

Herndon Middle School 8th graders in drama teacher Scott D. Pafumi's class presented a history of the town of Herndon. The one act play covered the period from 1858 to the present.

Herndon Middle Presents Play On History Of Herndon

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Community Center Forums Set for November

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The Fairfax County Federation of Teachers would like to thank all of the 2014 award winners listed above for their consistent advocacy, proactive communications, and support of our workforce over the past year. We publicly acknowledge their efforts to make a difference in the lives of FCPS employees. Thank you for caring about us; it matters and is appreciated.



Community Center Forums Set for November

Town Parks and Recreation wants input on changes.

BY REENA SINGH
THE CONNECTION

Herndon Parks and Recreation Department wants to know what residents want changed at the community center.

With the changing demographics in town, the department hopes to find out what services are needed in the next 10 years through upcoming forums.

"It's all about making sure we're going in the right direction and on the same page, because that's our job," said Parks and Recreation Director Cindy Roeder.

The town is expecting the younger population to grow in the next three to five years as young couples start their families. In addition, the older population may see an increase in population, Roeder said.

The first forum will discuss programs and services held by P&R and will be from 7 to 8:30 p.m. on Wednesday, Nov. 19. The second will discuss the Herndon Community Center and its services from 7 to 8:30 p.m. on Nov. 20. They both will be held at the community center, located at 814 Ferndale



PHOTO BY REENA SINGH/THE CONNECTION

Jeremy Smith, Herndon, trains for the Turkey Trot at the Herndon Community Center. Parks and Recreation will be holding two forums next month to find out what changes residents want for the center and other services.

Avenue.

The forums will be hosted by a professional moderator so participants feel comfortable talking about what they like - or do not like - about the community center and other P&R services. Free babysitting

will be provided for children older than 12 months.

The department hopes for 12 to 18 people to show up for both of the forums. Several people have already reserved a spot, according to Marketing Specialist Abby Kimble.

"Herndon is a very active community," said Roeder. "People willingly volunteer their time and ideas and share them with the community."

Even when Kimble was walking around the community center later that day, people who she spoke to about the forum sung praises of the center.

"I really love the community center," Herndon resident Jeremy Smith said after a run on one of the treadmills. "We're here all the time."

The idea for a forum started last fall when the P&R Department released a citizen and user survey. Many of those who replied to it said they would want to participate in a forum about the changes they want to see in the community center.

The part of those changes will be what the department is calling Phase Five, a 10,000 to 12,000 square foot second story addition to the community center. In the past, the department has talked about putting the fitness equipment up there, but wanted to know if there should be more specialty programs geared towards younger children or the aging population.

"We want to hear from people what their needs are, what their family's needs are," said Kimble.

To RSVP for the forums or to get more information, email rsvp.pr@herndonva.gov or call 703-787-7300.

Liberty Printing House

New business finds freedom in Herndon.

BY REENA SINGH
THE CONNECTION

The freedom of the press means more to Samer Zaiber and Ahmed Al-Sammarraie than to most.

As immigrants from Iraq who have been stalked and threatened for their work with American funded projects, the owners of Liberty Printing House brought their ideas of freedom to a country that takes pride in the word.

The new printing studio, located at 688 Spring St., is just six months old. On a street that has been torn up by construction in the past several months, the duo already has a small string of clients through friends and walk-ins.

"We don't know what America needs," said Zaiber in reference to his business. "Day after day, month after month, we learn."

Their printing studio is named after one of the most important printing houses - Hurra - that was owned by the Iraqi government. They know the word liberty strongly resonates with American ideals, but it gave them a little piece of home while they are here.

"It's a big word for us because we missed it back home," said Zaiber.

After Saddam Hussein was captured in 2003, Zaiber started a printing house called Alaklam Al-Hurra, meaning "The Free Pen" to encourage free thought in what he hoped would be a new Iraq. The first projects were funded by the U.S. military, but in 2005, the group was funded by USAID to print the 1.4 million copies of the first Iraqi constitution days before the first free elections. They took it on knowing how dangerous the mission could be.

Even though they were successful, unidentified terrorists tracked the copies to the printing house. They threatened the employees with death and arson.

"In 2006, I left for Jordan and left everything behind me," said Zaiber.

Both men brought their families with them so they would never have another reason to go back to Iraq.

"We don't get homesick," said Zaiber. "We left Iraq and we never want to go back."

Just before the business opened six months ago, Zaiber got his U.S. citizenship to rid himself of Iraqi ties for good.

Zaiber came to the U.S. with a computer science degree and Al-Sammarraie came as a medical engineer. However, they were either overqualified for everything that they applied to, or the company did not take their foreign degree seriously.



PHOTO BY REENA SINGH/THE CONNECTION

Samer Zaiber and Ahmed Al-Sammarraie in their printing studio, Liberty Printing House, that opened six months ago in Herndon.

Both had worked together in the past, so when Al-Sammarraie immigrated to the U.S., the two went back to their roots in printing.

"They have been trying to live the American dream," said Brian Erickson, owner of an Aikido studio next door. "I think that all the work they've done for me and others have been fantastic."

These days, their printing mostly consists of advertisements, catalogues and coloring

books they are hoping to sell to Wal-Mart and Costco. However, they hope to continue their American dream with their burgeoning company in a country where they can drive to work and print without being threatened.

"When I am here, I feel safe, but it's hard to start all over again," said Al-Sammarraie.

For more information about Liberty Printing House, visit <http://libertyprintinghouse.com>.

ELECTION 2014

Down to the Wire

As 10th District race heads into homestretch, Foust, Comstock continue to battle for voters.

BY VICTORIA ROSS
THE CONNECTION

The race to replace U.S. Rep. Frank Wolf (R) in Virginia's sprawling 10th district has been exactly what political prognosticators said it would be: one of the most watched, most expensive and most contested races in the 2014 midterm elections.

For years, local Democrats liked to joke that the seat was not so much an "R" seat as a "W" seat, and if they could field a candidate named Wolf, they would have the seat regardless of party affiliation.

But they didn't expect a shot at the seat anytime soon.

Until last December, when Wolf delivered a game-changer by announcing that he would not seek re-election to an 18th term in Congress.

His retirement announcement came as a surprise to both Republicans and Democrats, and set off a feeding frenzy among political hopefuls throughout the district.

By the end of January 2014, 15 candidates stood in line for a chance at the coveted seat.

The news also sparked a flurry of speculation about the district's possible political shift. Democrats became bullish on the seat

that had not been competitive for 30 years.

In February, The Rothenberg Political Report rated the race as "leans Republican," noting that in recent elections, the district supported both Republicans and Democrats in presidential and gubernatorial races. The Washington Post ranked the seat as "the sixth most likely seat to flip control" in the 2014 election.

"The 10th district had become increasingly liberal and diverse," said Toni-Michelle C. Travis, an associate professor of government and politics at George Mason University. She noted that while Democrats held just three congressional districts, voters swept Democrats into all three statewide offices last year, and went for President Obama twice.

"These districts are shifting and they are not set in stone anymore," Travis said. "The 10th now includes a chunk of Loudoun County, and voters are going to see the world differently from voters in Fairfax County. It's possible that's where the race will be won or lost."

IN REACTION to the news of an open seat, both parties were frantically maneuvering to select a candidate. Many Democrats were already coalescing around Fairfax County Supervisor John Foust, who had announced



PHOTO CONTRIBUTED

Del. Barbara Comstock (R-34) greets supporters during a campaign stop in Clifton last month.

his candidacy in September to run against the incumbent Wolf.

"I remember being in the Government Center when Wolf announced his retirement ... my BlackBerry started buzzing like crazy. I was surprised, but I knew my chances to win just shot up," Foust said.

On Jan. 24, Northern Virginia Republicans announced the party would run a firehouse primary on April 26 to choose a nominee. The firehouse primary had never been tested in the state's congressional history, and it was a process that caused significant intra-party strife. But it would give their nominee an early start. If the party opted for a state-run primary or convention, it would not have been held until June 10.

In reaction, Fairfax County Democrats

SEE BATTLE, PAGE 13



PHOTO BY VICTORIA ROSS

Fairfax County Supervisor John Foust (D-Dranesville), stands by his shipment of new signs that he received in September - "This is Foust Country."

Money

Both Foust and Comstock have received and spent millions of dollars in the race to replace retiring Congressman Frank Wolf (R). Congressional candidates are required to file up to seven main reports with the Federal Election Commission during the 2014 midterms. Below are Foust and Comstock's most recent quarterly reports, filed Oct. 15.

COMSTOCK:

Beginning Balance: \$575,890.52
Total Contributions for Reporting Period: \$1,300,412.84
Expenditures: \$1,075,722.43
Cash on Hand: \$800,580.93

FOUST:

Beginning Balance: \$1,125,718.40
Total Contributions for Reporting Period: \$1,008,833.03
Expenditures: \$1,492,681.95
Cash on Hand: \$641,869.48

Source: Ballotpedia.org

Mutiny at the Debate

BY VICTORIA ROSS
THE CONNECTION

The final debate Sunday between Republican Barbara Comstock and Democrat John Foust was arguably the most fiery and combative debate in the race to replace retiring U.S. Rep. Frank R. Wolf (R) in Virginia's 10th Congressional District.

The candidates took their seats next to each other on the stark stage of the McLean Community Center's Alden Theater, and battled for 90 minutes over who would really bring a bipartisan approach to Congress.

Comstock cited her work on several bills that received bipartisan support in the Virginia House of Delegates, including legislation to combat human trafficking and Lyme disease. Foust said that as a Fairfax County supervisor, he has worked in cooperation with Republicans to balance seven county budgets.

Co-hosted by The McLean Citizens Association and the Great Falls Citizens Association on Sunday afternoon, Oct. 26, the debate drew a crowd of nearly 400



PHOTO BY VICTORIA ROSS/THE CONNECTION

The stark stage at McLean Community Center's Alden Theater served as the backdrop for the final debate between Republican Barbara Comstock and Democrat John Foust co-hosted by The McLean Citizens Association and the Great Falls Citizens Association on Sunday afternoon, Oct. 26.

Northern Virginia residents, many sporting Comstock t-shirts or wearing Foust buttons.

In response to a question about how the

Final Comstock-Foust debate gets emotional as both candidates debate social issues for first time.

Comstock argued that she could be more effective than a Democrat.

"It's important to have a Republican voice fighting for our federal employees, and I will be that voice," she said. "We don't need to have the budget balanced on their backs."

She said the government shutdown of 2013, was "unconservative, irresponsible and it should never happen again," drawing applause.

THE GLOVES WERE OFF for Foust, the Dranesville District supervisor who, political pollsters say, has lost some electoral ground to Comstock in the past few weeks. Foust repeatedly accused Comstock of being a "hyper-partisan" operative and confronted Comstock on her record regarding social issues, a topic that was off-limits in previous debates.

Foust called Comstock's position on gun control "scary," and blasted her vote to repeal Virginia's law limiting handgun purchases to once a month. "She gets an

SEE FINAL DEBATE, PAGE 13

WEEK IN HERNDON

InNOVate Conference Spotlights Health Care Advancements

The Dulles Regional Chamber of Commerce, in partnership with Kaiser Permanente, has announced its third annual InNOVate Conference on Thursday, Nov. 6 at the Center for Innovative Technology in Herndon.

Presented in cooperation with The Virginia Biotechnology Association (Virginia Bio), this year's conference theme "Health Care of the Future ... Today," focuses on the concepts and technologies that are transforming personal health management and health care.

Bookended by keynote addresses from Dr.

Bernadette Loftus, associate executive director of the Permanente Medical Group, and Virginia Governor Terry McAuliffe, this half-day event features exhibits, breakout sessions, and special demonstrations of health and wellness apps.

For more information on the 2014 InNOVate Conference, or to register for the event, visit www.InNOVate-nova.com. General admission is \$50.

Volunteers Needed

ArtSpace Herndon, a community art center in historic Herndon, needs docents to greet guests, answer the phone, and ring sales during normal gallery hours. Flexible, two-hour shifts. No experience is necessary. Training is provided. Volunteers are also needed for monthly special events. Call 703-956-6590 or email volunteer@artspaceherndon.com.



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Change for the Better in Fairfax County Schools

Later start times, full-day Mondays; who knows, next maybe gifted-and-talented programs for poor students?

Who says big bureaucracies can't make big changes? One year into the tenure of Karen Garza, we have two huge changes that between them impact almost every single student, every family with children in Fairfax County Public Schools.

Last week, the Fairfax County School Board voted to move high school start times all after 8 a.m. beginning next September. Garza, superintendent of Fairfax County Public Schools, announced this summer the implementation of full-day Mondays, another previously insurmountable task.

A plan emerged that made this possible for under \$5 million (original estimates were wildly and prohibitively higher) while keeping elementary school times the same (or within 5-10 minutes). The goal is to move middle school start times later in the future.

Change comes in mysterious ways. Part of the support for this change comes from the science.

The American Academy of Pediatrics this fall: "A substantial body of research has now demonstrated that delaying school start times is

an effective countermeasure to chronic sleep loss and has a wide range of potential benefits to students with regard to physical and mental health, safety, and academic achievement.

"The American Academy of Pediatrics strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5-9.5 hours) and to improve physi-

EDITORIAL

Voting

Every year is Election Year in Virginia, and this year, the ballot is short but important. Turn out to vote for U.S. Senate, member of the House of Representatives, and a few questions.

You can vote absentee in person between now and Saturday, Nov. 1; after that, vote on Election Day, Nov. 1, at your assigned polling place. Bring photo identification with you, the rules have changed.

cal (eg, reduced obesity risk) and mental (eg, lower rates of depression) health, safety (eg, drowsy driving crashes), academic performance, and quality of life."

We commend the leadership of the advocacy group SLEEP in Fairfax, which never gave up, even in years when this change appeared impossible.

We suspect the key ingredient is new leadership at the top at FCPS, Karen Garza.

A superintendent across the river, Joshua Starr, will have to ask himself what's holding up such changes in Montgomery County Public Schools.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

For information, contact State Board of Elections, 804 864-8901, Toll Free: 800 552-9745 FAX: 804 371-0194, email: info@sbe.virginia.gov; or visit <http://www.sbe.virginia.gov>

You can read previous Connection coverage at <http://www.connectionnewspapers.com/news/Elections/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Vote Yes on Transportation Bond Referendum

To the Editor:

On Nov. 4, Fairfax County residents will vote on a Transportation Bond Referendum. The League of Women Voters supports the Bond Referendum and urges voters to approve it.

If accepted, the Bond would fund three types of projects:

❖ Spot Road Improvements: These include adding or lengthening turnlanes; upgrading turn signals and signage; constructing walkways and providing crosswalks; and making popular destinations more accessible.

❖ Pedestrian Improvements: These include building missing sidewalk and trail links; adding and improving signalized crosswalks and other pedestrian-friendly intersection improvements.

❖ Bike and Trail Improvements: These include developing new bicycle facilities, constructing trails, adding bicycle parking, and mak-

ing popular destinations and mass transit more accessible.

These upgrades would increase the capacity of our transportation network by allowing it to carry more people, whether they drive, walk, bike or take mass transit. Go to fairfaxcounty.gov/bond/ for information about cost, project details and answers to other frequently asked questions.

Here's something else to consider: Fairfax is one of only 32 counties in the United States with a AAA Bond Rating. This allows the County to borrow at lower interest rates. And because Fairfax has access to other funding sources, this Bond represents only 7 percent of the cost of these improvements.

The League of Women Voters urges you to vote on Nov. 4. And we encourage you to say YES to the Transportation Bond Referendum. We believe that these projects will reduce congestion and make it easier and safer for all of us to get to the places where we need and want to go.

Julia Jones and Helen Kelly,
Co-Presidents
League of Women Voters of the
Fairfax Area

Champion for Veterans

To the Editor:

I am writing to bring the attention of voters to the importance of the choice they have in the election for the 10th Congressional District.

John Foust is the candidate who has shown he deserves the support of veterans. John supports Governor McAuliffe's workforce development plan which includes a much needed effort to create more jobs in Virginia. A feature of this program is the Virginia Values Veterans program, which will ask 10,000 businesses to sign a pledge of commitment to hiring more veterans. By working with these businesses in Virginia service members are provided opportunities for a successful transition back to the civilian life. Our veterans deserve nothing less.

Recently Governor McAuliffe also signed Executive Order 23 establishing "The New Virginia Economy" Workforce Initiative. As a U.S. Army veteran I believe the most important part of this initiative will be to help secure employment opportunities for the

younger generation of veterans.

With the Governor's initiative and the support of Northern Virginian Democrats like John Foust who is running for Congress in the 10th CD Veterans will have a better outlook in the future job market in Virginia.

John is the son of a WWII veteran and he has always supported veterans and military families causes. As a Vietnam veteran I have confidence that when John Foust is elected in November he will continue to be a champion for veterans and military families and our issues.

J. Jay Volkert
Vienna

Stealth Candidate

To the Editor:

Why won't Comstock speak to us?

As the race for the 10th District congressional race enters its final weeks, Barbara Comstock continues to employ her stealth tactics of avoiding questions from the

SEE LETTERS, PAGE 7

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic

Editor ♦ 703-778-9414

kemal@connectionnewspapers.com

Amna Rehmatulla

Editorial Assistant

703-778-9410 ext.427

arehmatulla@connectionnewspapers.com

Reena Singh

Community Reporter

757-619-7584

rsingh@connectionnewspapers.com

Jon Roetman

Sports Editor ♦ 703-752-4013

jroetman@connectionnewspapers.com

@jonroetman

Victoria Ross

County Reporter ♦ 301-502-6027

vross@connectionnewspapers.com

Ryan Dunn

Contributing Writer

ADVERTISING:

For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park

Display Advertising

703-778-9420

donpark@connectionnewspapers.com

Andrea Smith

Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk

National Sales

703-778-9444

debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Jerry Vernon

jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Photography:

Deb Cobb, Louise Krafft,

Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann

703-778-9436

jtheismann@connectionnewspapers.com

@TheismannMedia

CIRCULATION: 703-778-9426

circulation@connectionnewspapers.com



LETTERS

FROM PAGE 6

press, not showing up for debates, and limiting audience access to her in public forums. I wonder what she is hiding.

Surprisingly, she doesn't even appear in her own commercials. In an ad attacking John Foust for a misstatement about Comstock's career, an actress is used to suggest that a lawyer like her indeed has a career.

It just seems odd that an ad addressing such a personal message

would not have the candidate speak for herself.

John Foust, her rival, is much more accessible and direct about his positions on the issues. We have endured the silent Comstock for three terms in the Virginia House of Delegates. We deserve better representation in the U.S. Congress. If you don't want a stealth congressman, vote for John Foust.

Paula Gori
Oakton

Write

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

Send to:

Letters to the Editor
The Connection
1606 King St.
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11/3/2014 6:30-8:00pm	"Misquoting Muhammad: Interpreting the Prophet's Legacy"	Dr. Jonathan Brown, Georgetown University
11/10/2014 6:30-8:00pm	"Muslim Scholars and the Arab Uprisings: Spokesmen of the Regime?"	David Warren, University of Manchester (UK)
12/3/2014 6:30-8:00pm	"Late Ottoman Discourses on Nationalism and Islam"	Dr. Mustafa Gokcek, Niagara University and IIIT Resident Fellow

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**Christmas Shop Opens
Tues Nov. 25th at 10AM!!**

Herndon Middle School 8th graders performed a one-act play on the history of Herndon on Oct. 23 at Herndon Middle School. A historic Herndon event included in the play was the great fire of 1917.



PHOTO BY RYAN DUNN/THE CONNECTION

Herndon Middle Presents Play On History Of Herndon

Play presented at Hendon and Virginia Theatre Association conference.

BY RYAN DUNN
THE CONNECTION

Eighth grade students in the class of Herndon Middle School drama teacher Scott D. Pafumi performed a one act play on the history of Herndon on Oct. 23 at Herndon Middle School. The one act play covered the period from 1858 to the present. “The students have done an amazing job of bringing this play to life,” said Pafumi.

Attending the evening show was Herndon Mayor Lisa Merkel. “Herndon Middle School’s production of ‘Herndon Town’ was a treat to attend and I was honored to be in the audience,” Merkel said. “The actors captured the essence of Herndon’s history, highlighting the struggles and triumphs of our great town with humor, humility, honesty and poise.” The show was free to the public.

“Last spring I made the decision that I wanted to create an original project for my 8th grade advanced theatre class,” said Pafumi. “Since I started working in Herndon in the fall of 2011, I have been enamored of the warmth and close knit community that makes up this town. I was curious about the town’s history and how this community became what we are today, from a collection of dairy farmers to a high tech corridor of business and commerce.”

“The students were taken through a unique process of creating an original piece,” said Herndon Middle School Assistant Principal Matt Lanoue-Chapman. “They got to wrestle with local history and local issues.” Topics in the one act play included the great Herndon fire of 1917,

the Herndon railroad stop, the civil rights era, and the Day Laborer Center story. Members of the school’s advanced theatre class attended the weekend Virginia Theatre Association (VTA) conference, Oct. 23-26, at Norfolk. The production was staged at the conference.

“In doing some preliminary research I found out that we had some pretty interesting stories that put our town on the map,” said Pafumi. “In pitching this idea to my principal, Mrs. Klerna, she gave me some ideas of what would make for great storytelling,

“In doing some preliminary research I found out that we had some pretty interesting stories that put our town on the map.”

— Herndon Middle School drama teacher Scott D. Pafumi

herself a history major. Specifically, she told me not to shy away from the recent controversy surrounding the Day Laborer issue. I had no idea how much that would entail in the research, writing, and performing of that topic.” Pafumi hired playwright Kristen LePine to help construct the play.

In 2007 the Town of Herndon closed a day laborer center established in late 2005 as an alternative to the streets for laborers and prospective employers to come to terms. The center was operated by Reston Interfaith, operating under a grant from Fairfax County, which did not require work-

ers to document their immigration status. The day laborer center became a topic of political debate.

“As we built to that issue, I wanted to show connections to stories of our past where the town had to deal with change and social upheaval,” said Pafumi. “In sticking with the theme of what it takes to make a community, the playwright and I tried to build a scaffold of stories that would lead up to our 21st century identity as a small town that is still dealing with change. Our hope is that the play reveals a sense of hope and pride in our growing town.”

“I really like drama,” said 8th grade student Rose Bailey who participated in the play. “I think the play goes with this year’s theme of community, and I really like working with everyone.” Bailey said she will consider taking drama class when she enters Herndon High. “It has been a really fun time putting the play together,” said Sarah Smith, who performed in the play with her sister Caitlin Smith.

“Powerful is one of the first things that came to mind,” said Judy Bowns, a co-founder of The Cappies program and former Herndon High School teacher. Bowns attended the afternoon show and shared her review of the play with the student actors. “What I loved about the cast is they didn’t falter, they stayed right with it. I was very impressed.”

In May 2015 the Herndon drama class is planning a field trip to visit Broadway and New York City. In addition to working at Herndon Middle School, Pafumi is an adjunct theatre professor at Northern Virginia Community College at the Loudoun campus. He earned a BA in Theatre and English Literature at Virginia Tech, and holds a Masters in Arts Management from George Mason University.

COMMUNITY

Herndon ArtSpace Presents Expressions Portrait Exhibit

ArtSpace Herndon Portrait Exhibit kicks off ArtsWeek Herndon.

BY RYAN DUNN
THE CONNECTION

Finalists were recognized at the ArtSpace Herndon Expressions Portrait Exhibit during the Saturday, Oct. 11 artists’ reception. The art exhibit displays more than 20 portrait pieces composed by 18 artists. An artists’ reception open to the public was held to kick off the Herndon Fine Arts Festival.

“I would like to express how happy we are to be partnering for the sixth time with the Herndon Foundation for the Cultural Arts to bring you the Expressions Portrait Competition for the sixth year,” said Executive Director of the Council for the Arts of Herndon Signe Friedrichs. Judging the competition this year was artist Jordan Xu.

The artists reception brought more than 50 attendees.

“This year was just as difficult as last year in judging,” said Jordan Xu. “I just had to go with my gut feeling... I looked for quality and how expressive the painting was.”

Prizes were awarded to the first, second and third place winners. The exhibit includes the finalists from the ArtSpace Herndon’s



PHOTO BY RYAN DUNN/THE CONNECTION

Reston resident and artist Debby Bird won recognition for her art work “Arms of Experience” now on display at ArtSpace Herndon until Nov. 2. The picture displays Bird’s daughter and grandmother.

annual portrait competition. Jurors Judith Peck and Michela Mansuino evaluated the entries from participating artists and selected the finalists.

Director of Herndon Trinity Presbyterian Church Youth Ministry Program Lee Cook, Rev. Stephen Smith-Cobbs, intern youth leader Jake Killian and Rev. Rebecca Messman pose for a photo at the 2014 October Fall Festival.



The October Fall Festival at Herndon’s Trinity Presbyterian Church included pumpkin painting and other attractions such as face painting, a costume parade, and trunk or treating. The event was sponsored by the church youth group.

Herndon Trinity Presbyterian Holds Fall Festival

Families attend fall festival outdoor event.

BY RYAN DUNN
THE CONNECTION

Herndon’s Trinity Presbyterian Church held a children’s fall festival the afternoon of Sunday, Oct. 26. The fall festival activities included a cupcake walk, art and craft event, and trunk or treating. Trinity’s youth group sponsored the event. “I think having the event outside was a good choice,” said Jake Killian, intern youth leader at Trinity Presbyterian Church.

Herndon High School juniors Haley Disinger and Allison Maxwell helped with face painting, and representatives from the church preschool were out to speak and connect with visitors. “We really like having this event outdoors,” said Nancy Willis, a

resident of Herndon and member of Trinity Presbyterian Church for 27 years. Willis is an advisor with the youth group.

“They have a lot events here for the kids,” said Herndon resident Kelley Wiggins, who was attending the event with her husband, son and daughter. The fall festival event was open to the community, and also had an inflatable castle, a costume parade, and an inflatable joust. Bringing her two children to the event was Rev. Rebecca Messman. “It is designed as a gift to the community,” said Messman. “The kids absolutely love it.”

Attending was Lee Cook, new director of the church Youth Ministry Program. Cook joined Trinity in October after former youth director David Hoppel left to pursue seminary studies. “It is good

for people of all ages,” said Cook. “A lot of credit goes to Jake Killian for putting this together.” The church youth group services ages from 7th to 12th grade.

Upcoming events at Trinity Presbyterian include the Handbell Festival. Every November, since 1996, Trinity has hosted a Handbell Festival. Each year a distinguished guest director has led a handbell workshop prior to the festival concert and many area churches participate. This year the director is Tracey McDuffie and churches from Herndon, Burke, Dranesville, and Purcellville will participate. The workshop will conclude with a free concert at Trinity Presbyterian Church on Saturday, Nov. 8, at 6 p.m.

Trinity Presbyterian Church is located at 651 Dranesville Road, Herndon, and is located across the street from Herndon Elementary School.

to be in the show this year.”

Attending the art reception were artists Noble Adler and Mark Giaimo.

An artist from Vienna, who works in oil, pastel, watercolor and charcoal, Cathleen Lawless’ work has been juried into local, regional, and national shows, including the Salmagundi Club in New York City. One of her two pieces on display at ArtSpace includes a portrait of her son Peter.

“It took me about six months to finish it, I did not work on it continuously, it is one of my favorite subjects,” said Lawless. The portrait exhibit will be on display at ArtSpace Herndon until Nov. 2, 2014.

OVER THE WEEKEND of Oct. 11-12, a fine art festival was held outside ArtSpace Herndon. At an outdoor art gallery created with the handmade work of artists from across America, visitors had the opportunity to experience paintings, jewelry, sculpture, photography, ceramics, glass, mixed-media, woodworking and more.

This event was hosted by The Herndon Foundation for the Cultural Arts and ArtSpace Herndon and directed by Paragon Fine Art Festivals.

“It is a great joint project for the Council for the Arts and ArtSpace Herndon,” said Friedrichs.

“This festival was so nice,” said tenor and actor Tim McKee, a resident of Reston. “I like the whole unity of the project. To have artists and entertainers come together is nice.”



PHOTOS BY RYAN DUNN/THE CONNECTION

Participants in the costume parade at the 2014 October Fall Festival at Herndon’s Trinity Presbyterian Church. The fall festival was free and was sponsored by the church youth group.

CALENDAR

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

THROUGH 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 Road, 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 crystals, 24k gold and more. www.AnitaDamron.com

New Solo Shows.

Monday - Friday, 8 a.m. - 5 p.m. Reston Corners One and Two, 12001 and 12005 Sunrise Valley Dr., Reston. Mosaics by Anita Bucsay Damron are on display at Reston Corner One and paintings by Norma Lasher are at Reston Corner Two. Free.

www.leagueofrestonartists.org.

Members' Photography Exhibit.

Monday-Friday, 9 a.m.-5 p.m. Greater Reston Chamber of Commerce, 1763 Fountain Dr., Reston. Enjoy a display of members' photography at the Greater Reston Chamber of Commerce. Free. www.leagueofrestonartists.org.

THROUGH 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

artReston Exhibit. JoAnne Rose Gallery, Lake Anne Center, 1609 Washington Plaza, Reston. The theme of "Imagist" brings painters and mixed media/two-dimensional artists together. Show will be judged by Ann Barbieri. Free. www.leagueofrestonartists.org.

THROUGH SUNDAY/NOV. 8

"You're a Good Man, Charlie

Brown." 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. A family-friendly musical for all to enjoy. Purchase tickets at www.restonplayers.org.

WEDNESDAY/OCT. 29-FRIDAY/OCT. 31

Lois Griffel Painting Workshop.

9 a.m.-4 p.m. ArtSpace Herndon, 750 Center St., Herndon. Students will explore color and light effect in landscape, learning to use pure color for expressing the quality of the atmosphere and light key. Register at 703-956-6590 or www.artspaceherndon.org.

WEDNESDAY/OCT. 29

Boo! It's Halloween Storytime.

7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Wear a costume and stop by the library for family Halloween fun. All ages.

THURSDAY/OCT. 30

Meet the Artists Series. 2:15 p.m. - 3:30 p.m. The CenterStage at Reston



Don't miss "You're a Good Man, Charlie Brown," a family-friendly musical production playing until Nov. 8 at CenterStage in Reston.

Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Klasinc & Loncar Duo. Free. 703-476-4500.

FRIDAY/OCT. 31

Reston Friends Puzzle Sale.

10 a.m. - 6 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sale of gently used jigsaw puzzles and games at the library. All proceeds from the sale benefit the Reston Regional Library.

Great Decisions Series. 1:30 p.m. Reston Regional Library, 11925

Bowman Towne Drive, Reston. Join us for a roundtable discussion on the U.S. foreign policy process. The topic for October is China's Foreign Policy. Discussion materials will be available two weeks before the event.

SATURDAY/NOV. 1

Joshua Max Feldman Talk.

7:30 p.m. Congregation Beth Emeth, 12523 Lawyers Road, Herndon. j.talks event. Feldman will talk about and read from his novel "The Book of Jonah." \$15/\$10. 703-534-3075.

Reston Friends Puzzle Sale. 10 a.m.

- 5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sale of gently used jigsaw puzzles and games at the library. All proceeds from the sale benefit the Reston Regional Library.

Arts and Crafts Fair.

10 a.m. - 3 p.m. Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Handcrafted items by local artists.

SATURDAY/NOV. 1-SUNDAY/NOV. 30

Colorful Life. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Rd, Reston. Acrylic Paintings on Canvas

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MONDAY/NOV. 3-MONDAY/DEC. 1

A Cape Breton Discovery. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Celeste Friesen-Nikkel exhibits her award-winning acrylic and mixed media work in this November exhibit. 703-476-4500.

SUNDAY/NOV. 2

Holiday Bazaar. 9 a.m.-1 p.m. St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Benefits the Gifts to Glorify the Lord Campaign (1870 pipe organ restoration) and the Episcopal Church Women's efforts to revitalize the parish hall. ehorsfield@cox.net.

Puzzle Sale. 1 - 5 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Used puzzles galore, puzzle books, and gently used games await you.

MONDAY/NOV. 3

Kaydee Puppet Show-Snow White and the Seven Dwarfs. 11-11:45 a.m. Herndon Community Center, 814 Ferndale Ave., Herndon. A puppet show performance of Snow White and the Seven Dwarfs. \$4-\$5. 703-435-6800.

Children's Performing Art Series. 11-11:45 a.m. Herndon Community Center, 814 Ferndale Ave., Herndon. For more information call 703-787-7300.

SUNDAY/NOV. 8

Herndon Community Center's 35th Anniversary. 11 a.m. - 3 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. An open house and celebration for the 35th anniversary of Herndon Community center.

David Bendernagel. 2-4 p.m. Reston Museum, 1639 Washington Plaza N., Reston. Bendernagel reads from debut novel, "The End of the City." 703-709-7700.

WEDNESDAY/NOV12-SATURDAY/NOV15

World of Color Expo 2014. 9 a.m. - 6 p.m. Hilton Washington Dulles Hotel, 13869 Park Center Road, Herndon. Registration is required to take classes. No prior painting experience necessary. For more information call 703-754-3191.

WEDNESDAY/NOV. 12

Design & Wine: Sketching with Martin Steinhobol. 7-9pm. ArtSpace Herndon, 750 Center Street, Herndon. Discover your inner artist and learn to sketch a little. This lighthearted session will provide you with few basic tips and techniques that make sketching fun and approachable. A \$30 fee covers all supplies and two glasses of wine. Registration is required with payment in advance. To register go to www.artspaceherndon.org.

FRIDAY/NOV. 14

Senior Tea. 1-2pm. ArtSpace Herndon, 750 Center Street, Herndon. Each month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. All teas are free and open to the public. For more information visit www.artspaceherndon.org or call 703-956-6590.

SATURDAY/NOV. 15

Herndon Has Talent. 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Herndon Has Talent will showcase five performing artists.

This event is free and open to the public. For more information go to www.artspaceherndon.org or call 703-956-6590.

TUESDAY/NOV. 18

April Mae & The June Bugs. 7:15 p.m. Amphora Diner Deluxe, 1151 Elden St., Herndon. April Mae & The June Bugs play Americana under the influence of jump blues, swing and boogie. Doors open at 6 p.m. The Folk Club of Reston-Herndon. \$11/\$10 members. 703.435.2402 or jamessue@aol.com or restonherndonfolkclub.com

SATURDAY/NOV. 22

Turkey Trot 5K. 1:30 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. The race will begin at 4 p.m. but registration begins at 1:30 p.m. Online registration is recommended. \$20-\$25. herndon-va.gov.

FRIDAY/NOV. 28

Reston Holiday Parade. 11 a.m. Reston Town Center, 11900 Market St., Reston. Come for a full day of community, charity and cheer including the Gingerbread Man Mile & Tot Trot, visits and photos with Santa, tree lighting, sing along and horse-drawn carriage rides.

The Thanksgiving Story. 11 a.m. Frying Pan Farm Park, 2309 West Ox Road, Herndon. Bring the family and holiday guests to this lively and interactive retelling of the Thanksgiving Story. Gleemania's Sue Cournoyer entertains and informs while engaging everyone. After the show, stroll the park and visit our animals or take a ride on our carousel or wagon rides. Admission: \$5 per person.

FAITH NOTES

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

Redefining Success. Our ordinary ways of defining success often result in bad results and low self-esteem. In this series we will look at Buddhist methods for becoming successful in our daily lives. These methods produce more effective actions and real self-confidence. Each class consists of guided meditations, a teaching and time for Q&A.

Thursday, Nov. 6 and Nov. 20, 7:30-8:30 p.m. 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/>

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

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds 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.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or 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.

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. 703-938-2391 or www.epiphanypreschool.com.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

Publishing

A+ Camps & Schools.....10/15/14
Election Preview I10/22/14
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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Herndon Field Hockey Beats Westfield, Wins Conference 5 Championship

Louisville commit Stone leads Hornets to victory with three goals.

BY JON ROETMAN
THE CONNECTION

Herndon head coach Mary Miller and her two assistants grabbed one another in a spirited group hug as Hornet players rushed the field following the conclusion of the Conference 5 tournament championship game at Oakton High School.

Later, senior captain Taylor Stone and junior Kaley Selner grabbed a water bucket and doused Miller with a celebratory bath.

As the on-field party continued, players talked with reporters, students chanted "I believe that we just won!" and Miller snapped a picture of the scoreboard, memorializing one of the greatest victories in the history of the Herndon field hockey program.

Herndon, the No. 3 seed, captured the Conference 5 championship with a 3-2 victory over defending state champion and No. 1 seed Westfield on Oct. 23. Stone scored all three Herndon goals and the Hornets thwarted a Westfield penalty corner in the final minute to take home the title — and earn acknowledgement on the field hockey banner in the school gymnasium.

"We now get to put our year up in the gym," Stone said. "That's what we wanted — we wanted to make history."

It was Herndon's first conference/district championship since 1979 (no district tournament back then).

STONE, A MIDFIELDER, played a major role in the Hornets' making of history Thursday night, producing a hat trick. She scored the game's first goal with a reverse chip with 23:56 remaining in the opening half. Stone scored again less than three minutes later, increasing the Hornets' advantage to 2-0 with the help of a nifty set up by Penn commit Sofia Palacios.



The Herndon field hockey team won the Conference 5 championship on Oct. 23 with a 3-2 victory over Westfield at Oakton High School.



Herndon's Seara Mainor (3) defends against Westfield's Emily McNamara during the Conference 5 tournament championship game on Oct. 23 at Oakton High School.

Herndon led 2-1 early in the second half when Stone found the back of the cage for a third time, scoring off a penalty corner with 23:40 remaining in the contest.

"She's just a tremendous, tremendous player," Miller said. "... She's going to [Louisville], she's a DI player, but she's playing at her high school. She plays with her friends, [and] she's playing with kids whose abilities aren't necessarily the same, but she just plays with them. She can play with anybody. The kids like her and she's got a great attitude — all those intangibles that go with her."

"People root for Taylor Stone." Westfield cut the Herndon lead to 3-2 with 16:08 remaining in the

second half when sophomore forward Olivia Markert scored her second goal of the evening. The Bulldogs had opportunities to tie the score, including the penalty corner in the final minute, but came up empty.

"You know what, they're a great team," Westfield head coach Starr Karl said. "They play really hard. I can't take anything away from them. They wanted it. They played hard. We wanted it too, we just didn't [capitalize]."

Westfield defeated Herndon 5-4 during the teams' regular-season meeting on Oct. 8. The Hornets held a 4-2 advantage in the second half, but surrendered a trio of late goals, including the game-

winner in the closing seconds.

Palacios said Westfield's penalty corner in the final minute Thursday brought back memories of the Hornets' gut-wrenching regular-season loss to the Bulldogs.

"When they had a corner with 30 seconds left, [I had a] flashback to last time," Palacios said. "I'm like, this cannot happen again. ... When we got it out [of the circle], it was one of the best feelings ever."

The regular-season loss to Westfield snapped a 13-game winning streak for Herndon. After bouncing back with a victory over Oakton, the Hornets lost their regular-season finale to Chantilly, dropping Herndon to the No. 3

"We now get to put our year up in the gym. That's what we wanted — we wanted to make history."

— Herndon senior
Taylor Stone

seed in the tournament and forcing the Hornets to play in the quarterfinal round (the top two seeds in the six-team tournament receive a first-round bye and an automatic regional berth).

HERNDON beat Oakton 6-1 in the quarterfinals on Monday and knocked off Chantilly 2-0 in the semifinals on Wednesday. Miller said being forced to play in the quarterfinal round helped the Hornets regain some confidence. She also said the team benefitted from its performance against Westfield in the regular season.

"For my kids, when you're playing against Westfield, you're playing against the defending state champion, you just have to know you can be in the game," Miller said. "I think from that first game, even though we lost in very disappointing fashion, we knew we could play with them."

Herndon's Stone, defender Selner and junior midfielder Seara Mainor were named to the all-tournament team, along with Westfield senior forward Emily McNamara, junior defender Sarah Horgan and freshman midfielder Mackenzie Karl.

Herndon (17-2) will host Langley, the No. 4 seed from Conference 6, in the opening round of the 6A North region tournament on Wednesday, Oct. 29. Westfield (15-3) will host Yorktown, the No. 3 seed from Conference 6, at 7 p.m. on Wednesday.

Herndon finished region runner-up in 1979, but has never won a region championship. Westfield has appeared in the last three region championship games, won the last two and captured the 2013 6A state championship.

"I hope we get to see [Herndon] again," Starr Karl said. "I think our conference was definitely the strongest conference this year. It's exciting because that's never been the case."

PHOTO BY JON ROETMAN/THE CONNECTION

PHOTO BY SUE SPENCER

Battle for 10th Goes Down to the Wire

FROM PAGE 4

announced in March they would cancel a convention, and select Foust as their nominee.

Avoiding a costly primary would give Democrats an edge in building widespread district support for Foust before Republicans named their nominee in a firehouse primary in April.

State Del. Barbara Comstock handily won the GOP “firehouse” primary in April. The former Wolf aide and establishment favorite beat out five other contenders for the nomination.

Her win ensured a heated general election contest for the battleground district, and signaled the official start of the high-stakes race.

For the past six months, both candidates have been campaigning hard.

Foust’s campaign likes to look at the race in terms of numbers. They boast that the campaign has made 960,000 phone calls, knocked on 120,000 doors and registered 1,500 new voters in the quest for the seat.

But the midterm cycle is a steep climb for Democrats, and a win often comes down to a vigorous get-out-the-vote effort.

Republicans, outflanked by a superior Democratic turnout operation in the past two presidential elections, have been spending tens of millions of dollars to improve data collection to achieve a rough parity.

President Obama’s approval ratings are

hovering near all-time lows, and Republicans have successfully persuaded their core supporters that the election is a referendum on him.

IN EARLY OCTOBER, National Democrats delivered a blow to Foust by canceling a multimillion-dollar television ad buy in the race, shifting money from the 10th

to shore up vulnerable incumbents, such as freshman Rep. Ami Bera, a California Democrat.

“Ad reservations are changing every week, and John Foust is running an aggressive campaign in a tough climate,” David Bergstein, spokesman for the Democratic Congressional Campaign Committee, said in response to the move.

Foust said he still sees a path to victory. Campaigning Saturday in Prince William County, Foust told supporters that the campaign is at a “critical point.”

“I like to say both Barbara Comstock and I will have more than enough supporters to win this election, there’s no question about that. But because it’s a low turnout election, the one who is going to win is the one who has the ground game, and I know we have the ground game.”

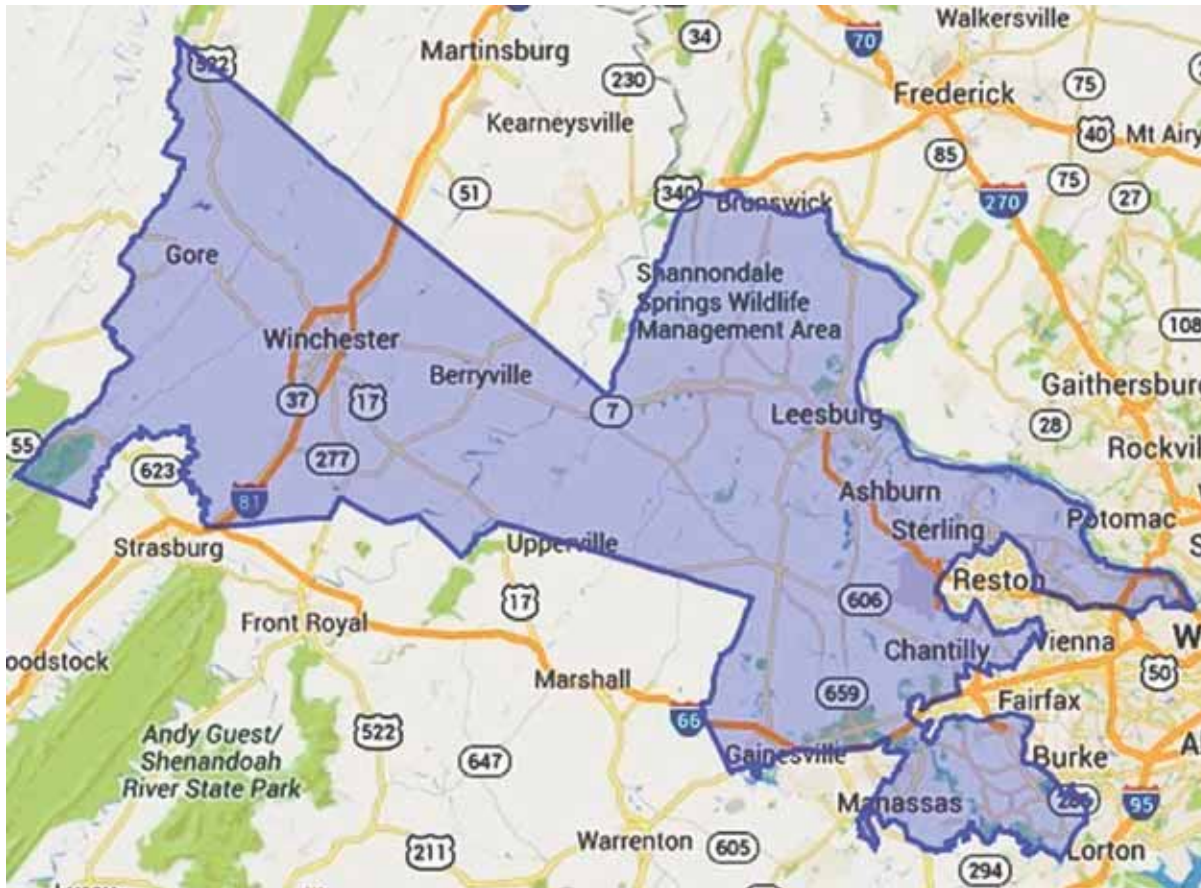
Comstock’s campaign said they have been working their field operation too.

“As we enter the final week, our campaign has the momentum,” Comstock said Friday. “We have ongoing Get Out The Vote efforts and will continue to reach voters through Election Day. I am pleased with all of the positive responses we get every day throughout this diverse district.”

Johanna Persing, a spokesperson for Comstock’s campaign, said Comstock and her volunteers have been knocking on doors every day. “We are reaching voters in all corners of the

district... our strong ground game and Get-Out-the Vote effort will be instrumental to victory on Nov. 4.”

“The point is not everything is moving in one direction. Different groups are responding in different ways to the candidates and the message,” said longtime campaign activist Frank Blechman of Fairfax. “Bottom line: It’s too close to call so get out and vote.”



SOURCE: VPAP

Virginia’s sprawling 10th district, originally created in 1952, stretches from inside the Capital Beltway in Northern Virginia west to the Shenandoah Valley.

Final Comstock-Foust Debate Gets Emotional

FROM PAGE 4

A from the National Rifle Association,” Foust said dryly.

Comstock said she worked on Virginia’s recent mental-health reforms that she said would make Virginians safer while preserving their Second Amendment rights.

She also said she supports adding school resource officers to schools. “We need to help prevent violence and keep students safe,” she said, “not just against guns, but for bullying and human trafficking. Virginia has been a model for other states. It’s another example of bipartisanship coming together to protect our second amendment rights while making us secure.”

Foust was scathing in his reply.

“There have been 87 school shootings since Sandy Hook ... that’s unconscio-

nable. Frankly, Delegate Comstock’s position is scary,” Foust said. “She voted to let people have guns in bars. Virginia was the gun-running capital of the south, and Democrats said let’s limit the purchase of guns to one a month for 12 months. Last session, Delegate Comstock voted to eliminate that law. Virginia is now open for business, and it’s a huge step backwards.”

Foust also slammed Comstock for her opposition to the Supreme Court’s 1973 Roe v. Wade decision legalizing abortion, and her vote in favor of the controversial “transvaginal ultrasound” bill in the Virginia legislature.

“First of all, there are good people on both sides of these difficult issues,” Comstock said, “What we do in Congress is about federal funding of abortion, and I’ve always supported funding in cases of rape, incest or when the health of the mother is in danger.” Comstock said she also supports mak-

ing birth control available to women over the counter.

“I don’t demonize people,” Comstock added. “I want to work together, to find ways we can bring people together and not fight ...”

“Of course you don’t want to fight about it,” Foust shot back, calling Comstock’s position on abortion “beyond the pale.”

“What you really want to do is get people off your back for not standing up for a woman’s right to make her own health care choices,” Foust said, drawing loud applause from his supporters.

Foust continued blasting Comstock for serving as co-chair of the Susan B. Anthony List, a political action group dedicated to electing pro-life candidates, and claiming that Comstock called herself “a warrior” in the pro-life movement.

WHEN MODERATOR Sally Horn, MCA’s

president, said there was no time left in the 90-minute debate for Comstock to give her rebuttal, and suggested the candidates move on to their three-minute closing statements, the audience became mutinous, booing and hissing at each other, the moderator and the candidates.

After Comstock’s closing statement, supporters erupted with loud, sustained applause and whistles, delaying the start of Foust’s closing remarks.

When Foust launched a call-and-response in his closing statement – asking several times if “Barbara Comstock can be trusted” – audience members competed with shouts of “yes,” “no” and “shut up.” The shouts interrupted his remarks so many times that Horn offered him an opportunity to start over. That action sparked a brief scuffle in the balcony section of the theater.

Running Out of Efficacy

By KENNETH B. LOURIE



Not that I'm the least bit worried (actually, I'm the most bit worried), but surviving a terminal cancer diagnosis years beyond one's original prognosis does present its own unique set of problems. Most notably, and most personally for me, they concern treatment options. Specifically, what drugs, targeted or otherwise, can be infused and/or swallowed (when in pill form, like Tarceva) and for how long, when signs of internal organ damage are indicated on regular lab tests? The answer is, generally speaking, so long as your body – as indicated by lab work and any physical symptoms/diagnostic scans – tolerates it. Once the results turn negative, however, and the drug no longer appears to be working, change – in the form of new medicine – is warranted, according to my oncologist. Cancer cells figure it out eventually, and the drugs become ineffective. Moreover, going back to previous drugs – infused or orally (first line, second line, etc.) – that were likewise once effective and then no longer were, is also rarely advisable since the drugs don't magically become re-effective with non-use. Apparently, the cancer cells don't forget, either.

The problem then becomes/has become, for me, given some of the now pre-existing internal organ damage nearly six years of non-stop chemotherapy can cause, is that a patient can run out of treatment options. In fact, I'm on the last oncologist-recommended one, of those with acceptable risks and side effects. Barring any new drug making it out of the research/FDA-approval pipeline, my next option is experimental/a clinical-type study (N.I.H./Johns Hopkins come to mind) or alternatively, a 100-percent non-Western approach. Fortunately, I'm not quite there yet; I was almost there last September after a week-long stay in a hospital due to fluid build-up in my lungs, when after my release, my oncologist took a bit of a chance and prescribed Alimta (an infused chemotherapy drug, the one he characterizes as "the last miracle drug" on the market) for me, which has been miraculous. I'm not cancer-free, but neither am I curled up in a fetal position. Alimta has become my new best friend.

I can't say I worry about "what next" every minute of every day, but I certainly worry about it most days, and most definitely worry about it every third Thursday while I await the results from my every-three-week, pre-chemotherapy lab work. Once my creatinine and bilirubin (kidney, liver respectively), exceed acceptable levels, my chemotherapy stops (and if my next CT Scan shows tumor growth and/or movement, likewise the chemotherapy stops) and the "what next" question rears its ugly head. Quality of life, quality of treatment. I'll have entered the land of the unknown. No more FDA-approved protocols, no more drugs whose efficacy can be measured. No more predictability. Life as I've come to know and love it will likely take a turn for the scary.

So far, my body – and my mind, have mostly withstood the chemical and emotional onslaught that almost six years of chemotherapy can exact. I don't imagine, given my original "13 month to two-year prognosis" back in late February, 2009, that this routine goes on forever. As much as I want to believe and live like I have a future, sometimes it's difficult not to live day-to-day, or at most, every-three-weeks-to-every-three-weeks.

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

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Glory Days Grill of North Point, LLC trading as Glory Days Grill, 1400 North Point Village Center, Reston, VA 20194. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Jeffrey Newman, member
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Passenger Rail Public Meetings Planned

Join the Virginia Department of Rail and Public Transportation (DRPT) Nov. 5, 6, 12, or 13 for a public meeting to discuss Washington D.C. to Richmond-Southeast High Speed Rail, to improve intercity passenger rail for faster, more reliable connections. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI compliance officer at 804-786-4440 or TDD 711. Comments will be accepted until Dec. 5. An online meeting is available at: www.DC2RVARail.com



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BULLETIN BOARD

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

THURSDAY/OCT. 30

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's weekly class.

ESL: Grammar and Vocabulary for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Paul in this 12-week course that meets on Thursdays. The course teaches the basic rules of English grammar and contains vocabulary building exercises. Regular attendance is required.

FRIDAY/OCT. 31

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Friday conversational group. Adults.

Let's Talk-ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group.

SATURDAY/NOV. 1

5K Breast Cancer Walk. 8 a.m.-1 p.m. Mt. Pleasant Baptist Church, 2516 Squirrel Hill Road, Herndon. Proceeds to benefit two local charities - Tigerlily Foundation and Reston-Herndon FISH. www.mtpleasantbaptist.org/events/5k-breast-cancer-walk.

TUESDAY/NOV. 4

Reston Garden Club Meeting. 1 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Dr. Dennis Koop, a recently retired USDA Extension Entomologist, will introduce and discuss some critters that live in backyards that have an impact on gardens. Guests and members are invited to attend. More information is at www.therestongardenclub.org.

THURSDAY/NOV. 6

Redefining Success. 7:30-8:30 p.m. Brown's Chapel, 11300 Baron Cameron Ave., Reston. A look at Buddhist methods for becoming successful in our daily lives by Gen Kelsan Varahi. \$10/\$5. meditation-dc.org/reston/.

WEDNESDAY/NOV. 12

League of Women Voters of Reston Presents A "Primer" on Human Trafficking. 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. What is it? Where is it? How widespread is it? What is being done about it? What can you do? Free and open to the public. For more information, call 703-757-5893.

SATURDAY/NOV. 15.

NAACP Branch Election. 10 a.m.-12 p.m. 9002 Burke Lake Road, Burke (behind Kings Park Library). Election of branch officers and at-large members of the Executive Committee. To vote, you must be a member in good standing and branch membership must be dated before Oct. 16, 2014. A form of ID is required. 703-591-4488.

THURSDAY/NOV. 20

Redefining Success. 7:30-8:30 p.m. Brown's Chapel, 11300 Baron Cameron Ave., Reston. A look at Buddhist methods for becoming successful in our daily lives by Gen Kelsan Varahi. \$10/\$5. meditation-dc.org/reston/.

SATURDAY/NOV. 22

Stop the Choking Hazard. 10 a.m.-12 p.m. Sanibel Drive. Help protect the natural area by removing the English ivy that is battling native plants for a place to grow. For exact location call Ha Brock, 703-435-7986, habrock@reston.org.

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High Schools to Start Later Next Year

School Board approves later start times.

BY REENA SINGH
THE CONNECTION

Phyllis Payne has been fighting for more sleep for a decade. On Oct. 23, it all paid off. The co-founder of Start Later for Excellence in Education Proposal - or SLEEP - saw the Fairfax County Public School Board approve to move high school start times ahead by 30 minutes, 11-1.

"This means the school system is getting a policy on what is best for the kids," she said after the vote. "It's been a labor of love."

She said she was proud of Superintendent Karen Garza and the board members for approving the motion. The change means that high school start times will be between 8 and 8:10 a.m. next school year, about a 30 minute push forward. Middle School start times will be 7:30 and elementary start times will remain unchanged.

The only board member to not vote yes on the proposal was Sully District board member Kathy Smith.

"I was really hoping when this process started that I could be in a place where I could vote yes," Smith said.

She said many of her constituents did not want school start times to change, and she wanted to be the one voice for them.

"I have once been a lone no vote on the board, and it's not easy," said Hunter Mill District board member Pat Hynes. "I want to mention it, because we are models for our students always."

SEVERAL BOARD MEMBERS became emotional as they talked about the reasons they supported it - whether they supported it along with Payne for the past decade or decided more recently to approve the proposal.

Mason District board member Sandra Evans, who is also a co-founder of SLEEP and made the motion for the proposal, said some students are picked up as early as 5:45 a.m.

"Sleep deprivation is a public health crisis," she said.

With more sleep, she said, students would be at less of a risk for depression, attendance loss, low test score and car accidents.

During the public comment period, mother of three Karen Keys-Gamarra spoke about pulling her three boys out of bed to wake them up every day of their school years.

"As I jostled my sons repeatedly during those predawn hours, pulling off their covers while rushing to prepare breakfast, I instinctively knew something was wrong," she said. "I knew that these brutally early start times could not be healthy."

Two of her sons have already graduated, but the third one is a sophomore at Madi-



Members of SLEEP, or Start Later for Excellence in Education Proposal, celebrate after later high school start times were approved by Fairfax County Public Schools School Board.

Later school start times advocates Phyllis Payne, former Executive Director of SLEEP Terry Tuley and Oakton Elementary sixth grade student Thomas Tudan, who will be able to benefit from later high school start times in the future.

PHOTOS BY
BETH TUDAN



son High School and will benefit from the later start times next year.

"It's not about taking away teens' electronics, forbidding caffeinated drinks or forcing them to go to bed early," she said. "It's about hormones, body clocks and circadian rhythms. Trust me, my husband and I could and would make our boys go to bed early. But we could not make them sleep."

The impact will be even bigger for disadvantaged and students with disabilities, according to Sheree Brown Kaplan with Fairfax Alliance for Appropriate School Edu-

cation.

"This has been a long time coming," she said after the motion was approved. "This isn't about saving money. It's about the kids."

During her speech in the public comment portion of the meeting, she said disadvantaged students feel the effects of sleep deprivation more than other students do.

"An insufficient sleep can exacerbate certain mental illnesses like bipolar disorders and anxiety disorders, leading to higher rates of problem behavior in school, loss in

structural time and academic failure," she said. "

Although the cost for the first year was originally projected at \$30 million, board members credited Assistant Superintendent of Facilities and Transportation Jeffrey Platenberg for helping reduce the cost to \$4.9 million.

Springfield District board member Elizabeth Schultz said the cost per student per day is 15 cents.

"If we can't invest 15 cents per student per day in just one year, and that's not the advertised cost, to improving the social, emotional, health, physical academic, athletic and extracurricular activities, nevermind the sacrosanct time that children need to spend with their family, then we do not have our priorities straight," she said.

Schultz also thanked who she called the naysayers - the people who came before the board disapproving of the measure. Because of those who questioned each step along the way, she said, a proposal that met many of those concerns could be formed. While she said this is not a perfect solution, it is the best solution for now.

"This is just a starting point," she said.

DR. GARZA noted that there are some things to work on to make later start times run smoothly next year, but said there was nearly a calendar year to make sure those items can be resolved. While she knew there are many teachers working outside the county who will have to wake up just as early as before to fight traffic coming to school and stay later rather than being with their families, she said many of those teachers still supported the change because it was the best decision for the students.

"I know that FCPS employees and teachers care so deeply about our children and what's best for our children," she said.

At large board member Ryan McElveen said he once fought against later high school start times while he was in high school because it gave students more time in the evenings for homework and extracurricular activities.

"As we know, history moves in arcs and we are at another arc," he said.

Although Student Representative Harris LaTeef will not be able to benefit from the change, he was excited for the classes below him. In past meetings, he said this proposal would be the most important one during his tenure as student representative.

"As I said before, we can provide students with a top notch, rigorously designed education, but if we don't have our physical and mental health in check, the education the county provides us really has little meaning," he said. After the proposal passed, supporters jumped out of their chairs, cheering and hugging one another. The next five to 10 minutes of the meeting was an impromptu break for board members and the public alike.

"It's probably going to take me a little while to process it," said Payne. "I was definitely in tears for the first few minutes. It's a little overwhelming."