



Oak Hill Herndon CONNECTION

Herndon Votes 2016: Election Day 'Block Party'

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Waiting to Vote at
Frying Pan Park polling
station in Herndon.

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PHOTO BY ANDREA WORKER/THE CONNECTION

Nysmith Students Continue to Excel

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Herndon Woman's Club Hosts Fall Fashion Show

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HomeLifeStyle

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OBITUARY

Holli Ann Kinney Durkin, 48, of Herndon, Dies

Holli Ann Kinney Durkin, 48, of Herndon, died the evening of All Saints Day, Nov. 1, 2016. After over two years of heroic struggle with Inflammatory Breast Cancer (IBC), Holli passed away at home, surrounded by family and friends.

She was born Dec. 23, 1967, in Caribou, Maine, the daughter of Gregory Kinney and Judy Liles, and was the oldest of 3 siblings. On Oct. 22, 1994, she married Richard J. Durkin, who survives her.

Holli worked as a Graphic Designer in several companies, including Glen Street

Publishing in New York State. In Washington, D.C., she worked at the US Conference of Mayors, and also in two Public Relations firms: Ketchum, and Jaffe.



She was proud to form her own graphic design company, New Moon Design. She performed extensive volunteer work for Epiphany Episcopal Church in Herndon, in which she was an active member.

She is survived by her husband, Richard Durkin, and by her daughter and son, Annabelle Durkin and Joey Durkin of Herndon. In Dallas, Texas, she is survived

by her mother Judy Liles and father Gregory Kinney, and by her younger brothers, Greg Kinney and Josh Kinney.

A celebration service was held at 11 a.m. on Saturday Nov. 5, 2016 at Epiphany Episcopal Church, 3301 Hidden Meadow Drive, Oak Hill. If moved to contribute, Holli requested that donations be made to support IBC research: www.TheIBCNetwork.org

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public

which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

Washington Plaza Baptist Church will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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PHOTOS BY ANDREA WORKER/THE CONNECTION



Fred and Jody Krazeise say there is no choice but Clinton/Kaine. "The only Republicans I ever could have voted for are Lincoln and Eisenhower, and they are obviously not on the ticket," said Fred. The other option in Jody's mind was "appalling." "Vote 'D' for 'drive' and 'R' for 'reverse,'" added Fred.

Herndon Mayor Lisa Merkel was on hand to greet and thank the voters who were lined up even before the doors opened at the Herndon Community Center polling station. Merkel, who is up for re-election, said one of the reasons she loves being the Mayor, is that "Herndon has an unshakeable sense of community." Jeff Bradley - holding the small red "Vote" sign - and Karen Bradley agree.

Herndon Votes 2016: Election Day 'Block Party'

BY ANDREA WORKER
THE CONNECTION

Mayor Lisa Merkel was on hand to welcome the first wave of voters at the Herndon Community Center, although she was not the first one to show up at the front doors. That honor belonged to Marcus Blanco, who earned first place by arriving at 4 a.m. "But I wasn't all alone," said Blanco. Polling officials were already on the job. By the time the polls actually opened at 6 a.m., the line had already curved around the building, so Blanco may have been tired, but he was pleased to get his civic duty done without the additional wait.

Jameelah Sessions was next in line, joining Blanco around 5. She kept her selection for President to herself, but was happy to announce her endorsement for Merkel, who is running for re-election.

When the doors opened, the line moved quickly. Keith Magnusson, midway down the first turn of the line, laughed that getting to the entrance was a bit like "running the gauntlet," with supporters for both presidential candidates and the Town's political positions and people on both sides of the referendums handing out sample ballots and last-minute appeals. "But everyone has been pretty upbeat and friendly. Too bad the whole election wasn't more like this."

Magnusson was right about the "vibe" at this particular polling place. The Clinton and the Trump camps could be seen chatting amicably while they waited for the next wave of voters to come along. There was lots of hand-shaking, a few hugs and a scene of neighbors meeting for a special occasion that almost felt like a block party, instead of the final round of a contentious election cycle that has often been marked by ten-

No guessing needed about who Jackie Johnson is voting for or her stance on the proposed Fairfax County Meals Tax. She sees Trump as pro small business and pro military. "I think that the military is not treated fairly, the respect is not there. Nor is the respect for law enforcement. I think Trump is the candidate who supports those ideals, and with my Ecuadorean and Argentinian background, I am officially a 'Latina for Trump!'"



"... everyone has been pretty upbeat and friendly. Too bad the whole election wasn't more like this."

—Keith Magnusson

sion and even outbursts of violence.

Around Herndon, signs either "for" or "against" the Meals Tax Referendum vied with those in support of individual politicians. In some places, those signs actually outnumbered the others. Jackie Johnson, co-owner with husband Jeff of JJ Deli at the Centennial Golf Course, was there not only to support Donald Trump for President, but to "hopefully help defeat the Meals Tax. We already pay a meals tax in Herndon. This will not only hurt businesses, but families, as well," she said.

Things were equally peaceful over at the polling station at Frying Pan Park. Poll Watchers were on hand for both the Democrats and the Republicans, as well as an official, neutral "Election Protection" volunteer who watched the proceedings and stood ready to answer questions.

"That's one of the reasons I love being mayor of Herndon," said Merkel. "We have such a strong sense of community here that can withstand a lot."

Voter Nadia Rodriguez agrees with Mayor Merkel. "I just hope that we can keep that feeling going afterwards," she said. "I'm kind of afraid that the hard part is only just starting."



Tiffanie Bailey says she just "can't do a Trump America. "He has encouraged violence and ignorance."



Kile Casey is a real "pro-voter" for Hillary Clinton. "She understands what goes on. She has the experience, while Trump just hasn't taken the time or bothered to learn."



PHOTO CONTRIBUTED

Center, Randy Sayles of Oak Hill receives the Fairfax County Environmental Excellence award, joined by (from left) WK Williams, FCPD Chief Edwin Roessler, wife Frances Sayles and David Westrate.

Face of Integrity

BY TIM PETERSON
THE CONNECTION

A 12-year-old African American boy watched as a city of Denver patrol car with two white police officers drove slowly by his house, where he reported people attempting to break in.

The boy had to call the dispatcher several times to get a response to the scene. When the officers failed to stop or check on the house, the boy called the dispatcher again. He was told the officers had stopped, and that no one was home.

The boy became enraged, and obsessed, with the goal that one day he would become a police officer, and be a good one.

Randy Sayles of Oak Hill, now 68, grew up in predominantly white Denver, Colo. He was the only child of single mother Delores Sayles. She was a domestic worker who didn't have a lot of education, he said.

To protect her son from drugs and lawlessness, Sayles' mother wouldn't allow him outside much, where he could play with other children.

He also remembers from an early age she instilled in him that having a "moral respect for other people is the most important thing you can contribute to society."

THOSE WORDS would guide Sayles' personal and professional actions for decades to come.

Sayles retired in 2003 after more than 35 years in law enforcement. But he's continued following what he believes is his civic duty to get involved when he sees an injustice.

Since 2002, Sayles has been collecting trash along a stretch of Centreville Road, documenting everything as he goes. In 2013, he signed on to do the work officially as part of the county's Clean Streets program.

At one time he went six nights a week. Now he's out three nights a week.

The non-profit Clean Fairfax estimated last year alone Sayles picked up more than 800 bags of trash and 1,200 illegally placed signs.

Sayles was honored for his efforts at the Oct. 18 Fairfax County Board of Supervi-

sors meeting as one of two individuals to win an Environmental Excellence Award.

Sayles' nomination for the award read: "There are many residents of Fairfax County who are passionate about keeping the county clean, green and sustainable, but few follow through with Herculean efforts like Mr. Sayles."

It took as much effort if not more for Sayles to overcome what he said was a pattern of harassment from some Fairfax County police officers while volunteering.

His objection to being treated disrespectfully by some officers as he cleaned up the trash along the roads in Chantilly also led him lend the benefit of his years of experience in law enforcement to another area of service to Fairfax County. Sayles contributed hundreds of hours over the past 20 months to the efforts of the Ad Hoc Police Practices Review Commission.

AFTER SERVING HIS COUNTRY as a U.S. Marine from 1967 to 1968 (he was honorably discharged from a Vietnam assignment to care for his sick mother) Sayles served as a patrol officer and detective with the Denver Police Department for five-and-a-half years.

"He did his job without fear or favor," said Jerry Kennedy, retired division chief of the Denver Police Department. "He got along well with his peers, was willing and proactive. That's what I liked in a policeman."

Sayles learned to negotiate the brotherhood of police culture as well as his place in it as an African American.

"You have to look out for one another," he said. If someone is wrong, makes a mistake, you had to protect those you relied on, "even if you don't agree at the time."

He remembers seeing officers in Denver who wouldn't stand up to stop things they knew were wrong. But that was contrary to how he wanted to carry himself, how he'd been raised.

"Wherever I worked," Sayles said, "if I saw injustice, I would speak up for what I thought was right."

He was recruited in 1974 as the first African American Special Agent at the Denver regional office for the Drug Enforcement Administration.

Life in Law Enforcement

Randy Sayles Career Timeline

1969-1974: Patrol officer and detective, Denver Police Department.
1974-1979: Drug Enforcement Administration Special Agent, assignments in Phoenix, New York City, Los Angeles, San Francisco, Atlanta, New Orleans and Mississippi.
1979: First DEA overseas assignment as Assistant Country Attaché in Islamabad Pakistan Office, American Embassy.
1980-1981: Staff coordinator at DEA headquarters; Watch officer at El Paso Intelligence Center.
1981-1984: Assistant Country Attaché, DEA Brasília, Brazil, American Embassy.
1984-1995: Group supervisor, New Orleans. Special Assistant to the Special Agent in Charge-DEA Training, co-located with FBI Training, FBI Academy; Associate Deputy Assistant Administrator, Office Of Information Systems-DEA Headquarters; Executive Secretary to the Career Board-DEA Headquarters; and Assistant Special Agent in Charge-Chicago.

1996-1998:

Senior Narcotics Liaison Officer: Re-established severed operational, intelligence efforts between DEA and the U.S. Army Southern Command, headquartered in Panama City, Panama.
1999-2001: Senior Executive Service and Country Attaché, Lima, Peru; Re-assigned to FBI headquarters as SES section chief.
2001-2003: DEA Deputy Assistant Administrator, DEA headquarters.
2002: Begins street clean-up effort.
2003: Retirement.
2015: Begins serving on Fairfax County Ad Hoc Police Practices Review Commission, Use of Force Subcommittee.
2016: Receives Fairfax County Environmental Excellence award.



Former Denver police officer, DEA agent, Ad Hoc Police Commission contributor and long-time county resident receives Environmental Excellence Award.

JOHN "JACK" LAWN, retired DEA administrator, met Sayles in the mid-1980s in New Orleans, where Sayles was supervising a group of young agents.

Lawn was already impressed with Sayles' background, which included Sayles' lifesaving role in a 1979 crisis where the U.S. embassy in Islamabad was attacked and set on fire. Sayles received the U.S. Attorney General's highest award for heroism and valor for assisting U.S. Marines inside the embassy to save the lives of 90 individuals who were trapped there.

"His background as a law enforcement officer, a younger Marine, left him with a unique experience on how to deal with crisis situations," Lawn said.

He was also impressed with Sayles' sincerity: "His interest [was] in seeing the right thing was done on every occasion, making difficult decisions."

Sayles was tapped to be a member of a federal monitoring committee for the DEA, to make sure promotions, assignments and other areas of employment were being distributed fairly.

As a junior agent, Sayles said he had seen discrimination in being passed over for promotions. His job on the committee was to ensure compliance.

"He didn't over-try," said Bob Bryden, retired DEA chief of operations. "He let the facts show up. He never let his position in the African American community affect a decision. I've known few people through the years with the true depth of integrity that he has. He knows the difference between popular and right."

SAYLES TYPICALLY goes out between the hours of 1:30 a.m. and 5 a.m. to clean up the trash along the roadway near his home. "At those hours the only people are police and me," he said.

On several occasions, Sayles said, he was approached by law enforcement officers — Fairfax County Police, state and federal protective police — while volunteering. He

would be asked repeatedly by FCPD officers what he was doing, despite giving the same answer over and over again. Some officers said he was creating a hazard for traffic, despite the lack of traffic at that hour, he said. Others said it was their job to remove the illegal signs, not his.

Sayles said officers treated him with notable lack of respect. "Like they don't believe in being respectful and professional. It gets me mad. ... I'm just a citizen, trying to do civic duty, and won't let them continue to disrespect me." His dismay at officers who would treat people with such disrespect and dismay is palpable when Sayles talks about it.

These interactions came on top of a number of situations where he said he was harassed by Fairfax County Police officers after being pulled over at various times driving.

One morning, when Sayles was stopped on the side of the road looking for his Fairfax County RECenter card, he said a cruiser stopped in the through lane next to him, lights flashing. The officer asked for his license and registration then walked away. Sayles didn't want to identify himself as former law enforcement as he didn't think it was relevant.

Some time later, a second, female officer came to Sayles' window. He said she screamed at him: "Do you have a weapon?" Sayles remembers the saliva coming out of her mouth as she continued to yell, "Don't you know the first thing you should've told us is if you had a weapon?"

At that point, Sayles said he didn't say anything, rolled up his window, and sat looking straight forward while the officer continued to scream.

"Her tone, her demeanor, pissed me off," he said.

The officers ended up giving him a ticket for parking illegally blocking a through lane of traffic, which he found ironic as they were

SEE SAYLES, PAGE 5

Sayles Receives Environmental Excellence Award

FROM PAGE 4

blocking the through lane of traffic themselves. At that point, he finally pulled out his law enforcement identification.

“You of all people should’ve been able to answer better,” the officer responded, according to Sayles.

After the incidents when he was picking up trash, Sayles requested to report a complaint with police staff of FCPD Chief Edwin Roessler, but was refused.

But later at the Fairfax County Government Center, Sayles said he encountered Roessler himself and asked him about making an appointment. The chief suggested they look for an empty room and meet right away. Roessler sat with Sayles for 45 minutes.

“He listened without interrupting,” Sayles said, “let me tell my side.”

Roessler gave Sayles a few recommendations for his volunteer work, including putting a flashing yellow light on his van.

Within 24 hours, Sayles was back out on the road, police saw him, and kept driving.

Roessler attributed the repeated stops while Sayles was on Centreville Road to a lack of communication among overlapping jurisdictions that border the area: the Sully, Fair Oaks and Reston District stations.

To bridge the gaps, Roessler connected the stations and introduced Sayles face-to-face.

These experiences with law enforcement in Fairfax County, as well as his time in the field motivated him to serve on the Use of Force subcommittee for the Ad Hoc Police Practices Review Commission.

As a U.S. Marine, police officer, DEA special agent and supervisor, he had been personally involved in most of the types of scenarios — shooting at suspects, being shot at, using force, working undercover — that were being discussed for changing policies.

Sayles said understood from his time in Denver the need both to cover a fellow officer in the moment, but if they truly screwed something up, to be transparent about that with his supervisor.

“To me, that’s very important; it’s at the heart of the argument we make for the reform for the FCPD,” Sayles said. “There’s a culture there that they cover each other when they know they’re wrong. That has to be broken before we can truly have reform in the PD.”

Following the police commission recommendations, the Board of Supervisors has already voted to create an independent police auditor to review use of force incidents and complaints in particular. Next month the Board is scheduled to vote on

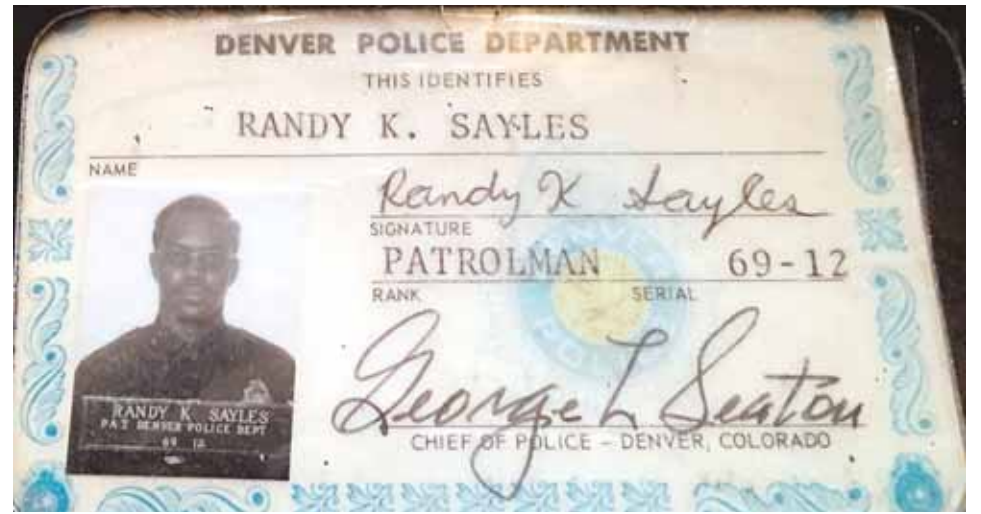


PHOTO CONTRIBUTED

After serving his country as a U.S. Marine from 1967 to 1968, Randy Sayles of Oak Hill served as a patrol officer with the Denver Police Department for five and a half years.

establishing an independent civilian review panel that would look at other types of citizen complaints against officers for misconduct.

“Now it’s making it where if someone is harassed, they have another mechanism,” Sayles said. “You can feel you’re getting fair treatment with a police complaint, without going to court.”

The potential review panel, Sayles said, could be huge for community perception of law enforcement, particularly in low income communities.

ROESSLER SAID Sayles has been involved in a core group from the Ad Hoc Commission that’s continuing to meet with him and assist in implementing recommendations.

“He has decades of experience,” Roessler said. Having him, he added, “has been a blessing, makes us think.”

Roessler said he’s impressed how Sayles speaks directly, as well as his passion and his ethics.

The fact that projects like those from the Ad Hoc Commission are being delivered to meet the needs of the community “are because of people like Randy,” Roessler said.

Sayles said the environmental award was some vindication for the “trying times” he’s had with Fairfax County law enforcement.

But he also said he wanted to recognize the hundreds of volunteers who go out and do civic work, volunteer that people don’t know. “So many are equally qualified,” Sayles said, “they don’t ask for recognition.”

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OPINION

Coming: Children's Connection 2016

Get creative and send art, poetry and more.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

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

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

Some suggestions:

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

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be?

Editor's Note

Eight of the 15 Connection Newspapers go to press during the day on Tuesdays, including earlier this week on Election Day. Reporters visited polling places and filed photos and short stories during the day on Election Day, election results were not yet available when this paper went to press. See next week's papers for more insight.
www.ConnectionNewspapers.com

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever given? Ever received?

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

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

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

To be published, we must have the full first and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

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

Please send all submissions by Friday, Dec. 2. The Children's Connection will publish the last week of 2016.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Connection to the paper closest to you:

McLean@connectionnewspapers.com

Vienna@connectionnewspapers.com

GreatFalls@connectionnewspapers.com

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After the Elections

BY KENNETH R.
"KEN" PLUM
STATE DELEGATE (D-36)



As I write this column the final votes of this election year will not have been cast and hence not tallied. The winners and losers are not yet known. Whether voters in my district took the recommendations in my *Voter Guide 2016* or made different judgments will only be known as the final votes are counted the day before this column appears in print.

Regardless of who the new president is and who controls the Congress there is much work to be done. Suddenly the realities of significant issues become clearer than the simplistic slogans of campaigns might suggest. There are no easy answers to ever-increasing tensions in many parts of the world, to the rising cost of health care and its lack of availability to too many people, to major inequities in wealth and opportunity among the people of our country and among the nations of the world, to crumbling infrastruc-

COMMENTARY

ture—to name just a few!

The greatest challenge of all may be the sharp division of opinion apparent during the election season on the role government should play in responding to these needs. Complicating any reasonable discussion of the differences of opinion is the lack of trust of governmental institutions and politicians felt even more strongly after the rough and tumble of this election season.

While the only state level elections this year were special elections to fill vacancies, the tenor and outcomes of federal elections are likely to have an impact on how business is conducted in the 2017 session of the General Assembly beginning in January. If the extreme right is successful in this year's elections, those that are in the General Assembly may feel emboldened to continue to oppose taking federal health care monies, to adopt additional restrictions on abortions, and to pass laws that discriminate against LGBTQ citi-

Regardless of who the new president is and who controls the Congress there is much work to be done.

zens. While Governor McAuliffe will still be around to wield his veto pen, there could be many protracted debates on social issues.

On the other hand, if Democrats are successful in capturing the presidency and one or both houses of Congress, moderate Republicans in Virginia may feel less need to insist on hard lines on many issues as we have seen in the past. After all, Virginia will elect a new governor and House of Delegates in 2017, and both parties will want to side with the prevailing political winds.

It is essential that all political leaders learn from this election

cycle and do what we can to help mend divisions in our state and in the nation. One thing we can do is listen. Senator Janet Howell and I will have our annual public meeting to talk with voters on Monday, Dec. 19, 7:30 to 9 p.m. at the Reston Community Center at Lake Anne Plaza. Come and tell us what is on your mind and offer your suggestions as to what we should do in the upcoming General Assembly session. Also, my constituent survey is on my website, www.kenplum.com, and I encourage you to complete it. After all, the elections are over: time to get back to work.

VOLUNTEER EVENTS & OPPORTUNITIES

30th Annual Northern Virginia Dementia Care Consortium Caregivers Conference, Friday, Nov. 11, 8 a.m. - 3:30 p.m. The conference "Gems: A Treasure Chest of Ideas" will have speakers and resources on topics important to caregivers. The \$30 fee includes continental breakfast, lunch, materials, and certificate of attendance. First Baptist Church of Alexandria, 2932 King St., Alexandria. Find out more at www.fairfaxcounty.gov/olderadults and click on Caregivers Conference.

The **Fairfax Commission on Aging** meets on **Wednesday, Nov. 16, at noon** at the Kings Park Library, 9000 Burke Lake Rd., Burke. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call 703-324-5403, TTY 711 for meeting access needs.

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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NEWS



Runners and walkers will face a fun 5K trail course, which winds around the Herndon Centennial Golf Course.



Registrations are currently being accepted for the Herndon Turkey Trot.

PHOTOS CONTRIBUTED

Registration Opens for Herndon Turkey trot 5K Race

Herndon Turkey Trot 5K Race will be held Saturday, Nov. 19, 2016 at 4 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon.

Runners and walkers will face a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Packet pick-up and race day registration runs from 1:30-3:30 p.m. Long-sleeved Sport Tek T-shirts guaranteed to the first 900 pre-registered runners. Shirts must be picked up the day of the race. Shirts will not be available after race day. Refreshments, entertainment and door prizes will be available after the race to all runners.

Registrations are currently being accepted for the Herndon Turkey Trot. Preregistration ends on Friday, Nov. 18 at 12 p.m. Race day registration is from 1:30 p.m. – 3 p.m. in the Herndon Community Center Gym. Strollers, bikes and dogs are not permitted

to participate in the race. Runners of all ages are welcome to compete and prizes will be awarded to winners male and female in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. Overall male and female winners will be given a Thanksgiving turkey with all the trimmings. Registration is currently available at the Herndon Community Center and online at <http://herndon-va/events> and www.active.com.

Cost: Pre-Registration: \$30 for Adults (Age 19 & Up) + Can of food; \$20 for Youth (Age 18 & Under) + Can of food. Pre-registration ends at noon on Nov. 18.

Race Day Registration: \$35 for Adults (Age 19 & Up) + Can of food; \$20 for Youth (Age 18 & Under) + Can of food. Race day registration is limited and will end at 3:30 p.m. All food will be donated to LINK.



Herndon Village Network (HVN) celebrated its volunteers with a tea held on Sunday, Oct. 23 at the Four Seasons clubhouse.

PHOTO CONTRIBUTED

Herndon Village Network Celebrates Volunteers


Herndon Village Network (HVN), a not-for-profit organization serving Herndon senior citizens, celebrated its dedicated volunteers with a tea held on Sunday, Oct. 23 at the Four Seasons clubhouse. These volunteers make a difference by providing the elderly much-needed transportation for appointments, errands, and social gatherings. This more organized concept of neighbors helping neighbors encourages older residents to age in the Herndon community and allows them to maintain established routines and connections, which results in a higher quality of life.

As Supervisor John Foust (D-Dranesville) noted,


“We live in a community that cares about all of our residents, including those who are aging. Fairfax County would like to see all of our citizens be able to stay in their homes for as long as possible.... Many thanks to HVN and its dedicated volunteers for the critical services they provide.”

Herndon residents who are 55 or older, live in the 20170 zip code, and are interested in HVN services should call 703-375-9439. Interested volunteers should visit www.herndonvillagenetwork.org and complete an application. All volunteers are vetted. Donations are welcome.

Saint Timothy 36th Annual
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HomeLifeStyle

Originally a circa 1935 Great Falls dairy barn, Bill and Brenda Bosch began converting the structure into their personal residence in 2007.



To make room for the larger master suite, Chris Arnold at Foster Remodeling Solutions devised a way to eliminate an obstructive bearing wall by installing an 8" x 17' steel beam attached to concealed vertical supports. To reinforce the rustic design theme, the exposed beam is wrapped in reclaimed barn board. The floors are also old barn wood milled to specification.

A Design Solution as Big as a Barn Door

Master bath renovation explores themes from Great Falls' bucolic past.

BY JOHN BYRD



The interior to the new master bath is a study in textural and tonal contrasts. Porcelain tile flooring. Mirrors framed in polished nickel. Plantation shutters. The door to the commode is reclaimed barn door mounted on antique rollers.

Talk about rustic charm. In 2007, Bill and Brenda Bosch purchased what boutique remodelers sometimes refer to as a "barn conversion" — specifically, a spacious modern home which, five years earlier, had been constructed inside the exterior of a 1935 dairy barn.

With its metal roof, stucco siding and silo, the 5,800-sq-ft., five-bedroom Great Falls residence exuded nostalgic references to the community's bucolic past.

Getting the house to owner requirements, however, entailed a commitment.

For starters, the second level primary living area (formerly, a hay loft) was too dark and poorly finished, and offered only limited views of the splendid setting through re-purposed skylights. An early renovation effort focused on "gutting" the kitchen, dining room and family room, and introducing a more appropriate glazing solution that included dormer windows in key locations.

More recently, as the children moved on to college, Bill and Brenda Bosch began to see the house from an empty-nester's perspective.

The first level master bathroom was plainly still unacceptable. With its circa 1990s white ceramic tile, tiny vanity and walk-in shower stall, the design was like something out of a builder-grade starter home.

Moreover, at 90 sq. ft., it was cramped and pinched, offering no opportunities for such upscale necessities as built-ins for toiletries and towels, a showering option for every whim, unhurried zones to dry-off and re-acclimate, and (especially) a breathtaking view of classic Virginia countryside.

Views, in particular, ranked high on the couple's wish list.

"We wanted to see our beautiful surroundings from the bed, but this wasn't feasible," Bosch said.

The problem: the southwest corner of the house where the master suite was located was wrapped around 80-year old post-and-beam supports that held up the second floor. Given the critical structural consideration, the original master bedroom had been configured into an L-shape (sleeping quarters with a sitting room addenda). Moreover, under the existing plan, one entered the bathroom through an equally-size sitting room, an arrangement which Bosch saw as wasted space.

"We wanted to reconfigure the rear corner quadrant of the house to improve both the space plan and the view fields," Bosch said, "I just wasn't sure how to do it."

Enter Chris Arnold of Foster Remodeling Solutions, the firm that had successfully renovated several aspects of a friend's home over a 10-year period.

As Arnold recalled: "We were asked for ideas for a sweeping interior makeover, but nothing could happen without implementing a

significant structural change." Arnold's plan: shift second floor loads to an 8" x 17' steel beam attached to vertical supports concealed behind interior walls. The move would widen available bedroom floor space by 50 square feet and add another 20 square feet for an upgraded master bathroom.

To reinforce the emerging design statement, the exposed steel beam is to be wrapped in reclaimed barn board. The new bedroom flooring is, likewise, made from old barn wood that's been milled to specification. As a final grace note, one enters the commode via a reclaimed barn door mounted on antique rollers.

With the additional floorspace, the couple's new king-sized bed is now positioned on a wider interior wall that features a spot-on view of rolling paddocks and grazing horses.

Though augmented by a comparatively modest increase in square footage, the new master bath is, likewise, far more comfortable.

"Brenda and I can occupy the new bathroom at the same time," Bosch said, "which was difficult

before."

Meanwhile, at 21 square feet, the "curbless" walk-in shower — fitted out with a bench and personal cubbies — boasts many cutting-edge amenities, including a programmable control that remembers each user's preferred water temperature.

Consistent with the broader design goals, the shower now features a window with an adjustable screen that affords a panoramic view of wooded back acreage.

The interior itself is a study in textural and tonal contrasts that reinforces a softly relaxed ambiance.

The porcelain tile flooring — which Arnold found after careful research — is an exact match for natural blue stone. As an added nod to personal comfort, the flooring is heated via electrical coil integrated into the underside of the tile itself.

Other design details, explore themes from the 1930s and earlier. Period cabinetry provides drawers and shelving for towels and personal toiletries. Quartz counter surfaces and mirrors framed in polished nickel help to balance the light and dark contrasts. The scones are early-electric Edison-style replica with an exposed filament.

"The project has allowed us to express our creativity," Bill Bosch said. "That's what really makes a home special."

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. For information call 703/550-1371, or www.fosterremodeling.com.

John Byrd

(byrdmatx@gmail.com or www.HomeFrontsNews.com) has been writing about home improvement for 30 years.

Velvet pumpkins are a favorite holiday accessory of Courtney Thomas of The Picket Fence in Burke.



PHOTO BY COURTNEY THOMAS

Setting a Holiday Table

Local tastemakers offer suggestions for creating festive tablescapes.

BY MARILYN CAMPBELL
THE CONNECTION

As Thanksgiving draws near, thoughts of table settings and holiday décor abound. In the midst of a flurry of activity — from shopping to chopping and roasting the perfect turkey to creating seating charts — it's easy to let holiday décor and tablescapes become an afterthought. The right accessories, however, can set the tone for a festive gathering.

"Decorating for the holidays in my house is always done with candles, fruit and flowers," said interior designer Gretchen Fuss of Gretchen Fuss Works of Art and Interior Design. It's "festive but simple."

Look to nature, advises Anne Walker of Anne Walker Interior Design, because some of the best holiday decorations are found not at a store, but in your own backyard. "Holly branches in a big white vase make a beautiful centerpiece," said Walker. "Pinecones in a ceramic bowl or galvanized steel bin can add interest to any otherwise empty corner."

"Placing greenery in unexpected locations like a chandelier can also bring another interesting element to the tabletop," agreed Marika Meyer of Marika Meyer Interiors and Marika Meyer Textiles.

A local produce stand can also serve as inspiration for autumnal décor. Mini pumpkins, for example, can be used as place cards, suggests Courtney Thomas of The Picket Fence in Burke. "Simply write each guest's name on a small pumpkin or gourd and place at each seat," she said. "Finish off each place setting with a chocolate turkey tied up with a festive bow. [This] lets the food be the star."

Hollowing out a large pumpkin and us-

ing it as a vase to hold flowers for a centerpiece helps keep the autumnal theme consistent, she adds. "Keep things simple," said Thomas. "Scatter gourds or acorns down the middle of the table and add some seasonal candles in your favorite candlesticks."

She also recommends decorative pumpkins, especially velvet pumpkins: "Add some luxe to your Thanksgiving décor with velvet pumpkins. Made with stems from real pumpkins, each one is unique. Group a few on an entry table or sideboard or add some to your table décor."

An easy way to change up your everyday dinnerware and make a statement is to upgrade your salad plates. "An interesting salad plate sitting on top of your dinner plate can add a pop to your tabletop," said Meyer. "Custom napkins can also bring color or pattern to the tabletop."

However, before purchasing new holiday décor, Walker advises editing what you already own. "Go through your holiday decorations with a keen eye, and weed out any that no longer bring you joy for whatever reason," she said. "Maybe they've gotten a bit old and worn or maybe they don't match the current style of your furnishings or maybe you've just grown tired of them."

Maybe your wreath has seen better days as well. In fact, one of the keys to holiday decorating, according to Meyer, is layering and it starts at the front door. "We love to dress a front door by flanking it with white poinsettias and a wreath for the door," she said. "Magnolia or boxwood wreaths are a perfect option to welcome your guests."



PHOTO BY ANNE WALKER

Fresh-cut holly branches and pumpkins are two items that interior designer Anne Walker uses to create a festive table.



PHOTO BY ANNE WALKER

An arrangement of wildflowers, such as this one by interior designer Anne Walker, adds a natural touch to a holiday table.



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CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/.
The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Thanksgiving Food Drive with Reston Community Center Friday, November 4 - Tuesday, November 22 In support of the annual Thanksgiving Food Drive for local families and individuals served by Cornerstones, Reston Town Center is collecting donations of non-perishable food in building lobby boxes. To find a donation site near you check out the Bulletin listing in the Reston or Herndon Edition of the Connection Newspapers or visit: restoncommunitycenter.com

Exercise for Parkinson's Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. free.parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Teen and Adult Art Classes ArtSpace Herndon Every Monday from 5:30 - 8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com

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 703-956-9560

Shih Chieh Huang. Synthetic Transformations Sept. 16 - Nov. 16. Tuesday through Saturday, 11 a.m. - 5 p.m. Greater

NextStop Theater Presents 'Eurydice'

NextStop Theater presents "Eurydice" at 269 Sunset Park Drive, Herndon. Performances Oct. 27 - Nov. 20, 2016. Thursdays, Oct. 27, Nov. 10 and 17 at 7:30 p.m., Fridays at 8 p.m., Saturdays, Nov. 12 and 19 at 2 p.m. and 8 p.m. with Saturday performances on Oct. 29 at 7 p.m., Nov. 5 at 8 p.m. Sundays at 2 p.m. with performances on Sunday, Nov. 6 at 2 p.m. and 7 p.m. Tickets: \$35. Call 866-811-4111 or visit www.nextstoptheatre.org Pictured: Emily Kester as Eurydice in the NextStop production of "Eurydice."



PHOTO COURTESY OF NEXTSTOP THEATRE

Reston Arts Center. Reston Town Center, 12001 Market St #103, Reston. Dynamic gallery experience by Shih Chieh Huang, sponsored by Leidos and the Arts Council of Fairfax County. Huang will present an installation featuring elements created from a variety of media including LED lights and materials such as plastic bags and Tupperware. Cost: Free. info@resonarts.org 703-471-9242.

Manganelli Solos at PenFed Realty October and November 2016 at the office of PenFed Realty, 1886 Metro Center Dr., Reston. The

exhibit is free and the office is open to visitors Monday through Friday from 9:00 a.m. - 5:00 p.m. leagueofrestonartists.org

Gypsy Takes The Stage at Reston Community Players The "Mother of all Musicals" opens RCP 50th Anniversary Season. October 21 through November 12. Performance Dates Nov. 4, 5, 6*, 11, 12 2016. Shows start at 8 p.m. Please note: Nov. 6 matinee has a 2 p.m. curtain. It's known as one of the most classic American musicals of all time. Broadway productions have starred legends ranging from Ethel Merman, Bernadette Peters, and Patti LuPone. While, the motion picture versions were led by Merman and Bette Midler. Now, Gypsy takes the stage at Reston Community Players. Restonplayers.org

Unforgettable Photography Exhibit Artspace Herndon Featuring the photography of Marti Belcher November 2 - December 4. 750 Center Street, Herndon. Life is a journey, a continuum of everyday events and ordinary people, all of which make for an extraordinary lifetime of experiences. 703-956-9560. www.artspaceherndon.com

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. Takes place 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 info and enjoy guest speakers, workshops and group critiques. Nonmembers welcome. www.leagueofrestonartists.org

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

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

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

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. 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 <https://potomacriverrunning.com>

Herndon Regional Wind Ensemble Practice. Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 HerndonRegionalWindEnsemble@gmail.com Cost: Free

Through the Eye of the Needle Quilt Show Oct. 31 - Nov. 28. 9 a.m. to 6 p.m. Reston Community Center, Lake Anne Plaza, 2609 Washington Plaza N, Reston. The Cotting Quilters, an active Reston group who focuses on traditional and modern designs, presents its first quilt show. The exhibition, with no hard and fast rules, features full sized quilts, art quilts, wall hanging, table runners and other fabric art. A reception will take place on Sunday November 6 from 2 to 4 p.m. Free. Email ablown@gmail.com for more information.

Senior Tea ARTSPACE Herndon 10:30 - 12 p.m. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month, from 10:30 a.m. to 12 p.m. 750 Center Street, Herndon. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>

TUESDAY/NOV. 8, 2016

Election Day. General election. www.sbe.virginia.gov/ and fairfaxcounty.gov/elections

WEDNESDAY/NOV. 9

Post-Election Unity Service McLean Baptist Church 6:30 p.m. 1367 Chain Bridge Road, McLean. Though the past months have been filled with partisan election coverage, we have the opportunity to come together as the united body of Christ for worship. No matter the division in our country, there is "one Lord, one faith, one baptism, and one God and Father of all who is over all, through all, and in all." We hope you will join us for a night of worship and prayer. mclapp@mcleanbaptist.org 703-356-8179 <http://mcleanbaptist.org/>

Social Security Seminar 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. Adults 62 and older. Learn how to maximize your Social

SEE CALENDAR, PAGE 11

The Children's CONNECTION

2016

This keepsake, award-winning issue will be filled with the artwork and writings of local children starring their families, friends, pets, schools and more. Our family readers are your best customers, who take time to savor this edition during the holidays and beyond.

Be Part of the Children's Connection

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

We welcome contributions from public and private schools, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens, or other creative efforts.

To submit material, identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school if applicable, name of teacher and town of school location. E-mail to herndon@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD to Children's Connection, 1606 King Street, Alexandria, VA 22314. Please send all submissions by December 16.

Publishing December 28

Advertising & Materials Due: December 16

For More Information: Call 703.778.9431

We didn't inherit the earth from our parents. We're borrowing it from our children.

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

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CALENDAR

FROM PAGE 10

Security income. Register at www.fairfaxcounty.gov/library

FRIDAY/NOV. 11

Senior Tea ARTSPACE Herndon
10:30 - 12 p.m. 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month, from 10:30 a.m. to 12 p.m. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>

Everything Christmas Sale Preview Sale: 4 - 7 p.m. Main Sale is 9 a.m.-noon on Saturday. At The First Baptist Church of Herndon 681 Elden St. There will be holiday decorations and a variety of gift options. The proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community through grants to local nonprofits and college scholarships to local students.

Teen and Adult art class: Color explorations. 4:15 - 5:45 p.m. Artspace Herndon, 750 Center Street, Herndon. The face and human figure - studies in drawing and then moving to painting. Creating a self-portrait or other portrait working from a photograph and mirror. Cost: \$60. Please reserve your place in class by emailing Denise Dittmar, denise.dittmar@gmail.com. More information at 214-924-8755. www.artspaceherndon.com

Veterans Free 2 Meat Combo at participating Famous Dave's Restaurants. In honor of Veteran's Day. Famous Dave's Virginia locations would like to thank all former and current military personnel for their dedication and service to our country by offering a FREE Two Meat Combo at participating locations. famousdaves.com/veterans

Plan Ahead Reston & Herndon

FRIDAY/NOV. 25, 2016

Reston Holiday Parade. 11 a.m. with Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. Reston Town Center, 11900 Market St., Reston. Reston Holiday Parade on Market Street, tree lighting at Fountain Square. Rain or shine.

SUNDAY/DEC. 4

Holiday Arts and Crafts Show. 10 a.m.-4 p.m. Herndon Community Center, 814 Ferndale Avenue, Herndon. Handcrafted items and fine art will be on sale. Including wreaths, quilts, jewelry, Christmas ornaments, photography and stained glass. www.herndon-va.gov.

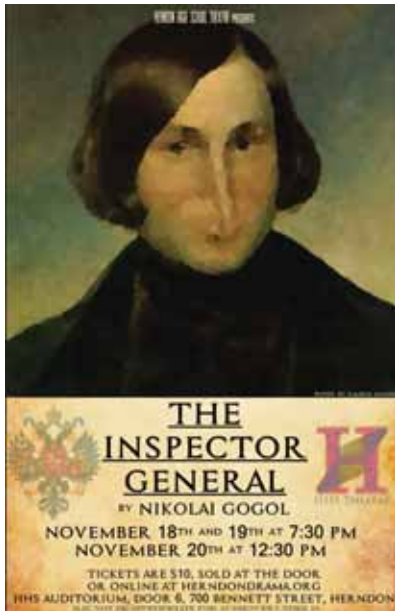
Book Sale 1 p.m. Reston Regional Library 11925 Bowman Towne Dr, Reston, VA 20190. Start your shopping early. Come browse and buy - we have lots of gift-quality books. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library/branches/rr/>

SATURDAY/DEC. 17.

A Storybrook Holiday Celebration. 10-11:30 a.m. at Herndon Community Center, 814 Ferndale Avenue, Herndon. Bring your child to enjoy some holiday fun. Cost includes craft projects, a visit with Santa and a reading of a holiday story by a special guest. \$9/child.

Herndon High Theatre Presents 'The Inspector General'

"The Inspector General" by Nikolai Gogol is coming to Herndon High School. Immerse yourself in this classic, comedic satire about a small town mayor, a big city nobody, and a whole lot of hilarity. Friday, Nov. 18 and Saturday, Nov. 19 at 7:30; Sunday, Nov. 20 at 12:30 p.m. at Herndon High School Auditorium (Enter the school through Door #6) — 700 Bennett Street, Herndon. Tickets: \$10 at the door and online at HerndonDrama.org. May not be appropriate for audience members under age 13.



SATURDAY/ NOV. 12

Ideaventions Open House 11 - 2 p.m. Ideaventions Academy 12340 Pinecrest Road, Reston. Ideaventions Academy is launching an innovative high school in Fall 2017, allowing students to experience a personalized education in an environment where they can grow and explore their interests as they prepare for college. There will be an open house to share with parents and interested students the unique offerings of the high school program, as well as the Lower School program (grades 4th-8th). www.ideaventionsacademy.org/

Concert Honors Veterans 4 - 5 p.m. St. Francis Episcopal Church 9220 Georgetown Pike, Great Falls. "Music for Choir & Brass to Honor Our Veterans" will be presented by the St. Francis Choir, St. Mary's College of Maryland Chamber Singers, PING, and the Brass Ensemble, under the direction of Larry Vote. Admission: Free <http://www.stfranciscgreatfalls.org/>

Mozart in the 'burbs' 7:30 - 9 p.m. UCP Reston 11508 North Shore Drive, Reston. Pro Arte Chamber Orchestra of Greater Washington Presents Mozart in the 'burbs Conducted by: Juan Gallastegui. Admission: \$0 - \$30. www.PACODc.org



PHOTO BY RYAN DUNN/THE CONNECTION

Hunter Mill District Supervisor Cathy Hudgins rode an antique fire truck in the 2014 Reston Holiday Parade at Reston Town Center. This year's Reston Holiday Parade begins Friday Nov. 25 at 11 a.m. There will be Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and more. The celebration takes place at Reston Town Center, 11900 Market St., Reston. Reston Holiday Parade on Market Street, tree lighting at Fountain Square. Rain or shine.

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From left — Cathy Campbell, Owner of Details of Occoquan and Members of Herndon Woman's Club take a bow after the Fall Fashion Show held at Dulles Crowne Plaza Hotel.



Elma Mankin, Herndon Woman's Club oldest member at 92, strikes a pose during the organization's Fall Fashion Show on Nov. 5 to support Herndon-Reston FISH, Inc.

PHOTOS COURTESY OF AMY SKIAVO

Herndon Woman's Club Hosts Fall Fashion Show

Event proceeds donated to Herndon-Reston FISH, Inc.

BY MERCIA HOBSON
THE CONNECTION

The ten runway models are nearly ready, decked out in couture by Details of Occoquan, hair styled and makeup professionally applied. As members of Herndon Woman's Club (HWC), they range in age from 30-something to 92, and they are nervous. A crowd of 250 guests is seated in the Dulles Crowne Plaza Hotel ballroom. The 58th Annual Herndon Woman's Club Fall Fashion Show, a fundraising event for this year's designated charity, Herndon-Reston FISH, Incorporated, is about to begin. The runway is in place; the doors open; the first model enters.

Each one walks down the runway, bolstered by mutual support and united together in passion and commitment to community service through volunteerism and fundraising. And they rock. Elma Mankin, the 92-years-old "Queen of Herndon," struts and spins on her heels.

Gail Dollinger is Chair of Herndon Woman's Club Fashion Show. "This is my first year to work on the fashion show," Dollinger said. "We have five committees and started planning this show back in June. This has been a fabulous experience and so wonderful working with all the various committees because without them, and member support, we could not have this fashion



Cathy Campbell speaks to the audience at Herndon Woman's Club Fall Fashion Show 2016 to support Herndon-Reston FISH. FISH is a volunteer, non-sectarian, non-profit corporation dedicated to helping local residents through short-term crises. FISH received a \$3000 donation from Herndon Woman's Club to help them help others.

show. There were 15 people in our group but truly, the whole club, 54 members, was involved because we asked them all to solicit door prizes."

As for the identification of this year's charity, Dollinger said, "We evaluated several different groups, but we felt that Herndon-Reston FISH was making a difference in the community. They helped 5000 people last year, in one capacity or another." Dollinger added that when people are at a low-income level, if they suddenly have a catastrophe,

and do not have the financial resources, they need some temporary help.

HERNDON-RESTON FISH provides help to local residents in short-term crises. Lisa Groves, Executive Director of FISH, says FISH provides "a hand up, not a hand out," and generally assistance is provided only one time annually per recipient. "The way FISH began was helping a family who had lost all their belongings in a household fire. That was back in 1969. The premise of Friendly Instant Sympathetic Help exists today. So we won't turn anyone away."

Groves thanked Herndon Woman's Club for recognizing FISH as a valuable contributor and having FISH be the designated charity and recipient of a \$3000 check.

Last year Herndon-Reston FISH paid more than \$300,000 directly to landlords, utility companies and pharmacies on behalf of clients in need and kept 560 people in housing, thereby avoiding eviction. The organization provided electric, gas, and water turn on for 460 people and holiday food and gift baskets for 1,597 residents. FISH initiated Matching Dollars SNAP Program for purchase of fresh produce at Farmers' Markets. More than 360 volunteers work for FISH, contributing close to \$115,000 in time and talent. They taught financial literacy workshops and budgeting mentoring to all FISH clients.

For FISH's upcoming holiday food drives, Groves reports that they will serve approximately 300 individuals for Thanksgiving and another 300 for Christmas. "We have some latitude to have extra family members or extra seniors added to the list. We will have potentially up to 150 volunteers that work 5 hours each." Groves adds they

welcome volunteers of all ages to participate in their holiday efforts especially their Food Collection scheduled for Nov. 12 at Giant in Franklin Farms and Giant at Northpoint. "We have scouts, corporations and neighborhood groups also providing donations. All that food has to be sorted, packaged and boxed for distribution to families in need right in Herndon and Reston."

Jennifer Baker, Herndon's Vice Mayor, attended the event. Baker said, "Herndon Woman's Club offers our community a sense of purpose, leadership and giving back. I love what they do, not only this event, but their other events such as their December's participation in Wreaths Across America."

Also attending the event were Lisa Merkel, Mayor of Herndon, Grace Han Wolf, Town Council Member and Connie Hutchinson, Past Town Council Member. Hutchinson said, "Because Herndon Woman's Club has been around for 77 years, the total benefit they have brought to the community is immeasurable. Their members work long and hard to bring the community spirit of Herndon alive."

FOR MORE INFORMATION regarding Herndon Woman's Club visit herndonwomensclub.com.

Herndon-Reston FISH manages and operates The Bargain Loft- a thrift shop for great deals on affordable, refurbished quality goods including furniture, antiques, collectibles, books and more, and operates an Assistance Phone Line at (571) 267-2980 to receive requests for assistance. For more information regarding Herndon-Reston FISH, Inc. visit

Herndonrestonfish.org.

WEEK IN HERNDON

Wreaths Across America Needs Donation to Honor Veterans

National nonprofit Wreaths Across America is working to ensure no veteran from Herndon is forgotten this holiday season and fundraising has begun for this year. On Dec. 17, National Wreaths Across America Day, live, balsam remembrance wreaths will be placed at the graves of fallen veterans at nearly 1,000 locations across the country and overseas. In Herndon, a remembrance ceremony will be held at Chestnut Grove Cemetery on Saturday, Dec. 17, 2016 at noon to ensure that the more than 550 veterans, who served to protect the freedoms

of our country are not, and never will be, forgotten. The ceremony is open to all.

For the third year, the Town of Herndon in partnership with the Herndon Woman's Club will join Wreaths Across America to honor veterans who are laid to rest at Chestnut Grove Cemetery. Volunteers, including members of our military, fire and police department personnel, Girl Scouts and Boy Scouts from Herndon will assist with the wreath placement.

Officially established in 1872, Herndon's Chestnut Grove Cemetery is the final resting place of veterans, dating back to the War of 1812. Your support is needed now to ensure enough wreaths will be provided. The cost to sponsor a wreath is \$15. Please send a check made payable to Herndon Woman's Club, P.O. Box 231, Herndon, VA, 20172. Donations are needed by Nov. 28, 2016. Donations are also accepted online at www.wreathscrossamerica.org. Start

by clicking to "Support a Local Fundraising Group" and search for Herndon Woman's Club (VA0143P).

Volunteers Needed for Food Packing Event

Assistance League of Northern Virginia invites members of the community to help pack food for its Week-end Food for Kids program. This program provides non-perishable food over the weekend to children who receive reduced price meals during the school year. The next food packing event is at 10 a.m. on Nov. 17 at Dominion Resources, 3072 Centreville Road, in Herndon. Arrive at 9:30 a.m. if you would like to help with setup. Event contact Karen Amster: karenamster@aol.com. www.northernvirginia.assistanceleague.org.

NEWS

Ursula Nogic's works are on display through the end of December at the North County Government Center.



PHOTO CONTRIBUTED

Ursula Nogic Exhibits at the North County Government Center

A selection of Ursula Nogic's works are on display through the end of December in the Supervisor's reception area and conference room and the hallways of the North County Government Center (1801 Cameron Glen Drive, Reston — across the street from the Reston Regional Library). The show is open daily, Sunday through Saturday.

Nogic, an award winning portrait, landscape and cityscape artist, who is also a psychologist, endeavors to ignite the souls and minds of those who experience her art. In a naturalistic style evocative of 18th century masters, yet uniquely modern, Nogic works in such mediums as oils, watercolors and pastels. Transforming ordinary subjects and scenes by infusing them with depth, imagination and mystery, she expands the viewers' perception as well.

Her desire is to have viewers not simply intrigued by what they are experiencing, but also able to take it into their lives. Born in Germany to Polish parents, Nogic emigrated early, growing up in a mixed midwestern urban and rural lifestyle around Chicago and Wisconsin. This allowed her to readily assimilate into various cultures and be flexible in seeking new adventures and welcoming diversity. Her personal history has proven a constant touchstone as she pursues her complex art vision.

She received a BFA in Art History and Painting from the University of Wisconsin and a Doctorate in Human Development from the University of Maryland.

Dr. Nogic has resided in Reston since 1987. She can be reached at unogic@yahoo.com.

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Feeling a Little Low



By KENNETH B. LOURIE

In spite of mostly-successfully not being preoccupied with my condition/circumstances/disease, when a lung cancer survivor dies, even one with whom I've had minimal contact; one whom I could barely call an acquaintance, the link in the chain that makes all of us lung cancer patients/survivors stronger is most definitely effected.

Not that every lung cancer patient's diagnosis is identical; be it the staging (1-4), the type (non-small, small, etc.), the molecular profiling (ALK, EGFR, KRAS, HER2, etc.), the treatment or whether they were smokers or not, one cancer survivor's death is not necessarily related to another's. Like most things in life, more information is needed.

Nevertheless, it doesn't minimize the loss. When one survivor dies, we all die, a little bit. Recently, a prominent figure in the lung cancer world, Jerome Sorkin, a nine-plus year lung cancer survivor died. I did not know him, though I knew of him. I passed him once while walking in a hallway at The Key Bridge Marriott after attending the annual LUNGevity Foundation conference held every year in late April. We were both leaving but heading in opposite directions. He saw me and said "Love your column." I replied "Thanks," and that was the extent of our interaction.

In general, and in the lung cancer world in particular, typically one wants to hear positive news/be around positive people. Otherwise, maintaining your emotional equilibrium and your living/dying existence is simply too damn difficult. The razor thin line on which all of us lung cancer survivors teeter-totter cannot tolerate too much interference. Who knows exactly what news — personally or publicly, will cause one's cancer do what it so often does: inflict more damage followed by an inevitable decline.

This does not imply/encourage that cancer patients should or could quite frankly, live in an emotional bubble where only positive feedback and life-affirming words are allowed in. As my deceased father would have said: "The idea has merit." The reality is however, that such an option is impractical and unrealistic (except on Seinfeld; see "Bubble Boy"). Still, it doesn't diminish the fact that cancer survivors need to be "infused with positivity," as I like to say. Moreover, anecdotal evidence suggest that a good attitude and a positive environment affects a cancer patient's prognosis and enhances their lives.

Not only do I joke about having cancer, I want to be around others who joke as well and who can go with my flow and not bring me back to my reality. I spend enough time there on my own; I don't need any help returning. Nor do I do well when I hear bad news; specifically, the death of a fellow lung cancer survivor. Intellectually, I understand that lung cancer survivors are all different, live different lives, have different motivations, etc. Nevertheless, I feel for Jerome Sorkin, I feel for his family and friends and I feel for LUNGevity where Mr. Sorkin was Vice Chairman of LUNGevity's Board of Directors. I don't want any lung cancer survivors to die before their presumptive time. I want lung cancer to, at the very least, become a chronic/treatable disease (like diabetes) where one can live their life to a relatively normal expectancy; and if I were to dream really big, I want lung cancer and all cancers of course, to be curable/reversible.

Until these days arrive, all of us patients live on the edge. Just as I am strengthened by stories of resolve, I am weakened by stories of fellow survivors succumbing to their disease. Right now I am weakened.

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

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PHOTOS CONTRIBUTED

Students from Fox Mill Elementary pictured with Dr. Tisseront. Students from the school donated 133 pounds of candy.

Dr. Tisseront's Halloween Candy BuyBack Brakes Records

Dr. Tisseront's 11th Annual Halloween Candy BuyBack event broke all previous years records with the help of community members who came out to support and donate their leftover candy in support of Children's National and our troops overseas. Dr. Tisseront donated \$2 per pound of candy - \$1 went to Children's and \$1 went to the child donating, with many choosing to donate their dollar as well! How much candy was collected? A whopping 1,679 pounds in all. Dr. Tisseront was able to donate

\$2108 to Children's National, bringing total donations to Children's to over \$20,000. All candy is being shipped overseas to our troops with letters and drawings of gratitude from the community drawn at the event. This is a yearly event and continues to grow each year, with many local businesses such as PR Partners, Pitango, The Bike Lane, Mayflowers and Clyde's of Reston all donating prizes for a raffle at the event. For more information and photos of the event visit TisserontOrthodontics.com.

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Children donate their leftover Halloween Candy to Dr. Tisseront's 11th Annual Halloween Candy Buyback event. More than 1,600 pounds of candy was collected at the event.



Writing letters and drawing pictures to our troops overseas: Each box of candy receives at least two letters and pictures before being shipped.

Nysmith Students Continue to Excel

BY ANDREA WORKER
THE CONNECTION

The next time you hear someone bemoaning the “state of today’s youth,” please direct their attention to Kaien Yang of Chantilly and Alex Misiaszek of Ashburn, two 13-year-old students at the Nysmith School for the Gifted in Herndon.

Kaien Yang recently returned with a third place prize from the Discovery Education 3M Young Scientists Challenge. Thousands of students across the country entered, but only 10 young scientists – including Kaien – made the final cut. His prize-winning project? Brilliant in its underlying simplicity, Yang presented a process for creating biodegradable plastic from pumpkins and oil from their seeds. The result has a multitude of problem-solving applications according to Kaien, and apparently the judges agree.

USING PUMPKINS to produce plastic and fuels will significantly reduce pollution, but of equal benefit is that growing the pumpkins and processing them into these materials “can bring jobs to a lot of rural areas in our country, and in other countries where people struggle to find or create work,” said Kaien. Pumpkins can expand from a mostly seasonal product, to a year-round source of income, from the farm to the processing plants.

Not content with just tackling world ecology and economy problems, Kaien is also competing in the Broadcom MASTERS (Math, Applied Science, Technology & Engineering for Rising Stars) with only 30 other finalists at the National Geographic Society here in D.C. “iDiagnostic: Invention of an Early Detection Tool for Major Depressive Disorder” is his topic this time.

With this project Kaien went for more of the math versus the science, and looked to benefit the individual first, by developing an algorithm to help diagnose depressive disorders. After devouring 150 research papers on the subject, Kaien went to work “but I hit a wall. My app just didn’t work.” Of course, he didn’t give up. With some mentoring from his Nysmith math teacher, JoMarie Broccoli, he started again, and the result was a test that showed a 94 percent reliability rate when tested against people who have been diagnosed positively for these conditions.

Don’t worry if you think that Kaien doesn’t leave himself time for some hobbies as well as school work and research and development. “I like to play tennis and the violin,” he shared. “They help my brain relax. Then I will become more efficient. It’s all fun to me.”

Alex Misiaszek’s current project is a bit more hush-hush in its details. He’s not in an official competition with his work, but instead, is collaborating with folks at the Baltimore Underground Science Space (BUGSS). This unique facility is a place where “people from all walks of life come



PHOTOS BY ANDREA WORKER/THE CONNECTION

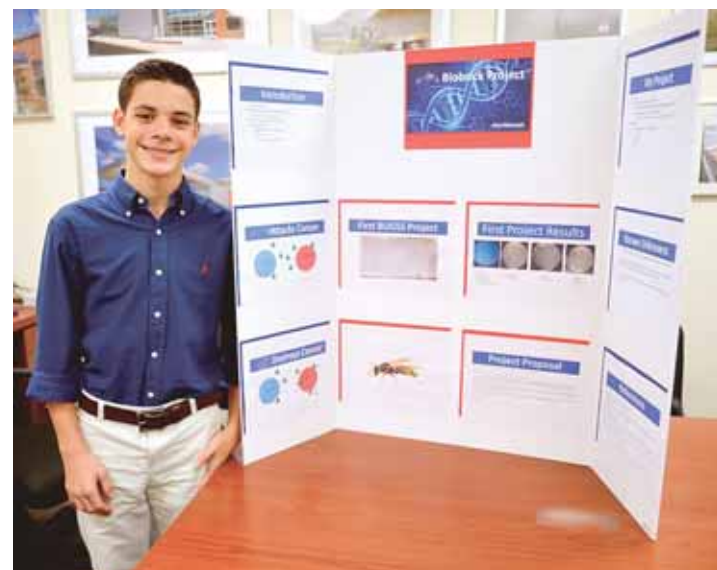
Young scientist and mathematician Kaien Yang of Chantilly is a student at Nysmith School for the Gifted in Herndon. He was also a prize winner at the 2016 Discovery Education 3M Young Scientists Challenge where he entered his project to develop plastics and fuels from pumpkins. “This process solves more than one major environmental problem,” he said. “And it can help create jobs around the country and the world.” Not to mention that you can make some pretty nifty fashion accessories like the “pumpkin bag” that Kaien is displaying.

to learn and practice biotechnology, a laboratory for use by amateur, professional and citizen scientists.” For Alex, it represents a place where he can get his hands on equipment and materials he needs in his research and use a variety of tools safely and with supervision.

SO WHAT’S HE UP TO? Even at 13 years of age, Alex isn’t afraid to take on the scourge of cancer, the disease that billions of dollars and thousands of people have yet to cure – and it’s a personal mission for this young scientist. “I’m tired of seeing people I know, people I love, people all over the world suffering and dying from cancer,” he said. One of his inspirations that keeps him

focused he says is the Taylor Swift charity single “Ronan,” about a four-year-old boy who died from neuroblastoma in 2011. “I just want to do something to stop this.”

With a “connect the dots” spark from his mom who showed him an article about cancer-fighting abilities in the venom of the Brazilian Wasp, Alex decided to use his seventh grade Nysmith Science Fair project where he inserted synthetic DNA into living E. coli cells, causing them to create a protein that they would not otherwise have been able to create, and combine it with the wasp research. The goal is to develop a treatment where the cancer-fighting molecules are attached to the cancer cells, causing them to self-destruct without damaging the healthy cells around them. “And the



Alex Misiaszek shows off the board that he uses to explain his possibly ground-breaking cancer fighting treatment. “My work is aimed at injecting a cancer-killing molecule into the cancer cells, making them destroy themselves without harming the healthy cells around them. I’m tired of seeing so many people suffering and dying from cancer.” Working with mentors at the Baltimore Underground Science Space, Alex has presented his work before experts from facilities like Johns Hopkins and the Howard Hughes Medical Center where he has received encouragement to continue on his experimental path.

process is self-continuing,” he added, “the modified organisms would continue to produce the molecules and keep fighting the cancer.”

So far, so promising. He presented his early works and findings at a speech attended by researchers from the University of Maryland, Johns Hopkins and the Howard Hughes Medical Center (remember – he’s 13!) where the response was overwhelmingly encouraging.

In between his classwork and his private research efforts, Alex is looking ahead to high school and has already started applying at institutions like the Sidwell Friends School and Georgetown Preparatory.

The “state of today’s youth?” In pretty good hands like those of Kaien and Alex.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

David Clark, alto sax player, is recognized as a member of the 2017 U.S. Army All-American Marching Band and will receive honorary jacket in front of family, friends, fellow band members and classmates.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

❖ Jake Cui, A Machine Learning Approach to Identifying Ordered Binding Regions on Order-disorder Protein Interfaces.

❖ Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

❖ Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

❖ Austin Mills, Demonstrating the Development of Heavy Metal Resistance in Non-tolerant Multi-generational Brassica rapa.

❖ Kunal Shroff, The Relationship Between Lethality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

❖ Matthew Sun, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

❖ Jason Wei, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

❖ Michael You, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored since 1998, providing \$1.6 million in awards and scholarships to contestants.

Snigdha Srivastava and **Kate Hao**, of Herndon, are on the dean’s list at Washington University in St. Louis.

Adam Zaman, of Herndon, is on the dean’s list for spring 2016 at South Dakota School of Mines and Technology. He is studying mechanical engineering.

Dinesh Chowdary Inampudi, of Herndon, graduated with a master of science, May 2016 from the University of New Haven.