

Rodney Taylor, director of food and nutrition services for the Fairfax County Public Schools (center), joined in on the "Food Day" fun, along with Jane Strauss, FCPS Board chair and Dranesville District representative (to his right), Teresa Fennessy, Herndon Elementary School principal (to his left), and other school employees.

Oak Hill Herndon CONNECTION

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News



PHOTO COURTESY OF THE HERNDON ELEMENTARY SCHOOL

Celebrity Chef David Guas of Bayou Bakery and the Travel Channel's "American Grilled" TV show made a giant salad in a kiddie pool for the students to eat during the Real Food For Kids "Food Day." All of the students were given Food Day T-shirts to wear.

Big On Salad

Food Day held at
Herndon Elementary.

BY FALLON FORBUSH
THE CONNECTION

It's not every day that elementary students are encouraged to help mix a giant salad in a kiddie pool, but that's exactly what Herndon Elementary Students were asked to do last week.

The "Food Day" event was put on by the Herndon Parent-Teacher Association, Herndon Elementary School Garden program and Real Food For Kids, a nonprofit parent advocacy group working to improve food served in schools. The organization's Northern Virginia chapter works with the public school systems in Arlington, Fairfax and Loudoun counties, as well as the Alexandria City schools.

"This will be our sixth Food Day; our largest Food Day because Herndon is a very large school," said Mary Porter, director of programs for Real Food for Kids. "Food Day is a national celebration. It's kind of the food version of Earth Day. It is where anyone who wants to can devise an event or celebration that encourages people to make healthy

choices in food and in movement, and everything they do regarding what goes into their bodies."

Real Food for Kids, which chooses a different elementary school in the county each year, makes sure to get all students involved in the Food Day fun.

"We work with an assembly-style program for our little kids — kindergarteners through second-graders — and a different kind of food field day for the third- through sixth-graders," Porter said.

Celebrity Chef David Guas of Bayou Bakery and the Travel Channel's "American Grilled" TV show was on hand to lead the "big salad" process, the event's signature activity.

"The 'big salad' is literally a plastic baby pool ... and he makes a big salad in the baby pool and the kids help," Porter said. "They use mini garden tools, like a hoe and a rake, to mix it."

Throughout the process, Guas explains how food does not come from grocery stores, but that food comes from the earth; comes from a farm; comes from a garden, according to Porter.

"It's fun and he talks about the things that are going into it and why they're good," she

SEE FOOD DAY, PAGE 9

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Northam



Gillespie



Hyra



Fairfax



Vogel



Herring



Adams

On the Ballot

A look at what's on the ballot this Election Day.

BY MICHAEL LEE POPE
THE CONNECTION

Voters across Virginia will be headed to the polls Tuesday Nov. 7. Here's a look at what's on the ballot:

Race for Governor

Democrat **Ralph Northam** is a pediatric neurologist who was elected lieutenant governor in 2013, when he beat Republican E.W. Jackson. Before being elected to the statewide office, he represented the Eastern Shore in the Virginia state Senate. He's also a veteran, serving as an Army doctor during Desert Storm.

On the campaign trail, Northam talks about a "G3 Program" for Virginia — a plan that would help people get a job, get skilled and give back. If elected, he says he would work to expand industry certification programs, community colleges and apprenticeship programs, an effort that would focus on high-school students who do not attend a four-year college or university. He says he would support a law to make salary information more transparent so women can fight discriminatory practices. And, he says, he would push to expand Medicaid.

Fundraising Total: \$22.8 million

- ❖ \$3 million from DGA Action
- ❖ \$705,000 from Virginia League of Conservation Voters
- ❖ \$566,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$450,000 from Everytown for Gun Safety
- ❖ \$400,000 from the Democratic Party of Virginia

Republican **Ed Gillespie** is a former chairman of the Republican National Committee who owns the firm Quinn Gillespie & Associates, a bipartisan lobbying firm he started with Jack Quinn.

On the campaign trail, Gillespie talks about cutting the individual tax rate by 10 percent — the first income tax rate since 1972. He wants to prohibit candidates from using money raised for one office to run for a different office, and he says he would extend the length of time administration officials must wait before they can lobby their prior office. If elected, he says he would

identify \$200 million in savings during the course of his administration by establishing a new Office of Innovation and Efficiency.

Fundraising Total: \$14.8 million

- ❖ \$4 million from A Stronger Virginia
- ❖ \$1.1 million from Let's Grow Virginia
- ❖ \$1 million from the Republican Governors Association
- ❖ \$200,000 from Dwight Schar of McLean, NVR Homes
- ❖ \$133,000 from Jay Faison of Charlotte, N.C., of ClearPath Foundation

Libertarian **Cliff Hyra** is a patent attorney who was unopposed as the Libertarian candidate for governor when party leaders met for their convention in May.

On the campaign trail, Hyra talks about ending the business, professional and occupational licenses tax known as the BPOL. He also wants to end state occupational licensing requirements for cosmetologists, interior decorators and nail technicians. He also wants to privatize the state-owned liquor monopoly and avoid increases to the minimum wage. If elected, he says he would work to exempt the first \$60,000 of household income from the state income tax.

Fundraising Total: \$63,000

- ❖ \$15,000 from Michael Chastain of Austin, Texas
- ❖ \$1,000 from John Berresford of Arlington, Federal Communications Commission
- ❖ \$1,000 from Don Bruckner of Albuquerque, N.M., Guebert Bruckner PC
- ❖ \$1,000 from Darryl Kerkeslager of Richmond, Virginia Department of Corrections
- ❖ \$1,000 from Carrie-Anne Mosley of Chantilly, Salesforce.com

Race for Lieutenant Governor

Democrat **Justin Fairfax** is a former federal prosecutor who also owns a dental practice with his wife. Earlier this year, he beat out two other Democrats who were also running in the Democratic primary: longtime Democratic operative Susan Platt and former federal prosecutor Gene Rossi.

On the campaign trail, Fairfax says he wants to increase the minimum wage and expand workforce training. He wants to implement a state-based loan restructuring

program, and increase access to pre-kindergarten education. If elected, he says, he would support expanding Medicaid and eliminate gaps in mental health coverage.

Fundraising Total: \$2.9 million

- ❖ \$50,000 from Rose McElrath-Slade of McLean, Strategic Resources Inc.
- ❖ \$35,000 from the National Education Association
- ❖ \$35,000 from stockbroker Edward Hart Rice of Vienna
- ❖ \$30,000 from Ivan Jecklin of Henrico, Weinstein Management Company
- ❖ \$25,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management

Republican **Jill Vogel** is a state senator representing Upperville who was first elected in 2007 after the retirement of longtime Republican state Sen. Russ Potts (R-27). Earlier this year, she beat out two other Republicans who were also running in the Republican primary for lieutenant governor: Sen. Bryce Reeves (R-17) and Del. Glenn Davis (R-84).

On the campaign trail, Vogel says she wants to reduce regulations and the tax burden. During the last General Assembly session, she introduced a bill that would have banned all gifts to lawmakers and prohibited candidates from using campaign funds on personal expenditures. She also introduced an effort she calls the "repeal amendment" that would allow states to repeal federal laws and regulations.

Fundraising Total: \$2.5 million

- ❖ \$825,000 from the Republican State Leadership Committee
- ❖ \$496,000 from William Holtzman of Holtzman Oil Corp
- ❖ \$96,000 from Jill Vogel for Senate
- ❖ \$35,000 from cigarette manufacture Altria
- ❖ \$29,000 from Michael Smith of Middleburg, Valley Proteins Inc.

Race for Attorney General

Democrat **Mark Herring** is a former state senator from Loudoun who was elected attorney general in 2013, when he won a 165-vote margin of victory against Republican Mark Obenshain that led to a statewide recount. He has a master of arts in foreign affairs from the University of Vir-

ginia as well as a bachelor's degree in foreign affairs and economics, also from UVA. He also received a law degree from the University of Richmond.

On the campaign trail, Herring says responding to the opioid crisis is one of his top priorities. As attorney general, he says he has prosecuted more than 75 cases against heroin dealers and traffickers involving more than 375 pounds of heroin and fentanyl. Herring says he is also leading a project to eliminate Virginia's backlog of more than 2,000 rape kits. Herring is also chairman of a task force to combat campus sexual violence, and he says he helped put hundreds of child predators behind bars through aggressive prosecutions and digital forensics work.

Fundraising Total: \$6.2 million

- ❖ \$1.5 million from the Democratic Attorneys General Association
- ❖ \$813,000 from One Commonwealth PAC
- ❖ \$300,000 from Everytown for Gun Safety
- ❖ \$150,000 from Michael Bills of Charlottesville, founder of Bluestem Asset Management
- ❖ \$116,000 from the Democratic Party of Virginia

Republican **John Adams** is a former Navy officer who served as an associate White House counsel under former President George W. Bush. He has a law degree from the University of Virginia, and an undergraduate degree from the Virginia Military Institute. He currently works as an attorney in private practice.

On the campaign trail, Adams says he would work as an advocate against spoofing — fighting phone scammers who impersonate the government, legitimate businesses or local telephone numbers. If elected, he says, he will leverage state resources to do "much, much more" than is currently being done to combat the opioid crisis. He says he would also support "tough but effective" law combatting drug dealing.

Fundraising Total: \$3.4 million

- ❖ \$2.9 million from Republican Attorneys General Association
- ❖ \$225,000 from Republican Party of Virginia
- ❖ \$100,000 from Bruce Gottwald of Richmond of Newmarket Corp
- ❖ \$35,000 from Floyd Gottwald of Henrico of Newmarket Corp
- ❖ \$27,500 of William Goodwin Jr. of Richmond of CCA Industry

OPINION

Turn Out To Vote

Races at top of ticket likely to be very close; your vote counts.

When will you vote?
Make a plan, there is less than one week left.

You can vote absentee in person until Saturday, Nov. 4. If you haven't voted by then, you will need to vote on Election Day, Tuesday, Nov. 7. Decide what time you'll go, make plans with a family member or a friend to meet at the polls. Don't let the day get away from you. Polls are open from 6 a.m. to 7 p.m. on Nov. 7.

EDITORIAL Consider the election four years ago of Attorney General Mark Herring (D), who is running again this year to keep his position. Herring defeated his Republican opponent by 165 votes, 1,103,777 votes to 1,103,612 - a difference of 165 votes out of more than 2.2 million cast, or less than one half of one percent difference. Herring promptly announced he would not defend Virginia's same-sex marriage ban. It's fair to say that a variety of other issues have been different because of that razor thin victory.

Absentee Voting in Person

Voting early if you qualify is a good choice. There are 19 valid reasons to vote absentee in Virginia, including the possibility that you will be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: elections.virginia.gov/casting-a-ballot/absentee-voting/index.html

There are two ways to vote absentee: in-person and by mail. To vote by mail, you will need to apply for an absentee ballot; if you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

See your locality's elections website for more.

Bring Photo ID, There Are Alternatives

Virginia has voter identification requirements; plan to bring photo identification with you to vote, whether absentee or on Election Day.

Any registered voter who does not have one of the required forms of identification can apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Among accepted ID: valid Virginia Driver's

License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/VoterInformation/PublicContactLookup.

Provisional Ballot Process for Voters Who Arrive Without Identification

General Election Day, Tuesday, Nov. 7

On Election Day Polls are open from 6 a.m.-7 p.m.

If you arrive at your polling place on Election Day without an acceptable form of photo identification, don't panic or give up. You will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of his/her identification so that his/her vote can be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application process, the voter may request a Temporary Identification Document. This document may be provided to the electoral board to suffice the identification requirement.

On the Ballot

Governor

Ralph S. Northam (D)
Edward W. "Ed" Gillespie (R)
Clifford D. Hyra (L)

Lieutenant Governor

Justin E. Fairfax (D)
Jill H. Vogel (R)

Attorney General

Mark R. Herring (D)*
John D. Adams (R)

House of Delegates

34th District

Kathleen Murphy (D) incumbent
Cheryl Buford (R)

35th District

Mark Keam (D) incumbent, unopposed

36th District

Ken Plum (D) incumbent, unopposed

37th District

David Bulova (D) incumbent, unopposed

38th District

Kay Kory (D) incumbent
Paul Haring (R)

39th District

Vivian Watts (D) incumbent, unopposed

40th District

Donte Tanner (D)
Tim Hugo (R) incumbent

41st District

Eileen Filler-Corn (D) incumbent, unopposed

42nd District

Kathy Tran (D)
Lolita Mancheno-Smoak (R)

43rd District

Mark Sickles (D) incumbent, unopposed

44th District

Paul Krizek (D) incumbent, unopposed

45th District

Mark Levine (D) incumbent, unopposed

53rd District

Marcus Simon (D) incumbent
Mike Casey (I)

67th District

Karrie Delaney (D)
Jim LeMunyon (R) incumbent

86th District

Jennifer Boysko (D) incumbent
Linda Schulz (R)

Fairfax County School Bonds

Voters will vote yes or no on a \$315 million public school bond referendum on the Nov. 7 general election ballot. If approved by voters, the Fairfax County Public Schools' current plans to use this bond money are to plan and/or construct two new elementary schools, one in Fairfax/Oakton area and another in the northwest county area; relocate one modular building; plan additions at three existing high schools to add capacity at Madison, Stuart and West Potomac; plan and/or construct renovations of 10 elementary schools, three middle schools and two high schools. See www.fcps.edu/about-fcps/facilities-planning-future/2017-school-bond-referendum.

Fairfax County Office of Elections

www.fairfaxcounty.gov/elections
Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725
Email: voting@fairfaxcounty.gov
Election Officer Info: 703-324-4735, TTY 711

Correction

In the Connection's editorial last week, Mike Casey's name was misspelled in the list of candidates for the Virginia House of Delegates. Casey, an Independent, is running against Marcus Simon, incumbent Democrat, for the seat in the 53rd House District.

Oak Hill & Herndon
CONNECTION

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Creating Balance

Advanced planning is one key to holiday harmony.

BY MARILYN CAMPBELL

The stretch of time between Halloween and the New Year can be a source of merriment and joy, but it can also be a cause of stress, say mental health professionals. According to a study by the American Psychological Association more than 60 percent of Americans found the holiday season a frequent source of stress and fatigue. While joy is still the primary emotion, finding a way to create balance and manage the additional demands brought on by the holiday season can make holidays merry.

"Part of managing stress is identifying the causes of stress and being aware of what is going on with you and what is going to trigger you," said Maria Mangione, Psy.D., clinical psychologist at Washington Center for Weight Loss Management. "Look back at past holiday seasons and ask, 'What got you sad? What made you nervous? What made you angry? While we're outside of the holiday season, if you can look back at past seasons and think about the times that you were stressed, you can come up with a toolbox of things that could be helpful to you.'"

From shopping and budgeting to overeating and dealing with emotional issues,

Mangione says crafting a plan in advance of the holiday season is a key to maintaining balance. "When someone is dealing with people or situations, it's hard to figure out how to deal with it in the moment," she said. "If people prepare and have a plan in place, they can go on autopilot."

"The holidays are a time in which we are potentially confronted with a lot added responsibilities outside of our day-to-day," added Monica Brand, Ed.D., assistant professor, Department of Counseling,

"The holiday cycle starts with Halloween and ... can snowball as people get more and more stressed."

— Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management

Marymount University. "As a result, we can be thrown off and stressed simply because we are not on our usual routine."

UNRESOLVED FAMILY ISSUES often resurface during the holidays and lead to tension. "Overall, our change in routine, increased interaction with family and the expectations we place on ourselves can all have some impact on our stress levels dur-

ing the holidays," said Brand. As a result, people tend to brace themselves for whatever may come their way. A more basic method of avoiding stress is both mentally and physically preparing before company, travel, or hosting duties. Many people do this by creating to do lists, getting organized, and planning before the beginning of their holiday."

Be mindful of limitations and boundaries and limit the expectations we place on ourselves and others, advises Brand. "If you are one who is so caught up in festivities or is easily overwhelmed, setting reminders on your phone, smartwatch, or having someone hold you accountable in taking breaks from the festivities may recharge your batteries," she said.

Financial imbalance is a common plight during the holiday season, especially when a desire to give generously outweighs one's budget. "I cannot stress enough how important it is to set a spending limit for each person you will be shopping for ahead of time, before you go shopping," said Brian Neely, professor of Accounting & Finance at Northern Virginia Community College. "It is very easy to get caught up in the festive moment and spend far more than you really need to before you

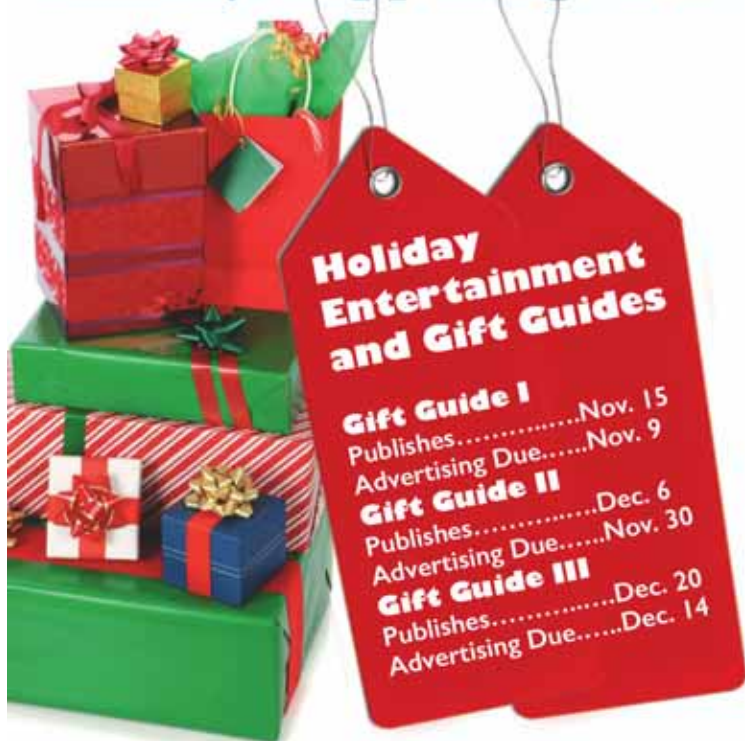
even realize what you have done. This will always result in buyer's remorse and can strip away the true joy that should go hand-in-hand with the customary giving of gifts."

Neely says that during the holidays most Americans have been programmed to spend the vast majority of their discretionary income all at once. "The worst aspect of this annual spending spree is that it generally goes on a credit card or two or three and it stays on there for a very long time," he said. "Once a purchase goes on a credit card, you are still paying for those purchased items for many months afterwards with accrued interest. So now, those presents under the tree on Christmas morning are still increasing in total actual cost until you pay that debt off from your credit cards."

Avoiding store-issued credit cards is a key aspect of maintaining a sane budget, advises Emily Knarr, visiting faculty member in Marymount's Department of Accounting, Economics & Finance at Marymount University. "They offer so many promotions during the holidays that it is tempting to take advantage of them, especially if your other cards are maxed out and you still need to buy presents," she said. "However, even if the terms of the cards and promotions are good, it still affects your credit rating

SEE BALANCE, PAGE 11

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Town Council Approves Agreement on Downtown

Construction anticipated to begin in 2019 and estimated to be completed in 2021.

BY FALLON FORBUSH
THE CONNECTION

The Herndon Town Council unanimously voted 7-0 to move forward with a comprehensive agreement with real estate firm Comstock Partners to redevelop downtown Herndon. The vote was conducted following a public hearing in front of a full crowd at the town's council chambers on Tuesday, Oct. 24, and was met with a loud round of applause.

The work to be done will build 281 residential apartments, 17,600 square feet of retail space, an 18,000-square-foot arts center and a 761-space parking garage.

Comstock will now begin designing the project and will submit a site plan for both the Herndon Heritage Preservation Review Board and town council to review and approve. Comstock anticipates this will take about one year, setting them to begin construction early in 2019, with completion estimated in 2021.

This is the soonest the project could be completed because potential delays could occur. For example, there is a provision in the agreement for a "market pause" for up to two years if "the market isn't stable enough for this project to succeed," Bill Ashton, Herndon's town manager, said during the meeting.

But any delay would be marginal compared to how long the town has been striving to get the project accomplished.

"Downtown redevelopment has been discussed in the town for about 30 years," Ashton said during the meeting. "I think we've traced it back to the mid '80s is when it first arose as an issue with council. It's been a policy objective for many years."

THE COMPREHENSIVE AGREEMENT defines the responsibilities of both parties — the town and Comstock Herndon Venture LC — in the redevelopment of nearly 5 acres of town-owned land into a mixed-use project that includes residential and commercial structures, an arts center and a parking garage.

The town spent \$5.8 million purchasing the land to be developed. As part of the agreement, the town will be selling the land to Comstock. On Oct. 24, the council also approved an ordinance authorizing the sale of the land, which was also approved unanimously, 7-0, and met with applause from the audience.

The town will also be contributing an additional \$3.6 million in allowances for a \$9.4 million total investment. The allowances 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 environmental remediation funds are

Town of Herndon Downtown Redevelopment Site



PHOTO COURTESY OF THE TOWN OF HERNDON

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 St. and 762 Elden St.



PHOTO BY FALLON FORBUSH/THE CONNECTION

Herndon Mayor Lisa Merkel showed off a bright pink, handwritten letter from a 14-year-old member of Herndon's new Youth Advisory Council that was hand-delivered to the town's clerk office the day of the hearing. "She wants to live here when she's an adult and a lot of towns ..., especially in more rural areas, the younger generations are moving out of their small towns," she said, describing the contents of the letter. "She talks specifically about this kind of development being something that would make her want to stay here."

to clean up a brownfield, or land that is heavily contaminated with industrial pollutants, from an auto dealer that owned a portion of the parcel before it was acquired by the town.

"We had an auto dealership on a piece of this land," Ashton said during the meeting. "We have environmental reports that there is going to be required some cleanup. So, that is our land and we're responsible for cleaning it up. We are subcontracting that

in essence back to Comstock to clean it up on our behalf."

The town also received a \$109,000 grant from the Virginia Department of Environmental Quality to revitalize the contaminated land, according to Ashton.

The culvert repair allowance will fix any damage to a culvert that runs through the middle of the property that carries stormwater from the south side of town to the north side of town, if existing damage

is found, according to Ashton.

"If they unearth that culvert and there's any damage, we don't want to pause the project, have us run out and get a contractor to fix our culvert," Ashton said. "We put provisions in here for Comstock to fix that culvert on our behalf."

Plans for providing the transitional public parking while construction is occurring have not been solidified, but the spaces will be accessible to the public for 24 hours a day at no charge near the downtown area, according to Ashton.

The town will be responsible for all excess costs if work exceeds the allowances. If costs come in below the allowances, Comstock will retain the excess money.

"We believe this gave Comstock some fiscal discipline, a profit motive to keep these costs under control to keep us capped out at these numbers so we don't exceed these numbers," Ashton said during the meeting.

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.

The Fairfax County Economic Development Authority will also contribute \$1.2 million toward the project from its Economic Development Support Fund, pending the completion of a memorandum of understanding between it and the town, according to Ashton.

Comstock's total financial responsibility for the project is estimated to be approximately \$80 million, according to Maggie Parker, a Comstock spokesperson.

Still to be voted on is a budget amendment that would be required to approve the town's newly-approved 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.

Serious talks 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.

Comstock will be giving back to the town what it estimates to be \$12 million in assets after construction is complete. This includes: 339 public parking spaces in a park-

SEE DOWNTOWN, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

NEWS



Prior to the vote, Bill Ashton, Herndon's town manager, publicly outlined the agreement and provided answers to specific questions for the public during a meeting on Thursday, Oct. 12, and again for councilmembers prior to their vote on Oct. 24.



PHOTOS COURTESY OF THE TOWN OF HERNDON

Michael O'Reilly of the O'Reilly Law Firm, board member of the Dulles Regional Chamber of Commerce and president of the Arts Herndon Board of Directors, which is vying to operate the new arts center, testified at the hearing.

Downtown Agreement Approved

FROM PAGE 6

ing 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.

Prior to the vote, Ashton outlined the agreement and provided answers to specific questions for the public during a community meeting on Thursday, Oct. 12, and again for councilmembers prior to their vote.

DURING THE HEARING, multiple residents stood up to testify about their concern for the lack of affordable housing and small rental units in the town. All of the residential units on the property are expected to be luxury rental apartments sold at market rate, according to Parker.

However, in order for the town to own parking spaces on the Comstock-owned land, a condominium

regime will be set up for the apartments. The town will have representation on the condominium association, in which all tenants will participate for maintenance and shared costs for the building.

The town is banking on more varieties of residential accommodations to be developed within the Herndon Transit-Oriented Core, roughly 38 acres of land immediately north of the new metrorail station that is being constructed on the Silver line.

"We heard from several people that there aren't a lot of smaller rental units and there's certainly not a luxury rental unit option in the town right now," Herndon Mayor Lisa Merkel said during the meeting after listening to public comments. "I think when metro develops, there will be probably more of that. It's going to be much denser than this. I'm excited about increasing our housing stock and having something for maybe an entry-level sort of patron."

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



PHOTO BY FALLON FORBUSH/THE CONNECTION

Town Manager Welcomed With Reception

Ahead of the Herndon Town Council meeting on Tuesday, Sept. 12, a reception was held in the lobby of the Herndon Municipal Center to officially welcome Town Manager Bill Ashton as the chief administrative officer for the town. Ashton, the town's former IT director, was sworn in as the town's acting town manager in January when Art Anselene, the town's manager since 2007, retired. Ashton was promoted to the position full-time by the council on July 1.

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Learn how at the Capital Area Franchise Fair

Monday, November 6, 8:30am-12:30pm
Reston Association Conference Center
12001 Sunrise Valley Dr., Reston, VA

The Capital Area Franchise Fair is the annual learning event hosted by FranNet of Virginia with the SBA, SCORE and the Community Business Partnership.

Experts, lenders and franchisors from various industries will discuss: the best franchise fit, trends, the franchise business model, local regulations, franchise funding.

Tickets cost \$39 (\$49 at the door)
Register at www.capitalfranchiseshow.com
Questions call Heather Rosen at 703-291-0939

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ENTERTAINMENT

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

ONGOING

“Aida” the Musical. Through Nov. 11, 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/.

Art 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. Call 571-267-5000 or visit 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. Call 703-956-9560 or visit www.artspaceherndon.com.

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.

THURSDAY/NOV. 2

Christmas Bird Count Workshop. 7-9 p.m. at the Audubon Society of Northern Virginia, 11100 Wildlife Federation Drive. Bird Count Workshop Compiler, Bob Shipman, will lead the discussion. Visit



Christmas Bird Count

On Thursday, Nov. 2, learn about the bird count at the Christmas Bird Count Workshop, 7-9 p.m. at the Audubon Society of Northern Virginia, 11100 Wildlife Federation Drive, Reston. Bird Count Workshop Compiler, Bob Shipman, will lead the discussion. Visit audubonva.org.

audubonva.org/.

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, call 703-966-2111, or visit 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.

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. For questions, contact Heather Rosen at 703-291-0939 or hrosen@frannet.com.



Auditions

Pictured here, Ellie DeWolfe. Jack Colligan, Gwyneth Murphy, Sophie Barkhordari, Katie Adler, Campbell Duncan, Zophia Pryzby, Lauren Elias, Timothy Hutchinson are part of the Teen Ensemble Audition on Sunday, Nov. 12 from 5-6 p.m. at RCP Rehearsal Hall, 266 Sunset Park Drive, Herndon. Dodgeball Theatre’s Teen Ensemble, now in it’s 10th year, is a performance art training program and devised work production company open to 13-18 year olds of all backgrounds and experience levels. Email dodgeballdirector@gmail.com for more information.

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, call 703-966-2111, or visit www.scrawlbooks.com.

Market St. Reston. Reading and signing with author Melissa Scholes Young of her book “Flood.” Email info@scrawlbooks.com, call 703-966-2111, or visit www.scrawlbooks.com.

Dancing with the Services. 7 p.m. at the Crown Plaza Hotel Dulles, 2200 Centreville Road, Herndon. The event, based on the popular television show Dancing with the Stars, will feature local DMV celebrities. Visit dancereston.com or call 571-306-7925.

FRIDAY/NOV. 10

Ice Skating Season Opens. various times at Reston Town Center, 11900 Market St. Public ice skating and skate rentals every day, including all holidays. Also available are skating lessons, birthday parties, private and corporate parties. Call 703-709-6300 or visit restontowncenter.com/skating.

FRIDAY/NOV. 10

Rock N Skate at the Ice Skating Pavilion. 8-11 p.m. at Reston Town Center, 11900 Market St. Live DJ, music, games and prizes; skating continues until 11 p.m. Continues every Friday until March. Call 703-709-6300 or visit restontowncenter.com/skating.

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 per student and \$12 per adult. Visit www.HerndonDrama.org.

SATURDAY/NOV. 11

All American Concert. 4 p.m. at Hunter Woods Community Center, 2310 Colts Neck Road, Reston. All the music in this patriotic concert has been written or arranged by American musicians. They include the legendary king of marches, John Philip Sousa and former Secretary of the Navy, J. William Middendorf, II. Call 703-476-4500.

Meet the Author. 7-9 p.m. at Scrawl Books, Reston Town Center, 11862

SUNDAY/NOV. 12

A Visual Journey Exhibit. 2-4 p.m. at Jo Anne Rose Gallery, Reston Community Center, Lake Anne, 1609-A Washington Plaza, Reston. Photographs by Carla Steckley including infrared and triptychs on canvas, will be on display from Nov. 1-27. Free. Email CPSteckley@aol.com or call 703-476-6016.

Teen Ensemble Audition. 5-6 p.m. at RCP Rehearsal Hall, 266 Sunset Park Drive, Herndon. Dodgeball Theatre’s Teen Ensemble, now in it’s 10th year, is a performance art training program and devised work production company open to 13-18 year olds of all backgrounds and experience levels. Email dodgeballdirector@gmail.com.

THURSDAY/NOV. 16

Meet the Poet. 7-9 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. How to Prove a Theory event with poet Nicole Tong. Email info@scrawlbooks.com, call 703-966-2111, or visit www.scrawlbooks.com.

NOV. 16-18

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 per student and \$12 per adult. Visit www.HerndonDrama.org.

NOV. 18-19

Children’s Nutcracker. Noon, 2 p.m.

and 4 p.m. shows at the Classical Ballet Theatre, 320 Victory Drive, Herndon. The Children’s Series “Nutcracker,” is a condensed version of the popular holiday classic. The approximately 40-minute performance followed by a short question and answer session and memorable photographs with dancers. Visit www.cbntva.org.

SUNDAY/NOV. 19

Gray Goose Studios Class. 2-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Children and teens can create art in the medium of their choice with assistance from the instructor as needed. Drawing, painting, collage, mosaic, and sculpture supplies provided. Artists can choose one medium or work in mixed media. \$25. Call 703-956-9560 or visit artspaceherndon.com.

Meet the Cat Expert/Author. 4-6 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. “Purrs of Wisdom” discussion and signing with author/ cat expert Ingrid King. Email info@scrawlbooks.com, call 703-966-2111, or visit www.scrawlbooks.com.

FRIDAY/NOV. 24

Black Friday Brunch. 8 a.m.-2 p.m. at the Community Canteen in Reston Town Center, 11900 Market St. Breakfast menu includes custom omelets, breakfast sandwiches, Belgian waffles, and more, plus fresh-baked treats at the counter, Metropolis Coffee and Rishi Tea. Call 703-707-9442 or visit communitycanteen.com.

27th Annual Reston Holiday Parade. 11 a.m. at Reston Town Center, 11900 Market St. Day of holiday activities including tree lighting and singing. Call 703-709-6720 or visit restontowncenter.com.

Meet the Authors. 11:30 a.m. at Scrawl Books, in Reston Town Center, 11862 Market St. Lezlie Evans and Joan Waites will be doing a storytime and book signing with their new Christmas books “Finding Christmas” and “An Artist’s Night Before Christmas.” Call 703-966-2111, or visit www.scrawlbooks.com.

NOV. 24-JAN. 4

Gingerbread Village. Various times at the Hyatt Regency Reston, Reston Town Center, 11900 Market St. See the annual display in the hotel lobby. Call 703-709-1234 or visit reston.hyatt.com.

THURSDAY/NOV. 30

Meet the Author. 7 p.m. at Scrawl Books, Reston Town Center, 11862 Market St. Poet Alan King will read from and sign his new book “Point Blank.” Visit www.scrawlbooks.com.

SATURDAY/DEC. 2

Meet the Christmas Author. 11 a.m. at Scrawl Books, Reston Town Center, 11862 Market St. Sue Fliess will be doing a storytime reading and book signing with her new Christmas book “We Wish for a Monster Christmas.” Visit scrawlbooks.com.

Horse-drawn Carriage Rides. 4-9 p.m. at Reston Town Center, 11900 Market St. \$5 per person; children 5 and under ride free with adult. Proceeds go to local charities. Call 703-709-6720 or visit restontowncenter.com.

SUNDAY/DEC. 3

Run with Santa 5K. 8:30 a.m. at Reston Town Center, 11900 Market St. Jump into the season’s spirit and wear the favorite holiday gear or costume. Free kids fun-run with finisher medals. Call 703-689-0999 or visit praces.com/runwithsanta.

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Belgian Bakery-Restaurant to Open In Reston Town Center

On Thursday, Nov. 2, Reston Town Center will say “Bonjour” to Belgian bakery-restaurant, Le Pain Quotidien at 11909 Democracy Drive, in Reston. The Reston Town Center spot will offer breakfast, brunch, lunch and dinner, in a space good for anything from meetings over coffee to intimate social events.

Varied menu items mean a morning at the bakery begins with daily blend smoothies; organic, skillet eggs and egg dishes; in addition to a range of organic breads, pastries, yogurt, coffee and teas. New fall menu items include turmeric latte, spiced apple cider, turkey bánh mì, roasted pear and spinach salad, chicken zoodle soup and speculoos tiramisu, a Belgian twist on the classic Italian treat.

Le Pain Quotidien offers signature open-faced sandwiches called tartines. Tartines join savory soups, salads and quiches. Come the evening, guests can linger over a glass of organic wine.

Le Pain Quotidien will be open every day 7 a.m. to 9 p.m. for breakfast, brunch, lunch and dinner. Visit www.lepainquotidien.com.

Food Day at Herndon Elementary

FROM PAGE 2

said. “He’s putting things in there like red onion, cucumbers and a pretty elevated balsamic vinaigrette that he brings with him and provides the recipe to all of the kids.”

The pool-sized salad is then divided into smaller bowls and sent back to each classroom for the kids to taste their work. A physical activity is then built into the program to get children up and moving.

This year, younger students were led in a “Kid Zumba” exercise, while older students were sent through an obstacle course and exercise stations outside.

Inova Health Services was also invited to lead students through one of its Childhood Obesity Prevention Programs: The Healthy Plate Club. Through games and activities via curriculum from the U.S. Department of Agriculture and the Virginia Cooperative Extension, Inova’s program teaches students about the “basics of a healthy plate,” how to “increase physical activity,” and how to “make a healthy snack.”

GreenFare Organic Café and Great Harvest Bread, both Herndon-based businesses, also participated in the celebration. GreenFare made organic vegan chili for the students to try and Great Harvest provided samples of its bread and spoke about the health benefits of eating multi-grain bread, according to Porter. Kids also received a swag bag from MOM’s Organic Market grocery store with coupons, recipes and healthy snacks.

“It’s a very impactful day,” Porter said.

Healthier Choices Year-Round

Students voluntarily making healthier food options in the lunch line is behavior the Fairfax County Public Schools is encouraging and supporting year-round.

FCPS has two more years before it hits its self-imposed expiration date to implement fresh “Real Food for Kids” salad bar programs in all 141 of its elementary schools.

Under the program, students may select fruits and vegetables for lunch from the salad bar, and then they may complete their lunch by choosing either the salad bar protein and grains or the hot entrée listed on the menu for that day.

The first salad bar in the county was piloted at Vienna Elementary School in 2016 and have been rolling out steadily ever since. Herndon Elementary School got its new salad bar in February, ahead of many schools that are eagerly waiting in line.

“It’s really gone over well with the students,” Teresa Fennessy, the school’s principal, said. “They have choice and it encourages them to eat more greens. We’ve had a lot of positive feedback from the kids.”

The man bringing these salad bars to the county’s youth was brought out of retire-



Herndon kindergarteners help themselves to the Real Food For Kids salad bar, which was installed in February.

ment to lead the charge.

“I am known as starting the first of its kind salad bar in the country back in 1997,” said Rodney Taylor, director of food and nutrition services for FCPS. “It was called the Farmers’ Market Salad Bar.”

Taylor retired after more than 20 years of directing nutrition programs for public school districts in his home state of California before coming to work for FCPS in September 2015.

Taylor was committed to adding the salad bars in a way that didn’t cause his department to run up debt for the school system.

“I believe that a program can serve healthy food and have a healthy bottom line as well,” he said.

Grant funding for the new salad bars was provided by the “Salad Bars to Schools” campaign, according to Taylor. The campaign is supported by the Chef Ann Foundation, the National Fruit and Vegetable Alliance, the United Fresh Start Foundation and Whole Foods Market as part of former First Lady Michelle Obama’s “Let’s Move!” initiative.

“Though she is no longer in the White House, the organizations that provided salad bars committed to providing us with all 141 salad bars, and that’s like a value of about \$494,000,” Taylor said.

The decision to hire Taylor and let him run his mission was spurred by parents.

Real Food for Kids lobbied FCPS for healthier options before Taylor was hired.

“Things like taking off the 26-ingredient hamburger and 72-ingredient quesadilla were initial missions of ours; to look toward cleaner foods so that we wouldn’t have so many preservatives or additives ... and move toward more fresh foods,” Porter said.

The program to get salad bars in all elementary schools will take two more years,

PHOTOS COURTESY
OF THE HERNDON
ELEMENTARY
SCHOOL



Plants began to grow in the elementary school’s garden last spring and now have some plants — like sunflowers — that are taller than most of the students. The garden is enclosed in a courtyard at the school.

which is about one a week from here on out, Taylor said.

“I came with an expiration date; I’m going home in five years,” he said. “I’ve got a home in California and I’m going back.”

Growing Greens in the Garden

Herndon Elementary School’s very own garden program was started in 2015 by parents Amanda Geary and Jill Binson, who wanted to get the students outside and get their hands dirty.

“The first year, our goal was just to have every student involved somehow,” Geary said. “Our goal was everybody do something; everybody plant a seed.”

The second year, Geary and Binson decided to focus the program and started to collaborate with science teachers to integrate garden work into their curriculum.

“Each of the classes played a much larger part in planting the garden or studying parts of the garden or bees — that sort of thing,” she said.

This year, Geary and Binson are focusing on involving more teachers outside of STEM-related courses by creating more modules for courses like math and language arts.

“We are creating curriculum for each grade level,” Geary said. “So, when the kids move through the grades, hopefully they’re excited about moving to the next grade where they’ll do some other activity.”

For example, third-graders are in charge of writing a blog about the garden and its activities and second-graders are in charge of collecting compost materials from cafeteria waste for the garden.

The garden program working with Real Food for Kids to put on Food Day seemed like a natural step for Geary.

“Their goal is basically the same as our goal: To get every kid to learn about healthy eating and to get outside,” she said.

“If it wasn’t for [Geary and Binson], this would not happen,” Fennessy said. “They’re donating their time and not getting paid for this. They’re developing curriculum and doing really great things here at Herndon.”

Geary and Binson recently met with Taylor and his team at FCPS and were encouraged to start growing food for the salad bar.

Students have harvested sugar snap peas and radishes, but quantities were limited. Even though the garden is small, Taylor and his team encouraged them to try and provide a small harvest of possibly one or two vegetables to provide another learning experience for the students, even if it’s just for one week out of the year.

“We always have them tasting, and whatever we harvest in the garden, they eat right there,” Geary said.

The school’s garden activities can be followed on its blog, www.hesgarden.wordpress.com, and Twitter handle, @HESGardenGrow.

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Legals

ABC LICENSE

LMK Concept, LLC trading as Chicken Zone & Oyster Bar, 2321 Dulles Station Boulevard, Suite C, Herndon, Fairfax County VA 20171. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer/Mixed Beverage Restaurant On Premises license to sell or manufacture alcoholic beverages. Carol S. Chung, Managing 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.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

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COMMENTARY

Election Season Jitters

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

The fall season brings beautifully colored leaves, wonderfully cool evenings, and the ghosts and goblins of Halloween, but for me it also brings the jitters of the elections that occur the first Tuesday after the first Monday in November every year in Virginia. As one who has won many elections but has lost elections as well, the days and weeks leading up to Election Day can be nerve-racking. As well-planned as an election campaign might be and as hard as the candidate and volunteers may have worked, outcomes are seldom certain. Last minute attack ads or unrelated weather or news events can affect the outcome of elections.

An understandable question I often get is why without an opponent in this election I would be nervous about it and would be campaigning so hard during the days and evenings leading up to it. There are several reasons. The election season is the point in the year when the most people are paying attention to some of the issues on which I work throughout the year. It may be an old-fashioned idea, but I think campaigns are times when office-holders and office-seekers can have a dialogue about issues confronting the community and what should be done about them. Such discussions often get drowned out by all the trappings of campaigns like slogans, misleading brochures and commercials, and other distractions.

My not having an opponent is not a choice of mine but should not keep me from having interaction with voters that I trust will leave all of us better informed. Not voting in the delegate race certainly is a choice voters have, but I seek votes as an affirmation of support for the work that I do.



I am also very active in political campaigns every year whether I am on the ballot or not because the outcomes of other campaigns are important to me. For example, this year it is critically important to me that Dr. Ralph Northam is elected Governor, Justin Fairfax is elected Lieutenant Governor, and Mark Her-ring is re-elected Attorney General.

They share my values of supporting education, access to health care for all, commonsense gun safety laws to keep our neighbors safe, and ending discrimination in society. My efforts in the legislature can be enhanced or thwarted by those who occupy the executive branch positions.

The reality is that outcomes of elections are determined by those who bother to vote. Presidential elections can get up to three quarters of the voters to the polls, but state elections attract fewer than half of all voters. With the density of population in Northern Virginia, the large number of voters here can determine the statewide outcome. That is why I am working hard to help the get-out-the-vote campaigns that are now underway.

Above all, I get anxious this time of the year because I believe in democracy. Voting is one of the most critical ways we can respond to signs that some of our basic beliefs may be fraying. Let's all participate in our democracy by voting this coming Tuesday, Nov. 7. Usual polling places will be open from 6 a.m. to 7 p.m. Thank you.

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.

ORNAMENT FUNDRAISER

White House Ornaments Sale.

Through Dec. 15, 2017 White House Ornaments available for purchase from Assistance League of Northern Virginia for \$22 per ornament. Proceeds benefit the nonprofit's children's programs. Local delivery can be arranged. Visit www.northernvirginia.assistanceleague.org for more.

franchise ownership options that best fit their financial, professional and personal goals. \$35 (\$49 at the door). Visit www.capitalfranchiseshow.com

nate.king@cornerstonesva.org.

TUESDAY/NOV. 7

RSVP Northern Virginia

Orientation. 1:30 p.m. at the Reston Regional Library, Meeting Room 1, 11925 Bowman Towne Drive, Reston. Orientation for RSVP (Retired and Senior Volunteer Program), a volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria. Free outdoor parking is located in front of the library. Visit www.rsvpnova.org.

VOLUNTEERS NEEDED

Herndon High School Library

needs volunteers. volunteering at Herndon High School? The library loves volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs_library@fcps.edu.

DEADLINE NOV. 3

Cornerstones of Community

Award. Nominations are due for the Cornerstones of Our Community – Best of Reston Awards. Nomination applications can be found at www.cornerstonesva.org/BOR. Finalist selections and notifications will be completed by early January 2018. Visit www.cornerstonesva.org for more.

THURSDAY/NOV. 16

DMV2Go at the Pavilion.

9 a.m.-4 p.m. at Reston Town Center, 11900 Market St. With the DMV wireless office on wheels, apply for or renew an ID card and driver's license; get driving records; obtain vehicle titles, license plates, decals, order disabled plates, and more. Information on all services online at dmv.virginia.gov.

MONDAY/NOV. 6

Capital Area Franchise Fair.

8:30 a.m.-12:30 p.m. at Reston Association Conference Center, 12001 Sunrise Valley Drive, Reston. Provides help and education for entrepreneurs interested in exploring

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. Call 571-323-9569 or

DEADLINE NOV. 17

Gifts for Kids Drive. Visit www.cornerstonesva.org/donations/drives by Nov. 17 to request a child's personalized wish list (average \$60-\$75 per child). Call 571-323-9569 or nate.king@cornerstonesva.org.

ONGOING

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. To learn more about RSVP, visit www.rsvpnova.org.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

WELLBEING Balance

FROM PAGE 5

when you take on more debt. It can also be difficult to close the cards once started.”

Neely has developed a foolproof way of managing holiday finances. “I always write out a list showing each item I have purchased for each person and track the amounts I have spent on each person separately each night after I have finished shopping for the day,” said Neely. “Seeing it all written down on paper can really help you curb your enthusiasm when it comes to frantic holiday spending.”

MAINTAINING AN EXERCISE REGIMEN is an important part of maintaining balance during the holidays says Rachel Trope, clinical exercise physiologist at Washington Center for Weight Management. “Physical activity is going to increase mood and decrease anxiety,” she said.

Advanced planning is a key to making sure it doesn’t fall by the wayside, advises Trope. “For example, if you’re traveling, take your exercise clothes and shoes,” she said. “If you schedule exercise, you’re less likely to push it off and it’s more likely to be successful. Get a friend that you can meet and exercise with.”

Roll exercise into family traditions. “If you can’t get to a gym, try walking and try integrating your holiday traditions into something active,” said Trope. “Try to establish new traditions that are active that you can enjoy with your family and not take away from family time or create the stress of having to choose.”

Put pen to paper when you develop a plan. “When you come up with a plan, write it down and put it someplace where you can see it and remind yourself of it,” said Trope. “Write down what kind of reward you’re going to give yourself.”

Stress can lead to overeating during the holidays, and although holiday meals are often associated with decadence, not all those dishes are fat and sugar-laden, advises Sara Ducey, professor of Nutrition and Food at Montgomery College in Rockville. “Our holiday dinners feature many nutritious food choices [such as] poultry and fish, sweet potatoes and squash, peas and other green vegetables and salads and fruits,” she said. “But there are also starchy, fatty and sugary foods [such as] mashed potatoes, rice dishes, cakes and pies and ice cream, whipped cream and marshmallows.”

Ducey recommends variety. “The more types of food you have, the more you and your guests will eat,” she said. “This is called the buffet effect. So offer many [colorful] vegetable dishes to make your buffet look beautiful and inviting ... [But] if you see the food, you will eat it. Keep the food away from the table, so guests have to get up to refill their plates.”

It is easy to get caught in the chaos of the holidays, but it’s important to remember the traditions, values and beliefs that are unique to each family, suggests Brand. “[The holidays] should be a reminder to us that not everyone has the resources, access, or privileged to spend time with the people they love on the holidays,” she said.

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L'Arc de Triomphe



By KENNETH B. LOURIE

Though I studied French for five years, grades seven through 11 and became quite proficient, this column has nothing to do with French or this most famous of monuments. This column finishes the three-column arc concerning the before, during and after of my bulb installation. Having safely landed on my feet, figuratively and literally, it's time to complete the arc, especially considering my triumph.

The bulbs are all in. No breakage to me or the fixtures, the sconces or to the house. Just a relatively simple and straightforward (for me anyway) installation: on the refrigerator door (the night light), in the living room (in the sconces) and back in the kitchen (the flush-mounted light fixtures in the ceiling). I don't want to over exaggerate my success, but when you have had as many failures – in this context, as I have, one tends to find great joy in having avoided great complications.

I wouldn't say or even admit to beating my chest with great pride because I do understand the level of difficulty here but, previously I have given myself a nickname when a similar task at hand has met with similar success: Taras Bulba, who had nothing to do with bulbs other than part of his name included b-u-l-b. For some reason, I also had the knowledge that Yul Brynner played the title role in a 1962 film of the same name, but had no other information of substance other than I remember him being bald – which I'm not.

As to what I remember about what I was thinking when we purchased a 250-year-old farmhouse on two acres in Montgomery County back in 1992: the price was reasonable/we could afford it, it was two acres of land in an extremely desirable county/location, it was close to I-95; and it was about time in our lives that we bought our first home. As to what I was supposed to do next; soon after we moved in, we had a two-day party (to accommodate people's availability); for those two days I held a clipboard and took notes as many of our friends made casual observations/suggestions about what work needed to be done, inside the house and out.

We needed tile in both bathrooms – since there was none. We needed plumbing fixtures in one shower/tub – since there were none. We needed a “one-fixture rough-in” for a washing machine – since there was none. We needed central air conditioning and ducts – since there was none. We needed phone jacks/telephone wiring since there was only one phone outlet for the entire house. We needed a new oil boiler since the unit in the basement was from “the year one” (to use one of my late mother's expressions). We needed chimney repairs and liners. We needed an upgraded electrical panel.

As for the property/grounds; do you think a lifelong renter with zero interest, aptitude or experience had any of the tools necessary to maintain two acres? That's a rhetorical question if there ever was one. In over my head doesn't begin to scratch the surface of the depths of my immersion.

But my wife, Dina, loved the house. It reminded her of Chester County in Pennsylvania where she grew up. And the price offered good value. Within one minute of our initial visit to the house, after walking through the living room across the old-fashioned wide pine floor boards pass the cooking fireplace and stepping up into a formal dining room with another fireplace, I knew Dina was sold. Fifteen minutes later we exited the house; didn't flush a toilet, didn't turn on a faucet, didn't flick a light switch, did nothing except walk around. We made an offer the next day, and the rest is basically this column.

As much as I thought I knew, little did I know what I was actually getting myself into. It's been 25 years and I'm still way better in French than I am in homeowner. I don't call myself Taras Bulba for nothing. I call myself Taras Bulba for something: bulb replacement. It's not much I realize, but it's the best this man can do.

C'est la vie.

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



Del. Jennifer Boysko (D-86), center with name tag, met with a small group of her constituents at ArtSpace Herndon, seeking to hear from the youth among those she represents.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Kala Neupane, a 17-year-old Junior at Park View HS in Sterling, attended the youth forum held by Del. Boysko. Neupane stayed after the close of the official meeting to continue their conversation.

A Kitchen Table Talk – Boysko’s Youth Forum

BY ANDREA WORKER
THE CONNECTION

It was supposed to be a forum for teenagers and young adults to talk about their issues and challenges, so that their Virginia Delegate, Jennifer Boysko (D-86) could hear from this sector of the population she serves, before submitting legislation for the 2018 session. Instead, the event, held at ArtSpace in Herndon on Sunday evening, Oct. 29, turned into a comfortable, “kitchen table-style” conversation with a small group of mostly Nepalese immigrants to the area. Boysko didn’t mind. “An opportunity to meet with the people I serve in a smaller group and have a real conversation is exactly what I like,” she said.

The Nepalese contingent didn’t come to the meeting with complaints. “We want to inform ourselves as much as possible on every part of our community. That is really why we are here tonight,” said Guna Luitel, an IT professional living in Herndon, “but we think we need to find better ways to keep our own culture alive, share it with our new community, and learn even more about the culture around us.”

BOYSKO and the gathering discussed ways that community integration could be enhanced to the benefit of all. “The more we get to know each other, there is less fear, more trust, and we can truly enjoy each other and what we all can offer,” said the



From left: Rubina Dhungel, Sagoon Luitel, and Rubisha Dhungel performed a traditional Nepalese dance for Del. Jennifer Boysko and the attendees of her youth forum. The three youngsters attend Hutchison Elementary School, and – with a bit of prompting – opened up to Boysko about their school experiences and interests.

delegate.

There were a few youngsters at “the table,” including Kala Neupane, a junior at Park View High School, in Sterling. Neupane, who came to the United States without any English language skills at the age of 8, quite eloquently offered Boysko her observations on what’s great about today’s high school education system, and what needs some improvement.

“We could better use the technology than we have,” she said, “and I really think that opportunities and resources should be equally available to students at all schools in our area.” Neupane referred to the fact that her school provides students with tab-

lets for additional research and interaction options, but that she knows that some of the schools in Herndon do not.

Another concern that Neupane raised was the need to help immigrant parents better understand the system “and what’s what at school.”

Luitel agreed, adding that he wanted to be more engaged and of more assistance to his children, but often feels lacking in the the knowledge to do so.

With a little gentle encouragement, Boysko also got Rubisha Dhungel, 11, Kuniba Dhungel, 9, and 8 year-old Sagoon Luitel, all students at Hutchison Elementary School in Herndon, to talk about their

school – and after school – experiences. Turns out that involvement with Tai Kwon Do teaches more about respect and self discipline than it does about any martial arts. “We could use a lot more of that respect,” declared Boysko. “They don’t always fight fair in politics. This is a good reminder.”

A little more prompting, and the gathering was treated to a traditional Nepalese dance by the youngsters.

Boysko credited attendee Joe Plummer with the idea for a youth forum. Plummer is the organizer and the driving force behind TEDXHerndon, an annual TED Talk event in Herndon dedicated to bringing together the community for education, discussion and engagement. Before the evening concluded, networking was underway, with Plummer and several of the Nepalese group looking for ways to share their messages through TEDXHerndon.

THE EVENT may have taken an unexpected turn from its original objective, but Boysko and the attendees declared themselves pleased with the outcome.

“This has been great,” said the delegate, in closing. Boysko continues to believe that the more voices that can be heard, the clearer the message and the more focused she can be in representing the people of her district. “The more I hear from you, the better I can fight for you.”

Del. Boysko can be contacted at info@jenniferboysko.com and online at www.JenniferBoysko.com.

Scouting for Food for Area Charities

On Saturday, Nov. 11, Boy Scouts, Cub Scouts, and their leaders will be gathering food across neighborhoods in Northern Virginia in the annual Scouting for Food collection. This will follow a Nov. 4 distribution of bags to households to solicit food donations to be left for collection on their doorsteps on Nov. 11.

All food is donated to local charities that distribute the food to those in need in our community. Three of the charities that will receive food between 10 a.m. and 1:30 p.m. on Nov. 11 are: LINK receiving food at Trinity Presbyterian

Church at 651 Dranesville Road, Herndon; Community of Faith UMC Food Pantry at 13224 Franklin Farm Road, Herndon; and Cornerstones, receiving food at the Lake Anne Fellowship House Social Hall at 11450 North Shore Drive, Reston.

Rev. Robert Vaughn, of the Community of Faith UMC Food Pantry recently told scout leaders: “Your work in collecting canned goods contributes to what now feeds about 25,000 individuals annually at COF and about 85 percent of our canned goods have come from your efforts. Blessings in your work with Scouting.”

Betty Eidemiller, of LINK recently wrote

this about Scouting for Food: “We really appreciate the food that is brought to Trinity that day. This is the core of what is distributed to families, likely about 350+ families who will be served in both November and December at Trinity and the same at the other LINK site at Christ the Redeemer in Sterling.”

Lisa Lombardozi of LINK recently wrote this about Scouting for Food: “Chris and pack leaders – we just finished registering some of our families tonight and we are exceeding our numbers from 2016. We really need the scouts to do everything possible to promote the Scouting for Food

event! The food we receive from all of you is critical at this time.”

Last year, Minnie Orozco of Cornerstones wrote: “We were very lucky that we were able to receive a great amount of food thru Scouting for Food. The total amount is 10,085 pounds.”

Last year, more than 1,000 scouts and 700 adult leaders collected 44,825 pounds of food in the Powhatan District covering Great Falls, Herndon, Reston, Oakton, and Chantilly. More than 12,000 scouts and 8,800 leaders collected 803,115 pounds of food across the National Capital Area.