

Town Of Herndon Holds Homecoming Parade

NEWS, PAGE 3

New Election Schedule Considered

NEWS, PAGE 5

Herndon Field Hockey Unfazed by First Loss

SPORTS, PAGE 8

The Herndon High marching band Pride of Herndon walks past Jimmy's Tavern on Elden Street in downtown Herndon during the Homecoming Parade. The band outperformed rainy weather and won the Major Robert E. Church Award for Best in Parade.



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PEOPLE

Cunningham and Binzer Wedding

Lauren Kelly Binzer, daughter of Dr. Randy and Tennie Binzer of Spencer, and Craig James Cunningham, son of Clark and Kathy Cunningham of Spencer, received the Sacrament of Holy Matrimony on June 28, 2014 at St. Mary's Catholic Church in Iowa City. The reception was held at the Cedar Rapids Country Club in Cedar Rapids, Iowa.

The Binzer family formerly resided in Herndon. Lauren graduated from Herndon High School in 2008 where she played on both the girls basketball and lacrosse varsity teams.

Lauren graduated from The College of William and Mary in Williamsburg in 2012 and received her Master of Public Health degree from the University of Iowa in May of 2014. She works as a program coordinator for at-risk children and youth with special health care needs at Child Health Specialty Clinics in Iowa City. Craig graduated from Iowa State University in Ames, Iowa in 2012 and is in his third year of medical school at the University of Iowa Carver College of Medicine.

The couple honeymooned in St. Kitts and currently resides in Iowa City.



Craig James Cunningham and Lauren Kelly Binzer

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Members of the senior class of 2015 on their float in the Herndon Homecoming Parade held in downtown Herndon. The class of 2015 won the Richard F. Downer Theme Award. The parade was held despite wet weather.



PHOTOS BY RYAN DUNN/THE CONNECTION

St. Joseph's Cheerleaders were one of the many local participants in the 2014 Homecoming Parade held in downtown Herndon. The St. Joseph's Cheerleaders won second place in the category of Performing Arts Group.

Town Of Herndon Holds Homecoming Parade

Herndon's community spirit beats back drizzle.

BY RYAN DUNN
THE CONNECTION

Despite rain and chilly weather, 50 units and nearly 1,500 participants marched in the Oct. 11 Herndon homecoming parade. Orchestrating the event was the Town of Herndon Parks and Recreation Department and many volunteers.

"It was a great opportunity for us to take on the parade," said Cindy S. Roeder, Director of Herndon Parks and Recreation Department. "It brings out the community and is a uniquely Herndon event."

In the past, the Herndon Homecoming parade was operated by John Mossesso, who helped run the Herndon homecoming parade operation for more than 20 years.

Homecoming spirit was evident as people lined Elden and Lynn streets to cheer athletes, performers, politicians, community groups and the Homecoming Court. Serving as MC for the event was Artistic Director of NextStop Theatre Evan Hoffmann.

Herndon High's Robotics Team 116 Epsilon Delta displayed their catapult robot "The Angry Nerd," and other parade highlights included the Fortnightly Library storybook characters, the Herndon Elementary circus group, Cub Scouts representing Packs 157, 913, 1570 and 1577, and the Shindogakuin Kendo Dojo group. Also participating in the parade were former Herndon mayor Del. Tom Rust (R-86) and U.S. Rep. Gerry Connolly (D-11).

"I always love seeing what the kids do with the floats," said Herndon resident Melissa Jonas. Jonas attended the event with her husband to cheer on her son who is a junior at Herndon High and a member of the school marching band.

Directing the Herndon marching band was Kathleen Jacoby. In October the band



The Herndon High Naval JROTC Color Guard led the 2014 Herndon Homecoming Parade held in downtown Herndon.

won first place in class AAAA at the Loudoun Valley HS Marching Band Showcase.

At the house of Kevin and Kathy East on Elden Street, there was a small pre-show reception with guests and friends. "Homecoming is a wonderful occasion, it is wonderful for the high school students with the parade, game and dance," said Kathy East. "Living on Elden Street, I feel like I have been part of every parade for 32 years."

Presiding over the parade were Mayor Lisa Merkel, Vice Mayor Jen Baker and Councilmembers Dave Kirby, Stevie Mitchell, Sheila Olem and Jasbinder Singh, as well as Herndon High School Principal William Bates and Herndon Police Chief



The Herndon High marching band Pride of Herndon led by Kathleen Jacoby performed music from their theme of "Final Frontier." The band won first place in class AAAA at the Loudoun Valley HS Marching Band Showcase in October. In this year's homecoming parade the band won the Major Robert E. Church Award for Best in Parade.

Maggie DeBoard.

"It was a great parade for a rainy day," said councilmember Sheila Olem.

"It was another wonderful parade," said Principal Bates. "It was great to celebrate all the wonderful things the Town of Herndon has to offer. The floats were great and the performers were awesome."

Videotaping the parade were volunteers with Herndon Community Television (HCTV), a non-profit, cable access PEG station based in Herndon.

"I am really excited to be a judge and be participating again," said councilmember

Award Recipients in Herndon Parade

CIVIC GROUP

First Place – Herndon Optimist Youth Sports
Second Place – Girl Scouts of the Nations Capital Service Units 51-9 and 51-11

PERFORMING ARTS GROUP

First Place – Herndon High School Step Team
Second Place – St. Joseph's Cheerleaders

SCHOOL GROUP

First Place – Dranesville Elementary School
Second Place – Clearview Elementary School 6th Grade Class Float

SHOW GROUP

First Place – Jim Moyer Circus Club
Second Place – Herndon Fortnightly Library

CLASS FLOATS

First Place – Herndon High class of 2016
Second Place – Herndon High class of 2018

- ❖ Richard F. Downer Theme Award – Herndon High class of 2015 float
- ❖ Major Robert E. Church Award – Best in Parade – Pride of Herndon, Herndon High School Marching Band.

Members of the Herndon senior class of 2015 are invited to a class dinner at the Herndon United Methodist Church on Jan. 14, 2015. Topics will include class events such as prom, graduation, and the All Night Graduation party.

Stevie Mitchell. Mitchell is a 2003 alumnus of Herndon High, and he remembers when fellow students built floats at his parents' house.

Trophies were presented to the first and second place winners in the Civic, Performing Arts, School, Show and Class Float categories. In addition, the judges selected the Richard F. Downer theme award and the Major Robert E. Church Best in Parade winners.

"It brings out the community, it is a unique Herndon event," said Herndon councilmember Singh. After the parade, the Herndon High football team played their homecoming game against the Eagles from Alexandria's Thomas A. Edison High School. Herndon Hornets lost the game, 17-0.

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THE CONNECTION
NEWSPAPERS



PHOTO BY JACLYN YOUNG/NEXTSTOP THEATRE

NextStop Theatre's "Sylvia" small cast: Phil Bufithis (as Greg), Sherry Berg (Sylvia) and Gayle Nichols-Grimes (as Kate).

Let Good Times Roll

Funny, touching look at newly empty nesters in the city in NextStop's production of 'Sylvia.'

BY DAVID SIEGEL
THE CONNECTION

Where and When

NextStop's upcoming comedy "Sylvia" is by master American dramatist A.R. Gurney whose work has not been performed before at the Industrial Strength Theater. The comedy looks at a middle class couple, now empty-nesters, who move back into the city, leaving their comfortable suburban life. Oh what surprises are in store for them.

For Evan Hoffmann, NextStop's artistic director, "Sylvia" is an appropriate choice to create.

"It will resonate with audiences, especially those who have seen their children grow up and now they are entering a new phase of life," Hoffman said.

So what is so special about a couple moving back into the city? First there is a stray, quite talkative, energetic, flirty girl dog named Sylvia. She totally upends things when husband Greg brings her home to wife Kate in their small apartment and new urban life. Add an assortment of fascinating female and male characters who make their share of comments and observations on the situation and all played by one male actor. There is even a bit of Cole Porter music and his "Ev'ry Time We Say Goodbye."

What audiences will have is an evening that moves from the joys and woes of owning an energetic dog to issues of making one's way through love and marriage. Of course, tempers flare as all things are tested in rather a very dog-centered world.

To helm "Sylvia" is Doug Wilder

NextStop Theatre presents "Sylvia" at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Performances: Thursdays, Oct. 23, Nov. 6 and Nov. 13 at 7:30 p.m.; Fridays, Oct. 24, Oct. 31, Nov. 7 and Nov. 14 at 8 p.m.; Saturdays, Oct. 25, Nov. 1 at 8 p.m., Nov. 8 at 2 and 8 p.m., and Nov. 15 at 2 and 8 p.m.; Sundays, Oct. 26 at 2 p.m., Nov. 2 at 2 and 7 p.m., Nov. 9 and 16 at 2 p.m. Tickets: \$28. Information and tickets call: 866-811-4111 or visit: www.nextstoptheatre.org. "Sylvia" contains adult language and situations that may not be appropriate for all audiences.

with his flair for directing material about modern life. He is director of education at the National Conservatory of Dramatic Arts.

"'Sylvia' is more than just a dog-lovers play, it is also a terrific look at what holds a marriage together once the kids leave the nest, and how sharing the things you love with your partner can hold the marriage together..."

NextStop's cast includes Sherry Berg, a "terrific physical comedian" to bring "the character of Sylvia to life." Phil Bufithis and Gayle Nichols-Grimes bring "believability and realism to their roles, with tremendous vulnerability, and a great sense of strong comedy skills," said Wilder. Christopher Herring is "a chameleon, and he knows how to change physicality and characterization to maximize the three roles he plays."

NextStop audiences are also in for a visual feast as the Industrial Strength Theatre will be transformed into both a city apartment with roof and an urban park all through the work of a talented veteran design team. Let good times roll.



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11/10/2014 6:30-8:00pm	"Muslim Scholars and the Arab Uprisings: Spokesmen of the Regime?"	David Warren, University of Manchester (UK)
12/3/2014 6:30-8:00pm	"Late Ottoman Discourses on Nationalism and Islam"	Dr. Mustafa Gokcek, Niagara University and IIIT Resident Fellow

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PHOTO BY REENA SINGH / THE CONNECTION

The Herndon Town Council will decide in December whether to approve proposals changing number of years a council member can serve and moving the elections to November.

New Election Proposals Considered

New election schedule calls for four-year terms, November elections.

BY REENA SINGH
THE CONNECTION

Herndon Town Council may be considering a proposal to change several aspects of their elections.

The council will discuss over the next two months whether to extend councilmember terms to four years and move the May elections to November.

"We have found that most local jurisdictions in the Commonwealth operate with four-year, staggered terms for mayor and council members," said Mayor Lisa Merkel. "This arrangement provides the opportunity every two years for citizens to make a significant change in the make-up of the council if they choose, while ensuring that some institutional knowledge remains within the governing body."

The current election cycle is every other year. All council members and the mayor are up for election during this time. The proposal changes the cycle so that elections are still every other year. However, only half of the council members would be up for reelection.

The mayor would be on the ballot every four years. "Since the early 2000s, the conversation surrounding four-year, staggered terms has come up several times among various council members, and I brought the issue forward most recently with council at our retreat in September," said Merkel. "I was frankly surprised that considering November for town elections came up in the conversation and will be interested in the public's thoughts on that piece. In my opinion, the four-year, staggered terms is the more critical conversation at this point."

Council member Grace Wolf said she plans to listen to what residents say at the next several meet-



FILE PHOTO

Lisa Merkel being sworn into office for the first time in 2012. The Herndon Town Council will consider a resolution to have council members and the mayor hold four-year terms.

ings before coming up with a decision of her own.

"When you have high and frequent Council turnover, you find that the staff ends up shaping many important decisions since they are the only ones who have been around to see and understand the whole project," she said. "Longer terms and staggered terms ensures that residents, businesses get the best service with minimal disruption."

She said having staggered terms will also keep the town competitive with neighboring jurisdictions.

"Several neighboring jurisdictions recently moved to four-year, staggered terms and have enjoyed the benefits of higher confidence from the business and development community, less disruption on local services, less work for staff, less loss of institutional memory, and increased satisfaction from residents in knowing that there is some continuity in leadership and thought that is not reliant upon staff," she said.

Not all of the council members are convinced yet, however, that this is the best option for now.

"I'm currently of the mindset that I think other things need to be changed first before this," said council member Steven Mitchell.

Further, he said he definitely does not support moving the elections to November because it would not save the town much money and would create a more partisan environment.

However, he said he is willing to listen to residents before he makes his final decision.

"I'm going into the conversation open minded about it."

Public hearings for these resolutions will be held at 7 p.m. Oct. 28, Nov. 11 and Nov. 25 at the council chambers located at 765 Lynn Street. The proposals will be voted on at the Dec. 9 public hearing.



PHOTO BY LISA NIPP

Dulles Regional Chamber Members Ruturaj Maharaja, president of Neuf Consulting, and along with his wife, Namita Maharaja, the company's founder and CEO, network with guests prior to the start of the Get Started Nova pitch competition.

Dulles Chamber Hosts Startup Competition

The Dulles Regional Chamber of Commerce recently sponsored the Get Started Nova pitch competition hosted by Cox Business and Inc. Magazine held at the Center for Innovative Technology in Herndon.

The startup competition featured five finalists selected from Virginia businesses to pitch their ideas to a panel of expert judges.

The chamber was pleased to support two of its members, Unique Travel Events and Neuf Consulting, who appeared as finalists. Both companies pitched their startup ideas in two and a half minutes, answering questions from the judges and sharing their spirit of innovation with the audience.

Ultimately, Feedback Enterprise,

LLC, a company that develops analysis technology to deliver personalized, adaptive and instant feedback coaching was the evening's winning pitch. The company won more than \$10,000 in cash and services from Cox Business and other partners including the Dulles Regional Chamber, which provided a complimentary 1-year small business membership as part of the prize package.

In keeping with this commitment, the chamber is currently preparing for its 2014 Innovate Conference, which will focus on concepts and technologies that are transforming personal health management and healthcare in Northern Virginia. For more information or to register visit www.innovate-nova.com.

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Coming: Children's Connection

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

The annual Children's Connection is a tradition of well over a decade, and we begin getting inquiries from teachers and parents about submitting artwork and writing almost as soon as summer is over.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in .jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the

best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

- ❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.

- ❖ News stories from school newspapers.

- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Monday, Dec. 8.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 8. The Children's Connection will publish the week of Dec. 27, 2012.

Halloween Parties, SoberRide

Halloween is now as much of an adult party as a children's festival. Along with the Fourth of July, the holiday period including New Year's Eve and a few other dates, Halloween stands

out as a holiday connected to increases in drinking and driving.

If you will be out celebrating with alcohol, you can plan ahead. Assign a designated driver. Celebrate at home. Take public transportation. But if these plans fall through, the nonprofit Washington Regional Alcohol Program (WRAP) Halloween SoberRide program provides a safety net.

For six hours from 10 p.m. on Wednesday, Oct. 31 until 4 a.m. on Thursday, Nov. 1, SoberRide serves as a way to keep impaired drivers off the road. During this six-hour period, area residents ages 21 and older celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI and be afforded a no-cost (up to a \$30 fare), safe way home.

For more information visit www.wrap.org

Last Call for Letters

Letters to the editor from local residents about the upcoming election should be received by Friday, Oct. 24 to be considered for publication ahead of Election Day, Tuesday, Nov. 4. Letters on candidates, bond questions, election procedure or any other local, election related topics are welcome and encouraged. Letters should be original, and include the writer's full name and address; we will print your town name, not your full address. Letters will be under 200 words and convey opinion with civility. Send letters to editors@connectionnewspapers.com

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

Responding to Domestic Violence in Fairfax County

BY JOE MEYER
EXECUTIVE DIRECTOR,
SHELTER HOUSE, INC.

Domestic violence is a prevalent issue in Fairfax County and in some cases, too many cases, even result in fatalities. In fact, approximately 50 percent of the homicides occurring in the community are a direct result of domestic violence.

Relatively low homicide rates in the community overall prove that proactive public safety efforts are effective, but the presence of any domestic violence, regardless of the outcome, can not and should not be tolerated.

Shelter House, Inc. is a community-based non-profit organization that operates Artemis House, Fairfax County's only 24-hour emergency shelter for families and individuals fleeing domestic and sexual violence and human trafficking.

In a community comprising more than 1 million members,

with just 34 beds, Artemis House regularly stretches beyond capacity to accommodate those in need. Shelter House, Inc. also provides transitional housing and supportive services for survivors of domestic violence through the Community Housing Resources Program and NOVACO.

Shelter House also operates the Katherine Hanley and Patrick Henry Family Shelters where 33 percent of the homeless population experienced domestic violence.

The recently trending hashtag, #WhyIStayed, illustrates the complexities a victim faces when leaving the abuser and these programs are crucial in ensuring safe housing is available. However, these programs alone are not enough to eradicate domestic violence in our community.

Shelter House works alongside law enforcement, prosecutors, victim advocates, probation officers, courts, judges, offender service providers, mental health provid-

ers, homeless services and other human service providers to implement a coordinated community response orchestrated by Fairfax County's Office for Women & Domestic and Sexual Violence Services, and the Office to Prevent and End Homelessness. Each service component contributes to meeting the unique needs of those fleeing domestic violence.

Measuring the effectiveness of a collaborative response such as this can be challenging, but studies have shown that combining approaches in a coordinated effort reduces future incidents of violence. Collaboration is the solution to increasing victim safety and decreasing future violence in our community and your help is needed to continue our efforts.

Shelter House is participating in The Allstate Foundation's "Purple Purse Challenge," a project that is aimed at raising awareness and building the financial empowerment of domestic violence survivors. The Allstate Foundation part-

ners with leading national and local nonprofits to expand their efforts and Shelter House is honored to have been selected to participate. To learn more about the Purple Purse Challenge and to make a donation, visit www.shelterhouse.org. Contributions go directly to supporting our programs serving survivors of domestic violence. With 1-in-4 women estimated to have experienced domestic violence in her lifetime, expansion is needed to adequately serve those fleeing domestic violence in our community and ultimately work towards ending the occurrence domestic violence altogether. We hope you'll join us in the "Purple Purse Challenge" to help raise funds and awareness as we change the conversation from #WhyIStayed to #HowIHelped."

If you or someone you know is experiencing domestic violence, contact the 24-hour hotline or Artemis House to discuss: 24 hour hotline/helpline: 703-360-7273, TTY: 703-435-1235 Artemis House: 703-435-4940



The Private School Admissions Process

Local educators offer insider tips on how to select and get your child admitted to the perfect school.

BY MARILYN CAMPBELL
THE CONNECTION

While this school year might still feel new, some parents are already thinking about next fall. Or if they're not, they should be. For parents who are considering sending their children to one of the area's private schools for the 2015-2016 school year, the application process should be underway.

"Now is the time to begin the independent school admission process for the 2015-2016 academic year," said Diane Dunning, director of admission and financial aid at St. Stephen's & St. Agnes School in Alexandria. "Application deadlines vary by school, but generally fall between mid-December and late January.

"Parents often start the process by exploring school websites and speaking with trusted friends who have personal experience with specific schools. Doing your research may be time-consuming, but what

could be more important than finding the right educational fit for your child?"

Use this time to peruse school websites and get to know the schools you think might be a good fit for your child. "Go beyond the admission [web] pages," said Mimi Mulligan, assistant head and director of admission and enrollment management at Norwood School in Bethesda, Md. "Read a school's magazine or its weekly parent memo. Follow a school's Facebook page or Twitter feed. Looking at a school through varied lenses will provide a better sense of culture at the school.

"Talk as a family about what would be the best kind of school for your child," she continued. "Coed versus single gender, traditional versus progressive, suburban versus urban, no uniform versus uniform, kindergarten through second versus kindergarten through eighth versus kindergarten through 12th."



PHOTO COURTESY OF NORWOOD SCHOOL

Visiting prospective schools will give parents and students a sense of the institution's atmosphere and culture.

Consider your child's strengths and weaknesses, and what they need to be happy and successful in school. "Keep your mind open," said Mulligan. "The spectrum of excellent schools in our area is broad, enabling parents to think beyond name recognition and focus on right fit when selecting a school."

There are a few factors for parents to consider: "Does a school's mission resonate with your family's values?" asks Dunning. "Will the curriculum challenge your child's strengths and support him or her in other areas?"

PARENTS AND STUDENTS should begin by creating a list of schools where they plan to apply and start contacting their top choices. "The most important piece of advice for a family is to visit the school website often. That is full of interesting stories about a school," said Ann Richardson Miller, director of admission and financial aid at The Madeira School in McLean.

"Once you've narrowed down your choices, make plans to visit the schools. Tours have started, and there will be additional opportunities such as open houses, student visiting days, and curriculum nights," said Dunning. "It is important to experience the culture of the school to get an accurate picture. Each independent school has its own distinctive mission, and you will feel it as soon as you step onto campus."

Miller says open houses can help reduce the potential anxiety a student might have about other parts of the application process, such as an interview or standardized test, which are often requirements for private school admissions. She also suggests attending a school play or athletic event. "Those are great ways to see a school community."

Miller says open houses can help reduce the potential anxiety a student might have about other parts of the application process, such as an interview or standardized test, which are often requirements for private school admissions. She also suggests attending a school play or athletic event. "Those are great ways to see a school community."

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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SPORTS

Oakton Volleyball Succumbs to Injuries, Woodson

Sophomore Yang plays well in expanded role.

By JON ROETMAN
THE CONNECTION

The Oakton volleyball team's starting setter and libero missed Monday's match against Woodson with ankle injuries. By the end of the night, the Cougars had lost a starting middle hitter to yet another ankle injury.

Oakton hung around early, winning the second set to even the match at 1-apiece. Eventually, however, the Cougars' unfamiliar rotations caught up with them and Woodson cruised to a 3-1 (25-18, 17-25, 25-11, 25-20) victory on Oct. 13 at Oakton High School.

After Oakton won the second set, Woodson took over behind the play of senior outside hitter Mackenzie Reed, who finished with 12 kills and four aces. The Cavaliers finished with 18 aces as a team.

"We just fell apart in some rotations," Oakton head coach Dan Courain said. "Woodson really gained a lot of confidence on their serve, they served tough. We just lost a lot of confidence on that serve-receive and [from] each rotation trying out something new. We just didn't have it in games three and four.

"... I will say injuries [were a problem], but that's no excuse."

Oakton started the match with junior setter Meghan Wood and junior libero Alex



Oakton junior Emily Heier had six kills against Woodson on Monday.

Marquis on the bench. Wood suffered an ankle injury and could miss the remainder of the season, Courain said. Marquis had been playing through an ankle injury, but she sat out of Monday's match with hopes of returning at 100 percent.

Senior middle hitter Camille Baechler suffered an ankle injury during the match.

With multiple teammates out, sophomore outside hitter Alice Yang, already one of the Cougars' best players, took on an expanded role, setting from the back row. She finished with eight kills, five digs and 10 assists.

"She did a spectacular job," Courain said. "... She really stepped up."

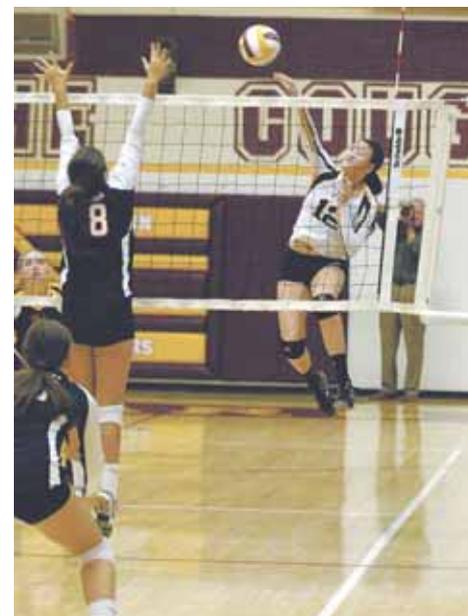
PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Junior middle hitter Emily Heier finished six kills, three aces and four blocks. Junior libero Lindsey Wallen totaled a career-high 16 digs.

Courain said junior opposite hitter Coral Hulcher also played well.

The loss was Oakton's third straight and dropped its record to 12-9. The Cougars, who are 1-1 in Conference 5 matches, will travel to face Robinson at 7:15 p.m. on Thursday, Oct. 16.

"We've got to be able to win," Courain said. "We've got another conference match Thursday against Robinson. ... We can't use injuries as an excuse."



Oakton sophomore outside hitter Alice Yang had eight kills, five digs and 10 assists while playing an expanded role against Woodson on Oct. 13.



Oakton senior middle hitter Camille Baechler suffered an ankle injury during Monday's match against Woodson.

Herndon Field Hockey Unfazed by First Loss

Hornets to face Chantilly in regular-season finale.

By JON ROETMAN
THE CONNECTION

The Herndon field hockey team felt the sting of surrendering three late goals in a 5-4 loss to defending 6A state champion Westfield on Oct. 8. Two days later, the Hornets showed it would take more than a disappointing defeat to derail their successful season.

Herndon blanked the Oakton Cougars 3-0 on Oct. 10 at Herndon High School. The Hornets improved to 14-1 overall and 3-1 against Conference 5 opponents.

The win over Oakton followed a last-second home loss to Westfield during which Herndon was in control until late in the second half. Head coach Mary Miller said Herndon led 4-2 with less than four minutes remaining when the Hornets thought they had scored a goal during a penalty corner. The officials conferenced, but no goal was awarded. From there, Miller said, momentum shifted and Westfield scored three goals in the final minutes, including the game-winner in the closing seconds.

"It was a tough loss," Miller said. "... [There were] a couple tough calls that were made that were [difficult] for our team [to overcome]. We didn't finish on top."

It was Herndon's first loss of the season and snapped a 13-game winning streak.

"Initially the loss was very hard, especially due to its dramatic fashion," Herndon senior forward Sofia Palacios wrote in an email. "However, despite the loss we played



CONNECTION FILE PHOTO

Sofia Palacios, seen earlier this season.

really well against a strong opponent. Every loss is a learning experience and this game allowed us to highlight our strengths and gave us the ability to see what we need to work on for future games."

Herndon's Taylor Stone scored two goals against Westfield, and Jamie Wright and

Grace Caron each scored one.

Two days after the loss, Herndon returned to its winning ways, posting its 10th shutout of the season during a win over Oakton.

"Having a game just two days after playing Westfield was good for the team because it gave us a chance to bounce back and move on," Palacios wrote. "Getting a solid conference win really got us back on track and ready for the remainder of the season. The Oakton game was by no means pretty but it showed that we can tough it out and get the win."

Wright, Caron and Stone each scored a goal against the Cougars.

"I think they responded really well," Miller said. "Even by the end of the [Westfield] game, they were disappointed but they keep everything in such great perspective."

CALENDAR

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

THROUGH FRIDAY/OCT. 31

Side-by-Side in Europe: Two Artists, Two Views, One Subject by Jerry Lewis & Mohsen Alashmoni. 9 a.m.-9 p.m. Hunters Woods Exhibit, 2310 Colts Neck Road, Reston. Two artists, one from Reston and the other from Egypt, will approach the same subject from viewpoints influenced by different religions, culture and nationalities. 703-476-4500.

Fine Art Mosaics Exhibit: Anita Bucsay Damron. Monday-Friday: 8 a.m. - 5 p.m. Saturday: 8 a.m. - noon. Reston Corner One, 120001 Sunrise Valley Drive, Reston, main floor lobby. Beautiful glass mosaics are inspired by the tapestries of Gurut and Rajasthani India, and created with Italian glass, Czech and Austrian crystals, 24k gold and more. www.AnitaDamron.com

THROUGH MONDAY/NOV. 3

Annual ArtReston Regional Fine Art Exhibit. 9 a.m.-9 p.m. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. An exhibit of two-dimensional paintings and mixed media art from members of the League of Reston Artists. www.leagueofrestonartists.com

THURSDAY/OCT. 16

Meet the Artists Series. 2:15 p.m. - 3:30 p.m. The CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Phoenix Woodwind Quintet. Free. 703-476-4500.

Kid's Graphic Novel Book Club. 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for lively discussion for the best in graphic novels. This month's title is "BigFoot Boy" by J. Torres. Books are available for checkout at the Children's desk. Age 8-10.

Calling all Poets. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An open mic evening for all poetry lovers. Share your own work or that of a favorite poet. Adults.

THURSDAY-SUNDAY/OCT. 16-19

Fall Carnival Fun on the Farm. Frying Pan Farm Park, 2309 West Ox Road, Herndon. Games and rides, tasty food fair and beverages for sale. <http://www.fairfaxcounty.gov/parks/fryingpanpark/>

FRIDAY/OCT. 17 - SUNDAY/NOV. 2

You're a Good Man, Charlie Brown. 8 p.m. CenterStage at the Reston Community Center, 2310 Colts Neck Road, Reston. You're a Good Man, Charlie Brown follows a typical day in the life of Charlie Brown and the Peanuts gang. Tickets can be purchased at www.restonplayers.org or by calling the CenterStage box office at 703-476-4500.

SATURDAY/OCT. 18

Finding Wholesale Happiness in a Retail World. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author and media personality Jeff Yeager, a.k.a the Ultimate Cheapskate, talks about money, happiness and consumer culture. Registration required: www.fairfaxcounty.gov/library. Adults. Free.

Reston Home Tour. 10 a.m. - 5 p.m. This tour celebrates Reston's five decades with properties from each, as well as a stop at The Avant, a luxury apartment building in Reston's Town Center where South Lakes High

Schools Culinary Arts Program will offer tastings from each decade served in stunning surroundings. Tickets are \$30. They can be purchased at the Reston Museum, Lake Anne Florist, The Wine Cabinet at North Point, Appalachian Spring and GRACE at Town Center. All proceeds benefit the Reston Historic Trust and the Reston Museum. Visit www.restonmuseum.org for more information.

Community Yard Sale. 8 a.m. - 1 p.m. Weichert Realtors, 1760 Reston Parkway, Reston. To participate in the sale call Weichert Realtors at 703-264-0000.

Halloween Family Fun Day. 12 - 2 p.m. The CenterStage, 2310 Colt Neck Road, Reston. Come dressed in your favorite costume and enjoy sensational performances perfect for the whole family. Peter McCory, a famed one-man band, will put children in the Halloween spirit at 12:15 p.m., followed by a wonderful performance at 1:15 p.m. by Bob Brown's Puppets in Monster Madness. Little ghosts and goblins up to the age of 8 will try their skill at winning candy and prizes when they play carnival games.

Black & White Masquerade. 7-10 p.m. ArtSpace Herndon, 750 Center St., Herndon. Don your finest Black & White apparel as you join ArtSpace Herndon in celebrating its second annual Fall Gala. Enjoy an evening to support The Herndon Foundation for the Cultural Arts with hors d'oeuvres, desserts, wine, champagne, prizes and live music. A limited number of tickets are available, \$25 single, \$40 per couple, for this black tie affair; a party masquerade mask is suggested. For more information call 703-956-6590 or visit www.artspaceherndon.org

SATURDAY-SUNDAY/OCT. 18-19

Farm Harvest Days. Saturday: 10 a.m. - 3 p.m. Sunday: 11 a.m. - 3 p.m. Frying Pan Farm Park, 2309 West Ox Road, Herndon. Watch the cider press in action, milk a goat, shell corn, peel apples, meet the farm animals and see traditional farm demonstrations.

SUNDAY/OCT. 19

Art Fest 2014. 3-6:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Oil paintings, prints, frames, photos, posters, books and collectibles will be for sale. Specific items for sale include a framed Thomas Kincade "Morning Glory Cottage" and an original photogravure of Bryonia alba White bryony, tendrils. All proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students. For more information on The Closet, visit www.theclosetofgreaterherndon.org.

The Great War and the Shaping of the 20th Century: a Film History of World War I. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Six part series led by Dr. Harry Butowsky, research historian and professor of history at George Mason University. The series will and examine the troubling truths and profound issues of World War I. Adult, teens.

MONDAY/OCT. 20

Rock n' Roll. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Musical activities for preschool students. Singing and dancing in a sensory-rich environment while using age-appropriate instruments.



Follow a typical day in the life of Charlie Brown and the Peanuts gang in CenterStage's theatrical production of "You're a Good Man, Charlie Brown" playing Oct. 17- Nov. 2 at Reston Community Center, 2310 Colts Neck Road, Reston.

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IIIT Resident Fellow and Associate Professor of History, Niagara University

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Not in the Mood



By KENNETH B. LOURIE

Sometimes, believe it or not, I'm not in the mood to be a terminal cancer patient (duh). Not that the effect is particularly tangible, but the weight of it, as well as the associated waits I've occasionally written about, can get awfully heavy. Moreover, in spite of my best psychological efforts, generally speaking, there seems little I can do to diminish its effect. More often than not, it's merely time; simply time passing and/or time spent trying to talk myself out-of how I feel and in-to how I haven't failed.

Obviously, surviving five years and almost eight months after initially receiving a "13-month to two-year" prognosis from my oncologist on February 27, 2009 is success with a capital "S." I understand that miraculous fact amazingly well.

Nevertheless, on a daily basis, I might not feel so successful. I attribute it to things beyond my control: the underlying disease; the treatment/side effects; the figurative rewiring of my brain after it learned and began to live with the diagnosis/prognosis and the responsibilities of being a proactive cancer patient; these are certainly reasonable and customary considerations given the world in which I now exclusively reside. Still, it's my life and I have to live it.

Don't get me wrong. I'm not "woeing-is-me," nor am I the least bit ungrateful for the great good fortune I've had beating the hell out the original life-expectancy odds I was given. I'm thrilled, every day. But I'm still a cancer patient with incurable stage IV, non small cell lung cancer, one of the least desirable diagnoses in the cancer world. Lung cancer is a killer, almost always – and I don't mean inevitably so, I mean prematurely (not that every death isn't premature, but you get my meaning, right?).

Every day – or so it seems, there are words, phrases, references, articles, news/media reports, and miscellaneous reminders that I see, hear and/or read, that connect me with my situation. I haven't exactly completed a study on the nature of this exposure, but it sure seems/feels, however inadvertent or random it may be, that it is impossible to escape and next to impossible to ignore – although I try, and in reviewing the content of this column, it is an ongoing failure of mine.

Some days, I can shrug it off; most days in fact. But this day (today when I'm writing this column), I couldn't. I'm not exactly depressed, more like forlorn. I don't feel hopeless, maybe a little helpless. I don't feel unlucky, perhaps a bit unsettled. Nothing really out of my ordinary; but still, a little out of my character. I'm entitled; I understand that. I've been carrying this weight for over five and a half years. No one said being a terminal cancer patient was going to be easy; in fact, they said the exact opposite: that it was going to be the toughest thing I've had to do, and of course, they were right. Today is simply one of those days when it's most difficult. I'm sure tomorrow will be better. Of that I'm positive (at least that's what I tell myself – ALL THE TIME).

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

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-Werner Heisenberg

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

THURSDAY/OCT. 16

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Thursday conversational group. Adults.

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's weekly class.

ESL: Grammar and Vocabulary for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Paul in this 12-week course that meets on Thursdays. The course teaches the basic rules of English grammar and contains vocabulary building exercises. Regular attendance is required.

FRIDAY/OCT. 17

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Friday conversational group.

Let's Talk-ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversation group. Adults.

SATURDAY/OCT. 18

Fall Cleanup. 10 a.m.-12 p.m. Tons of trash end up in the Potomac River and the Chesapeake Bay every year. Litter is harmful and an eyesore in neighborhoods and open spaces. For exact locations call Ha Brock, 703-435-7986, habrock@reston.org.

SUNDAY/OCT. 19

Let's Talk-ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversation group. Adults.

MONDAY/OCT. 20

ESL for Intermediate Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monday conversational group.

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Monday conversational group.

ESL: U.S. Citizenship Exam for Intermediate Students. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Molly in this 12-week course that teaches speaking and writing skills on the basis of selected topics of U.S. history and government. Regular attendance is required.

ESL for Intermediate Students. 4:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Juanita's Monday conversational group.

Reston Photographic Society Meeting. 7-9 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston. RPS is a special interest group of the League of Reston Artists and holds meetings on the third Monday of the month, from September–November and January–May. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. www.leagueofrestonartists.org.

TUESDAY/OCT. 21

ESL for Advanced Students. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Bob's Tuesday conversational group.

ESL, Speak and Write for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's weekly class.

WEDNESDAY/OCT. 22

ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Wednesday conversational group. Adults.

ESL for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Susan's Wednesday conversational group.

ESL for Intermediate Students. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Marilyn's Wednesday conversational group.

THURSDAY/OCT. 23

ESL for Advanced Students. 10 a.m. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Thursday conversational group. Adults.

ESL Pronunciation and Speaking for Intermediate Students. 1 p.m. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Sandy's weekly class.

ESL: Grammar and Vocabulary for Intermediate Students. 6:30 p.m. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Paul in this 12-week course. The course teaches the basic rules of English grammar and contains vocabulary building exercises.

FRIDAY/OCT. 24

ESL for Beginners. 10 a.m. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Friday conversational group. Adults

Let's Talk-ESL for Intermediate Students. 11 a.m. 6:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group. Adults.

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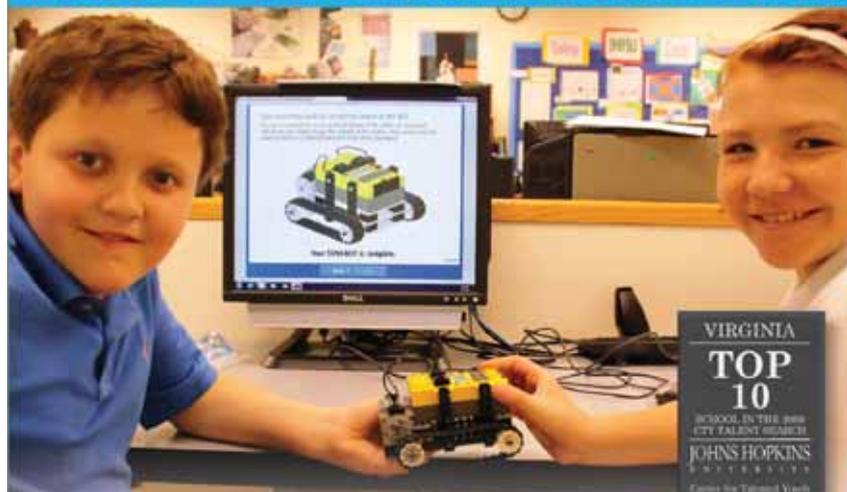
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