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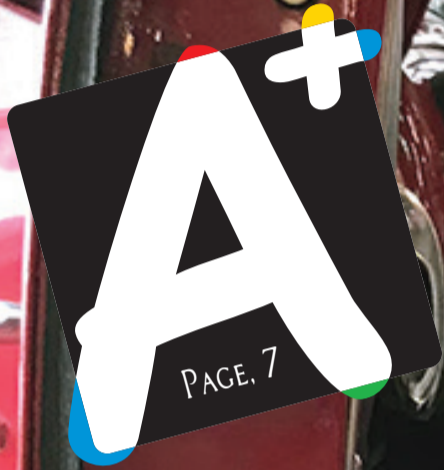


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Police Reform: Success, More To Be Done

NEWS, PAGE 3

Amanda Manwaring of Herndon checks out the fire engine at Herndon Fire Station 4 with her children, Huck, 1, Calvin, 5, and Eliza, 3, during the Open House on Saturday, Oct. 13 recognizing Fire Prevention Week 2018.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

Bartender Dan Root and Manager of Operations Alice Dai stand behind "Dan's Bar" after announcing Ice House Cafe and Oyster Bar Set is closing for good on Dec. 31, 2018.

Ice House Cafe and Oyster Bar Set to Close New Year's Eve

One of the longest-running restaurants in downtown Herndon shuts its doors on Dec. 31, 2018, after cooking up unforgettable dining experiences for 27 years. Ice House Cafe and Oyster Bar is closing.

Noted for its crab cakes, oysters and fresh burgers, Alice Dai, manager of operations said, "We've had a wonderful 27-year run."

Dai explained she did not come to an agreement with the landlord.

"I'm sad," said Dai. "Dan Root has been here 32 years, and Orlando Orellana has been here a long time too. It was very hard to tell them."

"I have no plans to open at another location. Ice House is my last location."

"I want to thank our patrons for the years they supported us and welcomed us into the Town of Herndon community and family."

— MERCIA HOBSON

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.

SOBER-RIDE FOR HALLOWEEN

Free Sober Rides. Saturday, Oct. 27, 10 p.m. through Sunday, Oct. 28, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's Halloween SoberRide promo code will be posted at 5 p.m. on Oct. 27 on www.SoberRide.com. The SoberRide code is valid for the first 1,500 Lyft users who enter the code.

THROUGH DECEMBER

White House Ornaments. Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the

Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email burgessgl@verizon.net or visit www.alnv.org.

WEDNESDAY/OCT. 17

Maximizing Social Security. 7-8:30 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Expert financial advisor Albert Wu will be on hand to answer questions and guide you through the Social Security maze in this free seminar. Free for adults. Visit the website: <http://www.fairfaxcounty.gov/library/events>

SEE BULLETIN, PAGE 15

Police Reform: More to Be Done

Five years after an officer shot and killed John Geer in Springfield, Implementation Group offers look at successful reforms, and recommends action in other areas.

BY KEN MOORE
THE CONNECTION

Despite police departments not being “known for embracing change,” said Phillip Niedzielski-Eichner, “we’ve seen Fairfax County and its Police Department achieve substantial and meaningful reform.”

Since the county’s Ad Hoc Police Practices Review Commission formed after a county officer shot and killed John Geer in 2013, the county has implemented 88 percent (179 of 202) of the actions recommended by the Commission.

“The report of the commission could have remained on the shelf since its release three years ago,” said Niedzielski-Eichner, chair.

Board of Supervisors Chairman Sharon Bulova encouraged seven commission members to continue to assist and advise the county and police department as commission recommendations were assessed and implemented.

The informal implementation group issued a Final Report on Fairfax County Police Reform on Oct. 10. The report was undertaken by the group on its own initiative, believing that the community might benefit from an independent discussion of progress.

POLICE REFORMS will increase police accountability, divert those with mental illnesses into treatment instead of incarceration, reduce use of force injuries and death, open public access to incident information, and maintain public confidence in the police department, according to the Implementation Group.

Implemented highlights, according to the Final Report, issued last week, include:

- ❖ Diversion First, alternatives to incarceration for people with mental illnesses or developmental disabilities

- ❖ Revisions to the police department’s Use of Force General Order, with de-escalation as the strategy of first resort when confronted with a threat rather than the use of deadly force

- ❖ An Independent Police Auditor who reviews investigations of death or serious injury cases

- ❖ A Civilian Review Panel to review investigations of civilian complaints regarding “abuse of authority” or “serious misconduct” by an officer

- ❖ A Media Relations Bureau led by a civilian professional who reports directly to the Police Chief

- ❖ A predisposition to disclose information by making revisions to information-related general orders in order to increase



Police Chief Ed Roessler speaks last November in Mount Vernon about the new Civilian Review Panel and Independent Police Auditor. Also pictured, Shirley Ginwright, who served on the Ad Hoc Police Practices Review Commission and Implementation Group; Adrian Steel, inaugural chairman of the Civilian Review Panel; and Richard Schott, the Fairfax County Independent Police Auditor.



New report credits police with “substantial and meaningful reform.”



Phillip Niedzielski-Eichner

“More is possible to further build and maintain community trust.”

— Phillip Niedzielski-Eichner

public visibility of the department’s daily activities and performance,

- ❖ Revisions to policies governing vehicle pursuit that constrains their use and strengthens supervisory oversight

- ❖ Recruitment of high-caliber personnel that reflects the county’s diverse population

SOME RECOMMENDATIONS have been approved, but are still in the process of being implemented, including a call for full deployment of body-worn cameras and each patrol officer being equipped with “tasers” as less-lethal alternatives to the use of a firearm.

“Still, we believe more is possible to further build and maintain community trust,” said Niedzielski-Eichner.

The Implementation Group recommends the Board of Supervisors direct the police department to formally respond to findings of an Independent Police Auditor and a Civilian Panel, and to give the public an opportunity to comment on the findings and recommendations. As the group understands, the Chief of Police has chosen not to respond because the Board of Supervisors did not specifically direct him to do so.

The Chief of Police and his command leadership should maintain a “neutral public posture pending an investigation of a police-involved use of force incident,” the report recommends.

THE INDEPENDENT POLICE Auditor’s responsibilities could expand in several areas. The implementation group advocates for: monitoring and reviewing investigations of Sheriff Deputies involved in shootings, in-custody deaths, and any use of force incident resulting in serious injury or death; auditing police use of body worn cameras, providing an annual report to the Board and the public with findings and recommendations; and participation on two internal police review committees, the Use of Force Technical Review Committee and the Vehicle Pursuit Review Committee.

“The Implementation Group urges Chief Roessler and his commanders to sustain FCPD’s reform efforts and, in particular, to unflinchingly meet the ‘predisposition to release information’ standard with regard to openness and transparency, and to commit to respond to findings from the Independent Police Auditor and the Civilian Review Panel.”

The report also calls for a data-driven monitoring program that fully leverages data on police use-of-force and other data now being collected in response to the Commission’s recommendations.

Continued public involvement will be key to continuing to build trust with the community, the report says.

“Continued successes and improvements will depend on Chief Roessler, his commanders and continued meaningful collaboration with citizens engaged in implementation,” said group member Randy Sayles.

For more, see www.fairfaxcounty.gov/policecommission/

OPINION

Yes, America, Religious Freedom Began in Fairfax County

BY CHAP PETERSEN
STATE SENATOR (D-34)



The Vienna Metro station is the epicenter of suburban northern Virginia. Thousands of commuters come and go every morning, dropping off loved ones or catching the Orange Line into the urban core of the DMV. None of them are aware that just a few hundred yards away one of the most significant (and least known) Americans lived 250 years ago on a modest farm.

Jeremiah Moore was typical of English settlers who migrated to rural Fairfax County in the colonial era to clear fields and establish farms. Unlike most of his neighbors in Anglo-dominated Tidewater Virginia, he was a religious dissenter who found inspiration in the “Baptist” movement that spread through Great Britain in the mid-18th century.

The Baptists were not welcome in colonial Virginia. Its political and economic structure was based upon allegiance to the Church of England, which was the only permitted church. Indeed, a pastor could not open a church or preach without a license from the Church. Regardless, Moore in the early 1770s became an itinerant preacher fearlessly promoting the Gospel, without a license, to the farmers and

tradesmen in northern Virginia.

When the Fairfax County Sheriff found out about Moore, he confined him in the County jail, then located at the County seat of Alexandria. According to family lore, Moore continued to preach through the cell bars, thereby undoubtedly driving his captors to distraction.

This incident would have been forgotten but for one remarkable fact – colonial Virginia in 1773 was changing rapidly and Moore’s neighbors did not agree with his imprisonment. Indeed, when the case came to trial, a Fairfax County jury acquitted Moore and sent him back to farm and presumably his speaking engagements.

A movement was starting. Inspired by Moore’s notorious case, another Fairfax County landowner and attorney, George Mason, added “freedom of religion” to his “Fairfax County Resolves” which was read to the Fairfax County militia when they mustered to join General Washington in May 1775. A member of the Virginia House of Burgesses, Mason added the same language to his Virginia Declaration of Rights, which later became part of the Virginia Constitution.

During the Revolutionary War, as the cause of liberty became national, Moore re-emerged as a spokesman for religious minorities. In

1779, he presented a petition signed by 10,000 Virginia freeholders – an impressive number in an era without mass media or big cities – to Gov. Thomas Jefferson asking Virginia to adopt Jefferson’s Virginia Statute of Religious Freedom. In 1786, after years of Moore’s lobbying, the Assembly finally did so.

Moore never backed off. In his senior years, he was still writing letters to now-President Jefferson decrying the “the most glaring violation of Rights that has ever disgraced a Free People,” namely Virginia’s requirement that eligible voters own at least 50 acres.

Moore died in 1814 at his farm. His grandson Thomas became a prominent attorney in the town of Fairfax and his great-grandson Walton Moore served in the U.S. Congress. Descendants continue to live in the area as attorneys, Virginia lawmakers and even as Anglican clergy.

Jeremiah Moore’s real legacy, of course, has been the idea of religious freedom which has been enshrined in the U.S. Constitution since 1791, when Mason’s “Fairfax County Resolves” found their home in the Federal Bill of Rights. Indeed, the “establishment of religion” prohibition in the First Amendment directly harkens back to Moore’s imprisonment in 1773.

Today, the American ideal of freedom of religion is still a work in progress. Yet it also provides a beacon to billions around the globe who seek to practice their faith in peace. And it all begins in Fairfax County.

LETTERS TO THE EDITOR

‘Do Not Ask Questions’ Mayor

To the Editor:

It has been eight and a half years since Mayor Merkel was elected as a councilmember. It is time to deny her the council majority for the following reasons:

❖ Right from the very first meeting, she demonstrated an urgency for not looking into the details, and not only not asking questions, but stopping others, me in particular, from asking questions. (Former Mayor Steve DeBenedittis’ ears still ring with her admonitions, “stop him from asking questions!”)

❖ In the very first council meeting of her first term as Mayor in 2012 term she changed the format of the minutes of council meetings to make them almost meaningless. Think about that – in the very first meeting. She had a plan coming in.

❖ In 2013, after meeting some developers, she began to change the Downtown Master Plan to allow substantially higher densities of development and much taller

buildings (see 4 articles on “Herndon’s fight for a Small Town Feel,” on HerndonOpinion.com). By June 2014, she had completely negated the people’s consensus for development.

❖ The 2014-2016 term was defined by even bolder actions to limit transparency. In meeting after meeting, over strong objections from me, councilmembers were denied access to background documents before and after the meetings and forced to depend on the staff’s often very biased and/or limited presentations. It is worth noting that none of the documents related to purchase and sale of the Ashwell property, including the appraisals, proposals submitted by Comstock Partners and consultants’ reports or opinions have been made public. None of the councilmembers including Jennifer Baker, Grace Wolf Cunningham, and Bill McKenna ever raised even a whisper of objection to this monumental giveaway. Instead, they dutifully aided and abetted Ms. Merkel’s “Do-not-ask-questions” rule and enabled her to demean those who disagreed or asked questions.

I urge all voters, Republicans

and Democrats, to vote for the following candidates on Nov. 6, 2018, because they have the capacity to be independent:

Roland Taylor, Sean Kennis, Pradip Dhakal, Cesar Del Aguila and Signe Friedrichs.

Jasbinder Singh

Herndon

Councilmember 2010-2012 and 2014-2016

Dishonest Attacks

To the Editor:

As a voter in the 10th District, I am saddened and disappointed that Barbara Comstock has resorted to mounting a smear campaign against Jennifer Wexton. Many voters in the 10th District are being subject to a targeted Google ad that links to a website put up by her campaign that features exaggerations and distortions about Wexton’s political positions. Many of these same assertions can be found in the anti-Wexton literature she distributes. But the sleaziest tactic takes the form of phony political polls. People claiming to be pollsters are

calling voters and asking if they would agree to participate in a poll. The pretend pollsters then ask a series of questions about attitudes towards Comstock and Wexton that are extremely slanted and obviously intended to foster a positive view of Comstock and spread distortions about Wexton. My wife and two people I know have received such calls.

After two terms in Congress, Barbara Comstock should campaign honestly on the strength of her record. For example, she should explain why her 98 percent pro-Trump voting record is in her constituents’ best interest. Or she should tout her fealty to the NRA and proudly point out that she is a top recipient of campaign donations from the NRA. Or she should draw attention to the fact that she, along with the rest of the GOP, has done nothing to make healthcare more affordable and more available. I don’t realistically expect her to do any of these things. What I do expect is more innuendo, insinuations, and attacks on Jennifer Wexton.

Richard Markeloff
Herndon

Oak Hill & Herndon
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PHOTOS COURTESY OF HERNDON POLICE DEPARTMENT

Sgt. Bobby Galpin and Cpl. Chad Findley take a break during training at the 2018 Mid-Atlantic Police Rodeo held Sept. 26-29 at Potomac Mills, Woodbridge.

Motorcycle Rodeo Champion

Herndon's own Sgt. Bobby Galpin wins at Mid-Atlantic Police Motorcycle Rodeo competition.

By MERCIA HOBSON
THE CONNECTION

The Herndon Police Department competed in the 40th Annual Mid-Atlantic Police Motorcycle Rodeo held Sept. 26-29 at Potomac Mills, Woodbridge. Sgt. Bobby Galpin and Cpl. Chad Findley participated in the high-end riding challenges, steering their bikes through tight courses of orange cones, maneuvering sharply around curves and balancing through close passages.

While the rodeo was open to the public to watch and provided a networking avenue for the officers, ultimately the event pro-

vided training to survive. The first two days of the rodeo demonstrated new techniques to use on the job, increasing the skills of individual officers and the safe operation of police motorcycles.

The training/competition drew 100 motorcycle officers from Canada to Florida and put their riding skills to the test according to Lisa Herndon, public information specialist Herndon Police Department.

One of the biggest winners at the rodeo was Sgt. Bobby Galpin, of the Herndon Police Department, Herndon said. "Galpin won 1st Place in the Timed Cone Course, 2nd Place Overall Award in Expert Division and 3rd Place in Individual Slow Ride."

Cpl. Chad Findley HPD also competed in the rodeo. "I had a lot of fun participating in this year's event, and it allowed me to push myself to become a better rider," Findley wrote in an email after the event.

Proceeds from the event and its raffles benefitted Serve Our Willing Warriors, a non-profit organization created to support the United States wounded soldiers and their families.



Sgt. Bobby Galpin of the Town of Herndon Police Department expertly weaves his bike through a tight course of orange cones at the 40th Annual Mid-Atlantic Police Motorcycle Rodeo. Galpin placed first in the Timed Cone Course beating out 100 other officers.

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Citizens can contact Herndon Fire Station 4 at 703-437-1233. “We’d be glad to check their smoke detectors, and if needed, we can even give them one,” said Captain II Bobby Kitchen, Station Commander Co. 404 C-Shift Fairfax County Fire and Rescue Department during the Open House for Fire Prevention Week.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

‘Be Aware; Fire Can Happen Anywhere’

Herndon Fire Station 4 hosts an open house.

BY MERCIA HOBSON
THE CONNECTION

All thirty-eight Fairfax County Fire and Rescue Stations hosted an Open House at their locations on Saturday, Oct. 13, 2018, to recognize Fire Prevention Week Oct. 7-13 and promote this year’s campaign, LOOK. LISTEN. LEARN. Be aware. Fire can happen anywhere.

In the Town of Herndon, children and adults stopped at Fairfax County Herndon Fire Station 4 to meet the firefighters, view the fire trucks, participate in activities and learn how to stay protected in case of a fire.

Jordan and Amanda Manwaring of Herndon visited the station with their three children, Huck 1, Eliza, 3, and Calvin, 5. While the children happily donned red plastic fire helmets and climbed aboard the fire truck, Amanda told how she homeschooled her children and did an entire week of fire safety. “I taught them the skills to be safe, especially exit strategies so they can have a sense of control and calm.”

Firefighters and paramedics at Station-4 displayed and shared various safety tips. LOOK for places a fire could start, such as unattended cooking and heating equipment, and take care of them. LISTEN for the sound of a smoke alarm and if you hear it, get out. LEARN two ways to get out of every room and make sure ahead of time that windows and doors open easily. Seconds can mean the difference between getting out and a tragedy.

However, the content was not just for the children. According to the National Fire Protection Association, “Only 13 percent of the U.S. population is 65 or older, but 30 percent of the home fire fatalities were at least 65 years of age ... The risk of a nonfatal fire injury is highest for those between 20 and 49, showing that fire safety education is essential for everyone.”

The best tip to survive a house fire is to get out and call 911 immediately, said Captain II Bobby Kitchen, Station Commander Co. 404 C-Shift Fairfax County Fire and Rescue Department in an interview. “If you can’t get out of the house, separate yourself



Amanda Manwaring homeschools her children, Calvin, 5, and Eliza, 3. During Fire Prevention Week, Oct. 7-13. Amanda, Calvin and Eliza as well as her husband, Jordan and their baby, Huck (not pictured) visited Fairfax County Fire Herndon Station 4. “I’ve taught them the skills to be safe, especially an exit strategy,” said Manwaring.

from the fire. Close the door. Open the window or a balcony door. Call for help. The biggest thing though is close the door.”

Kitchen said another vital tip is there must be working smoke detectors in the home. Kitchen asked The Connection to inform citizens they can contact their local fire station and they will assist. “We’d be glad to check their smoke detectors, and if needed, we can even give them one,” said Kitchen.

Working smoke detectors save lives. “Three out of five home fire deaths result from fires in properties without working smoke alarms ... The risk of dying in a home fire is cut in half in homes with working smoke alarms,” according to the National Fire Prevention Association.

Station-4 is located in downtown Herndon at 680 Spring Street. It is part of the local neighborhood community. “You’ll see us sitting outside and grilling,” said Kitchen. People are invited to visit anytime.”

For more information, about fire safety or other topics and concerns, individuals can call the Herndon Fire Station at 703-437-1233 or contact Robert.Kitchen@fairfaxcounty.gov. In case of emergency call 911.

Oak Hill/Herndon Resident Graduates from MIT, Starts Career with Oracle

John Nicholas “Nick” O’Connell of Oak Hill/Herndon area, Westfield High School class of 2014 and a 2018 graduate of Massachusetts Institute of Technology with a Bachelor of Science in electrical engineering and computer science, has accepted em-



PHOTO CONTRIBUTED
John Nicholas “Nick” O’Connell

ployment with Oracle Corporation in Redwood Shores, Calif. as a software engineer where he is part of a placement program unique to Oracle. Following general onboarding orientation, he will be meeting and interviewing with different internal teams to identify with which team and geographic location he will work as he begins his career with Oracle, which specializes in developing and marketing database software and technology, cloud engineered systems, and enterprise software products.

A scholar-athlete, O’Connell

was a member of the cross country and track & field teams all four years at Westfield under Coach Kelly Deegan and was part of the 4X800 relay team that won the outdoor VHSL state championship in that event in 2013.

O’Connell was a recipient of the Shirley A. Nelson Memorial Scholarship, awarded by the Chantilly Pyramid Minority Student Achievement Committee. He said, in line with the kind of service to others that Shirley Nelson epitomized in her life and her efforts to close the achievement gap for minority students, he hopes to be able to give back to the community, whether through mentoring programs or through volunteering in recognition of “those who have mentored me and contributed to my personal growth and development.”



PHOTO CONTRIBUTED

From left, Jeff Margeson, SVP Member Experience, NWFCU and Suzanne Dixon, President and CEO, Appalachian Trail Conservancy

Northwest Federal Donates \$10,000 to the Appalachian Trail Conservancy

Northwest Federal Credit Union recently donated \$10,000 to the Appalachian Trail Conservancy to support their mission to preserve and manage the Appalachian Trail. Appalachian Trail Conservancy is a Community Partner of Northwest Federal, and the donation was made in celebration of the 50th anniversary of the National Trails System Act.

“We are honored to continue our support for the Appalachian Trail Conservancy and the invaluable work they do to preserve and manage the Appalachian Trail

with this donation,” said President and CEO of Northwest Federal, Jeff Bentley.

“Northwest Federal Credit Union really embodies what it takes to be a partner at ATC, far beyond the check. We’re really grateful for your partnership and for all the work that you and your team does to support, protect, preserve and manage the trail for ATC.” said Suzanne Dixon, President and CEO.

For more information, visit www.nwfcu.org or connect with us on Facebook, Twitter or LinkedIn.

Carving Made Easy

A lesson in creating a front porch worthy Halloween pumpkin.

BY MARILYN CAMPBELL

“**I**ck, this is so gross,” said one 11-year-old girl with shoulder length blonde hair. “Those are the guts,” said her classmate, a 12-year-old, white apron-clad boy, as he pulled a handful of stringy, orange pulp out of a fat pumpkin.

“It’s part of the process. You have to clean out the messy insides before you can start carving a beautiful design,” said Lisa Searby, who was offering an in-home lesson in carving Halloween pumpkins to a group of middle school students and their parents.

A drive around most neighborhoods during this, the spookiest season of the year, will likely reveal the efforts of many to carve a sophisticated pumpkin. From frightening to fanciful, the art of pumpkin carving is a skill that eludes many. So on a chilly Sunday afternoon, Searby, who lives in Bethesda, Md. trekked to the Fairfax home of Katie and Luke Gunther to offer a class in pumpkin carving. With a few tricks and the right tools, Searby says that almost anyone can create a front-porch worthy gourd.

After the parent-child duos have donned aprons and the pumpkins are placed atop tables covered with plastic and topped with newspaper, the instruction begins. A set of



Investing in a set of carving tools helps create impressive Halloween pumpkins.

carving tools is something that Searby recommends to anyone who wants to create an impressive design.

“You don’t have to break the bank, but you need to get a set of tools that are sturdy enough to stand up the the left of a thick-

skinned pumpkin,” she said. “You can usually find them online pretty easily. Choose a set that has a tool for each step of the process, like a little serrated saw to cut a hole in the top and a scooper to clean out the flesh. It makes carving so much easier.”

It appears that parents agree. “I didn’t realize that there was such a thing, but these little tools are awesome,” said Luke Gunther, the father of 12-year-old twins. “We usually use a kitchen knife and it’s hard to cut through and the edges of the designs are always jagged, but the tools make a much smoother cut.”

Once the tops of the pumpkins are removed and the pulp, flesh and seeds area cleared, the artistry begins. “Use a dry-erase marker to sketch the design that you want to carve on the front of your pumpkin,” said Searby. “Does anyone know why we’re using a dry-erase marker instead of a Sharpie? Because if you make a mistake or don’t like your drawing, you can wipe off a dry-erase marker and start over. Sharpies are permanent.”

Three hearts are what Theresa Holt and her 12-year-old son and 11-year-old daughter choose for the front of their pumpkin. “This is such a fun thing to do, even if you don’t care about the outcome, it’s a great way to spend time together as a family,” she said.



PHOTOS COURTESY OF LISA SEARBY

Front-porch ready Halloween pumpkins.

Those who choose to use one of Searby’s pre-designed templates are instructed to attach the template to the pumpkin and use the spike tool to trace the design onto the gourd, leaving tiny pinholes in its thick flesh. Next, the class uses one of the carving tools to cut out the facial features or other designs and, voila, in less than 30 minutes the group produces six pumpkins that are ready for Halloween.

“If you’re going to use candles illuminate your pumpkins at night, make sure you put the candles in a glass candle holder first,” said Searby. “Now the clean-up begins. It’s a messy process after all.”



PHOTO CONTRIBUTED

The event drew hundreds of young book enthusiasts.

Children’s Literary Festival Held in Herndon

In collaboration with the local children’s author and New York Times Best Seller Kwame Alexander, Arts Herndon held its inaugural Children’s Literary Festival Sunday, Oct. 7, 2018, at ArtSpace Herndon, 750 Center Street. Highlights of the family-friendly event included oppor-

tunities to meet award-winning illustrators and authors, enjoy book readings and browse specialty artworks and books for sale. Funding from the National Endowment for the Arts partially supported the festival, which kicked off Arts Week in the Town of Herndon. For a full list of upcoming events, visit www.artspaceherndon.com.



PHOTO BY GRACE CUNNINGHAM

Jennifer Baker, Vice Mayor of the Town of Herndon, reads a book to children attending the inaugural ‘Children’s Literary Festival’ held Sunday, Oct. 7, 2018.

ENTERTAINMENT

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

ONGOING

10th Annual Expressions Portrait Competition. Through Oct. 27, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. This exhibit attempts to take the audience away from photography, the everyday accessible selfie to a time when painting, drawing and sculpting a person's likeness was done over time and with training and skill. Call 703-956-6590 or visit artspaceherndon.com for more.

Muscle Up Mondays. 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. Call 571-267-5000 or visit crunchreston.com Facebook.com/CrunchReston.

Mr. Knick Knack! 10:30-11:15 a.m. May through October. At Reston Town Square Park. Free performances of heart-centered music for children. Visit www.restontowncenter.com/events.

Art Exhibit: 3 Artistic Runners. Through Nov. 6, gallery hours at Reston Community Center, 2310 Colts Neck Road, Reston. Jerry Lewis, Bob Lambert and Mohsen Alashmoni are each accomplished runners who are also artists who are exhibiting paintings and ceramics. Free admission, all sales donated to charities. Email jeelewis2003@yahoo.com or call 703-476-1619 for more.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

All-comers' Group Fun Run. Thursdays, 6:30-7:30 p.m. at Potomac River Running, 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 or visit www.potomacriverrunning.com/reston/

IMPROVING ENGLISH

One-To-One English Conversation. Mondays, 1 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Multiple one-on-one practice sessions with a volunteer are available each week. Call 703-689-2700 to reserve a spot.

Pre-Beginners. Wednesdays 10-11 a.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Beginners. Tuesdays 10-11 a.m. with Beth; Thursdays 10-11 a.m. with Genie; Fridays 10-11 a.m. with Ivan. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Intermediate. Mondays 10-11 a.m. with Rick; Wednesdays, 1-2 p.m. with Susan; Wednesdays 2-3 p.m. with Sharoni. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

Advanced. Thursdays 10-11:30 a.m. with Richard; Fridays, 11 a.m.-12:30 p.m. with Mary. At Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Call 703-689-2700 to reserve a spot.

St. Timothy's Celebrates 150 Years in the Herndon Community

On Nov. 1, 1868, Episcopalians from a small dairy-farm community in Herndon met to worship and give thanks on All Saints' Sunday. That service was led by a school teacher and licensed Episcopal lay reader and was the first recorded liturgy of Herndon's St. Timothy's Episcopal Church. Members eventually erected their first church edifice in Herndon, now the Masonic Lodge at the corner of Elden and Grace Streets, and consecrated it in June 1881.

On Nov. 4, 2018, at 4 p.m. St. Timothy's will kick off its 150th year celebration with the rededication of their refurbished 150 year old Tracker pipe organ with a special concert by the renowned organist, Dr. Wayne L. Wold. The evening continues with All Saints' Day Evensong with a reception to follow. A traditional service in the Episcopal Church, Evensong is a contemplative service sung at the close of the day. The service will be sung in its entirety by the choir of St. Timothy's.

The community is warmly in-



PHOTO CONTRIBUTED

The refurbished 150 year old John D. Moore pipe organ will be rededicated.

ited to participate in this service as St. Timothy's gives thanks on this very special anniversary. For 150 years, St. Timothy's has been an active participant in, and a pillar of, the Herndon community, providing a strong tradition of area involvement and outreach. For more information, call St.

Timothy's Episcopal Church Monday through Thursday, 10 a.m. - 6 p.m., at 703-437-3790, or visit www.saint-timothys.org for details about all the services. Additional information about the church and pipe organ histories is also available on the website.

Museum has installed a new temporary exhibit in the gift shop "A Modern Design." The exhibit explores how values of Restonians in the 1960s shaped how the interiors of their homes look. How do 1960s Reston home interiors compare to today's homes?

WEDNESDAY/OCT. 17

Dinner with a Cop. 6-7:30 p.m. at Dranesville United Methodist Church, 1089 Liberty Meeting Court, Great Falls. Enjoy visiting with our special guest, Officer Horita from Fairfax County Police who will host a "no-agenda" discussion about crime concerns in our area. All are welcome. Free. Dinner provided. Desserts to share are welcomed. RSVP to help plan food to wendy@dranesvilleumc.org. Walk-ins also welcome. Call 703-430-3137 or visit www.dranesvilleumc.org

THURSDAY/OCT. 18

Weekend Food for Kids. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids Program, which provides nonperishable food for low income children at several Title I schools. Email philanthropy@alnv.org or visit www.alnv.org.

Meet the Artists. 2:15-3:40 at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Enjoy a free concert with Fairfax Symphony's first cellist, Curtis Institute-trained Marion Baker, and piano collaborator Ruth Locker, who return to celebrate the beautiful music of cello and piano. Free. Call 703-503-3384 or visit olli.gmu.edu

Public Art Reston's Reception. 6:30-9 p.m. Both a friend- and fundraiser, the 2018 Annual Party! is also a celebration of the 10th anniversary of the adoption of the Public Art Master Plan for Reston. Since 2008, 12 permanent public artworks and 12 temporary public art installations have been commissioned in Reston. Single tickets are \$60, two for \$100, and \$55 for young professionals (25 and under). Contact info@publicartreston.org about sponsorships and visit www.publicartreston.org.

FRIDAY/OCT. 19

Accidental Red Jazz. 6-9 p.m. at Cafe Montmartre, 1625 Washington Plaza Lake Anne, Reston. Live jazz from the '30s to today. Piano, sax, flute, bass, and drums. Introducing new vocalist Kathy Farmer. \$10 cover. Call 703-982-1215 or visit cafemontmartre.com/index.html

SATURDAY/OCT. 20

Shatterproof Addiction 5K Walk/Run. 8 a.m.-noon. At Reston Town

Center 1825 Discovery Street, Reston. This event will bring together the community to support families and friends impacted by the disease of addiction. Walkers free; Runners \$30-\$50. Visit the website: www.Shatterproof.org/NCA

Community Media Day. 4:30-7 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Herndon Community Television is offering non-profits free personalized coaching session on using video to strengthen their community impact. Call 703-689-2323 or visit www.hctv.org/cmd

THURSDAY/OCT. 25

Meet the Artists. 2:15-3:40 at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Enjoy a free concert with Dr. Anna Balakerskaia and students from George Mason University perform pieces from the classical piano repertoire. Free. Call 703-503-3384 or visit olli.gmu.edu for more.

Distinguished Speaker Series. 7:30 p.m. at Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Amir Tibon's talk will be: "An Israeli Reporter in Trump's Washington." Tibon is the Washington correspondent for Haaretz newspaper. Free and open to the public. Call 703-437-7733 or email RabbiWainer@nvhcreston.org

THURSDAY-MONDAY/OCT. 25-29

Washington West Film Festival. At Bow Tie Cinemas, 11940 Market St., Reston. Independent films presented at Bow Tie Cinemas over five days. Visit wwfilmfest.com for more.

FRIDAY/OCT. 26

South Lakes Homecoming. 5-6 p.m. parade from Hunters Woods Shopping Center, features student organizations, class councils, school clubs, sports teams, administrators, community groups, elementary schools, and the SLHS Marching Band, The Spirit of Reston. The grand marshal is SLHS teacher Chris Moorhead. A mini food court will be set up in the stadium-side parking lot featuring a variety of food trucks beginning at 4:30-6:30 p.m. The football game against Yorktown High School will begin at 7 p.m. Admission to the game is \$5. The Homecoming Spirit Court will be presented during halftime show

SATURDAY/OCT. 27

UCP Craft Fair. 10 a.m.-4 p.m. At United Christian Parish, 11508 North Shore Drive, Reston. Free. This juried fair will showcase a wide variety of quality and unique hand crafted items from area artists and craftspeople. Lunch and a bake sale will be available. Email Susan Maynard at suemayn@msn.com. unitedchristianparishartandcraftfair.com.

Trick or Treat Open House. At the Goddard School, 2400 Dulles Town Blvd., Herndon. Bring your child in their costume and enjoy a fun-filled Open House Trick-or-Treating throughout The Goddard School in Herndon. Call 703-653-0337.

Halloween Party for Kids. 12:30-3 p.m. At Jimmy's Old Town Tavern, 697 Spring Street, Herndon. Price of admission includes choice of Kid's Meal, crafts, TeGee's Monster Mashing, party favors, an indoor costume parade and a performance by Bingo the Clown. Cost is \$13.95 per child. Call 703-435-JIM. RSVP at www.facebook.com/jimmystavern/.

Halloween Party for Adults. 8 p.m.-2 a.m. At Jimmy's Old Town Tavern, 697 Spring Street, Herndon. Contests and prizes. \$150 Cash Prize for "Best Costume!" DJ and dancing! No cover. RSVP at www.facebook.com/jimmystavern/.

ENTERTAINMENT

NextStop Theatre Presents 'East of Eden'

BY DAVID SIEGEL
THE CONNECTION

A new adaptation of John Steinbeck's iconic novel, "East of Eden," is coming to the NextStop stage. The adaptation by Frank Galati chronicles a family's grand saga through a symbolic retelling of the Biblical Cain and Abel story, but set in California.



Nina Marti



John Sygar



Zach Brewster-Geisz

Where and When

NextStop Theatre presents "East of Eden," performing at 269 Sunset Park Drive, (Inside the Sunset Business Park), Herndon. Performances: Oct. 25 to Nov. 18, 2018. Thursdays Oct. 25, Nov. 8 and Nov. 15 at 8 p.m., Friday at 8 p.m. Saturday, Oct. 27 at 7 p.m., Nov. 3 and 10 at 8 p.m. Nov. 15 at 2 p.m. & 8 p.m. Sunday, Oct. 28 at 7 p.m., Nov. 4 and 11 at 2 p.m. & 7 p.m. and Nov. 18 at 2 p.m. Tickets: General Admission \$35-65 (NextStop strongly encourages booking in advance. Ticket prices increase as performances get nearer and fill up. Call 866-811-4111 or visit www.nextstoptheatre.org. Note: "East of Eden" contains situations and themes that may not be appropriate for all audiences.

ity, how they bear the burden of choice and consequence, and how family history influences both journeys. It's easy for anyone to find a bit of their own struggle reflected in the narrative."

John Sygar plays two characters including Cal Trask, one of Adam Trask's twin sons. "The script is universally relevant and timeless. It deals with issues that we can never get away from as humans such as our parents expectations and how we define and create ourselves. ... The story will hit you in places long forgotten in your heart and make you question the nature of love."

Inviting audiences, Hoffman said; "It is an unbelievably powerful story, with exceptionally fascinating characters and a story that is equally complex and universal. Please join us."

NextStop Theatre presents "East of Eden," performing at 269 Sunset Park Drive, (Inside the Sunset Business Park), Herndon. Performances: Oct. 25 to Nov. 18, 2018. Call 866-811-4111 or visit www.nextstoptheatre.org.

Asked about "East of Eden" as a play, Evan Hoffman, director of the production noted that "East of Eden" is an "American epic examining whether 'good versus evil' is our great choice or our unavoidable fate."

The play explores Adam Trask, determined to build a new life and world for himself and his young wife, Cathy. Settling in California's Salinas Valley, Cathy gives birth to twin boys. But a dark past, with apparent insurmountable sins, and the impending danger of World War I threaten their special corner of paradise.

Hoffman indicated that the the production is full of emotions. Also, "aside from being exceptional performers, we are proud to have re-imagined this story with a far more diverse cast than John Steinbeck probably intended. However, I truly believe that it serves to improve and highlight the universality of the story. It demonstrates how every single human struggles with the great choices and search for love and acceptance."

The character Adam Trask is portrayed by Zach Brewster-Geisz. "Like the novel, our adaptation is an entertaining work, not a musty 'classic.' In addition, because multiple actors are playing single characters the audience can expect to really think about how people change as they age."

Nina Marti portrays Abra; a brave, independent woman. "Perhaps one of the most compelling elements of 'East of Eden' is the universality of its themes. It explores how individuals navigate moral-

Winners Named in Arts Herndon's Portrait Competition

Arts Herndon announced Samantha Hand the First Place winner in their "10th Annual Expressions Portrait Competition/Exhibition" for her work "Kimberly," juried into the competition and judged by acclaimed local impressionist painter, Jill Banks. Hand is not a newcomer to the Arts Herndon event, having had her oil painting portraits selected previous years.

Hand tells on her Facebook page that formal renaissance portraits from the 1500s inspire her recent portrait series. She poses contemporary dressed models, "who have renaissance

features" for her works, and then adds her signature scrollwork, seen in "Kimberly" or Latin typography to the completed painting.

Arts Herndon is a nonprofit organization that operates ArtSpace Herndon located at 750 Center Street, in the center of the established Herndon Arts District. It is a premier destination for the arts, having developed a reputation for exhibiting and offering for sale, works of distinction by local, regional and international artists of acclaim.

—MERCIA HOBSON



PHOTO BY JO ORMESHER

Samantha Hand stands beside her portrait, "Kimberly," awarded First Place in the 10th Annual Expressions Portrait Competition/Exhibition by Arts Herndon held Oct. 13, 2018

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STATE OF SOUTH CAROLINA, COUNTY OF RICHLAND, IN THE FAMILY COURT

William Thoman
vs.
Tahnee Thoman
Case#: 2018-DR-40-1828

SUMMONS

TO THE DEFENDANT: TAHNEE THOMAN:

YOU ARE HEREBY SUMMONED and required to answer the Amended Complaint in this action, of which the original is on file in the Office of the Clerk of Court, Family Court, for Richland County and to serve a copy of your Answer on the subscribers at their office of Moore Taylor Law Firm, 1700 Sunset Boulevard, Post Office Box 5709, West Columbia, South Carolina 29171, within thirty (30) days from the date of service hereof, exclusive of the day of such service; and if you fail to answer the Amended Complaint in the time aforesaid, the Plaintiff in this action will apply to the Court for the relief demanded in the Amended Complaint.

MOORE TAYLOR LAW FIRM, P.A.



WILLIAM B. FORTINO, ESQUIRE
Attorney for Plaintiff

NOTICE

TO THE DEFENDANT: TAHNEE THOMAN:

TAKE NOTICE that the Summons in the above-entitled action, of which the foregoing is a copy together with the Amended Complaint herein are filed in the Office of the Clerk of Court, Family Court, for Richland County, Carolina.

MOORE TAYLOR LAW FIRM, P.A.



WILLIAM B. FORTINO, ESQUIRE
Attorney for Plaintiff

NEWS



PHOTOS BY MERCIA HOBSON/THE CONNECTION

At the second Annual Family Fitness & Fun FEST, visitors hop on bikes provided by New Trail Cycling Studio, Reston and set off on a workout to the beat of music recharging toward a healthier way of life.

Superheroes Soar to Fitness At Family Fitness & Fun FEST

BY MERCIA HOBSON
THE CONNECTION

Superheroes and super health went hand in hand as families joined caped champions on the Herndon Town Hall Square Saturday, Oct. 13 for the second Annual Family Fitness & Fun FEST, produced by the nationally accredited and four-time National Gold Medal Award winner, Herndon Parks and Recreation Department. A morning line up of interactive games, fitness class demonstrations, and a run through an inflatable obstacle course enticed citizens to put down the electronics, get outside and get moving.

"Despite the early morning rain, 125 people visited the event and were able to get in a bout of family fitness time, responded Tom Milenkevich Coordinator: Family Fitness & Fun FEST, Fitness Services Supervisor, Herndon Community Center in an email.

While hands-on learning activities and demonstrations, such as the cycling workout to the beat of music by New Trail Cycling, Reston, encouraged a fun means to a healthier way of life, the fresh food by vendors like Great Harvest Bread Company in

Herndon fueled participation.

"We live off the trail and fitness for us and the kids is very important," said Nawal Scannell of Herndon as she watched her two children dance at the event. "We take walks each night and run."

Family Fitness & Fun FEST reminded citizens that designating time for quick, fun family workouts is an efficient way to both strengthen family bonds and boost activity levels simultaneously, said Milenkevich. "Any and all types of movement and activity is good for our body and mind, so we encourage everyone to make a family commitment to living an active lifestyle," he said.

Parks and Recreation asked families to sign a "Fit Family Pledge" to maintain their superpowers by committing to make two healthy changes in their daily lives related to activity and nutrition goals. Parks and Recreation invited families to fill out a self-addressed envelope so they could follow up with the families and see how they progressed with their pledges.

The next Herndon Parks and Recreation Department special event is Spooktakular, a family Halloween celebration on Oct. 26, 6:30-8 p.m.



Families who completed the fitness course and participated in activities receive medals and the opportunity to take the Family Fit Pledge committing to make two healthy changes in their lives.



Lily Scannell, 4, of Herndon tries out some fancy dance steps as her brother Jake, 2, rests after his spin at the 2nd Annual Family Fitness & Fun FEST produced by Herndon Parks and Recreation.



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BULLETIN

FROM PAGE 2

THURSDAY/OCT. 18

Women's Club of Greater Reston. 10 a.m.-noon at Reston Community Center, Lake Anne. On October 18, 2018, the Women's Club of Greater Reston is presenting a demonstration of the Heimlich maneuver, a technique to help a choking person expel the object in their airway. Free. Email vakerics@yahoo.com or call 703-620-9163 for more.

SATURDAY/OCT. 20

FACEing the Future Together. 8 a.m.-3:30 p.m. at Thomas Jefferson High School for Science and Technology, 6560 Braddock Road, Alexandria. Family and community engagement (FACE) is at the center of everything that PTAs accomplish. Join the launch of a new effort to welcome and encourage all families throughout Fairfax County to become active participants in their school community. \$10 (includes continental breakfast, lunch and snacks). Scholarships are available for the conference and can be requested on the registration form. Interpreters will be available. Go to www.fccpta.org to register.

Fall Stream Cleanup (Call for Volunteers). 10 a.m.-noon in various Reston locations: Hunters Woods Village Center, Soapstone Drive and Southgate Community Center. Clearing out litter from area watersheds has significant impact in restoring Reston's streams. Register by completing a one-time volunteer application on Volgistics and confirm a shift on VicNet. Instructions can be found at www.reston.org. Email habrock@reston.org or call 703-435-7986 for more.

SUNDAY/OCT. 21

Membership Meeting. 3-5 p.m. at Reston Community Center-Hunters Woods, 2310 Colts Neck Road, Reston. Reston-Dulles NCNW, Inc., is hosting a membership meeting. This meeting is open to the community. Visit www.ncnwrestondulles.org or email info@ncnwrestondulles.org for more.

MONDAY/OCT. 22

NARFE Dulles Chapter Meeting. 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. A summary of 2018 changes to Virginia laws, prepared by the staff of the Division of Legislative Services, will be available for Dulles Chapter 1241 members in attendance at the October 2018 Dulles Chapter luncheon meeting. The cost of the luncheon is \$18 which includes tax and a small gratuity. Call your reservation and choice of entree to Shirley at 571-442-8910 no later than Thursday, Oct. 18.

THURSDAY/OCT. 25

Distinguished Speaker Series. 7:30 p.m. at Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. The next Distinguished Speaker Series program will feature Mr. Amir Tibon on "An Israeli Reporter in Trump's Washington." The NVHC Speaker Series is free and open to the public. Call 703-437-7733 or email RabbiWainer@nvhcreston.org for more.

Public Comment Deadline. The Virginia Department of Rail and Public Transportation (DRPT) announces a 45-day public comment period for its proposed policy and guidelines for transit capital prioritization and urban transit agency strategic plans. The proposed plans are available online at drpt.virginia.gov/transit/tsdac/public-comment. Comments on the plans can be sent to Jen DeBruhl at DRPTPR@drpt.virginia.gov or DRPT, 600 East Main St., Suite 2012, Richmond, VA 23219.

FRIDAY/OCT. 26

Mind Matters. 11:30 a.m.-1:30 p.m. at Hyatt Regency Dulles, 2300 Dulles Corner Blvd., Herndon. Kathleen Howland, Ph.D. will teach participants how to unlock the beauty and power of music and apply these tools to their everyday lives. Event includes a seated luncheon, presentation and performance by local stroke choir, Different Strokes for Different Folks. Proceeds benefit Stroke Comeback Center and their work with survivors of stroke and brain trauma and their families. Tickets are \$48 online at strokecomebackcenter.org. Call 703-255-5221 or email info@strokecomebackcenter.org for more.

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"Movin' On Up"



By KENNETH B. LOURIE

Not "to the east side" and not "to a deluxe apartment in the sky," but if fictional New York City cleaning business icon George Jefferson had been diagnosed with lung cancer as I was, I would bet he'd be happy making progress: the feeling of moving forward. And that's exactly what I feel now. With the "news" of last week's column, progress/movement is at hand. With two CT scans in the last three months and some tumors "progressing" - and then not, while a previously insignificant tumor burst (not literally) onto the scene, I am happy now to be onward and hopefully upward as I infuse every three weeks during the next quarter ahead of an early January 2019 scan. The future is now and I'm grateful to have choices as I navigate the road ahead.

Having a plan matters. Though I am still waiting and seeing, and evaluating after that next scan, I do feel as if I'm back on track. I know what my next three months will be about (about three months) and I'm clear what my schedule will be (subject to change due to lab results, an altogether normal/expected blip): urine, lab, infusion, post-chemo week of difficulty eating and physical and psychological challenges, followed by two weeks of relative normalcy, then infusion again and rinse and repeat every three weeks until early January 2019. Twelve weeks in total. Through Thanksgiving, Christmas and New Years. I won't say it will be pretty but it will be predictable and hopefully on a path to a positive result. (Remember, I'm life long member of Red Sox Nation so hope always springs eternal.)

This column is certainly not meant to minimize the possible discouraging results of my January scan but I see no advantage in anticipating and/or overreacting to unknown results and/or dire consequences months ahead of actual facts not yet in evidence. This is what being diagnosed with cancer is all about: a series of ups and downs and all-arounds; and the sooner the patient assimilates this unpredictable variability into their algorithm for living with the disease, the more manageable their lives will be. Moreover, "If you," to quote Rudyard Kipling, "can keep your head when all about you are losing theirs," it will likely contribute to the preferred calm that every cancer patient diagnosed as "terminal" needs to feel every second of every day (and night, too) as they struggle to deal with the internal demons brought about by this terrible affliction. As my friend Lynne, a cancer survivor herself, said to me when I was first diagnosed: "This will be the most difficult thing you'll ever have to do." Of course, she was right. It's been beyond my wildest nightmares.

Being stuck in a pattern with no clear direction does not help. For the past three months, I have been so entangled. Now I am not. Now I am on a path of less resistance and what resistance there is - to disappointment "The Borg," is not futile. It is all part of an agreed-upon pursuit of truth and hopefully justice - for me, anyhow. I haven't exactly abused the privilege of living (although while attending college in the seventies, occasionally there may have been the odd self-destructive-type behavior common to the times, none of which concerned my oncologist in the least by the way) and given my parents' long cancer-free lives, I would have expected better than a stage IV, non-small lung cancer diagnosis at age 54 and a half. But here I am, still, nearly 10 years post diagnosis. (There aren't that many of us, unfortunately.)

And though I am definitely not happy about my cancer circumstances, I can be positive about the negative. And what I am most positive about is that at least for the next quarter anyway, I know what I'm doing and why. I certainly can't say what I'll be feeling after my next scan; hopefully elation and relief, but in the interim, life will go on as per usual, and for a cancer patient/survivor, life going on is as good as it gets; almost as if I "finally got a piece of the pie."

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Wolf Trap Park Camp Out

Fifth and sixth graders learn camping skills and experience the great outdoors.

BY ANDREA WORKER
THE CONNECTION

The ninth edition of the First Time Campers Program at Wolf Trap Park is officially in the books. Held between Sunday, Oct. 7 and Monday, Oct. 8 at Wolf Trap Park — with a special permit in the otherwise no-camping, no-fires park — some 40 campers from schools around the region and a small army of adult and youth volunteer leaders, enjoyed pitching tents, setting up camp, cooking their own meals using dutch ovens, and activities like fishing, archery, hiking, bird watching, rock wall climbing and more.

Sponsored by the Friends of Wolf Trap and Wolf Trap National Park for the Performing Arts and organized and supervised by Scout Leader Gary Pan and his experienced Troop 55 Scouts, the program was piloted in 2014 as a way to help local youngsters, some from Title I schools and lower income families, enjoy a fun-filled overnighter right in their own backyard.

The 30-plus hour outing is not strictly for camping “newbies” only, said Pan, Scoutmaster of Troop 55 of Great Falls. “Kids who came to the first Camp Out are here today and we love that they want to keep coming back.”

Pan is thrilled that quite a few return to the bi-annual adventure as volunteers, helping the first timers to make the most of the experience, like Herndon Middle Schooler Tommy Maxson, who started as a camper 3 years ago, and is now a patrol leader.

“I like this,” said Maxson. “Our job is to help out the Senior Leaders whenever we are needed, and to set a good example at all times, and help others learn how to do all the tasks properly and just make sure that everyone has a great time, safely.”

Pan may be the camp director, but it’s youngsters like Maxson, and Senior Youth Patrol Leaders and other young volunteers who are really in charge of the action.

Nick Hodge, of Great Falls and a Langley High School student, who’s been attending the event since the first outing, heads the male campers’ section. His fellow Langley school mate, MaryEllen Keating, does the honors as the female Senior Youth Leader.

“It’s really cool,” said Keating. “I especially love seeing the kids who are experiencing this for the first time, watching them as they find out what they can really do.”

Just as being a First Timer isn’t a requirement for participation, neither is being a Boy or Girl Scout. “Kids come here, they may or may not want to get involved with Scouting afterward, but all are welcome,”



Gathering of all the troops at the 9th First Time Campers adventure at Wolf Trap Park.



Taking on the Wall: Some of the youngsters at the First Time Campers overnighter challenge themselves on the rock climbing wall.

said Pan. “It’s still an opportunity to learn new things, gain confidence, make friends and just be outdoors for a bit.”

Campers like Maddie Musetti from Herndon Elementary School, and Peter Popenko from Forestville Elementary agree.

“It’s been a great experience,” was Maddie’s take on the camp out. Peter seemed most interested in the rock climbing wall. Watching his father, who was also on hand, shimmy up to the top of the wall leaves little doubt where the son gets his

climbing abilities.

“It’s also an opportunity to discover that there is amazing, and accessible natural resources and activities right here, without having to travel far away,” added Alan Day, chair of the Friends of Wolf Trap, and one of the original organizers of the Camp Out. With his knowledge of the park and its wonders, Day also leads the campers on hiking adventures on trails built by the Potomac Appalachian Trail Club — another collaborator in the camping event and an organization of which Day is the



Camper Tommy Maxson of Herndon graduated to a Patrol Leader position this year and enjoys “helping and setting a good example for everyone.” Here he participates in a talk about camping preparation and how to “Leave No Trace” in the wilderness by Sara Holtz.

PHOTOS CONTRIBUTED
BY GARY PAN

district manager.

In addition to his Troop 55 and Venture Crew 364 of Great Falls, The Friends of Wolf Trap, the Potomac Appalachian Trail Club, Wolf Trap Park and the Park Service, Pan, and Day say that the assistance and participation of The Great Falls Rotary Club, Orvis of Tysons, Paxton Companies, Ranger Surplus, Panacea Consulting, BOWA, Meadowlark Gardens Master Gardener, the Audubon Society of Northern Virginia and Sara Holtz, of Scouting BSA with her Master Certification in “Leave No Trace” with many other unsung heroes, makes this adventure not only possible, “but a true learning experience all while having fun.”

Thinking about joining in on all the fun? The next outing is scheduled for April 5-6, 2019. Check out the website at www.fotw.info or send an inquiry to firsttimecampers@gmail.com.