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CONNECTION

There will be clowns too, all of them, at the Bradley Farm Haunted House, returning one last time Oct. 28-29, 2016 for its 10th and final season.

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OCTOBER 26 - NOVEMBER 1, 2016

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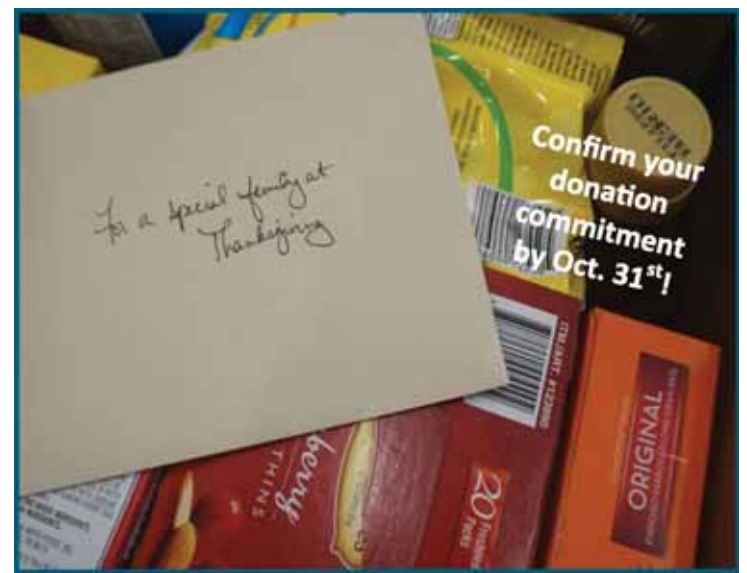
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PHOTO COURTESY OF COMSTOCK CAMPAIGN

Rep. Barbara Comstock, the Republican incumbent in the 10th District Congressional race, met with members of the Indian-American community during a Meet and Greet Sunday at the home of Fairfax resident Amod Desai.



PHOTO BY VICTORIA ROSS/THE CONNECTION

LuAnn Bennett, the Democratic challenger in Northern Virginia's heated 10th Congressional district race, rallies volunteers at a Canvass Kick-Off event in Great Falls Sunday morning. She was joined by Maryland State Sen. Jamie Raskin (left), who delivered brief remarks to rally volunteers.

Race Tightens in Heated 10th District

Comstock, Bennett criss-cross Northern Virginia in all-out effort to reach key voters.

BY VICTORIA ROSS
THE CONNECTION

It's a few minutes before 9 a.m. Sunday morning, and LuAnn Bennett, the Democratic candidate for the 10th District Congressional seat, is sipping coffee in her stocking feet and greeting volunteers arriving at the Great Falls home of Mary Yang.

Bennett, a newcomer to politics seeking to unseat one-term incumbent Republican Barbara Comstock, appears comfortable and confident in her role as candidate.

Unfazed by the boisterous children sliding across Yang's spacious basement floor, Bennett is forceful when she addresses the crowd of shoeless volunteers (Yang's house rules) heading out to canvas Democratic supporters and make sure they turn out to vote on November 8.

She delivers a brief, energetic stump speech, touting her background as a small-business owner and working mom from McLean.

"I will bring those real-life skills to Congress," she says. "Somewhere along the line, elected officials stopped focusing on governing and started focusing on money. Governance has gotten lost in the shuffle and we need to get it back."

IN THE FINAL, frantic days of the one of the most unpredictable and unprecedented elections in modern history, both candidates spent the blustery fall weekend crisscrossing the sprawling, diverse 10th district -

meeting residents, rallying volunteers and campaigning hard for voters' support.

Comstock, known as an indefatigable campaigner, ended her long weekend in Fairfax, at a "Meet and Greet" with members of the Indian-American community at the home of Fairfax resident Amod Desai.

"She is the one person who understands the dynamics of this district, the issues, the culture, what's important," said Puneet Ahluwalia, a Fairfax County Republican official who organized Sunday's event. "She has been a presence in our community since she was a delegate...Her inclusivity has made a dramatic difference to us, especially with impressionable children."

"Our kids got the opportunity to share their thoughts directly with a Congresswoman," said Abhijit Adhikari, who also attended Sunday's Meet and Greet.

Both candidates began the weekend with a joint appearance at the ADAMS (All Dulles Area Muslim Society) in Sterling on Friday evening. Earlier in the day, the American Muslim Women Political Action Committee (AMW PAC) endorsed Bennett in the race against Barbara Comstock.

This is the first Congressional candidate the AMW PAC has ever endorsed, said Mirriam Seddiq, founder of AMW PAC, adding that "we truly believe that Ms. Bennett will be a strong ally for Muslim women in Congress."

Each candidate had some breaking news to share with supporters this weekend.

On Saturday, Comstock was buoyed by two key endorsements. The Winchester Star praised Comstock for knowing and working with her diverse constituencies. She also received the endorsement from the editorial board of The Washington Post, which surprised many Democrats, since the paper had never endorsed Comstock in the past.

"Yes, it was a little surprising to me," Comstock said during a phone interview on

Monday. "To get both of these endorsements...it demonstrates our depth and breadth of knowledge and our broad support across our district.

"It is a crazy time, but I'm energized by all the challenging work," Comstock said. "That's why I make sure to make those relationships and keep those partnerships throughout the district. People know me, and it's a privilege to help them."

In Comstock's latest ad, which her campaign released Tuesday, she looks directly at the camera and touts her ability to work across the aisle. The ad features the banner "Endorsed by The Washington Post" at the end. Comstock's campaign emphasized that it was a "100 percent positive" ad, in a political season which has featured much negativity.

"While others seek to divide us I get results that unite us," claims Comstock in the spot. "I approve this message because working together...works."

Bennett's campaign got a boost from a Democratic poll which showed her leading Comstock for the first time, by 46 to 42 percent, among likely voters. Pollster Expedition Strategies in September had shown Bennett behind by four points.

That recent poll was conducted Oct. 10-12, after the revelation of GOP presidential candidate Donald Trump's hot-mic comments boasting about groping and kissing women. There has been much speculation that problems with Trump's candidacy will hurt "down-ticket" Republicans like Comstock.

After Trump's comments were made public, Comstock issued an unequivocally scornful statement, calling Trump's comments "vile, disgusting, and disqualifying," and declaring she would not endorse or vote for Trump. She also made it just as clear she would not vote for Democratic nominee Hillary Clinton.

THE 10TH DISTRICT Congressional seat has been held by Republicans for many years. Comstock won the election in 2014 to replace her former boss, Frank Wolf, who had been in office since 1981. However, the District voted for Barack Obama in both the 2008 and 2012 presidential elections and is viewed by many political analysts as a swing district which reflects the changing demographics which have made Virginia a swing state.

The Cook Political Report, a non-partisan election tip sheet, moved the Comstock-Bennett race from "lean Republican" to "toss up" on Wednesday, Oct. 19, citing Trump's unpopularity in much of the district.

The apparent tightening of the Virginia 10th district race has attracted attention nationally. Both candidates have benefited from spending by outside groups, which have poured more than \$3.7 million into the race, according to data compiled by the Virginia Public Access Project.

Bennett has the support of Emily's List, whose President Stephanie Schriock campaigned for Bennett last weekend. The Congressional Leadership Fund, a super PAC supporting House Republican candidates, announced Friday an additional \$1.2 million for cable, broadcast and digital advertising in the district, bringing the GOP super PAC's total spending there to \$2.7 million.

Democrat Jamie Raskin, who is likely to win his own Congressional race in Maryland's 8th District, spoke to Bennett's gathering in Great Falls on Sunday, and participated in the door knocking that followed.

The Democrats holding the three statewide offices in Virginia, Gov. Terry McAuliffe, Lt. Gov. Ralph Northam and Attorney General Mark Herring, recently hosted a fundraiser for Bennett at a winery.

OPINION

Bulova: Vote Yes A legally binding commitment that 70 percent would go to the Fairfax County Public Schools.

BY SHARON BULOVA
CHAIRMAN, BOARD OF SUPERVISOR

I was elected chairman in 2009, just as the Great Recession settled over this country like a stubborn storm cloud. The market value of property in Fairfax County plummeted, resulting in historic reductions in both residential and commercial tax revenues. At the same time, more people than ever turned to the county for assistance. Former County Executive Tony Griffin's prediction, in the throes of the Recession years, that "this will be our new normal" has proven prescient.

Recovery from the recession has been sluggish, exacerbated by the effects of sequestration and cutbacks in our commercial sector's bread and butter, federal contracting. To maintain fiscal equilibrium; real estate tax rates were raised, hundreds of millions of dollars were eliminated from the budget, salaries were frozen and reductions-in-force require our workforce to do more with less. County cost-cutting measures that were accepted as necessary when the Recession first materialized eventually have caused some "fraying around the edges," per The Washington Post, (April 2, 2016). I am providing this backdrop to lend some context to our board's decision to put the question of a meals tax to

the voters.

In Virginia, towns and cities are allowed a greater array of revenue tools, including the right to adopt a meals tax. Most cities and towns within and around us have a meals tax: Alexandria, Arlington, Herndon, Vienna, Falls Church, Fairfax City, Leesburg, and Manassas. Counties on the other hand must rely primarily (almost 80 percent of our budget) on real estate and property taxes to provide local services. Other revenues are capped or controlled by the state.

Counties in Virginia (which were rural farmland when early tax authorities were allocated) are only able to implement a meals tax following a successful voter referendum. This question will be put to Fairfax County voters on Nov. 8.

If the referendum is successful, and a 4 percent tax on restaurant meals and prepared foods is adopted, it would raise almost \$100 million, equivalent to over 4 cents on the Real Estate tax rate. The language on the ballot question becomes law and revenue from the meals tax must be used per the ballot language.

If authorized by the voters, the Board of Supervisors would hold a public hearing to adopt an ordinance defining specifics of the tax. Already we have made the legally binding commitment that 70 percent would go to the

Fairfax County Public Schools. The School Board has committed that its share, estimated to be about \$70 million in new funding, would be used primarily to address teachers' salaries, which have lagged behind those in neighboring jurisdictions. Fairfax County today is spending \$800 less per pupil than in 2008.

The remaining 30 percent would go toward other county needs, including public safety, parks, libraries, and mental health. The meals tax is intended to diversify and enhance county revenue — to supplement and not supplant — support for school and county services.

While our county continues to work hard to identify efficiencies and to stimulate our commercial tax base, we are also hoping to diversify the local revenue available to provide the quality services our residents value and rely upon — top notch schools, safe communities, and compassionate human services.

I am proud to lead Fairfax County, one of the best-managed, safest and well-educated jurisdictions in the country. Residents love Fairfax because of our great schools and because we are a safe and welcoming community. Maintaining that quality is a top priority for the Board of Supervisors and our partners on the School Board. It isn't, however, a simple or easy job given constraints under state law.

I hope you will vote "yes" on the meals tax referendum on Nov. 8.

COMMENTARY

Reject the Meals Tax

BY TOM DAVIS
FORMER U.S. REPRESENTATIVE

On Nov. 8, Fairfax County voters have an opportunity to cast a powerful vote for themselves, and for better government by voting "no" on the proposed Meals Tax. A "no" vote will send a message to the county Board of Supervisors that higher taxes should not be routine, and that county leaders must focus on better management, and more importantly, the School Board, more efficiency, and greater respect for taxpayers.

The ballot language for the meals tax referendum was carefully worded to avoid guarantees for how the money will be spent, while pro-tax forces want voters to believe it will be used for teacher pay raises and property tax relief.

In fact, there are no guarantees for this at all. To remedy this glaring political error, a public relations campaign has been launched, partially at taxpayer expense, by teacher unions and some on the county board, to try to convince voters that the board's intentions are to use the new revenue for teacher pay hikes even though no such requirement ex-

ists.

Voters shouldn't buy the argument, and they shouldn't approve the new tax.

A closer look at school spending shows that the intentions of the School Board are to delve into more political correctness and social engineering. One example, is their recent release of an RFP to identify a community convener to "study" and bring about the name change of Jeb Stuart High School, despite the fact that the Stuart-area population and students oppose the change.

There are a number of problems with a new tax on prepared foods and meals, but most troubling is the very regressive nature of this proposed new tax. The tax would be imposed on all meals at restaurants and carry-out, in addition to prepared food sold at convenience stores, food trucks, etc. — meals that are necessities, not luxuries, for many working men and women, and busy families. The new tax would also be levied on all ready-to-eat foods including a long list of items such as deli foods and grocery store rotisserie chickens.

While there are many other problems with the proposed tax, it's also troubling because it con-

firms an unhealthy focus by county leaders on higher taxes and more revenue as opposed to better management.

Earlier this year, county leaders passed a \$100 million increase in property taxes — also presumably to fund education. Now, they're back in front of voters asking for another \$100 million in the form of the Meals Tax.

Easy money makes for bad management. In 1992, as board chair, I supported a meals tax. The county budget was in terrible shape coming off a real estate depression that saw our commercial tax base collapse. Voters rejected

the tax, we took the opportunity to reorganize our budget from top to bottom and two years later were named the Best Financially Managed County in America. The budget problems today are nothing of that magnitude. And with no guarantees as to how the money will be spent, plus the current School Board's spending proclivities. I am voting no.

It's important that voters reject this, join me in voting "no" on the Meals Tax.

Tom Davis is former U.S. representative and past chairman of the Fairfax County Board of Supervisors.

Write

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

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Alexandria VA 22314
Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com

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AREA ROUNDUPS

Reston Hospital Center to Host Family Fun Day

Reston hospital center is turning 30. The community is invited to come and join a family fun filled day on Saturday, Oct. 29. There will be lots of fun activities and sweet treats for guests and their favorite munchkins. Halloween costumes are encouraged. And, don't forget your camera. Doc McStuffins and McGruff the Crime Dog will be celebrating with #TeamReston. www.restonhospital.com/reston-rocks-30
<https://www.evensi.us/reston-rocks-30-reston-hospital-center/188854996>

Nominations Needed for 'Free Roof for the Holidays'

DryHome Roofing and Siding, a Sterling.-based roofing company, is accepting nominations starting Nov. 1 for its 13th annual Free Roof for the Holidays program for a deserving Northern Virginia-based individual, family or nonprofit in need of a free roof. The free roof will be awarded based on nominations DryHome receives from customers and the community. Nominations open Nov. 1 and close on Dec. 1, 2016. Winners will be announced in early December. To nominate an individual, family, or nonprofit, go online to www.dryhome.com and click on the nomination form or email DryHome at info@dryhome.com. Nominator should include their name and phone number as well as nominee's name, address, phone and reason why they are being nominated. DryHome will carefully review and evaluate all applications before selecting the nominee.

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CONNECTION FAMILIES

Teaching Gratitude and Charitable Giving

Experts offer suggestions for instilling these practices in children.

BY MARILYN CAMPBELL
THE CONNECTION

As the holiday season approaches, many begin to think about expressing thankfulness and giving to those who are less fortunate. Teaching gratitude and establishing a sense of charity in children also becomes a priority for many parents.

Those lessons should begin long before it's time to put the turkey in the oven or trim the tree, however. Experts say practicing gratitude and demonstrating charitable giving year-round in age-appropriate ways are keys to raising compassionate children.

In fact, regular conversations between parents and children about charitable giving and gratitude increase the chances that youngsters will be willing to give to charity, according to a recent study. Research from the Women's Philanthropy Institute at Indiana University's Lilly Family School of Philanthropy showed that children whose parents spoke to them about the importance of giving to those in need were 20 percent more likely to give than those whose parents did not have such conversations.

"The conversations don't need to be formal or contrived," said Marcia Rosen, a marriage and family therapist in Bethesda, Md. "They can be as simple as sharing an experience about helping a friend who might need help running an errand, so we change our plans so that we can give the gift of our time to a friend. There are plenty of examples all around us everyday."

"The ability to empathize and take another's perspective increases as a child gets older and less egocentric," said Dr. Linda Gulyn, a professor of psychology at

Local charities such as Interfaith Works offer families a variety of opportunities for benevolence this holiday season.

PHOTO COURTESY OF
INTERFAITH WORKS

Marymount University in Arlington. "For example, make a thank you note to grandma for the birthday gift. With little kids, there might be a positive consequence for writing a note, for example [saying] 'After you write the note, we can watch the video.' As kids get older, have them take Grandma's perspective: 'You know how it feels to be appreciated, don't you?'"

Encourage children to find their own ways to express gratitude and give charitably. "For example, when thanking their soccer coach for helping them all season, have them come up with ways to thank him, even if it's clumsy or kid-like," said Gulyn. "[Parents] often do it for them. For example, parents take up a collection of money from other parents and then they buy and present a fancy gift to the coach, and the kids are not that involved."

"Gratitude often relates to expectations



"It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude."

— Professor Amy L. Best, chair of the Department of Sociology and Anthropology, George Mason University

and some feel a sense of hopelessness toward the future. Both make it difficult to be in the moment.

"Cultivating mindfulness of self and your connection to others and the world is important," she added. "It is important to understand the suffering of others and to feel a sense of empathy toward the struggles of others to feel gratitude. Too much ambivalence toward others, or too focused on the self, makes it difficult to cultivate a disposition of gratitude."

Local charities offer a variety of options for families interested in giving this holiday season and throughout the year. Interfaith Works, a Montgomery County, Md. nonprofit organization with a goal of meeting the needs of the poor and homeless, holds annual drives for coat and cold-weather gear including mittens, scarves and hats. The organization is opening a new women's homeless shelter and is in need of supplies. "We need things like sheets, blankets and pillows to make the women feel at home and welcomed when they move into their new residence," said Charlotte Garvey of Interfaith Works "So families can shop online for the ladies."

For more information, visit www.iworksmc.org.

Herndon Village Network Celebrates Volunteers

Herndon Village Network (HVN), a not-for-profit organization serving Herndon senior citizens, celebrated its dedicated volunteers with a tea held on Sunday, Oct. 23 at the Four Seasons clubhouse. These volunteers make a difference by providing the elderly much-needed transportation for appointments, errands, and social gatherings. This more organized concept of neighbors helping neighbors encourages older residents to age in the Herndon community and allows them to maintain established routines and connections, which results in a higher quality of life.

As Supervisor John Foust (D-Dranesville) noted, "We live in a community that cares about all of our residents, including those who are aging. Fairfax County would like to see all of our citizens be able to stay in their homes for as long as possible.... Many thanks to HVN and its wonderful and dedicated volunteers for the critical services they provide."

Herndon residents who are 55 or older, live in the 20170 zip code, and are interested in HVN services should call 703-375-9439. Interested volunteers should visit www.herndonvillagenetwork.org and complete an application. All volunteers are vetted. Donations are welcome.



Herndon Village Network (HVN) celebrated its volunteers with a tea held on Sunday, Oct. 23 at the Four Seasons clubhouse.

NEWS

Innovate Conference Explores Prospects of 'Individualized Medicine'

The 5th annual Innovate Conference presents "Intersections: Healthcare, Informatics and Personalized medicine" and introduces audiences to a nationally recognized cast of experts. Keith Crandall, PhD, the founding Director of the Computational Biology Institute at George Washington University, sets the stage and introduces opening keynoters Congresswoman Barbara Comstock and Governor Terry McAuliffe (invited), providing a look at Federal and state intersections with research in healthcare and informatics.

The panel "Opportunities for Business Large and Small" features experts such as Dr. Alex Carlisle, the senior scientific advisor for Northrop Grumman's Health IT unit; Brigadier General (ret.) Dr. Klaus Schafer, the chief medical officer for CACI International and formerly the U.S. Air Force's assistant surgeon general for medical readiness, science and technology; and leading edge small companies such as Vibrent Health and 5AMSolutions.

Dr. Rebecca Farkas, an associate director with MedImmune, is spearheading various

initiatives to help the region become a top-three biotech hub by 2023. She will address the economic development opportunities that accompany a world-class vision for biotech in the D.C. region.

Closing keynotes address "Moving Forward," exploring the next medical paradigm of individually tailored health solutions, presenters are Dr. James McClain, the acting chief technology officer for the NIH Precision Medicine Initiative (PMI) Cohort Program; and Dr. John Niederhuber, the chief executive officer of the Inova Translational Medicine Institute (ITMI). Prior to his arrival at Inova, Dr. Niederhuber served as the director of the National Cancer Institute.

Innovate is a half day conference taking place on Friday, Oct. 28, 7:30 a.m. – 1 p.m. It will be held at the new Inova Translational Medicine Institute, located at 3225 Gallows Road in Fairfax. The conference is produced by the Dulles Regional Chamber of Commerce, in partnership with the Northern Virginia Technology Council. Tickets are \$65; to register, visit www.dullesregionalchamber.org.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

Washington Plaza Baptist Church will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

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

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. 703-938-2391 or www.epiphanypreschool.com.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

* Jake Cui, A Machine Learning Approach to Identifying Ordered Binding Regions on Order-disorder Protein Interfaces.

* Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

* Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

* Austin Mills, Demonstrating the Development of Heavy Metal Resistance in Non-tolerant Multigenerational Brassica rapa.

* Kunal Shroff, The Relationship Between Le-

thality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

* Matthew Sun, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

* Jason Wei, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

* Michael You, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored since 1998, providing \$1.6 million in awards and scholarships to contestants.

Snigdha Srivastava and **Kate Hao**, of Herndon, are on the dean's list at Washington University in St. Louis.



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HALLOWEEN PREVIEW



PHOTO BY GREG DAILY

A family prepares for the haunted house.



Daily Photography

PHOTO BY GREG DAILY

Lisa Kelly and Sarah Bermingham - Haunted House Directors.

Bradley Farm Haunted House Presents 'Spirits of the Past – One Final Year'

Looking for some spine-tingling fun this Halloween? Right here in Herndon, the Bradley Farm Haunted House promises everyone a ghoulishly fun time for just \$5 a walk-thru. This all-volunteer, community fundraising event returns one last time Oct. 28-29, 2016 for its 10th and final season. All proceeds go to help Herndon – Reston FISH bring emergency help to folks in the community.

This year's theme is "Spirits of the Past." Join some local "ghost hunters" as they explore the depths of this haunted barn that has hosted so many phantoms over the years. Who knows what spirits may turn up to bid you a fond farewell? On Friday and Saturday evenings from 6-10 p.m., the Bradley Farm Haunted House offers a dark and scary adventure that's perfect for tweens, teenagers and adults. For the even younger crowd, there's a non-scary version available on Saturday afternoon from 1-5 p.m. The milder version will include trick-or-treating inside the haunted house for children 10 and under. Local vendors have provided many giveaways for the "monsters" to hand out to the children along the haunt.

After you brave the Haunted House, you can visit the concession stand to chase away your "chills" with warm caramel apples and hot cider. Papa John's Pizza will also do their best to make sure you don't leave hungry. This year's outdoor entertainment will offer a variety of musical acts, dancers, and magicians. The entertainment lineup for 2016 includes illusion-



PHOTO BY ALAN DEFELIS

Howard Uman isn't looking that good inside the haunted house.

Herndon-Reston FISH adds to entertainment during the Kiddie Haunt.

ist Mario Orsini and bands The Franklin Project and dedWAX.

Each year the Haunted House draws thousands of visitors. Plan to arrive early to get your tickets and be assigned a group number. Then enjoy the entertainment, food, and games while waiting for your turn to be terrified. For a chance to win a family four pack of passes, be sure to "Like" us on Facebook! Winners will be announced on October 27th on Facebook!



PHOTO COURTESY OF HERNDON-RESTON FISH

Haunted House

The Bradley Farm Haunted House will host guided tours on Friday, Oct. 28 and Saturday, Oct. 29 from 6-10 p.m., with a kid-friendly version for young children from 1-5 p.m. on Saturday. Entry costs \$5. The Haunted House is located at 13159 New Parkland Drive, Herndon, and is open rain or shine. For more information, e-mail info@bfhauntedhouse.com or visit www.BFHauntedHouse.com.

Oct. 28-29: Happy Hauntings

This year's final haunted event features:

- ❖ Family friendly Halloween chills and thrills
 - ❖ Plenty of Halloween monsters, sets and creepy sights.
 - ❖ A final year of haunting promises fresh takes on old favorites.
 - ❖ Goody caramel apples, toasted s'mores, hot cider and popcorn concessions
 - ❖ Fresh pizza provided by Papa John's Pizza
 - *Children's Trick-or-Treating (Saturday, 1-5 p.m., ages 10 and under)
 - ❖ Face painting, balloons, henna art and other entertainment for children (Saturday, 1-5 p.m.)
 - ❖ Games and prizes!
 - ❖ Fantastic scenes of the macabre at adult event (Fri. / Sat. 6-10 PM)
 - ❖ Live music, magician, and other entertainment.
- More details about the haunted house are available at <http://www.BFHauntedHouse.com>.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Beginning / Intermediate Oil Painting – Vicki Blum Thursdays 7 - 10 p.m. Sept. 15 - Nov. 10, 2016. ArtSpace Herndon, 750 Center Street, Herndon. Learn contemporary and classical methods of painting. Recommended for artists who want to improve the realistic appearance of their work. www.artspaceherndon.com 703-956-9560

Gypsy Takes The Stage at Reston Community Players The "Mother of all Musicals" opens RCP 50th Anniversary Season. October 21 through November 12. Performance Dates Oct. 21, 22, 28, 29, 30*, Nov. 4, 5, 6*, 11, 12 2016. Shows start at 8 p.m. Please note: Oct. 30 and Nov. 6 are matinees with a 2 p.m. curtain. It's known as one of the most classic American musicals of all time. Broadway productions have starred legends ranging from Ethel Merman, Bernadette Peters, and Patti LuPone. While, the motion picture versions were led by Merman and Bette Midler. Now, Gypsy takes the stage at Reston Community Players. Restonplayers.org

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsoSPORTstavern.com.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers come out and perform. 703-707-0660. www.kalypsoSPORTstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsoSPORTstavern.com.

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 <https://potomacriverrunning.com>.

Reston Photographic Society Meetings from 7:30-9:30 p.m. Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston on the third Monday of each month through Nov. 31. The meeting date is changed if the third Monday falls on a holiday. Photographers of all skill levels are invited to share info and enjoy guest speakers, workshops and group critiques. Nonmembers welcome. www.leagueofrestonartists.org

Herndon Regional Wind Ensemble Practice. Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 HerndonRegionalWindEnsemble@gmail.com Cost: Free

Through the Eye of the Needle Quilt Show Oct. 31 - Nov. 28. 9 a.m. to 6 p.m. Reston Community Center, Lake Anne Plaza, 2609 Washington Plaza N., Reston. The Cotting Quilters, an active Reston group who focuses on traditional and

SEE CALENDAR, PAGE 9

CALENDAR

FROM PAGE 8

modern designs, presents its first quilt show. The exhibition, with no hard and fast rules, features full sized quilts, art quilts, wall hanging, table runners and other fabric art. A reception will take place on Sunday November 6 from 2 to 4 p.m. Free. Email ablown@gmail.com for more information.

NextStop Theater Presents 'Eurydice'

NextStop Theater presents "Eurydice" at 269 Sunset Park Drive, Herndon. Performances Oct. 27 – Nov. 20, 2016. Thursdays, Oct. 27, Nov. 10 and 17 at 7:30 p.m., Fridays at 8 p.m., Saturdays, Nov. 12 and 19 at 2 p.m. and 8 p.m. with Saturday performances on Oct. 29 at 7 p.m., Nov. 5 at 8 p.m. Sundays at 2 p.m. with performances on Sunday, Nov. 6 at 2 p.m. and 7 p.m. Tickets: \$35. Call 866-811-4111 or visit www.nextstoptheatre.org Pictured: Emily Kester as Eurydice in the NextStop production of "Eurydice."



PHOTO COURTESY OF NEXTSTOP THEATRE

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 Mark Hartley, MD
 Wednesday, November 9, 6:30 – 7:30 p.m.
 Reston Hospital Center, Classroom C, West Wing

"The Latest Advancements in Total Shoulder Replacement"
 Christopher Annunziata, MD & David Novak, MD
 Tuesday, November 15, 6:30 – 7:30 p.m.
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Two Much



By KENNETH B. LOURIE

Having just been there and done that, I have to tell you, it was a gruesome week. Although I'm fine now (I know, it's a relative description), this past week, I was not. And what specifically I am referring to is, the odd confluence of two recurring elements of my cancer existence: a CT Scan and a chemotherapy infusion. Not at the same time, of course, but at the same place and for the same reason: being an active cancer patient.

The CT Scan (scheduled quarterly), though not a difficult, invasive or time-consuming procedure doesn't generally result in an immediate interpretation/assessment from my oncologist/radiologist. Quite the contrary. Typically, I wait up to a week for results (as I've occasionally written about in the past). Certainly not ideal, but over time (seven-plus years) and hill and dale, I've been able to assimilate the wait into my life and go on about my business, semi-normally; it's been more difficult for my wife, Dina, however, to do so. Nevertheless, with respect to the CT then, the waiting is the hardest part. Its all psychological/emotional. There are no physical side effects, the side effects are all mental: fear, loathing, anxiety, stress, among many similarly impactful affects. It's not all bad, but it is all-consuming. I'm really only ever sure how I'm doing cancer-wise, when I receive my results, since rarely have I been symptomatic.

On the other hand, the chemotherapy infusion, which presently alternates/occurs every four/five weeks, does not — for me — generally, have any psychological/emotional side effects. It is what it is, and whatever it was or will be, I'm way past having any anxiety or stress about the process or the reasons for it. However, there are/I do experience physical side effects (which unfortunately do weaken my emotional resolve): fatigue, lethargy and most significantly, eating challenges which keep me from eating "normally" for up to a week. This lack of food/comfort, results in a lack of energy, lack of interest/motivation, messed up sleeping pattern and a fragile emotional state. I derive no pleasure from eating and my overall mood reflects that very necessary element — for me. As a result, I'm miserable.

In and of themselves, this post-CT-Scan-waiting and post-chemotherapy-infusion-not-eating are difficult, but manageable. However, having them occur during the same week — which had never happened before, was not exactly like being between a rock and a hard place but rather like being under a rock and in a hard place. Not only was there a wait and a weight, there was the inescapability of it to consider. I had no place to go emotionally/psychologically. Aside from there being no rest for this weary stage IV lung cancer patient, there was no respite or reprieve, either. I couldn't stop myself from going down, so down I went.

And there was nothing I could do to stop it, although there was everything still needing to be started. But all I could do was sit tight (literally), and sure enough, as is the pattern, about six or so days later on the Thursday afternoon following the preceding Friday infusion and the Wednesday CT Scan, I received an email from oncologist with the news "CT looked good. Brain MRI clear." "Great news," as I replied, "with which I can live." Coinciding as well as it usually does, with the eating fog beginning to lift and the transitioning from not eating to eating a bit to eating normally beginning to occur.

It was a bad week to be sure. Not only was I whipsawed, I was undercut, too. I had nothing to hang onto, not even my hat. I just had to endure and try to remind myself what my Auntie Irene so often said: "This too shall pass." And as of Saturday night at 1:53 a.m., as I sit and write this column, it mostly has. Thank God!

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

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NEWS

Garza Departure Impacts Stuart Name Change Working Group

BY TIM PETERSON
THE CONNECTION

Responding to a student-led group petitioning to change the name of J.E.B. Stuart High School in Falls Church, the Fairfax County Public Schools board voted over the summer to create a working group that would consider the community concerns and look into the logistics of a potential name change.

Since school system superintendent Dr. Karen Garza recently announced her resignation, she informed the Stuart pyramid community that working group is being re-evaluated.

The students involved have said they don't want to continue attending a school named for a leader in the Confederate Army cavalry. In addition to partnering with the NAACP, they gathered community signatures for a petition to change the name of the school.

Other alumni have spoken up at school board meetings opposing a name change. They dispute the research of the students and say it doesn't tell the whole story of who Stuart was.

"While we are still committed to addressing the concerns of the Stuart community," Garza wrote in an Oct. 12 letter, "I believe that since I am leaving my position, it would only be fair to allow the Interim Superintendent to take over the necessary steps in forming this working group."

Current deputy superintendent Dr. Steve Lockard was named as interim for Garza's

position, which she's said she will leave by Dec. 16 this year.

Garza said the timeline for the working group is being extended "in order to transition the decisions to Dr. Lockard as well as to provide more clarity on the process, to carefully consider the makeup of the committee and to choose a facilitator."

A decision had been made to hire a facilitator that would "bring independence to the project" Garza said, as well as keep the group on task with regards to demands from the school board.

Garza said in her letter the expectation was the cost for that facilitator would not exceed \$20,000.

Such a person has not been hired yet, however, and with Garza's departure, she said the decision to move forward with a facilitator has been put on hold.

Though Garza and the school board maintain no decision has been made to change Stuart's name, the board has directed the eventual work group to do significant hypothetical research.

"The working group will weigh the pros and cons of a name change," Garza said, "continue to ensure public engagement and determine the extent of support for change; explore public-private partnerships to finance any name change; examine ways to prevent added burdens on the school's booster clubs, PTSA, and Stuart school administration; decide the best method for transitioning from an old name to a new one; ensure proper record retention; and set the best timing for such a change, if approved by the Board."

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

SATURDAY/OCT. 29

The Kensington Falls Church to Host Job Fair
9 a.m. to 5 p.m. at the Hilton, adjacent to their building, is located at 706 West Broad Street in Falls Church. Kensington Senior Living, based in Reston, Virginia, is pleased to announce the opening of an Assisted Living community in the heart of Falls Church in early 2017. In anticipation of hiring more than 125 new employees, they will be hosting a job fair at the Hilton Garden Inn on Saturday, October 29 from 9 a.m. to 5 p.m. Register for the job fair by emailing FallsChurchCareers@KensingtonSL.com or by calling 703-992-9868.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

OCT. 15 - NOV. 6

Davelle Clothiers 20th Annual Trade In / Trade Up Sale. Davelle Clothiers, a high quality, fine men's custom clothing store in Reston, VA is partnering with Goodwill of Greater Washington. Between October 15th and November 6th when anyone trades in an old suit at Davelle, the donated suit and 5% of the proceeds from the sale of a new suit will be given to Goodwill.

OCT. 14 - NOV. 14

Sprint & Goodwill Coat Drive
Goodwill of Greater Washington is pleased to also announce a collaboration with wireless provider, Sprint, on a winter coat donation drive. From October 14th through November 14th donors are invited to bring in gently used and new coats to select Sprint retail stores. For select store information visit www.dcgoodwill.org and search for: Coat Donation Drive with Sprint.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

Washington Plaza Baptist Church will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

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Zone 1: The Reston Connection
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

VOTE TUESDAY, NOV. 8!

CONGRESSWOMAN

BARBARA COMSTOCK

A LIFETIME OF SERVICE IN THE 10TH DISTRICT



For 35 years, Barbara Comstock has lived, worked, raised a family, started a business and served as both Delegate and Congresswoman in the 10th District. Whether it was her work as a senior Justice Department official, a small businesswoman, a Mom at home, a senior aide and counsel in Congress, a Member of the House of Delegates or now as our Congresswoman, Barbara knows the challenges facing the 10th District because she has lived them with us and fought for us to get results on our priorities.

SHE GETS RESULTS

- › Advance breakthroughs in 21st century cures for chronic disease such as cancer, Alzheimer's and diabetes.
- › A 5 year Transportation Bill, signed into law, which will help relieve traffic congestion, provide more transportation funds, and make Metro safer and more accountable.
- › A \$600 billion tax relief package, signed into law, for families, small businesses and our technology and defense businesses.
- › Increased defense and cyber funding to protect us from terrorism.
- › Human Trafficking legislation, signed into law, that cracks down on this growing crime and protects women and children.
- › Started two Heroin Task Forces to battle the heroin scourge in our communities and advancing legislation to increase education, treatment and prevention.
- › Started the "10th Congressional District Young Women Leadership Program" for junior high and high school young women.

"I ask for your vote on Tuesday, November 8th.

As your Congresswoman, I will continue to work tirelessly to strengthen our national security and protect us from terrorism; advance breakthroughs in 21st century cures for chronic diseases such as cancer, Alzheimer's and diabetes; promote a 21st century economy with more opportunity and higher wage jobs; provide transportation funding and solutions; and fight the growing problem of human trafficking and heroin abuse in our community."

Barbara Comstock

703.731.4466 / info@barbaracomstockforcongress.com / www.BarbaraComstockForCongress.com

Paid for by Comstock for Congress