

Oak Hill ❖ Herndon
CONNECTION

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NOVEMBER 12-18, 2014

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Free Frozen Yogurt Day

To celebrate their first-year anniversary in business, Crave Frozen Yogurt of Herndon, will offer free cups of frozen yogurt, up to 8 ounces, from noon to 4 p.m. on Saturday, Nov. 15. Everyone is invited to come try out any of the indulgent flavors and countless toppings. In addition, as part of "Giving back to the community" philosophy, Crave Frozen Yogurt will also be giving out coupon booklets and other discounts for future use.

Crave Frozen Yogurt of Herndon is located at 476 Elden St. Herndon, in the Herndon Plaza.

Herndon MOMS Club to Host Thanksgiving Meeting

The MOMS Club of Herndon will host a Thanksgiving themed meeting on Thursday, Nov. 20, 2014 from 10 a.m. – 12 noon at Trinity Presbyterian Church (651 Dranesville Rd., Herndon). All Herndon, VA (zip codes 20170 and 20171) stay at home mothers are encouraged to join for a Thanksgiving story and craft. The Club will also be collecting non-perishable food items to be donated to Piece of the Pie, a local non-profit organization.

For more information or to RSVP contact: Kelly McArter, Membership VP atHerndon_moms_info@yahoo.com.

Executive Director Needed

The Herndon Foundation for the Cultural Arts has launched a search for a qualified professional to fill an immediate need for an Executive Director with a demonstrated record of success in fundraising and management to lead the organization at a time of growth and transition.

The Executive Director is responsible for implementing the strategic plan, raising funds, and directing staff in the administration of programs and operations. The ideal candidate will have five years of experience with fundraising and management responsibility, preferably as a President or Executive Director of a nonprofit or arts organization. This is a part-time position with a salary range up to \$30,000. For more information, visit www.herndonartcenter.org.

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'This One's for the Girls'

Comstock becomes first woman in nearly a decade to join state's Congressional Delegation.

BY VICTORIA ROSS
THE CONNECTION

Virginia Del. Barbara Comstock became part of the Republican tide that ripped control of the Senate away from Democrats last week, helping the GOP secure its largest majority in Congress since World War II.

She scored a resounding 17-point victory over Democratic opponent John Foust to win the seat held by retiring Rep. Frank Wolf (R-10) for more than 30 years. When she goes to Washington in January, she will be the only woman in Virginia's Congressional Delegation in nearly a decade.

Shortly after 10 p.m. on election night, Nov. 4, Republican Del. Barbara Comstock entered the Hilton ballroom in Ashburn to the tune of her favorite song - "This One's for the Girls" sung by Martina McBride.

The sassy, defiant country anthem - which tells girls to "stand your ground when everyone's giving in" - struck the right chord with Comstock's supporters, who chanted and clapped along with the music as Comstock took the stage to deliver her victory speech.

Comstock, 55, was clearly savoring the moment, defeating Democrat John Foust for the Northern Virginia Congressional seat held by retiring Rep. Frank Wolf, Comstock's former boss and longtime political mentor.

Her decisive victory Tuesday ended one of the most contentious, expensive and closely-watched races in the Commonwealth.

When Wolf announced his retirement last December, the news sparked a flurry of speculation about the district's possible political shift, from solid Republican territory to more moderate "swing" district.

Democrats became bullish on the seat that had not been competitive for 30 years, and saw a prime pick-up opportunity.

IN FEBRUARY, The Rothenberg Political Report rated the race as "leans Republican," noting that in recent elections, the district supported both Republicans and Democrats in presidential and gubernatorial races. The Washington Post ranked the seat as "the sixth most likely seat to flip control" in the 2014 election.

But Comstock, according to both GOP and Democratic party insiders, ran an extremely disciplined campaign, and consistently delivered an appealing, moderate message to voters.



PHOTOS BY VICTORIA ROSS/THE CONNECTION



Fairfax County Supervisor John Foust delivered his concession speech around 9 p.m. Tuesday at the Dulles Marriott hotel. He was joined by his wife, Dr. Marilyn Jerome, and two sons.

"It was her race to lose from the start," said one longtime Democratic strategist.

As she addressed her supporters, Comstock thanked Wolf, and said she was "honored to follow in his footsteps."

"We'll take this great Virginia way and bring it to Washington for all of you."

Comstock said. "We know that government closest to the people is the government that works. The one thing I can promise you is that I'm going to work hard to push government down to you guys and gals in the 10th district."

Then she took a final, defiant swipe at Foust.

Republican state Del. Barbara Comstock, who defeated Democratic opponent John Foust by 17 points in a contentious battle to replace retiring U.S. Rep. Frank Wolf in Virginia's 10th district, was joined onstage by her husband, parents and children at her victory party Tuesday night.

"I guess I'm finally getting a real job."

— Barbara Comstock in her victory speech

"I guess I'm finally getting a real job," Comstock quipped, referencing a comment Foust made during a debate about Comstock, a former Congressional aide, opposition researcher and political lobbyist.

During that debate in September, Foust questioned whether Comstock had "even had a real job." He argued his comments were taken out of context, but Comstock's campaign accused Foust of being "sexist," and repeatedly used the line against him in numerous campaign ads and stump speeches.

He later clarified that he was criticizing her career as a partisan operative, casting her as someone who would work in Congress to advance the agenda of the wealthy elite and special interest groups instead of the average constituent.

In his concession speech Tuesday before supporters at the Dulles Marriott, Foust, a Fairfax County Supervisor since 2007, alluded to the personal attacks and rancor that marked the contentious campaign.

"I think about the negative things my opponent said about me and the distortions," Foust said, standing on the stage with his wife, Dr. Marilyn Jerome, and his two sons. "It was hurtful. I think about how I would feel if those things were said about my own father, and I'm sorry I put my sons through this..."

Foust said there were many more substantive issues the candidates "could have talked about," and "so many things that remain to get done in Washington, things that led me to get into this race."

IN HER VICTORY SPEECH, Comstock said she considered "hiring fabulous people" one of her best attributes, and brought her campaign manager - Susan Falconer - onstage to thank her.

"We beat the boys, didn't we?" Comstock said.

After her speech, Comstock left the stage as her theme song played again.

"I think it's really cool that she played 'This One's for the Girls' as she came in and left the stage," said Eve Marie Barner Gleason from Loudoun County. "She has a remarkable ability to build coalitions. I don't know anyone who can call her extreme."



PHOTOS BY RYAN DUNN/THE CONNECTION

ZUMBA instructor Stephanie Baker leads a group exercise at the Herndon Community Center during the Nov. 8 open house. Herndon Community Center offers a number of different health and fitness classes as well as an indoor pool.



PHOTO BY THE HERNDON COMMUNITY CENTER

Herndon Community Television (HCTV) volunteer Blake Rose tapes Taylor Peterson as she conducts an interview at the Herndon Community Center during the Nov. 8 open house. Herndon Community Center is celebrating 35 years of service to the area.

Herndon Community Center Turns 35

Center celebrates anniversary, holds open house.

Herndon Community Center hosted an open house Saturday, Nov. 8. Both the community center and Herndon Parks and Recreation Department welcomed everyone to celebrate the 35th anniversary of Herndon Community Center. “The Herndon Parks and Recreation Department is happy with the turnout of the day’s event,” stated Abby Kimble, marketing specialist for the Herndon Parks and Recreation Department. “It was great to see and meet people new to the Herndon Community Center and to see some of our regular visitors, who joined us for our 35th Anniversary celebration.”

During the event, visitors had the opportunity to see a new inflatable float at the community center pool, participate in a ZUMBA and BODYPUMP class, and learn more about Herndon Community Center facility and programs. Visitors also had the opportunity to help build a paper-mache turkey which will be put on display at the upcoming Turkey Trot 5K race.

Two children who helped with the paper-mache turkey were Evan Cohen and his brother Bryce. “We’ve come here since they were little, we love the Herndon Community Center,” said Herndon resident and mother Laura Cohen. The upcoming Turkey Trot will be held at Herndon Community Center on Nov. 22 and begin at 4 p.m. Long sleeve Sport Trek T-shirts will be guaranteed to the first 900 pre-registered runners. Shirts must be picked up the day of the race.

CAPTURING FOOTAGE of the open house were Herndon Community Television (HCTV) volunteers Blake Rose and Taylor Peterson. “I’ve seen a lot of families, everybody is in a great mood here,” said Peterson. Herndon resident Tanya Phillip brought her daughters to see the paper-mache turkey. “My children use the facility for classes,” said Phillip. “I like the community center, it



Bryce Cohen helps Herndon Community Center employee Trish Wood build a paper-mache turkey during the Nov. 8 open house. The turkey will be on display at the Nov. 22 Turkey Trot 5K.

is affordable and the staff is very professional.”

Also visiting was town manager for the Town of Herndon, Arthur A. Anselene. Anselene has served as town manager since September 2007, prior to this he served the Town of Herndon as director of Parks and Recreation, a position he assumed in 1976. Anselene oversaw the development of a comprehensive parks and recreation system for the town to include a dozen parks, the indoor tennis center at Bready Park and the flagship Herndon Community Center.

In addition to attractions such as an indoor swimming pool, the Herndon Community Center is one of several locations which partners with the Council for the Arts of Herndon for the Arts In Public Places program. This program provides area business with an opportunity to display original art created by local artists. Currently the Herndon Community Center is displaying photographs taken from the town of Herndon and areas neighboring Capitol Hill in Washington, D.C. Many of the works are available for purchase.

Herndon’s Parks and Recreation Department is hosting forums on Nov. 19 and Nov. 20 to find out what residents want from the community center. The first forum will discuss programs and services held by P&R and will be from 7 to 8:30 p.m. on Wednesday, Nov. 19. The second will discuss the Herndon Community Center and its services from 7 to 8:30 p.m. on Nov. 20. They both will be held at the community center at 814 Ferndale Avenue.

The forums will be hosted by a professional moderator so participants feel comfortable talking about what they like, or do not like, about the community center and other P&R services. Free babysitting will be provided for children older than 12 months. To RSVP for the forums or to get more information, email rsvp.pr@herndon-va.gov or call 703-787-7300.

POSSIBLE CHANGES include what the P&R department is calling Phase Five, a 10,000 to 12,000 square foot second story addition to the community center. In the

past, the department has talked about putting fitness equipment up there, but the community center wants to know if there should be additional programs geared towards younger children or the aging population. Herndon Community Center is an award-winning fitness and recreation facility located within Bready Park in the Town of Herndon. Adjacent to the W&OD Trail, the Herndon Community Center is an excellent place to exercise, swim, play tennis, play basketball, play racquetball or take a class. The building is open from early morning to late evening on most days. Mayor Lisa Merkel and Herndon town council members have recognized the benefits of Herndon Community Center. “The Herndon Community Center is a treasured amenity in the heart of town,” said Herndon Mayor Lisa Merkel. “Many people’s first experience with the town is through community center classes, and it is no surprise that the Parks and Recreation staff has received national recognition for their outstanding programs and events.”

- RYAN DUNN



Trick or Treat So Others May Eat

Girl Scout Troop 6747, of Herndon, braved the cold and wind on Nov. 2 to “Trick or Treat So Others May Eat.” The girls wore their Halloween costumes and went door to door collecting can foods that will be donated to the Capital Area Food Bank. The girls had so much fun and although many neighbors were not home...they still collected over 60 canned food items for charity. The troop is working on their Philanthropy Badge. Pictured are Leila Yabut, Amari Moore, Nicole Smith and Johanna Yabut.



PHOTO CONTRIBUTED

In addition to dressing in pink and raising money for research, the event included a mobile mammogram unit, which set up operations in Northwest Federal's parking lot.

Northwest Federal Helps Promote Breast Cancer Awareness

Each October, Northwest Federal Credit Union and Northwest Federal Credit Union Foundation host "NWFCU Pink Day" to rally employees and members around Breast Cancer Awareness.

But this year, the effort got personal.

In addition to dressing in pink and raising money for research, the event included a mobile mammogram unit, which set up operations in Northwest Federal's parking lot. Employees, their family members, board members and nearby tenants were able to have their breast cancer screenings completed onsite throughout the day.

While the number of women

getting mammograms has held steady since 2000, many are still not having the recommended screenings, according to the American Cancer Society. Even among women with health insurance, 29 percent do not get mammograms.

Linda Rogus, executive director of the NWFCU Foundation explained that several members of the NWFCU family are breast cancer survivors, so this event hits close to home. "While it may be an uncomfortable subject for some, mammograms do save lives," she said. "And by adding the mobile unit to this year's event, we are making it more convenient for women to take this important step in early breast cancer detection."



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

Herndon Cadets Participate in GWU Event

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

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

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

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

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OPINION

Thanksgiving Help for Those in Need

Roll up those sleeves and help.

This week is the week to jump in to help the many organizations that will help needy families through the holidays. Here are a few ideas of how to help, but the opportunities are limitless.

More than 236,000 people living in the area do not have access to enough food to sustain an active, healthy life for all members of their households, according to Catholic Charities. That is to say, more than a quarter of a million people, including many children, go hungry on a regular basis.

Catholic Charities is launching a new food distribution project, the St. Lucy Project, designed to respond to food insecurity in the diocese. "The reality in Northern Virginia is that thousands of our neighbors suffer from gripping poverty and hunger," said Bishop Paul S. Loverde of the Catholic Diocese of Arlington. "Pope Francis has consistently called us to be a 'church of the poor

and for the poor.'" The project will provide food in Alexandria and other parts of Northern Virginia. See www.ceda.net for more.

Our Daily Bread will help 2,000 people for Thanksgiving and through the holidays. They need help. Sign up to deliver a meal, adopt a family or just donate. <https://www.odbfairfax.org/Thanksgiving>

United Community Ministries is seeking donations to its food pantry, donations to help prevent homelessness for 300 families on the brink, plus children's books and toys. <http://www.ucmagency.org/how-to-help.html>

Northern Virginia Family Services needs help with Operation Turkey, for 800 families. Food, money and volunteers needed. <http://www.nvfs.org/>

The Arlington Food Assistance Center is facing record demand, helping more than 8,000 people, and poised to go far above its annual budget. Find out more and donate <http://www.afac.org/>

Cornerstones' annual Thanksgiving Basket Food Drive will help nearly 1,000 families this season. 571-323-9555, www.cornerstonesva.org.

SHARE of McLean seeks donations of gro-

cery gift cards and more. Checks and gift cards can be sent to: Holiday Celebration, Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. www.SHAREofMcLean.org

LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. On Nov. 15, LINK will distribute food, gently used winter coats/clothing and grocery gift cards to more than 800 families. 703-437-1776 www.linkagainsthunger.org

FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetscares.org. Information about supply donations and FACETS holiday gifts drive is available on the website at www.facetscares.org.

You can find a list of local Fairfax nonprofits here: <http://www.connectionnewspapers.com/news/2014/aug/27/newcomers-guide-area-nonprofits/>

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

Resources and Support for the Caregiver

BY JOHN C. COOK
SUPERVISOR (R-BRADDOCK
DISTRICT)



COMMENTARY

If you have ever been in the position of providing ongoing, long-term care for a loved one, you are very familiar with the sacrifices involved. You should also know that you are not alone. Whether it is a result of illness, disability, or injury, 39 percent of all adult Americans are caring for an older loved one - an increase from 30 percent in 2010.

Most older-adults would prefer to age in place. We know this to be true, and it makes sense. It's a more comfortable, familiar environment. However, it does come with its own stressors and challenges as 80 percent of the care for the elderly is provided by family, friends and

neighbors. Every November we take time to recognize Caregiver Appreciation Month. It is a time to acknowledge and appreciate all those around us who go the extra mile to take care of others.

If you are a caregiver, know that Fairfax County has support services that can help as you continue on the caregiving journey. The Long Term Coordinating Care Council is a wonderful resource to start. You can visit the website at <http://www.fairfaxcounty.gov/hd/lccc/>. Another option, a phone line, 703-324-7948, is the Services for Older Adults. There you will reach social workers that can help you navigate

through the myriad of resources available. The Fairfax County 50+ initiative is also looking to help develop additional services and resources for caregivers. Please contact my office to learn more about the progress of these programs. You may also consider reaching out to ElderLink, a nonprofit organization created by a partnership of the Fairfax Area Agency on Aging, the Inova Health System, and the Alzheimer's Association, that seeks to provide affordable care management services to older adults. They can be reached at 703-324-7948. Another helpful resource is the Caregiver Action Network website. It offers a variety of tips and tools - <http://www.caregiveraction.org/resources/toolbox/>.

I also hope that my show this

month on Fairfax County Channel 16, which features several personal caregivers, will help those who find themselves in the position of providing care. The show airs throughout the month and can be seen Sundays at 5 p.m., Wednesdays at 7 p.m. and Fridays at 5 p.m.

It is very important to remember that you must take care of yourself first in order to provide the best level of care to your patient or loved one. It is very easy to become consumed with trying to finish all tasks only to find that many more are waiting. Develop a support network. Find respite and relaxation for yourself. If you are not a caregiver today, you may become one. So reach out to help if you can. By working together, we can build communities ready to serve our neighbors.

LETTERS TO THE EDITOR

Kudos for Supervisors

To the Editor:

This week's story "Board Approves Bicycle Master Plan" (Oct. 29), discussed a major update to the county's transportation planning. Although the county did not list climate change as one of the major factors in its decision, this plan will help county travelers reduce their carbon footprint. That is an important benefit to everyone in the county, regardless of whether they commute by bicycle.

Climate change causes increased respiratory conditions, and these diseases are likely to get worse as the climate gets hotter. As a veteran of the health care industry, I care about these illnesses and the costs associated with them. Many legislative bodies are coming to the same conclusion. For example, the board's decision puts it in line with that of the U.S. Catholic bishops, who recently voted to support limits on carbon pollution such as those in the EPA's Clean Power Plan. Regardless of what faith we come from or how we get to work, these decisions put everyone at less

risk for health conditions associated with climate change. Kudos to the board for its wise decision.

Eileen Erbengi
Falls Church

Preserving the Planet

To the Editor:

Tuesday's win for the Republicans presents us with an opportunity for soul-searching. Many conservative Americans accept the science on climate change. However, many of the Republicans we

elected to represent us in Congress aren't in line with the most basic of conservative impulses: conserving the planet that we live on. In fact, many of the Republicans we elected have established sad track records of letting climate change continue unabated. As a mother and a person of faith, I hope that conservative leaders will take a page from the U.S. Catholic Bishops, who support limits on carbon pollution. It's time for our representatives to represent conservative values at their best.

Irene Sayne
Falls Church

Oak Hill & Herndon CONNECTION

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Victoria Ross
County Reporter ♦ 301-502-6027
vross@connectionnewspapers.com

Ryan Dunn
Contributing Writer

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



Community Gardens for Herndon

County will hold public meeting for possible garden plots.

BY REENA SINGH
THE CONNECTION

Barbara Welsh wants to see a community garden in Herndon. The Herndon Environmental Network (HEN) vice president has been working for the past two years to allow community garden plots in town. County Park Authority will hold a meeting on Dec. 1 to find out if the rest of the community does, too.

The meeting, held at Herndon Middle School, will determine if a 30-plot area could be made at Bruin Park.

"When I moved here, I saw the gardens in Reston and wondered why we didn't have any here," said Walsh.

She said the town council was supportive last year when HEN requested to have the plots in Shannon Park. However, many council members suggested that the plots be put into Bruin Park instead.

"My understanding is that this park is somewhat underutilized," she said.

According to a mock-up of the plan by

Herndon Environmental Network Vice President Barbara Walsh wants to see a community garden in Herndon.



PHOTO BY REENA SINGH/THE CONNECTION

FCPA, the \$40,000 plot adjacent to the tennis court would be paid and taken care of by HEN.

"The goal of the master plan revision will allow them to designate an area where it would be located," said FCPA Senior Park Planner Pat Rosend. "They would manage that area, including allocating the lots and doing the groundwork."

She said the meeting will determine whether the rest of Herndon has the same interest as HEN does to have the community plots in Bruin Park.

"We'll have a presentation about the cur-

rent revisions and how the master plan works," she said.

A comment period will happen after that presentation, giving neighbors and local businesses the opportunity to weigh in.

FCPA Public Information Officer said Rosend will take a recommendation to the FCPA board for action after the 30 day comment period is over.

Walsh believes most of the neighbors surrounding the park are okay with the plans. She has been meeting with Waterford Homeowners Association to make sure there were no objections.

"They were actually interested in getting a plot or two specifically for them, which would be great, because they'd have more of a vested interest," she said.

She said the only worries were that the park could be targeted for vandalism and theft because there would be more traffic coming through the area. Some were also concerned that it would make the park look untidy, but Walsh said that HEN may plant bushes or trees around the area to partially conceal the plots.

Additionally, she said HEN received 100 signatures on a petition to show support of the plots on what she called a "slow day" at the farmers market.

Once the comment period is over, HEN hopes to get funding to move water lines and start tilling the ground. She hopes to find volunteers or local boy scouts working on their eagle scout badge to help with the physical work and keeping the area tidy.

"I've got a good feeling about this," she said.

She hopes that, if the process goes smoothly, the plots could be ready by March.

"That would strongly depend on funding, however," she said.

The meeting will be at 7 p.m. on Dec. 1 at Herndon Middle School. For more information, visit <http://www.fairfaxcounty.gov/parks/press/html/pr078-14.htm>.

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

September, 2014 Top Sales in Reston, Oak Hill and Herndon

1 11729 Shaker Knolls Court, Herndon — \$1,555,843



2 12315 Westwood Hills Drive, Herndon — \$1,250,000



3 1334 Dasher Lane, Reston — \$980,000

4 3282 Willow Glen Drive, Herndon — \$950,000



5 12020 Creekbend Drive, Reston — \$935,000



6 12691 Autumn Crest Drive, Oak Hill — \$925,000



Address	BR	FB	HB	...	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 11729 SHAKER KNOLLS CT	5	..	3	..	1	HERNDON	\$1,555,843	Detached	0.89	20170	SHAKER KNOLLS	09/29/14
2 12315 WESTWOOD HILLS DR	5	..	5	..	1	HERNDON	\$1,250,000	Detached	1.35	20171	RESERVE AT OAKTON	09/11/14
3 1334 DASHER LN	5	..	4	..	1	RESTON	\$980,000	Detached	0.43	20190	HUNT AT LAKE FAIRFAX	09/09/14
4 3282 WILLOW GLEN DR	5	..	4	..	1	HERNDON	\$950,000	Detached	0.23	20171	STILL OAKS	09/25/14
5 12020 CREEKBEND DR	4	..	3	..	1	RESTON	\$935,000	Detached	0.38	20194	RESTON	09/11/14
6 12691 AUTUMN CREST DR	5	..	5	..	1	OAK HILL	\$925,000	Detached	0.26	20171	OAKTON RIDGE	09/24/14
7 11939 RIDERS LN	4	..	3	..	2	RESTON	\$878,000	Detached	1.08	20191	FOX MILL WOODS	09/04/14
8 2872 FRANKLIN OAKS DR	5	..	4	..	1	OAK HILL	\$846,000	Detached	0.32	20171	FRANKLIN WOODS	09/04/14
9 11690 GILMAN LN	4	..	2	..	2	HERNDON	\$802,000	Detached	0.68	20170	SHAKER WOODS	09/02/14
10 11990 MARKET ST #301	2	..	2	..	0	RESTON	\$755,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	09/25/14

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McLean Location for 2015 DC Design House

House will benefit Children's National Health System.

BY MARILYN CAMPBELL
THE CONNECTION

The new country estate at 956 Mackall Farm Lane in McLean will be the location for the 8th annual DC Design House, a project that raises money to benefit Children's National Health System. The 2015 DC Design House will be held from April 11 to May 10.

"We're excited to have found such a wonderful location and partner for the 2015 DC Design House," said Skip Singleton, co-founder of the DC Design House. "The new home by Artisan Builders is a charming old farmhouse-style home in McLean, our first venture into Virginia, with many rooms for our team of designers to decorate."

Built by Artisan Builders and designed by Harrison Design, the 8,869-square-foot home replicates an old American farmhouse. The home is reminiscent of a Virginia countryside home, but offers modern amenities. The interior floor plan is an L shape, which was popular among early farmers because of the ease and efficiency of adding future rooms.

"My partners and I are truly thrilled that Artisan Builders' new old farmhouse in McLean, Va., has been selected as the 2015 DC Design House," said Stephen Yeonas of Artisan Builders. "Our entire team is committed to making the event the best ever, while helping a great cause, Children's National



A country estate in McLean is the 2015 location for the DC Design House.

PHOTO COURTESY OF THE 2015 DC DESIGN HOUSE

"We're excited to have found such a wonderful location and partner for the 2015 DC Design House. The new home by Artisan Builders is a charming old farmhouse-style home in McLean, our first venture into Virginia, with many rooms for our team of designers to decorate."

— Skip Singleton, cofounder of the DC Design House.

Health System."

THIS MODERN FARMHOUSE offers light-filled interior rooms that blend old elements, such as reclaimed wood and antiques, with new features, including top-of-the-line kitchen appliances.

A gallery finished with stone from an old Virginia farmhouse and a library paneled in quarter-sawn oak are among the vintage touches. The exterior features covered porches, antique style lighting, and natural stone in a ran-

dom, hand-cut pattern. Landscape design is by Fine Landscapes and sales by Yeonas & Shafran Real Estate.

Some of the area's top designers previewed more than 20 rooms in the three-level home, which includes first floor formal and family foyers, dining and living rooms, library, kitchen, breakfast room, family room, mudroom and front and rear covered porches. Among the rooms on the upper level are a master suite with reading nook and three secondary suites, while

the lower level offers a bistro and bar, media and game rooms, and an additional bedroom and bath.

"We'll be announcing designers by the end of November," said Susan Hayes Long, chair of the DC Design House, "and we're sure the 8th annual DC Design House will continue our tradition of exceptionally innovative designs and inspiration, all while raising money for our beneficiary: Children's National Health System." The interior designers create presentation boards, which show how they would design the home. Volunteer staff choose the designers who will donate their time and talent to transform the house into a showcase home.

The DC Design House began in 2008 as an event for the DC Metro area in which top area designers showcased their talents in a "flowing design home" to raise funds for a local charity. What began as a single event goal to raise funds for Children's National Health System, formerly Children's National Medical Center, has developed into an annual residential design attraction and fundraiser.

The **Kingstowne Center for Active Adults** in Alexandria needs a Van Driver to take participants on outings and an ESL Teacher. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers in Chantilly, Clifton, McLean and Falls Church on Monday, Wednesday and Friday. Substitute drivers needed throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Wakefield Senior Center** in **Annandale** needs a Chair Exercise Instructor, Spanish-speaking interpreters, an Experienced Canasta Player to teach participants, and certified instructors for classes in Ballroom Dance and Pilates. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Annandale Adult Day Health Care Center** in Annandale needs Spanish-speaking social companions and a licensed hair stylist to wash, cut and style hair for participants. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in **Alexandria** needs a DJ to provide a wide array of music from ballroom to line dancing, a Ballroom Dance Instructor and a volunteer with basic carpentry skills to build a "Little Free Library," for people to donate and borrow books from. Center will provide plans and materials. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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CALENDAR

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

WEDNESDAY/NOV12-SATURDAY/NOV15

World of Color Expo 2014. 9 a.m. - 6 p.m. Hilton Washington Dulles Hotel, 13869 Park Center Road, Herndon. Registration is required to take classes. No prior painting experience necessary. For more information call 703-754-3191.

WEDNESDAY/NOV. 12

Design & Wine: Sketching with Martin Steinhobel. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Discover your inner artist and learn to sketch a little. This lighthearted session will provide you with few basic tips and techniques that make sketching fun and approachable. A \$30 fee covers all supplies and two glasses of wine. Registration is required with payment in advance. To register go to www.artspaceherndon.org.

FRIDAY/NOV. 14

Senior Tea. 1-2pm. ArtSpace Herndon, 750 Center Street, Herndon. Each month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. All teas are free and open to the public. For more information visit www.artspaceherndon.org or call 703-956-6590.

The Closet's "Everything Christmas Sale." 4-7 p.m. Find everything Christmas related, from artificial trees and nativities to Christmas cookie cutters and tins,



Visit the exhibit, "Rumors of Another World," by artist Celeste Friesen at the JoAnne Rose Gallery, Lake Anne Plaza, Reston. Free flowing paint and mixed media create unusual abstract patterns and colors in these paintings. On display until Nov. 30.

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

Presbybop Jazz Concert and Foodraiser. 7:30 p.m. Trinity Presbyterian Church, 651 Dranesville Road, Herndon. Come and enjoy an evening of jazz music with nationally-known jazz artists of "Presbybop." Admission is free, but a

love offering will be taken up to defray expenses for the band's tour, and, in the spirit of the Thanksgiving season, we are inviting those who come to bring canned or non-perishable food for the LINK Thanksgiving food drive.

SATURDAY/NOV15-SATURDAY/JAN.3

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

SEE CALENDAR, PAGE 11

Exceptional Schools for Exceptional Students School Fair

Showcasing the many wonderful school choices available to families of children with learning differences. Find out about individualized programs that will help your child thrive both academically and socially.

Sunday, November 16, 2014 • 11:00am-1:00pm

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For more information, please contact:

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

NOVEMBER

Publishing

HomeLifeStyle..... 11/12/14

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

A+ 11/25/14

Thanksgiving is November 27.

DECEMBER

Wellbeing.....12/3/14

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

Hanukkah begins December 16.

★Holiday Entertainment & Gift Guide II..12/16/14

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CHILDREN'S CONNECTION..... 12/24/14

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

CALENDAR

FROM PAGE 10

SATURDAY/NOV. 15

Herndon Has Talent. 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Herndon Has Talent will showcase five performing artists. This event is free and open to the public. For more information go to www.artspaceherndon.org or call 703-956-6590.

The Closet's "Everything Christmas Sale." 9 a.m. - 12:30 p.m. Find everything Christmas related, from artificial trees and nativities to Christmas cookie cutters and tins, plus some Hanukkah items, at The Closet's "Everything Christmas Sale." The First Baptist Church of Herndon, 681 Elden Street, Herndon. Santa plans to come to the sale on Saturday, so bring your cameras. Net proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students. For more information on The Closet, see www.theclosetofgreaterherndon.org.

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

Fall Book Sale. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Peruse and shop a selection of gently-used books for sale by The Friends of the Herndon Fortnightly Library. All ages.

SUNDAY/NOV. 16

Reston Orchestra's Season



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

Opening Concert "West Comes East." 4 p.m. Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. The orchestra captures the mood of the old west with the theme from "The Magnificent Seven" by Elmer Bernstein, familiar selections from "Oklahoma" by Richard Rodgers, excerpts from "Rodeo" by Aaron Copland, and "Colorado Vistas," written American composer, Jim Beckel. Admission is free, but bring non-perishable goods to support Reston's annual Thanksgiving food drive. For more information, call 574-449-7095 or visit RestonCommunityOrchestra.org

MONDAY/NOV. 17

Wonderful Ones. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Spreading kindness and caring stories, songs and rhymes. Ages 12-23 months with adult.

Rock n' Roll. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Experience the developmental benefits of music through singing and dancing in a sensory-rich environment while using age-appropriate instruments, such as shakers and hand-bells.

TUESDAY/NOV. 18

April Mae & The June Bugs. 7:15 p.m. Amphora Diner Deluxe, 1151 Elden St., Herndon. April Mae & The June Bugs play Americana under the influence of jump blues, swing and boogie. Doors open at 6 p.m. The Folk Club of Reston-Herndon. \$11/\$10 members. 703.435.2402 or jamesue@aol.com or restonherndonfolkclub.com.

Director's Choice Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sam Clay, Director of Fairfax County Public Library, leads a monthly book

discussion. The title this month is David and Goliath: Underdogs, Misfits, and the Art of Battling Giants by Malcolm Gladwell.

Read to the Dog. 7, 7:15, 7:30, 7:45 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring your own book or choose a book from the library. Call or sign up online for a 15-minute session. Ages 5-11.

THURSDAY/NOV. 20

Toddler Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for stories, songs and finger-plays. Age 2 with adult.

Kids' Graphic Novel Book Club. 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for discussions of the best in graphic novels. This month's title is "The Discovery of America" by Geronimo Stilton. Books are available for checkout at the Children's desk. Ages 8-10.

FRIDAY/NOV. 21

Thanksgiving Centerpieces. 7-8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Make a beautiful centerpiece with native plant materials and some simple napkin rings for your Thanksgiving table. Enjoy music, mulled cider and seasonal treats as we work. All supplies provided. When making reservations, include the number of people and how many centerpieces you wish to make. Reservations required by Nov. 18. Fee: \$20/centerpiece RA members \$25/centerpiece Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Great Decisions Series. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A roundtable discussion about the U.S. foreign policy process. November's

topic is U.S. Trade Policy. Discussion materials will be available two weeks before the event.

SATURDAY/NOV. 22

Turkey Trot 5K. 1:30 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. The race will begin at 4 p.m. but registration begins at 1:30 p.m. Online registration is recommended. \$20-\$25. herndon.va.gov.

MONDAY/NOV. 24

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Reading and singing about sharing and caring with family and friends. Age 2 with adult.

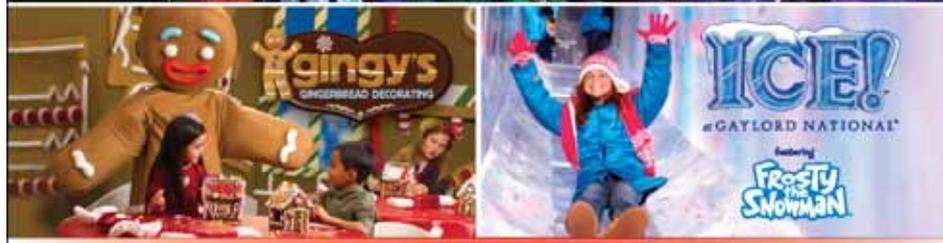
FRIDAY/NOV. 28

The Thanksgiving Story. 11 a.m. Frying Pan Farm Park, 2309 West Ox Road, Herndon. Bring the family and holiday guests to this lively and interactive retelling of the Thanksgiving Story. Glemania's Sue Cournoyer entertains and informs while engaging everyone. After the show, stroll the park and visit our animals or take a ride on our carousel or wagon rides. Admission: \$5 per person.

Gingerbread Man Mile (for kids!). 8 a.m. Reston Town Center, 11900 Market Street, Reston. Run Run as fast as you can and CATCH the Gingerbread man! Free registration, but donations benefit Neediest Kids. Registration and information at www.prraces.com/gingerbread/.

SATURDAY/NOV. 29

Turkey Trail. 11 a.m. - Noon. Walker Nature Center, 11450 Glade Drive, Reston. Sharpen your skills of logic as you follow the clues left from a "wild" turkey to see where they lead you. Discover more about these fascinating birds. All ages.



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SPORTS



Sofia Palacios and the Herndon field hockey team lost to Fairfax in the 6A North region semifinals on Nov. 4.



Taylor Stone and the Herndon field hockey team finished the season with a 19-3 record, including the program's first conference/district title since 1979.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Herndon Field Hockey Falls One Win Shy of States

Hornets lose again to Fairfax in region semifinals.

BY JON ROETMAN
THE CONNECTION

When Herndon's Jamie Wright tied the score with a goal in the second half of a Nov. 4 regional semifinal field hockey game, Fairfax forward Charlotte Duke recalled a memory from last season, when the Rebels squandered a lead against Westfield in the region final and lost in overtime.

"I knew," Duke said, "that we had to step

it up ..."

While Duke had a flashback, Fairfax captain Meg Robertson's mood soured.

"I was mad," Robertson said. "They scored and I was like, I want this back. We're not tying this game, we're not losing it."

Luckily for the Fairfax senior duo, neither had to suffer through extended unpleasantness.

Twenty-two seconds after Wright's goal tied the score at 1-all, Robertson put the ball in the back of the cage, scoring what proved to be the game-winning goal and the Rebels defeated Herndon 2-1 at Fairfax High School. It was the second consecutive year the Rebels knocked the Hornets out in the region semifinals.

Fairfax went on to defeat Chantilly in the region championship game on Nov. 6.

"We wanted this," Robertson said. "Once they scored, we were like, this isn't happening. We're coming back."

The Rebels and Hornets were locked in a scoreless tie until the final minute of the opening half, when Fairfax senior Olivia Cummings scored with an assist from Emily Deivert with 19 seconds remaining until halftime.

Clinging to a 1-0 lead in the second half, Fairfax surrendered the tying goal to Wright during a penalty corner with 20:31 remaining. Moments later, Robertson scored the game-winner.

"I think they felt that we deserved to win and we deserved to be here," Fairfax head coach Amber Beaudoin said about the Rebels. "Meg really is the emotional heart of our team and it was fitting that it was

her [that scored the game-winner]."

Other than Wright's goal, Fairfax shut down a Herndon team with offensive standouts Sofia Palacios, a Penn commit, Taylor Stone, a Louisville commit, and Sammy Stone, a sophomore. Five days earlier, the Hornets scored eight goals during a regional quarterfinal victory over South County. "What we've been preaching pretty much all year is it takes a team to win a regional crown, it's not about individual players," Beaudoin said. "They have several very good players, but I felt like the advantage for Fairfax was that we have 11 players." Herndon finished with a 19-3 record. The Hornets won the program's first Conference 5/district title since 1979.

"We put everything out on that field," Taylor Stone said.

Oakton Girls' XC Wins 6A North Region Title

Cougar girls, boys to compete at state meet Nov. 15.

BY JON ROETMAN
THE CONNECTION

The Oakton girls' cross country team earned the opportunity to defend its state championship.

The Cougars, who won the 6A state title in 2013, captured the 6A North region championship on Nov. 5 at Burke Lake Park, securing a trip back to the state meet. The 6A girls' race is scheduled for 1 p.m. on Saturday, Nov. 15 at Great Meadow.

Oakton returns four of its top five harriers from the team that won states in convincing fashion last year — senior Allie Klimkiewicz, sophomore Casey Kendall, sophomore Leya Salis and senior Kara Kendall. Klimkiewicz finished runner-up at the region meet on Nov. 5 with a time of 17 minutes, 30 seconds.



Oakton's Allie Klimkiewicz placed runner-up at the 6A North region meet on Nov. 5.

Casey Kendall placed sixth (17:45), Salis took eighth (17:51) and Kara Kendall finished 52nd (19:14).

While the Cougars have experience, some new faces helped Oakton win the region title. Freshman Kira Buttrey was Oakton's No. 4 runner, finishing 18th with a time of 18:28. Junior Jill Bracaglia was the Cou-

gars' No. 5, coming in 26th with a time of 18:38.

Oakton sophomore Thi Nguyen finished 45th (19:07). Even with her top three harriers back, head coach Alisa Byers isn't taking anything for granted. "Every state meet is different," she said. "Experience-wise, we are still kind of young." Oakton won a

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Oakton's Isaac Mills finished 13th at the 6A North region meet on Nov. 5.

tightly-contested battle with Madison to take the region championship. The Cougars finished with a score of 58, and the Warhawks, who also qualified for states, were runner-up with a total of 67. Each team's top four produced a score of 34, but Oakton's Bracaglia finished nine points better than Madison's No. 5.

"It was big in the sense that she was the best fifth runner on the day," Byers said. "She's been a consistent performer for us. ... [Bracaglia is] one of our captains and she's a great leader."

The Oakton boys' team also qualified for the state meet, placing second at regionals. The Cougars posted a score of 86, finishing behind champion Lake Braddock (37). Simon Iyob was Oakton's top finisher, placing 12th (15:31). Isaac Miles placed 13th (15:31), AJ Woodhouse was 19th (15:44), Chris Holland finished 22nd (15:48) and Phillip Hrinko took 30th (15:58). "They performed really well," Byers said. "We knew that at the conference meet, we hadn't performed our best. We went back and evaluated what we could do."

ArtSpace Herndon Displays 'Skies' Exhibit

Painting exhibit on display until Nov. 30.

BY RYAN DUNN
THE CONNECTION

Herndon's community art gallery ArtSpace Herndon opened a new painting exhibit to the public in November. The exhibit "Skies" by artist Bobbi Pratte is a collection of landscapes, painted in locations across the United States and Europe, with focus on the sky.

The exhibit will be on display at ArtSpace Herndon until Nov. 30. Many of the paintings are available for purchase.

An art reception open to the public was held the evening of Saturday, Nov. 8 at ArtSpace. The gallery was filled with friends and students of Pratte. Performing on the guitar were Mike and Dave Gassmann of the Gassmann Jazz Duo. The art exhibit is Bobbi Pratte's first solo show at ArtSpace



Artist Bobbi Pratte near one of her paintings which is on display until Nov. 30 at ArtSpace Herndon.

PHOTO BY
RYAN DUNN/
THE CONNECTION

Herndon.

President of the Herndon Foundation for the Cultural Arts Harlon Reece welcomed everyone attending the event. Bobbi Pratte took the opportunity to thank all her friends and students for attending the evening reception, and

thanked her husband for putting together the frames for her paintings. The series is inspired by the famous British landscape painter John Constable.

Pratte has a description for each painting noting the location's time, place, and weather conditions.

Many were painted entirely on location, and some were started *en plein air* (in the open air) and completed in the studio. "Skies" shows 44 paintings, the majority of which are oil, with some works on paper as well.

"I love Bobbi and the work she

does, she is a great teacher and she has some very loyal students," said Doriann Fengler. Pratte has over 40 years of teaching experience in the arts. She has taught at NVCC, Montgomery College, The Corcoran School of Art, and Falls Church Arts, as well as guest lecturing at institutions and art organizations. She currently teaches landscape painting and iPad workshops for artists at the ArtLeague School in Alexandria. "I like the variety, you can see a difference in the colors," said Peggy Lindsey, a resident of Alexandria.

The show is a travelogue, inspired by skies all over the world.

Upcoming events at ArtSpace Herndon include the Herndon Has Talent on Saturday, Nov. 15, at 7:30 p.m. showcasing local singers, poets, and musicians. Continuing events include the Design and Wine art sessions led by guest artists in the Post Gallery at ArtSpace Herndon. On Wednesday, Dec. 31, ArtSpace Herndon will host Herndon's traditional New Year's Eve celebration. ArtSpace Herndon is located at 750 Center Street, Herndon.



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Excuse Me



By KENNETH B. LOURIE

Early on during my indoctrination/assimilation into the cancer-patient world in which I now reside, I remember asking a fellow cancer patient/friend if I could use cancer as an excuse for whatever it was needed excusing (directly or indirectly related), and she said: absolutely, "blame the cancer." Years later, after a chemotherapy infusion, I saw my oncologist walking through the Infusion Center and asked him if my thinning hair might be a result of this most recent chemotherapy drug (not all chemotherapy results in hair loss). His response was similar to what my friend had advised me in 2009. He said: "You can blame me," (which of course, I understood to mean, cancer/the treatment of cancer) "for anything."

Now, I have to tell you, having such an acceptable, ready-made, beyond-reproach kind of excuse such as cancer as the reason for anything you want to do/don't want to do/can't do, etc., is incredibly tempting. It's almost like having a super power, a power which cannot be questioned or compromised in any way. And quite frankly, conjures a wide range of emotions/reactions; from one perspective, it places the cancer patient in a position of strength, and on the other, creates a kind dependence that is hard to resist. My fear has always been that relying on cancer too much as an excuse somehow weakens the immune system and so I have been hesitant to use its power. Can you say slippery slope?

As an example: if "the dog ate my homework" became an acceptable excuse, one would use it as such until it no longer passed muster; and as we all know, eventually it doesn't pass anything. However, cancer as an excuse – in my experience, will always pass muster and then some. Moreover, the seriousness of it will likely prevent the patient from ever having to answer any show-proof type questions: "Show me your port." "Name your most recent chemotherapy cocktail." "How long does a typical infusion last?" As a consequence, the potential for use and abuse is almost overwhelming.

Nevertheless, in spite of the temptation, I have rarely used my disease as an excuse for anything, other than when it was obvious by my appearance – during heavy duty chemotherapy – that I was unavailable, shall we say. It always felt as if I might be manipulating situations if I were to start using "cancer" as an excuse; as believable and understandable an excuse as it was/is. It's so easy. So unquestioned. No one is going to ask: "Really?" "Are you throwing up that much?" "Are you sure you can't get out of bed?" Besides, I haven't wanted to give in to my cancer whereby it begins to control my life more than the regular medical appointments, lab work, diagnostic scans, infusions and the 40+ pills I ingest and restricted diet already do. I've wanted to maintain some control and try not to become a victim of my own circumstances. Easier said than done, I assure you.

But I have persevered and survived five years and nearly nine months. Through a combination of good genes, a healthier lifestyle and diet, a variety of non-traditional alternatives/supplements and a bit of blind luck, not to mention a super-positive attitude which I inherited from my father, life goes on. However, if anything goes wrong, I know who/what to blame: "cancer." It wasn't anything I said or did. In a way, there's comfort in having such a good excuse. Unfortunate, certainly, but very convenient.

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

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

WEDNESDAY/NOV. 12

League of Women Voters of Reston Presents A "Primer" on Human Trafficking. 7:30-9 p.m. Reston Art Gallery at Heron House, Lake Anne Plaza. What is it? Where is it? How widespread is it? What is being done about it? What can you do? Free and open to the public. For more information, call 703-757-5893.

FRIDAY/NOV. 14

Genealogy Help Desk. 2 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Bring your family history stumbers to the experts. Accomplished genealogists and library staff will be on hand to assist you. Ask at the Virginia Room desk or call 703-293-6227. Adult, teen.

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

SATURDAY/NOV. 15.

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

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

MONDAY/NOV. 17

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

ESL Conversation and Pronunciation for Intermediate Students. 1 p.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! Adults.

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

TUESDAY/NOV. 18

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

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

WEDNESDAY/NOV. 19

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. 2 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.

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