

Rev. Ronald Winters is honored for his 20 years of leadership at Resurrection Baptist Church in Reston, which he founded with his wife, Dr. Janice Winters (left), during his retirement celebration on Saturday, Oct. 11 in Reston.

‘Sent from God’

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Bocce Court Construction to Continue

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Reston Community Center

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www.restoncommunitycenter.com

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To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY).



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."

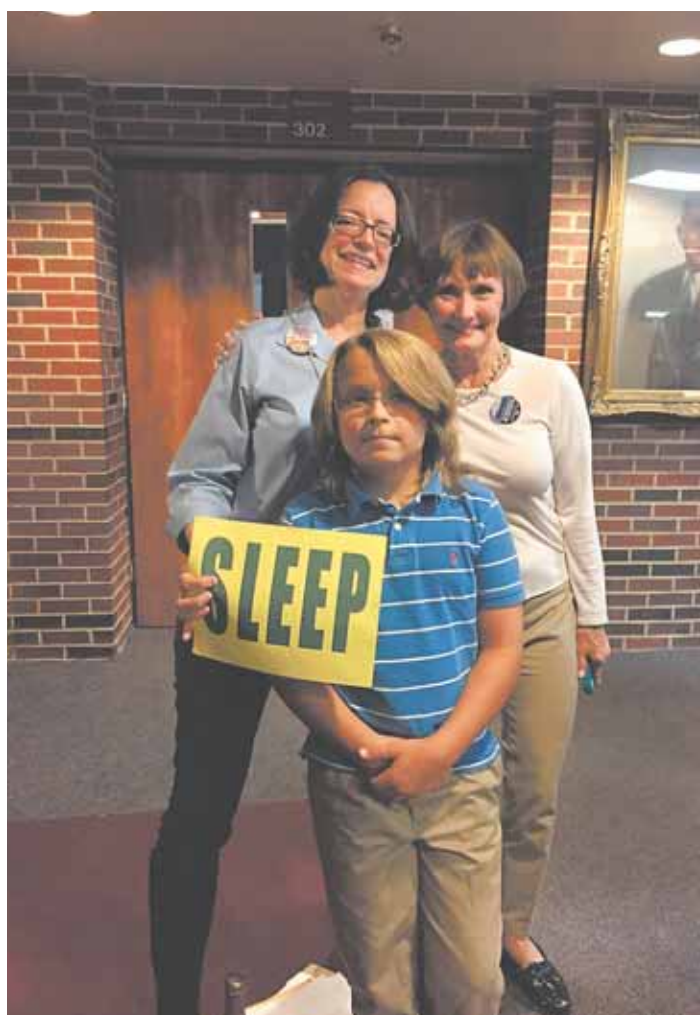
Two of her sons have already graduated, but the third one is a sophomore at Madi-



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.

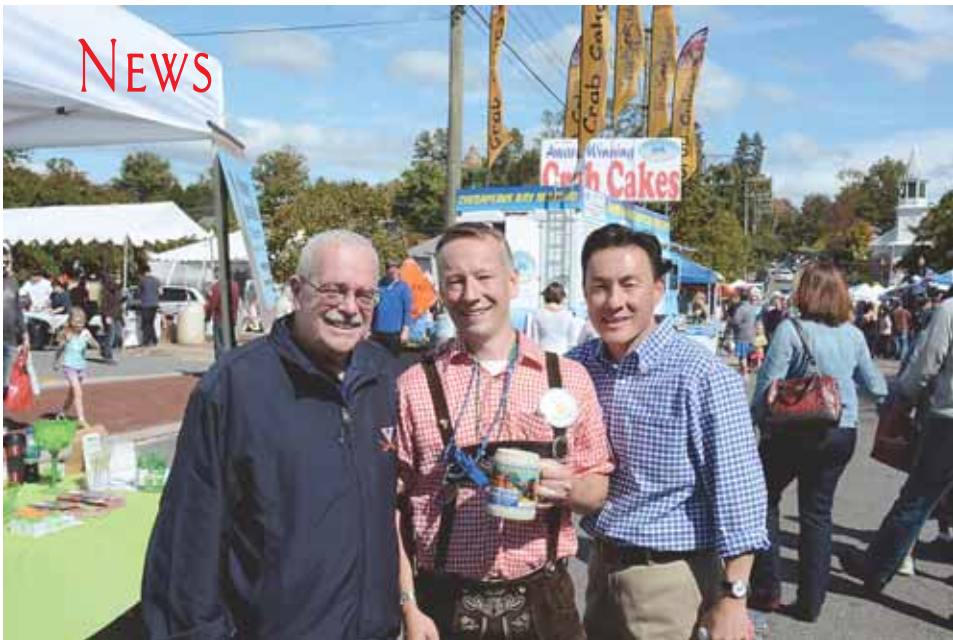
"I know that FCPS employees and teachers care so deeply about our children and what's best for our children," she said.

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."



The 11th District incumbent Gerry Connolly (left), Burgermeister Greg Burkheart of Vienna (center) and Delegate Mark Keam practice their Deutsche at Vienna's Oktoberfest celebration.



PHOTOS BY TIM PETERSON/THE CONNECTION

(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 backyard.

Poll Position Local academics following the 11th Districts race say there's really no substitute for the strength of incumbency.

BY TIM PETERSON
THE CONNECTION

Despite low public opinion of President Obama and a minimally productive Congress, representative Gerry Connolly has plenty going for him as the incumbent seeking re-election in Virginia's largely democratic 11th district.

Republican challenger Suzanne Scholte and independents Marc Harrold (Libertarian) and Joe Galdo (Green) have been trying to use that unproductivity to their advantage, citing their lack of experience in elected office as affording an advantageous, fresh perspective.

"They're not only not hearing us, they're not taking the time to listen to us," said Scholte. "I think we see that in the partisan shift, the bitterness in how people are dealing with each other."

And though that's not a bad strategy, local academics following the race say there's really no substitute for the strength of incumbency. Especially when you've made yourself as a household name like Connolly has.

"Once he fended off a serious challenger in two separate election cycles, when people thought he was vulnerable, that established

the perception he's one of those hard-to-beat incumbents now," said Mark J. Rozell, acting dean and professor of Public Policy for the George Mason University School of Policy, Government and International Affairs.

Connolly won his first two congressional races by 12 points (2008) and 26 points (2010).

And now that he's stuck around, proven himself a winner, "most voters differentiate between Congress as an institution and their own incumbent member," said Rozell.

"It doesn't necessarily weaken any incumbent who may have the favor of his or her constituents," he continued.

Scholte has come after Connolly for being "completely out of touch with people in this district." Connolly has countered that, "there's no excuse for people seeing you as getting distant. I come home every night. When I pick up my dry cleaning I'm in my constituency. When I grab a meal, it's in my constituency."

"And as long as Connolly can present himself as an authentic representative who's out there fighting for his people," said Rozell, "fixing the problems with hyper bipartisan ships, that protects him a good deal."

INCUMBENCY COMES with superior

name recognition and funding, both factors making it that much more difficult for outsiders to pull an upset.

As of an Oct. 15 OpenSecrets.org report, Connolly had raised \$1,886,601, spent \$986,053 and had \$1,768,494 in cash on hand.

Scholte, by contrast, had \$42,856 on hand, raised \$224,457 and spent \$182,601. Harrold was reported with \$6,547 raised, \$4,583 spent and \$1,962 on hand. Galdo wasn't part of the report.

Toni-Michelle Travis, GMU associate professor of Government and Politics, agrees with Rozell that the race is "pretty clear-cut."

"He's doing all the right things, but I wouldn't say he's got the seat indefinitely," she said. Travis cited changing demographics in Northern Virginia as something incumbents shouldn't sleep on in future elections.

According to the Office of Elections, there are 25,122 new voters registered in Fairfax County since Nov. 5, 2013. That figure includes transfers as well first-time registrants.

"Every incumbent's got to be very attentive to it," said Travis. "This could erode, this could begin to change because of the new voters. That's tripped up many, includ-

ing Jeannemarie Devolites Davis, who used to represent Vienna."

Travis believes a shift could come in "sort of purple" Northern Virginia, and issues like immigration have the potential to "become real change" in favor of a challenger, at least one with more election experience.

"It's a training ground," said Travis, "because these things shift in Northern Virginia. Maybe next time [Scholte] might prevail."

As well, Rozell doesn't discount the value of third-party candidates in the electoral process.

"They can force major candidate to address different issues that might get ignored otherwise," he said, "add something important to the debate that's going on."

HARROLD AND GALDO have highlighted the need for more government transparency as well as pragmatic planning for simplifying the tax code, among other issues.

"Unfortunately for them," said Rozell, "voters remain strategic creatures, under the belief that they'd be throwing their vote away otherwise. It somewhat becomes a self-fulfilling prophesy."

Visit Elections.virginia.gov to see the new requirements for voter identification required at the polls on Nov. 4.

Just a Days Left for Voting Early, Absentee

Virtually every voter in Virginia is eligible to vote absentee, which includes voting in-person absentee at a variety of locations from now through Saturday, Nov. 1. After that, vote on Election Day, Tuesday, Nov. 4 at your assigned polling place.

There are many reasons that voters are allowed to vote absentee, but the most broad of these applies to almost anyone with a job: "Any person who, in the regular and orderly course of his business, profession, or occupation,

will be at his place of work and commuting to and from his home to his place of work for eleven or more hours of the thirteen that the polls are open (6 a.m. to 7 p.m.).

You can download an absentee ballot and mail it to your local voter registration office, or you can vote "absentee in person."

In person absentee voting is available at the Fairfax County Governmental Center and multiple satellite locations.

❖ **Office of Elections**, 12000 Govern-

ment Center Pkwy, Conf. Rooms 2/3, Fairfax, 22035

Now through Oct. 31, Monday thru Friday - 8 a.m. - 7 p.m., Thursday: 8 a.m. - 7 p.m.; Saturday, Nov. 1, 9 a.m. - 5 p.m.

❖ **Satellite Voting Locations:**

Franconia Governmental Center - 6121 Franconia Road, Alexandria, 22310

Dolley Madison Library - 1244 Oak Ridge Ave., McLean, 22101

North County Human Services Bldg. - 1850 Cameron Glen Drive, Reston, 20190

West Springfield Governmental Center -

6140 Rolling Road, Springfield, 22152

Mason Governmental Center - 6507

Columbia Pike, Annandale, 22003

Mount Vernon Governmental Center - 2511 Parkers Lane, Alexandria 22306

Sully District Governmental Center - 4900 Stonecroft Blvd., Chantilly 20151

Monday - Friday, through Oct. 31, 3:30

p.m. - 7 p.m.

Saturday, Nov. 1, 9 a.m. - 5 p.m.

For more, call 703-222-0776 or visit <http://www.fairfaxcounty.gov/elections/absentee.htm>



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Sandy Evans (Mason District)
Dan Storck (Mount Vernon District)
Tammy Derenak Kaufax (Lee District)
Ryan McElveen (At Large)
Janie Strauss (Dranesville District)
Ilryong Moon (At Large)
Ted Velkoff (At Large)

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.



OPINION

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 keep-

ing 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 physical (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

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.

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

Our Civic Duty

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

A basic tenet of all levels of civic education is that citizens should vote. We are told of the importance of voting in social studies classes, scouting, and in community groups. Yet, a surprisingly large number of people never learn the lesson. Voter participation in the United States is abysmal when compared to other countries, and Virginia is one of the worst among the states.

Many excuses are given—people do not feel their vote makes a difference; campaigns are too long and too negative; issues are too complex; it does not make a difference who wins; all politicians are crooked. Added to voter uncertainty and apathy are purposeful actions on the part of government to make voting inconvenient and difficult. Elections are held on days when most people have to go to work. Voting early through the absentee voting process in Virginia requires a specific approved excuse. Please note that this year there is an additional requirement: you must present identification that has your photo on it. Some who see it to their advantage to keep poor people and seniors who might vote for the



candidates of the other party have added this additional barrier in order to solve a non-existent problem that people have

been voting for someone else.

Next Tuesday, Nov. 4, is another election: there is one in Virginia every year. Mark it on your calendar and stick a note on the refrigerator. Take a friend or neighbor with you to the polls and certainly ensure that your family members vote. Take along a photo ID. Let's beat the numbers on low participation and do our civic duty.

This is the federal election year cycle. We can do our part in making Congress functional again. Senator Mark Warner has been doing his part in taking on the big issues, working across the aisle, and showing leadership in getting

the U.S. Senate to do its job. He deserves our support. If you live in the 11th Congressional District as I do, we could not have a better Congressman than Gerry Connolly. He was an excellent member and chairman of the Fairfax County Board of Supervisors and has shown as a member of Congress that he understands our issues and is not afraid to speak out.

Next door in the 10th District the choice could not be clearer. If the Republican nominee wins, you can expect to see her on Fox News each evening bashing Democrats for that has been her lifetime job. John Foust will provide the district with steady, sensible and principled leadership. Encourage people to vote for him. In the 8th District, former Lieutenant Governor and Ambassador Don Beyer will bring intelligence and reasonableness to the job.

There are two questions on the ballot. The state constitutional amendment question asks if the General Assembly should be permitted to exempt from taxation

the property of surviving spouses of soldiers killed in action as it can now do for veterans.

I recommend its approval as another small way that we can show appreciation for the sacrifices of members of the Armed Services and their families. A Fairfax County bond issue question is on the ballot seeking authorization for a \$100 million transportation bond. The money will provide for important road improvements to relieve congestion and to improve pedestrian and bicycle safety and access. I recommend that it be approved.

Vote on Tuesday, Nov. 4. As the teacher said, it is our civic duty.

To find your Congressional District, go to <http://www.house.gov/representatives/find/>

To find your polling place location, go to <http://www.fairfaxcounty.gov/elections/precincts.htm>

To get more information on voting, go to <http://www.fairfaxcounty.gov/elections/>

'Climate Change' Becomes 'Weather Event'

To the Editor:

Channeling President Obama ("electricity rates would necessarily skyrocket"), Delegate Plum takes up "green energy" ("Energy Plan Moves VA in Right Direction," Reston Connection, Oct. 22), hilariously hailing President Obama's "much welcomed Na-

tional Climate Action Plan." Plum is ready to stem the rise of the oceans in the great "climate-change" hoax. "Climate change," note, not now "global warming." Why so? Was insufficient taxpayer money poured into crony-capitalist Solyndra-like scams? "Climate change" itself will doubtless soon

give way to "weather event" or similar.

Aggressive action (of course) "will be required" of coal-fired utilities under this plan. Not very welcome news for the mining community, but, then, there's not much mining in Reston. Cheap electric

SEE LETTER, PAGE 15

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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.org

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.

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 by Suping Ji. 703-476-4500.

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-Nikkell 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 go to www.artspaceherndon.org or call 703-956-6590.

SUNDAY/NOV. 8

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/NOV.12-SATURDAY/NOV.15

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 Steinhobel. 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. Gleamania'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.

MONDAY/DEC. 1-WEDNESDAY/DEC. 31

La Lumiere DuBois. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. An exhibit of the colorful nature photographs of award-winning artist, Michael DuBois. 703-476-4500.

MONDAY/DEC. 1-MONDAY/JAN. 5

Annual "Gifts from the HeART" to Benefit Reston Interfaith. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Sales of original works of art in many mediums will benefit Cornerstones. 703-476-4500.

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 7:30-8:30 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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Reston Association voted against rescinding their December 2013 resolution to add bocce ball courts to Cabots Point Park at their Oct. 23 meeting.

Bocce Court Construction to Continue

Reston Association motion to rescind courts failed.

BY REENA SINGH
THE CONNECTION

Residents at Cabots Point lost the battle against bocce ball courts for now.

Reston Association voted advancing on their plans to add the game court to the park at their Oct. 23 Board of Directors meeting.

"I think there's a lot of misinformation in the community right now," said Lake Anne-Tall Oaks Director Eve Thompson. "The proposed size of the court is the exact size a bocce ball court should be."

She said the utilities company marked more of the area than they should have to err on the side of caution.

However, she voted against the proposal because she saw no other choice with the communication breakdown.

At the board meeting in September, nearly 20 people spoke against having the bocce ball court in Reston. Many stated there was a communication breakdown be-

tween the board and the residents that went against the proper procedure. Others said it would take away from their open green space.

Apartment Owners Director Ellen Graves said the board had "fallen on its sword" due to the communication breakdown, but did not agree that bocce would be a bad idea in the park if the board follows proper procedure.

"I don't think bocce would be a bad thing," she said. "It would be a sport most people could enjoy."

South Lakes District Director Richard Chew disagreed that the communication issues came from Reston Association.

"The board did not fail with respect to its process," he said. "We did exactly what we were supposed to."

Rather, he blamed the Design Review Board for not resending letters to the residents informing them that RA approved of the resolution to add the court to the park in December. "Now we're asking to unwind something that we did in good faith," he said.

Board President Ken Kneeven, like Thompson, said there may be misinformation about the project. Although the motion was made by him, he voted against the proposal.

"This should not be perceived as

a director's head project," he said. "It was not."

He said it was a shame that there was a communication breakdown somewhere in the process. However, he noted that he does not want to just see one bocce court in Reston - he wants to see many more.

"I really hope I see the same people for the Reston Master Plan community meetings as I see on this swath of land," he said.

Hunter Woods and Dogwood District Director Lucinda Shannon said she was not on the board during the time of the vote and could never figure out the process to change open space land use.

"Our 2012 survey showed that our open space was the most valuable asset for our Reston members," she said, noting that RA should put the court in a parking lot rather than use up space residents use for other purposes.

The vote to rescind the board's resolution for the bocce court's construction failed 2-3, with two board members abstaining and two others absent from the meeting. "In my history on the RA board, the board has shown very little political will against a local minority on a NIMBY (not in my backyard) issue - with very few exceptions," said Chew.

School Board Takes the Plunge—Sort of

BY JOHN
LOVAAS
RESTON IMPACT
PRODUCER/HOST



The wheels of change grind slowly in Fairfax County. The move toward

INDEPENDENT PROGRESSIVE

have happened were it not for persistent, well-organized parents under the banner of Start Later for Excellence in Educational Proposal (SLEEP) led by Priscilla Payne and Sandy Evans

later, healthier school start times for teenage public school students is a prime example. Despite support from a wide range of health professionals, the School Board has struggled with the issue for some 20 years. On Oct. 23, the School Board, urged on by activist parents, took the plunge. By a vote of 11 to 1, they approved a modest change in start times for high school students, while leaving middle schoolers in the dark so to speak.

Starting September 2015, high school students' classes will begin between 8 and 8:15 a.m. instead of the current 7:20 a.m., or Oh Dark Twenty as some kids and parents refer to it. (By comparison, Loudoun High Schools start class at 9 a.m. and 78 of 92 Virginia systems start after 8 a.m.). Middle schoolers will still begin classes at 7:30 a.m., Oh Dark Thirty! This despite the fact that, according to the National Children's Medical Center, additional sleep from later start times improves learning, mood, memory and performance in school, athletics and other extracurricular activity. Teens are less likely to fall asleep in class or while doing homework, less likely to suffer depression (which affects 1 in 4 Fairfax teens), less likely to have car crashes, and are less likely to have disciplinary problems. That is, kids with later start times will do better academically and be healthier and safer. While the change approved for high school is well short of optimal, it is a breakthrough, and a compromise which would not

who fought for 12 years to achieve it. Kudos also go to Superintendent Karen Garza and Board members McLaughlin, Derenak-Kaufax, Schultz and our own Pat Hynes. They led the Board to overcome bureaucratic inertia of staff and opposition from a strong after-school sports lobby and the County Park Authority concerned about delayed practices and less-than-optimal use of park facilities. While most Board members congratulated themselves at length on this notable victory, a handful confessed that it had taken far too long to achieve. They also spoke of the lost opportunities for thousands of students (and the lives of some) as a result of the unconscionable delay, and how much essential improvement we need for better health, safety and performance of our high school and middle school students. Let's hope the SLEEP activists, Superintendent Garza and the more energized Board members will continue to provide the leadership necessary to get the rest of the job done for the sake of the thousands of kids down the pike.

New subject: Please come to a Candlelight Prayer Vigil for the people of West Africa afflicted by the current, most deadly Ebola virus outbreak of the 24 that have occurred in Africa since the 1980s. The Vigil will be held at 6 p.m. on Sunday, Nov. 2 at Washington Plaza on Lake Anne. All are welcome. For more information, please contact Rev. Jim Papile, the Rector of the St. Anne's Episcopal Church.

WEEK IN RESTON

Ice Skating Season to Open at Reston Town Center

Reston Town Center Ice Skating Pavilion is on schedule to open for the 2014-2015 season on Saturday, Nov. 1 and will host its annual fundraiser for Character Counts! Reston Coalition on two days, Wednesday, Nov. 5 and Thursday, Nov. 6 during open

skating hours of 11 a.m. until 10 p.m. Character Counts will receive 50 percent of ice skating admission fees to support their work with Ethics Day at South Lakes High School in November, Reston Kids Triathlon, the Cornerstones Best of Reston event, and other charitable initiatives to support character-building for students in the community. Reston Town Center Ice Skating Pavilion, 1818 Discovery Street, Reston, presents

its popular weekly programs of Rock 'n Skate on Fridays from 8 p.m. until 11 p.m., and Cartoon Skate on Saturdays from 11 a.m. until 1 p.m. Reston Town Center Ice Skating Pavilion offers public skating, with skate rentals and more available every day, including all holidays, from Nov. 1 until March. Also available are birthday parties, private, and corporate parties, fundraising opportunities, plus beginner and interme-

diate skating lessons. For hours of operation, fees and more information, call the Skate Shop at 703-709-6300, or email skating@restontowncenter.com, and visit www.restontowncenter.com/skating.

Rates - Reston Town Center Ice Skating Pavilion 2014-2015 Season: Adults—\$10; Children under 12—\$9; Senior Citizens (55 and up)—\$9; Skate rentals (figure and hockey)—\$5.

Writing a Novel in 30 Days

Hunters Woods fifth graders gear up for 2014 Young Writers Project.

ANDREA WORKER
THE CONNECTION

November is National Novel Writing Month (NaNoWriMo) and for years the NaNoWriMo organization has put forth the challenge to write a novel in 30 days. Starting on Nov. 1, and ending at the stroke of midnight on Nov. 30, those who accept the task “lock away their inner editor and let their imaginations take over” — as NaNoWriMo describes the invitation on their website www.NaNoWriMo.org. Adults who sign up must produce a minimum of 50,000 words during the month. In the Young Writers Program (YWP), under-17s set smaller but no less formidable word goals...and that means about one hundred children in four classes of the fifth grade at Hunters Woods Elementary School in Reston have their pencils sharpened and their computers in over-drive.

October is the “Pre-Writing” stage, which is just as important and essential to a successful outcome as the actual writing, said Hunters Woods teacher Amanda Shopa.

After taking the challenge herself several years ago, Shopa decided to bring the project to her classroom and pioneered the YWP at her previous post. With a lot of support from the school administration she has recreated the program at Hunters Woods and is its most enthusiastic champion.

“The pre-writing time is when we plan, brain storm plot ideas, learn about the elements of good storytelling, set goals, find resources and really help each other out,” said Shopa. “The whole project from start to finish is an amazing educational opportunity to learn and practice a lot of different skills.” After they pledge their word count goals, the young writers track their progress on the NaNoWriMo website, where they find tips and writing resources and can “meet” with their fellow students for assistance and encouragement.



Hunters Woods Elementary School fifth Grade teacher Amanda Shopa is all smiles as she begins the process for the 2014 National Novel Writing Month Young Writers Project challenge to write a novel in the 30 days of November.

So what better way to start off the “pre-writing” phase of the challenge than to bring in a published author, particularly one who writes for the younger crowd, to give the budding novelists some guidelines and a rousing pep talk.

ON WEDNESDAY, OCT. 1, the Hunters Woods fifth graders were treated to an assembly featuring Terry Catasus Jennings, an award-winning author of children’s non-fiction and fact-based fiction. In addition to her books, Jennings’ work has appeared in the Washington Post, The Reston Connection and Ranger Rick. She is a contributor to the Science and Technology for Children and Science Technology Concepts series published by a consortium between the Smithsonian Institute and the National Academies.

Jennings’ audience loved her presentation right from the start. After advising them to get down to it and write their first drafts, she called out that with that accomplishment comes “Congratulations! You have a crummy first draft!” When the laughter died down, Jennings instructed that they then go on to write a “less crummy second draft,” then a “not so good third draft,” a “not so bad fourth draft,” and possibly then a “Final Draft.”

Using several of her own works as examples, Jennings took the youngsters step-by-step through the writing process, from where to find story ideas, to how to develop an interesting plot and characters that the reader will care about.

“Just keep looking around you,” she said. “See situations and ask yourself ‘What if?’ about what you

see. And keep asking that question as you develop each moment in your story. Give your characters challenges, and be careful to make them solve their own problems. Don’t solve their problems for them or have adults solve them.”

During the hour-long assembly, Jennings involved the students in a number of exercises to help them find their character’s “voice,” to help them develop those challenges for their characters to face, and to work on describing their settings to make the readers really “see” where and how the story was unfolding.

Jennings’ involvement with the Hunters Woods Young Writers NaNoWriMo Project will not end with her guest speaker role at the school assembly. “I do school visits,” she said, “and they’re good, but it’s a short lived effect.” Because she will be participating in Google Hang Outs with the writers as they progress towards their goals, she is “excited because this has the potential of waking up the creative juices...making them lifelong readers and writers.”

Project champion Shopa is equally excited. “Who knows what will come of this year’s project?” Everyone who completes their word count goal is certified a winner, but Shopa had several students last year who had their books made available for sale through the self-publishing company CreateSpace.

“I have a student who is a real, published author with a book available for sale on Amazon.”

And like Jennings, Shopa knows that this project can have positive long-term effects. “Not all the students love the project, but one of



Hunters Woods Elementary School held an assembly for their fifth graders to kick off their involvement in the Young Writers Project challenge. Award-winning author Terry Catasus Jennings was the guest speaker.

they want to write about in a way they want to write it, no judgments. No matter what, this is a real accomplishment.”

And it’s one in which Shopa is equally invested, since she takes the challenge right along with her students. “I want them to know that I am not asking them to do something this challenging that I am not willing to do with them.”

AFTER ALL THE HARD WORK of the “pre-writing” and the month-long writing, December brings the celebration. “We have an ‘It’s Over!’ party, and we usually have T-shirts printed with sayings like ‘I Wrote a Book in November – What Did You Do?’” said Shopa.

Later, the students pick one scene from their work to polish to perfection and submit for grading. “It’s not an easy project for any of us,” Shopa admits, but with the dedication of supporters like Shopa, the HWES staff and mentor Jennings, it certainly seems like more and more students and teachers are joining the ranks of the next generation of novelists.



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 For information about how to add your organization's anniversary-themed event, please email restoncelebrates@myerspr.com.

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WWW.RESTONCELEBRATES.ORG

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

FAITH

'Sent from God' Reston pastor retires after two decades of service.

BY ABIGAIL CONSTANTINO
THE CONNECTION

U.S. Rep. Gerald Connolly (D-11) and Supervisor Cathy Hudgins (D-Hunter Mill) joined area church leaders and visitors to celebrate the retirement of Resurrection Baptist Church pastor Ronald Winters on Saturday, Oct. 11 at the Heritage Fellowship Church in Reston.

Rev. Winters has served as pastor of Resurrection Baptist Church since he founded it in 1994, with his wife of 50 years, Dr. Janice Winters.

The Winters initially held services in their house. The church moved four times since its founding — first to Spring Street in Herndon, then at Heritage Fellowship Church in Reston, at Dogwood Elementary School in Reston in 2006, and lastly at the Reston Community Center in 2010.

Connolly has known Winters for more than 20 years, through Winters' work with Food for Others, the Tinner Hill Foundation and NAACP. "He would often bring cases to my attention when he thought discrimination may have occurred," said Connolly.

Connolly stressed Winters' work with NAACP in trying to make sure that civil rights protection is an important priority.

"He's one of the quiet but great leaders in the civil rights movement for equality for everybody in Fairfax County and Northern Virginia," he said. "I couldn't not come to this event."

Winters' daughter, Christy Winters Scott teared up when speaking about her father. "He touched a lot

of lives, not just every Sunday but every day. It's late at night and during the weekend." She said she feels blessed to have parents that she could always count on and talk to and who would always be understanding.

"He is and still will be my hero," said Rev. Michael Watts, co-pastor at Resurrection Baptist Church. Winters asked Watts to join the church 19 years ago back when Watts worked cleaning the floors and setting up the church's first location in Spring Street. "My pastor, Rev. Winters, who is and always will be my pastor."

Supervisor Hudgins' and Winters' family grew up together. "I'm fortunate to have known him. He really has served as a pillar in this Northern Virginia community in building the faith community and serving our community as a whole."

Retired pastor Rev. Dr. Kenny Smith of First Baptist Church in Vienna described Winters as "sent from God" during his address to the audience.

Winters plans to continue his divine calling — to preach God's word — even after retirement. "I won't be pastor anymore but I'll still be a preacher," he said.

Before starting his own church, Winters was pastor at Peace Baptist Church in Dunn Loring and Mount Pleasant Baptist Church in Herndon. He also worked as an assistant to Sen. Vance Hartke of Indiana.

Winters was born in Indiana in 1932. He met his wife, who hails from Alexandria, on a blind date in 1963 and they were married a year later.



From left, Christy Winters Scott, Dr. Janice Winters, and Rev. Ronald Winters at Rev. Winters' retirement celebration on Saturday, Oct. 11 in Reston. Winters retires as pastor of Resurrection Baptist Church after 20 years.

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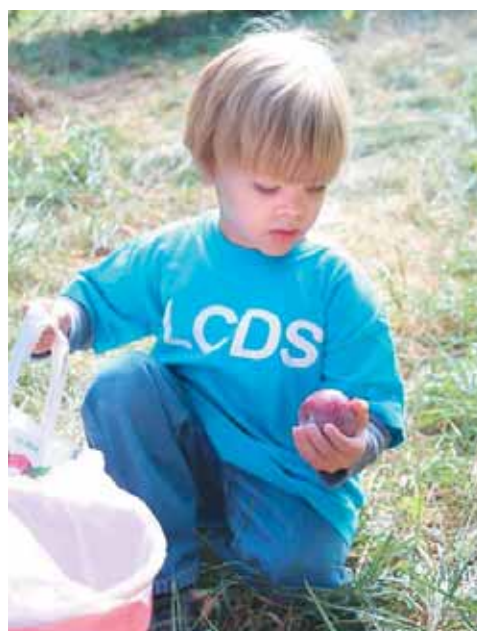
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Running Out of Efficacy

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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To have community events listed in the Connection, send to reston@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.

Letter

FROM PAGE 6

ity or expensive renewables? Perhaps the market should decide.

Watch out in Hampton Roads also. The poor folks there, condemned to live beside the cruel sea, are no doubt trembling at the prospect of rising oceans. Mr. Plum does not say how much it will take to tamp the sea level back down to "normal," although "strategic investment" and some "solar energy authority" will likely do the trick.

Perhaps the "settled science" boys could tell us what the ideal temperature in the Commonwealth of Virginia should be before our wallets are raided again. "Climate change" — a chill wind for taxpayers.

Harry Locock
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Reston \$290,000
Great Price!
Rarely available, pristine 3BR, 2.5BA condo w/wooded views & lake privileges. Spacious open layout w/lots of natural light, contemporary kitchen, fresh paint, great closet space & storage. Steps to Lake Anne, 1 mile to Town Center & Silver Line METRO.



Thomas & Associates



Leesburg \$849,900
Amazing Views!
Craftsman style home w/4BR, 5.5BA, hardwoods, updated baths, 2006 remodeled master suite, new 3 car garage, apartment w/full BA & FP Pool & patio overlook the 3 acres of rolling countryside, Minutes to Toll Road & downtown Leesburg.

Call Dale Repshas 703-408-2626 or Dale.repshas@Longandfoster.com



Reston \$1,780,000
Warm & Elegant!
Reston's finest on 2.5 acres! 10,000+SF custom Tudor builder's home features dramatic entry, sumptuous main level master suite, rich wood paneling & molding, 5BR(space for more), 7BA(most updated), sauna, fabulous pool & patio & so much more. This private county oasis is an entertainer's dream, minutes to METRO & is only for the MOST discriminating buyer.



Herndon \$590,500
Location!
10 minutes to Silver Line METRO! Amazing value for the square footage. 4BR, 3BA, freshly painted throughout & loads of updates. This house shows how much it was loved & cared for & ready for its new owner! All Herndon amenities, no HOA & close to Toll Road, shopping, schools & park.

George Brown 703-401-7025 or e-mail
George.brown@longandfoster.com



Reston \$2800/month rent
Luxurious Living at Stratford House

One of the largest units w/2BR, 2BA + den. Beautifully appointed, updated. Expansive views to the east.

Randi Halavazis 703-915-3960 or e-mail
Randi.halavazis@longandfoster.com



Oakton \$899,000
Spectacular!
4BR, 4,000 square foot custom contemporary, 1 acre private landscaped lot w/in-ground pool & patio. Upgrades: roof, gourmet kitchen/maple cabinets, stainless steel appliances, granite counters, upgraded master BA, hardwoods, carpet, fresh paint.

Missy Edmondson
703-932-8484 or e-mail
Missy.edmondson@longandfoster.com



McLean \$749,000
Move-in Ready!
4BR, 3BA, 4 level mid-century split level on large lot. Light-filled, open floor plan, living/dining room w/large windows, hardwoods, cathedral ceiling & FP New flooring, carpet & paint. Private back yard, close to shopping, dining & METRO.

Virgil Frizzell 703-585-1821 or e-mail
Virgil.frizzell@Longandfoster.com



Leesburg \$235,000
Adorable Detached Home at Townhome Price!

Gleaming hardwood floors plus recent updates including HVAC, kitchen, bathroom & more! Relax on the large deck overlooking private, fenced backyard! Off street parking pad for 2 cars. Also available for 6 month rental at \$1550.

Terry Atherton 703-861-0538 or e-mail Terry.atherton@longandfoster.com



Potomac Falls \$585,000
Just Listed!
Beautifully updated NV colonial w/16x14 sunroom addition! 4BR, 3.5BA, remodeled kitchen & baths, gleaming hardwoods on 2 levels, updated siding & windows, gorgeous cul-de-sac lot backing to trees. Walk to Lowes Island Elementary School!



"I work hard for my agents so they can work hard for you!"

— Anita Lasansky, Managing Broker

www.Reston-Herndon-Homes.com

1-800-296-2593

