

Oak Hill ♦ Herndon
CONNECTION

Comic and
Heartfelt

NEWS, PAGE 5

Herndon's First
Craft Beer Brewery
Set to Open

NEWS, PAGE 2

Kyle Nielsen (the tallest one) with his Herndon High Certamen team right after receiving first place medals and Virginia's first National Certamen championship in five years.

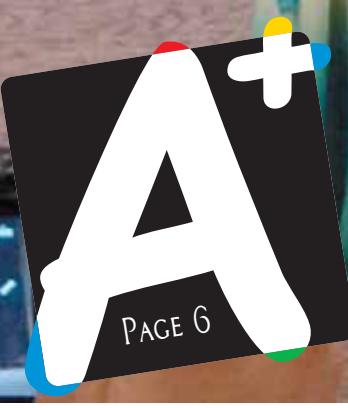
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 10



Herndon's National Champions

NEWS, PAGE 3

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SEPTEMBER 16-22, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

NEWS

Herndon's First Craft Beer Brewery Set to Open

**Nanobrewery
opens on Sept. 19.**

By RYAN DUNN
THE CONNECTION

On Sept. 19, Aslin Beer will open at 257 Sunset Park Drive, Herndon, and will be Herndon's first small-batch brewery or nanobrewery. The brewhouse neighbors Reston. "The location is the best of both worlds, it made sense," said co-founder Andrew Kelley. Equipment for the brewery arrived in July, and the microbrewery owners have been setting up their operation. One would not guess the site was a former sports complex.

"We are going to open with flagship beers, and will then begin to open some experimental beers. We will focus on what we know and do well," said Kelley. The owners say the 2,250-square-foot location is an ideal location for private parties. They hope to partner with the neighboring Sunset Park NextStop Theatre for special events. Aslin Beer has also connected with local businesses including Green Lizard Cycling. The Town of Herndon has welcomed the new enterprise.

The family owned business will not dis-



Co-owners of Aslin Beer: Richard Thompson, Andrew Kelley, and Kai Leszkowicz at 257 Sunset Park Drive in the Town of Herndon. Aslin Beer, Herndon's first small-batch brewery or nanobrewery, will open Sept. 19.

tribute their beers to stores for the first year, but rather encourage everyone to visit the microbrewery. The brewhouse will have 28 seats with standing room. The family will start out serving six beers on tap, said Kelley: an IPA, Double IPA, Imperial Stout, Lime Kolsch, Rye Ale, Saison, Black IPA. Kelly describes the Lime Kolsch as similar

to a lager with a refreshing mix. Co-founder Kai Leszkowicz notes some of their IPAs or Indian Pale Ales will be based on a New England style.

Co-owner Richard Thompson looks forward to opening the site. "I think this is a great location. People here are interested in new experiences, and craft beer is a new

Hours

The Aslin brewhouse normal hours will be 3 to 9 p.m. Wednesdays and Thursdays, 3 to 10 p.m. Fridays, 11 a.m. to 10 p.m. Saturdays, noon to 6 p.m. on Sundays. Aslin Beer will be closed Mondays and Tuesdays.

experience," said Thompson. The microbrewery will be an experience different from a bar, and will have access to the W&OD bike trail. Thompson and the co-owners of Aslin agree local brewers have encouraged their project. "The great thing about the craft beer community is people are so giving in this community," said Thompson. Thompson will help run day-to-day activities at the brewery.

Aslin Beer will be one of several new Fairfax County microbreweries. Loudoun County already hosts several craft beer breweries, including Old Ox Brewery and Lost Rhino Brewing Company. Earlier this year Caboose Brewing Company opened in Vienna, and Reston residents Melissa and Jason Romano purchased a retail space at 11424 Washington Plaza, where they will open Lake Anne Brew House, a nanobrewery. Thirst for local beer and new regulatory attitudes towards brewing have encouraged entrepreneurs to begin craft beer operations across the country. Nanobrewing gives homebrewers an opportunity to enter the commercial market.

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"My three amazing businesswomen," according to Latin teacher Emily Anne Lewis. (Left to right) Angie Ngo, Mary Ogborn and Christina Ngo selling shirts at the NJCL Bazaar.



PHOTOS CONTRIBUTED

The eight Herndon High School students at the National Junior Classical League Convention - rear: Kyle Nielsen, Charlie Shen; middle row: Mary Ogborn, Christina Ngo, teacher Emily Lewis, Angie Ngo, Dora Drezga; front: Grace Bailey

Herndon's National Champions

Herndon High Latin's Certamen team wins National Championship.

Eight Herndon High School Latin students won the National Certamen championship in the National Junior Classical League Convention in San Antonio, Texas.

"They had a lot of fun and all of their hard work definitely paid off," said Latin teacher Emily Anne Lewis, who accompanied the students to the National Junior Classical League Convention this year.

Bethany Abelseth also coaches the team. "We are extremely proud of their accomplishments," she said.

Junior Kyle Nielsen was instrumental to the championship, said Lewis.

The trophy will be delivered to Herndon High School later this year.

"Certamen, while huge, is only one facet of this incredible week of celebrating and appreciating the Classics and their influence," said Lewis.

National Junior Classical League Convention consists of many competitions in the fields of: academics (tests), certamen (quiz bowl), creative arts (oratory, costume),

graphic arts (drawing, painting, models), athletics (track, swimming).

Kyle Nielsen earned first place in novice certamen, ninth place in the Roman history test, 10th place in the Latin derivatives test and fourth place in Boys 800 meter track.

Dora Drezga placed fifth in the Roman history test, 10th in the ancient geography test and sixth place in intermediate level certamen.

Christina Ngo was honored for fifth place in traditional photo, and fifth place in girls 800-meter track. Selina Shupp earned sixth in jewelry creative arts and eighth in the girls costume contest.

Mary Ogborn placed 24th nationally in Latin vocabulary and grammar.

Freshly-minted Herndon High School alumni included: Grace Bailey (first place in small models graphic arts, eighth place in the ancient geography test, eighth place in the mythology test); Angie Ngo (fifth place in the literature test, 10th place in the mottoes, abbreviations and quotes test); and Charlie Shen: first place in reading comprehension prose, second place in advanced Latin grammar, third place in reading comprehension poetry, fourth place in academic heptathlon, Latin derivatives and Latin vocabulary, fifth place in mottoes, abbreviations and quotes and 10th overall in Academic contests and fifth place finish overall in Olympika Contests for excellent swimming results.

"They had a lot of fun and all of their hard work definitely paid off."

—Latin teacher Emily Anne Lewis

NEWS IN BRIEF

Council for Arts' Pearl Anniversary

Retiring Del. Tom Rust will be the auctioneer at the 30th Anniversary Gala of the Council for the Arts of Herndon and comedian Amy Skaivo will emcee.

The 30th Anniversary Benefit Event and Auction will be held on Saturday, Oct. 3 at the Herndon Municipal Building. Proceeds will fund programs with the newly formed Arts Herndon and the Council for the Arts of Herndon.

"This event will feature art-

works by local artists plus pearls of wisdom from some amazing past scholarship recipients," according to Council documents. "We will be hosting our first Benefit Event and Auction to recognize the successes of our scholarship recipients, raise funds for future scholarships and to celebrate great opportunities for the future."

The Council for the Arts of Herndon will donate part of its proceeds to the families of three Herndon High School graduates who were killed in a traffic accident on Aug. 7 in Texas. "The Herndon community suffered a great tragedy on Friday, Aug. 7," according to the Council. "To honor and remember their lives,

the CAH will be donating a part of our Gala proceeds to benefit their families." See <http://herndonarts.org>.

Weapon on School Property

Oakton Elementary School teachers saw a man with a knife on a field outside of Oakton Elementary School at 3000 Chain Bridge Road on Thursday, Sept. 10.

Police officers reported to the school at 12:35 p.m. and found a blue, 2007 Toyota station wagon parked behind the school. "The vehicle was running but no one

was inside it," according to police reports.

"The officers located a man lying in the tall, grassy wood line, behind the school. A knife was also found," according to Fairfax County Police reports. The Oakton man was transported to the Fairfax County Adult Detention Center, charged with possession of a weapon on school property and was held without bond, according to police reports.

Renting Out, Cashing In

The Herndon Town Council approved a five-year renewal of its

lease of property at 397 Herndon Parkway to Fairfax County School Board to provide satellite maintenance offices, workshops and outdoor fleet storage for Fairfax County Public Schools' Department of Facilities Services. "The annual rental rate beginning Oct. 1, 2015 and ending Sept. 30, 2016 will be \$19.00 per square foot which is equivalent to \$21,522.25 per month," according to Council documents. Fairfax County Public Schools will pay \$19.57 per month per square foot in the second year, \$20.16 per month the next year, \$20.76 the year after that, and \$21.38 the final year.

OPINION

Treatment Denied Syndrome

Natasha McKenna's blood is on all of our hands.

BY PETE EARLEY

Natasha McKenna did not die from excited delirium. She died from Treatment Denied Syndrome.* Commonwealth Attorney Raymond F. Morrogh's 51-page investigative report about the death of the 37-year-old woman contains a horrifying litany of attempts by McKenna to seek help for her mental illness only to be met with ineptness and indifference.

Rather than being welcomed when she appeared in area emergency rooms, she either was shown the door without receiving help or was discharged before being stabilized. In one instance, she was stuffed into a cab less than four days after being so violent that she needed to be restrained to prevent her from harming herself or others. In another, a police officer and magistrate overruled a doctor who twice tried to get McKenna hospitalized. In a third, she was discharged from one INOVA hospital at 12:30 p.m., only to reappear at another INOVA emergency room at 10 p.m. on the same day. The medical personnel's solution was not to help her but to call the police and have her arrested. Taken to jail, she was stripped naked, held in solitary and stuck in bureaucratic limbo for several days. When it came time to move her, she was stunned with a taser four

COMMENTARY

times and died.

If the lack of treatment McKenna received while she was alive was not enough, she was further abused in death. Relying on "junk science," Medical Examiner Dr. Jocelyn Posthumus declared the cause of McKenna's death to be excited delirium — a make-believe syndrome not recognized as real by the American Psychiatric Association, American Medical Association or the International Classification of Diseases (ICD-9) of the World Health Organization.

No matter, that diagnosis allowed Fairfax Prosecutor Morrogh to drive in the final nail.

Declaring at a press conference that McKenna possessed super-human strength and quoting a deputy who described McKenna as being demonically possessed, the Commonwealth

Attorney stripped away what little dignity was left for this woman whose only real crime was that she got sick.

The release of a sheriff's video of McKenna being removed from her cell — naked and afraid — visually disputed Morrogh's characterizations. McKenna walked from her cell in handcuffs and was knocked to the floor by a squad of men who never showed any signs of losing control of her or of having their lives threatened.

This week, two important meetings could help set the agenda for change. On Monday Sept. 14, the Ad Hoc Police Practices Commission was scheduled to discuss the use of force by law enforcement in Fairfax. On Tuesday night, Sept. 15, community leaders planned to meet to discuss how to create a jail diversion system to keep individuals such as

McKenna from being incarcerated. Nearly 50 community leaders attended the inaugural Diversion First meeting last month. (Morrogh did not.)

The ideas being suggested by Diversion First are not new. They were first brought to the attention of Fairfax officials more than a decade ago but were never implemented because of a lack of funding, a lack of interest and a lack of leadership.

Natasha McKenna paid with her life because of that. Who's to blame?

Like the biblical Pontius Pilate washing his hands of Christ's blood, nearly everyone who crossed paths with McKenna during the last month of her life can claim blamelessness. Thanks to Dr. Posthumus and Prosecutor Morrogh, McKenna is not only the victim but perpetrator of her own death.

The unanswered question is whether Fairfax County — its leaders and its citizens — have learned anything from this tragedy or if they will continue washing their hands and reassuring themselves that there was nothing any of them could do — after all, Natasha McKenna was mentally ill.

* Treatment Denied Syndrome is a term first used by a long time National Alliance on Mental Illness advocate to describe our nation's lack of mental health services and callous disregard for persons with mental disorders.

Pete Earley is author of 13 books including the New York Times bestseller "The Hot House" and the 2007 Pulitzer Prize finalist "Crazy: A Father's Search Through America's Mental Health Madness;" former Washington Post reporter, a resident of Fairfax, and a member of the Fairfax County Ad Hoc Police Practices Review Commission.

LETTERS TO THE EDITOR

A Thank You to Reston and Herndon Communities

To the Editor:

On behalf of the 19 local faith communities represented on the Works Sunday Steering Committee, I write today in to express our heartfelt thanks to the extraordinary people of Reston and Herndon for their 20th consecutive year of wholehearted support of this unique day of charitable outreach and giving. As in years past, we can only marvel at their overwhelmingly generous response, and assure them of our gratitude, and that of the many people in whose lives they have made a real difference for the good.

Last month, more than 200

Works Sunday volunteers cheerfully stepped up to offer a helping hand, a friendly face, and a ready smile to our neighbors in need. Through their efforts, the hungry, the homeless, the hurting, and people with disabilities among us were touched by one or more of the 21 projects on the Works Sunday 2015 program. And we thank them, and honor them, for their selfless contributions.

However, that's not the whole story...

None of that would have been possible without the astounding largesse of you, the residents of Herndon and Reston, who do-

nated record amounts of urgently-needed food and personal items to our collections for Reston Interfaith and those whom it serves. Yet again, your incredible generosity has helped make Works Sunday a life-affirming celebration of joy, caring and compassion, born of the interplay of the shared values and vibrant diversity that mark our communities. It is truly an honor to work with you all - you who gave so freely of your time, talent and resources to make Works Sunday for 2015 the grand success that it was. To all these good people — and to the civic-minded local merchants who made it pos-

sible for us to approach them via public events at their stores — the 2015 Works Sunday Steering Committee extends its most sincere and heartfelt thanks. During the coming year, we know you will continue to assist those in need by prayer and in deed, and we hope to have the privilege and pleasure of seeing each of you again for Works Sunday 2016.

Wishing God's blessings upon all,

Christopher Wist

St. Thomas à Becket
Catholic Church

Chairperson, Works Sunday
2015 Steering Committee

Early Detection As a Key

To the Editor:

I have always loved my big sister. Like most little sisters, I took her presence, and the often-unolicited advice that can only come from a big sister, for granted. Now that ovarian cancer is threatening to take her from me, I realize that being Denise's little sister provides

me with comfort and strength.

Because early detection is so critical to survival when fighting ovarian cancer, we want to warn everyone. We were blissfully unaware of the danger and unaware that, because there is no screening test for ovarian cancer, our annual physicals were not enough.

We were unaware that the number one cause of gynecologic deaths is ovarian cancer or that 1 in every 75 women will develop ovarian cancer.

Denise is one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms are so

vague. By the time she was diagnosed, the cancer had spread beyond her abdomen. When ovarian cancer is detected before it has spread, nine out of 10 women will survive for more than five years. Only 15 percent of ovarian cancer cases are diagnosed early. As I sup-

SEE LETTER, PAGE 8

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NEWS



PHOTO COURTESY OF GINNA HOBEN

Ginna Hoben

Comic and Heartfelt One woman's journey to motherhood at NextStop Theatre.

By DAVID SIEGEL
THE CONNECTION

With plenty of wide-eyed sparkle based upon her own journey to motherhood, Ginna Hoben will be featured in the world premiere of "No Spring Chicken." The show is Hoben's own witty take on her tribulations, both private and public, of having a baby after 35. Her aim is to bring knowing smiles to both women and men in the audience.

"No Spring Chicken" is NextStop's contribution to the D.C. area's Women's Voices Theatre Festival. The festival highlights new plays written by women. "NextStop has always prided itself on creating a diverse season in every way possible."

From the topics and genres that we cover to the voices and perspectives that we present," said Evan Hoffmann, NextStop artistic director.

Hoben's play began with blog entries "about always wanting children and then facing a world pregnant at a late age." It was a time when her pregnancy and motherhood hopes could be easily crushed since she "had a late start." And some had different opinions about her having a child after 35.

Asked about other inspirations for "No Spring Chicken," Hoben was quick to mention a Chinese fortune cookie slip. It read; "Be patient, in time even an egg will walk" and appeared just as Hoben and her husband began to contemplate becoming parents.

As the character in the play may

Where and When

"No Spring Chicken" performed at NextStop Theater, 269 Sunset Park Drive, Herndon. Performances: Sept. 24-Oct. 11; Thursday, Sept. 24, Oct. 8 at 7:30 p.m., Friday, Sept. 25, Oct. 2, Oct. 9 at 8 p.m., Saturday, Sept. 26 at 8 p.m. and Saturday, Oct. 3 and Oct. 10 at 2 and 8 p.m. Sunday, Sept. 27 and Oct. 11 at 2 p.m., with Sunday, Oct. 4 at 2 and 7 p.m. Tickets: \$35. Call 866-811-4111 or visit www.nextstoptheatre.org

well be heard to say, "know that no matter how sick I've been or will be, something wonderful is to come of this special and personal secret I've been keeping...And so, I announce my pregnancy on Facebook.

Yes, if you could all please stop what you are doing and make a big deal out of what is arguably the most common thing in history, but is finally happening to me that would be great."

"No Spring Chicken" expresses how Hoben felt during her journey to motherhood. After all, don't parents-to-be consider "getting to the hospital on time or worry about giving birth in the car?"

And there is this invented Hoben word; "Preglient. P-r-e-g-l-i-g-e-n-t. An adjective. A pregnant woman's failure to do the things that doctors, society, and the internet tell her to do."

The 75-minute intermission-free production director is Sullivan (Sully) White, known for her new play development at the renowned Actors Theatre of Louisville. Oh, and the title "No Spring Chicken," well, it is Hoben's sense of herself not being so young in chronological years on her journey to motherhood.

NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC. FOR APPROVAL OF A SYSTEM EXPANSION PLAN PURSUANT TO CHAPTER 28 OF TITLE 56 OF THE CODE OF VIRGINIA CASE NO. PUE-2015-00056

On August 25, 2015, Columbia Gas of Virginia, Inc. ("Columbia Gas" or the "Company"), pursuant to Chapter 28 of Title 56 of the Code of Virginia, filed with the State Corporation Commission ("Commission") an application for approval to implement a System Expansion Plan ("System Expansion Plan" or "Plan") ("Application"). The Company states in its Application that its Plan "is a natural gas infrastructure expansion plan designed to deliver natural gas service to customers located in unserved areas within the Company's service territory by providing an alternative method of collecting the uneconomic portion of the investment related to infrastructure expansion projects."

According to the Company, cost-prohibitive up-front contributions in aid of construction to cover the uneconomic portion of such investment have become a significant impediment to the expansion of natural gas service in the Company's service territory. Columbia Gas has proposed an alternative method, whereby the costs associated with the uneconomic portion of the expansion investment will be directly borne by the beneficiaries of the new infrastructure, which will enable the Company to economically serve new and expanding unserved markets on the periphery of its existing infrastructure. Accordingly, the Company states that the proposed System Expansion Plan is reasonable and prudent, and in the public interest. The Company states further that the proposed Plan will advance the energy policy goals of the General Assembly of Virginia to expand natural gas infrastructure.

The Company proposes to implement its System Expansion Plan over a five-year system-wide investment period. The Company further proposes to recover the cost of service ("Plan Cost of Service") associated with Eligible Expansion Investment through a fixed monthly rider ("MAIN Rider") applicable only to those customers receiving service at residential or business premises benefiting from the infrastructure installed pursuant to the Plan ("Affected Customer")

The Company projects a level of Eligible Expansion Investment of approximately \$3.6 million (with the ability to exceed this amount by no more than 10%), which consists of the aggregate investment assessed by the Company to be uneconomic – up to the maximum level of investment per Affected Customer – associated with system expansion projects projected to be undertaken by the Company during the five-year Plan period. The Company estimates the Plan Cost of Service associated with the Eligible Expansion Investment to be \$8,476,655, which includes a return on investment, revenue conversion factor, education and outreach expense, depreciation, and property taxes.

Columbia Gas projects a total of 5,319 Affected Customers during the Plan period. The Residential, Small General Service 1, and Small General Service 2 customer classes are eligible for participation in the Plan. The Plan Cost of Service on the Eligible Expansion Investment will be recovered through the MAIN Rider from all customers at a premises receiving natural gas that benefits from Eligible Expansion Investment for the period of time that the MAIN Rider is billed to that premises, which the Company proposes to be in effect for a period of 20 years for each such premises. The Company proposes to assess a monthly MAIN Rider of \$6.63 to be applied to all Affected Customers, which will appear as a separate line item on their bill. In its Application, Columbia Gas has proposed tariff revisions related to the System Expansion Plan, which the Company proposes to become effective beginning with the first billing unit after the necessary information technology ("IT") programming and accounting processes are in place. The Company anticipates this to be no later than December 31, 2016, and states that it will provide a timetable reflecting a more precise implementation date in the course of this proceeding when the scope and timeframe for associated IT is known.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application or participate as a respondent in this proceeding.

The Application and the Commission's Order for Notice and Comment are available for public inspection during regular business hours at each of the Company's business offices in the Commonwealth of Virginia. Copies also may be obtained by submitting a written request to counsel for the Company, T. Borden Ellis, Assistant General Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. If acceptable to the requesting party, the Company may provide the Application by electronic means.

Copies of the Application and documents filed in this case also are available for interested persons to review in the Commission's Document Control Center, located on the first floor of the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before October 8, 2015, any person interested in participating as a respondent in this proceeding shall file a notice of participation. If not filed electronically, an original and fifteen (15) copies of a notice of participation shall be submitted to Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. Pursuant to Rule 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"), any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent must be represented by counsel as required by 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUE-2015-00056.

On or before October 8, 2015, any interested person may file with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118, written comments on the Application. Any interested person desiring to submit comments electronically may do so on or before October 8, 2015, by following the instructions found on the Commission's website: <http://www.scc.virginia.gov/case>. Compact discs or any other form of electronic storage medium may not be filed with the comments. All comments shall refer to Case No. PUE-2015-00056.

On or before October 8, 2015, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing must refer to Case No. PUE-2015-00056 and include: (i) a precise statement of the filing party's interest in this proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any written comments, requests for hearing, and notices of participation shall simultaneously be sent to counsel for the Company: T. Borden Ellis, Assistant General Counsel, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836.

The Commission's Rules of Practice may be viewed at <http://www.scc.virginia.gov/case>. A printed copy of the Commission's Rules of Practice and an official copy of the Commission's Order for Notice and Comment in this proceeding may be obtained from Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118.

COLUMBIA GAS OF VIRGINIA, INC.

Ending Bullying

Back to School: Local educators offer advice for parents on how to deal with bullying as school resumes.

BY MARILYN CAMPBELL
THE CONNECTION

When Carol Baker cried, no one heard her. She and a classmate were alone in the girls locker room, and as Baker, then an eighth grade student, tried to leave, her classmate grabbed her gym shirt and pushed her into a locker. They weren't fighting over anything in particular and Baker didn't sustain any physical injuries.

"I was awkward and easily intimidated," said Baker. "I was an easy target for someone who got pleasure out of scaring other people."

As she describes her pubescent encounter, Baker is still visibly shaken, even though the encounter happened more than 30 years ago. It could just as easily happen to her two children — a daughter in fifth grade and son in eighth grade — today. Bullying remains a real issue in schools, and from

smart phone apps to in-school programs, there are a plethora of initiatives to address and prevent it.

"Most researchers agree that bullying is an intent to cause harm," said Michele Garofalo, Ed.D., chair of the Department of Counseling and school counseling program director at Marymount University in Arlington. She is an expert in bullying, adolescent stress and character education.

Educators describe bullying as unwanted, aggressive behavior that is repeated and occurs where there is an imbalance of power, either real or perceived.

However, it's important to know the difference between teasing, exchanges between two people who simply don't like each other, and outright bullying.

"Teasing can be hurtful, but the intention may not be to cause harm and an imbalance of power might not be there," said Garofalo, who also has a private therapy practice.

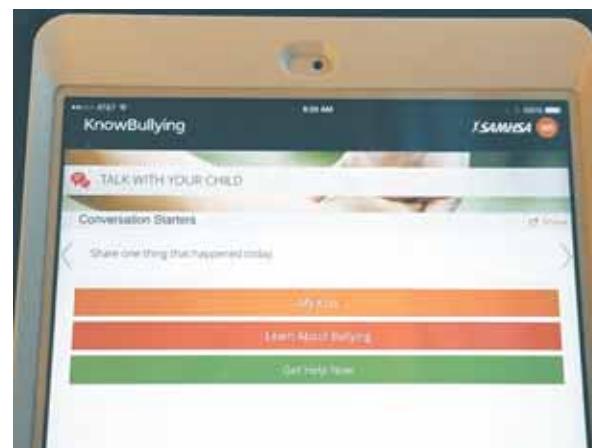


PHOTO BY MARILYN CAMPBELL/THE CONNECTION
A new phone app called Know Bullying offers prompts for starting conversations about bullying, as well as warning signs and tips on dealing with the issue.

When offering in-the-moment strategies for addressing bullies, Garofalo says children's well-being comes first. "Most importantly, students should consider their safety," she said. "If they feel they are in danger, they should quickly leave the area and go to a safe place and tell an adult — school counselor, teacher, administrator, parent. Students should not stay and fight back."

Bullying is most likely to peak in sixth through ninth grades. "The early teen years is when it emerges, when there is a lot of identity development," said Amy Best, Ph.D., chair of the Department of Sociol-

"If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them."

— Amy Best, chair, Department of Sociology and Anthropology, George Mason University

ogy and Anthropology at George Mason University in Fairfax. Her research focuses on the study of youth identity formation, youth well-being and social inequalities. "Peer groups assume much greater importance for kids and kids are more self aware than they had been previously."

There's not a lot of cross-gender or cross-race bullying.

If parents suspect a child has fallen victim to bullying, it helps if they already have open lines of communication and their kids feel comfortable talking to them. An effective dialogue is crucial when it comes to addressing the problem.

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A Education•Learning•Fun

"The hard part is when kids don't want to talk about it, but parents should have on-going conversations with their kids," said Best. "It's useful to be able to create spaces where kids feel comfortable sharing."

ONE ROADBLOCK to assessing a potential bullying situation is when a child is reluctant to share or talk. Unfortunately, this is particularly common among the same age group most susceptible to bullying. "Yes and no questions won't glean the best information," said Lauren Keller, Lower and Middle School counselor at Bullis School in Potomac, Md. "Instead, parents should ask questions about relationships and times of day, such as: 'Who did you sit with at lunch? What did you do during recess and who were you with? Is there anyone you would like to make plans with for this weekend?"

A new phone app comes to the aid of parents who might find initiating a conversation with their children daunting. It's called Know Bullying, and it offers conversation prompts, tips for preventing bullying and warning signs that a child might be a victim or a bully.

Local school districts and private schools have anti-bullying policies and plans in place. St. Stephen's & St. Agnes School in Alexandria hosts groups such as Lunch Bunch and Courageous Conversations, which are forums where "students can talk candidly ... about their daily hopes and challenges," said Linda Stratton, director of

communications at the school. "These groups also take leadership in fostering a community of respect."

Experts also urge parents to contact school counselors, administrators and classroom teachers to report bullying and to obtain more information. "If parents believe their child is a victim, they should consult the school counselor or mental health professional who can work with the child to examine feelings and come up with strategies to help the child cope," said Garofalo, who also advises parents to be vigilant for signs of depression, anxiety and suicidal ideation.

If any of those danger signs appear, they should immediately contact a mental health professional for assessment and counseling.

If parents find it necessary to contact their child's school, the approach is important, and experts suggest sticking with specifics. "Labels are often unhealthy in some cases. Parents and other adults would do well to address the behavior in front of them," said Peter Braverman, founder of the education group ARC Professional Development in Bethesda, Md.

"As a teacher or administrator, if you say, 'Josh is a bully,' I can't do anything about it, but if you say, 'Every time my son walks into Spanish class, Josh dumps his notebook on the floor,'" then I can address it."

AVOIDING LABELS also helps when confronting the child who is suspected of bullying. "One of the first things we hear from

Bullying Resources

Know Bullying phone app:

<http://store.samhsa.gov/apps/knowbullying/index.html>

<http://www.stopbullying.gov/>

<http://www.stopcyberbullying.org/>

<http://www.tolerance.org/>

<http://character.org/key-topics/bullying-prevention/>

Fairfax County Public Schools:

<http://www.fcps.edu/dss/ips/ssaw/violenceprevention/bullyinginfo/definition.shtml>

Virginia Department of Education:

<http://www.doe.virginia.gov/support/prevention/bullying/>

students is that they shut off when they hear the word 'bully,'" said Erin O'Malley, dean of student services at Bishop O'Connell High School in Arlington. "And we want the students to listen to us."

"Most kids don't want to be bullies," added Braverman. "Addressing specific actions and behaviors allows the kid to think, 'I'm a good person and I can modify these behaviors.' As an administrator, I have no problem calling your parents at work and telling them to come and pick you up. I'll help you change your behavior in any way I can, but if you do it again, you're going home."

Additionally, it is good for adults to focus on all parties involved in bullying. "There are three actors: the bully, the victim and the bystanders," Braverman continued. "The great irony is the bystanders are the

ones who hold all the power."

Braverman knows this from experience. "The best class I ever graduated in 8th grade was the worst class I had in 6th grade. There were two boys in the class and for years one bullied the other, and one day one it stopped when [the victim] stood up to [the bully]. He got other kids to stand with him while he did it. If a powerful bystander stands next to the victim, the problem would stop immediately."

Garofalo is about to embark on a research project to study the role of bystanders in bullying situations.

Parents can also turn bullying situations into teaching opportunities, says Best. "Learning to deal with conflict and confronting problems are important life skills. Listen to kids first and then map out a plan of action."

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Assistance League of Northern Virginia to Host Packing Event, Award Presentation

Assistance League of Northern Virginia is hosting a Weekend Food for Kids 2015-16 Kickoff Community Volunteer Packing Event, followed by presentation of National Operation School Bell Award to Dominion Resources on Thursday, Sept. 24, 10 a.m. to noon at Dominion Virginia Headquarters, 3072 Centreville Road, Herndon. www.northernvirginiaassistanceleague.org

Ride4SPIRIT Comes to Frying Pan Park

The Ride4SPIRIT event is a presentation and fundraiser that honors the accomplishments of therapeutic and learning programs with horses in the community. This free public presentation showcases success stories about the healing power of horses, celebrates abilities and victories over disabilities, and shares the enjoyment of life skills learned through interactions with horses.

Ride4SPIRIT will be held on Saturday, Sept. 26, from 11 a.m. to 1 p.m. at Frying Pan Park in Herndon in the Indoor arena of the Equestrian Center. For more information, visit SPIRIT at www.spiritequestrian.org

LETTER

FROM PAGE 4

port Denise in her fight, she is still providing me with comfort and demonstrating how to be strong.

We are sharing our story during September, which is Ovarian Cancer Awareness Month, because we want to spare other families from this terrible fight. We hope that, throughout the year, the color teal will remind you of the danger and your need to be vigilant.

If you have any of these symptoms: bloating that is persistent; eating less and feeling fuller; abdominal pain; urinary symptoms; please be proactive, see your gynecologist, ask for a transvaginal ultrasound; a pelvic/rectal exam; and a CA-125 blood test. Do it for yourself and for the people who love you.

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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/SEPT. 16

Putting the Animals to Bed. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

Babytme. 10:30 a.m. Herndon Library, 768 Center Street, Herndon. Rhymes, songs, stories with music for you and your baby. Come enjoy time with your child while building an early literacy foundation. Age birth to 18 months with adult.

THURSDAY/SEPT. 17

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn St., Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm

Putting the Animals to Bed. 7 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. When evening shadows spread over Kidwell Farm, it is time to put the animals to bed. Bring your flashlight or lantern for this twilight tour and learn how our farm animals settle down for the night. Dress for the weather. Children must be accompanied by a registered adult.

FRIDAY/SEPT. 18

Double Symphonies. 7:30 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. Pro Arte Chamber Orchestra of Greater Washington season opener. Tickets: \$10-\$25. www.PACODc.org.

Great Decision Series. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A roundtable discussion on the U.S. foreign policy process. September's topic is Syria's Refugee Crisis. Discussion materials will be available two weeks before the event.

SATURDAY/SEPT. 19

Susco 8K. 8:30 a.m. South Lakes High School, 11400 South Lakes Drive, Reston. Running for brain aneurysm and organ donation awareness. www.susco8k.com.

Family Fun Day. 11 a.m. - 4 p.m. Woody's Golf Range, 11801 Leesburg Pike, Herndon. A Family Fun Day to help the five teens that were in the tragic accident in Texas, in which three Herndon teens died. A day of healing and remembrance for the friends and families. There will be mini golfing, art, hula hooping and much more fun.

SUNDAY/SEPT. 20

Family Fun Day. 2-4 p.m. Lake Anne Plaza, Reston. Join the Reston Historic Trust & Museum and Robert E. Simon, Jr. for Family Fun Day and Membership drive on Lake Anne Plaza. There will be live music, children's activities, beer tasting, and fun for the entire family. www.restonmuseum.org

Herndon Kids Triathlon. 8 a.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. This kids triathlon gives youngsters an opportunity to compete in one of the



Join the Herndon community on Sept. 19 for Family Fun Day to help the families of the five teens that were in the tragic accident in Texas, in which three Herndon teens died. This will be a day of healing and remembrance for friends and families. There will be mini golfing, art, hula hooping and much more at Woody's Golf Range, 11801 Leesburg Pike from 11 a.m. - 4 p.m.

Ongoing

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

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

"Ephemeral" Exhibition at GRACE. Through Nov. 14 at

Reston Town Center, 11900 Market St., Reston. Explore the nature of non-permanent, three-dimensional works addressing the concept of ephemerality.

Presented in conjunction with the Washington Sculptors Group. restonarts.org

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

fastest growing sports in the United States. The event is designed for any youth, ages 6-16, regardless of athletic ability or prior triathlon experience. Visit www.herndonva.gov.

MONDAY/SEPT. 21

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

TUESDAY/SEPT. 22

Budding Engineers: Story Time with Wood Blocks. 2 p.m. Herndon Library, 768 Center Street, Herndon. Creativity, scientific thinking, problem solving, and language skills all come into play as we use wood blocks to build, explore, create, and learn (STEAM). Age 3-5 with adult.

WEDNESDAY-SUNDAY/SEPT. 23-27

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

THURSDAY/SEPT. 24

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

SATURDAY/SEPT. 26

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 - Music 4 years to 2nd grade
 - 11:15 a.m. Holy Eucharist, Rite II
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THE CONNECTION
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Week to Week to Week

By KENNETH B. LOURIE



As much as I'd like to write a new and different, non-cancer column this week, I'm afraid I can't. The reason being, other than the obvious (I am who I am), is that this happens to be my cyclical post-chemo week when the side-effect eating challenges that knock me off my creative balance have indeed done so again. Consequently, I am consumed – emotionally, by my own struggles and find it difficult to get out of my own way and introspect backward or forward. Unfortunately, this is the week, every third week in fact, the week immediately following my chemotherapy, when I am less in control of my actions/some of my behaviors than usual and stuck more in the present imperfect. It's not pretty nor is it resolvable, apparently.

What happens is that a few days after my Friday infusion, the thought of food, the consumption of food, the taste/after-taste of food, anything and everything to do with food, becomes increasingly less appetizing (figuratively and literally). Nothing interests me. Nothing satiates me. Nothing pleases me. Nothing does anything for me except make me miserable, discouraged and disappointed. Moreover, since I'm not eating/eating very little, there's minimal fuel in the tank (so to speak) so my energy level, initiative, follow up/follow through suffers accordingly. This lack of drive/lack of overall satisfaction leads to a malaise/type of depression that is now familiar but unfortunately not any more manageable. Because of these circumstances I am often fatigued during the day and thus feel compelled to take a nap. Since I nap during the day, I then find it difficult to fall asleep at night. When I finally do fall asleep, it is late at night/early in the morning so when my 6:30 a.m. alarm goes off the next day (life goes on), I am tired, yet I have to get up. Then the symptoms I've previously described are complicated by this new pre-existing condition. Then I start my day already stuck in neutral. Other than going with this non-flow, and trying to not beat myself up over a condition/effect I didn't cause and one I can't control, I don't know whether to write off the week (no pun intended) or work through it in some way or another and try not be miserable.

Granted, the context is not lost on me; I am alive and reasonably well, for the moment; two-plus years since I began this particular protocol and two years as well since I was hospitalized in surgical intensive care for one week, but this is the price I must pay. Two weeks out of every three I – as well as my eating habits, are relatively normal (no comments from the peanut gallery, please?), but not the third week. If this is how I must live my life, so be it. It doesn't make me happy, but neither does it seem to be killing me; only making me hungry, tired, unhappy and unproductive. It's not ideal but it is a living. And "living" sure beats the alternative. No worries, though. I'll manage to make the best of it, somehow; even during the worst of it.

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

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21 Announcements

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EMPLOYMENT

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ZONES

Zone 1: The Reston Connection

The Oak Hill Connection

Zone 2: The Springfield Connection

The Burke Connection

The Fairfax Connection

The Fairfax Station/Clifton/Lorton Connection

Zone 3: The Alexandria Connection

The Mount Vernon Gazette

Zone 4: Centre View North

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Zone 5: The Potomac Almanac

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THE CONNECTION
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SPORTS

South Lakes JV Girls Win Monroe Parker Invitational

South Lakes High School junior Devyn Jones, won the girls JV Division 1 cross country race in Monroe Parker Invitational on Saturday, Sept. 12, at Burke Lake Park (2.98 Mile Course). She is the defending Liberty Conference champion in the 100 meter hurdles and a member of the 4x400 meter team that won the Region 6A North outdoor track and field championship with a region record. This is her first year competing in cross country.



South County JV Girls won first place in Monroe Parker Invitational: From left — sophomore Samantha Lowe, sophomore Reagan Tobias, junior Jessica Lister, junior Devyn Jones, sophomore Kata Major and junior Emily Lockwood.

BULLETIN BOARD

MONDAY/SEPT. 21

Reston Photographic Society Meeting.

7:30-9:30 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston. The Reston Photographic Society invites photography enthusiasts to attend the Members' Showcase meeting. Members are invited to bring a selection of their photos on CD, DVD, memory stick or matted prints for presentation and discussion. 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/SEPT. 22

INOVA Blood Drive. 12-7 p.m. Reston Town Center, 11900 Market Street, Reston. Appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration.

THURSDAY/SEPT. 24

Award Presentation/Packing Event. 10 a.m. Dominion Virginia Headquarters, 3072 Centreville Road, Herndon. The Assistance

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

League of Northern Virginia is hosting a presentation of National Operation School Bell Award to Dominion Resources, followed by Weekend Food for Kids 2015-16 Kickoff Community Volunteer Packing Event. karenamster@aol.com. www.northernvirginia.assistanceleague.org.

SATURDAY/SEPT. 26

Ride4SPIRIT Horsemanship

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

ONGOING

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

Fairfax County's Meals on Wheels

urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/ olderadults.



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