

Earning Regional Berth

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Herndon's Lauren Butler qualified for the 6A North region meet with a top-15 finish at the Conference 5 meet on Oct. 30.

Steady Early Turnout

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OBITUARY

Sarah Marie Wood, 27, Of Herndon, Dies

Sarah Wood, a security specialist working as a contractor for U.S. Immigration and Customs Enforcement in Miami, Fla., died unexpectedly on Oct. 21, 2014, at the age of 27 from a pulmonary embolism.

Sarah is survived by her parents, Roy and Becky Wood of Fredericksburg, Va; sister, Kathrynne Wallace, of Stafford, Va; grandparents, the Rev. Thomas and Mrs. Virginia Keithly, of Dallas, Texas; and fiancé, Gerald Viera, of Miami, Fla.

Sarah was born in Virginia Beach, Va., on March 25, 1987. She was a 2005 graduate of Herndon High School in Herndon, and graduated from High Point University in North Carolina in 2009 with degrees in International Trade and Spanish.

Sarah was an avid exercise enthusiast, spending free time in the gym and having run the Marine Corps Historic Half Marathon twice. She also enjoyed hiking and international travel. She was an accomplished musician who played the piano and violin. Sarah was baptized and confirmed in the Episcopal Church, and was an active supporter of wounded



**Sarah Marie Wood,
1987- 2014.**

warrior charities. She made many close friends and will be deeply missed by his friends, family, and all who knew her.

A funeral service is scheduled for 2 p.m. on Nov. 8 at St. Timothy's Episcopal Church, 432 Van Buren St, Herndon, VA 20170. The Reverend Brad Rundlett will officiate. Donations, in lieu of flowers, may be made online to the National Blood Clot Alliance (www.stoptheclot.org) or by mail to St. Timothy's for their Haiti outreach ministries.

WEEK IN HERNDON

InNOVate Conference Focuses on Health Care

The Dulles Regional Chamber of Commerce, in partnership with Kaiser Permanente, will hold its 3rd 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 Gov. Terry McAuliffe, this half-day event features exhibits, breakout sessions, and special demonstrations of health and wellness apps.

Breakout sessions range from telemedicine and molecular bi-

ology, to how we work and age, and advancements that are helping us live better longer. Topics of discussion will include pro-active health strategies for work and home, and the latest developments in panomics, precision medicine, healthy workplaces, telemedicine, big data solutions, and more.

As a part of the chamber's workforce initiative and commitment to STEM education, InNOVate will also feature a special student session focusing on health care careers of the future. More than 100 students from three counties are confirmed to attend this dynamic panel discussion addressing career fields such as public health, medical technology, the pharmaceutical industry, and biological sciences research.

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

ELECTION 2014

HERNDON CONNECTION EDITOR KEMAL KURSPAHC
703-778-9414 OR RESTON@CONNECTIONNEWSPAPERS.COM

At Herndon Elementary School, voters entered to cast their votes for the 2014 midterm election.



Reston resident George Stanis offered information on the candidates running for political office in the November 2014 elections at Cameron Glen Drive voting location in Reston.

PHOTOS BY RYAN DUNN/THE CONNECTION

Steady Election Turnout in Reston and Herndon

Voters aware of new photo ID requirement.

BY RYAN DUNN
THE CONNECTION

Midterm elections were held throughout Virginia on Nov. 4, with voting stations open at locations throughout the commonwealth's 95 counties. "There will be approximately 2,500 election officers working at the county's 238 precincts," stated Lisa M. Connors, public information officer for Fairfax County. For a midterm election, this is about the average number of staff used to process votes and provide citizens with the opportunity to use their right to vote.

Fairfax County has the largest number of voting precincts in Virginia, with 238 voting locations spread throughout the county's 395 square miles.

At the Herndon-Reston District Health Department, located at 1850 Cameron Glen Drive in Reston, voters entered in to cast their votes. "It has been a slow but steady turnout," said Election Officer Ginger Seeley who worked at the Cameron Glen Drive location.

Another change to this year's elections in Fairfax County was new voting equipment. "This is the first general election we will be using them," said Brian W. Schoeneman, member of the Fairfax County electoral board. The new polling machines are the ES&S DS200, a precinct-based, voter-activated paper ballot counter and vote tabu-

lator.

Virginia voters will decide races for U.S. Senate and the state's 11 congressional seats. In the Senate race, Democratic incumbent Mark Warner faces a challenge from Republican Ed Gillespie. Republican Barbara Comstock and Democrat John Foust are battling to succeed retiring Rep. Frank Wolf in a race in Northern Virginia's 10th District. In the 11th District, Democratic incumbent Gerald "Gerry" Connolly is running for re-election against Republican candidate Suzanne K. Scholte.

One issue put to vote includes a \$100 million transportation bond question. If approved, the money will provide pedestrian and road improvements to increase roadway capacity, reduce congestion, improve safety and improve transit access. Money would also be made available for bicycle improvements that include new bicycle facilities, trails, and bicycle parking. Pedestrian improvements would be made possible at sites including Reston's South Lakes Drive walkways and Sunrise Valley Drive walkway. Organizations including the League of Women Voters, Partnership for a Healthier Fairfax, and Fairfax Advocates For Better Bicycling (FABB) have advocated this bond issue.

Some of the morning voters included Reston residents Olga De Lapena, Bea Meltzer, and Caol Edwards, who cast their votes at the polling station at Cameron Glen Drive in Reston. "Last time we voted it was at the presidential election," said Edwards. "I thought it was easy to vote," said Bea Meltzer.

At Herndon Elementary School, citizens



PHOTO BY REENA SINGH/ THE CONNECTION

Voters talk near the volunteer booths as they exit the polls at Great Falls Library on Tuesday.

visited the school gym to cast their votes. "We always have a steady flow of people at this precinct," said Herndon resident Eric Boll, who handed out information outside the school with Christian Kachel. All voting machines at Herndon Elementary were operational, and there was a good turnout for election officers. "We opened everything promptly at 6 a.m.," said assistant chief voting officer Debra Gessel. Gessel and chief voting officer Robert Walker agreed the photo ID requirement had not been an issue at their prescient.

"I looked up the information on the can-

didates and it was pretty easy to decide who I wanted to vote for," said Herndon resident Emily Bayer who casted her vote at Herndon Elementary.

"I just want to make sure Mark Warner stays in business," said Herndon resident Phyllis Robbins. Robbins wondered whether the new photo ID rule may cause complications for senior citizens who no longer have driving licenses. The Fairfax County office of elections seems secure the public has been aware of the photo ID requirement. "I am confident that we have done everything that we could have," said Schoeneman.



PHOTOS COURTESY OF CORNERSTONES

Volunteers help to sort food at last year's Cornerstones food drive.



Volunteers pause for a photo while helping transport donations at last year's Cornerstones food drive.

Holiday Food Drives Begin

Local companies gathering food for those in need.

BY REENA SINGH
THE CONNECTION

Cornerstones and Reston Community Center [RCC] are working together to make sure families can have a special turkey dinner - and still eat well during school breaks - this holiday season.

Their annual Thanksgiving food drives, geared towards families in Herndon and Reston, will provide hundreds of families with food baskets with enough meals for a special dinner and enough snacks for children who are on holiday breaks.

“Since 2008, the food drive has grown steadily year by year, and now is about 25 percent bigger than it was in 2008, both in terms of donations and volunteers.”

— RCC Community Events Director
Kevin Danaher

Cornerstones and Reston Community Center's food lists ask for different items to be used for different reasons. While Cornerstones' drive creates holiday food baskets that include gift cards for a Thanksgiving ham or turkey, RCC's list focuses on the everyday food that may be missing from the family's pantry during school breaks. Both drives, however, benefit Cornerstones' families and others who have signed up.

“Reston Community Center orga-

nizes all the logistics-recruits companies and organizations to be a donation site, distributes donation boxes and flyers, advertises the drive, collects all the donated food in the days before Thanksgiving, organizes the Food Sort event on Thanksgiving Day, and delivers all the food and other items to the Cornerstones storage facility,” said RCC Community Events Director Kevin Danaher.

AS OF SUNDAY, 42 locations - including all the community centers - throughout the area have donation boxes for the cause. Items RCC is asking for include pancake mix, baby wipes and diapers as well as canned soups.

Both organizations noted how the drives have become community events for the greater Reston area.

“Since 2008, the food drive has grown steadily year by year, and now is about 25 percent bigger than it was in 2008, both in terms of donations and volunteers,” said Danaher. “Several years ago I started limiting the number of volunteers as I was getting so many people there trying to work that it became difficult to move around and get things done.”

Their drive will be until Nov. 24. Volunteers will transport all the goods to Cornerstones on Thanksgiving day to put into their



Mario Suarez, now 14, helped transport food baskets to senior homes during last year's Cornerstones Thanksgiving food drive.

seen a steady increase. Last year, nearly 2,000 holiday baskets were donated, ensuring each family a basket for Thanksgiving and for the winter holidays. This year, they are planning to give baskets to 900 families in the area - but that number could increase.

“If anyone moves in after the holiday registration, we'll have extra baskets for them,” she said.

Their collection site is at St. John Neumann Church, located at 11900 Lawyers Road, on the 20th and 21st. Local families make the collection and dropoffs an annual tradition. Media Representative Angela Suarez said she made the collection a family affair last year, and brought her son, Mario.

“He was very moved by his experience helping last year, especially when he helped deliver food to senior citizens' homes,” she said about her 14-year-old son. “He was overcome by how grateful they were.”

FOR MORE INFORMATION about Reston Community Center's food drive, visit <http://www.restoncommunitycenter.com/attend-shows-events-exhibits/event-detail/2014/11/02/default-calendar/thanksgiving-food-drive-2014>.

Information about the Cornerstones food drive can be found at <http://www.cornerstonesva.org/donations/drives/thanksgiving/>.

Proposal Brings Crowd to Town Council

Town Council seeking input on election changes.

BY REENA SINGH
THE CONNECTION

Herndon residents got a chance to voice their thoughts on possible new election procedures. Nearly 20 residents spoke about their thoughts on changing the town election to November and moving to staggered four year terms at the Oct. 28 town council meeting.

"Whatever is decided should begin after this group's term is up," said Herndon resident Tom Kellner. "This proposal as it now stands should be withdrawn."

According to the proposal, the mayor and town council's four year, staggered terms in November will begin with a transitional process in 2016 if the state General Assembly approves it. The town currently holds elections every two years for all council mem-



PHOTO BY REENA SINGH / THE CONNECTION

Many members of the Herndon Town Council said they have not decided how they will vote on the proposed election changes.

bers in May.

The Town Council will not approve of the proposal until Dec. 4 after several hearings, however; the vice mayor, according to the proposal text, will be chosen by the council every two years following the staggered election.

According to Town Attorney Richard Kaufman, postcards notifying every Herndon resident about

the proposal and the public hearings were mailed a week before the meeting.

"I think it's unprecedented to have four public hearings on one single item," said Mayor Lisa Merkel.

Marcia Bouchard thanked the council for their transparency with the issue, but disagreed that they should serve longer terms.

"That is a long time for someone to step in and do our civic duty," she said.

She also wanted to know what would happen if a councilmember could only serve two years due to family or job restraints.

"There are some nuances that need to be worked out," she said.

On the other side, Arthur Nachman thought longer terms would be a great idea for the council and mayor positions.

"Land use issues do not come and go in two year cycles," he said. "They take much longer."

The public comment period just for the election public hearing lasted about an hour. According to Council member Steven Mitchell, 14 of the 19 people thought the elections should stay in May - mostly because they were worried that November elections would create partisanship.

"As it stands right now, I don't think we need to make any changes," he said.

Other council members did not state their current position on the proposal.

"I think I can say this about the

whole council, but I will speak for myself," said Vice Mayor Jennifer Baker. "My mind is not made up about this."

She said her vote will depend on what the residents want - but she also challenged future speakers about the issue to present data as to why they agree or disagree with the proposal.

She said there are parts of the proposal she loves and other parts she disagrees with.

"I really want a government that's both efficient and effective," she said. Council member Dave Kirby wanted to squash any rumors that the proposal is so this specific council can serve longer terms. "This subject is not new for this council or for previous councils," he said. "I'm looking for public input, period. I'm looking for what the people of Herndon want."

The next public hearing on the proposal will be held at 7 p.m. on Nov. 11 in the council chambers. For more information, visit https://www.herndon-va.gov/Content/Government/Town_Council/town_elections/default.aspx?cnlid=1347.

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OPINION

Sometimes Perception Really Isn't Reality

By JOE MEYER
EXECUTIVE DIRECTOR/SHELTER
HOUSE, INC.



COMMENTARY

Fairfax County is home to one of the wealthiest populations in the country. Unbeknownst to many, the county is also home to the second largest population of homelessness in this region. In fact, more than 1,200 residents of Fairfax County are without stable and safe homes.

Homelessness in Fairfax County is a real problem and many cannot fathom an issue of this nature plaguing their community. There is a need for greater understanding of homelessness in Fairfax County. Some myths must be dispelled, especially if we want to end these cycles.

Homeless doesn't mean jobless. The 2014 Point in Time Data for Fairfax County states 59 percent of homeless adults in families are employed.

Additionally, the American Payroll Association states more than two thirds of Americans live paycheck-to-paycheck.

Shelter House is working to cure the epi-

demic of homelessness in our community. There are differing opinions on how to treat the symptoms, but Shelter House knows the most effective cure for homelessness is prevention. It requires an understanding of the root causes and a compassionate approach. Programs like Housing First and Rapid Rehousing have proven most effective with the clients.

It is clear the emergency shelter system can only accommodate a small fraction of the growing number of homeless families. Many are forced to live in places unsafe or unsuitable for human habitation. Others move place to place with children, staying intermittently with others. Emergency shelters cannot provide intensive long-term assistance necessary to stabilize lives. While transitional housing provides assistance, families respond better to service interventions from a stable, permanent housing base. Thus the reason HUD's Housing First is a viable option.

SHELTER HOUSE is also finding success in

HUD's Rapid Rehousing Program. The program targets those who would find themselves homeless if not for the assistance. Financial assistance and supportive services are provided to prevent individuals and families from ever becoming homeless.

FAMILIES DON'T WISH TO BE HOMELESS. Many aren't interested in handouts, just a hand up. Accountability for a portion of their rent can help to build them up after being torn down by the weight of their world. Case management, financial literacy classes, and credit counseling gets them back on track. They are challenged and supported in developing realistic plans they can implement and see through. There's dignity in the ability to support your family in your own home. This program gives them that dignity. HUD reported 83 percent were still stably housed after two years.

People who are homeless are not a nuisance. We are all part of a community. If we work to change our perception, we can change their reality.

If you want to be part of the solution in ending homelessness in your community please visit shelterhouse.org.

November Is Adoption Month

Here's how you can help find a forever family for children and teens waiting in foster care.

By JOAN BRADY
THE CONNECTION

If you are lucky, you don't know what it's like to live in the precarious limbo that defines foster care in this country. A world where you go to sleep at night, not knowing if, in the morning, your social worker is going to show up and tell you that it's time to move, again. A world where each move is faced with the desperate hope that this new family will be the one who commits.

Not everyone is in a position or even interested in adoption. But anyone can help spread the word about specific children who are available for adoption. You could be the person who helps to connect a child to the family who will be there to support and cheer him/her on through life.

November is National Adoption Month. Consider that regionally, there are about 3,000 children in



See more about (clockwise)
Krishana, Jaheim and Anna at
thepicmeproject.wordpress.com

foster care. About 300 teenagers age-out of foster care from around our region without being adopted

or reunited with family every year. Three hundred may sound like a small number, but that's 300 rud-

derless kids every year, dumped into society. (Sources: The Adoption and Foster Care Analysis and Reporting System (AFCARS); The National Capital Region Annual Report on Foster Care by the Metropolitan Washington Council of Governments, 2013.)

The Washington Metropolitan Council of Governments (COG) and I have teamed up to create The PicMe Project. Each child is featured in a one-minute slideshow that introduces his/her story. Leveraging social media to distribute the slideshows, we hope that someone will see each story and want to learn more.

To succeed, we need a network of people. People willing to take just a few moments each month to share each child's story with his/her own network through Facebook, Twitter, friends and family and religious and professional organizations. For just a few minutes every month, you might be the person who helps to connect a child to his/her forever family.

If you are interested in joining The PicMe Project network, contact Anne Havlovick: anne.havlovick@gmail.com

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

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Mason Professors Win Virginia Center of Aging Grant

Funding will be used to study Alzheimer's disease.

BY MARILYN CAMPBELL
THE CONNECTION

Two George Mason University professors recently won a prestigious and competitive grant that they hope will lead them closer to success in their fight against Alzheimer's disease.

Professor Joseph J. Pancrazio, chair of the Department of Bioengineering, and Professor Robin Couch, an associate professor in the Department of Chemistry and Biochemistry, were awarded grants from the Alzheimer's and Related Diseases Research Award Fund, which is administered by the Commonwealth of Virginia's Center on Aging.

"I am very appreciative to the Virginia Center of Aging for giving us the opportunity to pursue



PHOTOS BY EVAN CANTWELL/GMU CREATIVE SERVICES

Robin Couch

this new line of potentially high impact research," said Pancrazio.

Although they are using different approaches, both Pancrazio and Couch are studying ways to defeat or slow down the progression of Alzheimer's disease, which Couch characterizes as "the progressive deterioration of cognitive and functional abilities, leading to the loss of bodily function and death."

Pancrazio and his research team are looking at ways brain cells react to certain medications. "Our

main research goal is to develop an engineering platform that can be utilized to study the underlying mechanisms of Alzheimer's disease and eventually to test new therapeutic options," said Pancrazio. "By growing brain cells, neurons, on a dish which is very similar to a computer chip, we can then measure the electrical activity of the cells and determine how the activity would change in presence of an Alzheimer's disease biomolecule such as amyloid beta peptide. We believe our platform



Joseph J. Pancrazio

provides a fast, non-invasive and accurate screening tool."

Electrical and computer engineering Ph.D. student Hamid Charkhar is on Pancrazio's research team. "Every day, I feel more devoted to pursue this research, not only because it satisfies my scientific curiosity, but also [because] I am very hopeful that the outcomes of my research would potentially help patients with Alzheimer's disease," he said.

Couch and his research team are treating brain cells with molecules

to prompt them to release a "nerve growth factor," a protein that keeps neurons alive.

"While the pathology of Alzheimer's disease is related to the accumulation of protein deposits — or plaques — in the brain and the death of specific neurons, the currently employed therapeutics address the cognitive decline, but do little to halt or even slow the progress of neuronal decay," said Couch. "A radically different approach to the treatment [and] prevention of AD is known as neuroprotection, which involves the use of therapeutic agents, such as nerve growth factor, to defend the neurons from death. Nerve growth factor, naturally produced in the brain, binds to ... the neurons associated with Alzheimer's disease and promotes their survival." Justin B. Davis, who is the lead Ph.D. student on Couch's research team, said, "While the complexities of Alzheimer's disease and its progression make it an academically stimulating research topic, the gravity of the disease and its effects on the population are the true driving forces behind our efforts at George Mason."

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

NOVEMBER

Publishing

HomeLifeStyle..... 11/12/14

★Holiday Entertainment & Gift Guide I..11/19/14

A+ 11/25/14

Thanksgiving is November 27.

DECEMBER

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HomeLifeStyle: Home for the Holidays... 12/10/14

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SPORTS

Herndon's Butler, Morris Earn Regional Berth

Herndon harriers Lauren Butler and Jack Morris placed in the top 15 in their respective races at the Conference 5 meet on Oct. 30 at Burke Lake Park, earning each a berth in the 6A North region meet on Nov. 5.

Butler was the lone Hornet to place in the top 15 during the girls' race, placing 12th with a time of 18 minutes, 43 seconds.

Herndon finished fifth in the team standings with a score of 126. Oakton won the team title with a score of 30, followed by Robinson (49), Westfield (83) and Chantilly (116). The top four teams qualify for regionals.

Herndon's Gabby Bustamante finished 20th with a time of 19:45. Hannah Wolfe came in 26th (20:08), Lauren Lamoglia was 32nd (20:33) and Lindsey Rogers finished 36th (21:13).

Morris finished 15th in the boys' race, punching his ticket to regionals with a time of 16:02. Morris helped Herndon place fifth with a score of 120. Chantilly won the team championship with a total of 47, followed by Oakton (52), Robinson (62) and Centreville (86).

Herndon's Sean Hagerup finished 23rd with a time of 16:29. Logan Burns was 26th (16:34), Jeremy Levine finished 27th (16:36) and Jacques Durand was 29th (17:01).

South Lakes Boys', Girls' XC Teams Qualify for Regionals

The South Lakes boys' and girls' cross county teams earned regional berths with top-four finishes during the Conference 6 meet on Oct. 29 at Burke Lake Park.

The boys' team finished third with a score of 88. Washington-Lee won the event with a score of 38, followed by Madison (61).

The Seahawks had a pair of top-10 finishes, led by runner-up Andrew McCool, who crossed the finish line with a time of 16 minutes.

Sean Miller finished ninth with a time of 16:18.

The South Lakes girls' team took fourth with a score of 106. Madison won the championship with a total of 24, with harriers placing first, second, third and fourth.

Washington-Lee finished runner-up in the team competition with a total of 54, and McLean took third (99).

Grace Obando was the Seahawks' top finisher, placing 13th with a time of 19:01.

Reston Masters Swim Team Honored

The Reston Masters Swim Team was named U.S. Masters Swimming Club of the Month for October.

In August, the team placed sixth out of 178 teams at the national championships.



PHOTO BY ED LULL

Herndon's Lauren Butler qualified for the 6A North region meet with a top-15 finish at the Conference 5 meet on Oct. 30.

Herndon's Palacios, Stone Sisters Thrive in Blowout Victory

Hornets throttle South County, return to region semifinals.

BY JON ROETMAN
THE CONNECTION

Herndon sophomore Sammy Stone spent the first half of the Hornets' 6A North region quarterfinal matchup with South County setting up her teammates.

Early in the second half, Stone scored a goal of her own.

At that point, the floodgates had opened and the Herndon field hockey team had all but clinched a return trip to the region semifinals.

Stone's goal gave Herndon a 4-1 advantage and the Hornets cruised to an 8-1 victory over South County on Oct.

30 at Herndon High School. The victory set up a semifinal rematch with Fairfax on Tuesday, Nov. 4, after The Connection's deadline. The winner of the Herndon/Fairfax game would advance to the region championship game on Thursday, Nov. 6, and secure a berth in the state tournament.

Against South County, Stone assisted the Hornets' three first-half goals. With 27:36 left in the second half, Stone scored during a penalty corner with an assist from her sister, Louisville commit Taylor Stone.

"We had a really nice passing game," Sammy Stone said. "I think we were all focused on playing as a unit rather than trying to get these big balls and working around them. I was just in the mix and there to assist."

Two of Stone's assists went to Penn commit Sofia Palacios, who produced a hat trick against the Stallions. Palacios found the back of the cage twice during the opening half, and her third goal put the finishing touch on the team's offensive explosion,

giving the Hornets an 8-1 advantage with less than 5 minutes remaining.

"She was on fire," Sammy Stone said of Palacios. "I think she did a great job of looking for everybody. Even though she had the goals, she was looking to make plays to everybody else, too. She was really on point."

"Sammy and Sofia play up top and when they're playing well and coming back and playing defense, we're a really good team," Herndon head coach Mary Miller said. "... That translates all over the field."

Herndon senior midfielder Taylor Stone finished with one goal and three assists. Her goal came via penalty stroke with 18:49 remaining in the second half, giving Herndon a 5-1 lead.

Herndon sophomore Grace Caron, senior Helen Hinders and junior Kristen Caron each scored one goal.

Junior midfielder Seara Mainor had a big impact on the game, Miller said, including the ability to quickly get the ball up the field,

taking pressure off the defense.

"She changes the momentum of the game," Miller said about Mainor, who also plays soccer at Herndon. "She is the quickest kid I've ever seen playing field hockey. ... She has improved more than anyone in those three years that I've ever seen. I think she could play in college if she wanted to. ..."

"When she's getting close to the ball, the other team is in trouble because she's going to beat them to the ball, even if she's a step or two behind."

The victory improved Herndon's record to 19-2.

Herndon reached the region semifinals in 2013, where the Hornets ended their season with a 2-1 loss to Fairfax. Herndon finished region runner-up in 1979, but has never won a region championship.

The Hornets on Oct. 23 won their first conference/district championship since 1979, beating Westfield 3-2 in the Conference 5 final.

CALENDAR

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

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.

THROUGH 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.

Flight of the Month at the Tasting Room Wine Bar & Shop. Reston Town Center, 11900 Market Street, Reston. Harvest to Hearth – taste four wines that pair perfectly with Thanksgiving dinner. Receive a bottle/case discount. \$12/flight. 703-435-3553 www.thetastingroomwinebar.com.

Ladies' Month at Midtown Jewelers. Reston Town Center, 11900 Market Street, Reston. Come in and receive your gift bag with a pearl bracelet, jewelry cleaner, and gift certificates (\$100 value). All we ask that you take your time and choose at least two items from our showcases to add to your wish list. 703-707-9663. www.midtownjewelers.com.

THROUGH 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.

Chilly Chewbacca, Snow Stormtroopers, and Frozen Fett. Reston Town Center, 11900 Market Street, Reston. Celebrate the coming of winter with the art of Star Wars! These new originals and limited editions are perfect holiday gifts. 703-478-0778. www.artinsights.com.

SATURDAY/NOV. 8

Mustache Mile at Potomac River Running. 2 p.m. Reston Town Center, 11900 Market Street, Reston. Run to raise awareness of men's health issues. Be creative – there will be awards for runners with the best mustaches! Five 1-mile options and exciting post-race activities. 703-689-0999, www.prraces.com/mustachemile/.

Wine Tasting at Il Fornaio. 3 - 5 p.m. Reston Town Center, 11900 Market Street, Reston. Taste 10 wines & appetizer of choice. \$25. Tax and gratuity not included. Reservations at banquets.reston@ilfo.com. 703-437-



Head over to watch the band Gold Heart, a young traditional bluegrass band that features three sisters, their dad, and another "band adopted" member to round things out, at Herndon Cross Lutheran Church on Nov. 15.

5544.

SUNDAY/NOV. 9

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.

World War Centennial Lecture Series. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. With Dr. Harry Butowsky, Research historian and professor of history at George Mason University.

MONDAY/NOV 10-TUESDAY/NOV 11

Leaf Magic. 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Discover which trees have lost their leaves and which are still holding onto them. Search for fall colors and make a craft from fallen leaves. Listen to the crunch of leaves under your feet as you walk along the trails. Reservations required by Nov. 6. Ages 18 months to 35 months. Fee: \$7/child RA members · \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

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 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.

The Closet's "Everything Christmas Sale." 4-7 p.m. Find everything Christmas related, from artificial trees and nativities to Christmas cookie cutters and tins, plus some Hanukkah items, at The Closet's "Everything Christmas Sale." The First Baptist Church of Herndon, 681 Elden Street, Herndon. Santa plans to come to the sale on Saturday, so bring your cameras. Net proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students. For more information on The Closet, see www.theclosetofgreaterherndon.org.

TGIF - Free Fridays at Greater Reston Arts Center. 5 - 7 p.m. Reston Town Center, 11900 Market Street, Reston. An evening of family art-making & storytelling. 703-471-9242. www.restonarts.org.

SATURDAY/NOV15-SATURDAY/JAN.3

Opening Reception, LineWorks: Drawing Redefined Exhibit at GRACE. 6 - 8 p.m. Reston Town Center, 11900 Market Street, Reston. Thematic multi-media works by five artists, Lee Gainer, Sarah Irvin, Nikki Painter, Foon Sham, and Sarah Weinstock. 703-471-9242. www.restonarts.org.

SATURDAY/NOV. 15

Herndon Has Talent. 7:30 p.m.



Physical Training Team Commanding Officer Lana Truese celebrates with some of her NJROTC friends, who are also Juniors actively involved in the unit. Cadet Truese earned a second place overall medal in the sit-up competition.

Herndon Cadets Participate in GWU Event

On Saturday, Oct. 18, joined by 30 officiating George Washington University (GWU) Navy ROTC midshipmen, Herndon High Cadets (NJROTC) celebrated their team effort in hosting and competing in the GWU Field Meet. The Herndon cadets and cadets from eight other units from throughout Virginia, Maryland, and Washington, D.C., pushed themselves to the limit as they engaged in grueling physical fitness competitions and cel-

ebrated good sportsmanship. Wearing bright pink shirts reading "Sting Cancer," the Herndon Cadets also used this large venue to raise awareness for breast cancer research.

The Herndon Cadets thank the midshipmen for their dedicated support to this annual highlight of the physical training team season. They also welcome readers to learn more about their outstanding NJROTC program by visiting <http://www.herndonnjrotc.com/>.

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.

The Closet's "Everything Christmas Sale." 9 a.m. - 12:30 p.m. Find everything Christmas related, from artificial trees and nativities to Christmas cookie cutters and tins, plus some Hanukkah items, at The Closet's "Everything Christmas Sale."

The First Baptist Church of Herndon, 681 Elden Street, Herndon. Santa plans to come to the sale on

Saturday, so bring your cameras. Net proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students. For more information on The Closet, see www.theclosetofgreaterherndon.org.

Gold Heart Concert. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Gold Heart is a rapidly rising young traditional bluegrass band that features three sisters, their dad, and another "band adopted" member to round things out. The vocal harmonies that the girls achieve is absolutely superb.

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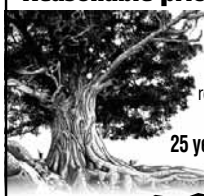
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Dos, Don'ts and What-Ifs



By KENNETH B. LOURIE

Instinctively, I am not the most open-to-new-ideas/new-things kind of person. However, an unexpected diagnosis of stage IV, non small-cell lung cancer (NSCLC) at age 54 and a half – along with its equally unexpected “13-month to two-year prognosis,” changes a few things. And thanks to a great friend, Rebecca Nenner, whom I have written about previously, I have/have had to become more open, and consequently, have assimilated into my life many non-Western, non-traditional alternatives (pills, supplements, super foods, activities/behaviors, etc.) with which I was totally unfamiliar (I’m a sports and chocolate kind of person), in an attempt to outlive my prognosis. And nearly six years later, I am here to say: been there, still doing that; by following many of Rebecca’s suggestions. Moreover, as a passionate health and fitness advocate, and now “Certified Holistic Health Coach,” Rebecca has guided me through the maze which characterizes life living with cancer. Presumably, given the fact that I’m still in the game, it’s likely her recommendations have contributed to my overall good health and unexpected life expectancy.

Nevertheless, stories abound electronically and in literature, of cancer patients who have eradicated their tumors in unconventional ways; ways that I’m not at present pursuing. Rebecca, for one, has regularly provided me with an evolving array of information/success stories for my consideration. In spite of it all, I don’t, generally speaking, feel compelled to add as many new things as I once did; finally, the point of this column: I want to feel good about what I’m already doing, rather than feel bad about what I’m not doing. Heck, I should be one of those success stories with patients wanting to know what I’ve accomplished.

Even though being alive 68 months post-diagnosis is a “miracle,” according to my oncologist, I really shouldn’t/can’t rest on my still-alive laurels and close back up again. I’d like to think I’ve learned something from my survival. Yet I don’t want to feel as if I have to add something new because something old might not be working anymore. Part of my hesitation is, “if it ain’t broke,” why should I fix it? Maybe my thinking should be: just because it was broke, don’t mean it can’t be fixed. If I don’t add/dare I say, upgrade – or worse, subtract and start following my not-very-open instincts – I may be closing the only opening I have left. Or, and here’s where the problem/decision on how best to proceed gets muddled (at least in my head), might I be affecting my status as quo, which given the February, 2009 prognosis, is pretty amazing? My worry is: if I added some new things, would I be threatening my present or securing my future? Unfortunately, there’s no way to know. Whatever I do/don’t do however, my goal is to feel good about what I’m doing/not doing, not bad about it. And as I’m sure you all can imagine, as a characterized-as-terminal cancer patient, there’s already plenty to feel bad about. The trick is...heck, there is no trick. It’s just mind over matter, and try not make matters worse while somehow not being afraid to make matters better.

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

BULLETIN BOARD

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

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/.

SATURDAY/NOV. 8

Free PediaVision Screening of Eyes, by Reston Lions Club, 11 a.m. to 3 p.m. at the Herndon Community Center, 814 Ferndale Ave. for ages 6 months to 19 years old. The procedure takes 10 to 30 seconds and a printout is provided that will indicate if further evaluation is needed by an eye professional. Provided in conjunction with the celebration of the Herndon Community Center’s 35th anniversary. www.restonlions.org
Reston Master Plan Phase II Meeting. 8:45-11:30 a.m. Aldrin Elementary School, 11375 Center Harbor Road, Reston. Sup. Cathy Hudgins and the Fairfax County Department of Planning and Zoning are hosting a third community meeting regarding the draft Fairfax County Comprehensive Plan text pertaining to the Reston community.

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.

Vaccines and Your Family. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Do you have questions about vaccines? Parents and a panel of medical professionals will answer your questions and help you make the best decision about vaccinations. Hosted by of Voices for Vaccines.

Staying Sane in an Insane World, Meditation for Parents and Teens. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. For parents and teens who would like to learn how simple meditation can help them deal together with the stresses of work, school, relationships, and everyday life. Presenter Zelma Chamberlain works with at-risk teens and lectures extensively throughout the country. For parents and teens together or individually. Register online at www.fairfaxcounty.gov/library. Free.

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.

TUESDAY/NOV. 25

Inova Blood Drive. 12 - 7 p.m. Reston Town Center, 11900 Market Street, Reston. The bloodmobile will be located beside the Pavilion near Williams-Sonoma. On site registration. Schedule appointment time by calling 1-866-256-6372 or online at www.inova.org/donateblood.

ONGOING

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

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

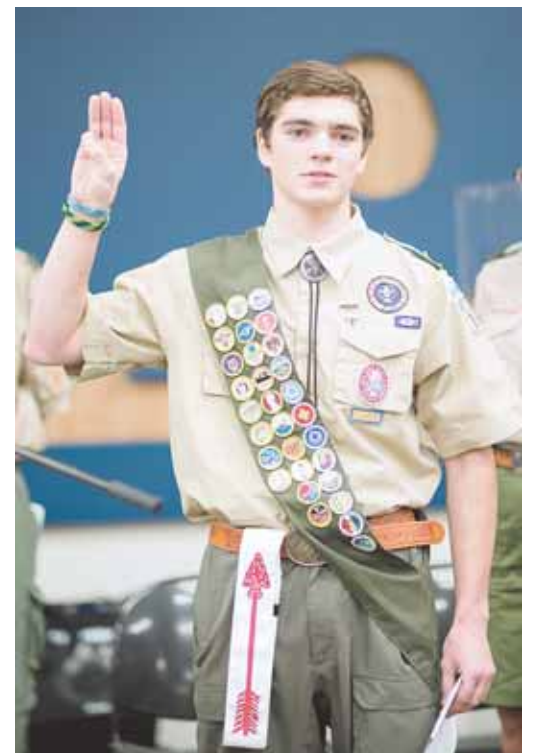
Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston’s forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Arabic-speaking Older Adult Social Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

Eagle Project Completed

Troop 160, Franklin Middle School, held an Eagle Court of Honor last month for James Pesce at Reston Bible Church. James’ Eagle Project was a grass volleyball court for the church’s youth and young adults programs. The Pesce family has been a member of Troop 160 for 14 years and has had the honor of celebrating two other Eagle Scouts in their family, sons Phil and Frank Pesce, who participated in their brother’s ceremony.





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