



Oak Hill Herndon CONNECTION

James Hutchinson, 3, of Herndon get his balance back with some help from his mom, Kati Hutchinson as he maneuvers the Muscle Madness Course set up by Urban Evolution at the Family Fitness & Fun FEST held in Herndon Saturday, Sept. 23.

FALL FUN

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Family Fitness & Fun FEST Held in Herndon

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PHOTO BY MERCIA HOBSON/THE CONNECTION

SEPTEMBER 27 - OCTOBER 3, 2017

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The land, which is owned by the town, is generally described as located between Station Street to the east, Center Street to the west and south of the property known as the Washington and Old Dominion Regional Trail (the owner of which is the Northern Virginia Parks Authority), and north of Elden Street, but excluding parcels at 754 Elden Street and 762 Elden Street.

Agreement Reached on Downtown Redevelopment

BY FALLON FORBUSH
THE CONNECTION

The Town of Herndon and real estate firm Comstock Partners completed a comprehensive agreement that will guide work for the redevelopment of nearly five acres of downtown

Herndon. To become official, the Herndon Town Council will need to vote to approve the proposed agreement.

The town council will hold a public hearing on the proposed agreement on Tuesday, Oct. 24, at 7 p.m. in the Herndon Council Chambers at 765 Lynn Street.

SEE DOWNTOWN, PAGE 5

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Republican Ed Gillespie speaks at the Sept. 19 debate.



Democrat Ralph Northam (right) speaks at the Sept. 19 debate.

Rorschach Politics

BY MICHAEL LEE POPE
THE CONNECTION

The campaign for governor is a bit like a Rorschach test as the candidates close in on the final stretch toward Election Day. Democrat Ralph Northam and Republican Ed Gillespie are presenting a series of inkblots to voters about everything from the health of the economy to the value of Confederate statues.

How voters feel about President Donald Trump and the Affordable Care Act may end up playing more of a role deciding the fate of the election than all the carefully crafted policy proposals and press releases.

“The critiques that one is leveling at the other that aren’t policy oriented are designed to undermine the opponent’s base but also energize their own base,” said Quentin Kidd, professor at Christopher Newport University. “But while they do have to play politics and critique each other, they’ve got to talk about policy, and they’ve got to talk about the things they would do to solve problems and make life better for Virginians.”

Polls show Northam holding a steady but slight lead since March, the last time Gillespie was leading in a statewide poll of voters. One of the most recent polls was conducted by the University of Mary Washington earlier this month, which shows Northam edging out a 5 percent win over his rival — a lead that’s so slight it was within the margin of error. Polls have Northam crushing Gillespie in vote-rich Northern Virginia. But they also show Gillespie leading among independent voters and holding strong in conservative parts of the state.

“You see a lot of undecided voters, which means both campaigns have a lot of work to do between now and November,” said Stephen Farnsworth, professor at the University of Mary Washington. “When you



PHOTO COURTESY: WASHINGTON POST

At the end of Tuesday’s debate Gillespie and Northam share a handshake. The debate was notable for its civility on all sides.

take out the portions of the electorate who will reflexively vote for a Democrat or a Republican, you are left with people who are going to be motivated by community-level issues.”

THE DEBATE in Northern Virginia on Sept. 19 illustrated the fickle nature of Rorschach politics in the age of Trump as both candidates tried to shape the narrative. Sponsored by the Northern Virginia Chamber of Commerce and moderated by Chuck Todd of NBC’s “Meet the Press,” the televised debate was held at Capital One headquarters in McLean on Sept. 19. Panelists included Julie Carey of NBC4, Aaron Gilchrist of NBC4 and Mark Rozell of George Mason University.

Several times during the debate, Gillespie rattled off a series of data points about sluggish job growth and stories of people leav-

Candidates for governor present inkblots on issues from health of the economy to the value of Confederate statues.

phasizing lowering the unemployment rate and a series of corporations that have moved their headquarters to the commonwealth. During one point in the debate, Northam turned to Gillespie and said all his trash-talking about the Virginia economy could prevent Amazon from setting up shop

“You see a lot of undecided voters, which means both campaigns have a lot of work to do between now and November.”

— Stephen Farnsworth, professor at the University of Mary Washington

in Virginia.

“Right now, Ed, we are having negotiations with Amazon — 50,000 jobs,” Northam said to Gillespie. “Amazon doesn’t want to hear from people like you, especially if you want to be the next governor, that we are doing poorly in Virginia.”

CONFEDERATE STATUES are creating an emotional flashpoint in the campaign, a disagreement between the candidates highlighted by the violent clashes that erupted in Charlottesville after white supremacists marched across the campus of the University of Virginia chanting Nazi slogans and holding tiki torches. Gillespie said the statues should stay in place with some added context, and he called for adding a statue of Virginia’s first black governor to the state Capitol. Northam said local communities

SEE DEBATE, PAGE 11

OPINION

Dire and Urgent

“Dire and urgent.” Those are the words used by U.S. Sen. Mark Warner to describe the need to turn back the most recent attempt to repeal and replace the Affordable Care Act.

In addition to repealing and replacing the Affordable Care Act with a plan that would result in chaos, the Graham-Cassidy bill also repeals Medicaid as we know it, Virginia’s senators said in a call with reporters last week.

“Why are they going after Medicaid?” asked U.S. Sen. Tim Kaine. Per capita caps on Medicaid have “nothing to do with the Affordable Care Act.”

The proposed cuts include \$243 billion less between 2020 and 2026 for the ACA’s expansion of Medicaid, and cuts to the rest of Med-

icaid of \$175 billion during the same period, according to the Center on Budget and Policy Priorities analysis. The cuts would grow dramatically in 2027, with nearly \$300 billion more in cuts that year alone.

“Why go after Medicaid? Why?” Kaine asked again. Kaine is pretty sure he knows the answer: To generate money for billions in tax cuts for the wealthy.

EDITORIAL

“Senators who support this [repeal], who think that the Federal government should not be paying for health care for the poor, for the aged, for the disabled, are planning to give this money to the wealthiest Americans in tax cuts.

“We must resist that at all costs.”

While the Graham-Cassidy bill appears to lack the votes to pass right now, and many

people predict that the Senate will move on from trying to repeal and replace the affordable care act, vigilance is still required.

These ongoing efforts to repeal the Affordable Care Act also threaten the quality of coverage for everyone by shredding protection on pre-existing conditions, by stripping funding for addiction and mental health treatment in the midst of a nationwide opioid epidemic, by allowing lifetime caps on coverage that would leave the most seriously ill patients without coverage, by undermining what constitutes “essential benefits,” the very definition of what one expects to be covered by insurance.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Playing Fantasy Politics

BY DAVE MARSDEN
STATE SENATOR (D-37)



COMMENTARY

Some people love to play fantasy football.

Almost all of us love to play fantasy politics. Fantasy politics occurs when we become enamored of a candidate because somehow their background fits our ideal and we imbue them with characteristics that we have determined would make for a great chief executive. Be that a president or, in our upcoming election, a governor. However, our judgments are often unrelated to an individual’s knowledge and ability to succeed in office.

It is often a harmless exercise and it does stimulate conversation around how we address the problems that confront us but we need to be careful. This year in Virginia we have a choice to make in our gubernatorial election. What I think we tend to undervalue, because we have limited exposure to it, is the importance of existing relationships for a governor with the legislature and the role that plays in getting important things done.

I am as guilty as anyone of playing this game but the longer I have been in elected office the more I realize that relationships are key to a governor’s success in dealing with the legislature. Working with each other on bills, resolutions, and budget determinations is the way legislators of both parties get to know, re-

spect, and feel comfortable with each other’s judgments.

We have the opportunity this year to elect someone who is known, respected, and even liked by Republicans and Democrats in both the House and Senate of Virginia. Lt. Gov. Ralph Northam served in the Senate for six years before becoming Lieutenant Governor and it’s easy to see the affection legislators have for him, regardless of political party. (This is in addition to his background as the head of the Honor Council at the Virginia Military Institute, his years as an Army doctor working on our seriously wounded during Desert Storm and the outstanding career he has maintained as a pediatric neurologist.) Does that mean that everyone will blindly follow his lead? Of course not. But what it does mean is that his conversation with the legislature as governor starts with familiarity and trust, allowing for compromise and progress for the citizens of Virginia.

You only get four years as governor in our Commonwealth. Spending your first year introducing yourself to everyone in Richmond has proven not to be a productive use of time. Our Commonwealth has been in a sustained period of growth and stability as we recover from the Recession of

SEE MARSDEN, PAGE 10

Fairfax County at 275 Years

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



COMMENTARY

Fairfax County is celebrating the 275th anniversary of its formation when in 1742 it was split off from Prince William County to be a separate county encompassing what we now know as the current county plus Loudoun and Arlington Counties and the cities of Alexandria, Falls Church, and Fairfax. It was named for Thomas, sixth Lord Fairfax who had a proprietary of 5,282,000 acres. For a time a part of the county that is now Arlington County and the City of Alexandria was a part of the 10 square miles that makes up the District of Columbia until those jurisdictions were returned to Virginia.

Fairfax County is compared today with jurisdictions throughout the country as it leads in economic growth and development in many ways. That national comparison was not always appropriate. In its early years it was a struggling community raising tobacco with the labor of enslaved black persons. By 1749 the county’s population was 28 percent enslaved persons; by 1782 that number had reached 41 percent.

The county’s early fame came from its two most important residents: George Mason who wrote the Virginia Declaration of Rights and the Virginia Constitution and whose work led to the Bill of Rights in our national Constitution and George Washington who as our first president brought the country together and whose service in office set important precedents that continue today.

Surprisingly Fairfax County voted with the South to secede from the Union leading up to the Civil War. While the County was not the scene of major military battles, there were many skirmishes and an almost constant flow of troops passing through it. After the war and reconstruction, investments started to flow to the county that helped its recovery. Although still an agricultural community at that time, the following decades brought significant changes that led to the community as we know it today.

Not surprisingly, one of the big issues was transportation. In the early years most settlements were along the rivers that provided a means for transporting tobacco and crops. As inland developments occurred there was no governmental mechanism for building roads. Those that were in place were narrow without a hard surface. New turnpikes supported by tolls included the Little River Turnpike, Columbia Turnpike, Leesburg Turnpike and Falls Bridge Turnpike. The start of railroads before the Civil War accelerated with the electric trolley lines that followed. It is estimated that as many as a million passengers or more were carried per year by the Washington, Alexandria, and Mt. Vernon electric railways that ran 30 trips per day.

The growth of the federal government after the Great Depression and the World Wars brought huge growth to Fairfax County. Its

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Oak Hill & Herndon CONNECTION

www.ConnectionNewspapers.com

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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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Redevelopment Agreed

FROM PAGE 2

It is anticipated that the council will vote on the agreement that evening, following the hearing.

If the agreement is approved by council, a budget amendment would also be required by a council vote to approve the town's newly-proposed expenditures. Under the terms of the agreement, the town isn't scheduled to make any payments until late in fiscal year 2019, according to Anne Curtis, a town spokesperson. Once the town's financial advisors recommend how to pay for the project, the town manager will propose an approach for the council to vote on.

Negotiations began last year when the council adopted a resolution on Nov. 30, 2016, that directed town staff to move forward with negotiations on Comstock's proposal, which was submitted in response to the town's request for proposals that was publicized on Nov. 2, 2015.

The RFP called for a four-story, mixed-use residential building, a three-story mixed-use commercial building, a joint public-private parking structure and an 18,000-square-foot arts center, among other features.

THE PROPOSED AGREEMENT between the town and Comstock is reflective of Comstock's proposal, which comprises approximately 281 residential apartments, approximately 17,600 square feet of retail space, an 18,000-square-foot arts center and an approximately 761-space parking garage. If approved, Comstock anticipates beginning construction on the project early in 2019, with completion estimated in 2021.

"This proposed comprehensive agreement comes after months of spirited negotiation between the town and Comstock," Town Manager Bill Ashton said in a press release. "Ultimately, we came to agreement by working toward the same vision: a vibrant, energized downtown that is financially viable both to the developer and to the town. We are grateful to Comstock for their collaborative spirit throughout these negotiations and look forward to public comment and town council deliberations."

Ashton will outline the agreement and provide answers to specific questions for the public during a community meeting on Thursday, Oct. 12, at 7 p.m., at the Herndon Council Chambers.

The town spent \$5.8 million purchasing the land to be developed. As part of the proposed agreement, the town will be sell-

ing the land to Comstock and contributing an additional \$3.6 million in allowances, which include: \$500,000 for environmental remediation; \$500,000 for transitional public parking; \$100,000 for culvert repair; and \$250,000 for the relocation of Arts Herndon's ArtSpace Herndon, an art gallery and performance space at 750 Center Street located on the site.

The town will be responsible for all excess costs if they exceed the allowances. The town will also be responsible for necessary off-site easements, if any, to complete the project up to a total of \$100,000. The town has hired a financial consultant to advise on payment method options, which may include use of cash and/or issuance of a bond.

Comstock will be providing what the town estimates to be \$12 million in assets, which include: 339 public parking spaces in a parking garage, to include 60 for the arts center and 59 for the retail space; the 18,000-square-foot arts center; and \$505,000 in proffer funds for town recreational services.

"We are excited to have an opportunity to participate in the reshaping of Herndon's downtown and look forward to working with the leadership of the town of Herndon to finalize plans and commence development in the near future," Christopher Clemente, CEO of Comstock, said in a press release. "Comstock is committed to creating a vibrant cultural arts district and community open spaces together with high quality residences, exciting retail spaces and an accessible structured parking facility. We take great pride in delivering quality developments that fit well in the community where they are located and we look forward to partnering with the town of Herndon on this important project."

Information about the proposed agreement is available online at www.herndon-va.gov/downtown.

THE TOWN released a separate RFP this year in April seeking proposals from arts organizations to operate, manage and conduct arts programming at the future arts center. Accepted proposals were from nonprofit, arts-related organizations that are located within a 25-mile radius of the downtown site. Preference was also to be given to organizations serving the Herndon community.

The evaluation committee is currently reviewing two proposals that were received from Arts Herndon and the NextStop Theatre Company, according to Curtis.

AREA ROUNDUPS

Networking Mixer at Hidden Creek Country Club

Savvy Business Network teams up with Women on Course to host a Networking Mixer on Sunday, Oct. 1, 10:30 a.m.-1 p.m. at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Play the 19th hole and enjoy the benefits of the golf lifestyle without swinging a club. Join the mixer to network including brunch, a fashion show

and shopping finds from a variety of lifestyle vendors. This event welcomes the first 50 people who RSVP. Payment is required in advance to confirm reservation. Vendor opportunities available. Contact Meryl at info@savvybusinessnetwork.com or Yes Kirkman at YesKirkman@gmail.com to reserve space.

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FALL FUN & ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Reston Farm Market, Saturdays, through Dec. 9, 8 a.m. - Noon, Lake Anne Village Center, 11401 North Shore Drive, SNAP accepted, bonus dollar program. (CLOSED for Multicultural Festival Sept. 23)

Herndon Farm Market, Thursdays through Nov. 9, 8 a.m. - 12:30 p.m., Old Town Herndon, 700 Block of Lynn St., by the Red Caboose. SNAP accepted, bonus dollar program.

Jazz in the City Exhibit. Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com for more.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

THROUGH OCT. 1

"Disgraced" on Stage. Various times at Next Stop Theater, 269 Sunset Park Drive, Herndon. Call 703-481-5930 or visit www.nextstoptheatre.org/ for more.

THROUGH NOV. 18

Artists Exhibit. 6:30 p.m. at Greater Reston Arts Center, 11900 Market St., Reston. Artist Sue Wrbican, bringing her most recent photographic series inspired by the landscape paintings of American Surrealist Kay Sage (1898-1963). Free. Call 571-267-5000 or visit restonarts.org for more.

WEDNESDAY/SEPT. 27

Senior Movie Day. 10 a.m. at Bow Tie Cinemas in Reston Town Center, 11900 Market St., Reston. Reston Association presents the feature film, "The Circle." Refreshments and door prizes provided prior to movie. Free to 55+. Information at Ashleigh@reston.org, 703-435-6530, or reston.org.

Used Books and Media Sale. 10 a.m.-8 p.m. at the Reston Regional Library, 11925 Bowman Towne Drive, Reston. Friends night, sale runs through Sept. 27. Prices start at \$.50. Visit www.restonlibraryfriends.com for more.

THURSDAY/SEPT. 28

Wishing Day. 10 a.m.-8 p.m. in Reston Town Center, 11862 Market St., Reston. Charity event with Cornerstones. Email info@scrawlbooks.com, call 703-966-2111, or visit www.scrawlbooks.com for more.

Lunch Bunch Thursdays. 11:30 a.m.-1:30 p.m. at Reston Town Center, 11900 Market St., Reston. BYO lunch and see different entertainment in the Pavilion at Fountain Square each week. Rain or shine. Visit restontowncenter.com for more.

Fashion Tip Thursdays. 5:30 and

Fall Celebrations Need Oompah

Music of Alte Kumpel captures the season.

BY MIKE SALMON
THE CONNECTION

A staple at many Oktoberfest celebrations are Oompah musicians dressed in lederhosen, Bavarian shorts that go to the knee and are held up with a pair of suspenders. Throw on a pair of hiking boots, a button-up shirt and a feathery pocket decoration, and voila — an instant oompah musician that evokes beer, dancing and fall fun.

David Erickson, a headliner in the Alte Kumpel band, knows the magic of lederhosen. "I'd like to think the band gets everyone in the mood, they like the way we look," Erickson said, and knows the picture with the oompah guy is a big hit. "People gravitate towards it this time of year," he added.

Fairfax-based Alte Kumpel is loosely defined as an "oompah band." It includes trumpet, clarinet, flugelhorn, euphonium, a tuba, an accordion and a drum.

Depending on the show, the number of musicians on the stage varies, but it's always a good time. "Fun, beer drinking, and eating, what's not to like?" Erickson said. He graduated from Oakton High School and the rest of the band is from various locations in Northern Virginia.

The band always opens up with an Austrian March tune, but the Beer Barrell Polka is their big



Alte Kumpel is comprised of local musicians.

hit. "Fits the theme of Oktoberfest," he said. It's always spelled with a "K," too, makes it more exotic.

The bratwurst, the sauerkraut, the radicchio salad and the Black Forest ham are all part of a typical fall fest menu.

Every weekend in September and October, Alte Kumpel is booked up. "I've gotten more inquiries than I can handle, there's only so many Saturdays," he said.

The lederhosen are a must though, even if an authentic leather pair can cost from \$500-1,000. "We're authentically dressed, the real stuff," Erickson said. For the women, it's the dirndl, which might consist of a bodice, a low-cut blouse with short puff sleeves, full skirt and apron.

Those costumes are popular, according to The American Backstage Company, a costume rental shop in Alexandria. "In September and October every year, I'm completely booked up," the manager said.

7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, Formal Velvet. Call 571-526-4185 or visit restontowncenter.scoutandmollys.com.

SEPT. 28-OCT. 1

Used Book and Media Sale. Various times at Reston Regional Library, 11925 Bowman Towne Drive. Sept. 27 is Friend's Night, join at the door. Visit restonlibraryfriends.com for details.

SUNDAY/OCT. 1

Northern Virginia Kidney Walk. noon at Reston Town Center, 11900 Market St., Reston. Fundraiser for the National Kidney Foundation. Visit kidneywalk.org for more.

Quetzel in Concert. 3 p.m. at CenterStage. Hunters Woods Village Center, 2310 Colts Neck Rd, Reston. East Side musicians committed to continuing the legacy of 70-plus years of Chicano Rock. \$20 Reston/\$30 Non-Reston. Call 877-775-3462 for more.

MONDAY/OCT. 2

Muscle Up Mondays. 6:30 p.m. at Reston Town Center, 11900 Market St., Reston. Every Monday in October

free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Visit crunchreston.com or call 571-267-5000 for more.

WEDNESDAY/OCT. 4

Live More Block Party. 11 a.m.-2 p.m. at Reston Town Center, 11900 Market St., Reston. Dulles Area Transit Authority sponsored show on how to live more by making a better commuting choice. Enjoy exhibits, games, and demonstrations, plus entertainment, giveaways. Free. Call 571-267-5000 or visit livemore.us for more.

SATURDAY/OCT. 7

Flavors of Fall. noon-11 p.m. at Reston Town Center, 11900 Market St., Reston. By the Greater Reston Chamber of Commerce, autumn brews, food from area restaurants and live entertainment. Free admission; purchase tickets for food and beverages. Visit restonflavors.com for more.

Mucca Pazza in Concert. 3 p.m. at CenterStage. Hunters Woods Village Center, 2310 Colts Neck Rd, Reston. Mucca Pazza has appeared on Late Night with Conan O'Brien and NPR's Tiny Desk Concerts. \$20 Reston/\$30

Non-Reston. Call 877-775-3462 for more.

SUNDAY/OCT. 8

Reston Pumpkin 5K. 8:15 a.m. at Reston Town Center, 11900 Market St., Reston. Halloween costumes welcome. Visit restonflavors.com/reston-pumpkin-5k for more.

Meet the Artists Reception. 2-4 p.m. at the Jo Ann Rose Gallery at Lake Anne Community Center, 1609-A Washington Plaza, Reston. "Stolen Moments" exhibit by the League of Reston Artists' runs from Oct. 2-30. Visit www.leagueofrestonartists.org for more.

MONDAY/OCT. 9

Muscle Up Mondays. 6:30 p.m. at Reston Town Center, 11900 Market St., Reston. Every Monday in October free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Visit crunchreston.com or call 571-267-5000 for more.

TUESDAY/OCT. 10

Finances Lecture. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Rock Your Runway: Financial Fitness For

Women. Financial advisor, Monica Mason, will present this program for women on how to get and stay financially fit. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov for more.

WEDNESDAY/OCT. 11

Adult Coloring Session. 7 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston. "Color Me Happy," release the inner artist. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

FRIDAY/OCT. 13

Light the Night Walk. 5 p.m. at Reston Town Center, 11900 Market St., Reston. Celebrate and commemorate lives touched by cancer. Visit lightthenight.org/nca or call 703-399-2941 for more.

DEADLINE OCT. 13

Herndon Good Neighbor. Nominations are currently being accepted for the 2017 award for a neighbor that's gone above and beyond. Call 703/435-6800 X2084 or e-mail information@herndon-va.gov for more.

SATURDAY/OCT. 14

16th Annual Reston Home Tour. 10 a.m.-5 p.m. Featuring six private homes in throughout Reston. Tickets: before Oct. 7, \$25; Oct. 7-14 and online \$30. Group discounts. Tickets available at Reston Museum, Appalachian Spring. GRACE, Chesapeake Chocolates and The Wine Cabinet at North Point. Call 703-709-7700 or visit restonmuseum.org.

Meet the Author. 2 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston. Local author and paranormal investigator Rob Gutro will present his "Double Murder Ghost Investigation" and talk about his book, "Lessons Learned From the Dead." Adults, teens. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
Artschool Lecture. 5:30-7 p.m. at Reston Town Center, 11900 Market St., Reston. "So You Want to Go to Art School?" Free. Visit restonarts.org or call 703-471-9242 for more.

MONDAY/OCT. 16

Muscle Up Mondays. 6:30 p.m. at Reston Town Center, 11900 Market St., Reston. Every Monday in October free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Visit crunchreston.com or call 571-267-5000 for more.

Jewelry Making Workshop. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Tania Ebrahimi will teach the basics of jewelry-making and participants will create an original piece in this hands-on workshop. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov for more.

Photography Exhibit. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings on the third Monday of the month. Visit www.leagueofrestonartists.org.

THURSDAY/OCT. 19

Third Thursdays Art Crawl. 6 p.m. 750 Center Street, Herndon. ArtSpace exhibits art throughout Herndon. Free. Go to

www.artspaceherndon.org for more.

FRIDAY/OCT. 20

Great Decisions Discussion. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The topic for this month is "Prospects for Afghanistan and Pakistan." Discussion materials will be available at the Info Desk. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

SATURDAY/OCT. 21

Natural Dye Workshop. 5:30-7 p.m. at Reston Town Center, 11900 Market St., Reston. \$45/\$55. Visit restonarts.org or call 703-471-9242.

OCT. 26-29

Washington West Film Festival. Various times at Bow Tie Cinemas, 11940 Market St., Reston Town

Center. Variety of independent films. Visit wwfilmfest.com for more.

SATURDAY/OCT. 28

Reston Movie Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. 1967 suspense film where a recently blinded woman is terrorized by a trio of thugs while they search for a valuable doll they believe is in her apartment. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov for more.

Photo Transfer Workshop. 5:30-7 p.m. at Reston Town Center, 11900 Market St., Reston. \$45/\$55. Visit restonarts.org or call 703-471-9242.

SEPT. 29-OCT. 1

ValeArts Fall Art Show. 10 a.m.-9 p.m. Friday; 10 a.m.-6 p.m. Saturday and Sunday at Vale Schoolhouse,

3124 Fox Mill Road, Oakton. The nine artists of ValeArts will present "Transformations," an exhibit of more than 150 works of local art. Call 703-860-1888 for more.

MONDAY/OCT. 30

Spice Up Your Life Lecture. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join nutritionist Natalie Kannan to learn about the health benefits of common culinary spices. This seminar includes an interactive tasting experience that will awaken the senses. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov for more.



Art Show

ValeArts Fall Art Show, Sept. 29-Oct. 1, 10 a.m.-9 p.m. Friday, 10 a.m.-6 p.m. Saturday, Sunday at Vale Schoolhouse, 3124 Fox Mill Road, Oakton. The nine artists of ValeArts will present "Transformations," an exhibit of more than 150 works of local art. Call 703-860-1888.

FALL FAVORITES



Farm Harvest Days

Oct. 13-15 is Farm Harvest Days at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Carnival starts Friday night, then watch the cider press in action, milk a goat, shell corn, peel apples, meet the farm animals and see traditional farm demonstrations. Free but ride tickets are \$1 each or 24 for \$20. call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

SEPT 29-NOV. 7

The Temple Hall Corn Maize and Fall Festival. Hours vary at 15855 Limestone School Road, Leesburg. 20-acre corn maize, pig races, pumpkin blasters, paint ball, hay fort and tunnel, cow train and animals. Visit www.novaparks.com/events/temple-hall-fall-festival for more.

SATURDAY/OCT. 7

Flavors of Fall. noon-11 p.m. at Reston Town Center, 11900 Market St., Reston. By the Greater Reston Chamber of Commerce, autumn brews, food from area restaurants and live entertainment. Free admission; purchase tickets for food and beverages. Visit restonflavors.com for more.

SUNDAY/OCT. 8

Reston Pumpkin 5K. 8:15 a.m. at Reston Town Center, 11900 Market St., Reston. Halloween costumes welcome. Visit restonflavors.com/reston-pumpkin-5k.

OCT. 13-15

Farm Harvest Days at Frying Pan Farm Park. 2709 West Ox Road, Herndon. Carnival starts Friday night, then watch the cider press in action, milk a goat, shell corn, peel apples, meet the farm animals and see traditional farm demonstrations. Free but ride tickets are \$1 each or 24 for \$20. call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

FRIDAY/OCT. 27

Boo-Stravaganza. 6-7 p.m. or 7-8 p.m. at Frying Pan Park, 2709 West Ox Road, Herndon. celebrate the Halloween season with this variety event at the farm. Attendees enjoy a variety of themed games, dare to enter the slightly-spooky BOO barn, and take a wagon ride. Finish the evening with a small treat bag. \$10/child. call 703-437-9101 or visit <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

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For properties in PA and DE, all closing cost fees will be waived on primary 1-4 family residence secured credits up to 80% LTV. If you close your account within 36 months of opening it, you will be required to pay any closing cost fees that Fulton Bank paid on your behalf. Closing costs for lines of credit up to \$500,000 typically range from approximately \$143 to \$5,103 depending on line amount, appraisal requirements and property location.

For properties in VA, all closing cost fees will be waived on primary 1-4 family residence secured credits up to 80% LTV. Closing costs for lines of credit up to \$250,000 typically range from approximately \$231 to \$4,647 depending on the line amount, appraisal requirements and property location. Recordation taxes will only be waived on Eligible Property Value subject to the tax. Eligible Property Value, for purposes of this waiver of taxes, is defined as the lesser of the following two amounts: \$250,000 or the difference between the appraised value of the property and the sum total of any recorded liens.

In addition, borrower is required to purchase title insurance if the line is used to purchase the property or the line amount is for \$500,000 or more. Also, there is a \$300 Trust Review fee, if applicable. Borrower must pay mortgage satisfaction fees at loan termination. Property insurance is required. Rate and terms subject to change and may be withdrawn without notice. Rates are available to qualified borrowers and loans are subject to credit approval. Introductory rate offer does not apply to refinance of existing Fulton Bank debt or properties currently listed for sale.

²The advertised introductory 2.69% APR (Annual Percentage Rate) applies to new lines of credit of \$5,000 or more. The 12-month introductory period begins at loan closing. Applications must be received by October 31, 2017.

³After the expiration of the 12-month introductory rate period, the variable APR will be based on the Wall Street Journal Prime (WSJP) as published daily plus or minus a margin, and will vary with WSJP. The advertised 4.25% APR is our current standard rate with automatic deduction of payment from a Fulton Bank deposit account. APR will increase if automatic payment is discontinued. Your APR is based on credit qualifications, appraisal requirements, DTI, and payment option selected. Your APR will not exceed 18% at any time during the term of your account. WSJP may change at any time and is subject to change without notice.



FALL FUN

PHOTOS BY MERCIA HOBSON/ THE CONNECTION



Herndon Parks & Recreation Department awarded Avalon Gallardo, 10, of Herndon a gold medal for completing all seven stations at the Family Fitness & Fun FEST held Saturday, Sept. 23 in downtown Herndon.



Ben Paris of Herndon holds up the Fit Family Pledge his family is about to sign at Herndon Parks & Recreation Family Fitness & Fun FEST held Saturday, Sept. 23, 2017.

Family Fitness & Fun FEST Held in Herndon

Wise food choices and exercise provide “Superhero powers.”

BY MERCIA HOBSON
THE CONNECTION

Herndon Parks and Recreation Department (HPR) strives to stand by its tagline: “Be...Active, Playful, Creative” by offering diverse, innovative programs. Early Saturday morning, Sept. 23, HPR staff donned superhero costumes complete with capes. Heads high, shoulders back, and fists on their hips, HPR staff leaped into action to produce the department’s inaugural Family Fitness & Fun FEST. The event occurred on the Herndon Town Hall Square, 730 Elden St., 9 a.m.-noon.

Cynthia Hoftiezer is Deputy Director, Herndon Parks and Recreation. Hoftiezer manned the registration table where family members signed in and each received a Training Card. Hoftiezer said, “Herndon Parks & Recreation Department is excited to present this new active, family event highlighting fun, fitness, and families spending time together. We are hoping that families not only have a good time but also keep their pledge to be healthy heroes in their own lives.”

As dads, moms, and children arrived at the Town Square, HPR staff and volunteers made it clear that they needed the help of all families to save the world from unhealthy villains, such as unwise food choices, aka Dr. Sugar, and limited exercise.

HPR offered each family the means to obtain “full superpowers.” All they had to do was blast through the stations and get



Morgan Bear, 4, of Herndon, shows off the food selections she put on her paper plate at the “Power Up My Plate” activity station during the Family Fitness & Fun FEST produced by Herndon Parks & Recreation on Saturday, Sept. 23, 2017.

their superhero Training Card validated at each site. In addition, event goers could try out the free family-centered Zumba and Bodycombat classes offered there that morning. Lendys Bonacci is a Zumba instructor. She described Zumba as a family fitness affair. “It brings together all the family, takes the stress out, and makes the family healthy.”

Kati Hutchinson of Fairfax was one of the first to arrive at the FEST. Hutchinson’s two sons, James, 3, and John, 1, accompanied her. Hutchinson explained every Saturday morning she checks the local online fam-



Tessneem Balala, 4, and her mom, Duaa Elbarasse meet Gabe Segal, aka “Dr. Sugar” from Herndon Parks & Recreation Department, at the Family Fitness & Fun FEST on Saturday, Sept. 23, 2017.

ily-friendly sites to see what events or programs are scheduled for the day. “I gave James three choices to go to today. Dulles Day Plane Pull, Family Fitness & Fun Fest, and Reston Multicultural Festival. He picked this one.”

Later that morning, Hutchison was seen helping James run, jump, and climb the Muscle Madness Course, an activity-based station at the FEST. James treated it as an amusement park ride. He would complete the course, then line back up to do it, repeatedly.

Giant Food sponsored the learning station, “Power Up My Plate.”

Children glued images of what they be-

lieved were wise food choices and ones they liked onto the paper plates. Most children chose wisely, although some parental encouragement was noted.

Lee Bear of Herndon brought her three children Maddie, 6, Morgan, 4, and Miles, 2. Morgan held up her “Power Up My Plate.” She said, “Hotdogs, applesauce and green beans are my favorite healthy foods.”

When asked how she gets her kids to eat fruits and vegetables, Morgan’s mom, Lee stepped aside. She quietly shared that she sneaks healthy foods like pumpkin puree, a fruit, into the children’s desserts. “We make brownies but only add a can of pumpkin puree to the mix. Nothing else. I make them in mini muffin tins, freeze ‘em, then pop them into their lunches.”

Ben and Katie Paris completed their Family Fitness & Fun FEST Training Card with their daughter Quinn, 3, while Baby Grace, three months old snoozed. On the Paris’ “Fit Family Pledge, they agreed to “...maintain our superpowers by keeping our bodies strong and healthy. We commit to making two healthy changes in our daily lives. Walking seven times per week and eating five veggies a day.” Quinn, only 3 years old, signed the pledge too.

Hoftiezer explained HPR would mail the pledge back to the family in three months along with an enclosed reply sheet asking if the commitment was kept and if not, why.

As the event was closing down, Hoftiezer provided an unofficial patron count. “I believe we’re looking at approximately 100 people,” she said. A fine figure for the first annual Family Fitness & Fun FEST.

For information about other special events produced by the Town of Herndon Parks & Recreation, such as the upcoming Cupcake Bike Ride scheduled for Sept. 30, 10 a.m.-12:30 p.m. and the Bark Bash & Pooch Parade, Sunday, Oct. 1, visit herndon-va.gov.

County Survey Results: Allow Short-Term Rentals With Limitations

BY FALLON FORBUSH
THE CONNECTION

The Fairfax County Department of Planning and Zoning released information from its survey asking residents if they support allowing short-term rentals to operate in the county and the results are in: Yes, but regulate.

Airbnb and other companies, like Craigslist, HomeAway, FlipKey and more, are considered the hospitality industry's segment of the sharing economy, a model where individuals directly borrow or rent assets owned by someone else.

The Fairfax County Board of Supervisors and county employees are considering updating the Zoning Ordinance of Fairfax County to allow for the operation of these rentals.

A majority — 48.9 percent — of the county's survey respondents indicated they would support short-term rentals operating in the county if there were limitations and regulations, while a minority—28.3 percent—opposed short-term rentals in all circumstances. Respondents indicating their support for short-term rentals without limitations or regulations was the smallest percentage: 22.8 percent.

THE ZONING CHANGES are being developed after Gov. Terry McAuliffe signed the Senate Bill 1578, "Short-term rental property; registration of persons offering property for rental," into law on March 24, which authorized localities in the commonwealth to adopt an ordinance to require people to register annually in a short-term rental registry.

Though localities always had the authority to regulate the newest form of lodging, the standardization of definitions is encouraging to localities that have yet to act.

Taking effect on July 1, the bill defined short-term rental as the "provision of a room or space that is suitable or intended for occupancy for dwelling, sleeping or lodging purposes for a period of fewer than 30 consecutive days, in exchange for a charge for the occupancy."

The bill defines an operator of these rentals as "the proprietor of any dwelling, lodging or sleeping accommodations offered as a short-term rental, whether in the capacity of owner, lessee, sublessee, mortgagee in possession, licensee or any other possessory capacity."

People and entities already licensed or registered for rental or management of property by the Department of Health, the Real Estate Board, the Virginia Real Estate Time-Share Act, or a locality would not be required to register, according to the legislation.

The state bill also authorizes localities to impose penalties not to exceed \$500 per violation to those who violate the registry ordinance.

The county Department of Planning and Zoning held an open house to present proposed changes to the county's zoning ordinance, including STRs, in Fairfax on July

Donna Pesto, Fairfax County Department of Planning and Zoning deputy zoning administrator.



Patricia Phillips of Fairfax, who is a proponent of short-term rentals, participates in a "dot exercise," indicating topics that are her primary concerns regarding regulation. She placed her dot stickers on the boards with these four issue areas: Taxes/income/revenue; neighborhood character; inspections/complaints/enforcement; and homeowner and condominium associations.



Sarah, who operates a short-term rental with Airbnb in her home in the town of Herndon, advocated for owner-occupied STR operation. "My neighbors' right to safe enjoyment of their own homes is paramount," she said. "If any of my guests ever jeopardized that, they would be out in a second flat, no problem." She did not want to provide her last name out of fear of retaliation from neighbors.

26. The DPZ also hosted three community meetings this month in Reston on Sept. 5, Alexandria on Sept. 13 and McLean on Sept. 25 to discuss STRs and reveal data from a survey it conducted from June to August.

A majority of survey respondents indicated:

- ❖ they were Fairfax County homeowners (93.03 percent; 7,136);
- ❖ they lived in detached, single-family homes (69.32 percent; 5,172);
- ❖ they have not ever rented a room or entire home through a short-term rental website (59.78 percent; 4,344);
- ❖ they were not aware of short-term rentals operating in their neighborhoods (57.04 percent; 4,268);
- ❖ they supported limiting the number of adult guests per bedroom in short-term rentals (75.63 percent; 5,643);
- ❖ they supported preventing short-term rental operators from renting rooms to different people/groups during the same time period (58.49 percent; 4,373);
- ❖ they supported placing a limit to the maximum number of nights per year a dwelling could be rented as a short-term rental if the homeowner/operator is not present while rental is being used (57.14 percent; 4,188); and
- ❖ they supported allowing short-term rentals in detached, single-family homes (81.96 percent; 5,189); townhouses (74.43 percent; 4,712); condominiums (75.85 percent; 4,802); and apartments (62.96 percent; 3,986), but not in mobile or manufactured dwellings (55.03 percent; 3,484);
- ❖ they did not support a requirement for short-term rental operators to be present while rental is being used (50.57 percent; 3,712); and
- ❖ they did not support placing a limit to the maximum number of nights per year a dwelling could be rented as a short-term rental if the homeowner/operator is present while rental is being used (48.67 percent; 3,570).

THE SURVEY was designed to be anonymous, so the county could not limit individuals from taking the survey multiple times, however; individuals could not take the survey from the same device twice, according to Lily Yegazu, senior assistant to the zoning administrator for the DPZ.

"We didn't get a sense that there was any influence from industry that may have swayed the survey one way or the other," Yegazu said during the Hunter Mill District community meeting in Reston. Many showed up to advocate for or against STRs during the meeting, but the decision ultimately lies with the board. "We're trying to write something for the [Board of Supervisor's] consideration that would let them implement this registry and we would create some rules around short-term rentals," Donna Pesto, Fairfax County DPZ deputy zoning administrator, said during the meeting. "We don't have a draft proposal yet. I suspect we will when we present something to the board that will offer options, probably several options for them to consider."

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Legals

NOTICE OF ABANDONED MOTOR VEHICLE Blue, 2009 H-D FLHX Street Glide, 1HD1KB4189Y619181, Colorado registration. The referenced vehicle was left for diagnostics, repair and storage on May 11th, 2017 at 2869 Running Pump Lane, Herndon Virginia 20171. It is presently stored at 2869 Running Pump Lane, Herndon Virginia 20171. Attempts to locate the owner have been unsuccessful. The vehicle is deemed abandoned under Code of Virginia § 46.2-1204 and § 46.2-1208 and will be disposed of if not redeemed by October 15th, 2017.

Legals

ABC LICENSE

Teryanna LLC trading as Mediterranean Breeze, 781 Station St, Herndon, Fairfax County, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises Restaurant/Delivery Permit license to sell or manufacture alcoholic beverages. Phillip Orme, Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.


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THE CONNECTION
NEWSPAPERS

LETTERS

Neighbor for Richmond

To the Editor:

Northern Virginia residents deserve a Delegate who will work hard and get things done in Richmond, and Linda Schulz is just the woman we need fighting on our behalf.

Linda is dedicated to getting Virginia's economy moving again, and as a successful businesswoman and mother of three sons, she knows that starts with an educated workforce. Linda is making education a cornerstone of her campaign (for a delegate from 86th district), it's the first issue

covered on her website, and as a retired teacher of over 30 years, I appreciate that.

Unlike her opponent, Jennifer Boysko, who didn't pass a single piece of legislation last year, Linda has a plan to address the issues facing our commonwealth, from fixing the Metro to combating the opioids epidemic.

I hope that you'll join me in supporting our neighbor Linda Schulz for Delegate on November 7.

Kathy McGuire
Herndon

Marsden

FROM PAGE 4

2007. It is hopeful that our backlog of needs can be addressed and Virginia can continue its climb back to being the best state to do business, the best managed state, and continue our status as the best state to raise a child.

As much fun as fantasy politics can be, and as much as we like to

make statements with our political choices, we have a Commonwealth to run. It has been rare in the past 30 years that we have elected a governor with strong existing relationships with the legislature. It may not sound exciting to make our political choices based on that criteria... but it works in our best interest. Ralph Northam is our best choice for governor.

Plum

FROM PAGE 4

population of 40,000 grew to 98,000 in 1950 and by 1970 was 454,000. It is now approaching 1.2 million people. Recognized as among the best places in the coun-

try to live and to start a business, we have clearly left behind our humble beginnings. It is worthwhile to remember our history and the 275th anniversary provides many different opportunities (www.fxva.com/275/).

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

IN-PERSON, TV DEBATES

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit www.vote411.org.

In-person forums:

❖ **Thursday, Sept. 28** at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax.

❖ **Wednesday, Oct. 25** at 7:30 p.m. at Sully Government Center: 4900 Stonecroft Blvd., Chantilly. The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can

submit questions by email to theinsidescoopv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on: **Monday, Sept. 11** at 8 p.m.; **Monday, Sept. 18** at 8 p.m.; and **Monday, Oct. 2** at 8 p.m.

FRIDAY/SEPT. 29

Voting Deadline. 5 p.m. This is the last week of voting in the 2017 Preference Poll; voters are encouraged to review all candidate statements. A ballot and instructions for online, mail or walk-in voting are mailed to all Small District 5 residential and commercial addresses. Visit www.restoncommunitycenter.com/about-us/board-of-governors/2017-preference-poll or call 703-476-4500.

SATURDAY/SEPT. 30

Reston Community Yard Sale. 8:30 a.m. at 1900 Campus Commons Drive (corner of Sunrise Valley Drive and Wiehle Avenue). 85 families will be selling a variety of items for a new home or a college dorm. Call 703-435-6577 for more.

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News Debate

FROM PAGE 3

should be able to determine what they want to do with their statues, although he added he wants to see them in a museum.

"I think what is important is to talk about some of the statues that aren't built of bronze, the inequities that we still have in our society," said Northam during the debate. "Inequities in access to health care. Inequities in access to voting rights. Inequities that we have in education."

Views of the Affordable Care Act are also expected to play an important dividing line in the election. Northam has been consistent in his support for expanding Medicaid, criticizing Republicans for undermining a system that has expanded health insurance to millions of Americans who previously had no coverage. Gillespie has been consistently critical of the landmark achievement of former President Barack Obama, although he was noncommittal when asked about his view of the reform proposal currently working its way through Congress.

"I'm not endorsing or opposing any specific legislation that is being talked about right now. I haven't had a chance to read it," said Gillespie after the debate, adding that Virginia should not be punished for declining to expand Medicaid. "But as a principle I've been consistent in this regard, and that is where I am today."

PERHAPS NOTHING looms as large over this election as Donald Trump. The president has become a lightning rod of opposition and a rallying cry for people who feel marginalized. Virginia was the only Southern state Trump lost, and polls show that he remains unpopular here. Gillespie has been trying to distance himself from the president by opposing some of his budget proposals and declining to answer questions about whether he'll ask Trump to campaign for him in Virginia.

"Probably the biggest thing being hung around Ed's neck is the Trump administration," said Republican strategist Dan Scandling. "But depending where you are in the state determines how much of a weight that is. If you're downstate, that's not a problem. If you're up here in Northern Virginia, it's a potential problem."

Democrat Hillary Clinton won Virginia with 50 percent of the vote, with Trump at 44 percent. Many of those presidential year voters might not show up in an odd year-election, when the electorate tends to be older and whiter. For Democrats, the goal heading into Election Day is to run up the numbers in Northern Virginia and overwhelm Republicans in parts of the state that still support Trump. For Republicans, the challenge is find some kind of way of embracing Trump voters without alienating independents who might feel conflicted about the president.

"I think what's really going to drive the election is President Trump," said Democratic strategist Ben Tribbett. "A lot of voters are going to vote either for or against Ed Gillespie based on how they feel about Donald Trump."

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Ought To Ship



By KENNETH B. LOURIE

I don't want to praise the Lord too much for providing me with such a trivial and mundane benefit but, I sure am grateful when my 112 pounds of cat litter arrives/is delivered to my front porch, mere feet away from our cats' litter boxes. "Auto Ship," baby. No more am I lugging 28 to 44 pound boxes of cat litter into our five-indoor-cat household from the local supermarket and/or pet superstore. I don't want to plagiarize a television "spokeshing" from my youth so I'll give "Speedy" from Alka Seltzer proper attribution when I write as enthusiastically as I can: "Oh, what a relief it is!"

The litter is my second auto-ship of substance; having made an earlier/similar commitment to 16 pound bags of dry cat food. I do get some fancy, multi-vitamins auto-delivered and my wife, Dina, as well receives special eye vitamins in the mail, but I thought that was the only way to purchase them, given that the manufacturers were out of town so I never considered them an auto-type ship. Previously, I had always resisted inquiring about getting products delivered from a national company when they are available locally. My thinking had been that since I'm home during the day, and regularly in and out doing errands at many of the stores that sell this merchandise, why ship it when I can shop it? It seemed redundant.

Now however, given the pleasure I felt when I saw that litter sitting on the porch without my having had to life one finger; well, a few fingers initially when I "keystroked" my way through this company's online registration, the light has come on. Moreover, given the neuropathy I have in my feet, I'm tired of walking around those giant warehouse stores. Sure, the local proximity and availability is helpful but the bigger the buyer, the more effort the unloading/restocking is required at home. Perhaps I've simply come to a realization, and not necessarily an accommodation to my age, that less effort equals more overall value. And if in addition to less effort, I can buy products at equal or even lower cost than doing so locally, than I am sittin' pretty in high cotton, if I may double-down on the benefit?

Not that I'm overworked and underpaid for the household duties I perform but, I'd rather be under worked and overpaid, if you catch my drift? And given certain realities to the many tasks now performed by hand, it's up to me to reinvent the wheel, so to speak. And so, I'm starting to consider very seriously, ordering more stuff this way, especially bulky/weighty stuff and to let my fingers do the clicking rather than my arms and legs doing the walking and carrying. Let commercial/corporate America do the driving and delivering. I don't have to prove my shopping mettle anymore. I'm ready to sit back and let the boxes do my talking.

I'm not quite ready to order food/perishable however. I feel a certain sense of calm and serenity wandering down supermarket aisles taking mental inventory of what's present and what's not — and what's new and what everything costs. Not that I try many things as anybody who knows me knows, but occasionally, Entenmann's or Hostess or Nabisco will surprise me with a new item and thus will have made the visit all the more sweeter. I wonder if I'll have the same sensation perusing and clicking my way through a site that so far has been unseen — by my eyes, anyway. I guess it can't hurt to explore a bit. I mean, it's not exactly the dark web. (Is it?) Nor do I expect to use bit coins or have to create an avatar for myself. Nevertheless, the process does seem a little daunting; changing habits that have become habitual, and routines which have become routine. Seems a bit like turning an ocean liner around after it's headed out to sea. They don't turn on a dime and neither do I. Still, I'm intrigued by the possibilities, and besides, I'm nearly out of laundry detergent.

Perhaps a test is in the offing. I don't think I'm quite ready to join a club/pay a membership fee, but I am open to investigating. Time will tell I suppose, as will my first bill.

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



PHOTOS BY ROBERT HEALY/THE CONNECTION

Participants hold up different colored flowers to represent the diverse reasons for walking.



Encompass Home Health members, Kevin Foos, Nancy Holt, Helena Fadool, Carley Palmucci, Brittany Borgeas, Iaesha Carol, and Fred Wixson gather at Reston Town Center.

Walking Against Alzheimer's at Reston Town Center

The Alzheimer's Walk in Reston raises more than \$267,000.

BY ROBERT HEALY
THE CONNECTION

Nothing brings together support for Alzheimer's like a two-mile stroll through Reston Town Center. Alzheimer's Walks gather family members, caregivers, friends and colleagues to rally around finding a cure for this devastating disease.

This year the Alzheimer's Walk in Reston raised more than \$267,000 to go towards support, care and research for the disease.

Sherry Gryder was the leading single-fundraiser of the event. Her mother and grandmother were both afflicted with the disease and she now walks for them. By hosting events at restaurants like Pinkey and Pepe's Grape Escape and Joe's Crab Shack she was able to raise \$15,000. Vicky Krause, her sister, was also there and shared that the two competed against each other to push each other to raise more money.

The Alzheimer's Walk is valuable because it brings together people who understand how much the disease affects Americans. Nearly one-third of the population over 65 has some form of dementia. One in three seniors dies with Alzheimer's or another form of dementia. The disease can not only damage relationships with family and friends but destroy a retiree's hard-earned savings.

Jocelyn Hurradura, a caregiver at Sunrise Senior Living, said she sees the disease first hand in nearly 75 percent of her patients. Hurradura is one of 15 million caregivers that play a critical role in assist-

ing people living with Alzheimer's.

Each year the event hopes to raise enough money to eventually find a cure. Research and scientific organizations benefit from money raised at Walks.

One such organization is Integrated Neurology Systems. Lisa Wegner, a representative of INS, explained how their study focuses on slowing early onset Alzheimer's by isolating the protein Tau.

One of the recurring emblems of the Alzheimer's Walks is the distribution of the Promise Garden Flowers. Each participant is instructed to carry a certain color flower on their walk, to signify the diverse reasons for why they walk. The blue flower represents someone with Alzheimer's or dementia. The purple flower represents someone who has lost a loved one with the disease. Yellow shows someone who is currently supporting or caring for someone with Alzheimer's. Orange is for everyone who supports the cause and vision of a world without Alzheimer's.

With the support of loved ones and caregivers Alzheimer's can be limited, which is hope for future generations dealing with this disease.



The largest fundraiser of the Alzheimer's Walk Sherry Gryder stands among the crowd having raised more than \$15,000.



Jocelyn Herradura, a Sunrise Senior Living caregiver, stands in front of the sponsors for the Alzheimer's Walk.



A look at the many area residents that came together to make Alzheimer's Walk possible.



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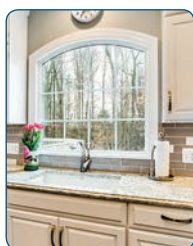
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We took our own advice...we remodeled! We would love for you to come visit our new Design and Selection showroom. Along with top-of-the-line products and materials, we have created displays for you to browse through. Open cabinet doors, review our carpenters work and check out the latest design trends! Showroom tour appointments recommended.



Please Join Us Free Fall Seminars



Kitchen and Bath Remodeling

Wednesday October 4th, 2017
7:00pm

Have you been dreaming about a remodeling project? Please join us for concepts, inspiration, and industry insight! Our talented design consultants will provide you with fun and educational information to guide you on your way. Understanding trends, terminology and material performance as well as the benefit of having a personal designer are just a few topics that will be covered in this seminar.

Doors Open at 6:30pm - Seminar begins at 7:00pm
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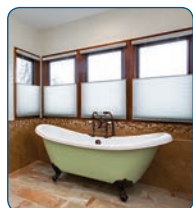


Big Impact, Small Space

Saturday October 21st, 2017
9:30am

Confused about how to make the most of a small space? Just because it's small does not mean you have to compromise on style or function. Join our creative design team as they help you untap the potential of a smaller space. Using creative solutions, we will help you realize that there may be more than meets the eye!

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Kitchen and Bath Remodeling

Saturday October 21st, 2017
11:00am

Have you been thinking about remodeling your kitchen or one of your bathrooms? Let us update you on the latest design tips and trends. From layouts and new technologies to finishes and code requirements, Foster Remodeling Solutions will get you up-to-date.

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