

Promoting Bike and Pedestrian Safety

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The Washington and Old Dominion Trail, used by pedestrians and cyclists, crosses several streets. The Town Council passed a proclamation recognizing Virginia Bicyclist and Pedestrian Awareness Month.

Senator Warner Visits Downtown Herndon

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Herndon Field Hockey Remains Undefeated

SPORTS, PAGE 8

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NEWS

Herndon High Band Thanks the Community

On Saturday, Sept. 6, 150 Herndon High School Band students fanned out across Herndon for their annual Tag Day event, their biggest fundraiser of the year. The students worked together in teams and braved the intense heat and humidity, dressed in full marching band uniforms, courageously knocking on door after door, cheerfully repeating the phrase "Hi, I'm from the Herndon Band" to all who would listen.

The band members were greeted by the community with many positive responses both verbally and monetarily. Neighbors were friendly and asked many questions about the program, and some even stopped their cars to talk to students in the street and provide a donation. Herndon High band director Kathleen Jacoby was very pleased with the generosity provided by the community on Tag Day. The funds raised from this event will help pay for instructors, equipment, instruments, uniforms and other necessities to keep the program running.

The Pride Of Herndon Band thanks the Herndon community, and hopes that you will attend one of Herndon High School's football games and marching band performances to see how your contribution has helped the youth of Herndon.

The HHS Marching Band will perform before the games begin and during half time at all of Herndon's home football games. This year's home games are on Sept. 12, Sept. 19, Oct. 10, Oct. 24, and Oct. 31. The Herndon Band will also host Showcase, US Bands Northern Regional Competition, at Herndon High School on Saturday, Sept. 27.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

Douglas Graney, who teaches history and social studies at Herndon High, was named Virginia Teacher of the Year by the Veterans of Foreign Wars (VFW) Department of Virginia. Graney was one of three teachers (elementary, middle, and high school) recognized by the state VFW for their commitment to teach citizenship education topics to students, and to promote America's history, traditions, and institutions.

Graney received his award in Williamsburg last month. He teaches U.S. and Virginia history, U.S. government, and philosophy, and recently completed the renewal process for board certification from the National Board for Professional Teaching Standards.

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– Linda Weber



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Liz Shipley, Town of Herndon Mayor Lisa Merkel, Senator Mark Warner, Olivia Ruizamora, Les Welch, and Stephen Vides at the Green Lizard bike shop in Herndon.



PHOTOS BY RYAN DUNN / THE CONNECTION

Senator Mark Warner visited several downtown Herndon businesses on Sept. 12 including the Great Harvest Bread Company located at 785 Station Street. Owner Tim Groszkowski bakes bread fresh daily, without preservatives.

Senator Warner Visits Downtown Herndon

Herndon business owners speak with Senator Warner.

BY RYAN DUNN
THE CONNECTION

United States Senator Mark Warner made a visit to downtown Herndon on Friday, Sept. 12. The purpose of the visit was to connect and chat with some local business owners and staff. Warner began his visit at ArtSpace Herndon, located at 750 Center Street. ArtSpace is a community art gallery created and supported by art lovers

in the greater Herndon area. "In arranging the visit, I was delighted so many of our small businesses were able to meet our senator and that he was able to get to know what makes Herndon the great place to live, work and play," said Town of Herndon council member Grace Wolf. Board members of ArtSpace Herndon greeted Senator Warner, including President of the Herndon Foundation for the Cultural Arts Harlon Reece and Director of Council for the Arts of Herndon (CAH) Signe Friedrichs.

"I was honored that Senator Warner chose to spend part of his afternoon in downtown Herndon visiting our small businesses, meeting residents and business owners," said Town of Herndon Mayor Lisa Merkel. Merkel introduced Senator Warner to staff at the Green Lizard Cycling shop on Lynn

Street. An avid cyclist, Senator Warner said he would be back the next time he bikes to Purcellville. In addition to selling and renting bicycles, Green Lizard operates a coffee and soda bar. "It was a fun surprise," said Liz Shipley, a barista at Green Lizard. "We have had both senators Warner and Kaine here." In the past year, Virginia senators Mark Warner and Tim Kaine have both visited downtown Herndon.

Filming the senator's visit were volunteers with Herndon Community Television (HCTV), a nonprofit community access station dedicated to providing Herndon and the surrounding viewing area with access to programming of interest to town residents and local schools. Members of "Herndon Live" an HCTV program which showcases local events, took the opportu-

nity to speak with Senator Warner at O'Sullivan's Irish Pub on Elden Street.

Other locations visited by Senator Warner included the Hot Spot, an infrared sauna spa and Great Harvest Bread at Station Street. The senator also met the partners and staff of Stout & Teague, a commercial real estate firm. "It is always fun to introduce people to Great Harvest," said owner Tim Groszkowski. Senator Mark Warner is running for re-election in 2014 against Ed Gillespie. The candidates will face off in a Battleground Forum at CIT, Center for Innovative Technology in Herndon at the Center for Innovative Technology, 2214 Rock Hill Road, in Herndon on Sept. 19. The event is presented in partnership with the Loudoun County, Prince William and Fredricksburg Regional Chambers of Commerce.

Town Council Promotes Bike and Pedestrian Safety

100 cyclists and pedestrians killed on the roads in Virginia every year.

BY REENA SINGH
THE CONNECTION

Herndon is promoting bicycle and pedestrian safety this month. The Town Council passed a proclamation recognizing Virginia Bicyclist and Pedestrian Awareness Month to make drivers aware of their less protected counterparts on the road.

Councilmember Steven Mitchell read the proclamation, stating that 100 bicyclists and pedestrians in Virginia are killed annually on the roads.

"To combat these tragic statistics, the Herndon Police De-

partment, Herndon Police Citizens' Support Team and the town's Pedestrian and Bicycle Advisory Committee, are teaming up with DRIVE SMART Virginia, Bike Virginia, the Virginia Highway Safety Office at the Division of Motor Vehicles and other like-minded organizations, to make our roads, trails and paths safer," Mitchell said.

Herndon sees hundreds of bicyclists pass through the town because it is the halfway point on the Washington and Old Dominion Trail. Several parts of the trail have cyclists and pedestrians crossing roads.

"You can never be too safe," said Mitchell.

Green Lizard Cycling, a coffee and bike shop that sits by the trail, sees people from all over the D.C. metro area who need repairs, water, or just a seat after cycling the trail. Shop Owner Dave Meyer has been cycling competitively for most of his life.

"I've been nicked," he said. "I've been brushed. I see it all the time."

He said motorists need to under-



A cyclist and pedestrian cross a street on the Washington and Old Dominion Trail.

stand that cyclists have other roadside hazards - such as potholes and glass - in addition to vehicles.

He said cyclists have to be responsible for their own safety as well, on and off the road.

"And on the trail, cyclists need to remember it is a shared resource," he said.

He applauded Herndon for being supportive to cyclists in the region. Recently, lighting has been added to the trail to keep the path lit at night. Umbrellas, water foun-

tains and benches were installed in the town square for cyclists or families that want a pit stop.

"We're lucky as a community to have this," he said.

He said that the Green Lizard's location is perfect because it's on the other side of the square. The shop has started serving sandwiches during lunch hours as a way to get more cyclists and pedestrians to stop by.

Avid cyclist and W&OD Trail Patrol Stephen Vides also com-

mented on how supportive Herndon is for cyclists.

"Herndon is growing to be a bike town," he said. "The lighting is awesome. You know that the town cares about the cyclists and their safety on the trail."

Vides, who lives right outside of Herndon, has been cycling seriously for a year and on the trail patrol for four months. He said he has seen his share of road rage from motorists, especially during evening rush hour.

"You get shouted at," he said. "You'll get honked at sometimes."

Like Meyer, he said it is important for cyclists and pedestrians to be proactive with safety measures. Several incidents where cyclists have been hit by cars happened because one car stopped to let them go in a multiple lane road, he said, but other cars were not aware the cyclist was about to ride across the street.

"You have to be aware of your surroundings," he said.

PHOTO BY REENA SINGH / THE CONNECTION

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FAITH NOTES

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

Out with the Old in with the New at Vajrayogini Buddhist Center in Reston. This class will show us how to overcome negative mental habits of mind such as anger. You will learn practical methods for daily life and how to use meditation to overcome these negative minds. Thursday, Sept. 18, 7:30-8:30 p.m. at Brown's Chapel, 11300 Baron Cameron Ave. (opposite Lake Anne Village), Reston. Teacher: Gen Kelsang Varahi, an American Buddhist nun. Cost: \$10 (\$5 for full time students/unemployed/ adults 65 and over) Details: <http://meditation-dc.org/reston/>

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

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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OPINION

Protecting Those Threatened by Domestic Violence

September marks 20th Anniversary of Violence Against Women Act.

BY GERRY CONNOLLY
U.S. REPRESENTATIVE (D-11)

This month marks the 20th anniversary of the Violence Against Women Act (VAWA) – landmark legislation in which our nation committed new prevention and response resources so that our mothers, daughters, sisters, and friends would no longer have to suffer in silence through domestic abuse.

Though meaningful progress has been realized, domestic violence continues to be a real and troubling challenge in our communities. Far too many of us have been touched by domestic violence in one way or another. According to the National Coalition Against Domestic Violence, an estimated 1.3 million women are victims each year, and one in every four women will experience such violence

COMMENTARY

in their lifetime.

Just last year, Turning Points, the only domestic violence intervention program in Prince William County, served 6,000 clients. In Fairfax County there were more than 8,000 incidents reported, and we have seen a 40 percent increase in homelessness due to domestic violence.

This is why I was so disappointed when the House Republican majority blocked a bipartisan modernization of VAWA for 18 months before relenting last year. The Senate passed the bill in a strong and bipartisan 78-22 vote, but some House Republicans objected because they did not want to extend protections to Native Americans, LGBT Americans, and immigrants. Thankfully, House leadership finally put aside this obstructionism and ultimately allowed the House to pass the improved VAWA bill, which I and an overwhelming number of Democrats supported.

Thanks to VAWA, we have strengthened and expanded critical protections for all victims of domestic violence and enhanced our nation's criminal justice response. Specifically, VAWA has instituted stricter sentencing guidelines for repeat federal sex crime offenders and pro-

vided resources to tribal, local, and state law enforcement communities to address violent crimes against women. In addition, VAWA funds specialized training for 500,000 law enforcement officers, prosecutors, judges, and other personnel every year. The National Domestic Violence Hotline, which responds to more than 22,000 urgent calls for help every month, also was created under VAWA.

The updated VAWA is renewing our successful partnerships with local nonprofits and law enforcement agencies. It is improving protections for underserved communities, particularly immigrants and victims of human trafficking. And of particular importance for helping victims through the recovery process, the new bill is expanding housing assistance and providing support regardless of sexual orientation.

Sadly, recent events in the news demonstrate that although we have made great progress, as a community we must remain vigilant in protecting those threatened by domestic violence. Please know that I will continue to push Congress to maintain and expand the investments needed to support these critical programs in our community and continue to be a voice of support to those who might otherwise not speak up for themselves.

School Board Ready to Tackle Fiscal Challenges

BY TAMARA DERENAK KAUFAX
CHAIRMAN, FAIRFAX COUNTY SCHOOL BOARD

I am honored to have the opportunity to serve as the chairman of Fairfax County School Board for the 2014-15 school year. My colleagues on the board and I – working closely with our superintendent, Dr. Karen Garza – have an ambitious agenda for the year ahead. Our top priority remains adequate funding for our schools at both the state and county levels. State support for education remains at unacceptable levels and we will continue to work with our county Board of Supervisors to provide our schools with an adequate level of financial support when the state fails to do its job. As a consensus builder, I will continue to urge the School Board to work in partnership with the Board of Supervisors to find solutions to our budget dilemma.

COMMENTARY

We have already taken steps to build a stronger relationship with the Board of Supervisors. This past year, Dr. Garza provided a new level of transparency in the budget process by meeting with the Board of Supervisors and other community leaders, conducting listening tours in each of the magisterial districts, and developing the Citizens Guide to Understanding the Budget, all of which were well received by the supervisors and the community. Our boards have already met jointly in September to outline our fiscal forecasts. In addition, we have established the Joint Budget Development Committee composed of three supervisors and three School Board members. The committee will review budget factors impacting Fiscal Year 2016 and provide guidance to both boards. The committee will deliver a report to both boards

before the County Executive presents his Advertised Budget and before the superintendent presents her Proposed Budget in early 2015. Last year, the county and School Board created the joint Infrastructure Financing Committee to review the facilities needs of both FCPS and the county. The committee report released earlier this year resulted in an additional \$13 million that will be invested each year beginning in FY 2016 for school infrastructure upgrades. I will continue to encourage this kind of collaboration to build trust and realistic expectations for the supervisors, the school board, and the community.

In the next few weeks we plan to make a final decision regarding school start times for the 2015-16 school year. Superintendent Garza made her recommendation to the board at a meeting in early September. We will provide the community with sufficient time to comment on the proposal before we take final action at our Oct. 23 meeting. As you may recall, the School Board adopted a resolution in April 2012 with the stated goal to start high schools after 8 a.m. The board subsequently hired Children's National Medical Center to serve as consultants to develop a plan to achieve that goal. CNMC developed four options. Those options were taken to the community in a series of eight public meetings held in May and June. After analyzing the feedback from parents and the community, CNMC made their recommendation and, based on school board direction, Option 3 is the framework being used to develop a final recommendation for school board consideration. I invite you to learn more at www.fcps.edu.

Other new initiatives include the FCPS Por-

trait of a Graduate, which will serve as a foundation on which to build a long-range strategic plan for FCPS. Once a strategic plan is in place with a direct and clear vision for our schools, our work will be very focused and the outcome will be improved student achievement for every student.

We have had great success with our launch of full day Mondays for our elementary students. The community is very supportive of the change which will increase instructional time for students and dedicated planning time for teachers. Beginning this school year, we also have a new standard school calendar in place that eliminates the need to make up inclement weather days at the end of the school year, if fewer than 13 days are missed.

The Bailey's Upper Elementary School for the Arts and Sciences opened Sept. 2 with a community ribbon-cutting celebration scheduled for Oct. 15. This new school was converted from a five-story office building on Leesburg Pike and will solve the overcrowding problems that have plagued Bailey's Elementary School for the Arts and Sciences. Under the leadership of one principal, the new campus houses grades 3-5 while the existing campus remains home to preschoolers through second graders.

The start of a new school year is always an exciting time for students, parents and teachers. As chairman, I pledge to maintain and build upon the excellence for which our schools are known. Working with our state elected officials, supervisors, superintendent and other stakeholders, I am confident that we can solve our most pressing problems while continuing to offer a world-class education for our families. Have a safe and productive school year.

Oak Hill & Herndon
CONNECTION

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A Different Path to a 4-year Degree

NOVA's Guaranteed Admissions Program gives students opportunities to attend their dream schools.

BY MARILYN CAMPBELL
THE CONNECTION

Noor Naveed immigrated to the United States from Pakistan with her family shortly after the 9/11 attacks. The family settled in Northern Virginia and, years later, Naveed graduated from Hayfield Secondary School in Alexandria. She dreams of becoming the first person in her family to graduate from college.

"My mother was forced to drop out of junior high and at 32 got her GED. I just knew that there wasn't anyone in my immediate family who had graduated from college and was determined to be the first person," said Naveed. "I knew I wanted to [go to] George Mason because I didn't want loans and I knew I could pay for George Mason out of pocket."

Naveed used Northern Virginia Community College's Guaranteed Admissions Program to complete her associate of arts degree and is now finishing a bachelor's degree in criminology, law and society at George Mason University in Fairfax.

"Counselors were great at telling me what classes I should take so they would trans-



Noor Naveed hopes to become the first person in her family to graduate from college. After graduating from NOVA, she transferred to George Mason University.

fer," she said. "Almost all of my classes transferred."

NOVA's admissions agreements guarantee current and future NOVA students who earn associate degrees admission to more than 40 four-year colleges and universities.

Students have to meet certain academic requirements, such as earning a minimum grade point average, to be accepted into their chosen four-year colleges.

"It's very beneficial to the students because before these agreements, there

weren't any parameters as to what it takes to be admitted to universities," said Julia Brown, coordinator for transfer policy at Northern Virginia Community College. "As long as you have a certain GPA, the guaranteed admission agreement takes all of the guess work out of whether you will qualify. It is a huge relief. ... Students don't want to waste money or time by taking a class that isn't needed."

NOVA officials say that popular majors include engineering, nursing, computer science and general studies.

For example, a student can earn an associates degree in engineering from NOVA then transfer to Virginia Tech's College of Engineering or the University of Virginia's School of Engineering and Applied Science. A student who might be unsure of the major he plans to pursue can earn a general studies degree and then transfer to George Mason University.

George Mason University, University of Virginia and Virginia Tech are the top transfer schools for NOVA graduates.

"The [Guaranteed Admission Agreement] program allowed me to complete my associate's degree close to home. The GAA gave me the opportunity to transfer to my dream school, James Madison University, with ease and with no debt," said Amy Zuaso, a first-year advising specialist at NOVA. "At NOVA, I met with a JMU transfer representative that informed me about a full ride scholarship program, The Centennial Scholars Program, that I applied for and was awarded. Starting at NOVA first and using the GAA helped me graduate from a four-year school and to be the first person in my family to graduate from col-

Details

For more information on the Guaranteed Admission Agreement program, visit www.nvcc.edu/academics/gaa/

lege."

Zuaso is now completing an online master's degree in counseling at Liberty University in Lynchburg, Va.

THE PROGRAM WAS CREATED after the release of a workforce trends report prepared by George Mason University's Center for Regional Analysis showed professional, scientific, technical and health care fields as the key sources of new net job growth in Northern Virginia from 2010 to 2020.

"The GAA is designed to offer students a seamless transfer process," said Darren Troxler, associate dean of admissions and chief transfer officer at George Mason University. "Students who meet all of the requirements for GAA admission are not only guaranteed transfer admission to Mason, but are considered juniors for class standing, registration and financial aid purposes, and are considered to have completed the Mason Core, our lower-level general education requirement."

Troxler says another advantage to GAA enrollment is the significant cost savings for students and parents. "There is a \$271 per credit hour differential in tuition rates between Mason and NOVA for Virginia residents," he said. "Students will realize a significantly lower debt burden by taking advantage of the Virginia Community College System."

Rosh Hashanah – More Than Just a New Year

BY RABBI LEIBEL FAJNLAND

Throughout the year, the Jewish calendar is filled with Holidays commemorating key historic spiritual and physical milestones in Jewish history. Passover recalls our Exodus from Egypt, Shavuot receiving the Ten Commandments on Mount Sinai, Purim the saving of the Jewish nation from Haman and King Xerxes of Persia. As Rosh Hashanah approaches, one may wonder, what's happening, what key event in Jewish history do the Days of Awe commemorate?

The Talmud tells us that Rosh Hashanah - the Jewish New Year is the anniversary of, not the first day of creation, but rather the sixth, the day of creation that brought us Adam — Man-kind. It is poignant that it does not celebrate the creation of the physical world, which according to Jewish tradition actually occurred five days earlier.

Mystical thought explains the focus on

people rather than the world on these holiest of Days as follows. G-d created the world not to have static, lifeless planetary matter but rather a dynamic changeable world whose material crassness could be transformed into a dwelling place for Him — by the G-dly actions, thoughts and words of people. To change the world for the good, and for good. Into a place where G-d and G-dliness would not seem to be incongruent with the reality in which It was uncovered.

Furthermore, our sages teach us that the reason Adam/Man was created a single being (unlike other species which were created in large numbers) was to demonstrate how one person equals a whole world. Every individual regardless of personal status has the capacity to rise and attain the highest degree of fulfillment for his/her self and the rest of the world.

So when Rosh Hashanah arrives, we commit ourselves to a more intense bond with G-d, to a more meaningful and deeper relationship with Him, and to redoubling our

efforts in perfecting the world. We don't need a specific event to be the focus of Rosh Hashanah, for the holiday commemorates the very purpose for which we are here.

May I wish you and those you love, in the words of our Jewish tradition, Leshana Tova U'Metuka—a good and sweet year. May it be a year filled with good health, prosperity and meaning.

May we all merit to be written and sealed in the Book of Life for a happy, healthy and meaningful year.

Rabbi Leibel Fajnlанд is Director of Chabad of Reston – Herndon. Tel: 703-476-1829. Email: Rabbi@chabadrh.org

Services Schedule

In anticipation of the upcoming Jewish New Year, Chabad of Reston-Herndon has announced its High Holiday Services schedule.

Information for Chabad's open to the community Services for Rosh Hashanah (Sept. 24 –26) and Yom Kippur (Oct. 3-4), as well as to reserve, can be found at www.chabadrh.org.

Membership is not required to join. All are welcome, free of charge, regardless of background or

affiliation.

In addition, a special children's program will accompany the adult services.

For more information on the above event, call Rabbi Leibel Fajnlанд at 703-476-1829 or write to Rabbi@chabadrh.org.

Community Shofar Factory

On Sunday, Sept. 21, adults, students and children of all ages will get the unique opportunity to participate in a demonstration and hands-on workshop, crafting their own Shofars, or ram's horn (while supplies last), for the upcoming holiday of Rosh Hashanah - the Jewish New Year.

The Shofar is perhaps the oldest wind instrument known to mankind. Consisting of a simple horn taken from a ram or similar animal. The Shofar is sounded in Jewish houses of worship on Rosh Hashanah, the Jewish New Year, and at the end of Yom Kippur, the Day of Atonement.

The Shofar Factory is open to the general public on Sunday, Sept. 21, 1:30 - 3 p.m. at the Home Depot 1651 Reston Parkway, Reston. Admission to the presentation is free. Cost of Shofar craft \$15. To attend or to reserve a Shofar please email Rabbi@chabadrh.org



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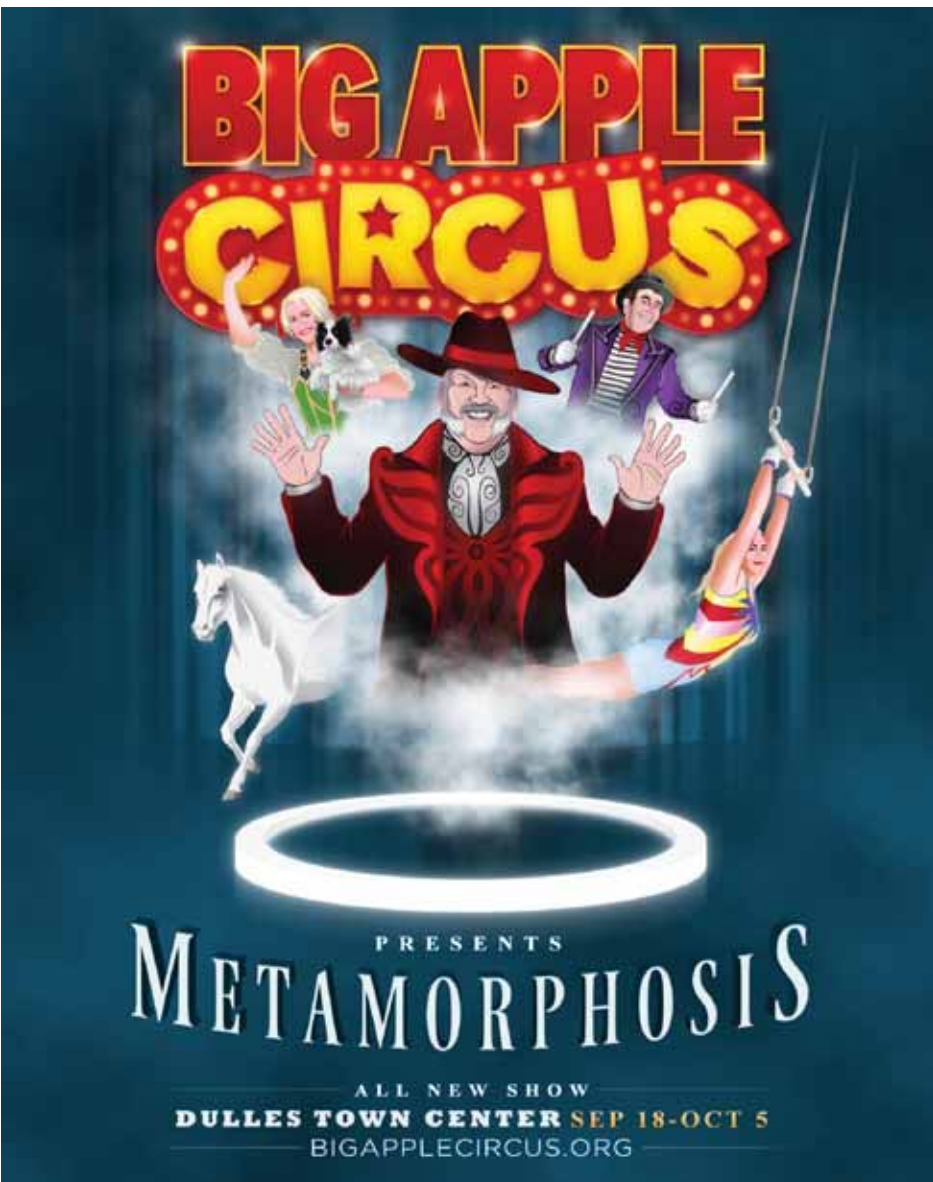
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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION
Herndon senior captain Taylor Stone is committed to play field hockey at the University of Louisville.



Herndon senior captain Sofia Palacios is committed to play field hockey at the University of Pennsylvania. She leads the Hornets in goals and assists.

Herndon Field Hockey Remains Undefeated

**Senior captains
Stone, Palacios
provide 1-2 punch.**

BY JON ROETMAN
THE CONNECTION

Pressure? What pressure? The Herndon field hockey team has mowed down its competition during the 2014 season. The Hornets improved to 10-0 on Monday with a 4-0 victory over Centreville. Herndon has outscored opponents 46-3, and scored at least four goals in nine of 10 contests.

In 2012, Mary Miller's first season as Herndon head coach, the Hornets snapped a postseason drought by reaching the region quarterfinals. Last year, Herndon advanced to the region semifinals, falling one victory shy of the state tournament.

This season, Herndon returned a solid nucleus of talent, led by seniors Taylor Stone and Sofia Palacios, and has an opportunity to make another deep postseason run. However, the Hornets aren't allowing themselves to be weighed down by lofty expectations that can accompany past accomplishments or an undefeated record. Players are enjoying their success and carrying it as a point of pride at a school where many teams have struggled in recent seasons.

"Personally, I feel like [having an undefeated record is] definitely spurring us on," Palacios said after Herndon defeated Yorktown on Sept. 11. "We want to keep on going. I personally don't feel tons of pressure. It's something that we can just build on each and every game and we feel better about ourselves each win we get."



Herndon senior captain Jamie Wright, who is committed to Dickinson College, helped the Hornets beat Yorktown 4-0 on Sept. 11.

Palacios, a forward, is one of three team captains, along with Stone and senior Jamie Wright. Palacios, who is committed to play field hockey at the University of Pennsylvania, leads Herndon in goals (15) and assists (13). She scored a pair of goals during the Hornets' 4-0 win over Yorktown on Sept. 11, a game in which Herndon held a 31-5 advantage in penalty corners.

"Sofia, you can put her up top, she can dribble down and cross it if you need a big cross," Miller said. "She can bring it through the circle and get a shot or get a corner. She's got that great stick work and movement in tight spaces."

Stone, a midfielder who is committed to play at the University of Louisville, has eight goals and 11 assists this season, including two goals and an assist against Centreville

on Monday.

"She's a tremendous player, but she's a tremendous team player," Miller said. "She's played on the national team, she plays all the time, she's going to Louisville. The high school game is a little bit different and Herndon, unlike some other programs, is not a big school. We don't have a ton of kids. There are a lot of varying levels on our team and Taylor does a great job of leading [the team], playing with everybody, of bringing everybody's level up. ... She's kind of our quarterback."

Wright, a midfielder who is committed to Dickinson College, has five goals and nine assists. Sophomore forward Sammy Stone has eight goals.

"We have quality over quantity as coach likes to say," Taylor Stone said, "because we

don't necessarily have the biggest team, but we definitely have a solid group out there."

The Hornets field hockey team is one of Herndon High School's more successful athletic programs in recent years. Palacios said teachers and students show support for the team.

"Representing our school so well," Palacios said, "it's definitely a point of pride for us."

Taylor Stone said Herndon fans "actually respect the sport more than they did in the past."

Herndon will travel to face Madison at 7:30 p.m. on Thursday, Sept. 18. Stone said the Hornets still feel like underdogs. The team is trying to stay humble while not assuming success is on the way. However, that isn't stopping Herndon from setting its sights on accomplishing something special.

**"Representing our school
so well, it's definitely a
point of pride for us."**

— Herndon senior Sofia Palacios

"[Falling one win shy of last year's state tournament] definitely gives us something to be hungry about," Palacios said. "Going to the state tournament is something that not many people get to do and it's definitely a big thing for our program. We almost got it last year. We were so close. We got a little taste of being successful and being winners, so we definitely want to get the next step."

CALENDAR

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

WEDNESDAY/SEPT. 17 – SEPT. 24

Reading Buddies. 4:45 – 5:45 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Teen volunteers (ages 12-19) read with and listen to your child (ages 4-8) read.

THURSDAY/SEPT. 18 – TUESDAY/SEPT. 30

Book Sales. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Ongoing book sales. All ages.

FRIDAY/SEPT. 19 – FRIDAY/SEPT. 26

JamBrew. 6-10 p.m. Town Green Herndon, 777 Lynn Street, Herndon. Recurring weekly on Friday. 703-674-0589.

FRIDAY/SEPT. 19 – SATURDAY/SEPT. 20

Painting Competition for Youth, Teens and Adults. Friday: 3-7 p.m. Saturday: 9:30 a.m. – 3:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. This is day painting competition with cash prizes for youth 8-11 years old, teens 12-17, and adults. Entry fee. For complete rules or to register, visit www.artspaceherndon.org.

SATURDAY/SEPT. 20

Paint Herndon Celebration. ArtSpace Herndon, 750 Center Street, Herndon. Come out to celebrate the anniversary of the opening of ArtSpace in this annual

Catch The Larry Stephenson Band at Holy Cross Lutheran Church in Herndon on Sept. 20. Larry is known for his pure high tenor voice and magnificent mastery of the mandolin.

celebration of the arts. For more information, visit: <http://artspaceherndon.com>. 703-956-6590.

The Larry Stephenson Band. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Stephenson is known for his pure high tenor voice and mastery of the mandolin. Tickets: \$15.

Bike Rodeo. 9:30 a.m. – 3:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Children and youth, bring your bike for a tune-up, learn bike safety tips, have your bike helmet properly fit, and decorate your bike.

Paint Herndon Design and Wine. 7

– 10 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Paint a wine bottle with Anne Nagy. Instruction, supplies, two glasses of wine, and light refreshments included in the \$30 fee. Space is limited and registration is required. For more information or to register, visit www.artspaceherndon.org.

SUNDAY/SEPT. 21

Herndon Kids Triathlon. 7:30 a.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. This triathlon for children ages 6-16 gives youth a chance at experience a fast-

growing sport in the United States. Sept. 19th is last day to register; no race day registration! Admissions: \$35-\$45. 703-787-7300.

MONDAY/SEPT. 22

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Vehicles Vroom! Trains, planes, truck and more with books, rhymes and songs. Age 2 with adult.

TUESDAY/SEPT. 23

Folk Club of Reston-Herndon September Concert: Sparky and Rhonda Rucker. 7:15 p.m. Amphora Diner Deluxe, 1151 Elden Street, Herndon. Tickets: DAHurdSr@cs.com. \$11 Members, \$12 non-members. Sparky and Rhonda Rucker perform throughout the U.S. as well as overseas, singing songs and telling stories from the American folk tradition.

WEDNESDAY/SEPT. 24

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

Young Science Explorers. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. All aboard for a S.T.E.A.M. (science, technology, engineering, art and math) storytime where we'll explore the Science of Sound. Includes hands-on, interactive activities. Ages 3-5 with adult.

THURSDAY/SEPT. 25

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

Meet the Artists Series. 2:15 p.m. - 3:30 p.m. The CenterStage at Reston Community Center Hunters Woods,

2310 Colts Neck Road, Reston. Cabaret singer Beverly Cosham and friends. Free. 703-476-4500.

Reston Friends Semi-Annual Book Sale.

10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Browse through thousands of books in like-new condition, representing all subject categories. Visit "Charly's Corner" to find special treasures of all kinds. NOTE: NO children's books are offered at this sale. All ages.

Fall 2014 Used Book Sale. 10 a.m. – 8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. <http://restonfriends.blogspot.com>

FRIDAY/SEPT. 26

Kids at Hope Family Fun Night. 7-9:30 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. Games and activities to reinforce children's self confidence. \$2. 703-787-7300.

SATURDAY/SEPT. 27

Oktoberfest. Noon – 10 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Music, entertainment, vendor booths, food, wine and (of course) beer will be available. Hosted by the JamBrew committee of the Herndon Hospitality Association.

Fall 2014 Used Book Sale. 10 a.m. – 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. <http://restonfriends.blogspot.com>

SUNDAY/SEPT. 28

Nature Fest 2014. 1-5 p.m. Runnymede Park, 814 Ferndale Ave, Herndon. Enjoy a variety of nature stations, live animals and arts and crafts. 703-435-6800.

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.

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Scared, Hopefully Not to Death

By KENNETH B. LOURIE



One of my greatest fears (or regrets, if I am in fact the cause of my own decline) is that my own stubbornness, stupidity, “male blockheadedness” and/or refusal to believe/pay attention to signs, symptoms, indications and instructions/health advisories from my oncologist about my health will lead to my premature death. Not that a stage IV, non-small cell lung cancer diagnosee originally given a “13-month to two-year” prognosis still alive and writing – among other activities – five and a half years later should think it “premature” after so far outliving his original prognosis; nevertheless, having received this diagnosis at age 54 and a half has caused me to still characterize my death as potentially premature given the fact that both my parents lived well into their 80s. Their long life had led me to believe that I’d live just as long. Hearing what I heard from my oncologist back on February 27, 2009, at the initial Team Lourie meeting changed my thinking, however.

Yet here I sit, not exactly “ensconced” in velvet as George Costanza loved, but alive and reasonably well, sitting “in the catbird seat” (to quote the late, great, legendary Red Barber, radio voice of the Brooklyn Dodgers {1939 -1953} and the New York Yankees {1954-1966}.) “Sittin’ pretty,” in the “rocking chair” are similar phrases of a type of good fortune. And considering my original set of extremely unfavorable circumstances – terminal cancer, inoperable, incurable, “perhaps you ought to take that trip you always dreamed of;” – I’m about as fortunate as one could be: sitting, rocking, standing, anything, in or out of the catbird seat or any other seat for that matter. Lucky doesn’t begin to summarize my amazing good fortune. And as much as I’ve done to affect my circumstances: diet, supplements, minerals, vitamins, non-western alternatives, holistic ideas, I certainly don’t want to stop now. (I grade myself a “B” on the how-good-I’m-doing scale; those who know my history would give me a higher grade, however.) But as live on, I try to pay closer attention to what my body is telling me, given that it may have outlived its ability to absorb the many poisons and toxins it has absorbed over these past five years having been subjected to almost non-stop chemotherapy, every three weeks – save for a 12-month break when I was able to take two pills a day instead.

After all this time though, it’s still my nature to ignore, shrug off and even minimize some of what I feel and attribute it to age. (Believe me, it’s a lot easier than believing it’s the cancer.) I mean, I’m not getting any younger, and while the cancer is presumably impacting me in some way, I don’t want to take my above-average health for granted. Nor do I want to worry myself into an early grave, either. But if I’m not proactive and worried – and attentive to details, perhaps that innocence and hopefulness may very well be my undoing; even though I’m not ready to be undone. Regardless of what I do, or how I do it, sometimes I feel like my life is a done deal. And that’s what scares me – to be the victim of my own circumstances.

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

BULLETIN BOARD

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

THURSDAY/SEPT. 18 - TUESDAY/SEPT. 30

One-to-One English Conversation. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Practice your English conversation skills with a volunteer. Adults. Call to register Monday after 1 p.m. 703-689-2700.

THURSDAY/SEPT. 18

FAA Reauthorization - What it is and Why it’s Important. 11:30 a.m. Crowne Plaza, 2200 Centreville Road, Herndon. Jim Bennett, CEO, JB Transportation Advisors, LLC, will share with the Committee for Dulles what this legislation is about, the prospects for its passage, and what all this means to Washington Dulles International Airport and its airlines. Reserve your space, info@committeefordulles.org

Women’s Club of Reston Meeting. 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. The meeting is open to the public and there is no need to be a Reston resident. Some of the many activities include bridge, mahjong, book club and scrabble. There will be representatives from each activity available that day to answer questions & help you sign up. For more information, visit www.restonnewcomers.org or call Margaret at 703-834-0468.

Volunteering 101. 7 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Get information about the youth volunteer program at Herndon Library. Volunteers assist staff and earn service hours. Volunteers apply at the program. Age: teen.

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

ESL Pronunciation & Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. ESL class. Adults.

FRIDAY/SEPT. 19

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.

MONDAY/SEPT. 22

NARFE Dulles Chapter 1241 Luncheon Meeting. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon. Suzanne Scholte (R), Congressional District 11, and Pete Snyder speaking for Barbara Comstock (R), Congressional District 10. Please call in your reservation by Sept. 18 to Louise Rooney 703-435-3523.

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

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

ESL: U.S. Citizenship Exam for Intermediate Students. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Twelve-week course that teaches speaking and writing skills on the basis of selected topics of U.S. history and government. Regular attendance is required Call the information desk to sign up. 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/SEPT. 23

Inova Blood Drive. 12-7 p.m. Reston Town Center Plaza, 11900 Market St., Reston. Blood drive occurs monthly on the 4th Tuesday. 1-866-256-6372.

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

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

WEDNESDAY/SEPT. 24

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.

THURSDAY/SEPT. 25

ESL Pronunciation & Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. ESL class. Adults.

Parenting Coaching Workshop. 7 p.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. The second in a fall series of parenting coaching workshops presented by Lara Fayed Akhras, CPC and ELI MP. Open to adults only.

FRIDAY/SEPT. 26

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/SEPT. 27

Meet and Greet 10th Congressional District Candidates and Voters. 2:30 – 4:30 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon.

MONDAY/SEPT. 29

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

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

ESL: U.S. Citizenship Exam for Intermediate Students. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Twelve-week course that teaches speaking and writing skills on the basis of selected topics of U.S. history and government. Regular attendance is required Call the information desk to sign up. 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/SEPT. 30

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

ESL for Beginners. 10 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. ESL class. Adults. 703-689-2700.

New Voting Equipment Demonstration. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Staff from the Fairfax County Office of Elections will provide an opportunity to see and try out the brand new voting machines and equipment that will be used in the upcoming elections.

ONGOING

Fairfax County’s Meals on Wheels urgently needs drivers in the Annandale, Franconia/ Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.



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Herndon to Get a New Park

The Fairfax County Park Authority now owns an additional 11.7 acres of parkland in the Dranesville District. The new acquisition was the result of a fee simple, land transfer by the Fairfax County Board of Supervisors to the Fairfax County Park Authority Board. The property, located near Dulles Station Blvd. in Herndon will be known as Dulles Rock Hill Park. A community park will be established through a developer proffer agreement in the near future.

The property was previously owned by the Fairfax County Board of Supervisors and contains an approximately 6.5-acre existing storm water facility. The park facilities were proffered as part of a nearby rezoning case for a 411-unit multifamily project that could not accommodate on-site recreational facilities. The applicant has agreed to spend \$1.5 million to create a park on the property and maintain it in perpetuity. The site is contiguous with the Merrybrook Run Stream Valley Park.

Registration is OPEN NOW

through October 6th.

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Winter 2014-2015 Season



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