

# Oak Hill Herndon CONNECTION

Residents and friends gather along the parade route on Elden Street to cheer on the nearly 1,300 participants and 55 units in the Herndon Homecoming Parade 2017 held Oct. 14.

## Hornet Pride Goes on Parade

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## Raising Funds To Honor Veterans

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## NEWS

### Raising Funds To Honor Veterans

Herndon Woman's Club (HWC) wants to remember the Fallen, honor those who serve, and teach children the value of freedom by joining Wreaths Across America to honor veterans who are laid to rest at Chestnut Grove Cemetery in Herndon.

According to the organization's website, on Dec. 16 "the club will remember the fallen, the prisoners of war, the missing in action, and honor those who have served and are serving this great nation with a short ceremony." Volunteers will then place commemorative wreaths on nearly 770 veteran's graves.

At the Herndon Homecoming Parade, Herndon Woman's Club members Linda Crawford and Susy Ledgerwood distributed small plastic flags to parade viewers. Attached to each flag was a card requesting that the recipient consider sponsoring a wreath at \$15 in advance.

As of Oct. 15, the official website for Wreaths Across America reported Herndon Woman's Club had reached "23 of 775 Wreaths Sponsored, 3 percent to Goal."

For more information on how to support Herndon Woman's Club



MERCIA HOBSON/THE CONNECTION

**Herndon Woman's Club members Linda Crawford and Susy Ledgerwood distribute plastic flags to parade viewers including Janice Jewel (right) during the Herndon Homecoming Parade held Oct. 14.**

and Wreaths Across America, visit: [www.wreaths.fastport.com](http://www.wreaths.fastport.com), [www.Herndonwomansclub.org](http://www.Herndonwomansclub.org) or write to Herndon Woman's Club, P.O. Box 231, Herndon, VA 20172.

— MERCIA HOBSON

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THE CONNECTION  
NEWSPAPERS

### WEEK IN HERNDON

### Helping Provide Weekend Meals With Food for Kids Program

Assistance League of Northern Virginia would like to give special thanks to Intelsat in McLean and to Lauren Danoff, a Herndon middle school student, for generous food donations to the Weekend Food for Kids program.

Since October 2015, Intelsat has continued to donate 150 bags of food each month to help feed children living in food insecure households in the community. With the support of her family and friends, Lauren contributes about 50 bags of food several times each year.

Thanks to community partners, WFFK program will continue to transform lives during the 2017-18 school year. To help, email Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).



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PHOTOS BY ANDREA WORKER/THE CONNECTION

**The 10 exchange students from Yabe Elementary School in Japan serenaded their Fox Mill Elementary hosts, playing their recorder version of "Country Roads."**



**Azusa Sakai, Sayuri Iyonaga and Kanami Ninomiya share their hopes for peace after the special assembly at Fox Mill Elementary, where the young trio and seven of their school chums have been visiting as exchange students, hosted by families of Fox Mill students.**

## Fox Mill Elementary Hosts Japanese Exchange Students

BY ANDREA WORKER  
THE CONNECTION

In a time when too many people seem determined to focus on what divides them, the students, staff and parents of Fox Mill Elementary School in Herndon, quietly go about their business, seeking ways to bring people together. The school has long been known for its Japanese immersion program, with many of the youngsters learning the language to the point where they can take regular curriculum classes in a mix of both English and Japanese. They have participated in Japanese cultural enrichment events and welcomed Japanese performers and artistic and cultural representatives through their doors. This month, they took their interest in all-things-Japanese, as well as their spirit of cultural curiosity and welcome, to a new level.

From Oct. 7-15, 10 students from Yabe Elementary, just outside of Tokyo, were hosted by Fox Mill families, attended classes at Fox Mill, and joined in to enjoy a variety of activities with both their hosts, and together with other host families and exchange students. Three chaperones accompanied the young ambassadors, who ranged in age from 9-years-old to 11.

After the youngsters arrived and settled in – and recovered from jetlag – their visit started off with a welcome picnic at the school, with Fox Mill principal Brian Moose doing the grill master honors, giving the newcomers a chance to check out their new, temporary academic environment before really getting down to business.

On Oct. 10, a friendship ceremony was held, which included the planting of cherry trees that were donated to Fox Mill by ANA



**One last play day, before the Yabe Elementary kids head home. It's an adventure at Cox Farms in Centreville for the visitors from Japan and the families who hosted them.**

Airlines.

This is Fox Mill's first time to conduct an exchange program. The hosting opportunity was open to all Fox Mill families, even those without children enrolled in the immersion program.

The Chronisters are one such family, with no child enrolled in the immersion classes, but still they offered, and Patti Chronister said that the experience has been a delight.

"I knew this would be a good experience for the kids," she said, "but I am surprised as to how much I myself am getting out of it. I am learning basic Japanese – embarrassing my daughter – but the smiles I get from Sayuri as we communicate makes my day, every day."



**The visiting students from Yabe Elementary and some of their Fox Mill Elementary counterparts line up to exchange gifts of appreciation between hosts and guests.**

Sandy Picarelli was equally pleased with the program, and her family's hosting experience. "I am amazed at how much Timaues has blossomed. He is talking to Shinsuke in Japanese with great confidence and has shown great responsibility for making sure his guest is enjoying himself...even when there are limits in verbal communication, the boys have found common interests that are connecting them."

Program coordinator and number-one-program-cheerleader Alison Malzahn of course offered an American home experience to one of the students.

"What surprised me the most is how instantly Nao became a member of our family. There have been some difficulties with

acclimation – jetlag, carsickness and some homesickness have all been part of our experience...but the moment Nao stepped off the bus, we became a family not of four, but of five."

On Thursday, Oct. 12, the 10 now-not-so-foreign students joined a Fox Mill assembly where the Yabe pupils introduced themselves, after which the children exchanged gifts to remember each other. With the formalities attended to, the Yabe students thanked their hosts first with a song in Japanese, and then with a rendition of "Country Roads" by John Denver, first playing the tune on recorders, and then singing the song in practiced harmony.

After the applause for their performance died down, the whole cafeteria filled with the sound of children singing the Disney ditty "It's a Small World After All." There were noticeable tears in the eyes of adults in attendance as they witnessed the bonds being built between youngsters of two countries

and cultures – just as they had hoped would be the result of the program.

Before heading home on the 15th, the Yabe students and their host families enjoyed one more group gathering – a fun day at Cox farm.

In June, principal Moose and teachers Yoko Linam and Keiko Endo will become the chaperones, as they accompany seven Fox Mill youngsters to Japan for their turns as the foreign exchange students. "This is such a great opportunity," said Alison Malzahn, who also plans to make the trip. "We are all so excited. To start building these relationships so early, when they can last a lifetime, it's a great thing. I hope we can keep this going for years to come."



# OPINION

## What To Do Against the ‘Nightmare Scenario’?

BY STEPHEN R. RUTH  
SCHAR SCHOOL OF POLICY AND GOVERNMENT  
PROFESSOR OF PUBLIC POLICY  
GEORGE MASON UNIVERSITY

**W**e should fear Artificial Intelligence. Not in the future but now. Ask Sheryl Sandberg, chief operating officer of Facebook. She announced that her company, with its over 2 billion users, built software it cannot fully control. “We never intended or anticipated this functionality being used this way,” Sandberg said, “— and that is on us.” Facebook’s operating systems had allowed Russian operatives to create accounts and ads aimed at influencing the 2016 U.S. presidential election. The gigantic network seems to have created systems that are ungovernable.

Facebook’s problem hints at the extreme dangers lurking within Artificial Intelligence as it grows throughout the world. AI Experts are already talking about a “nightmare scenario,” where nations’ AI systems could ignite real-time conflicts. Consider, hair-trigger AI systems could eventually control several nations’ military responses’ and some error in any one algorithm could possibly lead to a nuclear catastrophe.

Between the Facebook case and the nightmare scenario is the immediate problem of millions of people losing jobs. Around the globe, programmable machines — including robots, cars and factory robots — are replac-

ing humans in the workplace. Automation threatens 80 percent of today’s 3.7 million transportation jobs, one U.S. government report estimated, including truck and school bus drivers, taxi drivers and Uber and Lyft drivers. Another report indicates AI is threatening aspects of the many different jobs, including call center operators, surgeons, farmers, security guards, retail assistants, fast food workers and journalists. A 2015 study of robots in 17 countries found that they accounted for over 10 percent of the countries’ gross domestic product growth between 1993 and 2007. Consider, a major supplier for Apple and Samsung cell phones and computers, China’s Foxconn Technology Group, is planning to automate 60,000 factory jobs with robots, replacing its existing employees. Meanwhile, Ford’s factory in Cologne, Germany, not only replaced human workers with robots but also on some jobs stations position robots beside human workers — they are called cobots.

But these employment issues, as troubling as they are, cannot compare to the dangers envisioned by Elon Musk and Stephen Hawking. They are among the dozens of thought leaders who signed a letter harshly condemning governments’ increasing reliance on AI for military use. Their chief concern is autonomous weapons, another example of AI. The U.S. military is already developing armaments that do not require humans to operate them. These weapons are being created to offer battlefield support for human troops. Autonomous arms

are dramatically easier to develop and mass-produce than nuclear weapons. They will likely to soon appear on black markets around the world, certain to be favored by terrorist groups. To quote from the open letter, the new autonomous weapons would be ideal for dark actions including “assassinations, destabilizing nations, subduing populations and selectively killing a particular ethnic group.”

There are some economic optimists like MIT’s Erik Brynjolfsson and Andrew McAfee, who feel that AI will eventually bring long term prosperity to the world, but even they admit that finding common ground among, economists, technologists and politicians is daunting. Obviously, it will be very difficult to craft legislation about AI without more agreement about its potential effects.

We should definitely be fearful of artificial intelligence, not just because it is clearly destined to affect the number of available jobs, including those in middle and even upper middle class domains, but because its potential military use can lead to a perilous future, if not controlled. As the open letter signed by Musk and Hawking concluded, “Starting a military AI arms race is a bad idea, and should be prevented by a ban on offensive autonomous weapons beyond meaningful human control.”

*The author is director of the International Center for Applied Studies in Information Technology (ICASIT) <http://policy-icasit.gmu.edu/>*

COMMENTARY

## Shades of the Old South It is always important to vote, but it is more important than ever this year.

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

**J**ust when you think things are changing you can be shocked to realize just how much they stay the same. Politics in Virginia are a prime example.

For more than a century after the Civil War the consistent factor in politics was race baiting. The then-called Democrats in the South, who later became known as Dixiecrats and today are the conservative wing of the Republican Party, were successful with a variety of laws that disenfranchised African Americans.

Even with the few African Americans who could get through the labyrinth of laws that included blank sheet registration forms, literacy tests and poll taxes the scare tactic employed by too many candidates was to suggest that their opponent was a lover of black people — but using a derogatory term. That fear of black people has its roots back to the centuries where black people were enslaved and brutal enforcement and fear were used to keep them that way.

The Civil War did not resolve the feeling between blacks and whites, and slave codes were replaced with Jim Crow laws that whites could use to assert supremacy over black people.



COMMENTARY

For a candidate to take a position that could be interpreted as being favorable to African Americans would mean almost certain defeat at the polls. Only Supreme Court decisions and federal laws like the Civil Rights Act and the Voting Rights Act created a more level political playing field between the races. Continued efforts

to suppress the votes of minorities and to unnecessarily complicate the voting process are still employed by some trying to maintain a structured society of white supremacy.

More recently those who want to keep or expand their political power have swept immigrants — whatever their status — into the realm of those who are to be feared and suppressed from participating in the democratic process.

Many strive to gain maximum political advantage through whatever means while at the same time wanting to keep the appearance of respect and patriotism. The recent television ad with scary images and references to fear and the MS 13 gang intends to scare voters into rejecting a compassionate medical doctor with an ad that fact checkers have found to be untruthful.

Another concern from the current campaign

is the suggestion from a white female candidate for lieutenant governor that her black male opponent does not understand the issues well enough to discuss them “intelligently.” Disregarding the excellent academic credentials of her opponent, her comments had the tone of the past that one observer said seemed more appropriate for 1957 than 2017.

At the national level, there are daily statements and actions that hearken back to the racial climate of the Old South. This year in Virginia, we have a unique opportunity on Nov. 7 to make a statement with our votes that we reject the discrimination of the past. It is always important to vote, but it is more important than ever this year. Despite efforts to romanticize the Old South and the Confederacy, we need to learn the truth and understand why we need to move on.

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor, The Connection  
1606 King St., Alexandria VA 22314  
Call 703-917-6444  
[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

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# Boosting a Child's Self-Esteem

**A positive self image is a lifelong gift.**

BY MARILYN CAMPBELL

One of the greatest gifts that a parent can give a child is a healthy self-esteem. Positive feelings about oneself can lead to success in a gamut of situations ranging from school to social circles, say child development experts.

"Self-esteem plays an important role at all stages of our lives," said psychologist Stacie B. Isenberg, Psy.D. "As adults, it can affect how one approaches situations and interacts with other people. When self-esteem is low, it may, for example, affect work performance or one's ability to recognize and enjoy accomplishments."

Parents play an essential part in the development of their child's self-esteem, advises Cheryl Giacomelli, who teaches psychology at Northern Virginia Community College. "Parents foster self-esteem in many ways including leading by example, being emotionally available, engaging with their children, and providing a loving and supportive environment that allows children to succeed and fail," she said.

Parents can model this behavior in everyday tasks. "For example, while helping a child with a math assignment and not understanding the math problem, the parent

who says 'I can't believe I don't understand this, I was always terrible at math' is sending a different message than the parent who says, 'I'm not sure about this one. Let's ask your teacher to explain it to us in a different way,'" said Isenberg. "Parents can benefit themselves and their children by learning to describe situations according to the specific circumstances and resisting putting a generalized label on the situation or their behavior."

Since children learn by observation, modeling healthy relationships and habits is a vital component of developing a healthy self-esteem, suggests Giacomelli. "Choose an activity once a day in which you are fully engaged with your child," she said. "This may sound like common sense, however in today's busy world, it's sometimes difficult to devote all of your attention to one task. This means playing a game or reading a book and ensuring your cell phone is nowhere in sight."

"Experiences that may negatively impact the development of a strong sense of self occur when we do not fully engage with our children, when we do not allow our children to fail, and when we do not acknowledge our own faults," continued Giacomelli

Avoid harsh criticisms and display expressions of love, warmth and affection, advises Joanne Bagshaw, PhD, LCPC, professor of psychology at Montgomery College-Germantown.

"Children's self-esteem develops based on how well their parents love them," she said. "The best thing parents can do is to openly and unconditionally love and accept their child. Parents ... can do so verbally, by telling their children often that they love them and by being openly affectionate, with hugs, for example. Parents can also communicate warmth through their tone of voice, and eye contact."

**PRAISING CHILDREN** is important, but it must be sincere. Even setbacks can offer opportunities for developing a healthy self-esteem, suggests Isenberg. "Children feel good about themselves when they have received genuine, positive reinforcement from people and situations," she said. "Praising a child's efforts is one of the best things parents can reinforce, because a child can control his effort, whereas outcome isn't always within one's control."

One example that Isenberg offers is saying something like, "I'm so proud of how hard you studied for that science test. You

spent a lot of time reviewing the material and were really dedicated to being prepared."

Allowing children to learn to do things on their own and even experience a setback within a supportive environment may increase feelings of confidence and competence, says Jerome Short, Ph.D., associate professor of psychology at George Mason University.

"Parents may do too much for children or protect them from failure so that children do not learn to cope with difficult situations and soothe themselves," he said. "Children should believe that they have worth for being a unique person."

Fostering opportunities for positive social interaction with their peers can lead to a healthy self-esteem, says Short. "Children who have close friendships and reciprocal sharing with friends tend to have higher self-esteem," he said. "Children's successful accomplishment of goals also boosts self-esteem."

Establishing boundaries and setting limits with children can instill a sense of safety and security, advises Short. "Authoritative parenting that is high in support and high in structure and expectations contributes to children's positive sense of self," he said.



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## Announcements

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Artist Exhibit.** Through Nov. 18 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. Visit [restonarts.org](http://restonarts.org).

**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. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com).

## OCT. 21-NOV. 11

**“Aida” the Musical.** various times at Reston Community Center, Hunters Woods Village Center at 2310 Colts Neck Road. Reston Players presents “Aida” with music by pop legend Sir Elton John and lyrics by Tim Rice. Visit [restonplayers.org/show1/](http://restonplayers.org/show1/).

## SUNDAY/OCT. 22

**Vulture Lecture.** 3-5 p.m. at National Wildlife Federation Building, 11100 Wildlife Center Drive, Reston. Presentation will focus on the life and times of the noble turkey vulture, including its feeding, nesting, and roosting habits, migratory behaviors, and common misconceptions. Visit [www.nwf.org/](http://www.nwf.org/).

**Mary Kay Lash Bash.** 2-6 p.m. at Molly's Boutique, Reston Town Center, 11900 Market St., Reston. Try some false lashes for your everyday look or for your Halloween costume. Free. Visit [restontowncenter.scoutandmollys.com](http://restontowncenter.scoutandmollys.com).

## MONDAY/OCT. 23

**Open Venturing Meeting.** 7-8 p.m. at Reston YMCA, 12196 Sunset Hills Road, Reston. Learn about Venturing, a Scouting program for boys and girls ages 14-20. Venturing includes high adventure activities, leadership development, personal growth, and service. Call 571-289-1551 or visit [www.scouting.org](http://www.scouting.org).

## TUESDAY/OCT. 24

**INOVA Blood Drive.** noon-7 p.m. at Reston Town Center Pavilion, 11900 Market Street, Reston. Free. Call 1-866-256-6372 or visit [inova.org/donateblood](http://inova.org/donateblood).

**Design and Wine.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Beaded Charms with Deborah Gudelsky. Visit [www.artspaceherndon.org/](http://www.artspaceherndon.org/).

## THURSDAY/OCT. 26

**Meet the Artists.** 5:30-7 p.m. at Reston Museum, 1639 Washington Plaza N. Meet the artists behind the The Art of Community exhibit which showcases the legacy of public art in Reston and the planned community's collection of outdoor sculptures and public artworks. Call 703-709-7700 or email [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

## OCT. 26-29

**Washington West Film Festival.**



PHOTO BY BOB MAXWELL

## Shakespeare's 'Twelfth Night'

**Nov. 10-12, Herndon High School Theatre presents “Twelfth Night” at Herndon High School Auditorium, 700 Bennett Street. William Shakespeare's holiday comedy set in the roaring '20s. \$6 for students and \$12 for adults. Visit [www.HerndonDrama.org](http://www.HerndonDrama.org) for more.**

Various times at Bow Tie Cinemas, 11940 Market St., Reston Town Center. Variety of independent films. Visit [wwfilmfest.com](http://wwfilmfest.com).

## 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](http://librarycalendar.fairfaxcounty.gov).

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

**Meet the Musician.** 7 p.m. at Bow Tie Cinema, 11940 Market St., Reston Town Center. Clive Davis is the subject of film that will screen at Washington West Film Festival entitled “Clive Davis: The Soundtrack of Our Lives,” which profiles the five-decade career of a music producer. This is part of Washington West Film Festival which runs Oct. 25-30. Visit [wwfilmfest.com/](http://wwfilmfest.com/).

**Trick or Treat at Reston Town Center.** noon-4 p.m. at 11940 Market St., Reston Town Center. Costumed children can celebrate Halloween with visits to participating retailers and the Information Center for treats and goodies. Visit [restontowncenter.com](http://restontowncenter.com).

## SUNDAY/OCT. 29

**Superhero Among Us.** 10 a.m.-9 p.m. at Scrawl Books, Reston Town Center 11862 Market St. Be Your Own Superhero Day, partnering with ArtInsights and hosting superhero-themed events all day long. Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## 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.

## 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](http://librarycalendar.fairfaxcounty.gov).

## SATURDAY/NOV. 4

**Storytime with the Author.** 11 a.m.-12:30 p.m. at Scrawl Books, Reston Town Center 11862 Market St. Storytime with children's author Megan Wagner Lloyd. Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

**Singles Dinner and Movie Night.** 5 p.m. at American Tap Room in Reston, 1811 Library Street. Sponsored by New Beginnings, a support group for separated/divorced adults. \$32 at door includes dinner, soda, tip and movie ticket. Visit [www.newbeginningsusa.org](http://www.newbeginningsusa.org).

## MONDAY/NOV. 6

**Franchise Fair.** 8:30 a.m.-12:30 p.m. at Reston Association Conference Center, 12001 Sunrise Valley Drive. Experts, lenders and a dozen franchisors from various industries will discuss the franchise process. \$35; \$49 at the door. Register at [www.capitalfranchiseshow.com](http://www.capitalfranchiseshow.com). Contact Heather Rosen at 703-291-0939 or [hrosen@frannet.com](mailto:hrosen@frannet.com).

## TUESDAY/NOV. 7

**Meet the Author.** 7-9 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. Reston. “Calculated Risk: The Supersonic Life and Times of Gus Grissom” event with biographer George Leopold. Email [info@scrawlbooks.com](mailto:info@scrawlbooks.com), call 703-966-2111, or visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

## NOV. 10-12

**Herndon High School Theatre presents “Twelfth Night.”** Various times at Herndon High School Auditorium, 700 Bennett St. William Shakespeare's holiday comedy set in the roaring '20s. \$6-\$12. Visit [www.HerndonDrama.org](http://www.HerndonDrama.org).

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# BULLETIN

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

## WEDNESDAY/OCT. 18

**FCPS Community Conversations.** 6:30-8 p.m. at Hughes Middle School, 11401 Ridge Heights Road, Reston, Lecture Hall (Region 1). Fairfax County Public Schools (FCPS) Superintendent Scott S. Brabrand will host Community Conversations to hear what students, parents, employees, and members of the community are thinking about and what issues are important to them. Citizens needing a translator can make a request for services online. Visit [www.fcps.edu/news/superintendent-brabrand-schedules-five-community-conversations-fall](http://www.fcps.edu/news/superintendent-brabrand-schedules-five-community-conversations-fall).

**Women's Health Lecture.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Bridget Oppong, from Reston Breast Care Specialists, will answer questions. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) for more.

## MONDAY/OCT. 23

**Hot Topics Discussion.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The topic for this month is "News Blues and How To Defuse." Practice using respectful and positive communication techniques when discussing hot button issues. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) for more.

## TUESDAY/OCT. 24

**INOVA Blood Drive.** noon-7 p.m. at Reston Town Center Pavilion, 11900 Market Street, Reston. Free. Call 1-866-256-6372 or visit [inova.org/donateblood](http://inova.org/donateblood).

**ID Theft Lecture.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. "Protect Yourself From Fraud and ID Theft," is the topic that trained speakers from AARP Fraud Watch Network will discuss. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) for more.

## WEDNESDAY/OCT. 25

**Candidate Forum.** 7:30 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. The League of Women Voters of the Fairfax Area (LWVFA) will hold an in-person forum 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](http://www.vote411.org).

## THURSDAY/OCT. 26

**Business Lecture.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dollars and Sense discussion focuses on businesses. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) for more.

## SATURDAY/OCT. 28

**Operation Medicine Cabinet Cleanout.** 10 a.m.-2 p.m. at Reston District Station, 12000 Bowman Towne Drive, Reston. Drop off unused or expired medications at a Fairfax County Police district station. Pills or liquids only, no pressurized canisters or needles. Safe disposal of unused or expired medications prevents drug abuse and misuse, accidental poisoning, and protects the environment. Disposal is free, convenient, confidential, and safe. Visit [www.fairfaxcounty.gov/police/stations/](http://www.fairfaxcounty.gov/police/stations/) or [www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html) for more.

## NOV. 16-17

**Thanksgiving Basket Food Drive.** To support this year's Thanksgiving Basket Food Drive, confirm your donation commitment by Oct. 31 at [www.cornerstonesva.org/donations/drives](http://www.cornerstonesva.org/donations/drives). Call 571-323-9569 or [nate.king@cornerstonesva.org](mailto:nate.king@cornerstonesva.org).

# BUSINESS DIRECTORY

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## "Righty Tightly, Lefty Loosey"



By KENNETH B. LOURIE

So I've been told mnemonically for years. But when you're home and automotive-repair challenged as I am, everything is much easier said than done, especially when the mnemonic device is easier to handle/figure out than whatever tool and/or schematic is necessary/advisable for the at-home/in-driveway repair. (We don't have a garage, or much of a basement for that matter. It's more of a cellar, actually. In fact, I call it "the dug out," so lack of spatial accommodations can exacerbate the problem).

And that's sort of how I feel whenever I attempt a home/car-owner-type repair. Soon after I organize whatever thoughts and tools I guess I might need: within minutes of the initial effort, I will have likely complicated the repair and will be forced to dig myself out, sometimes literally. I'll spare you the details, but suffice to say, I am a man of my word and that word is disaster. To invoke the great and often-quoted Dirty Harry: "A man's got to know his limitations," (Magnum Force, 1973), and believe me, I do.

Granted, replacing bulbs in my house, as written in the final paragraph of last week's column: "What To 'Ware,'" ranks pretty low on the home owner's list of honey-can-you-do?. Nevertheless, challenges do present themselves, especially when height and a ladder – or a step stool, with no spotter, are involved. And when I'm looking up with arms outstretched attacking the problem: light fixture from multiple angles, sometimes, when I place my hand on the bulb, I begin to lose my orientation and am unsure where's 'Righty and where's 'Lefty.' And even though I always remember 'Tightly and 'Loosey,' when 'Righty Tightly, Lefty Loosey' doesn't immediately bring results, I tend to lose patience – and confidence, and slowly retreat to lower ground to reassess.

Unfortunately, there's no one to call. I mean, when you fail at the most basic and fundamental responsibility a home/car owner has, it's difficult, even for someone with as little ego as me, to admit abject failure. Repairing a toilet, installing light fixtures and/or ceiling fans; sawing, sanding, measuring, leveling and drilling; lifting, balancing and carrying; and anything else involving plumbing, electrifying; and even hammering and screwing in general, are tasks I don't mind asking and/or paying for. Having been down this road many times before, I know it's a path that won't lead to my redemption.

So not wanting to make a bad situation worse, or create a problem where one or two previously didn't exist, I have to employ the simplest of solutions. And what's simpler than "a pithy observation that contains a general truth:" an aphorism (Dictionary. com), an aid to one's lack of memory and ability to perform even the most basic of tasks, particularly as it pertains to a home owner: bulb replacement.

Not that this inability is at all defensible. It's not. It's totally indefensible and one whose defense is not all explainable by the most offensive of terms: cancer. Which as you regular readers know has been the bane of my existence going back to late February 2009. That's when my Internal Medicine doctor called me at work to share the results of my previous week's surgical biopsy. His suggestion was that we meet in his office to discuss the results. I shook my head in disbelief. If he wants to meet me in person, the results must be bad, I thought. Otherwise, he'd just tell me, right? I asked him to hold on as I found a private office for us to talk (me to react) and braced myself. He told me the growth was malignant and suggested I see an oncologist as soon as possible. An appointment was set for the following Thursday.

Much has changed in my life ever since that fateful day, but not as it concerns this home/car owner's inability to handle the most mundane tasks. Might haven actually gotten worse. As for "the cancer," as "Forrest, Forrest Gump" described the cause of his mother's death, not so bad. I am alive and reasonably well, eight years and nearly two months out, six years plus past the end date of my original "13 month to two year" prognosis. Of that I'm proud. As for the home and car repair deficiencies, I couldn't care less. I have to admit though, it is laughable – and pathetic.

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



## NEWS

# Hornet Pride Goes on Parade

Event draws nearly  
1,500 participants.

By MERCIA HOBSON  
THE CONNECTION

**H**ornet Pride rang loud and clear at the Herndon Homecoming Parade held Saturday, Oct. 14, 9:30 a.m.- 11 a.m. The theme for this year's event was "Across the World," focusing on countries that have been Olympic hosts. Although a light mist fell, it did not deter the huge crowd of town residents and friends who cheered on the estimated 1,500 parade participants as they marched, danced, and performed down the parade route.

Many homeowners who live on Elden Street hosted traditional Homecoming Parade Porch Parties, offering high front row seating, refreshments, and a festive atmosphere as they watched the parade together. Other parade goers brought lawn chairs and blankets and settled in curbside for an up-close viewing.

Together everyone cheered on the parade participants — from the color guard, marching band, and drill teams, to ROTC members, class princesses and students waving from their class floats. Community groups, younger local elementary, and middle school students joined in the revelry, as did politicians and local business owners.

All the participants, the characters, and faces of the Town of Herndon proudly waved as they marched and rode in the parade with smiles and enthusiasm adding to the sense of tradition and small-town charm.

Presiding over the parade were Herndon High School Principal Dr. Liz Noto, Mayor Lisa Merkel, Vice Mayor Jen Baker, and Councilmembers Grace Wolf Cunningham, Jeff Davidson, Signe Friedrichs, Bill McKenna, and Sheila Olem, and Herndon Police Captain Brad Anzengruber.



The Navy Junior ROTC Color Guard of Herndon High School lead the Homecoming Parade 2017.



The Herndon High School cheerleaders spark enthusiasm during Homecoming Parade 2017.



The smallest car in the Herndon Homecoming Parade 2017 belonged to Dusty Simmons and Daryl Crocker. Simmons gives a big wave to parade viewers as Crocker, a retired Town of Herndon employee sits beside him.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Each spin and toss of the flags by the Herndon High School Color Guard, "The Sport of the Arts," creates a different illusion.

## 10<sup>th</sup> Annual South Run Art and Craft Show

SATURDAY, NOV 4: 9 AM – 4 PM

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