

To the Editor:

The recent endorsement of Barbara Comstock by both the

National Association Realtors and the Virginia Association of Realtors is not only well deserved, but speaks volumes as to the impact that both Barbara and Congressman Frank Wolf have played in helping further both our local

economy and that of the country. As a Virginia resident for nearly 30 years and a Realtor for nine years, I know firsthand what

Barbara has meant to our community. Barbara received these endorsements because of her longstanding commitment to pro-growth economic policies and common sense legislation.

I am confident that she will be a strong

voice in furthering this approach once she is elected to the U.S. Con-

gress. Having met Barbara Comstock in 2009 when she was running her first campaign for state delegate, I have proudly endorsed her since then. I say proudly because she has yet to disappoint either myself, or our community, in what she has accomplished in Richmond. Whether it’s stepping in to break deadlocks on roadway construction projects or ensuring that communities impacted by past storms received the appropriate attention, she has al-

ways been there. I have no idea how she manages to do so, but Barbara is always there for Memorial Day remembrances, Fourth of July parades or our local Military Appreciation Monday events.

I personally can’t wait to see how she takes this same level of commitment, energy and unabashed patriotism to the Hill as our next Congresswoman!

Bob Nelson
Great Falls

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Removing Barriers to College

Local services help students complete college paperwork, remove barriers.

BY MARILYN CAMPBELL
THE CONNECTION

LaQuita King relocated across the state from Chesapeake, Va., to Alexandria in the summer of 2013, moving into an apartment with her aunt and three cousins. King had just graduated from high school and was looking forward to taking classes at Northern Virginia Community College. So far, that hasn't happened.

"There were a lot of financial aid forms that I needed to fill out," said King, who is one of six children in her family and the first to finish high school. "Everything is online and if you make one mistake you have to start over. There were a ton of registration forms that I had to fill out. It just got to be too much."

Finally, King got a job, although she still hopes to attend college one day. Her plight, say college officials, is not uncommon. In fact, the amount of paperwork that students must complete can overwhelm some students, particularly those with limited financial means and who might be the first in their families to seek higher education. A recent study by researchers at Stanford University showed that the stacks of forms that students must complete in order to enroll in college deter students from lower and working class backgrounds.

"Paperwork can sometimes hinder some students from attending because they may not know how to follow up in regards to what documents to submit, or may be afraid to do it and get discouraged if they do not have someone to help them figure out how to complete paperwork and requirements," said Laydy Reyes, program coordinator, Early Identification Program in George Mason University's Division of University Life.

However, programs, on college campuses and in the community can assist students. "There are counselors and programs available to help them," said Jennifer Gonzalez of the Public Information Office at Northern Virginia Community College (NOVA). "There



COURTESY OF GEORGE MASON UNIVERSITY

Parents and students attend a college readiness presentation at Westover Public Library in Arlington. While completing the necessary paperwork to attend college can overwhelm some, local educators say there are community resources to help.

Where to Go for Help with College Paperwork

Fairfax County

❖ George Mason University, <http://eip.gmu.edu/>

❖ Department of Family Services, www.fairfaxcounty.gov/dfs/disabilities/transition.htm

are some students who don't know how to fill out forms and our counselors have a full range of tools to help those students."

For example, NOVA's College Pathway Initiatives is a set of four programs that provides support and service to students from underrepresented populations. The initiatives help remove some barriers to higher education while helping increase the number of students who succeed in and graduate from college.

REYES HAS SEEN FIRST-HAND how a simple bit of assistance can mean the difference between attending college and not. "[There is] a Mason student who comes from a single parent household. ... The student was granted a scholarship through the Early Identification Program and Mason's financial aid services that has helped to pay for the student's college education," she said. "The student is currently a senior working on a degree in bioengineering."

Mason's Early Identification Program (EIP) has a long record of helping first generation students from low-income families cross some of the hurdles to a higher education. "Mason's Admissions Office plays an instrumental role of support in collaborating with EIP regarding the college application process so that it is more simple, and that our students re-

ceive advice and resources to complete the application and successfully transition to Mason," said Reyes.

Some of the services that George Mason University offers are college essay and resume workshops where students have access to a computer lab and assistance completing college entrance essays. Mason also has no-cost Free Application for Federal Student Aid (FAFSA) workshops where students and their families meet in a computer lab and get assistance completing financial aid forms.

Reyes points to other programs on campus that are available to assist students:

❖ College Prep — For three weeks during the summer, students are introduced to financial aid advisors, academic advisors, and others who could be a resource to students once they are in college.

❖ During Mason's Early Identification Program annual Summer Academy at the Fairfax and Prince William campuses, they begin to work on the Mason admissions application so that it is ready to submit in the fall.

❖ During their senior year of high school, Mason officials work to make sure students in the Early Identification Program submit the online application and required documents such as the essay, recommendation letters, secondary school report, SAT/ACT scores.

AT MARYMOUNT UNIVERSITY in Arlington, newly accepted students receive an acceptance package with detailed instructions on completing forms. The university hosts campus visit days where students can learn about the school and get assistance completing necessary paperwork.

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Langley Lax Standout Duenkel Committed to JMU

Junior an all-conference field hockey player, enjoys cooking.

It didn't take long before Halle Duenkel was a two-sport standout at Langley High School. As a freshman, Duenkel, a midfielder on the girls' lacrosse team, received second-team All-Liberty District honors and helped the Saxons reach the state championship game.

In the fall of 2013, Duenkel, then a sophomore forward on the field hockey team, received first-team All-Conference 6 honors. Later in the school year, Duenkel garnered first-team all-conference and second-team all-region accolades in lacrosse.

It also didn't take long for Duenkel to figure out her future.

As a sophomore, Duenkel committed to play lacrosse at James Madison University. Now entering her junior year, Duenkel recently participated in a Q&A via email with The Connection.

❖Connection: You're committed to James Madison University. What made JMU the right fit for you?

Duenkel: James Madison was the right fit for me because it is a top-20 Division I lacrosse program and it has a top-20 business school. I love the coaches and I already feel at home!

❖Connection: At what age did you start playing lacrosse? When did you realize playing college lacrosse was a possibility for you?

Duenkel: I started playing lacrosse when I was in third grade and realized that playing in college was a possibility for me when I was in seventh grade and quit soccer to focus on my lacrosse career. The recruiting process began so early that I committed in November of my sophomore year. I could have committed sooner but I wanted to take my time and find the perfect school for me.

❖Connection: You're a junior. How do you feel about your lacrosse game now compared to when you were a freshman on the



Langley junior Halle Duenkel is committed to James Madison University.

varsity?

Duenkel: I feel that there is more responsibility for me to be a leader on the team because when I was a freshman the upperclassmen were great role models for me. I really want to help the team go to states and win a state title for Langley. I'm excited about this year!

❖Connection: How much time do you spend working on your lacrosse skills in the offseason?

Duenkel: Between wall ball and running I spend a couple hours every day to work on my skills in the offseason. I am also working on strength training at Max with Doug Vasiliadis to get a stronger shot and be bet-

ter on defense.

❖Connection: What is your favorite lacrosse moment from your first two years at Langley?

Duenkel: Beating Westfield my freshman year in a last-second buzzer beater and advancing into the state tournament.

❖Connection: You also play field hockey at Langley. At what age did you start playing?

Duenkel: I started playing field hockey in eighth grade for Potomac Field Hockey. I wanted to understand the game before I played in high school.

❖Connection: Do field hockey skills in any way translate to lacrosse?

Duenkel: Field hockey has taught me better body control and to move my feet on defense.

❖Connection: How would you describe the Langley-McLean rivalry?

Duenkel: The rivalry is awesome! My mom went to McLean so there is always teasing and fun in our household during that time.

❖Connection: What is your favorite food?

Duenkel: My favorite food is a good burger and a milkshake.

❖Connection: Who is your favorite music artist? Why?

Duenkel: Either Maroon 5 or Gavin DeGraw. I just saw Gavin DeGraw in concert last week at Wolf Trap. I love the lyrics to the music.

❖Connection: What is your favorite movie? Why?

Duenkel: 'The Hunger Games,' because I read the books, so it was interesting to see the director's spin on the book, or 'Happy Gilmore,' because any movie with Adam Sandler is hilarious.

❖Connection: What is your favorite hobby outside of lacrosse and field hockey?

Duenkel: I love to cook and bake! I could watch the Food Network 24/7.

❖Connection: What location is the farthest you have traveled from the Washington, D.C. metro area?

Duenkel: The farthest I have traveled is San Diego, Calif. The San Diego Zoo was incredible and I got a backstage tour with Shamu at Sea World. You can also just walk up to sea lions in La Jolla.

❖Connection: Are you a pro sports fan? If so, who are your favorite teams?

Duenkel: My favorite sports teams are the Pittsburgh Steelers, Washington Nationals, and Washington Capitals.

❖Connection: Do you have a favorite pro athlete(s)?

Duenkel: [Steelers safety] Troy Polamalu, [Nationals third baseman/outfielder] Ryan Zimmerman, and [Capitals right wing] Alex Ovechkin. I love it that Ryan Zimmerman lives in Great Falls now. Maybe someday I can coach his daughter if she wants to play lacrosse.

— JON ROETMAN

SPORTS ROUNDUPS

Reston to Host Charity Tennis Tournament

The 3rd Annual Rally for a Cause tennis tournament dates are set for Sept. 20-21, at Reston's Lake Newport tennis courts. The charity event will feature brackets for 3.0, 3.5 and 4.0 and above players, competing in men's and women's doubles and singles matches. The \$30 entry fee guarantees each player two matches with awards, raffle prizes and participation t-shirts. It is through the generosity of presenting sponsor, Dr.

Hani Thariani, and donations from local businesses that make this tournament possible. Entry is open to all tennis players, regardless of USTA membership. All proceeds will go to the charity organization of each participant's choice: USTA Serves Foundation/Wounded Warriors Program Curriculum, supporting rehabilitation through tennis for wounded, ill and injured military service members and veterans or Cornerstones/Laurel Learning Center, providing comprehensive family services and developmental childcare programs. Last year's event hosted 65 players and raised \$3,100 for charity organizations.

Registration is now open. For more information or to sign up, email

rally4acause@restontennis.org or visit www.restontennis.org.

NVSO 10K, 20K Cycling Events Enter 5th Year

The 2014 NVSO will be held Sept. 13-24 with more than 50 events taking place at 19 venues throughout Northern Virginia. Events include 10K and 20K cycling, with each event entering its fifth year.

In addition to cycling, other events include 5K road race, badminton, volleyball, handball, racquetball, pickleball, tennis,

table tennis, swimming, diving, ten pin bowling, Wii bowling, card games, board games, track and field and more. Registration is available online at www.nvso.us. Registration forms are also available at senior centers, community centers, senior residences or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration for any event. Information is available at nvso1982@gmail.com. Participants must be 50 years of age by Dec. 31, 2014 and live in a sponsoring jurisdiction. NVSO is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Falls Church and Fairfax.

CALENDAR

Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

WEDNESDAY/AUG.20-SATURDAY/OCT.11

"Signs of Summer." Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art and photography. www.leagueofrestonartists.org

THURSDAY/AUG.21-SUNDAY/AUG.24

Riches from RAGS Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. Fine art by the 11 artists of Reston Art Gallery & Studios (RAGS). www.artspace.org.

FRIDAY/AUG. 22

Vintage #18. Ice House Café, 760 Eldon Street, Herndon. Vintage#18 is a high energy soul and blues band.

SATURDAY/AUG. 23

Top Parisian Hits of 1500: Songs of the Renaissance. 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Experience a French Renaissance street festival and hear top Parisian hits from the 1500s. 703-956-6590 or visit www.ArtSpaceHerndon.org. Tax district residents who wish to speak during the "Citizen Comment" are asked to call the Center at 703-790-0123, TTY: 711, to be placed on the agenda.

Reston Concerts on the Town Series - Airmen of Note. 7:30-10 p.m. Reston Town Center Pavillion, 11900 Market Street, Reston. U.S. Air Force Band and big band jazz. 703-579-6720.

Concerts on the Town. 7:30- 10 p.m. Reston Town Center Plaza, 11900 Market Street, Reston. Bring lawn chairs and blankets and enjoy music from the U.S Air Force Band. 703-912-4062.

SUNDAY/AUG. 24

Friends of Reston Regional Library Children and Teen Book Sales. 1-3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Friends of the Reston Regional Library will hold sales of gently used books and teaching materials for children, educators and teens, and all proceeds go to benefit the Reston Regional Library and the Fairfax County Public Library system. 703-829-5467.

23rd Annual Reston Century Bike Tour. 6:30 a.m.- 5p.m. Reston Town Center Plaza, 11900 Market St., Reston. Ride 30, 63, or 100 mile bike routes and a post-ride party.



View fine art by the 11 artists of Reston Art Gallery & Studios (RAGS) at ArtSpace Herndon from July 29 - Aug. 24.

www.restonbikeclub.org

674-0589.

MONDAY/AUG. 25

A Mixed Media Approach to Creative Expression! 5:30-8:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Explore your artists voice as you learn different techniques for drawing, painting, collage and mixed media on a variety of surfaces. \$30. To register email Melanie Zucker Stanely at ridingfree2@gmail.com or call at 703-471-6766.

TUESDAY/AUG. 26-SUNDAY/SEPT. 7

Each Other's Dreams: Konko Village Through Image and Word. ArtSpace Herndon, 750 Center Street, Herndon. In this exhibit the story of the Village of Konko in Ghana, West Africa is told through photographs, carvings and writings. 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/AUG. 27

Food Truck Wednesday. 11 a.m.- 2 p.m. Reston Town Center Plaza, 11900 Market St., Reston. The last Wednesday of every month a variety of food truck vendors provide lunch dessert. www.restontowncenter.com

FRIDAY/AUG.29-FRIDAY/SEPT.26

JamBrew. 6-10 p.m. Town Green Herndon, 777 Lynn Street, Herndon. Recurring weekly on Friday. 703-

FRIDAY/AUG. 29

JamBrew. 6-10 p.m. 777 Lynn Street, Herndon. Weekly summer concert series featuring local bands and local brews. 703-674-0589. www.jambrew.com

SATURDAY/AUG. 30

Lake Anne Plaza - 8th Annual Jazz & Blues Festival. 2-8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. This free, family friendly, all-day event will showcase a variety of talented regional and national jazz & blues performers. www.lakeanneplaza.com.

MONDAY/SEPT. 1

Herndon Labor Day Festival. 12-6 p.m. Historic Downtown Herndon, 777 Lynn Street, Herndon. Festival with live music, craft show, food and culinary demonstrations. No pets allowed. \$10-\$20. 703-787-7300.

WEDNESDAY/SEPT.3-MONDAY/OCT.6

Multicultural Festival Exhibition. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. To help celebrate the Reston Multicultural Festival, area artists are displaying works of art that relate to their cultural heritage. 703-476-

4500.

FRIDAY/SEPT. 5

JamBrew. 6-10 p.m. 777 Lynn Street, Herndon. Weekly summer concert series featuring local bands and local brews. 703-674-0589. www.jambrew.com

SATURDAY/SEPT.6-SUNDAY/SEPT. 7

National Capital Cat Show. 9 a.m.-5 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly. The cats are coming - National Capital Cat Show is the largest cat show on the East Coast, with up to 400 cats competing. \$6-\$10. www.nationalcapitalcatshow.com.

SUNDAY/SEPT.7

Sunday Bourbon and Blues Brunch. 10 a.m.-2 p.m. M&S Grill, 11901 Democracy Dr., Reston. Live blues musical performance by local artists. 703-787-7766.

MONDAY/SEPT. 8

Mr. Knick Knack! Children's Performance. 10:30-11:15 a.m. Reston Town Center Pavillion, 11900 Market Street, Reston. Unique, heart-centered music for kids! 703-579-6720.

TUESDAY, SEPT. 9

Running 101 & 201 Kick Off. 6:30 p.m. Potomac River Running,

11911 Democracy Dr., Reston. Fall sessions of running 101 and 201 begin. 703-689-0999.

WEDNESDAY/SEPT. 10

4th Annual FFCAS Golf Tournament. 1 p.m. Westfields Golf Club, 13940 Balmoral Greens Ave, Clifton. All proceeds from the event will go to the Friends of the Fairfax County Animal Shelter's efforts to provide support for important life saving programs at the Fairfax County Animal Shelter, including much-needed veterinary care for homeless pets abandoned in Fairfax County. www.ffcas.org.

FRIDAY/SEPT. 12

Live Music at M&S Grill. 7-10p.m. M&S Grill, 11901 Democracy Dr., Reston. Enjoy live performance by Ken Wenzel. 703-787-7766.

SUNDAY/SEPT. 14

Lake Anne Summer Film Festival. 8 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Grab a date, the family or a group of friends, bring the lawn chairs and a picnic and enjoy Skyfall under the stars. www.lakeanneplaza.com.

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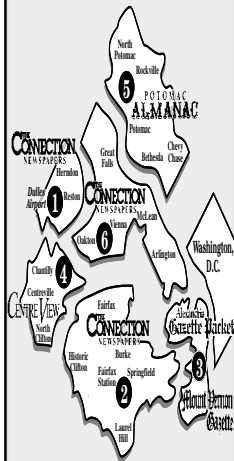
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21 Announcements

OBITUARY

Stanley I. Richards, age 78, of Reston, VA died at
INOVA Fairfax Hospital on Tuesday, July 29 after a brief ill-
ness. Mr. Richards was born on May 29, 1936 in Washington
D.C. He was the firstborn son of the late Henry I. Richards and
Helen Wheeler Richards. He is survived by his wife Jacqueline
Bower Berger Richards, his stepchildren Courtney (Richard)
Powell, Gregory (Olivia) Berger, Christopher (Deanna) Berger,
Joseph (Thea) Berger, his step grandchildren, Austin Rakes,
Trevor Rakes, Cecelia Berger, Preston Berger, Seth Berger.
He is also survived by his sister Margaret (Alfred) Hayes of
Fort Collins, CO, his brothers, Harold (Katherine) Richards of
Purcellville, VA, George (Gretchen) Richards of Austin, TX, his
many nieces and nephews and his former wife Lilla McCutchen
Richards of McLean, VA.

Mr. Richards attended Arlington County elementary schools,
graduating from Washington-Lee High School in 1954. After
attending Purdue University he transferred to Oberlin College
and graduated in 1958 with a BA in Economics. After two
years working for Martin Marietta in Littleton, CO in Ground
Support Equipment Manufacturing he entered The Littauer
School (now Kennedy) at Harvard University graduating with a
MPA in 1962. Mr. Richards worked at the US Department of
Agriculture Management Services and was a Contracting Offi-
cer when he left in 1967 to join the family business. The Ri-
chards Corporation was a Designer & Manufacturer of Imagery
Interpretations Equipment for the US and Western Intelligence
Agencies. Light Tables, Film Handling Equipment and Micro-
scope Mounts. The Richards Corporation was the dominant
supplier of this equipment from the 1950's to the early 1990's.
The Richards Corporation was established by his father in
1946. An example of the equipment, a Light Table is on dis-
play at the Smithsonian American History Museum in Washing-
ton, D.C. With the collapse of the USSR, there was no longer
any need for this intelligence equipment. Mr. Richards guided
the family business in the purchase of a small manufacturer of
Galley Inserts Equipment for Corporate Aircraft. The company
was moved to Virginia and continues to manufacture Micro-
waves and Coffee Brewers for Corporate Aircraft. Mr. Ri-
chards served in many capacities through the last 50 years,
President, Vice President, CEO, and Chairman until the com-
pany was sold in 2008 and he retired.

Mr. Richards was a long time resident of McLean, VA and gave
his time freely to civic and community affairs having served as
member of the Board and President of the following. The
McLean Orchestra, McLean Rotary, McLean Business & Pro-
fessional Association (now Chamber), President of the McLean
Community Center, and the Woodside Association. He was
appointed to serve on the Board of Trustees of the Science
Museum of Virginia in Richmond by three consecutive Gover-
nors for a term of fourteen years. Mr. Richards served Oberlin
College as Class Agent for many years and led his Class of
1958 in the Capital Campaign in its 25th and 50th reunion
years.

Stan loved flying (he received his license at seventeen), tennis,
ballroom dancing, and visiting family and friends over good
food and wine. His family and friends knew of his enjoyment of
a classic gin martini.

Mr. Richards was an active member of the Unitarian Univers-
alist Congregation of Fairfax. A memorial service in his honor is
planned for 10 a.m. Saturday, September 20, 2014, 2709
Hunter Mill Rd, Oakton, VA. The Reverend Laura Norton-Lud-
wig will preside.

The family requests the gifts to honor Mr. Richards' memory be
sent to Our Daily Bread, 4080 Chain Bridge Rd, #2, Fairfax,
VA.
Arrangements by Adams-Green Funeral Home, Herndon, VA.

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All Write For Now



By KENNETH B. LOURIE

And so it goes, every three months or so; a CT Scan, a week or so of waiting, and then a face-to-face appointment with my oncologist to learn/discuss the results. Thankfully, the results continue to be amazing. My doctor has told me that I'm his third miracle; stage IV, non-small cell lung cancer patients generally don't live beyond two years. I'm in year six. And though this CT cycle never gets easy, it does get familiar, and with that familiarity comes a certain predictability that creates its own peculiar sort of calm (it probably helps that I've been asymptomatic most of the time). Still, from the initial diagnosis/prognosis ("cancer," "13 months to two years") given to me in late February, 2009, I've been characterized as "terminal." As my oncologist said to me at that very first Team Lourie meeting: "I can treat you but I can't cure you." Unsettling and surreal doesn't begin to describe my/our reaction to his words. However, five and a half years later, I've become accustomed to the precarious and indeterminate nature of my future.

It's somewhere (and I'm happy to be anywhere, rather than you know where) between a rock and hard place. Nevertheless, receiving encouraging CT Scan results ("diminution," "stable," "no change") feels like a reprieve on the one hand and a reward for good behavior on the other. Certainly nothing is guaranteed going forward, other than my eventual demise that is, but since nothing else is new, no problem. And though I'm not exactly counting deceased chickens before they've hatched (or after for that matter), I am assessing and considering the unexpected survival of a terminal patient (yours truly) who has far outlived his original prognosis. Ergo my ongoing dilemma: Am I closer to the end of my life or simply further from the beginning?

As much as I don't want to focus (you'll note I didn't say obsess) on my disease and my presumptive, abbreviated life expectancy, given the change in my lifestyle as well as my daily anti-cancer routine (pills, smoothies, alkaline water, apple cider vinegar, etc.), the best I can do is compartmentalize. Put it in the vault, to invoke a Seinfeld reference. And usually, I can manage it. However, "vaulting" it gets a bit more challenging and complicated — and more difficult to ignore/pretend/deny when you're rolling in and out of a CT Scan and being told to "hold your breath," and "breathe out" as the tomography scans your lungs looking for potential trouble.

In spite of it all, my life is going on. My next scan is in three months. For the next two and a half months, I can sort of relax and bask in the glow of these most recent results. A few weeks before the next scan, anxiety will return, however, as the cancer reasserts its figurative control and starts to break down my emotional barriers. It's inevitable but it's nothing I haven't experienced before. No complaints though, just observations and admissions. I may be compromised, but I'm still living and breathing — and lucky as hell.

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

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

THURSDAY/AUG. 21

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

FRIDAY/AUG. 22

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

Let's Talk - ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

SATURDAY/AUG. 23

American Red Cross Blood Drive. 8 a.m.-12:30 p.m. St John Neumann Catholic Church, 11900 Lawyers Road, Reston. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

MONDAY/AUG. 25

American Red Cross Blood Drive. 3-8 p.m. Reston Sport & Health, 11445 Isaac Newton Square, Reston. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

TUESDAY/AUG. 26

INOVA Blood Drive. 12-7 p.m. Reston Town Center, beside the Pavilion, 11900 Market Street, Reston. Come donate blood to those in need. Schedule appointments at 1-866-256-6372 or inova.org/donateblood.

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Advanced Students. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL "Speak and Write" for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's Thursday class. Adults. 703-689-2700.

American Red Cross Blood Drive. 10 a.m.-3:30 p.m. Apex CoVantage, 198 Van Buren Street, Herndon. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

WEDNESDAY/AUG. 27

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

ESL for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

American Red Cross Blood Drive. 10 a.m.-3 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. To learn more and make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS.

THURSDAY/AUG. 28

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults. 703-689-2700.

FRIDAY/AUG. 29

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

Let's Talk - ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational group. Adults. 703-689-2700.

A Thought-provoking Play

Herndon's NextStop Theatre to present "Gidion's Knot."

BY DAVID SIEGEL
THE CONNECTION

NextStop Theatre will be presenting audiences with an absorbing, provocative theater piece sure to raise disquieting issues to chew on. With the school year about to begin the dramatic work "Gidion's Knot" takes what could be a current school bullying and aftermath incident and places it on stage for all to take in.

"Gidion's Knot," by award winning playwright Johnna Adams, takes place during a parent/teacher conference between a mother and her son Gidion's 5th grade teacher. The two women struggle mightily with each other, and deeply within themselves over issues that involve very tragic circumstances that haunt them both.

"This play is important," said Evan Hoffman, artistic director, NextStop Theatre. "This is boldly and unapologetically addressing a very real situation that is going on right now in our schools." Hoffman also indicated that the physical intimacy of the Industrial Strength Theatre will heighten the emotional connection between

**From left -
Caroline
Stephanie Clay
and Katy Carkuff
in "Gidion's
Knot."**

PHOTO BY
MELISSA BLACKALL/
COURTESY OF
NEXTSTOP THEATRE
AND FORUM THEATRE



the audience and performers.

The issues raised are not far-fetched. One can look at the Fairfax County Public Schools online information about "creating a safe and positive school environment where all students can learn." This includes "a culture of acceptance and creation of safe opportunities to discuss concerns...with caring adults." This "Gidion's Knot" production is quite unique in that it is a partner-

ship between Herndon's NextStop and Forum Theater, Silver Spring, Md. "It's a great play. Great writing, compelling characters," said Michael Dove, artistic director, Forum Theatre. "That's what grabs you."

"Gidion's Knot" puts you in both characters' shoes and forces you to see both perspectives and then contemplate where the truth lies," added Dove.

For "Gidion's Knot" director and George

When and Where

NextStop Theater and Forum Theatre present a co-production of "Gidion's Knot" at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Performances: Aug. 28-Sept. 14. Thursday, Aug. 28 at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., Sundays at 2 p.m. and 7 p.m. Tickets: \$28. For tickets call: 866-811-4111 or visit www.nextstoptheatre.org.

Mason University graduate Cristina Alicea, it "is a heartfelt drama about two women trying to sort out what happened to Gidion, why it happened in the first place, and whether they hold some blame for his actions." Alicea hopes it will spark many a discussion after the performance is long over. Actor Caroline Stephanie Clay, playing the mother, said that "this is what theater is at its most engaged and vital; when you leave your seat still feeling incredibly charged by what you've seen."

"Gidion's Knot" is the kind of play that will "throw you off-kilter and raise many questions and, in doing so, hopefully expand your perspectives...to understand things from another's point of view, and not to be afraid of that," said Katy Carkuff who plays the teacher.

Temporary Fire Station to be Built in Herndon

**New fire station
expected to be
complete by
spring of 2016.**

BY RYAN DUNN
THE CONNECTION

The vacant Horn Motor's lot on Locust Street, at the intersection of Center Street in Herndon, will soon be host to a temporary fire station. The land is being leased by Fairfax County, and is part of a renovation process for a new fire station facility which will replace the current one located on Spring Street. The original station was built in 1950 and according to fire officials cannot accommodate newer, larger-sized vehicles such as ladder trucks.

Since 1995 officials have been looking for a new location for the fire station. Ultimately it was decided to tear down the station and build a new one at the cost of over \$13 million. "The fire station is a great example of a cooperative project between the Town and Fairfax County," said Mayor Lisa Merkel. "County and Town staff worked together, and with the Heritage Preservation Review Board to ensure that this new facility marries well with our downtown."

THE PROJECT is funded through a



IMAGE COURTESY OF FAIRFAX COUNTY DEPARTMENT OF PUBLIC WORKS AND ENVIRONMENTAL SERVICES
Image of proposed new fire station which will be constructed on Spring Street.

bond referendum Fairfax County voters approved last November. The current two-story, 8,162 square foot fire station on Spring Street is the oldest fire station still in operation in Fairfax County. Currently the station employs six firefighters. Additional space at a new structure will allow the station to add specialty units as needed, such as a rescue unit or a second transport unit. As currently planned, it will have a maximum height of 38 feet for the elevator tower and 32 feet for the rest of the building.

"This is a totally new urban design for a fire station," said Kimberly Callahan, project manager with the Fairfax County Department of Public Works and Environmental Services. The temporary fire station will

include a 2,683 square foot trailer with dormitory and administration space and a 2,570 square foot tent for fire gear apparatus. The new replacement station is designed by Zivik & Hurdle Architects based in Fairfax. The contractors for the new station are Biscayne Contractors based in Alexandria. Some have questioned the idea of demolishing and reconstructing the fire station. "I was very disappointed when Fairfax County decided to renovate the existing fire station in Herndon instead of building a new facility at 397 Herndon Parkway," stated Herndon town council member Dave Kirby. "This site would have allowed for a full standard and modern facility with front and a rear bay access and it

would accommodate larger vehicles."

THE EXPECTED COMPLETION of the fire station project has been moved from the summer of 2015 to spring of 2016. "County staff has worked closely with the Town of Herndon in planning for the site," stated Fairfax County Supervisor John Foust (D-Dranesville). "The County considered many possible locations for the new Herndon station over the past decade. After an exhaustive review, the current site was deemed the best for service response time and for cost of construction." Once construction of the new fire station is complete the temporary site will be restored to its original condition.

Residential population in the station's coverage area is expected to increase over the next 15 years, partially due to higher densities and commercial development that will come with the Silver Line Metrorail. A housing development is under construction near Vine Street less than a mile from the fire station in downtown Herndon. The new fire station will be approximately 14,500 square feet and two stories, and will include larger women's facilities, decontamination facilities, meet all Americans with Disabilities Act standards and will contain fitness facilities for the firefighters.

Fire stations are located within the county in relation to other station, with a seven-minute response time for emergencies to 95 percent of the county's population.