

Oak Hill & Herndon
CONNECTION
Herndon
Celebrates

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Stars Find
Place to Shine

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Fighting Hunger
In Herndon

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Michele Frantz works on a festival painting before the rain set in during the Herndon Labor Day Jazz & Wine Festival on Monday, Sept. 7.

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HERNDON ANIMAL MEDICAL CENTER

Welcomes Dr. Amanda Higdon

Dr. Higdon is a 2008 graduate of The Virginia-Maryland Regional College of Veterinary Medicine and recently completed an internship at Veterinary Referral Associates in Gaithersburg, Maryland where she received advanced training in Internal Medicine, Surgery, Oncology, Ophthalmology, Radiology, Neurology and Critical Care from Board Certified Specialists.

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NEWS

Stevens Miller (D)

Age: 51
Neighborhood/Community: Oak Grove
Job/Employer: Data Forensics Labs of Northern Virginia (owner)
Grew Up In: Northern Virginia
Education: Amherst College (B.A. in Physics), Stevens Institute of Technology (M.S. in Computer Science), New York Law School (J.D.)
Family: wife Liz, seven year-old son Fordon
Civic Involvement: Loudoun County's Dulles District supervisor (2008 – present), Loudoun County economic development commissioner (2006-2007), member of the Loudoun County zoning ordinance review commission (2005-2006)



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

Stevens Miller, Democrat and delegate candidate, looks over a list of potential voters while campaigning in neighborhood just east of the Town of Herndon.

Loudoun Supervisor Runs For Delegate Seat

Stevens Miller hopes to oust incumbent Republican Tom Rust.

BY JULIA O'DONOGHUE
THE CONNECTION

As Loudoun County's Dulles District supervisor, Stevens Miller has voted to forgo pay raises and cost-of-living salary increases for many local government employees and public school teachers during a county budget shortfall.

But when he did so, Miller also volunteered to cut his own supervisor salary by 10 percent.

"With the budget cuts that we were making, [Loudoun County] was asking a lot of people to operate on a leaner basis. My wife and I talked about it and we decided we could do the same," said Miller.

"As far as I know, I am the only [Loudoun County] supervisor to do that," he added.

THAT LEVEL of commitment to public service is something Miller would bring with him from local to state government if he manages to beat six-year incumbent Tom Rust (R) in the Virginia House of Delegates' 86th district, according to the candidate and some of his colleagues.

"He is dedicated to serving the public in the very best way he knows how. The public good doesn't seem to be what drives some politicians, but it is what drives Stevens," said Loudoun supervisor Andrea McGimsey (D-Potomac).

Miller, a Democrat, faces Rust, a Republican, in the general election Nov. 3. The 86th delegate dis-

trict straddles Fairfax and Loudoun counties encompassing Sterling, Oak Hill and most of the Herndon area.

Earlier this year, Miller moved to the single precinct his supervisor seat and the 86th delegate district share, shortly before he formally announced that he would run for the General Assembly position.

Only half way through his first term as a supervisor, Miller said he has been frustrated with the failure of the state legislature to provide Northern Virginia with adequate transportation funding.

As a supervisor, Miller has felt restrained in what he could do to change things for the better. So, the new Loudoun County board member decided he could have more an impact at the state government level, launching his run for delegate.

Should he win the November election, Loudoun County will have to hold a special election to replace Miller in the Dulles supervisor district.

ACCORDING TO MILLER, Fairfax and Loudoun counties should receive a larger share of Virginia tax revenue to deal with transportation woes and shortfalls in the education funding.

Fairfax and Loudoun are both "net tax donors" to the commonwealth, which means the two counties contribute more in taxes, particularly those related to sales and income, than the localities receive back in state services and funding.

"More of our tax money should come back to Northern Virginia and be invested here," said Miller.

Alleviating transportation problems in Fairfax and Loudoun would not only be good for Northern Virginia but also good for the commonwealth as a whole. Easing traffic congestion would lead to more economic growth, which would ultimately produce more revenue for the state government, said Miller.

"If the money came back here and we could renovate roads and provide more transit, we could bring more jobs to this area. That would be good for Virginia overall," he said.

Many local Democratic incumbents, and a few retired Republicans, have said the General Assembly would have to find a new source of revenue, such as an increase in the gas tax, to help meet the commonwealth's transportation needs. But Miller does not think Virginia needs to raise taxes or bring in new fees to address traffic congestion.

"No, we don't want to do that. I don't want to enlarge the pie we already have," said Miller, who thinks Virginia's traffic problems could be primarily addressed by shifting funding from rural parts of the state to Northern Virginia.

WHEN IT COMES to Virginia's education dollars, Miller would also like to see Fairfax and Loudoun receive a larger slice of the pie, he said.

Currently, state funding covers only about 20 percent of the Fairfax and Loudoun school budgets, forcing the two local governments to pay for more than 65

SEE MILLER, PAGE 5

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PHOTOS BY MIKE DICICCO/THE CONNECTION



From left are Assistant Principal Brendan Menuey, Principal Karen Siple, School Board representative Janie Strauss (Dranesville), Northern Virginia district director for the Council of PTAs Debbie Kilpatrick, Cluster VIII Assistant Superintendent Fabio Zuluaga, Supervisor Cathy Hudgins (D-Hunter Mill), PTA Treasurer Judy Wong, PTA President Virginia Uebel, Del. Tom Rust (R-86) and PTA Secretary Jitendra Kaur.

Stars Find Place to Shine

Coates Elementary stars and their parents turn out for school's grand opening.

BY MIKE DICICCO
THE CONNECTION

PTA Treasurer Judy Wong knows how much work went into establishing the new Lutie Lewis Coates Elementary School in Oak Hill. "When I heard Coates was being built, I came here every single week to make sure they were building it right," she said to the crowd of parents, students and officials gathered at the school for its grand opening on the afternoon of Thursday, Sept. 3.

"Kids, you have a great beginning here," Wong said. "You have awesome teachers. [Principal] Karen Siple has chosen the best, best teachers in Fairfax County." She said she could vouch personally for at least one of the teachers, who had taught her child at another school. "Children, go ahead and shoot for the moon, because if you miss, you'll be a star," she said.

The star is the new school's mascot.

Siple announced that the school already had two business partnerships, with Herndon-



Lutie Lewis Coates' sister-in-law, Phyllis Coates O'Neil, and nephew, Austin O'Neil, were among the relatives of the school's namesake at its grand opening.

"So much thought, so much time and care and dedication has gone into the school."

— Virginia Uebel, PTA president

based Web consultant Network Solutions and the PNC Bank that recently moved in nearby, and she said a partnership with Heritage Fellowship Church was being explored. She also expressed her appreciation to the neighbors in the crowd "who put up with the pounding and the hammering for two years. It's been a long time."

HUNDREDS OF STUDENTS poured through the new hallways with their parents, finding their classrooms and meeting their teachers. In the gym, PTA President Virginia Uebel presided over the school's first fund raiser, a bake sale for which all of the products were cooked by the faculty and staff.

"I'm very excited. I've never opened a new school," said Uebel, who is new to the area. It's also her first time serving as a PTA officer. "I might as well go big if I'm

going to do it," she said.

Uebel said school staff and PTA had been meeting over the summer to plan fund raisers for the year, including gift-wrap, Tupperware and T-shirt sales, with more to come in the summer. Meanwhile, she said, Siple did "a great job" picking out everything from teachers to technology to classroom desks. "So much thought, so much time and care and dedication has gone into the school."

SEE INSPIRED. PAGE 11

Schools Open with High Expectations

Principals discuss new programs, staff, challenges.

In this first week of the new school year, the Herndon Connection has asked the school principals the following three questions:

1. What is new [in your school] in a new school year: new programs – new staff?

2. What is your single most important challenge-goal for the new school year?

3. Some upcoming important days in the school calendar?

We will print their responses in the following few weeks.

Amy T. Goodloe, Ed.D., principal, Oak Hill Elementary:

1. Due to the opening of Coates Elementary and a change in boundaries for the Advanced Academic Center, Oak Hill's student population is smaller than in recent years. We are excited that this year all of the approximately 870 students are accommodated inside the building and the modular unit without the need for additional classrooms in learning cottages. We are in our third year of FLES Chinese and are expanding to third grade with a new teacher, Gladys Uang. Oak Hill welcomed Jessica Menge and Meagan Kessler, special education; Lynn Carle, ESOL; Heidi Bowers, first grade; Cara Pellegrino, music teacher.

2. The goal of the Oak Hill staff is to develop strong relationships with students in order to support and challenge them to reach their highest potential. During the 2009-10 school year, we want to continue the momentum of success we achieved last year — 40 percent of students in first and second grades reading well above grade level, 98 percent of students in grades 3-6 passing the reading SOL and 97



Amy T. Goodloe, principal, Oak Hill Elementary

BACK TO SCHOOL

percent the math. The Oak Hill staff is dedicated to ensuring that all of our students not only meet standards but exceed them.

3. First PTA Meeting – Sept. 10, 7 p.m.; Back to School Nights – Sept. 15 and 17; Field Days – Oct. 13-16; Book Fair – Oct. 19-22. Parents can visit the Oak Hill Web site [www.fcps.edu/OakHillES] for the most current information about upcoming school events.

Gail Porter, Principal, Floris Elementary:

1. At Floris, we are expanding our Foreign language program (FLES) this year. Students in grades 1-5 will have two, 30-minute lessons



Gail Porter, principal, Floris Elementary

in Spanish. We are continuing with our Positive Behavior Support program (PBS). Students will be recognized for exhibiting responsible behavior: respect for self, others and the environment. We are conducting a school-wide pep rally to kick-off the

SEE BACK TO SCHOOL. PAGE 11

Labor Day

Thankful for the jobs we have; states need some bailing out.

After a long Labor Day weekend, most of us with jobs no doubt spent at least a minute in silent thanks for having a job; all the more so for those lucky enough to have jobs with paid holidays and health insurance.

Almost everyone knows someone struggling after having lost a job, someone who personifies and personalizes the so-called "jobless recovery."

In the Washington metropolitan area, the economy does have life, and there is growth in jobs, another reason to be thankful.

But while Northern Virginia has the lowest unemployment rate in the state, 5 percent in July, down from 5.5 percent a month earlier, it also has the highest number of unemployed people in the state.

In Northern Virginia, in July there were more than 75,000 unemployed people, down from

more than 80,000 in June, but up from just over 43,000 a year ago in July 2008.

Northern Virginia also tops the state in the number of people without health insurance, according to a recent Census Bureau report. In Fairfax County, there were 149,642 people without health insurance from all income levels. That's more than 16 percent. These numbers are from 2006, when the economy was quite a bit better than it is now.

EDITORIAL In Arlington, more than 21 percent, 38,018 people, lacked health insurance. In Loudoun County, the number was 11 percent, or 29,205 people without health insurance. In the City of Alexandria, more than 18 percent is without health insurance, 22,399. In the City of Fairfax, 18 percent or 3,685 people were without health insurance.

These are people who will be unlikely to get seasonal flu shots or swine flu vaccinations.

These are people who will have to turn to emergency rooms if they do get sick.

The Virginia budget shortfall is one looming problem that won't help the economic rebound, and it is a problem replicated at least another 47 times around the country. As the federal stimulus spending is kicking in, Virginia is facing a massive shortfall, and must trim well over \$1 billion in spending. In fact the infusion of federal stimulus dollars prevents the cuts from being far more difficult. But this is a terrible time for states to be forced to cut their budgets. Every dollar the state cuts diminishes the stimulus spending by a dollar.

With transportation spending down to an amount that would be laughable if we weren't all stuck in traffic, what's likely to be cut next include programs for the most vulnerable people. For the recovery to continue on track, the feds should consider spending some money to bail out the states.

Fighting Hunger in Herndon

BY MIKE DICICCO
THE CONNECTION

A little more than an hour into its two-hour food distribution Friday evening, Sept. 4, the Herndon-based, Islamic charitable organization FAITH (Foundation for Appropriate, Immediate, Temporary Help) had given a week's worth of groceries to 127 families. The previous week, almost 100 families had shown up, and the week before, 53 households. "It almost doubles every week," said Nusaybah Ritchie, the event's coordinator.

So it goes when much of the publicity relies on word of mouth.

FAITH's Herndon without Hunger food distribution runs for four weeks each year. "What we do is distribute food to up to 200 families a week in the month of Ramadan," said FAITH President Tanveer Ahmed Mirza. Last Friday's distribution at the Herndon Fortnightly Library was the third of four.

Ramadan is the holiest month of the Islamic calendar, during which Muslims fast from sunup to sundown. "When we do that, of course, we feel hunger, so we can empathize with those who, when sundown comes, still can't eat," said FAITH board member Margaret Farchtchi. A natural reaction to the experience, she said, was to want to feed the hungry. And, she said, alms-giving, called Zakat, is one of the five pillars of Islam.

HERNDON WITHOUT HUNGER serves anyone in need on a



From left, FAITH board member Margaret Farchtchi, event coordinator Nusaybah Ritchie, Executive Director Ambreen Ahmed and President Tanveer Ahmed Mirza pose for a picture at last Friday's Herndon without Hunger.

first-come, first-served basis, regardless of faith, where they live or any other factors, Ritchie said. Often, she said, such events require those who turn up for food or services to register, which some of them may not be comfortable with. "So we said, let's do it. Let's just open it up to the general public. Let's let anyone come," she said.

Because the Islamic calendar is a lunar one, Ramadan comes about 10 days earlier each year, so all of next year's food distribution will occur during the summer school break. Ritchie said this would make it more important, because children who qualify for free and reduced-price lunches don't get those meals during the

summer. She said the organization wanted to find a way to advertise directly to those children's families. "We can imagine that that would be a bunch of families right there that we would be accessing," she said.

Already, most of the turnout consists of such families, with two to four children in tow, so goodie bags are also distributed, Ritchie said. One year, the event featured an ice cream truck.

TWO MAJOR SPONSORS of this year's effort were Food for Others and the ADAMS (All Dulles Area Muslim Society) Center, Mirza said.

Ritchie said Herndon without Hunger and the FAITH food pan-

During Ramadan, Muslim charity gives food to all in need.

try received abundant support from the community. For example, she said, the Easterns Automotive branch in Reston sent a driver to pick up the fresh produce, let volunteers use a van for the day to pick up donations and gave 610 bags of rice. Fifteen area businesses and organizations, as well as individuals, helped to sponsor the event.

Each week, 20 to 25 volunteers help to stage the food distribution, including a number of children, for a total of more than 100 volunteers helping out over the course of the month. "All these volunteers are fasting while they're volunteering, from dawn until dusk," Ritchie said.

In addition to its annual food distribution and year-round food pantry, FAITH, which was formed in 1999, also runs the only domestic violence program in Herndon and helps those in need with such essentials as rent, utilities and medication. The group runs a thrift store on Center Street.

During Friday's distribution, a number of people made donations to the organization. As the evening drew to a close, it came to light that someone had left a check for \$500.

The final food distribution will be Friday, Sept. 11, from 4-6 p.m., at Herndon Fortnightly Library, 768 Center St. In accordance with that date, the theme for the entire, four-week effort has been, "serving in memory of 9-11."

Miller Challenges Rust

FROM PAGE 2

percent of their public schools systems themselves. State funding formulas give less money to localities with higher property values.

By contrast, Prince William County has approximately 40 percent of its school budget covered by the state and some other rural localities receive as much as 80 percent of their school system budgets from the General Assembly.

Since Fairfax and Loudoun rely heavily on property taxes for revenue, the current education funding system – where the local Board of Supervisors has to provide most of the primary and secondary school funding – also dramatically drives up the cost of owning a home in both localities, said Miller.

The candidate said the formula assumes that people who own a valuable piece of property also have a high income. Particularly in Loudoun, where some residents run family farms on fairly large pieces of land, that assumption doesn't hold true, he said.

Miller would like to see the state funding formula for education, which puts localities with higher property values at a disadvantage, adjusted to benefit localities like Fairfax and Loudoun more, he said.

As with transportation issues, Miller said a tax increase would not be necessary.

"We don't always have to find new sources of revenue to cope with a fiscal crisis," he said.

BUT CHANGING the amount of money Northern Virginia receives for either education or transportation is easier said than done.

Most Northern Virginia delegates, regardless of political affiliation, would like to see the region receive more state funding, especially since it produces the most of the state revenue. Even Miller acknowledged that Rust is interested in seeing more Northern Virginia tax dollars go toward transportation and education projects in the area.

But representatives from other parts of Virginia outnumber those from Northern Virginia in the General Assembly and their constituents are at risk of losing money if Fairfax and Loudoun receive more funding. Local delegates can never get the votes in Richmond to change the transportation and education funding to favor areas like Fairfax and Loudoun, said the candidate.



JULIA O'DONOGHUE/THE CONNECTION

Delegate candidate Stevens Miller (D), who currently serves on the Loudoun County Board of Supervisors, campaigns in a Herndon neighborhood. Miller is challenging incumbent Tom Rust (R).

So, Miller argues the only way to potentially shift the balance of power in the General Assembly to Northern Virginia is to try and achieve a Democratic majority in the House of Delegates.

Many senior members of the General Assembly's Democratic caucus represent Northern Virginia and the party tends to be more sympathetic to Northern Virginia's needs, said Miller. If the Democrats – who already control the state senate – had control of the House of Delegates, then Northern Virginia would be more likely to receive what it needs from the state, said Miller.

Given the small number of delegate seats that are competitive in Virginia this year, residents would need to elect Miller, not a Republican like Rust, to fill the 86th delegate seat in order for Democrats to have a shot at controlling the house in 2010.

THE 86th HOUSE district is the most heavily Democratic, according to Miller's campaign.

During the 2008 election, President Barack Obama (D) beat Arizona Sen. John McCain (R) 62 percent to 37 percent in Rust's delegate district. It is also the delegate district where Democratic challenger Judy Feder performed best against U.S. Rep. Frank Wolf (R-10) last November.

During the same election cycle four years ago, Gov. Tim Kaine, lieutenant governor candidate Leslie Byrne and then attorney general candidate Creigh Deeds all won the 86th house district by double-digit margins over their Republican opponents. Rust did not have an opponent that year,

according to the Virginia Public Access Project.

"The Democrats don't know how strong our chances are," said Miller of the race.

Still Rust, who has held the seat since 2001, is a formidable opponent. A former mayor of the Town of Herndon, Rust beat challenger Jay Donahue 52 percent to 47 percent in 2007, a year when several other local Republican officials lost their seats to Democratic challengers.

MILLER has been able to get results during the two years he has been on the Loudoun County Board of Supervisors, said McGimsey, who also took office two years ago.

Miller lead efforts to rewrite Loudoun's sign ordinances, which he said were not business friendly and were too restrictive. He has also called for Loudoun County to create its own economic development authority, an initiative that would take General Assembly approval, she said.

With McGimsey, Miller has also pushed Loudoun to be on the forefront of using renewable and alternative energy sources. As a state legislator, Miller said he would like to look into changing regulations so local governments could approve applications for new facilities like solar power plants, he said.

McGimsey said Miller also does a good job of reaching out to constituents under particularly tough circumstances.

"He has the most challenging district in Loudoun. The Dulles district is where most of growth is happening and he has the lion's share of the county's population. But he is still good at keeping in touch and address his constituents' needs," she said.

NOT ALL of Miller's colleagues on the Loudoun County board are supporting him. Supervisor Lori Waters (R-Broad Run) said she sees no reason to replace Rust as a delegate.

"He has been an effective leader and he has seniority in the General Assembly. He has a proven record of being able to work with both Republicans and Democrats. Working across party lines is very important," said Waters, who is in her second term on the county board.

"Mr. Miller and I have had very positive work experiences but, in this instance, I continue to support Del. Rust," said Waters, a Republican.

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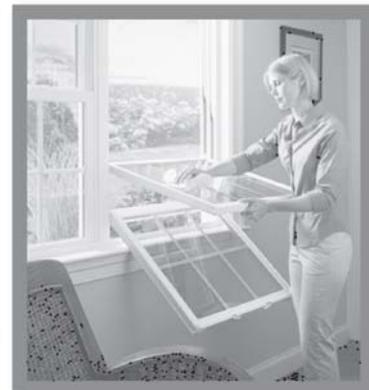
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Herndon Labor Day Jazz & Wine Festival Celebrated

PHOTOS BY LOUISE KRAFFT CONNECTION
Quinn Ramsay serves up samples of wine from Cooper Vineyards during the Herndon Labor Day Jazz & Wine Festival on Monday, Sept. 7.



Sara Brown seeks cover from the sudden shower beneath the five inch ledge at the wine and jazz festival.



Camryn Tilley and Kathryn-Anne Burt take cover under a big umbrella as the rain becomes heavier.

CALENDAR

Send announcements to herndon@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

THURSDAY/SEPT. 10

Drop-In Story Hour. 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Enjoy picture books. All ages. 703-437-8855.

FRIDAY/SEPT. 11

Herndon Without Hunger, an initiative to distribute free food to families in need during Ramadan. 4-6 p.m. at the Herndon Fortnightly Library. Sponsored by the Foundation for Immediate and Appropriate Temporary Help (FAITH), a non-profit organization that also runs a food pantry in Herndon. 571-323-2198 or info@faithus.org.

Northern Virginia Photographic Society Artists' Reception, 4:30-6:30 p.m. at the United States Geological Survey (USGS) Building, 12201 Sunrise Valley Drive, Reston. Light refreshments will be served. The exhibit will also be open to the public Monday-Friday, 8 a.m.-4 p.m. through Sept. 29. USGS.gov or NVPS.org/exhibits.

Just Friends. 1 p.m. at the Herndon Senior Center, 873 Grace St., Herndon. A five-piece combo from Great Falls, featuring two flutists, guitar, string bass and percussion performing American popular music from the 1920s to the 1960s. 703-464-6200 or www.hendermelodies.com.

Coffee House, 8 p.m. UU Church of Reston, 1625 Wiehle Ave., Reston. Singers and songwriters from Songwriters Association of Washington. Donation to the church

music fund at the door, includes food and drinks. To perform, contact maryann.east@gmail.com

Artists' Reception, 6-8 p.m. at Artworks Gallery & Studio, 11411-G Sunset Hills Road, Reston. Great Falls artist Mary Ellen Moege in a "Life Flows On," followed by a three day show from Sept. 11-13. The gallery will be open Friday and Saturday, 12-8 p.m. and Sunday, 12-6 p.m. MyArtandSoul@gmail.com.

SATURDAY/SEPT. 12

Great Grapes! Wine, Arts & Food Festival. 12-6 p.m. at Reston Town Center, 11811 Freedom Drive, Reston. Over 100 unique wines. Gourmet cooking demonstrations. \$20 online or \$25 on-site includes souvenir wine glass, samples, all performances and cooking demonstrations. 2-Day Ticket \$30 online. Designated Driver Ticket \$15. Age 12 and under free. www.uncorkthefun.com.

Dance to Songs by the Moonlight Cabaret Singers. Cafe Monmartre, Lake Anne Plaza, 1625 Washington Plaza, Reston. Dancing from 7:45 p.m. Cabaret Show at 8:45 p.m. 703-904-8080.

Weekend Bluegrass Concert Series with Bill Emerson and Sweet Dixie. 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15, reservations recommended. 703-435-8377 or www.bluegrassville.com/billemerson.

Wee Play, LLC will host a Play-a-Thon followed by a concert by the popular children's group Rocknoctros, 9 a.m. to 3 p.m. to benefit Reston Interfaith's program for children- the Laurel Learning Center at Wee Play 441 A Herndon, VA 20170. The public is invited. www.weeplayinfo.com
The Reston-Herndon Branch of the American Association of

University Women Fall 2009 membership event, 10:30 at the Reston Regional Library. Featuring Ellen Kaminsky, The Elevator Speech Therapist. Participants will learn about AAUW and network with professional women. 703-476-0029 or www.AAUWofva.org/branches/reston.

Writers Workshop. 1 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Author John Gilstrap shares writing tips with hopeful writers. Cosponsored by the Friends of Oakton Library. Age 15 & up. 703-242-4020.

Charity Dog Wash: 2 Dogs 2000 Miles. 11 a.m.-3 p.m. at 20604 Gordon Park Square, #170, Ashburn. Proceeds help raise funds to find the cause of cancer in dogs, in support of the Morris Animal Foundation. Call 703-437-9274 to schedule a wash time. Walk-ins are accepted but there could be a wait.

Reston Association Community Yard Sale. 8:30 a.m.-12:30 p.m. in the Reston Association parking lot, 1930 Isaac Newton Square, Reston. 100 families selling a wide variety of items. Ashleigh@reston.org or 703-435-6577.

SUNDAY/SEPT. 13

Great Grapes! Wine, Arts & Food Festival. 12-6 p.m. at Reston Town Center, 11811 Freedom Drive, Reston. \$20 online or \$25 on-site. Designated Driver Ticket \$15. Age 12 and under free. www.uncorkthefun.com.

AARP Dulles Chapter Classic Car Show. 10 a.m.-3 p.m. in Herndon near the Municipal Center and Town Hall. Auction, raffles, food and fun. Free admission for spectators, car registration \$15. Proceeds will provide scholarship support to nurse practitioners specializing in geriatric nursing at George Mason University. www.AARPdulles.org/classic1 or brent@AARPdulles.org.

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com. Deadline is Friday.

THURSDAY/SEPT. 10

Herndon Police Crime Prevention Council Cyber Safety for Kids. 7-8:30 p.m. at the Herndon Police Dept., 397 Herndon Parkway. An informational session for keeping children safe online, presented by Virginia State Police Special Agent Lenz and Herndon Police Detective Croson. Topics will include sexting, cyber bullying, identity issues and child exploitation. Free. Contact Pfc. Giron at 703-787-7627.

Information Session on NOVA's ESL for Employment Course. For workers who want to improve their English language skills. 7-9 p.m. at NOVA's Reston Center, 1831 Wiehle Ave., 3rd Floor. Free. Bring photo identification and a document showing eligibility for employment in the U.S. 703-764-7779 or ESLEmployment@nvcc.edu.

The Lupus Foundation of America Greater Washington Chapter Support Group. 12 p.m. at Reston Hospital Center, The West Wing, Conference Room A, 1850 Town Center Parkway, Reston. Free. 703-689-9240, www.lupusgw.org.

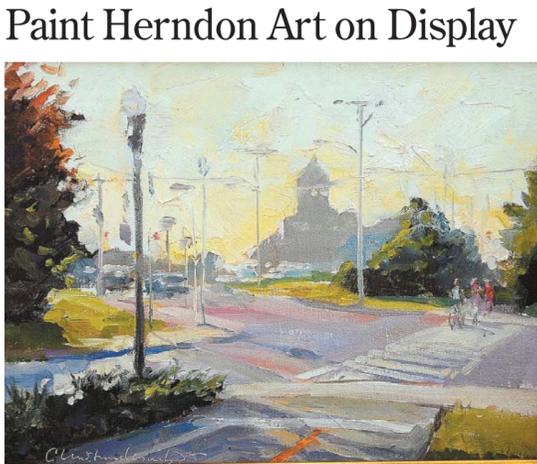
SATURDAY, SEPT. 12

Women on the Move: Networking Connections. The Reston-Herndon branch of the American Association of University Women fall 2009 membership event, 10:30 a.m. at the Reston Regional Library. Speaker: Ellen Kaminsky, The Elevator Speech Therapist. An exercise demonstrating tips and techniques to help women get more out of networking. 703-476-0029 or www.AAUWofva.org/branches/reston.



PHOTOS BY LOUISE KRAFFT/CONNECTION

Detail of Lori Simmerman Goll's first place entry in the Paint Herndon Competition. The competition was sponsored by ArtSpace Herndon, a community art gallery, located at 750 Center St. ArtSpace's gala opening of 'Open Spaces' exhibit, which runs until Sept. 27, is scheduled for Sept. 12 from 5-7 p.m. www.artspaceherndon.com



Christine Lashley painting took second place in Paint Herndon Art Competition.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com or call 703-917-6437. Deadline is Thursday.

Floriss United Methodist Church Full Circle Band will lead a contemporary worship service 2:30-3:30 p.m., Sunday, Sept. 6, at Frying Pan Farm Park, Visitor Center/Picnic Pavilion, 2709 West Ox Road, Herndon. The community is invited. Children are encouraged to bring their school backpacks to the service for the Blessing of the Backpacks. 703-793-0026 or www.florissumc.org.

Southview Baptist Church is inviting the Herndon/Reston community to join them on Sunday, Sept. 13 for their "New Beginnings" session to kick off the new church year. In addition to "New Beginnings," Southview is also participating in "Back to Church Sunday," a national campaign specifically designed to welcome neighbors, friends, and loved ones back to church. "It's going to be a great day as we kick off the new church year at Southview," said Rev. William Attaway, Pastor at Southview.

The day will begin with Bible study classes for all ages at 9:30 a.m., wor-

ship at 11 a.m., with special guest speaker Mike Watson, and a picnic after worship. Burgers, hot dogs, and drinks will be provided, and church members will be bringing side dishes and desserts.

There will also be a bounce house, an inflatable obstacle course and sno cones for the kids! Southview was established in 1978 and has grown into what it is now on Reston Parkway with close to 350 members. Southview offers a variety of ministries, Bible study classes, and other small groups each week.

St. Timothy's Church for Welcome Back Sunday, Sept. 13, 432 Van Buren St., Herndon. Services at 8 a.m., 9:30 a.m. and 11 a.m. Picnic with hot dogs and beverages; families are asked to bring salads, casseroles or desserts to share. 703-437-3790, Monday through Friday, 9 a.m.-3 p.m., or www.saint-timothys.org.

Chabad of Reston-Herndon High Holiday Services. A special children's program will accompany the adult services. All prayers will combine Hebrew and English. Services will be on Rosh Hashana, Sept. 18-20, and Yom Kippur, Sept. 27-28 at the Best Western Tysons Westpark Hotel, 8401 Westpark Drive, McLean. www.chabadrh.org.

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SPORTS



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon quarterback Zack Oycz led a Hornets' offense that netted close to 400 yards at Jefferson last Friday night.

Hornets Win Football Opener

Herndon dominates from start to finish in 61-6 triumph.

BY RICH SANDERS
THE CONNECTION

An inexperienced Jefferson High team was no match for a talented Herndon squad last Friday night, Sept. 4, as the visiting Hornets overwhelmed the Colonials, 61-6, in both teams' football opener in Alexandria.

Herndon, which has question marks across its young offensive and defensive lines, is particularly strong personnel-wise at the skill positions this season. On Friday night, the team's interior linemen, especially on the offensive side, got their feet wet and played extremely well. That helped open things up for quarterback Zack Oycz and his backfield mates. The result was Herndon accumulating nearly 400 yards of offense.

Oycz, the team's seasoned signal caller, completed an efficient 7-of-9 passes for 70 yards and a touchdown. He also ran for a score. Meanwhile, the Hornets' running game was paced by Randell Anane, who rushed for 150 yards and two touchdowns.

Backfield mates Devon Thompson (80 yards rushing, two TDs) and Austin Moore (50, one TD) also had strong games.

"We have a lot of balance in our backfield," said Herndon coach Joe Sheaffer. "All are capable and pretty good."

One of Herndon's best plays of the night came on the second half kickoff, which sophomore Josh Schow returned for a touchdown.

The game swung in Herndon's favor right from the start. Jefferson turned the ball over on its first two possessions, and Herndon took advantage with a pair of early touchdowns to go ahead 14-0 three minutes into the contest.

"That really set the tone for the game and the kids were a lot more loose [thereafter]," said Sheaffer.

The coach said his team, while somewhat young across the lines, is somewhat experienced across the board. A Jefferson team with several young players was simply no match for a Herndon team that is coming off a 2008 Northern Region Division 6 playoff appearance.

"I think the biggest thing is that Jefferson is pretty young and that is a key," said Sheaffer. "The kids they are counting on are young, and they made a lot of mistakes early on and it snowballed. Our kids, they've been around and they have a lot more confidence."

Sheaffer said he was conscious

of not running up the score. But there were times when Herndon running backs were simply breaking into the open field. Sometimes a lopsided game cannot be helped.

"It was a little bit of a mismatch that just got out of hand [on the scoreboard]," said Sheaffer.

The coach was pleased with his team's high level of play and intensity for the game.

"Our kids' energy level was really good," he said. "Our kids went into it and played hard."

NEXT UP for Herndon is a Friday night, Sept. 11 home game against McLean. Under second year coach Jim Patrick, the Highlanders went 0-10 last year but were victorious in their season opener, 44-14, over visiting Washington-Lee last week.

Riley Beiro, McLean's standout running back who missed the second half of last season with a knee injury, had a career night as he rushed for 293 yards and three touchdowns on 26 carries against the Generals. Beiro took advantage of a strong offensive line in front of him that opened up large holes throughout the game.

McLean quarterback Will Hecht tossed a couple of touchdown passes, along with two interceptions, in the win over Washington-Lee. For the night, he completed seven of his 12 passes for 83 yards. Receiver John Fremermen caught touchdown passes from 34 and 25 yards.



The Reston Warriors are, back row, from left: Brian Schweppe, Tommy Duggleby, Justin Cosing, Ian Schweppe, Daniel Sablosky, Jack Overholt, David Acton, Brian Anderson and Craig Sablosky; and front row: Kent Overholt, Myles Hudzick, Conner Gaffney, Michael Curcio, Dave Otting, Conor Grammes, Jesse True and Pat Gaffney.

Wyatt Toregas, a 2001 South Lakes High graduate, was called up to the Cleveland Indians on July 31. The former Seahawk ball player, who has been playing professional baseball

SPORTS ROUNDUPS

since being drafted by Cleveland in the 24th round of the 2004 draft, had been with triple-A Columbus before his promotion. Through his first 11 games with the Tribe, Toregas, a catcher, was hitting .212 with six RBIs. He had a two-hit game in Chicago against the White Sox on Aug. 9 and also had a pair of hits in Cleveland against the visiting Seattle Mariners on Aug. 21. Two weekends ago, the Indians and Toregas visited the Orioles at Camden Yards in Baltimore where, in Friday's game, Toregas had a base hit. Toregas resides in Ashburn in the offseason.

The 12-and-under Reston Warriors baseball team traveled to Dreams Park in Cooperstown, N.Y. for a week of tournament action Aug. 15-21. The 13 boys, ages 11-to-12 and hailing from Reston, Herndon and Oakton, competed in all hours of the day and night and in all types of weather, playing a total of eight games. The locals finished 38th place out of 103 teams from around the United States.

"The team played some of their best baseball ever," said Warriors Manager Kent Overholt. "We had production and significant contributions up and down this lineup."

Dreams Park housed all the players and coaches in barracks throughout the week-long tournament. The Warriors' coaching staff stayed with their players in Dreams Park Players' Village. It was a fun and memorable experience for everyone.

"This was just a great group of kids to be around all week. I think some would have stayed on permanently if we had let them," said Overholt.

In addition to playing a lot of baseball, the boys, coaches and families visited the Baseball Hall of Fame in Cooperstown and enjoyed trading team pins with other players from around the country.

The Reston Warriors' players who traveled to Cooperstown were: David Acton, Reston; Brian Anderson, Herndon; Justin Cosing, Reston; Michael Curcio, Herndon; Tommy Duggleby, Herndon; Conner Gaffney, Herndon; Conor Grammes, Herndon; Miles Hudzick, Reston; Dave Otting, Herndon; Jack Overholt, Oakton; Daniel Sablosky, Herndon; Ian Schweppe, Reston; and Jesse True, Reston.

The coaching staff included co-manager and Reston resident, Pat Gaffney, Brian Schweppe, Reston, and Craig Sablosky, Herndon.

For more information about the Reston Warriors, contact manager Kent Overholt at 703-861-1812, or at kwoverholt@aol.com. Also, check out the Reston Warriors Web site at www.restonwarriorsbaseball.com.

A brand new U14 Boys Soccer team, the Wolfpack, is seeking two players for the fall/winter season. The Wolfpack compete in the Old Dominion Soccer League (ODSL). The new players will receive excellent coaching and meaningful playing time. Practices take part in the South Riding area, games played in Northern Virginia. For more information, contact Sue LaMantia at sjlamantia@netscape.net.

Forever Ain't What It Used To Be



By KENNETH B. LOURIE

Certainly it was an innocent enough question, one that anyone who's been to the post office of late has been asked dozens of times: "Would you like any forever stamps?" But this time, maybe because I had chemotherapy earlier in the day, the question elicited a laugh, so much so that I almost explained myself to the postal clerk. However, rather than get into my particular health situation, I simply backed away from the counter and exited stage right, chuckling to myself how once again my life-expectancy nerve had been plucked.

This exchange reminded me of one of the standard/regular/recurring questions I ask of my oncologist to assess my condition: "Should I buy in bulk?" To date, he's always answered in the affirmative and has always laughed at the question. Although, I have to tell you, getting an oncologist to laugh is no easy task. There is a serious business. But it has become my goal to get him to laugh at least once every three weeks, the frequency of our face-to-face appointments/examinations. My other ongoing attempt at humoring my oncologist has come during these same physical examinations (to date there have been no mental examinations). After he has completed his medical touching and feeling (of me) and asked me about muscle weakness, nausea, headaches, tingling, discomfort, etc., he'll ask if I'm experiencing any other pain. My two stock answers have been, "You mean other than her," pointing to my wife, Dina, who accompanies me on these examination appointments whenever possible and who is sitting in the examination room with us or I'll point to me rear end (which initially required a brief explanation), but since Dina is always present when I make this gesture, its meaning has become self explanatory.

Humor is the best medicine, or so I've been told, and so, to make my parents proud (both of whom are deceased), and to follow in their brave and unselfish footsteps, I try to find humor in even the most difficult of circumstances. And as much as this cancer thing is about me, and as good an excuse as it is to explain behavior, decisions, priorities, etc., I seem to get more pleasure not using it as an excuse and using it more as a prop, if you will (you'll note, I didn't say crutch) to put others at ease, especially considering that, in whatever room you occupy, you are the figurative elephant. Moreover, the sooner I can acknowledge its presence and diffuse whatever tension and discomfort may exist, the sooner people treat me normally. And the sooner people treat you normally, the more normal you'll feel. And given cancer patients' circumstances - and difficulties and challenges, feeling normal (however it happens) is as good as it can unrealistically be.

However, maybe this is simply "rational self interest," to quote one of my brother Richard's favorite descriptions of necessary behavior. Or maybe it's my mind playing tricks on my mouth (chemo brain, it's called). I don't know which, nor do I care. But for now, it feels normal and it seems to be working. And in my present semi precarious condition, as with many other conditions/ situations/circumstances, some not nearly as serious, if it ain't broke, don't fix it.

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

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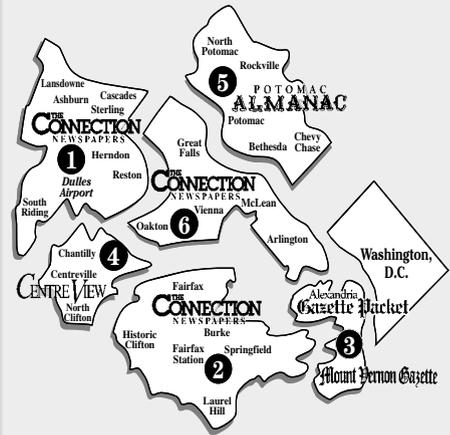
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BACK TO SCHOOL

High Expectations in Area Schools

FROM PAGE 3

program, and to teach and model the behavior expectations. Also this year, our teachers are embracing the work of the Dufours, as they collaborate with one another as a Professional Learning Community. Teachers will analyze student work and make decisions about instruction based on the data.

2. Building and maintaining positive relationships is one of our goals this year. Teachers and staff are working in collaborative teams, sharing best practices with one another; we will continue to build upon our relationships with parents and the surrounding community with frequent and open communication; and most importantly, fostering positive relationships with our students.

3. Open House, Sept. 3, 1:30-3:30 p.m.; PTA Meeting, Sept. 15, 7-9 p.m.; Back to School Night (grades K-3), Sept. 16, 7-8 p.m.; Back to School Night (grades 4-6), Sept. 23, 7-8 p.m.; Fall Ball, Oct. 30, 7 p.m.

Jerry Kovalcik, principal, Crossfield Elementary:

1. New to Crossfield are several staff members: Caitlin Bradley, art teacher; Mary Jo Davis, social worker; Siewfah Gan, instructional assistant; Leslie Johnson, kindergarten teacher; Neil

Meland, instructional assistant; Janice Perreault, library clerical assistant; Stacy Shapiro, dining room hostess; Bindu Sood, ESOL teacher, and Michele Thompson, instructional assistant. New to Crossfield is an Advanced Academic (GT) Level IV classroom for third grade students. We increase our ability to serve all community children with this program and it will grow in upcoming years to provide an advanced academic program in grades 3 to 6.

2. Our single most important challenge-goal for the new school year will be to increase achievement for all students, to strengthen our staff professional learning communities, and apply best practices to increase learning for all.

3. Our Back-To-School Nights are Wednesday, Sept. 16, at 7 p.m. for grades K-3 and Wednesday, Sept. 23, at 7 p.m. for grades 4-6.



Jerry Kovalcik, principal, Crossfield Elementary

Inspired for Excellence

FROM PAGE 3

The school's students come from an area that used to be in the McNair and Floris elementary school boundaries, although a few had transferred to Aldrin Elementary in the days when McNair had to offer a transfer option due to No Child Left Behind sanctions. With an enrollment of 550 students and capacity for 830, the student body has room to grow.

The land on which the school is built — more than 14 acres — was acquired as a development proffer, and money to build the school came from the 2005 school bond referendum.

"I'm excited because we were really focused on school capacity in this area," said Supervisor Cathy Hudgins (D-Hunter Mill), one of several officials on hand for the occasion. Hudgins said she was "exceptionally excited" to see the school named after Lutie Lewis Coates.

COATES was a teacher at the Floris Colored School and Luther Jackson High School in the 1940s and 1950s, when the county's school system was still racially seg-

regated. A number of her former students lobbied to have the new school, located just half a mile from the former site of the Floris Colored school, named after her.

"She was a great educator. She pushed for excellence," Hudgins said.

Several of Coates' relatives attended the grand opening. Her nephew, Austin O'Neil Jr., recalled staying at her house after school.

"She was always having me do my homework," he said, adding that she had also made him read a lot.

Siple was formerly the principal at Floris Elementary, and she

said she decided to leave to open the new school because she was drawn to "the challenge and the opportunity to form a new school, select an entire staff, put into practice all the things that work for student achievement, to build a community of learners, and also because I know a lot of the families." In addition to her time leading Floris, she also used to work at McNair Elementary.

"I think it's notable that the school is named after an inspirational educator in the community of 50 years ago," she added. "With the star being our mascot, we want to strive for excellence as she did."

"I'm excited because we were really focused on school capacity in this area."

— Supervisor Cathy Hudgins (D-Hunter Mill)

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