



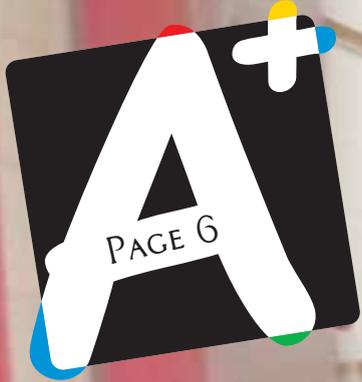
# Oak Hill Herndon CONNECTION

## Transition At Herndon High

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**This photo of Crossfield Elementary Principal Mark Granieri with a kindergarten student was taken on the first day of school and captured the hearts of 2,200 fans on FCPS' Facebook page. Teacher Erin Snell captured the moment.**

# Meet Crossfield's New Principal

NEWS, PAGE 3

PHOTO BY ERIN SNELL

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**BARBARA COMSTOCK**

**Leading on National Security.  
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*The world is as dangerous as any time since 9-11. Terrorism threatens us here and abroad and there are ISIS investigations in all 50 states – including our area. Barbara Comstock, a former senior official at the Justice Department post 9-11, understands and has worked with our defense and national security leaders and she knows our national security and defense must be increased and strengthened.*



- › Supported the National Defense Authorization Act (NDAA) increasing defense spending by \$40 billion and stopping the devastating defense sequester cuts.
- › Voted for a pay increase for military personnel and voted to extend special pay and bonuses for active-duty and reserves.
- › Increased funds for training, readiness and modernization to keep our troops safe and prepared.
- › Voted for funding counter-terrorism operations against al-Qaeda, ISIS and other international terror threats.
- › Worked to increase cyber-security to protect our most vital national security assets.
- › Worked with our Joint Terrorism Task Force and law enforcement on addressing ISIS and terrorism threats.



**The Choice is Clear: Congresswoman Barbara Comstock Has Stood With Us To Strengthen Our National Security and Our Military**

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## Transition At Herndon High School

### Diversity and change at Herndon HS.

BY RYAN DUNN  
THE CONNECTION

The school year at Herndon High School began with change, as Dan Meier has taken the position of Interim Principal. Former principal Dr. William Bates left Herndon HS in July for a position with the Baltimore County Public Schools.

"We are in a transition phase, but we anticipate a new principal in about a month," said Meier. Meier previously worked as Director of Counseling at Herndon High, and nine years as Principal at Robinson Secondary School.

Fairfax County representatives will visit in October to explain the process of a search for a new principal. Kelly Barr, assistant principal at Herndon HS, announced his resignation from FCPS after 19 years to continue his career at Baltimore County Public Schools. Herndon High School serves approximately 2,200 students from the Herndon, Reston and Great Falls area.

Herndon HS began this year with 30 new

teachers, and 7 new English for Speakers of Other Languages (ESOL) teachers. With a total of 26 ESOL teachers at HHS, the number of ESOL students has grown with changes in the student body. According to school staff, Herndon HS has the second highest ESOL population, second to J.E.B. Stuart High in Falls Church. The county's ESOL program first began in 1975.

A NEW ESOL program has now been implemented countywide, and beginning this school year Herndon HS is offering evening transition ESOL classes dedicated to ESOL student 18 years and older. This evening program was previously held at Reston South Lakes HS, then moved to Herndon HS when it became clear most students were residents of Herndon.

At Fairfax County Public Schools (FCPS) more than 160 foreign languages are spoken, the most prevalent being Spanish, Korean, Vietnamese, Arabic and Mandarin Chinese. Herndon HS ESOL teacher Richard Cupolo has taught at Herndon HS for 13 years and is the school's ESOL Department Chair. Cupolo said ESOL teachers make many connections with the students, as there is both an academic and social curriculum. ESOL teachers must have current teaching licenses. A provisional teaching



PHOTO BY RYAN DUNN/THE CONNECTION  
**Dan Meier has taken the position of Interim Principal at Herndon High School.**



**Herndon HS ESOL teachers Megan Sherrill and Richard Cupolo are two of the 26 ESOL teachers at HHS.**

licenses are not currently available for ESOL teachers, who must be fully licensed by the state. "There is a need for ESOL teachers," said Cupolo. Neighboring Loudoun County teachers have been observing changes within the FCPS ESOL program, as Loudoun has been growing in student population.

"With such a large department, we work well together, and that is what brings the best out of this program," said Cupolo. An objective of the program is to minimize the number of students who must take ESL classes on the college level.

While transitions loom, students and faculty proceed with their projects. The morning of Sept. 11, there was a brief ceremony by the flagpole held by the NJROTC company and administrators, as Taps were played in memory of the 9/11 attack. On Sept. 28 Herndon HS will host Back to School Night beginning at 5:30 p.m. On Oct. 15, HHS will have its Homecoming parade down Elden Street, football game, and dance. The 2016 parade theme is "Music through the Decades – the Twenties to Today".

## Granieri is Crossfield's New Principal

### Former Assistant Principal at Crossfield has 23 years in education.

BY STEVE HIBBARD  
THE CONNECTION

With 23 years in education, Mark Granieri, age 43, of Ashburn was named new principal on Aug. 2 of Crossfield Elementary School on Fox Mill Road, Herndon, replacing former principal R.B. Yoshida, who moved to Virginia Beach.

"What I love most about my job is every day is different and I'm making a difference every day in the lives of our students," he said.

Granieri grew up in Springfield and attended Hunt Valley Elementary School where he was SCA President and later returned to become a fifth-grade teacher there for two years. He graduated from West Springfield High School, and went to college at James Madison University, graduating with a degree in communications in 1995, with hopes of working in television, radio or newspapers. He started working at Kiddie Country Day Care in Burke full time and discovered that he was drawn to working with young kids.

So he enrolled at George Mason University to earn a Master's in Education, gradu-

ating in 1999. After working at Hunt Valley Elementary, he switched to Kilmer Middle and Liberty Middle schools where he taught a variety of technology classes and math for four years. He then spent seven years as a technology specialist at Navy Elementary and then became an assistant principal at Forest Edge Elementary in Reston, and then assistant principal at Crossfield Elementary and finally, principal.

"We have a very active and engaged community who cares deeply about Crossfield Elementary School and the academic, social and emotional supports that the school offers. Our PTO is very involved in our school programs. We have a lot of volunteers who help out the classroom teachers," he said.

He added: "The Crossfield community has a very low mobility rate. Students and families tend to stay in the area and make Crossfield an integral part of the community."

**THIS YEAR**, Crossfield will have 690 students in grades K-6, and 80 total staff members. The 2015-2016 ethnic breakdown of students is 62.6 percent white, 22.9 percent



PHOTO BY STEVE HIBBARD/THE CONNECTION  
**Mark Granieri, 43, was named the new principal of Crossfield Elementary School in Herndon on Aug. 2.**

Asian, 2.3 percent Black, 7.7 percent Hispanic, and 4.3 percent other, according to the school website. Crossfield is one of five schools that feed into the Oakton High Pyramid.

"We have six advanced academic classes for four grades: third through sixth. Those students have gone through the Fairfax County screening process for Level IV Academics, which entails acceleration in math and enriched activities in the other disciplines. Teachers have to be certified to teach

advanced academics," he said.

Putting his writing skills to good use, he said his personal goal is to have all the students become writers. "We're really promoting writing; we're aiming for all students to become writers and to express their thoughts, opinions and dreams to themselves, their classmates, their teachers, parents and community... All students have a story to tell and we want to hear their stories."

As far as challenges, he said his main challenge is to ensure that students who are not meeting benchmarks — and not yet identified as being at risk — get the necessary supports to succeed.

For goals, he aims to work closely with the Parent Teacher Organization (PTO). "I aim to work closely with the PTO to help build that sense of community and bridge the school, between the school and the home," he said.

Project-based learning is a major initiative in the school — with students working in groups and engaging in inquiry-based learning, he said.

"We have a dedicated innovation lab headed by our advanced academic resource teacher, Ms. Graham, that ensures that all students have access to advanced curricula and strategies. All students at Crossfield

SEE MEET CROSSFIELD'S, PAGE 7

## Epidemic Is Here, Recovery Is Possible

Prescription opioid and heroin epidemic awareness week is Sept. 18-24.

BY TISHA DEEGHAN  
EXECUTIVE DIRECTOR  
FAIRFAX/FALLS CHURCH COMMUNITY SERVICES  
BOARD

**O**pioid use disorder and addiction to heroin is a disease that is devastating families across the United States, and Fairfax County is not immune. Fairfax County police report that in 2015 there were 77 heroin overdoses in the county, 12 of which were fatal. As of May 2016, Fairfax County's Emergency Medical Services was reporting an average of 10.17 patient contacts per month that were suspected overdoses of heroin or other opioids.

In recognition of Prescription Opioid and Heroin Epidemic Awareness Week, and in collaboration with state and federal partners, the Fairfax-Falls Church Community Services Board (CSB) joins the community in recognizing and remembering those lost due to opioid use disorder and in encouraging strength and courage for those who are seeking help.

The CSB is here to help; resources are available to treat opioid addiction, and recovery is possible. See [www.fairfaxcounty.gov/csb/heroin-opiates/opioid-treatment-options.htm](http://www.fairfaxcounty.gov/csb/heroin-opiates/opioid-treatment-options.htm)

Many people, including drug users themselves, have mistaken beliefs about drug addiction and recovery. These ideas stem in part from notions that continued drug use is voluntary and that a person's inability to overcome addiction stems solely from character flaws or a lack of willpower.

Substance abuse treatment comes in a variety of forms. For people who seek help for opioid addiction, treatment should start with a thorough assessment of their history of opioid use, prior treatment history, if any, and existence of any co-occurring mental illness. The treatment plan would be based on this assessment and could include medication-assisted treatment along with other services designed to support their recovery, such as cognitive behavioral therapy, education about addiction, engagement of family and friends, and building a recovery-based support system.

If you or someone you love needs help to

overcome drug dependence, call the CSB at 703-383-8500. CSB staff will help you find appropriate treatment and recovery resources. Anyone seeking help can also come to the Merrifield Center for a walk-in screening, with or without an appointment, Monday through Friday from 9 a.m. until 5 p.m.

You can help, too. Enroll in CSB's REVIVE! program, a free course that teaches non-medical personnel to administer the life-saving opioid-reversal medication naloxone. CSB staff has trained more than 640 people so far this year and classes are scheduled throughout the fall. Participants report that the training has saved lives. [www.fairfaxcounty.gov/csb/revive](http://www.fairfaxcounty.gov/csb/revive)

Learn more about substance use prevention at these upcoming events, sponsored by CSB partners:

\* Attend one of the Chris Atwood Foundation's presentations entitled "Addiction: The Taboo Subject," scheduled for Sept. 24, 9-11 a.m. and Oct. 3, 7-9 p.m. Hear personal stories of addiction and recovery and learn how to recognize and respond to substance misuse at Lord of Life Lutheran, 13421 Twin Lakes Drive, Clifton, VA 20124.

\* Parents who want to be more involved in youth substance use prevention and education can attend Fairfax County's Unified Prevention Coalition's Sept. 26 "Taste of UPC" Fall Kick-Off event. See [www.unifiedpreventioncoalition.org](http://www.unifiedpreventioncoalition.org).

### GUEST EDITORIAL

### LETTERS TO THE EDITOR

## LuAnn Bennett on the Issues

To the Editor:

Padraic Buckley's letter in the September 14-20 edition of the McLean Connection ("Why Comstock?") repeated, almost word for word, the attack on LuAnn Bennett appearing in his Sept. 15 letter in the Sun Gazette newspaper. Leaving aside Mr. Buckley's unseemly personal remarks about Bennett (which should have no place in an election campaign), I take issue with two statements he made in his letters.

First, anyone paying attention to the race in the 10th Congressional District knows the claim that the Bennett campaign "is not about the issues" is false. From all I've seen, heard and read, Ms. Bennett supports legislation mandating equal pay for men and women doing the same work. She is "pro-choice" and against cuts in federal funding for Planned Parenthood. She supports full-day kindergarten for Loudoun County (one of the few jurisdictions in Virginia that doesn't have it), and the funding of universal "pre-K" programs. She is in favor of paid family leave. She advocates a phased-in increase in the federal minimum wage to \$15 an hour. Bennett wants funding to

rebuild the nation's infrastructure and increased investment in renewable energy. She supports both the right to bear arms and common sense gun laws to close loopholes that currently allow terrorists to buy assault weapons. She supports land conservation and preserving the rural character of the western part of Loudoun County. All this and more is clearly set forth on her campaign website.

Second, I disagree with Mr. Buckley's statement that the choice in the 10th District shouldn't be affected by where the candidates stand on Donald Trump. I submit that if Trump were to become President, it would matter a great deal whether our representative in Congress has the courage to oppose him.

William Shapiro  
McLean

## Comstock's Record of Accomplishments

To the Editor:

Now that the campaign season has kicked off and both candidates in the 10th District have ads running on TV – it's very helpful to compare the stark differences.

Barbara Comstock's ad includes

real accomplishments. Barbara has been part of the bipartisan majority that increased our national security and defense funding, passed important heroin legislation and human trafficking legislation that Barbara worked extensively on, and she's fought for new legislation that passed the House and awaits a Senate vote to provide more funding for cures for chronic diseases. All this, and we can't forget her role in passing the 5 year transportation bill – as the only member in the regional delegation in the majority on the Transportation Committee – she had a seat at the table in the conference committee to get more resources for congestion relief and reforming Metro. She has also been a leader demanding accountability and transparency from Metro. These are all issues vital to Virginians and Virginia's economy.

The truth is the Democrat in the 10th District race hasn't even lived in our District for most of the past decade. She notably leaves out her Arlington County years when she lived with her husband, former 8th District Rep. Jim Moran. And, it turns out she was recruited not by anyone in the 10th District – but by partisans in Washington, D.C. and the 8th District. She has failed to make any case for why she is running to represent an area to which she seems to have so little

connection.

We need to keep Congresswoman Barbara Comstock who has been working hard

— for and in Virginia — working for us. She's everywhere working

with her constituents and knows the priorities of our District and has

delivered. I know she will continue to work hard for us on the issues

that matter most to the 10th District.

Stephanie Marshall  
Oakton

## LuAnn Bennett: Result-oriented

To the Editor:

Let me introduce LuAnn Bennett, Democrat running against Barbara Comstock to represent us in the 10th District. LuAnn is one of us; grew up in a middle class family, attended public university, married, and with her husband started a business and had 3 boys. Life got harder in 1994 when her husband died and in 2008 when the economy collapsed, but she worked harder and smarter - didn't miss a payroll –

SEE LETTERS, PAGE 5



# LETTERS

FROM PAGE 4

and raised 3 fine young men. During those difficult years she worked on projects that created job opportunities for over a thousand workers of all levels, and as a businesswoman learned the necessity of bringing all sides to the table to work out solutions. She also found time to work for the children and families of the Metro area and across the state as an appointee on Governor Warner's Virginia Healthcare Foundation, and on Governor Kaine's Climate Change Commission, the I Have a Dream Foundation, and Turn-around for Children Foundation. The 10<sup>th</sup> District now needs LuAnn Bennett and her common sense result-oriented work ethic to represent us!

**Linda Burchfiel**  
McLean

## Comstock Helps Young Women Reach Their Potential

To the Editor:

A few weeks ago my twin daughters started the first grade. Aside from a quieter house, it's always exciting to send them back to school because of how happy they are to show my wife and I the activities they did during the day. While I have always recognized my daughter's potential, it has become more evident through their positive engagement with their new school activities. They've been engaged deeply in learning, through the books they bring home, the coloring projects they're working on or their confidence in advancing to more difficult math, and it makes me a proud father to see their progress.

These two girls remind me of why I'll be supporting Congresswoman Barbara Comstock this November. Seeing Barbara's successful record with legislation and her district program opportunities, I know she

understands the importance of helping the next generation of young women reach their potential. She has been a strong advocate for women and has created numerous opportunities for young girls and women in the 10<sup>th</sup> Congressional District to succeed.

This past year she authored the Inspiring the Next Space Pioneers, Innovators, Researchers, and Explorers (INSPIRE) Women Act supporting funding for NASA programs that encourage women to

pursue STEM careers. This INSPIRE Women Act will positively benefit girls, and hopefully even my own daughters when they pursue higher learning. Empowering young women and girls to pursue a course toward STEM careers demonstrates how focused Barbara is on providing equal opportunities to all students. Women are critical to encouraging innovation, and as a father, my hope has been to see my girls continue to reach their potential in all possible endeavors.

Hundreds of young women have also participated in Barbara's "10<sup>th</sup> Congressional District Young Women Leadership Program" for junior high and high school aged girls. This is the first Congressional program that has supported advocating for women to pursue leadership in all fields. I appreciated she had leaders from diverse political party backgrounds because Barbara understands empowering young women and girls is not a political agenda, but something everyone can work towards.

Supporting positive legislation and recognizing potential leadership in young women and girls transcends any political talking point, and Barbara clearly looks forward to continuing her advocacy for women.

**Dr. Stan Idiculla**  
Vienna

## Reasons to Vote For LuAnn

## Bennett

To the Editor:

Padraic Buckley's letter asks "Why Comstock?" (Connection, September 14-20, 2016). Yet the letter fails to make the case. There are many reasons to vote for Comstock's opponent in the 10<sup>th</sup> District.

Reasons To Vote For LuAnn Bennett:

1. LuAnn is not a politician.

SEE LETTERS, PAGE 11

### NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., FOR APPROVAL TO IMPLEMENT A 2017 SAVE PLAN INFRASTRUCTURE RELIABILITY AND REPLACEMENT ADJUSTMENT IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS CASE NO. PUE-2016-00087

On August 12, 2016, Columbia Gas of Virginia, Inc. ("CGV" or "Company") filed an application ("Application") for approval to implement a 2017 Infrastructure Reliability and Replacement Adjustment ("IRRA") in accordance with Section 20 of the Company's General Terms and Conditions, as contemplated in the State Corporation Commission's ("Commission") November 28, 2011 Order Approving SAVE Plan and Rider, as modified by the July 3, 2013 Order Approving Amended SAVE Plan and extended by the October 23, 2015 Order Approving Amended SAVE Plan. The Company's SAVE Plan, as amended and extended ("Phase 2" of the SAVE Plan), was authorized pursuant to the Steps to Advance Virginia's Energy Plan (SAVE) Act, Chapter 26 of Title 56 of the Code of Virginia.

In its Application, CGV states that Phase 2 of its SAVE Plan is a five-year program that commenced on January 1, 2016. According to the Company, Phase 2 of the SAVE Plan includes cost recovery mechanisms that are designed to facilitate the accelerated replacement of approximately \$150 million of SAVE eligible natural gas infrastructure during the five-year term of Phase 2.

The costs incurred in replacing eligible natural gas infrastructure are recovered through a SAVE Rider, which is defined in the Company's tariff as the IRRA. The IRRA is comprised of two components: an Infrastructure Replacement Current Rate ("IRCR") and an Infrastructure Replacement Reconciliation Rate ("IRRR"). The two components collectively constitute a single IRRA, which is billed as a fixed charge each month. The IRRR is the mechanism by which the Company true up, on an annual basis, the actual IRRA revenues against the preceding year's actual cost of service as determined from actual SAVE eligible expenditures.

In its Application, the Company seeks approval of the following: (1) the Company's 2015 IRRR credit in the amount of \$146,632, to be effective with the first billing unit of January 2017 through the last billing unit of December 2017; (2) the Company's 2017 IRCR to be set at zero effective for the first billing unit of January 2017 and to be reset to \$2,043,109, for the period October 1, 2017, through December 31, 2017, to recover eligible infrastructure replacement costs that are not otherwise recovered through new base non-gas rates; and (3) the filing of rate sheets implementing the 2017 IRCR and 2015 IRRR. The 2017 IRCR and the 2015 IRRR result in an IRRA total net charge to customers of \$1,896,477, for 2017. Under the Company's proposal, the 2017 IRRA on the monthly bill for the average residential customer will reflect a credit in the amount of \$0.04 from January 2017 through September 2017. Effective with the first billing unit in October 2017, the 2017 IRRA on the average residential customer's monthly bill will increase to \$2.04.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's 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 or request a hearing on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, James S. Copenhaver, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents shall also be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 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 may also download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before October 5, 2016, interested persons may file written comments on CGV's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so on or before October 5, 2016, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Compact disks or any other form of electronic storage medium may not be filed with the comments. All such comments shall refer to Case No. PUE-2016-00087.

On or before October 5, 2016, 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. If not filed electronically, an original and fifteen (15) copies of the request for hearing shall be submitted to Joel H. Peck, Clerk, State Corporation Commission, at the address set forth above. Requests for hearing must refer to Case No. PUE-2016-00087 and include: (i) a precise statement of the filing party's interest in the 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 and requests for hearing shall simultaneously be sent to counsel for the Company at the address set forth above.

The Commission's Rules of Practice and Procedure may be viewed at <http://www.scc.virginia.gov/case>. A printed copy of the Commission's Rules of Practice and Procedure and an official copy of the Commission's Order for Notice and Comment in this proceeding may be obtained from the Clerk of the Commission at the address set forth above.

**COLUMBIA GAS OF VIRGINIA, INC.**

# Homework Overload

Some educators say less can be more, stress balance when it comes to homework.

BY MARILYN CAMPBELL  
THE CONNECTION

**P**aula DeMarco dreads one time of day the most: weekday evenings at 5:30. It's the time she has set aside for her children begin their homework. That means no screen time, music or other distractions.

"When my son entered fifth grade last year it was like running into a brick wall," she said. "We were in shock by how much more homework he had than when he was in the lower grades. It was stressful and there were a lot of tears shed — both mine and his."

For many parents and students, homework can be anxiety inducing, especially when there's a lot

of it, when it's intense, when there's pressure to succeed and when it's used as a measure of accomplishment.

In fact, a study published in the Journal of Experimental Education in 2014 found that students in high-achieving communities who spend excessive amounts of time on homework are more prone to

more stress, physical health problems and a lack of balance than students who have moderate amounts of homework. Researchers found that students felt obligated to choose homework over other interests. As a result, they didn't know how to find balance in their lives.

Homework in a competitive environment that doesn't leave time for hobbies or sports can also put a strain on family relationships.

"Homework becomes stressful because parents take on the role of homework police," said Ann Dolin, president, Educational Connections Tutoring in Fairfax and Bethesda. "It's a role they never envisioned and they don't want, but before they know it, their relationships with their children become defined by academics."

Dolin points to the "Ten-Minute Homework Rule," guidelines approved by the National Education Association, which recommend 10 minutes of homework per grade level. A first grade student, for example, would have 10 minutes of homework each night, while a fourth grade student would have 40. Any more than this would be counterproductive.

"I have known first graders who've had an hour or and hour-and-a-half of homework," said Dolin. "That is unrealistic."

Locally, Margaret Andreadis, lower school principal at Bullis School in Potomac, Md., says administrators and teachers at her school have restructured the way they assign homework to focus on quality over quantity.

"We've scaled back to emphasize our purpose for homework: teaching students goal setting and time management," she said. "We're not using homework as busy work."

Our philosophy has been to create a balance between academics, life at home with family and activities like sports."

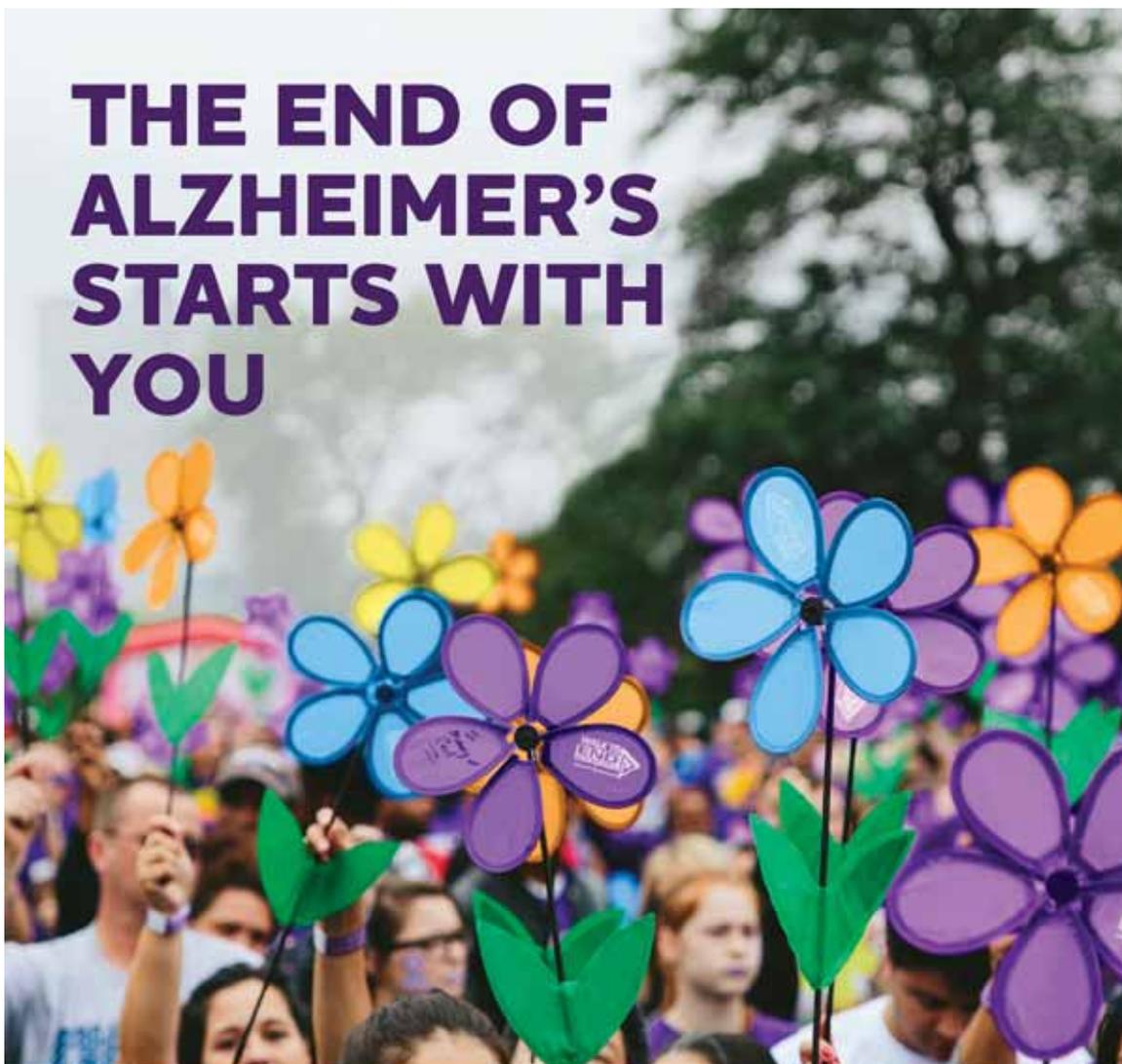
Students at Bullis often have choices over their homework assignments, and their tasks are designed to foster a feeling of success, confidence and independence.

"The emphasis is on small successes. We want students to feel good about themselves," said Andreadis. "If a parent is having to interact with their child over homework, it's not an independent assignment."

This homework structure can actually create balance in the lives of students, she said. "I think the stress comes from kids wanting to get things perfect and parents wanting their children to be successful," said Andreadis. "Kids need time that is unscheduled so that they can be creative, find new passions and be kids."

Researchers say unstructured play, reading, and other child-initiated activities have as many benefits for children as academics. "Children learn conflict management skills, develop imagination and creativity, self-regulation of time and interest, and independence," said Shannon N. Davis, associate professor of sociology at George Mason University in Fairfax. "Research has shown that children who are given time to play in an unstructured manner, read or otherwise determine how they spend their time are much less likely to say, 'I'm bored' when they have free time. They know how to entertain themselves rather than needing an adult to structure their time for them."

SEE HOMEWORK. PAGE 9



Alzheimer's is an epidemic devastating our families, our finances and our future. The disease is all around us — but the power to stop it is within us. Join us for the Alzheimer's Association Walk to End Alzheimer's and be inspired by all the footsteps that fall into place behind yours. Together, we can end Alzheimer's.



**START A TEAM.**

**September 25 | Reston Town Center | 2:30pm**

**alz.org/walk | 800.272.3900**



PHOTO COURTESY OF BULLIS SCHOOL

**Faculty and staff at the Bullis School have restructured the way they assign homework to foster a feeling of success, confidence and independence.**

# Meet Crossfield's New Principal

FROM PAGE 3

engage in a morning meeting designed to promote community and human relations skills," he said.

Whenever it's a student's birthday, Granieri is known to show up in their classroom and instruct everyone to do jumping jacks, with the whole class following along, he said.

Rebecca Jones, Elementary School Band Director, has known Granieri for more than 10 years and has worked at Crossfield since 2009.

"I cannot think of a more deserving person to lead our staff, students and community," she said. "Mark has a passion for providing a well-rounded education for all students that encompasses core academics, but also the fine and performing arts...Mark stands out to me because of his wealth of knowledge, his experience, and his dedication to the job, and fabulous sense of humor."

John Coch, principal of Navy Elementary School, said Granieri served as his interim Assistant Principal five years ago. "During that time observing Mr. Granieri, I saw wonderful work ethic and compassion of wanting to be a good principal," he said.

Katie Hand, who was Granieri's principal at Navy Elementary, and who has known him since he was in second grade, said: "Mark will be outstanding in his new role. He loves working with students, teachers and parents. He's a born leader, a good listener with a creative mind and a true problem solver. He is a natural comedian with an uncanny sense of humor, which endears him to those who meet him. He



**This photo of Crossfield Elementary Principal Mark Granieri with a kindergarten student was taken on the first day of school and captured the hearts of many FCPS supporters. Teacher Erin Snell captured the moment.**

takes his job seriously, but is able to laugh at himself. I'm delighted that he is Crossfield's new principal!" Granieri had called her at Navy for an interview for the School Based Technology Specialist position. "With our new technology, he set up our morning news show and each Friday, during football season, he would appear 'live' on our morning news show as Mr. Redskin, giving his prediction for the weekend game. The whole school would watch intently, as Mark, in his second grade Redskin helmet, gave the Redskins a winning score," she said.

Mark Granieri is married to wife Rae; the couple resides in Ashburn and has a son named Timothy, age 4; and daughter Tessa, age 2.



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# ENTERTAINMENT

Send announcements to [www.connectionnews.com/Calendar/](http://www.connectionnews.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Zoosday** — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an award-winning animal and miniature animal petting zoo with hands-on, educational experiences that children and their grownups will cherish! Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. [restontowncenter.com](http://restontowncenter.com)

**"The Way I See It" Exhibit.** Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. [ViennaArtsSociety.org](http://ViennaArtsSociety.org). 703-319-3971.

**Team Trivia at Kalypso's.** Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Open Mic Night at Kalypso's.** Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers come out and perform. 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Karaoke at Kalypso's.** Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

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

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

**Dog Days of Summer** — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and

**The Mark H. Taiko School presents Taiko Drums or Japanese drumming on the Global Stage at Lake Anne Plaza during the 2015 Reston Multicultural Festival. This year's festival will be held on Saturday, Sept. 24, 11 a.m.—6 p.m. at the Lake Anne Plaza.**

FILE PHOTO BY STEVE HIBBARD THE CONNECTION



owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. [restontowncenter.com](http://restontowncenter.com)

**LINES, CURVES AND COLORS** On exhibit Aug. 31- Oct. 2. At ArtSpace Herndon 750 Center St, Herndon. "Lines, Curves, and Colors" will present the talents of four artists working in different mediums. The show features one photographer and three sculpture artists. For more information call 703-956-9560.

**Reston Photographic Society Meetings** from 7:30-9:30 p.m. Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston on the third Monday of each month through Nov. 31, the meeting date is changed if the third Monday falls on a holiday.

Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit the LRA website at [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

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

## THURSDAY/SEPT. 22

**Documentary BAG IT** 7 p.m. Patrick Henry Library 101 Maple Ave E Vienna, Virginia 22180. Sierra Club/Great Falls Group will show BAG IT, a documentary about the effects of plastics on our personal health and the Environment. Cost: Free. Contact: [s.weltz@yahoo.com](mailto:s.weltz@yahoo.com)

**Paul Rosenweig "Privacy in the Cyber Age: The Digital Minefield"** 7:30 p.m. Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue Reston. Thirty minutes earlier than the normal start time. Today, every click you take, every email you send and every search paints a digital picture of who you are. Gone are the days of anonymity. For some this change is positive. For others, it is the coming of Big Brother. Admission: Free. [www.gatherthejews.com/event/](http://www.gatherthejews.com/event/)

## FRIDAY/SEPT. 23

**ArtInsights Animation and Film Art Gallery** 12- 8 p.m. 11921 Freedom Drive, Reston Town Center. See a showcase of original, legendary Beatles cartoon paintings and meet the artist, Ron Campbell. Admission: Free. 703.478.0778 / [artinsights.com](http://artinsights.com)

**Reston Station Music.** 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Battery Lane. Covers. 703-230-1985.

## SATURDAY/SEPT. 24

**Reston Multicultural Festival.** 11 a.m.- 6 p.m., Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free. Visit Contact: Call: Sonya Amarte 703.766.9025 or email: [samartey@alz.org](mailto:samartey@alz.org) Visit: [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com)

**Family Fun Day for Growing Hope.** 10 - 4 p.m. on the Town Green in Vienna. 144 Maple Ave E, Vienna. Dunk Tank with Delegate, Mark Keam, Madison Teacher, Dick Gongaware and more. Live Band. Refreshments, Face Painter, Kids Ninja Warrior Obstacle Climb & Slide, Kids Games and Prizes. Admission: Free. [www.optimistclubofgreatervienna.org](http://www.optimistclubofgreatervienna.org).

**ArtInsights Animation and Film Art Gallery** 12- 6 p.m. 11921 Freedom Drive, Reston Town Center. See a showcase of original, legendary Beatles cartoon paintings and meet the artist, Ron Campbell. Admission: Free. 703.478.0778 / [artinsights.com](http://artinsights.com)

**Reston Station Movies.** 8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. "The Jungle Book." 703-230-1985.

## SUNDAY/SEPT. 25

**Mount Pleasant Baptist Church Herndon, VA Celebrates 150th Anniversary** 10:30 a.m. at Hylton Performing Arts Center Manassas, VA. Anniversary events will be held throughout the month of September. Cost: Free. [www.mtpleasantbaptist.org/150thanniversary](http://www.mtpleasantbaptist.org/150thanniversary)

**ArtInsights Animation and Film Art Gallery** 12- 4 p.m. 11921 Freedom Drive, Reston Town Center. See a showcase of original, legendary Beatles cartoon paintings and meet the artist, Ron Campbell. Admission: Free. 703.478.0778 / [artinsights.com](http://artinsights.com)

**Herndon Nature Fest** 1 - 5 p.m. Runnymede Park 195 Herndon Pkwy Herndon. Explore various nature stations in the park including butterflies, bees, meadow life and more. Live animal shows, Arts/crafts, Family-friendly. Admission: Free 703-437-6277 [dellabrown1954@msn.com](mailto:dellabrown1954@msn.com) [herndon-va.gov/recreation](http://herndon-va.gov/recreation)

## FRIDAY/SEPT. 30

**Reston Station Music.** 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Moonshine Society. Blue and rock. 703-230-1985.

## SATURDAY/OCT. 1

**OktoBrewFest** 12-10 p.m. 777 Lynn St. Herndon, Virginia. Food, beer, music, art, health. Visit <http://jambrew.com/>

## SUNDAY/OCT. 2, 2016

**HernDOG Bark Bash** 12-3 p.m. Bready Park, 814 Ferndale Ave., Herndon. An event for dog lovers. Featuring agility demonstrations, owner and dog team contests, adoptions, an off leash area and dog themed vendors. Entry: Free. Friendly, leashed, and vaccinated dogs, and their owners, are welcome.

Benefits homeless pets. \$5 suggested donation to attend Barktoberfest. Kids and dogs free!

I have fetched this stick 128 times. Clearly, I will do anything to go to Barktoberfest.

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For more information on Barktoberfest, visit [barktoberfest.org](http://barktoberfest.org)

**GLOW DOGGLOW** 1-mile and 5K race for you and your pup!  
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Register for GlowDogGlow at [Barktoberfest.org](http://Barktoberfest.org) or [novadogmagazine.com/events](http://novadogmagazine.com/events)

Join us for a full day of fun! Barktoberfest: 10:30AM & GlowDogGlow Race: 7PM  
The events benefit Friends of Homeless Animals (FOHA)



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—Chief Seattle (1788-1866)  
Suquamish/Duwamish chief

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Sunday, October 2 8:00 PM–10:00 PM Evening service  
Monday, October 3 9:00 AM–10:00 AM Children's service including Tashlich (ages 5-8), Complimentary to families with children!  
10:00 AM–1:00 PM Morning service, Tashlich service immediately following

**Kol Nidre/Yom Kippur**  
Tuesday, October 11 8:00 PM–10:00 PM Kol Nidre service  
Wednesday, Oct. 12 9:00 AM–10:00 AM Yom Kippur Children's service (ages 5-8), Complimentary to families with children!  
10:00 AM–1:00 PM Morning service followed by Yizkor service  
4:00 PM–6:00 PM Afternoon service  
6:00 PM–8:00 PM Break-the-Fast (For pre-registered members/guests)

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For information about TBT and High Holiday Tickets, please contact: [highholidays@bethtorah.net](mailto:highholidays@bethtorah.net) and see our website [www.bethtorah.net](http://www.bethtorah.net)  
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## FAITH

**Floris UMC seeks to remain true to the ideals of the original visionaries as a church at the center of the community.**



PHOTO CONTRIBUTED

# Floris UMC Celebrates 125 Years in the Herndon Community

**F**loris United Methodist Church celebrated its 125th anniversary Sunday with more than 300 people attending a celebratory picnic at Frying Pan Park. The festivities included food, games and a special collection of historical items placed in a time capsule to be opened in 25 years. Floris UMC is an active presence in the Herndon community partnering with Hutchison Elementary, feeding and sheltering the homeless and under-resourced and sending mission teams to work throughout the United States and internationally in Haiti, Cuba and Sierra Leone, West Africa. "I am sure that if our founders were able to now see the church they began, they would be amazed at what God has done with the plans they made. In the coming years we hope to continue to build on that foundation, ministering to our increasingly diverse community and to the world," says Lead Pastor Rev. Tom Berlin.

Originally, a few people who wanted to share the benefits of American Methodism, with its emphasis on personal holiness, social outreach and dynamic worship, founded Floris Church in 1891 in what was then a small farm community. It now has four weekly worship services attended by more than 1,200 people and has established a satellite campus, Restoration Church, in Reston.

Due to the growth of the church for the past 125 years, Floris UMC has worshiped in three locations. The original building, located in the Floris community at the corner of Centreville and West Ox Roads,

seated 80 in worship. Over the years Floris UMC has proved itself to be a church where people are willing to widen the circle for those searching for a community in which to worship and live. The Herndon community rapidly expanded in the 1980s with the development of what used to be dairy farms into new subdivisions. Floris UMC members made the difficult decision in September 1993 to leave behind their historic church building and purchase a new property just down the road at 2730 Centreville Road. Within five years it became evident that the second facility and property were becoming too small to accommodate the continued growth of the church and surrounding community. The congregation made another difficult decision to relocate once again and purchased a new property at 13600 Frying Pan Road, just north of the very first church.

In April of 2006, construction was completed on Phase I of its current facility. Phase II, which includes a sanctuary that seats more than 900, was completed in July 2010. Despite the growth of the church and because of the diverse community surrounding Floris UMC, the church seeks to remain true to the ideals of the original visionaries as a church at the center of the community.

Floris United Methodist Church is a community of people committed to making a difference in the lives of those in the community and in the world. Worship times are Sundays, 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. Learn more at [FlorisUMC.org](http://FlorisUMC.org).

## Homework

FROM PAGE 6

Navigating that course, deciding how much independence to give children when it comes to managing free time and their homework, while at the same time making sure they have the support they need to succeed can be challenging, parents and educators agree.

"I don't think these two areas are mutually exclusive. We want our kids to take ownership of their priorities, but they need some foundational knowledge in order to make these choices from an in-

formed perspective," said Sean Aiken, head of school at BASIS Independent in McLean. "We need to empower our students to make some of these decisions early on and then allow them to experience the consequences."

Parents' roles should be setting students up for success, recommends Andreadis: "Giving them a quiet place to study, checking in with them, asking, 'What's your plan for homework tonight?' Helping the child make the decision but letting the child actually make it. Be hands off as much as

possible."

Some educators acknowledge that a relaxed approach might push parents, particularly those in high-achieving communities, outside their comfort zones. "This involves some risk taking on the part of us as parents and educators, but I think the benefits are worth it," said Aiken. "We need to pair that with a lot of support and discussion about why academic achievement matters, specifically that we are learning things in order to make connections and ask questions about the world around us."

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### Elden Street Widening Town of Herndon Design Public Hearing

**Thursday, October 27, 2016, 6:30 - 8 p.m.**  
Herndon Senior Center  
873 Grace Street, Herndon, VA 20170

Find out about plans to widen East Elden Street (Route 606) from four to six lanes between Herndon Parkway and Fairfax County Parkway in the Town of Herndon. Other improvements include a new raised median between Van Buren Street and Herndon Parkway, and enhanced pedestrian and bicycle facilities such as bike lanes.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Part 771, a Categorical Exclusion (CE) was prepared. Pursuant to the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on properties is also included in the environmental document.

Stop by between 6:30 p.m. and 8 p.m. to view displays and learn about the project. VDOT staff will be available to answer your questions.

Review project information on the VDOT website ([www.virginiadot.org/projects/northern\\_virginia](http://www.virginiadot.org/projects/northern_virginia)), at the public hearing, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-1795 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the hearing, or submit them by **November 28, 2016** to Mr. Hamid Misaghian, P.E., Project Manager, Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Elden Street Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: U000-235-110, P101, R201, C501  
Federal Project: HPD-5401 (455) UPC: 50100

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21 Announcements

21 Announcements

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21 Announcements

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Gordon Parks, *Back to Fort Scott* is organized by the Museum of Fine Arts, Boston, in partnership with the Gordon Parks Foundation. Photo: *Untitled, St. Louis, Missouri, 1950*; Gordon Parks (*American, 1912-2006*), gelatin silver print. Courtesy of and copyright the Gordon Parks Foundation.

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Banking on the Envelopes



By KENNETH B. LOURIE

Now that you know my pill plan, after reading last week's column; there should be no stopping me, right? Starting me however, is still a problem. Having removed a major impediment (transporting/segregating my pills), one would think I could finally get out of my own way. Unfortunately, it's not that simple — for me. Sometimes, finding that 'way' is equally challenging. I might know the how, and maybe even the why, but the what and the where often remains frequently a block over which I stumble and stammer.

Nevertheless, having allocated my pills accordingly does allow me to think less about the present and more about the future. And planning for one's future, especially when that 'one' is yours truly, a previously diagnosed as "terminal," non-small cell lung cancer patient, stage IV, whose future was not necessarily foreseen, is more than just a leap of faith. In fact, it's the stuff of which dreams are often conjured.

What I was given — not promised, was made clear to me in late February 2009 by my oncologist when he advised me that my prognosis was "13 months to two years." And as much as one (this one) wanted to think about the future/even having a future, I felt it was the present I had to account for first. And though it certainly was a present imperfect and tense a great deal of the time, over hill and over dale and continuing/supplementing my standard chemotherapy treatment/regimen with a variety of non-Western alternatives, I have managed to overcome my 'present' focus and begin to consider a future well beyond my original prognosis.

As the years have indeed passed, I have begun to believe in the power of the present surely, but mostly in how it might provide a foundation for a future; providing a "nutty and bolty" approach as to how I can navigate this mind/mine field (literally and figuratively) of outrageous misfortune and find a path of least resistance. As much as I want to get from here to there, I suppose I've needed a framework of sorts, a routine that would enable me to think without consulting the manual, so to speak. A manual which offers few guarantees and less-than-encouraging mortality tables, however much improved they are over previously diagnosed generations of lung cancer patients (although still the leading cause of cancer deaths and new diagnosis yearly in this country).

Given these realities, I am well aware — and extremely grateful for my survival. Has it been random luck? Good DNA? A bit of a misdiagnosis? An open mind to the potential benefits of lifestyle changes, diet, occasional exercise and non-Western approaches to treating cancer/boosting one's immune system? Certainly I don't know — and don't care, quite frankly. All I know is what I've been told: whatever I'm doing, keep doing it, which seems perfectly logical and manageable for me ("if it ain't broke ...").

If I were to consider, for a minute what has pulled forward to the future/present rather than backwards into the abyss, I think it would be hope. Not simply hope that what I was doing would work/extend my life, but more so that it gave me something to think positively about. And I'm not even sure that is an accurate distinction. All I know is that "bank-enveloping" my pills has given me one less thing to fuss about concerning my diagnosis and allows me, potentially, to live my cancer-affected life as normally (pre-cancer diagnosis), as possible. At least, I hope so.

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

FROM PAGE 5

She's a successful small-business owner who has helped create jobs and opportunity in our region.

2. LuAnn is a fighter. She has faced challenges in life and overcome them. After her husband Rick's sudden passing, she raised three boys as a single, working mom. She took over the family business in the middle of a recession and never missed a payroll.

3. LuAnn is a pragmatic problem-solver. In business, and in her public service, she knows how to work together with people on all sides of an issue to make progress and deliver results. She can help get our Congress and our government working again.

4. LuAnn shares the values of the 10th District. LuAnn is a pro-business, progressive Democrat who believes in equality and opportunity for all.

5. LuAnn is a public servant. LuAnn has lived in Northern Virginia for 35 years, and has served on the Virginia Climate Change Commission and the Virginia Healthcare Foundation. She is also involved in numerous charitable and community organizations.

Comstock votes the party line 90 percent of the time. We need an independent voice in Congress not a rubber stamp for the alt-right agenda in the House.

J. Jay Volkert  
Vienna

Experience the 10th District Needs

To the Editor:

As a voter in Virginia's 10th District, I recognize the importance of being represented by someone who not only has first-hand knowledge and experience in world of business, but who also agrees that employees, no matter their gender, should be treated equally and paid the same for the same work.

As a woman business owner, LuAnn Bennett understands the harsh history of discrimination, especially gender discrimination. As a longtime real estate executive, LuAnn Bennett knows how to run a business and create jobs while providing important services to residential and commercial customers.

Also, and not everyone knows this, but LuAnn Bennett and former Redskin Brig Owens run a highly regarded sports representation business for many well-known NFL players, including many Redskin players.

On the other hand, Rep. Barbara Comstock has not only spent most of her career in politics — either as a lawyer representing politicians or as politician herself who voted repeatedly against equal pay for women.

In short, LuAnn Bennett has the background, experience and commitment that Virginia's 10th District needs in the U.S. House of Representatives.

Ed Rothschild  
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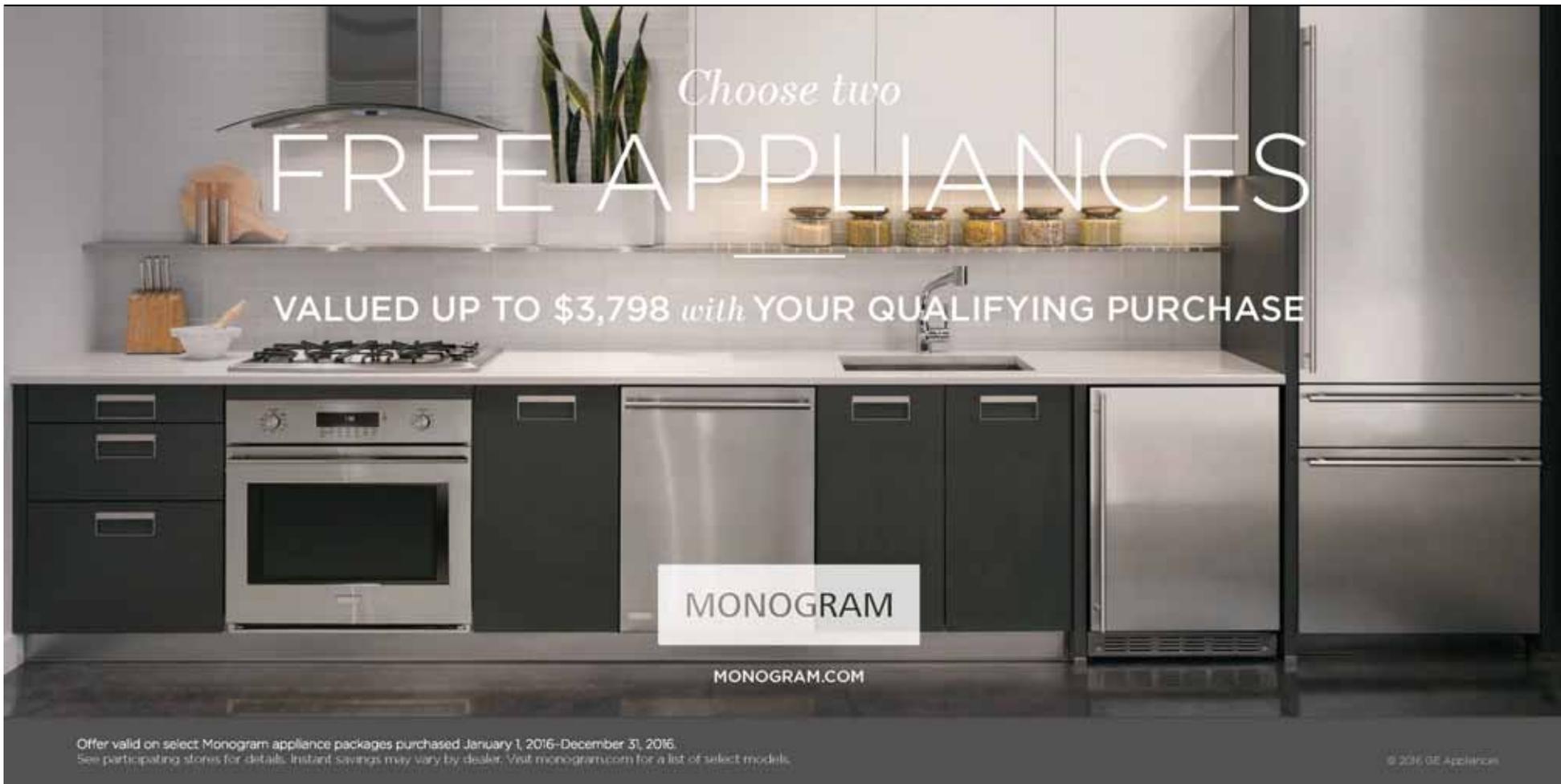
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