

The driving range was included in the Family Fun Day at Woody's Golf Range in Herndon.

Family Fun Day at Woody's Golf Range

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Remembering Christine Sleeper

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Herndon Field Hockey Extends Win Streak to Seven Games

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Assistance League of Northern Virginia To Recognize Dominion Resources

Assistance League of Northern Virginia will be pre-senting Dominion Resources with the National Operation School Bell Award in recognition of Dominion's philanthropic and volunteer support of the Weekend Food for Kids program. The award, which is selected by the national organization, will be presented on Thursday, Sept. 24 at 11 a.m. at Dominion's Herndon office located at 3072 Centreville Road in Herndon.

Dominion has donated more than \$75,000 to Assistance League's philanthropic program over the last four years. Last year, 320 Dominion employees took time away from their normal work routines to volunteer 424 service hours to package and deliver "kid-friendly" food items. The Weekend Food for Kids program delivers food packages to children living in food insecure, low-income households in the City of Alexandria, Fairfax County, and Prince William County. The children rely on free or subsidized meals on school days, but lack adequate food resources at home on weekends. Over 217,000 people across Northern Virginia are at risk of hunger, including 62,000 children under the age of 18 (CAFB). In the 2014-15 school year, with the support of Dominion, the program impacted the lives of 11,750 of those children in North-

ern Virginia.

Assistance League member volunteers work with Dominion volunteers to pack and deliver 1,500 individual food bags to selected Title I schools on the third Thursday of every month from September through May.

The healthy food included in the program is non-perishable, "kid-friendly" and easy for a child to prepare and eat on his/her own since many of the children have parents who work weekends or simply lack the funds to feed them. Immediately following the packing event, food packages are transported and delivered by Dominion and Assistance League volunteers to the schools where the school counselors determine the frequency and method of distribution to the students. Each year, the grants from Dominion have provided the funding needed to package up to 5000 individual bags of food for children in need.

Dominion Resources financial and hands-on support has enabled Assistance League of Northern Virginia, a 100 percent volunteer-driven nonprofit organization, to expand and sustain its Operation School Bell program. T

To learn more about this and other Operation School Bell programs, visit www.northernvirginia.assistanceleague.org.

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

WEDNESDAY/SEPT. 23

Herndon Historical Society Meeting. 7:30 p.m. Depot in historic Downtown Herndon. This meeting will feature Mr. Jim Lewis. Jim is a noted Civil War and World War II historian and lecturer and local Civil War site tour guide. Jim has also recently visited Europe doing in-depth research for his latest work; The Battle of Normandy through the Bulge.

THURSDAY/SEPT. 24

Award Presentation/Packing Event. 10 a.m. Dominion Virginia Headquarters, 3072 Centreville Road, Herndon. The Assistance League of Northern Virginia is hosting a presentation of National Operation School Bell Award to Dominion Resources, followed by Weekend Food for Kids 2015-16 Kickoff Community Volunteer Packing Event. karenamster@aol.com. www.northernvirginia.assistanceleague.org.

SATURDAY/SEPT. 26

Ride4SPIRIT Horsemanship Presentation. 11 a.m. - 1 p.m. Frying Pan Park, Herndon. The Ride4SPIRIT event is a presentation and fundraiser that honors the accomplishments of therapeutic and learning programs with horses in the community.

Community Shredding Day. 9 a.m. - 12 p.m. Parking lot between Whole Foods and Patrick Henry Library, 133 Maple Avenue East, Vienna. Gain peace of mind by bringing outdated personal documents to on-site shredding service provided by TrueShred. Non-perishable canned good will also be collected for donation to Food for Others during this event.

TUESDAY/OCT. 6

Reston Garden Club Meeting. 1 p.m. Nature House, Walker Nature Center, 11450 Glade Drive, Reston. The speaker for the month of October is Barbara Glickman, author of "Capital Splendor-Gardens and

Parks of Washington, D.C." Glickman will present a framework of landscape garden designs using photos presented in the book as visuals for viewing these features. She will highlight some of the features of the gardens and provide some historical information of the gardens she will be featuring. Guests and members are welcome. <http://www.therestongardenclub.com>.

WEDNESDAY/OCT. 14

Reston - League of Women Voters Program on "The 2011 Virginia Redistricting: the Continuing Saga." 7:30-9 p.m., Reston Community Center-Hunters Woods, 2310 Colts Neck Road, Reston. The League invites members and the public to learn and discuss the latest legal and political actions and possible effects on the Virginia legislative district lines drawn following the 2010 Census. Could they affect this year's elections? Learn what Northern Virginia districts are named in the latest Court case. The General Assembly drew the lines in 2011; is there a better way? Join the discussion. Free, open to the public (men and women). 703-471-6364. Background papers at www.lwv-fairfax.org.

ONGOING

Free Support Group for Parents with Children with Autism. Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free 12 step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

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.

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More than 150 people attended Sunday's gathering at Herndon High School to celebrate Christine Sleeper's impact on the community.



Musicians and current Herndon High School Latin students Blanca Torres, Christina Ngo, Mary Ogborn and Misha Barth.

Remembering Christine Sleeper

Past friends, colleagues, students, family gather in memory of Herndon Latin teacher.

BY KEN MOORE
THE CONNECTION

Beloved Herndon High School Latin teacher Christine Sleeper, who died Feb. 15, 2015 at 98, kept a Trojan Horse in her Herndon High School classroom and the Latin word "gaude" on her license plate.

Teachers, past students, colleagues and families gathered at Herndon High School on Sunday, Sept. 20 to remember Sleeper. More than 150 people attended.

"One of her final wishes was for her life to be celebrated where she lived," said Mary Abbott, of Alexandria.

She taught Latin for 30 years and turned Herndon High School's Latin Program into the most popular foreign language at the school.

"Christine Sleeper was an extraordinary educator and scholar," said Karen Singer. "In addition to her Latin, French and Greek teaching career, Christine was also a pilot, air traffic controller and served in World War II."

She earned her pilot wings at 25 in 1941 and was an air traffic controller at Logan Airport in Boston in 1944 before serving in Europe during the end of World War II.

"She was way ahead of her time," said Singer. "She had a million credentials, she left her mark."

Singer remembers when she was assigned to observe Sleeper to evaluate teaching.

"She worked magic in the classroom," said Singer. "I got totally caught up in the instruction."

Abbott said several of her former teachers are now Latin teachers, "a good indication of her impact," said Abbott.

Sleeper traveled all continents; Abbott still has her postcards from Nepal, China,

Antarctica, the Galapagos and more.

"She taught countless Fairfax County students and led them on numerous world trips. She was an inspiration to so many students and colleagues, in short to everyone who knew her," said Singer.

Singer remembers getting the opportunity to sub for her class. She didn't want the day wasted, and had Singer take her students to the school planetarium to discuss mythology.

"She was very inspiring," said Abbott. "She was the kind of person that made an effort to engage you in conversation and made you feel like you're the only one being taught."

SLEEPER'S CRYSTAL BLUE eyes were referenced Sunday as well as her love of Alfred Lord Tennyson's poem, Ulysses, and one of its lines: "I am part of all that I have met."

Those who knew her talked about the postcards she wrote, and the "carpe diem" pencils she gave out as gifts during trivia contests she held during class; they talked about the life sized Trojan Horse her student David Bliss built that remained in her classroom the rest of her career and the smile and praise that she gave most every student who had her.

"She knew who the chess player was, who the creative writer was, who was the softball player, and who was the musician," said Alice Guppy, a Latin teacher and colleague at Herndon High School.

"She let everyone know she was fasci-



Linda Montross,
co-chair, National
Latin exam



David Segal,
Herndon col-
league



Alice Guppy,
Herndon col-
league



Karen Singer,
colleague



Emily Lewis, Latin
teacher



Tray Sleeper,
Christine's son

I turned on Oprah," said Guppy.

The next morning she awoke to swim laps at the pool before getting to school early.

"She wanted to experience every minute, she wanted to experience every learning opportunity," said Guppy. "Carpe Diem. To Christine, life was a gift, life was a joy."

DAVID BLISS WAS HONEST.

"I enjoyed Latin, but I didn't love Latin," he said, and a few people, the Latin teachers, sighed in the audience.

"But I always loved her class," said the 1984 graduate.

Sleeper taught her students not to only conjugate Latin verbs, but to study history, music, mythology, cul-

ture.

For a project, Bliss decided he was going to build a Trojan Horse out of popsicle sticks.

"My mother said, 'You can't build a Trojan Horse out of popsicle sticks.'"

So a family friend, an artist, taught him and the family how to paper mache.

"It became a family project. I'd come home and my father would be putting another strip on the horse," he said.

The horse became life size, and the day the project needed to be turned in, Bliss said he couldn't take the bus so got a friend to drive him with a van.

They were late.

"When I arrived to her class, Ms. Sleeper said, 'David, why are you late?' I told her I was finishing my project. She said, 'David, that's no excuse.'"

Bliss then wheeled in the horse. "David,

nated with their interest or passion. She wanted all her students to be successful at something," said Guppy.

When Guppy returned to teach, educators encouraged her to seek out Sleeper, who invited her to the school.

"She opened up all her file cabinets, all her file cabinets," said Guppy. "What an afternoon it was."

"I knew I had a new friendship and what a friendship it was," she said.

And a few years later, Sleeper chose Guppy to join her at Herndon in 1996. "Christine chose me, me, to teach with her at Herndon High School. Those were the luckiest four years of my teaching career.

"We all wanted to be like Christine as a teacher," she said, "but no matter how much we tried we couldn't keep up."

Guppy said she asked Sleeper if she ever got tired.

"Once," she said. "Well what did you do?" She said, "I got a big bowl of ice cream and

SEE TEACHER, PAGE 9

OPINION

Remembering Reston's Civil Rights Icon

"A local giant is gone from our midst. But his spirit and legacy will remain in Reston and beyond."

BY GERALD E. CONNOLLY
U.S. REP. (D-11)

No one can say Bob Simon didn't lead a full life, but that fact doesn't make his loss any easier. To the end of his 101 years, he was a grand man of extraordinary vision, heart, compassion, humor and charm.

Last year my office embarked on a project to celebrate the Civil Rights Movement by capturing the histories, memories and stories of those who fought for equality. Our goal was to make sure we allowed these brave voices to share their accounts, firsthand, and preserve them for future generations. Today, that archive is available at <http://ethnography.gmu.edu/collections/the-northern-virginia-civil-rights-archive>.

I was fortunate to bring Bob into this project and sit down with him for a few hours to hear his civil rights story. Most of us know Bob as the founder of Reston, but it is his legacy as a civil rights icon and its lasting impact on our community, that I will forever hold in my heart. You see, Bob hated discrimination and bigotry

because he experienced anti-Semitism firsthand as a young man. That experience forged in him a passion – a quiet passion – to build a small corner of the world where equality would be a reality.

Bob's insistence on making Reston the first racially-integrated housing development in Virginia made him a civil rights pioneer. It was not the popular thing to do, and he lost critical investment opportunities because of this decision. But to Bob, it was not a matter of doing the easy thing, or the popular thing. It was about doing the right thing. He had great clarity that to realize his vision of Reston there could be no racial barriers. To fulfill Reston's goals we had to be inclusive and welcoming.

Throughout his long life, Bob's moral compass remained true. He was an environmentalist before the term was invented, a patron of the arts, and passionate advocate for social justice. Northern Virginia owes much of its character and success to Bob. I feel this loss sharply and shall miss his dedication, his laugh and his friendship. A local giant is gone from our midst. But his spirit and legacy will remain in Reston and beyond.



CONNECTION FILE PHOTO

Congressman Gerald E. Connolly:
"Bob's insistence on making Reston the first racially-integrated housing development in Virginia made him a civil rights pioneer."

Chamber Urges Congress to Avoid Another Shutdown

Dear Members of the Northern Virginia Congressional Delegation,

On behalf of the Fairfax County Chamber of Commerce (Fairfax Chamber), representing nearly 700 member companies with more than 500,000 employees across Northern Virginia, we urge you and your colleagues in Congress to act immediately to find a path forward to enact legislation to continue funding the federal government beyond Sept. 30, without interruption. For the federal government to shut down would be so harmful to our region it would be, in a word, irresponsible.

A substantial segment of Virginia's economy is tied to the federal government, with federal contractors in the private sector employing a vast number of workers here in our region and throughout the Commonwealth. In addition, Northern Virginia is home to more than 65,000 federal employees and is where more than 110,000 federal employees work. As such, Northern Virginia's diverse business commu-

nity, the economic engine of the Commonwealth, is tremendously impacted by federal expenditures.

Congress' inability in the past to enact individual appropriations bills, and rather to instead fund the government from continuing resolution to continuing resolution, has caused significant uncertainty and greatly disrupted business planning by federal contractors in the region. Such practices, combined with annual threats of government shutdowns and, in 2013, an actual shutdown, have caused private sector businesses of all sizes throughout Northern Virginia serious economic harm and forced them to lay off or furlough employees.

We are gravely concerned that such economic dislocation will again occur if the federal government shuts down on Oct. 1. Also, as you know, the impact of a shutdown would not be limited to the federal government and federal contractor workers in Virginia. As has been shown in the past, the downstream ef-

fects of a shutdown will also be harmful to small businesses in Northern Virginia and across the Commonwealth.

The Chamber recognizes the importance of restraining federal spending and different budget priorities for members of Congress. However with the U.S. economy continuing to underperform, Congress needs to act now to avoid inflicting any more substantial and enduring damage on the Commonwealth of Virginia and the United States as a whole.

Congress must continue to fund the operations of government in a budget-conscious way, while avoiding any more damaging fiscal show-downs. We need and expect nothing less. Accordingly, we urge you to work with your colleagues and leadership to promptly enact legislation by Oct. 1 to fund the operations of the federal government without interruption.

Sincerely,
Jim Corcoran, President & CEO
Fairfax Chamber of Commerce

LETTERS TO THE EDITOR

Powerful and Accountable

To the Editor:

With your focus on the recent death of an inmate, I want to congratulate you for dealing with a serious PR problem Fairfax County has been developing.

Virginia and this county maintain an admirable fear level among

wrong doers that helps to keep this a great state and county to live in. But, when that turns into front page stories about torture with stun guns and stonewalling we are absolutely going to be punished nationally and internationally at a time when we must be building new bridges and attracting the best people to maintain our standard of life and living here.

Please keep the pressure on to

fix this without turning this region into another crime friendly, revolving door justice, victims last place to live like Maryland and all of New England. We are not Texas but we are not chumps either. We need well regulated law enforcement that is powerful and accountable.

Drake Wauters
McLean

Write

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

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Ribbon, Scissors and 100 Bowls of Soup

Mayor Lisa Merkel, vice mayor Jennifer Baker, Dranesville Supervisor John Foust and others celebrated the official ribbon cutting of 100 Bowls of Soup this past Saturday, Sept. 12.

Katherine Mardirosian relocated her business to Herndon from a 150-square-foot space in Vienna to 279 Sunset Park Drive in Sunset Business Park earlier this year.

Herndon is home to more than 100 restaurants and 1,300 businesses, according to Dennis Holste, economic development manager for the Town of Herndon. More than 40 businesses are now located in Sunset Business Park, including 15 restaurants.

"When the two kettles are going, piping hot, it smells spectacular. It could be the spices in the curry lentil, it could be the tomatoes in the tomato basil, it could be the aroma from the chicken stock; the smells and sights are part of the experience," said Mardirosian, owner.

Hands-on cooking classes are planned for the fall and Mardirosian wants to help customers learn the preparation and cooking of simple, fresh, nourishing meals from scratch as well as gluten-free baking.

"Part of our mission is education and enrichment," she said. "People aren't just look-



Supervisor John W. Foust, Herndon Mayor Lisa Merkel, Vice Mayor Jennifer Baker and others helped Katharine Mardirosian celebrate 100 Bowls of Soup's official ribbon cutting Saturday, Sept. 12.

ing for the how to, but the why; why is this good for me, why should I eat this way, why should I choose these ingredients, why should I choose this way of life?"

Mardirosian shares her kitchen space with Deborah Gudelsky of Deborah Joy's Gluten Free and Deepa Patke of Aromatic Spice Blends.

"I started 100 Bowls of Soup in 2009 with the idea of sharing simple, homemade nourishing soup and stock with friends and family. I wanted to create soup from scratch and real bone stock that was as flavorful and fresh as it was nourishing," she said.

Her soups are now available at MOM's Organic Market, The Organic Butcher of McLean, Maple Avenue Market in Vienna, Salud in Great Falls, and online via Washington Green Grocer and Hometown Harvest.

The kitchen, open Monday through Saturdays from 11 a.m. to 5 p.m., features seasonal soups, vegetable and meat stocks, bone broths, gluten-free baked goods, spice blends and chutneys. The soup menu changes with the season.


In the fall, the store will offer hot soups along with steaming stock and bone broth by the cup. All of the soups are gluten-free.

See www.100bowlsofsoup.com.

PHOTO CONTRIBUTED BY MERILY PIERCE

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BOWA kitchen renovation in Arlington features under-counter microwave and beverage center.



BOWA basement renovation includes space for arts & crafts, games and media.

Remodeling Design in 2015: It's all about the Family

Adapting your home so it tracks your family's development over the years.

BY JOSHUA BAKER
BOWA

Almost every luxury remodel starts with the same question "How can we improve our family's life at home?" But this answer varies as our families grow, age and evolve. And the best designs consider both current and future needs.

For young families, the focus is almost always child-centric. Kitchens are designed with low drawers for easy access to the most important items, like sippy cups and napkins. Refrigerator drawers installed as beverage stations and below-the-counter microwaves allow the "vertically challenged" to help themselves. Study areas are incorporated into family spaces to allow for parent-child interaction at homework time.

Creative storage solutions and child-friendly finishes, like washable wall paint, chalk-board paint in play areas, and custom ceramic tiles featuring kids' artwork in their bath, all lend to a successful design.

In the teen years, the question asked most often is, "How do I create the house where all the kids and their friends want to hang out?" For this age group, creative basement remodels with game areas are most popular, and perhaps not surprisingly, basement bars are often minimized or omitted completely. As opposed to the closed-off theaters of the past, media viewing rooms are now open and designed as multi-purpose spaces that also facilitate informal gatherings and entertaining. For the ambitious, outdoor features, such as pools, patios and fire pits, can create a neighborhood destination. (Though pools and water features are of-

ten delayed until kids are old enough to be safe around water.)

Teen-friendly designs often include a family foyer, an entrance from the garage with plenty of storage for sports equipment, coats, backpacks, etc. Other potential opportunities for teens include creating small, fun spaces like lofts in bedrooms, themed bedrooms, and making sure that there are plenty of USB charging stations.

For empty nesters, remodeling typically involves "downsizing" within the home by planning to use the space more efficiently. Often, one-level living is designed for convenience and to reduce energy use. Heating and cooling systems are zoned so only the inhabited areas are fully conditioned when in use. Apartment-style washer and dryers are right sized for a couple. Smaller, drawer-style dishwashers are also available. And, perhaps now is the time to discuss repurposing spaces that were previously used as game rooms or homework stations into areas to accommodate hobbies and interests.

Almost all design discussions should at least contemplate the potential for boomerang kids (children coming home after college), in-laws, or elderly family members who might join the home. For those wanting more independence and privacy, in-law suites sometimes include private entrances and even a small kitchenette. Sometimes kids' rooms are moved to the basement to add more privacy.

For all of us as we get older, a house that incorporates the principles of universal design, which allow us to live comfortably and safely in the homes we love, is a critical conversation. Design considerations include creating accessibility-friendly baths, kitchens, entrances and passageways and

perhaps reconfiguring to minimize steps. Often, a strategy that comes up is the consideration of the installation of an elevator to facilitate long-time use.

The design priorities for each remodel are unique to the family, but thinking about all the different phases of family life is critical to long-term success.

Josh Baker is the founder and co-chairman of BOWA, an award-winning design and construction company specializing in luxury renovations, remodels and additions in the greater Washington, D.C. area. BOWA has more than 25 years of experience and has been honored with 170 local and national awards. Visit www.bowa.com or call 703-734-9050.



Renovated home office by BOWA features space for the whole family.



Custom designed cabinetry in this renovated family foyer in Great Falls, VA keeps a busy family organized.

Diversification Could Help Real Estate Market

PHOTOS BY ANDREA WORKER/THE CONNECTION

Home sales have increased, particularly in Fairfax County, which saw a 22 percent uptick.

BY ANDREA WORKER
THE CONNECTION

Vienna-based realtor Craig Lilly with Long and Foster agreed with how Ken Harney, the moderator for the 2015 Northern Virginia Association of Realtors (NVAR) Economic Summit, described the current year's market trends at the gathering earlier this month at the Fairview Park Marriott.

"His assessment of 2015 is on target with what I am experiencing," said Lilly. "So far, so good."

"Last Spring things were rocking," said Lilly. "I think that caused some sellers to price too aggressively too quickly in a market that was changing. That certainly had an effect on the slowdown we saw for the rest of the year."

The data for 2015 is on Harney's side. Home sales have increased, particularly in Fairfax County, which saw a 22 percent uptick in sales. Figures just released by Real Estate Business Intelligence report the second-highest level of August sales since 2006, with inventories remaining fairly healthy and time-on-the-market about equal with the same period last year.

But even those positive numbers didn't keep the summit's panellists from making presentations that leaned decidedly towards the cautionary, for both short-term real estate transactions, and the future economic health of the region.

Looming on the horizon is the spectre of another potential government shutdown if Congress fails to pass even a temporary budget by the end of the month. Describing the region as a "company town," and as such, somewhat "vulnerable" to Congressional activity, panellist Dr. Terry Clower, director of George Mason University's Center for Regional Analysis, said he wouldn't discount the possibility of a shutdown. For a region where almost 40 percent of the economy is directly related to federal wages and salaries, procurement and other federal activity, Clower's analogy of the "company town's" vulnerability seems right on target.

Dr. Lawrence Yun, chief economist with the National Association of Realtors commented on the Federal Reserve. "A rate increase is coming, probably sooner rather than later, before the end of the



From left — Jonathan Aberman of TandemNSI, Jill Landsman, NVAR VP of Communications, and summit moderator Ken Harney at the 19th Northern Virginia Association of Realtors Economic Summit.

year," predicted Yun, but he also believes that any increase will not have an immediate impact on mortgage rates.

That's an opinion that Weichert Realtors Fair Oaks managing director Lorraine Arora shares. "People will still be buying and selling. I think the current situation continues to make people a bit cautious, as Yun sug-

gests, but I agree that we probably won't see much impact on mortgage rates, at least for awhile," said Arora.

Lilly was more struck by Yun's powerpoints showing homeownership at a 50-year low combined with rental vacancies at a 30-year low and rents at a seven-year high. "There's some things to be think-

ing about as a Realtor, and really as anyone living and working in this area," he added.

In Yun's research, millennials, who currently represent a large portion of the renters, are actually the most confident about the housing situation, and the majority want to eventually become homeowners. Their achievement of that goal is crucial, according to Yun.

One positive note on real estate trends by Yun that the Realtor attendees appreciated was his belief that the "trade-up" market would probably see an improvement, with potential buyers having more cash-in-hand from their current homes' sales.

Back on the subject of the "company town" dependency, Clower and Yun both argued that diversification of job sectors is critical to the region's future economic success, requiring greater regional cooperation.

Speaking of robots, drones, artificial intelligence, virtual reality and the "We Work" models of sharing work, living spaces and resources, Jonathan Aberman, chairman of TandemNSI, focused on technological trends and how they would affect our daily lives. Aberman said that any region that doesn't prepare for these changes with an emphasis on affordably "educating people on how to think, rather than just how to do" will be quickly left behind.

Aberman said that more effort is needed to keep the federal dollars spent on technology and related research here at home.

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Herndon senior Seara Mainor scored three goals and had two assists during the Hornets' 7-0 win over South Lakes on Sept. 17.



Herndon junior Sammy Stone is committed to play field hockey at Ohio State.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Herndon Field Hockey Extends Win Streak to Seven Games

Mainor produces hat trick in 7-0 win over South Lakes.

BY JON ROETMAN
THE CONNECTION

The question facing the 2015 Herndon field hockey team: How would the Hornets, defending Conference 5 champions, handle the graduation of several key players, including first-team all-state selections Taylor Stone and Sofia Palacios?

The answer, at least through 10 games: quite well.

After dropping two of its first three games, Herndon has responded with a seven-game win streak, including a 7-0 trouncing of rival South Lakes on Sept. 17 at Herndon High School.

Last season, the Hornets won their first conference/district championship since 1979 and fell one victory shy of qualifying for the state tournament. Herndon finished 19-3, producing a margin of victory of at

least three goals on 15 occasions.

Gone from that team are midfielder Stone (now plays for Louisville), forward Palacios (now plays for Penn), defender Alexis Duke (second-team all-state selection) and midfielder Jamie Wright (now plays for Dickinson), among others. Herndon has continued winning, however, although many of its victories have been much closer.

"It was kind of good to get the articles out of the way," Herndon head coach Mary Miller said. "We knew the storyline was going to be 'How's Herndon going to do?' I've been very impressed the way they kind of have let that go and developed into their own team. It's definitely closer wins and closer games, and it's much tighter and it sometimes maybe isn't as pretty, but they've been pulling it out."

The Hornets won the Herndon Invitational Sept. 11-12, going 4-0 during the two-day event. Herndon pulled out three one-goal victories during the tournament, and defeated Battlefield 2-0.

"We're playing really well," Miller said. "... I always like having the tournament a little bit later — not in the summer, just a little bit later — because I feel like it gives

us some momentum, especially if we can play well and win."

While seven of Herndon's first nine games were decided by two goals or less, Thursday's win over South Lakes was a blowout. The Hornets jumped out to a 3-0 halftime lead and cruised to a 7-0 victory. Senior forward Seara Mainor finished with three goals and two assists for Herndon. Mainor, a team captain, missed the first two games of the season due to an ankle injury.

"She played great," Miller said. "She was hurt all summer. She finished up the soccer season hurt and she didn't play in our first two games. ... I think the tournament really helped her fitness-wise and getting back in field hockey shape. She's a tremendous talent, she is so fast and she's got to be reckoned with."

Mainor said she enjoyed beating the rival Seahawks.

"I'm ecstatic," she said. "I went to Langston Hughes, which was the South Lakes middle school, so I know everyone from South Lakes. This was my game. I'm so happy."

Kristina Caggiano scored two goals for Herndon. The junior midfielder took over

as the Hornets' corner inserter this season.

"She's really stepped up," Miller said. "... She's been really good."

Senior forward Kristen Caron and junior forward Sammy Stone, a team captain, each scored a goal for the Hornets. Junior midfielder Grace Caron and senior defender Kaley Selner, a team captain, each had an assist.

Sammy Stone, the younger sister of Taylor Stone, committed to Ohio State in early September.

"She's just a very laid back kind of mature kid," Miller said. "She does it on the field and she's a leader, but she's not trying to take anything over. She can play with anybody and in high school you have to be able to do that. You have to be able to play with all levels of kids and you have to not get frustrated with it and you have to understand it and she does."

Herndon (8-2) will travel to face Thomas Jefferson at 7:30 p.m. on Sept. 25.

"[The strong start has] helped us put our name out there again," Stone said. "... People have seen that we were not built around [last year's seniors] and we're still on the come up. We're still doing more."

South Lakes Girls Win Oatlands Invitational

South Lakes High School won both the JV Upperclassmen Girls and JV Underclassmen Girls divisions at Oatlands Invitational (5K) in Leesburg on Saturday, Sept. 19, 2015 with 95 schools participating. South Lakes Sophomore Katie Bidwell — pictured — won the JV Underclassmen division.

PHOTO BY
LISA MACARTHUR



CALENDAR

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

WEDNESDAY-SUNDAY/SEPT. 23-27

Reston's Big Blowout Book Sale.

Sept 23: 5-8 p.m. Sept. 24: 10 a.m. - 8 p.m. Sept. 25: 10 a.m. - 5 p.m. Sept. 26: 10 a.m. - 4 p.m. Sept. 27: 12-3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Come and browse thousands upon thousands of great books in great condition. From the latest popular titles and classic favorites to the rare and unexpected fiction and non-fiction. The Reston Friends have something for everyone.

WEDNESDAY/SEPT. 23

Meet Me at the Movies-Senior Movie Day. 10 a.m. Reston Town Center, 11900 Market St., Reston. Reston Association presents "I'll See You In My Dreams." Refreshments and door prizes provided prior to movie. Free to 55+. Information at Ashleigh@reston.org, 703-435-6530, or reston.org

THURSDAY/SEPT. 24

Live More Block Party. 11 a.m. - 2 p.m. Reston Town Center, 11900 Market St., Reston. Learn the benefits of new transportation options, including Silver Line Metro, plus entertainment, face painting, refreshments, giveaways and more.

Fun Run. 6:30 p.m. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that's safe and social. potomacriverunning.com

SATURDAY/SEPT. 26

Reston Multicultural Festival. 11 a.m.-6 p.m. Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free. Visit www.restoncommunitycenter.com/multiculturalFestival.shtml

Walk to End Alzheimer's. 10 a.m. Reston Town Center, 11900 Market St., Reston. Walk and fundraise to further the care, support and research efforts of the Alzheimer's Association. Visit http://act.alz.org/site/TR?fr_id=7382&pg=entry.

OKTOBREWFEEST. 12-10 p.m. Town Green, 777 Lynn St., Herndon. Music, food and beverages, vendor booths and fun all day.

Showcase of Bands. 11 a.m. - 9 p.m. Herndon High School, 700 Bennett Street, Herndon. Everyone is invited to attend the Northern Virginia Regional Showcase of Bands, a fantastic opportunity to see 25 local high school marching bands perform in one place. Tickets: \$15.

SUNDAY/SEPT. 27

Stride Forward 5K and Family Health Fair. 8:30 a.m. - 12 p.m. Reston Town Center Pavilion and Streets. Join family and friends in Pediatric Specialists of Virginia's first fundraiser to benefit all children under their care. 5K race begins at 9 a.m., followed by a Tot Trot. Create your own fundraising team or join one of the specialty-based teams. Strollers and pets welcome. Family Health Fair activities include giveaways and booths by PSV sponsors with something for everyone: health tips, recreation, kids' activities, food and music! psvcare.org

NatureFest. 1-5 p.m. Runnymede Park, 195 Herndon Parkway, Herndon. Explore various nature stations throughout the park including



Attend the Northern Virginia Regional Showcase of Bands, a fantastic opportunity to see 25 local high school marching bands perform in one place on Sept. 26 at Herndon High School, 700 Bennett Street, Herndon.

Ongoing

JamBrew. Every Friday in September, through Sept. 25. 6-10 p.m. Town Green, 777 Lynn St., Herndon. Outdoor music festival. <http://jambrew.com/>.

Celebrating Vintage Disney at ArtInsights. Through Oct. 6 at Reston Town Center, 11900 Market St., Reston. Original production art from classic Disney movies for fans and Disney lovers of all ages: Snow White, Sleeping Beauty, Aladdin, Beauty and the Beast, and many more. 703-478-0778 artinsights.com

"Ephemeral" Exhibition at GRACE. Through Nov. 14 at Reston Town Center, 11900 Market St., Reston. Explore the nature of non-permanent, three-dimensional works addressing the concept of ephemerality. Presented in conjunction with the Washington Sculptors Group. restonarts.org

"No Spring Chicken." Playing Sept. 24-Oct. 11 at NextStop Theatre, 269 Sunset Park Drive, Herndon. This one woman comedy presents a poignant and funny look at pregnancy at 40. Visit <http://www.nextstoptheatre.org/> for show timings.

Reston Station Movie Nights. Saturdays starting Sept. 26-Nov. 1. 7-10 p.m. at Reston Station Metro Plaza, 11389 Reston Station Blvd., Reston. Reston Station's "Watch Under Our Stars," a six-week fall family-friendly movie series. Films start at sunset. The plaza area is lined with concrete pavers, so attendees are encouraged to bring low chairs or cushions. <http://www.restonstation.com/RSmovieNightPoster.pdf>

Colors of Life Exhibit. Oct. 1 - 30 at Reston Community Center, 2310 Colts Neck Road, Reston. Color is a major inspiration for Reston-based fiber artist Anne Smyers, and a central feature in her vibrant work, which will be featured at the Hunters Woods branch of Reston Community Center from. Her solo show Colors of Life highlights several series: recent works in her signature "floral landscapes" style, created by layering flowers into fanciful landscape designs.

butterflies, bees, life in the meadow, web of life and much more with live animal shows throughout the day. Visit www.herndon-va.gov.

activities. Make your own forest habitat (STEAM). Age 3-5 with adult.

MONDAY/SEPT. 28

Toddlers & Twos. 10:30 a.m. Herndon Library, 768 Center Street, Herndon. On the go: Hit the road, fly the skies, sail the seas as we explore vehicles of all kinds through stories, songs, movement and rhyme. Age 19 months to 35 months with adult.

TUESDAY/SEPT. 29

Design and Wine. ArtSpace Herndon, 750 Center Street, Herndon. Have fun with artist Melanie Stanley using a variety of materials and techniques as you explore, discover, and learn to "mix it up" in a safe, encouraging environment! Use some different kinds of art tools to draw, paint, and collage a one-of-a-kind mixed-media masterpiece for your home. A \$30 fee covers all supplies and two glasses of wine. Registration is required with payment in advance, <http://www.artspaceherndon.com/events-2/design-and-wine/>

Fun Run. 6:30 p.m. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that's safe and social. potomacriverunning.com.

Young Science Explorers. 10:30 a.m. Herndon Library, 768 Center Street, Herndon. Animals in the Forest. Learn how animals live in the forest through stories and hands on

Teacher Honored

FROM PAGE 3

you get an A,' she said."

The horse stayed in the classroom for the next 16 years until her retirement, when it came home with her.

"One of the things I regret is not reconnecting with Ms. Sleeper," Bliss said during the ceremony. "You don't really know how people might impact your everyday lives."



David Bliss, '84, student

SLEEPER'S SON, Tray Sleeper, followed in his mother's footsteps, getting his education certificate in his 40s.

"I hope to teach until I'm 70," he said, but then quickly added, "but I don't think 84 is in my cards."

"The greatest lesson I learned from her was the positive attitude as well as the idea that negative actions and negative feelings have no benefit."

Sleeper's family published her autobiography, "All That I Have Met," and Tray Sleeper encouraged everyone to take a look at the book, not necessarily to read about his mother, but so they would compile the same type of book for their families about their mothers or grandmothers.

"Mine has been a life long love affair with Latin. When you teach Latin, you teach life," Sleeper was quoted in the book, read by colleague Linda Montross during the ceremony.

"Generations of your family will know the contribution of its past," said Tray Sleeper.

Sleeper's granddaughter thanked the audience for sharing what a special person Sleeper was to the community.

She shared a story meeting a bartender in a D.C. bar serving 25-cent beers during a happy hour. The bartender was from Herndon, and he said Sleeper's class was his favorite.

"I didn't quite know the impact she had. Thank you," said Sleeper's granddaughter.

DAVID SEGAL, another Herndon High School colleague and Italian teacher, lit up when sharing the inflection of his friend Christine Sleeper when she greeted him each morning.

"Va bene, oggi," he said. "I don't remember if we went to Italy once or twice together. I do remember drinking wine with her on many occasions."

"She always had such a positive attitude," he said. "She was such a lovely person, so generous, so kind. I know if she was

here, she'd look around at everything, and say, "Va bene, oggi."

Emily Lewis, a current Latin teacher at Herndon, said everybody kept bringing up Sleeper when she was interviewing for the position a few years ago.

"I thought, 'Who is this Christine Sleeper person,'" said Lewis, who then researched Sleeper's life. "I called back, and I said, 'I'm not Christine Sleeper,'" she said.

But Lewis did get the position and she said she inherited an "august program with an incredibly rich, deep tradition that goes much deeper than anyone of us ever thought," she said.

"I see the kids read about Christine Sleeper and say, 'Oh, my.'"

LINDA MONTROSS, co-chair of the National Latin Exam, met Sleeper when she was 22. "We were friends my entire adult life. We would meet on a monthly basis."

Herndon's class president from 1980, Pamela, wept when she got up to speak. "She'd be so ticked off that I'm getting weepy. I wanted to get up here and scream, 'Serendipity.'"

In addition to encouraging her to run for class president, Pamela said her teacher told her, "Do not let life pass you by."

Pamela said she lived her teacher's words. "We traveled, we lived life. If I'm ever famous, and they ask me who was my favorite teacher, I'd say Christine Sleeper."

Until Sunday afternoon, Liran Gordon hadn't stepped inside Herndon High School for 38 years since his graduation in 1977. "But coming back to honor Ms. Sleeper feels right," he said.

When he took his children to see the Roman Coliseum, Sleeper's teachings were still with him as he shared them with his children.

"Christine Sleeper wasn't a Latin teacher," said Gordon.

"She was a teacher."

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The Week After The Week Before



By KENNETH B. LOURIE

It's not what it was, but it is what it is: not perfect. But neither is it worse. It's a familiar pattern, to be sure, so nothing really has changed, which is a good thing; and the kind of "good thing" which I need to acknowledge, because cancer is a bad thing and one needs to counterbalance that negative with any and all positives.

And for yours truly, many of those good things involve food (you'll note I didn't say revolve). I don't eat much (variety), but I do relish (which I don't eat) the redundancy. As I like to joke: I eat about 10 things – repeatedly, so if circumstances, lack of availability or medication/side effects, prevent me from eating normally – for me, then the consequences are as I described them last week: unpleasant. And believe me, "unpleasant" is all it's cracked up to be. Not that deriving pleasure from food is mature, advisable, good for controlling weight and/or any other prudent course of action, according to health-conscious weight-watchers; nevertheless, for the rest of us down here in the eating trenches, a satisfying meal is hard to beat and even harder to resist. It's not exactly "The Borg," but when food has your name on it – so to speak – resistance might not be futile, but it's certainly near impossible.

Ergo my depression, when the week immediately after chemotherapy, the only thing that's futile is my attempts to find/taste any food that does anything other than disappoint. Add in the associated fatigue, difficulty sleeping and lack of initiative, and the week becomes a total drag, literally and figuratively. Ah, but the next week, this week in fact, the worm turns (no, I've not resorted to drinking Tequila), there's less drag and more coefficient. In effect, but not in actuality, my taste buds are thrown a bone. And once that "bone" begins to taste like something instead of nothing, my mood (but not my clothes) improve immeasurably. (If only the latter could improve as much as the former, how happy my wife would be). Then I have about 10 days of my atypical "foodish" behavior before the side effects from my every-three-week chemotherapy infusion begin to take their toll.

Now the challenge becomes not gorging myself in the interim. I have to be honest, it's difficult. To me, it's akin to coming up for air after being submersed too long under water; those first few breaths after reaching the surface are hardly measured. Quite the opposite, in fact. That's how I feel, and how I struggle to not overindulge during this next week or so. It's almost as if I've been shot out of a cannon; I'm going fast and furious, ravaging and rampaging innocent food victims along my way. I realize it's not any way for a grown man to behave, but this growing man is a cancer survivor who gets extremely hungry after a week of not-eating and even less oral-fixating.

Despite these food issues, this is a more enjoyable week, with an even better, more normal (eating-wise) one to follow leading up to Friday's infusion. And I look forward to it, mindful however of the eating/taste challenges inevitably to occur. It's not exactly how I'd draw it up in the huddle, but as I've said many times before: I'm just happy to still be in the game.

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



Louis DeLorme and brother Shawn do painting with Pinot's Palette in the Dulles area.



Having fun with the hula hoop are Leslie Loges of Reston, Emmitt Poindexter of Sterling, and Emily Wade of Manassas.

Family Fun Day at Woody's Golf Range

Community honors three 2014 Herndon High bandmates who died in car accident.

About 100 people attended a Family Fun Day at Woody's Golf Range in Herndon on Saturday, Sept. 19. The event was a fundraiser in honor of the three 2014 Herndon High grads and marching band members who died in a car accident in Greenville, Texas, northeast of Dallas, on their way to a video-game festival in Austin on Aug. 7.

The three teens that were killed were Holly Novak, 18, Kyle Mathers, 19, and Dale Neibaur, 19. The crash was caused by a 78-year-old man driving in the wrong direction; they were also hit from behind by a tractor-trailer. Two other teens in the SUV were injured, hospitalized and survived the crash; they were Kevin DiCicco, 19, and Hannah Galbraith, 18.

For a \$25 donation that went toward a memorial scholarship for the Herndon High Band, the Family Fun Day included a driving range, mini-golf, a token for the bat-

ting cages, canvas painting with Pinot's Palette, hula-hooping, barbecue with hamburgers and hot dogs.

"It was to treasure their memory in a happy day with families," said organizer Jackie Johnson who runs JJ Deli in Herndon with her husband Jeff. "The money raised will go to a memorial scholarship fund for the Herndon High School Band."

She added, "When you're going through a tragedy, this community is very supportive. There's nothing better than a beautiful day with lots of fun activities."

In attendance was Julie Delorme, the mother of Dale, the trombone player who was killed in the accident. The former Herndon resident called the event "fantastic."

"It just goes to show that there's a lot of good people out there who really care," Delorme said. "You always hear about the negative and never the good; this goes to show that there's a lot of good things hap-



Organizers Jeff and Jackie Johnson, of JJ Deli, of Herndon.

PHOTOS BY
STEVE HIBBARD/
THE CONNECTION

pening."

Pat Nugent's heating and plumbing company, named John Nugent and Sons of McLean and Sterling, supplied the bracelets and water bottles. "Our company had

to step forward and do something even if it meant bracelets and water bottles," he said. "I don't think there's anything sadder than losing a child."

— STEVE HIBBARD



Horacio Carrera prepares hamburgers.



Laura Poindexter, of Sterling, with her son Emmitt enjoy the miniature golf at the Family Fun Day at Woody's Golf Range in Herndon.

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