

Oak Hill ♦ Herndon  
**CONNECTION**

**WELLBEING**

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# Herndon High Hosts Showcase Of Bands

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Herndon High  
Principal William  
Bates with members  
of the Herndon High  
band after the after-  
noon award cer-  
emony for the North-  
ern Virginia Regional  
Showcase of Bands.

## Herndon NatureFest Held At Runnymede Park

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PHOTO BY RYAN DUNN/THE CONNECTION

OCTOBER 1-7, 2014

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# WE CHANGE LIVES

## No experience necessary

Most of us understand that we need to lose a few pounds, move more and maybe join a gym. But, if you have never belonged to any type of fitness facility in the past, taking the first step is daunting. Often, your head is filled with lots of conflicting information that prevents you from taking that first step.

Koko FitClub has been in the "helping people" business for nearly a decade, and we have started thousands of people on their journeys to fitness success. Here are a few thoughts you may have that keep you from getting into better shape, living healthier and feeling better about yourself:

### "I can't join a gym yet, I need to get into shape first."

This is one of our favorites. You would be surprised by how many people think they have to get into shape BEFORE they join a gym. First of all, virtually every member at Koko is someone who has struggled with weight and poor body image in the past, but doesn't want to go to a typical gym. At Koko, just getting started is far more important than what kind of shape you are in now. Working out in a non-threatening, supportive environment fits everyone -- from the fitness first-timer to someone who has simply grown tired of the typical "gym scene".

### "I won't fit in."

The fear of fitting in is the biggest block for most people who consider joining a gym. If you are interested in changing how you look and feel, then we will be there to offer you support, guidance and even a little hand-holding to get you through the first few weeks. Once you get started, you'll be surprised at the friends you will make and the old friends you will see that have already found their home at the Koko FitClub.

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Why not try us first with no risk or obligation. We offer a 30-day risk-free trial for only \$30. Come see what we do, try everything we have to offer for 30 days, meet our staff and our members and, at the end of 30 days, if we haven't earned your business, then we don't deserve to have you as a member.

### "I never get the results I want."

Changing your body is a combination of working out and weight management. Many people have failed in the past because they don't ever put the two components of a healthy lifestyle together. We can do that for you with simple, clear programs and guidance to make sure that this time you WILL get what you want from a gym membership.

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\*Some restrictions may apply. See club for details.



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"Turning 47, I have never been this physically fit in all my life - even before 3 children! Koko

has been the easiest workout plan for me to stick with without getting bored, and it is by far the most efficient. The friendly and helpful Koko employees are like family. On a recent trip to Mexico people were saying that my 17 year old daughter and I look like sisters (OH YAH!) on the beach - PRICELESS!" ~ Linda Weber



"We Koko because fitness is a family affair!"  
~ Debbie & Paul Baker



"There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!"  
~ Scott Kreitz

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# Former Council Members Honored

Hutchinson, Waddell  
receive key to town,  
state resolutions.

BY REENA SINGH  
THE CONNECTION

**H**erndon Town Council recognized the work of two former council members last week. Charlie Waddell and Connie Hutchinson were honored with keys to the town at the Sept. 23 town meeting for their lifelong work in the community.

"It's been a real privilege and honor to represent the citizens in this town," said Hutchinson. "Hopefully I made a difference."

According to the resolution, Hutchinson served seven terms on the council since 1992. In addition to her work on the council, she also volunteered her time with Herndon Historical Society, Sister Cities International of the Greater Herndon Area, the Holiday Homes Tour and Herndon Hospitality Association.

"Goodness gracious, look at the accomplishments this lady has done throughout her life here in Herndon," said Council member David Kirby. "She's a dedicated servant of the town, even though she is no longer on the council."

The former council members were also given resolutions from the Virginia General Assembly. Del. Tom Rust (R-86) came to the council chambers to speak about the Hutchinson and Waddell at the meeting.

"Her roots are extremely deep here," he said. "Connie epitomizes what her family had done here for years."

He and Waddell became friends due to their passion for cars. Rust noted that Waddell was and still is genuinely concerned with state politics and how they impact Herndon.



**Connie Hutchinson, center, was one of two former council members who were honored at the last Town Council meeting.**

"He has always been concerned with how actions of the Commonwealth impact local government," he said.

Many of the council members noted how active he is in the community.

"He's a fixture in town," said Vice Mayor Jennifer Baker. "You see him everywhere."

Waddell served the Town Council for three terms since 2006. In addition to his

work with the council, he is the president of the Herndon Historical Society and has donated hours of his time to the Dumbarton Square Homeowner's Association, Herndon Community Association Coalition, Friends of Runnymede Park and the Herndon Festival, among other items.

Both he and Hutchinson thanked the town staff for their tireless work for the



**Charlie Waddell, center, was one of two former council members who were honored at the last Town Council meeting.**

Town Council.

"Thanks for the guidance," said Waddell. "Thanks for making me look good and thanks for your patience with me."

He said that although Herndon continues to grow, he hopes it takes pride in preserving its roots.

"In the 20 years I've lived here, it's changed a lot," he said. "For the better."

## Fortnightly Club Celebrates 125<sup>th</sup> Anniversary

The Herndon Fortnightly Club celebrated its 125<sup>th</sup> Anniversary on Sept. 21. It is one of the oldest woman's clubs in Virginia. Eleven ladies formed the club in 1889 to enhance their knowledge in literature, art, science and the issues of the day. For this they collected books and by 1900 had enough books to start a lending library for the Town from a rented room. In 1927 they moved into their newly built brick building on Spring Street, and operated the Herndon Fortnightly Library until it was taken over by the County of Fairfax. Since that time the Club's efforts are put into supporting the community and a number of worthy charities. A great emphasis has been placed on offering scholarships to Herndon area students and adults to further their education. To date the Club has awarded over \$192,000 in scholarships in addition to support for countless other organizations in community endeavors.





# Tilting at Voting Booths

Suzanne Scholte fighting for human rights, recognition in 11th District.

BY TIM PETERSON  
THE CONNECTION

First in a series of  
District 11 candidates' profiles.

Suzanne Scholte knows she has her work cut out for her. "This isn't a race anybody's thinking is worth looking at," she said at a meet and greet event in Montclair last weekend. "I think it was described as 'Quixotic.'"

The Republican candidate opposing incumbent Gerry Connolly for Virginia's 11th district representative seat was dressed in a grey suit with a colorful silk scarf draped around her neck. A hint of sweat glistened on her brow, perhaps due in equal parts to the warm afternoon in late September and the "crazy" schedule of campaign events she's undertaking; this was the second of three for the day.

"I have the disadvantage," said Scholte. "I'm not a politician, I've never held a political office. I'm trying to do everything I can to be everywhere I can, talk to everybody I can."

The meet and greet took place at the home of Janet Gorn, a state department employee and president of the Kings Highway Republican Women's E-Club. Since she's known Scholte, Gorn has been impressed by "her sincerity, her energy and that she really wants to make a contribution to not only a local community, but to our country."

**SCHOLTE**, a wife and mother of three young men (two are graduates of J.E.B. Stuart High School and active duty military, and one attends Immanuel Christian School), has been going door to door, visit-



From left: Ann Juliano of Bristow, Suzanne Scholte of Falls Church and Janet Gorn of Montclair enjoy the late afternoon sun at a campaign event in Gorn's back yard.

ing a different church, synagogue and mosque every Sunday, and holding town hall meetings. And at every turn, she's trying to solicit communication and feedback, whether for or against her.

"We don't screen who comes," said Kelley McLean, who has worked with Scholte on the North Korea Freedom Coalition, a non-partisan human rights advocacy group Scholte founded, and currently chairs, in 2003. "First we have commenting, then open the floor up for questions. We've had people yelling at her and she says, 'That's great, tell me.'"

When Scholte decided to run for Congress, she asked McLean to come along as her coalitions director and assistant.

"At first I thought my job was going to be scary," McLean said. "I thought I was going to be that 'body person' that if someone doesn't agree with them I'm supposed to pull her away from it. She's not like that. She says 'No, I want to talk to that person. Let's talk, sit down, see what we can work out.'"

Despite not holding office herself, Scholte has spent plenty of time around Capitol Hill. She was the youngest chief of staff on the

## Bio

**Candidate:** Suzanne K. Scholte  
**Political Party:** Republican  
**Current Position:** President, Defense Forum Foundation  
**Born:** June 13, 1959, Norwalk, Connecticut  
**Residence:** Falls Church  
**Spouse:** Chadwick R. Gore  
**Children:** Chester (26), Christian (24) and James (14)  
**Education:** B.A. English, minor in Fine Arts, College of William and Mary; Honorary Doctorate of Education, Koshin University, Pusan, Republic of Korea  
**Additional Organizations:** Honorary Chairman, Free North Korea Radio; Vice Chairman and Founding Board Member, Committee for Human Rights in North Korea; Chairman and Founding Member, U.S.-Western Sahara Foundation; Board of Directors, Christian Solidarity Worldwide-USA; Executive Committee, Susan B. Anthony List.

Hill while Ronald Reagan was in office and as president of the non-profit Defense Forum Foundation for almost three decades, coordinates that group's nonpartisan Congressional Defense and Foreign Policy Forums in Washington.

"What motivated me to run is that my work has always been about working across party lines to get things done," Scholte said.

Though she was born in Connecticut, Scholte's family moved to Virginia when she was very young. She's been a resident of northern Virginia since the '70s and graduated from Loudoun County High School.

Her previous work, and that of the Defense Forum Foundation, focuses on promoting strong national defense, freedom, democracy and human rights abroad. In particular, Scholte has spent considerable

SEE SCHOLTE, PAGE 5

## Q&A with Suzanne Scholte

**Q: What do you think are your top three accomplishments in your humanitarian work?**

**A:** The continuous Defense Forum Foundation, started in the 1980s, raising awareness of Islamofascism, China cyber attacks, the vulnerability of our electric grid, all kinds of issues. I can say I've had Ted Cruz's staff and Nancy Pelosi's staff at my programs.

Getting passage of the North Korean Human Rights Act. That was unanimous, working with Democrats and Republicans.

Having people understand there is a pro-West Muslim democracy that has been established in Western Sahara. I've been very much involved with getting the recognition of their cause in Congress. I've had to battle against a huge lobby effort by the Moroccans.

**Q: If you're elected, what be would your top three priorities as a congressman?**

**A:** Fixes to health care, trying to correct

the problems that have been created by the Affordable Care Act.

Pushing to reverse the Sequester cuts. It's just going to get worse; we're going to get more and more vulnerable.

Meeting our commitments to our fellow workers and to our veterans, being able to preserve the benefits that we've promised them.

**Q: Give our readers three reasons they should vote for you on Election Day.**

**A:** I will be a servant to the people of this district. I'm not running to be a politician, I would term limit myself right away.



PHOTO CONTRIBUTED  
Suzanne Scholte

I will work across party lines. Some of my Democrat friends are already talking about things that we can do that could really help.

I would be very reflective and understanding of people who live in this district. The family I rescued out of North Korea, who are now citizens, northern Virginians: No one understands the importance of having a government that serves you, that you don't serve, like they do.

**Q: How would you show off northern Virginia to an out-of-town friend?**

**A:** Restaurants! We have so many great ones. What kind of food do you want? Japanese, Bolivian, we have such a diverse culture.

**Q: Tell us something you think people would find surprising about you.**

**A:** I've taught kindergarten Sunday school since 1994. Everything I need to

know I can learn from kindergartners, what's really true about life, just caring about other people. It's just a natural thing with children.

**Q: Who are some of your heroes?**

**A:** Ronald Reagan believed that you had to speak the truth, speak out, call things for what they are. He brought people together and gave them a vision. Another is Rabbi Abraham Cooper, associate dean of the Simon Wiesenthal Center in Los Angeles. He's a happy warrior, somebody who's positive in articulating what's happening in the face of horrific anti-Semitism.

**Q: How you do relax, off the campaign trail?**

**A:** Watching my youngest son play football with the Annandale Bulldogs. And watching the Redskins, because I don't want to bother anybody, I'm not going door-to-door, making any phone calls. The one time I feel guilt-free is during a Redskins game.

— TIM PETERSON



# Scholte on 'Crazy' Campaign Schedule

FROM PAGE 4

time and effort working to liberate people in North Korea and Western Sahara.

Various human rights organizations rank those populations as some of the most persecuted people in the world.

"She's the lady that, if she sees something's on fire, she's going to go do whatever it takes to go put it out," said McLean. "She runs towards it."

"She's strong and courageous," said Bill Card, the chairman of the Prince William County Republican Committee. "She's faced down dictators, she can certainly face down her peers in Congress when she gets there."

It was working with members of both parties in Congress that helped Scholte get the North Korean Human Rights Act of 2004 passed. "That was a classic example of what you can do when you want to get things done," Scholte said. "I compromised with my Democrat friends."

**THE LAW** lays out specific ways for the United States to help North Korean refugees. Scholte's role in its passage and her continuing advocacy work has

helped her earn a number of humanitarian accolades, including the 2008 Seoul Peace Prize and 2013 Order of Diplomatic Service Sungnye Medal, the government of South Korea's highest award for a non-Korean.

Kang Seo is an external relations associate and translator for Free North Korea Radio, and has worked with Scholte as "a mouth for her to speak Korean" each time the candidate has visited Seoul over the past three years.

"The impression I got was she loves people a lot, she cares," said Seo. "Whether you know them or not, it doesn't matter. Any time she meets with people, she wants them to engage with her, talk with her. She wants to listen to their stories. That kind of thing attracts people."

What friends and colleagues of Scholte describe as her "personable," "sincere" and "energetic" nature, Seo said has helped Scholte affect Koreans on their own human rights issues.

"She's the one that brought ourselves back to engage with that problem," said Seo. "Her concern and her heart actually surprised me the most when I first met her."

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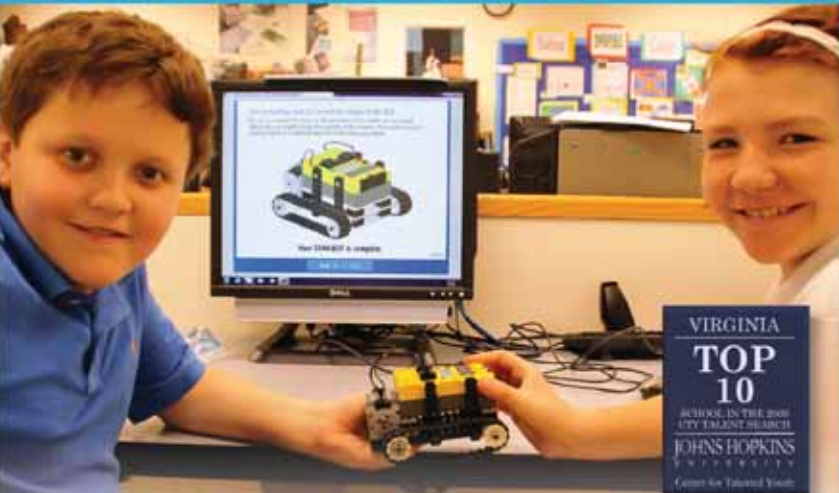
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# OPINION

## Does the Change in Voter ID Laws Matter?

More than 22,000 active voters in Northern Virginia are without the required ID.

For the current election, new, more stringent voter identification laws are in effect.

Taken together, more than 22,000 of Northern Virginia's close-in voters right now do not have the photo identification now required to vote in the coming election. While there are simple ways to get an identification card for Election Day, so far, only a handful of voters have done so.

In Fairfax County, 13,247 of the county's 672,756 active voters do not have the photo identification they will need to vote on Election Day.

In Alexandria, 2,729 of the City's 85,671 active voters do not have the photo identification they will need to vote on Election Day.

In Arlington, 6,348 of the 140,255 active voters do not have the photo identification they will need to vote on Election Day.

These numbers are analyzed by the State Board of Elections, and include voters who do not have a match in the DMV data, and also are not designated as military, overseas or federal only voters, who do not have an active Federal Postcard Application or Annual Absentee application, and who have voted or registered since and including the last presidential election.

### EDITORIAL

Across the Commonwealth, 93,117 active voters also lack photo ID from DMV or the other likely sources.

When you consider that in the last election, Virginia's Attorney General was elected by a margin of 165 votes out of more than 2 million votes cast, these numbers are staggering. There is no evidence of voter identification fraud on any scale that requires potentially disenfranchising tens of thousands of voters. Because Northern Virginia is the most populous part of the state, the impact is also greatest in our area.

Here are the "acceptable" forms of identification. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months: Valid Virginia Driver's License or Identification Card; Valid Virginia DMV issued Veteran's ID card; Valid United States Passport; Other government-issued photo identification cards; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; or a Virginia Voter Photo ID Card obtained through any local general registrar's office.

### Register

For More Election Information:

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Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

If you or anyone you know might need identification to vote, the process is simple. Contact your local board of elections and go apply for your ID card. There is help in place to transport voters who need help getting there.

In order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

— MARY KIMM,

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

## Stopping Domestic Violence: You Can Make a Difference

BY JOHN C. COOK AND JOE MEYER

By now we have all seen the video. We know he hit her because we saw it. But how did they get there? Did she reach out for help? Would she have known how? Perhaps most importantly, how common is this domestic violence? The answer, unfortunately, is that domestic violence is much more common than you may think.

According to Safe Horizon, a victim assistance organization, "one in four women will experience domestic violence in her lifetime." The Violence Policy Center found that "72 percent of all murder-suicides involve an intimate partner and 94 percent of the victims of these murder-suicides are female." The children in homes where domestic violence occurs are among its most serious victims. Studies show that the 3 million children who witness domestic violence in their homes each year can suffer significant emotional and cognitive harm, even if they are not on

the receiving end of the physical abuse. Many men are victims of domestic violence as well, and this scourge knows no economic or racial limits.

Violence sneaks in slowly. It may start as financial control or social restrictions, but studies show us that abusive relationships tend to follow a pattern. Once a violent episode takes place, it is very likely it will happen again. The average victim is assaulted seven times before they leave for good. Here's how the story could end: in Fairfax County, domestic violence is the number one cause of homicide. Safe Horizon tells us that, "every year, 1 in 3 women who is a victim of homicide is murdered by her current or former partner."

Our message is that you can get out of this terrible situation, and your neighbors and friends can help. There are resources in Fairfax to help victims, and there is an increasing chorus of voices standing up to say this is unacceptable. As two involved members of our community, a Fairfax County supervisor and the executive direc-

tor of Shelter House, we are among the many outspoken advocates for resources for victims and showing the men, women, and children in these situations a better way. Whether you are in fleeing abuse, or you witness abuse and need information on how to address the issue, you can call the Fairfax County 24 hour hotline at 703-360-7273.

October is Domestic Violence Awareness Month, and there are many ways to raise awareness and help worthy organizations. One opportunity is to join us at an event to stop domestic violence and raise money for Shelter House and Fairfax CASA. The event will be held on Wednesday, Oct. 22 at

Coyote Grill in Fairfax from 4:30 – 6:30 pm.

Shelter House's domestic violence shelter, Artemis House, is Fairfax County's only emergency shelter for families and individuals fleeing domestic/sexual violence and human trafficking. Fairfax CASA, or Court Appointed Special Advocates, helps children navigate the confusing and scary aftermath of domestic violence. Please join us and the increasing number of people speaking out to end domestic violence.

*John C. Cook is Fairfax County supervisor (R-Braddock District) and Joe Meyer is executive director of Shelter House.*

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:

[herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com)

Kemal Kurspahic  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

Amna Rehmatulla  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

Reena Singh  
Community Reporter  
757-619-7584  
[rsingh@connectionnewspapers.com](mailto:rsingh@connectionnewspapers.com)

Jon Roetman  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

Victoria Ross  
County Reporter ♦ 301-502-6027  
[vross@connectionnewspapers.com](mailto:vross@connectionnewspapers.com)

Ryan Dunn  
Contributing Writer

ADVERTISING:  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)

Kim Taiedi  
Display Advertising  
703-778-9423  
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Debbie Funk  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

Editor & Publisher  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

Executive Vice President  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

Editor in Chief  
Steven Mauren  
Managing Editor  
Kemal Kurspahic  
Photography:  
Deb Cobb, Louise Krafft,  
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Art/Design:  
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Production Manager:  
Geovani Flores

Special Assistant to the Publisher  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
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## CALENDAR

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

**WEDNESDAY/OCT 1-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.

**WEDNESDAY/OCT 1-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](http://www.leagueofrestonartists.org)

**WEDNESDAY/OCT 1-FRIDAY/OCT 31 Side-by-Side in Europe: Two Artists, Two Views, One Subject by Jerry Lewis & Mohsen Alashmoni.** 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Rd., Reston. Two artists, one from Reston and the other from Egypt, will approach the same subject from viewpoints influenced by different religions, culture and nationalities. 703-476-4500.

**Fine Art Mosaics Exhibit: Anita Bucsay Damron.** Monday-Friday: 8 a.m. - 5 p.m. Saturday: 8 a.m. - noon. Reston Corner One, 120001 Sunrise Valley Drive, Reston, main floor lobby. Beautiful glass mosaics are inspired by the tapestries of Gurut and Rajasthani India, and created with Italian glass, Czech and Austrian



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crystals, 24k gold and more. [www.AnitaDamron.com](http://www.AnitaDamron.com)

**THURSDAY/OCT. 2 3rd Annual Reston Town Center Help the Homeless Walk.** 12 p.m. Reston Town Center, 11959 Market St., Reston. Proceeds will go to providing resources and services for individuals and families who are homeless or at risk of becoming homeless. \$20-\$25. 571-323-9555. **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. Chamasyan Sisters present Scott Solak for Gloria Sussman's 90th birthday. Free. 703-476-4500. **Energy Efficiency.** 7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Improve your home's energy use to make it more efficient, comfortable and cost effective. Fee: \$5/person RA members, \$7/person non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**SATURDAY/OCT. 4 Holiday Fair.** 2 - 7 p.m. Herndon Senior Center, 873 Grace Street, Herndon. Hundreds of witches, turkeys, snowmen, and much more for the holidays. [www.HerndonSeniorCenter.org](http://www.HerndonSeniorCenter.org). 703-464-6200.

**SATURDAY-SUNDAY/OCT 4 -5 Halloween Wagon Rides.** 5-8 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. A narrated wagon ride along a trail filled with family-oriented thrills, chills, and adventures. At the end of the ride, s'mores and hot apple cider will be provided. Admission \$8.

**SUNDAY/OCT. 5**



**Follow a typical day in the life of Charlie Brown and the Peanuts gang in CenterStage's theatrical production of "You're a Good Man, Charlie Brown" playing Oct. 17- Nov. 2 at Reston Community Center, 2310 Colts Neck Road, Reston.**

**HernDOG Bark Bash.** 12-3 p.m. Bready Park, 814 Ferndale Ave., Herndon. Dog festival with demonstrations and dog competitions plus adoptions. 703-435-6800. **The Great War: Centennial Lecture Series.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. First lecture in a six part series presented by GMU history professor Dr. Charles Butkowsky. Adults and teens. Free. **Audubon Afternoon: Dragonflies of Northern Virginia.** 1:30-5:30

p.m. — Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. <http://www.fairfaxcounty.gov/parks/lakefairfax/> Enter the park via its main entrance (above address), and drive pass the Water Mine and its gravel parking lots on the right. Next you'll see several buildings with lots of pink brick and a large paved parking lot. We will meet at the lower end of that parking lot (if you can see split rail fencing and the large dam, you're at the correct end). Look for Kevin with his 7-foot tall

insect net. Bring water, snacks if you want them, protection from the sun/hat, binos, comfortable walking shoes that can get muddy, long pants and bug spray. Join Kevin Munroe, Park Manager at Huntley Meadows Park, for a Dragonfly Safari, followed by an indoor presentation.

**MONDAY/OCT. 6 Things with Wings.** 10 -11a.m. Walker Nature Center, 11450 Glade Drive, Reston. Accompany your 18 to 35-

month-old in their quest for knowledge about birds migrating to the south and other "things with wings." Reserve a slot by Oct. 2. Fee of \$7/child RA members, \$9/child non-members, includes storytime, making a craft and taking a short hike to discover other animals with wings. [naturecenter@reston.org](mailto:naturecenter@reston.org), 703-476-9689 and press 5.

**MONDAY/OCT. 6-MONDAY/NOV. 3 Annual ArtReston Regional Fine Art Exhibit.** 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. An exhibit of two-dimensional paintings and mixed media art from members of the League of Reston Artists. [www.leagueofrestonartists.com](http://www.leagueofrestonartists.com)

**TUESDAY/OCT. 7 Meditation for Optimal Well Being.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Presented by Garry Gorman. Registration required: [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library). Adults. Free.

**Reston Garden Club Meeting.** 1 p.m. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Court, Vienna. Guest speaker Keely Shaughnessy, a horticulturist at Meadowlark, will present a program on seasonal plants. Afterward all are welcome to walk through the spectacular Meadowlark Gardens. Guests are encouraged to attend and new members are welcome. For more details go to [www.therestongardenclub.org](http://www.therestongardenclub.org).

**TUESDAY/OCT 7 - SUNDAY/NOV. 2 Expressions Portrait Exhibit.** ArtSpace Herndon, 750 Center Street, Herndon. Professional and amateur artists aged 18 or older residing in Virginia, Maryland, the District of Columbia, Delaware, and West Virginia are invited to submit entries to the competition. Finalists from the

competition will be featured in the 6th annual Expressions Portrait Exhibit at ArtSpace Herndon. Winners of the competition will be announced during the awards and artists reception. The Awards and Artists Reception will be on Saturday, Oct. 11 from 7 to 9 p.m. 703-956-6590. [www.artspaceherndon.org](http://www.artspaceherndon.org)

**WEDNESDAY/OCT. 8 Design and Wine.** 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Holiday Cards and Gift Tags with Jennifer Ellefson. Put together four cards and two tags - all geared toward teaching how to easily replicate the process for projects. Learn basic design concepts and craft techniques that will make cards look polished and professional. A \$30 fee covers all supplies and two glasses of wine. Registration is required with payment in advance, [www.artspaceherndon.org](http://www.artspaceherndon.org).

**THURSDAY/OCT. 9 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. Evelyn Mo, 15-year old piano prodigy. Free. 703-476-4500.

**SATURDAY-SUNDAY/OCT. 11-12 Oktoberfest Reston.** Reston Town Center, 11900 Marker St., Reston. Enjoy food, wine, beer, live entertainment, a carnival and the Anthem Great Pumpkin 5K at Northern Virginia's largest fall festival. Visit [www.oktoberfestreston.com](http://www.oktoberfestreston.com). **Herndon Fine Arts Festival.** Saturday: 10 a.m. - 6 p.m. Sunday: 11 a.m. - 5 p.m. Downtown Herndon, 777 Lynn Street, Herndon. Experience paintings, jewelry, sculpture, photography, ceramics, glass, mixed-media, woodworking - and more.

**SATURDAY/OCT. 11 Mushroom Hike.** 10:30 a.m. - Noon Walker Nature Center, 11450 Glade Drive, Reston. Adults join local mushroom expert Mark Richman to explore forest flora and fauna, edible mushrooms and their fakes. Make reservations by Oct. 8. Fee: \$5/person RA members, \$7/person non-members. [naturecenter@reston.org](mailto:naturecenter@reston.org), 703-476-9689 and press 5.

**Ronnie Dove Concert and Benefit.** 5-10 p.m. Herndon Moose Lodge, 779 Center Street, Herndon. Doors will open 30 minutes early. \$40 includes buffet dinner. Benefits Herndon Moose Lodge High School scholarship program.

**MONDAY/OCT. 13 - NOV. 17 Changes by Degrees: Addressing the Climate Challenge.** 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults, participate in a six-week, facilitated discussion course co-sponsored by Sustainable Reston. Examine the global climate change and learn to see the big picture of energy. Fee is due when materials are picked up: \$30 RA members, \$40 non-members. [naturecenter@reston.org](mailto:naturecenter@reston.org), 703-476-9689 and press 5.

**THURSDAY/OCT. 13 Noisy Woodpeckers.** 1:30-2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Calling all interested 3 to 5 year olds. Discover your common bond with the woodpecker. Find out how they use their head, tongue and feet. Hike in search of woodpeckers and make a woodpecker puppet to take home. Reservations are required by Oct. 13. Fee: \$7/child RA members, \$9/child Non-members. [naturecenter@reston.org](mailto:naturecenter@reston.org), 703-476-9689 and press 5.



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- Logo on rules sheet

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- Two (2) hole sponsorships

• Opportunity to provide participant giveaways

- Eight (8) golfers

• Color logo on event banner displayed at banquet

- Twelve (12) raffle tickets

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- Signage at registration desk
- Logo on rules sheet

• Sponsor signage on bar, box lunch or beverage carts

- One (1) hole sponsorship

• Opportunity to provide participant giveaways

- Six (6) golfers

• Color logo on event banner displayed at banquet

- Eight (8) raffle tickets

**Silver – \$2,500**

- Signage at golf bag drop
- One (1) hole sponsorship
- Four (4) golfers
- Six (6) raffle tickets

• Color logo on event banner displayed at banquet

• Opportunity to present skills competition awards or raffle prizes

**Bronze – \$1,500**

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## WELLBEING

# Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

BY MARILYN CAMPBELL  
THE CONNECTION

Grace Delaune nibbled on striped bass and quinoa salad, pondering the flavors and textures of each dish. Myke Hammaker savored the miso cod and spinach. The two women weren't simply having lunch. They were judges at the Senior Eats Nutritional Challenge in Fort Belvoir last week. "The food challenge was a lot of fun and the food was excellent. Every dish was beautifully displayed and cooked perfectly," said Hammaker. "It was hard for the judges to pick the best dish although I picked the Miso Cod with Spinach because it really stood out as a fantastic dish."

All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs."

— Tim Whelan, vice president, Dining Services for Sunrise



PHOTO COURTESY OF SUNRISE SENIOR LIVING

Residents of Sunrise Senior Living served as judges during the Senior Eats Nutritional Challenge in Fort Belvoir.

## Winning Recipe: Miso Cod and Spinach

Miso Brushed Cod with Sautéed Spinach  
by Floyd Stephen, Brighton Gardens of Dunwoody  
Serves 6

1 1/2 lbs cod filets, 4 oz each  
6 tbsp olive oil  
3 shallots, peeled / minced  
3 garlic cloves, peeled / minced  
1 1/2 lbs shiitake mushrooms, stemmed / julienned  
1 lb stemmed fresh spinach  
1 1/2 cups chicken stock  
1/4 cup miso paste

❖ Steam the fish for 7 minutes, until internal temperature reaches 145°F for 15 seconds.

❖ While the fish is steaming, heat the olive oil in a sauté pan over medium heat. Add the shallots and garlic. Sauté until soft. Add the mushrooms and cook until the liquid evaporates. Add the spinach and sauté for 1 minute to wilt. Turn off the heat and set aside.

❖ Bring the stock to a boil in a separate pot. Whisk in the miso paste. Simmer for 5 minutes.

❖ Divide the spinach mixture evenly between serving dishes. Place fish on top of the spinach. Spoon miso sauce over fish. Serve immediately.

None of the five chefs who made it to the finals competition were from the Washington, D.C. region. The winner Chef Floyd Stephen of Dunwoody, Georgia, was named the Sunrise Signature Chef and received \$1,000.

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### SEPTEMBER

HomeLifeStyle.....9/10/14  
A+ Camps & Schools.....9/17/14  
Fall Fun & Arts Preview.....9/24/14

### OCTOBER

Wellbeing.....10/1/14  
HomeLifeStyle PULLOUT: Deadline is 9/25/14.....10/8/14  
A+ Camps & Schools.....10/15/14  
Election Preview I.....10/22/14  
Election Preview II.....10/29/14

### NOVEMBER

Election Day is Tuesday, November 4.  
Wellbeing.....11/5/14  
HomeLifeStyle.....11/12/14  
Holiday Entertainment & Gift Guide I.....11/19/14  
A+.....11/25/14  
Thanksgiving is November 27.

### DECEMBER

Wellbeing.....12/3/14  
HomeLifeStyle: Home for the Holidays.....12/10/14  
Hanukkah begins December 16.  
Holiday Entertainment & Gift Guide II.....12/16/14  
A+ Camps & Schools.....12/16/14  
CHILDREN'S CONNECTION.....12/24/14

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• Chantilly Connection • Mount Vernon Gazette • Vienna/Oakton Connection





PHOTOS BY RYAN DUNN/THE CONNECTION

Herndon High band director Kathleen Jacoby with volunteers for the September 2014 Northern Virginia Regional Showcase of Bands.

# Herndon High Hosts Showcase Of Bands

Twenty-eight schools attend high school marching band competition.

BY RYAN DUNN  
THE CONNECTION

On Sept. 27, Herndon High hosted the Northern Virginia Regional Showcase of Bands, an opportunity for 28 local high school marching bands to display their skills and abilities. The showcase featured high school marching bands from throughout the region, presenting their field shows, in which the bands march and make formations on the field while playing music. Each band competed with other bands of similar size in different categories.

The highest scoring bands were recognized with trophies during the awards ceremonies which took place at 3 p.m. and 9 p.m. Local high school bands included Westfield, Chantilly, Fairfax, Freedom, Herndon, West Potomac, Park View, Broad Run, Falls Church, West Springfield, James Wood, Dominion, Yorktown, Stone Bridge, John Champe, Hayfield, South County, Marshall, and Wakefield.

This event was hosted by the Herndon High School Band Parents Association in partnership with USBands. As Herndon High was hosting the event, the band did not compete but did have a field show by exhibition. This year the theme was "Final Frontier" with a cross between western themes and outer space. "We have a lot more bands participating this year," said Herndon High junior Simon Fogleson, member of the Herndon band. In 2013, 16 bands participated in the Northern Virginia Regional Showcase of Bands.

Helping with operations were armies of volunteers. One of them was Ginger O'Rourke, mother to Herndon High student

and band member Tiernan O'Rourke. "This year it is a real visual show," said O'Rourke. "My husband loves the music this year." Herndon's 2014 Marching Band show, the Final Frontier, included selections from: "When You Wish Upon a Star," "Magnificent Seven," "The Good The Bad & The Ugly," "Cantina Band," "Ashokan Farewell," "Jupiter" (from The Planets), and "How the West Was Won." Kathleen Jacoby is conducting her seventh show as the HHS band director.

"I cannot emphasize how much I think bands influence young leaders," said Herndon resident Melissa Jonas, who is also a band parent.

In addition to competing for recognition and trophies, the Showcase of Bands is an opportunity to review techniques and methods of different marching bands. The Arlington Yorktown High School marching band almost missed out on their opportunity to perform as one of the two buses transporting the band suddenly broke down. Nevertheless, the Yorktown Marching Patriots received honors for Best Overall Effect and Percussion in their league. Hard work paid off for the Fairfax High School Marching Rebels as they captured First Place in "Group VI Open" with a score of 80.050 winning all captions: Best Music, Best Visual, Best Percussion, Best Color Guard and Best Overall Effect.

Jacoby and Herndon High Principal William Bates welcomed guests and visitors and thanked the dedicated parents who spent hours of support to their children so they could be part of a quality organization.

"It is a beautiful day, it is a wonderful event for community and we are proud of Herndon," said Bates.

Show coordinator Kenneth Phillips helped make sure operations ran smoothly. "The people hosting it here have been doing it so well for so long," said Phillips.

The HHS Marching Band will perform again before the games and during half time at Herndon's home football games. Upcoming Herndon home games will be Oct. 24 and 31.



ABOVE: The Herndon High marching band wind and brass ensembles practice before their exhibition at the Sept. 27 Northern Virginia Regional Showcase of Bands.



LEFT: Herndon High student and band percussionist Jacob Reeves with his mom after the afternoon award ceremony.

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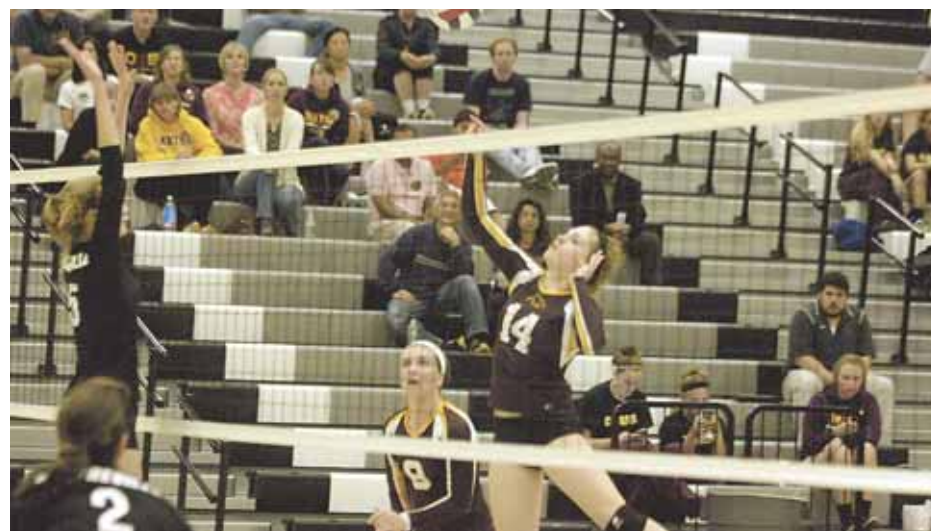
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Oakton sophomore Alice Yang had 17 kills against Centreville on Monday.



Junior middle hitter Emily Heier entered Monday's match as the Oakton volleyball team's leader in kills.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

# Yang, Heier Lead Oakton Volleyball to Victory

**Cougars have won 6 of 7, will face Chantilly.**

BY JON ROETMAN  
THE CONNECTION

**T**he Oakton volleyball team isn't playing as well on the road as head coach Dan Courain would prefer. On Monday night, however, even a sub-par effort by the Cougars was enough to maintain their hot streak and earn a victory in a gymnasium Courain referred to as a "house of horrors" for Oakton.

Oakton defeated Centreville 3-1 (25-18, 20-25, 25-21, 25-14) on Sept. 29 in both teams' Conference 5 opener at Centreville High School. The Cougars have won six of their last seven, including a runner-up finish in a tournament at South County High School on Sept. 20. Courain said Oakton has struggled at Centreville in the past, but the Cougars found a way to start conference play with a win.

"It wasn't our best match," Courain said. "We've definitely had better matches all year. Give Centreville credit. It's always tough coming in here."

**OAKTON SNAPPED** a three-match losing streak with a 3-1 victory against West Springfield on Sept. 15. Three days later,



Oakton volleyball coach Dan Courain talks to the Cougars during Monday's match at Centreville.

Oakton lost to Stone Bridge, one of the top teams in the area, but managed to win a set. From there, the Cougars have won six of seven, improving their record to 12-6.

"I think we've been rolling, playing very nicely," Courain said. "I think being at home really helped us. We bring a lot of energy. We've got to find a way to bring energy earlier in these road matches."

Junior middle hitter Emily Heier and sophomore outside hitter Alice Yang have been primary reasons for Oakton's success this season. Heier entered Monday's match with 165 kills, and Yang had 160. The rest of the team combined produced 152.

"The great thing about them is they're always working on getting better," Courain

said. "They have their shots that they know they can hit — Alice knows she can hit the ball across [the court] — but they work every day in practice on adding to their repertoire."

Yang led the Cougars with 17 kills Monday. Heier finished with 11.

"They're our go-to hitters," Courain said. "You can see it from the stats, you can see it watching tonight. We ride them all season and they've been stepping up every single match we've played."

With the score tight during the pivotal fourth set, Yang scored four straight points for Oakton, helping the Cougars pull out a 25-21 win.

"We've both been varsity veterans," Yang

said. "A lot of the [players], it's their first year on varsity, so we know what it's like and we know how they feel, so we try to guide them as best as possible."

**FRESHMAN OPPOSITE HITTER** Grace Cozad finished with 10 kills for Oakton. Senior middle hitter Camille Baechler had five.

Junior libero Alex Marquis has been a strong addition to the team this season. A standout point guard on the Oakton girls' basketball team, Marquis is in her first year as a varsity volleyball player. Courain said Marquis has brought the girls' basketball team's winning mentality to an Oakton volleyball program that finished 5-20 last season. Her athleticism helps compensate for her lack of volleyball experience.

"Her reaction time is unmatched by anyone on the team," Courain said. "She doesn't know the rules of volleyball, she doesn't understand the rules, I just throw her out there and say, 'If you see the ball, go get the ball,' and she'll be in front of people before they even have time to react."

While Oakton won on Monday despite not playing at its best, the Cougars will likely need a superior performance to earn a victory on Wednesday, Oct. 1, when they host Chantilly. The Chargers are 6-2, including a victory against defending VHSL 6A state champion Langley on Sept. 22.

"We're nervous because it's the best team in our conference," Heier said, "and so we're really excited."

## SPORTS ROUNDUPS

### Herndon Football Loses to Undefeated Robinson

The Herndon football team lost its Concorde District opener to Robinson 56-21 on Sept. 26, dropping the Hornets' record to 2-2.

Herndon will travel to face McLean at 7:30 p.m. on Thursday, Oct. 2.

### Herndon Field Hockey Beats Robinson

The Herndon field hockey team remained undefeated and improved its record to 12-0 with a 3-0 victory against Robinson on Sept. 23. The Hornets faced McLean on Tuesday, after The Connection's deadline.

Herndon will host Oakton at 7:30 p.m. on Monday, Oct. 6.

### Oakton Football Drops Second Straight

After a 3-0 start, the Oakton football game suffered its second straight defeat against a team from the Patriot District. West Potomac beat Oakton 27-20 on Sept. 26, dropping the Cougars' record to 3-2. Oakton lost to Annandale 14-10 on Sept. 19.

The Cougars have a bye this week. Oakton will host Chantilly on Oct. 10.

### Marshall Football Earns First Win Since 2011

The Marshall football team defeated Thomas Jefferson 28-14 on Sept. 26, giving the Statesmen their first victory since the 2011 season. Marshall's last victory also came against the Colonels.

Marshall (1-3) will travel to face Langley at 7:30 p.m. on Thursday, Oct. 2.



# Herndon Elementary Fails Full Accreditation

Parent group, school officials have faith that scores will improve.

BY REENA SINGH  
THE CONNECTION

**H**erndon Elementary fell shy of reaching full accreditation for the current year. Although the school received low scores for its English as a Second Language speakers, Principal Ann Gwynn is confident that countywide initiatives, such as full day Mondays, and school specific initiatives will boost student learning and test scores.

"Intensive professional development is being provided for school staff in key areas of need, such as mathematics, literacy instruction and behavioral support systems," she said in an email. "Family engagement programs are in place



PHOTO BY REENA SINGH/THE CONNECTION

**Herndon Elementary fell behind in Math scores for its English as a Second Language students.**

which support early literacy, family literacy and mathematics."

She said teachers will provide more one-on-one time to students who need the extra help, especially in the more rigorous math Standard of Learning tests.

"The rigorous math SOL was in-

stituted in 2011-12, and we believe the strategies the school has used in all subject areas will address these more rigorous standards," she said. "Administrators and teachers have received training on the new SOLs. Resources such as lesson plans, pacing guides

and formative assessments are currently aligned to the new curriculum and we are confident these ongoing efforts will result in increased student achievement."

Some of those strategies include early childhood programs like Headstart and Bridge to K, summer jumpstart programs and targeted tutoring program. She also said the additional classroom time elementary students will have on Mondays will hopefully lead to more prepared students.

Parent Teacher Association President Amanda Geary said that despite the recent scores, she is confident with the education her children are receiving from Herndon Elementary.

"The teachers are so dedicated and hardworking and the staff makes every effort to help families along. Students are engaged in a fun and productive way," she said. "Of course we have roadblocks, but I love each and every member of this school, which is why I participate the way I do."

With the new school resources, she feels headway is already being made.

Dranesville School Board member Jane Strauss also feels that students will test better with the additional resources from Fairfax County Public Schools.

"This year the state required a pass rate of 70 percent or a three-year average of 70 percent," she said in an email. "Herndon had a three-year average of 69 percent in math and a one year score of 68 percent. So they were very close. I am confident the students will improve their scores. The longer our children are in our classrooms, the more improvement we see in their achievement." Strauss noted that schools that have not met the accreditation standards for three or more years are closely monitored on the state level and need to have a turnaround plan. The county does not currently have any schools in that category.

"Herndon Elementary has excellent teachers and additional help provided by FCPS," she said. "In FCPS, extra resources are given to schools based on the needs of students, and those needs are assessed every year."

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## Pre-Chemo Peek

By KENNETH B. LOURIE



I realize, given last week's column: "Post-Chemo Week," this week's column about the preceding week (week-of, actually) of chemotherapy might be a bit bass-ack-ward, but it seemed reasonable to me that if you regular readers had an interest in the week-after, perhaps you'd have a similar interest in the week-before. Generally speaking, other than the anticipation that comes with knowing that your next infusion is a few days away — along with the subsequent eating/taste/after taste issues discussed in last week's column, which are also a few days away, the preceding week is easy. Most of the issues I described last week: eating/tasting, lack of sleep, depression, irritability have subsided. In fact, other than the underlying issue/diagnosis, I almost feel normal, two weeks out of every three I do, anyway. What makes the week different however, is the pre-chemotherapy lab work that I need to complete. No hardship, really. The lab is 10 minutes from my house, the wait when I arrive is usually minimal and the staff is certainly familiar after nearly six years and are always pleasant and professional. Typically, I go to the lab on Wednesday mornings, more than enough time for the results to be emailed to my oncologist to evaluate before my Friday-morning infusion. As simple and straightforward as the process is, if certain levels in my lab work are too high or too low, depending, my infusion could be cancelled. Accordingly, until I receive those results electronically (Wednesday p.m./Thursday a.m.), I am anxious and ill at ease. Skipping an infusion for such reasons has a disproportionate effect on me. Delaying a scheduled infusion by one week may or may not matter in the long run (short and/or middle, too), but to me, it feels catastrophic, especially emotionally. I don't want to miss any scheduled treatments because my lab work has indicated a potential adverse consequence. I want to remain 100-percent on track so the cancer doesn't get any ideas that it's safe to come out and harm. For all I know about such medical realities, the week off may actually give my body some much needed rest. Or it may not. Who knows, really? And my oncologist can't say for sure either. Still, I'd rather not stop — or have to stop. Stopping the infusions has been suggested previously. Over the course of the previous 67 months of treatment, situations have presented themselves that have caused Team Lourie to consider stopping/taking a break from treatment. I have always opted to continue. And so long as my body continues to tolerate the treatment — as indicated by my every-three-week lab work (and any associated symptoms), life, as I've come to know and appreciate it, can go on. However, if my lab work — and the inevitable retest — indicates otherwise, I may be in trouble. This week preceding is when I will know first hand if this party is beginning to break up. Other than that...

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 [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com) by the Friday prior to the following week's paper.

### FRIDAY/OCT. 3

**Red Cross Blood Donation.** 9 a.m. - 2 p.m.  
YMCA Reston, 12196 Sunset Hills Rd., Reston.  
To make an appointment to donate blood, visit  
[redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### MONDAY/OCT. 6

**Red Cross Blood Donation.** 8 a.m. - 1:30 p.m.  
U.S. Geological Survey, 12201 Sunrise Valley Dr., Reston. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### WEDNESDAY/OCT. 8

**League of Women Voters.** 7:30 - 9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. Reston discussion of risks and rewards of fracking for natural gas extraction. Free, open to the public, call 703-757-5893.

### WEDNESDAY/OCT. 15

**Red Cross Blood Donation.** 9 a.m. - 2:30 p.m.  
American Real Estate Partners, 2350 Corporate Park Drive, Herndon. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

**Red Cross Blood Donation.** 4 - 8 p.m. St. Thomas A Becket Rcc, 1421 Wiehle Ave., Reston. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### 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](http://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](http://www.fairfaxcounty.gov/olderadult) or [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov).  
**Habitat Heroes Project.** The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact [habrock@reston.org](mailto:habrock@reston.org) or 703-435-7986.  
**Arabic-speaking Older Adult Social Visits.** Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).  
**Long-Term Care Volunteer Ombudsman Program Needs Volunteers.** Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).  
**Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.** Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.

## FAITH NOTES

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

**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](http://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-herndon.org](http://www.stannes-herndon.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.

**Trinity Presbyterian Church,** 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

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

**The Jewish Federation of Greater Washington** and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. [ShalomDC.org](http://ShalomDC.org).

**Epiphany United Methodist Preschool,** 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. Call 703-938-2391 or visit [www.epiphanypreschool.com](http://www.epiphanypreschool.com).

**Hope Fellowship Church** will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or [www.hopefellowshipchurchloudoun.org](http://www.hopefellowshipchurchloudoun.org).

**Knitters needed** the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. E-mail [shawl@saint-timothys.org](mailto:shawl@saint-timothys.org) or visit the Pastoral Care page at [www.saint-timothys.org](http://www.saint-timothys.org).





**Baraa Abdelhafiz, Beth Hardesty and Reem Osman talked to visitors about the web of life at the 2014 Herndon NatureFest held at Runnymede Park. The Friends of Runnymede dedicated the day's work to Ann Hopper Csonka who passed in March 2014.**



**Jennifer Burghoffer, a wildlife rehabilitator with the Blue Ridge Wildlife Center, spoke to visitors at Runnymede Park in Herndon about local wildlife native to Virginia.**

# Herndon NatureFest Held At Runnymede Park

**Families learn about local wildlife and nature.**

BY RYAN DUNN  
THE CONNECTION

**T**he Friends of Runnymede Park and the Town of Herndon Parks and Recreation Department hosted the annual NatureFest on Sunday, Sept. 28 at Runnymede Park. Nearly 700 local residents and neighbors enjoyed learning about birds, bees and butterflies, recycling and native plants, and life in a meadow or stream. Families and children had the opportunity to explore nature stations throughout the park and animal shows throughout the day.

Arts, crafts and fun for the whole family were included at NatureFest. The mission of the Herndon-based, nonprofit Friends of

Runnymede Park is to protect, enhance, and preserve the physical, natural, and cultural heritage of the public parkland in the Town of Herndon. It assists the town of Herndon in the stewardship of the 58-acre natural park.

Jennifer Burghoffer, a wildlife rehabilitator with the Blue Ridge Wildlife Center, spoke to visitors at Runnymede Park about local wildlife native to northern Virginia. The Blue Ridge Wildlife Center rescues and provides veterinary care and rehabilitates animals from Virginia, Maryland and West Virginia. Located in Millwood, Va. the center does not charge for services and depends on donations.

"What I like most about NatureFest is sharing the importance of honeybees," said local beekeeper René Garcia. Garcia has been keeping bees as a hobby for years and answered questions about beekeeping. This year was a difficult year for beekeeping as winter was harsh. "Less bees means less

honey," said Gracia.

Volunteers with Herndon Environmental Network (HEN) hosted a plant swap and spoke about how native plants are important to animals. HEN was founded in 2011 by a group of Herndon area residents concerned about environmental issues. They work to improve the environment through education, initiatives and advocacy in the greater Herndon area.

Near Sugarland Run Stream, a station was set up on aquatic invertebrates found in the stream. "I think NatureFest is a great way to make contact with a younger audience than we are used to," said Dan Schwartz, a soil scientist with the Northern Virginia Soil and Water Conservation District. Also at the nature station were two faculty members of Herndon Hutchison Elementary, Madhuri Nagarkar and Melinda Markfelder. "The kids get really excited about coming to NatureFest," said Markfelder. "I like how there is a bit of something for everybody."

Volunteers were at stations throughout the park, showing off the park fields, stream and woods.

"It is a wonderful event, fun for kids of all ages," said former Herndon mayor Carol Bruce, a member of the Friends of Runnymede Park board.

Herndon resident Beth Hardesty helped explain the "web of life" role-playing game to young visitors.

The Friends of Runnymede dedicated the day's work to Ann Hopper Csonka who died in March 2014. Ann and her husband Dr. John M. De Noyer were involved in community activities and environmental education. Ann and John DeNoyer founded the Friends of Runnymede and created the first NatureFest. "She taught me and passed on her teachings to many generations," said Hardesty. "Runnymede Park is a hidden gem in Herndon."

For more information about the Friends of Runnymede Park, visit [www.frpweb.org](http://www.frpweb.org).

## Herndon's H.K. Lee Recognized Martial arts instructor receives award at ceremony.

BY RYAN DUNN  
THE CONNECTION

**H**erndon's H.K. Lee Academy of Taekwondo Grandmaster H. K. Lee received a special Presidential Commendation from the President of the Republic of Korea, Geun-Hye Park. Grandmaster Lee was the first distinguished recipient to receive the Korean President's Commendation at the opening ceremony of The World Taekwondo Won in Muju, Republic of Korea on International Taekwondo Day, Sept. 4.

In the world of taekwondo this holds one of the highest honors any taekwondo practitioner can receive. His accomplishments will be celebrated by all three major taekwondo organizations: Kukkiwon (World Taedwondo Headquarters), World Taekwondo Federation, and the World Taekwondo Promotion Foundation.

The newly built World Taedwonko Won



**Herndon's H.K. Lee Academy of Taekwondo Grandmaster H. K. Lee received a Presidential Commendation from President of the Republic of Korea, Park Geun-hye.**

PHOTO COURTESY OF  
H.K. LEE STUDIO

(Park) will be where TaeKwonDo practitioners can study and research the spirit, history, and culture of taekwondo. Grandmaster Lee was chosen for his years of leadership, service, and commitment in the development of taekwondo, as well as his insight and contribution to the building of the new Taekwondo Won.

Grandmaster Lee's teachings and martial arts philosophy have reached thousands of students, and he currently oversees more than 500 active students.

Taekwondo was created in Korea and developed over the course of 2,000 years. Taekwondo was admitted into the Amateur Athletic Union (AAU) of the United States

in 1974 and recognized by the U.S. Olympic Committee in 1978. It is now also a Junior Olympic sport and part of the Pan American Games. The sport will be included in the Fairfax 2015 World Police and Fire Games.

Lee was born in Korea and later immigrated to the United States where he made Herndon his second home. He received U.S. citizenship in 1981. First established in 1973, the H.K. Lee Academy of Taekwondo is located at 465 Herndon Pkwy, Herndon.

"I sincerely thank everyone, especially my wife Gail, my mother, all the other family, H.K. Lee academy of Taekwondo Masters and students, along with other Taekwondo families worldwide. Without your support, this honor may not have been granted to me," H.K. Lee said.

For more information on the martial arts studio and services visit [www.hkleetkd.com](http://www.hkleetkd.com).