

Oak Hill Herndon CONNECTION

WELLBEING

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Joe Gigliotti and Elena Anderson of Centreville and Todd Harden of Herndon sample flights of wine offered by Casey Clark of Rebec Vineyard, Amherst, Va. the 2019 Herndon Labor Day Festival.

Herndon Holds Labor Day Festival

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NEWS

Hiring On for Town of Herndon

Thirty positions open, some with 'Sign-on Incentive Packages.'

BY MERCIA HOBSON
THE CONNECTION

Hiring is on by the Town of Herndon which listed 30 current positions on its Human Resources Jobs site. Recently, the town issued a special announcement that it wanted to hire "talented and skilled" public works employees, and to amp up the deal, it advertised an "attractive incentive package for external hires in the department until 12/31/2019." According to the town website, hiring bonuses are also in effect for police and 911 dispatchers as well.

As of Sept. 1, 2019, a sampling of some of the town's listed public works, police and dispatcher jobs named: Right-of-Way Manager, Facility Maintenance Mechanic II, Police Officer I, Assistant Communications Supervisor, Dispatcher-Communications Technician I and more.

For all thirty openings by the town, including those not only at Public Works and Police but also at the Herndon Municipal Center, Parks and Recreation, Cemetery and Golf Course, salaries ranged from a low of

\$8.16 an hour for a temporary Golf Cart Attendant to \$83,650 for Streets and Right-of-Way Manager.

The Town of Herndon covers 4.2 square miles with a reported population of 24,545 according to U.S. Census. With 30 municipal job openings, that number significantly surpassed listed job offerings of two nearby municipalities, City of Fairfax, 6.3 square miles, population 23,461 with nine openings and Town of Vienna, 4.4 miles, population 16,474 with three opportunities.

According to Herndon Town News in its search for Public Works Operations employees: "When you are hired, there is a generous, 'take-home' signing bonus; half to be paid upon completion of three months of employment and half upon successful completion of a one-year probationary period, which begins the day of your employment. The town offers: generous paid time off; regular Monday-Friday schedule; excellent health, dental and retirement benefits; certification and training opportunities; new boots twice a year; free recreational benefits including gym usage and golf."

For more information about all Town of Herndon job opportunities, visit the town's jobs website at www.herndon-va.gov/jobs and for full benefit outlines, visit www.herndon-va.gov/benefits. For additional details contact: Human Resources: jobs@herndon-va.gov, 703-435-6817.



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Herndon's Labor Day Festival

Small time vibe, awesome music and a splash of wine & craft beer tastings.

BY MERCIA HOBSON
THE CONNECTION

Approximately 2000 people enjoyed the unofficial end of summer at the 2019 Herndon Labor Day Festival. Wine & Craft Beer Tasting in the historic downtown according to Julie Gibbons, Treasurer of the Herndon Woman's Club, one of the host organizations for the event. "I anticipate 2019 will exceed our 2018 attendance level," she said.

On Monday, Sept. 2, 2019, from 11 a.m.- 5 p.m., volunteers from Herndon Woman's Club and staff from Herndon Parks and Recreation Department worked in tandem and pulled off what patron Sarah Oberther, formerly of Herndon, described as "an event with small town vibe, awesome music and amazing wine."

COMING TO THE EVENT since it resurfaced in the mid-1990s in a different form than its earlier years as a jazz festival, Oberther said she kept coming back. She commented that her husband loved how the current craft beer selection "keeps growing." The festival offered samplings from eight craft breweries and brewing in addition to samplings from seven wine cellars, vineyards and wineries along with two ciders.

At the entrance gate, Pat Stark member of the Herndon Woman's Club, checked patron IDs to verify compliance with drinking age and provided identifying wristbands to patrons. "The crowds are great, and the weather is cooperating this year," Stark said. "This year, we have several repeat wineries, and our chairmen reached out to wine communities as far as Roanoke." She added that Virginia Eagle distributing Company LLC was the named local distributor for the event's featured craft beers.

Gibbons explained how the 2019 Herndon Labor Day Festival supported Woman's Club as it supported those less fortunate in the community. "We welcome everyone from the community as this a significant fundraiser for our organization which uses the proceeds to support school scholarships, donations to local charities such as LINK, Cornerstones and more," Gibbons said.

Down Lynn Street turned "festival mid-way," Joe Gigliotti and Elena Anderson of Centreville and Todd Harden of Herndon sampled flights of wine from Rebec Vineyards out of Amherst, Va.

"We stick to a European-style," said Casey Clark of Rebec Vineyard. "Our winemaker is from Bulgaria and offers a unique Bulgarian-style wine, making tasters say, Wow," said Clark. A few booths down, Korakot Promsa-Ard from the locally based restaurant, A Taste of the World on Sunset Park Dr., Herndon, grilled teriyaki chicken thighs sending tantalizing wisps of grilled meat through the air.

THE FESTIVAL showcased two entertainment stages with live music, the Main Stage with performances by Great Wide Open: The Ultimate Tom Petty Experience and Leather and Lace: The Stevie Nicks Experience and the Acoustic Tent with performances by Among the Willows: Modern Folk, Dave Lange Trio: Hill Country Blues and Dave Goodrich: Soulful Acoustic Rock.



Approximately 2000 patrons passed through the gates of the 2019 Herndon Labor Day Festival.



The 2019 Herndon Labor Day Festival Wine & Craft Beer Tasting offers a small-town vibe in a family-friendly atmosphere.

Jeff Bentley, representing Northwest Federal Credit Union, Presenting Sponsor for the festival for the second consecutive year, welcomed the community from the Main Stage. "We are proud to support an event where part of the proceeds goes to the Herndon Woman's Club's scholarship program ... NWFCU isn't just another financial institution. Our, 'Why,' the purpose behind everything we do is 'Together we serve and inspire to transform lives.'"

Bentley reminded the crowd that they welcome everyone back to their Herndon campus on Spring Street next May for the 40th annual Herndon Festival.

PHOTOS BY MERCIA HOBSON/ THE CONNECTION



PHOTO BY MERCIA HOBSON/ THE CONNECTION

Captain Steve Thompson, Commander of Field Operations at Town of Herndon Police Department and Lisa Herndon, Public Information Officer step up to the Media Staging Area in front of the Old Town Hall building at Station and Elden Streets, Monday evening, Sept. 2, after an HPD officer encountered robbery suspects nearby and was involved in a gunfire exchange.

Gunfire Exchange in the Town of Herndon

Two suspects in custody following officer-involved shooting.

BY MERCIA HOBSON
THE CONNECTION

Two suspects are in custody as of Monday evening, Sept. 2 after a shooting involving a Herndon Police Department officer who was responding to a report of an armed robbery. Nearby residents reported hearing 8-10 gunshots.

During a media briefing held 10 p.m. that evening at the Old Town Hall Building, Station/ Elden Streets, Captain Steve Thompson, Commander of Field Operations at Town of Herndon Police Department described the incidents. Lisa Herndon, Public Information Officer at Town of Herndon Police Department was also on

scene.

According to Captain Thompson, at approximately 7:27 p.m., Monday, Sept. 2, a Herndon police officer on regular patrol, followed up on a report of an armed robbery in progress in the vicinity of Locust and Spring Streets. The officer encountered suspects outside and was involved in a gunfire exchange near Locust/ Spring. No one was shot. One suspect was captured. A short time later, HPD responded to an attempted carjacking in the 1000 block of Elden Street. A second suspect was captured.

During the media briefing question and answer period, Thompson stated that the business which the suspects were robbing had people inside it at the time.

Both suspects are in custody, and there is no threat to the community. Investigations at the scenes continued through the night. For official updates, visit twitter.com/HerndonPolice.

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WELLBEING



PHOTO COURTESY OF CHRISTIAN ELLIOT

Yoga can lead to body awareness which can be a gateway to better self-awareness, advises Christian Elliot who is pictured here. September is National Yoga Month.

Get on the Mat, Boys

Raising awareness of the benefits of yoga for men during National Yoga Month.

BY MARILYN CAMPBELL
THE CONNECTION

Take a quick scan of most yoga classes at East Meets West Yoga Studio in Vienna, Virginia and you're likely to see the mats being occupied primarily by women. That is changing, says studio owner Dawn Curtis. A recent Harris study shows that while women make up more than 70% of yoga practitioners, the number of men has increased from 4 million to ten million over the last 7 years. Practitioners are working to raise that number even higher this September - which is National Yoga Month - by emphasizing the health benefits for men. "We've seen an increase of men in yoga classes, but also an increase in the number of male yoga teachers and men who are coming into our yoga teacher training program," said Curtis. "We've had a lot of older men of the Boomer age taking classes because they're realizing that the exercise routine that they've been doing hasn't increased their flexibility." Because yoga classes often begin with an inward focus, those who practice it might be more inclined to develop body mindfulness off-the-mat. Exercising bodily-awareness during activities such as weight lifting can help prevent injury. "Breathing and body awareness can both be gateways to better self-awareness....," said Christian Elliot, owner, TRUE Whole Human. "Everything about modern convenience is geared toward making it easier for you to meet your basic needs with-

out moving," continued Elliot. "As we age, often what happens is we move less, thus becoming stiff." "Yoga makes you more flexible and your muscles and joints are more lubricated, you're less prone to injury," added Curtis. The practice's reputation as stress reliever is credited with the uptick in male students. "I've seen men use yoga as a stress management tool," said Curtis. "Men don't always realize how stressed they until they start talking yoga classes. Anytime you're doing yoga you're going to have stress management and relief. "Just one yoga class has proven to lower cortisol [stress] levels," added Luann Fulbright, Director, Dream Yoga Studio & Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders with success. This is a dominant reason folks come to yoga." Improvement in sleep is another asset to be gained from adding a yoga practice to one's life, says Curtis. "Yoga can lead to better sleep patterns because the mental stress that we have is held within the body," said Curtis. "Once that's released you can relax, fall asleep and stay asleep." An overall sense of well-being is subtle, but definite benefit of yoga, advises Curtis. "Yoga provides more balance, men typically musical their way through things which means over-activity," she said. "Yoga teaches them to slow down and not push their way through. I often hear people say, 'Yoga makes me a better person'. That's because they're less reactive because they aren't feeling stressed. You have to do it on a regular basis though to benefit from it."

"Men don't always realize how stressed they until they start talking yoga classes."

—Dawn Curtis,
East Meets West Yoga

Write

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

Letters to the Editor
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CALENDAR

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

ONGOING

Selected Works by John Charles Koebert.

Through Sept. 7 at Artspace Gallery & Studio, 750 Center St., Herndon. John Charles Koebert is holding open Studios at Arts Herndon on Tuesday and Thursday, 2-4 p.m. and Saturdays, Aug. 17 and 24, 11 a.m.-1 p.m. for the duration of his show. Call 703-956-6590 or visit www.artspaceherndon.org.

Senior Olympics. The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run Sept. 14-28. There will be no on-site registration for participants. Visit www.nvso.us.

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Visit www.herndon-va.gov/FarmersMarket

Reston Farmers Market. Saturdays, through Dec. 7, 8 a.m.-noon at Lake Anne Village Center, 1609-A Washington Plaza, Reston. The largest of the Fairfax County Farmers Markets. SNAP accepted, bonus dollar program. Closed Saturday, Sept. 28 for the Reston Multicultural Festival. www.fairfaxcounty.gov/parks/farmersmarkets/reston.

FRIDAY/SEPT. 6

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

SATURDAY/SEPT. 7

Native Plant Festival and Sale. 9 a.m.-2 p.m. at Ellanor C. Lawrence Park's Cabell's Mill, 5235 Walney Road, Chantilly. Spend a day shopping, playing games, winning prizes and enjoying food at the "Native Plant Festival and Sale" at Ellanor C. Lawrence Park. Enjoy games and crafts for the kids and take a guided nature walk. Take a wagon ride for \$2 and purchase lunch at one of the food trucks. Call 703-324-8730 or visit www.fairfaxcounty.gov/parks/eclawrence.

Dog Daze. 10 a.m.-1 p.m. at The Water Mine at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine is going to the dogs as it closes out the swimming season. The water park is open for canine-only swimming. Stop by the Canine Resource Fair and visit with a host of dog-centric vendors. Take advantage of the low-cost rabies clinic from noon-2 p.m. Suggested donation is \$10 per dog. Proceeds benefit the Fairfax County Animal Shelter and the Fairfax County Park Foundation. Dog food donations will be collected. Call 703-471-5415 or visit www.fairfaxcounty.gov/parks/lake-fairfax/.

Back-to-School Book Party. 10:30 a.m.-2 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Celebrate the first week of school with a Back-to-School Book Party benefitting the Northern Virginia Association for the Education of Young Children (NVAEYC), with face painting, temporary tattoos, and a story time every half hour. Visit www.scrawlbooks.com or call 703-966-2111.

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Visit www.scrawlbooks.com or call 703-966-2111.

Children's Chalk Contest. 2-4 p.m. at Monroe Street Studio, 761 A Monroe St., Herndon. Young artists up to age 17 may work on their own creative pieces in designated spaces within our parking lot. Chalk will be provided; we recommend parents bring their own seating. Event will be canceled if rain is forecast or ground is wet. Free. Visit www.monroestreetstudio.com for more.

Dinner and Movie Night. 5 p.m. at Anatolian Bistro, 13029 Worldgate Drive, Herndon. Fixed price dinner and movie of choice at AMC Worldgate 9. Cost includes dinner, soda, tip and movie ticket. Sponsored by New Beginnings, a support group for separated/divorced men and women. \$35 at door. Advance RSVP required. Email NewBCarol@verizon.net or visit www.newbeginningsusa.org.

Author Event: Peter Kageyama. 8 p.m. at the CenterStage at RCC Hunters Woods. Peter Kageyama, author of *For the Love of Cities: The*

Love Affair Between People and Their Places and *Love Where You Live: Creating Emotionally Engaging Places*, will bring his expertise to an exploration of how Reston exemplifies his ideals. \$15 Reston/\$20 non-Reston. Visit www.restoncommunitycenter.com or call 703-476-4500.

SUNDAY/SEPT. 8

Get Fired Up. 11 a.m.-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The mill's blacksmith will be firing up his forge – watch as he works with hammer and tongs to make iron tools and utensils. Free, no reservations are required. No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Sunday Afternoon Dance. 2:30-4:30 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Dancers of all skill levels (18 years and older) convene the second Sunday of the month to foxtrot, swing, cha-cha and waltz. Music selection ranges from golden oldies to today's more modern dance selections. A mini-lesson, door prizes and light refreshments add to the fun; partners are not required. Cost is per-session, payable at the door. \$5-\$10. Call 703-390-6157.

West Coast Swing Lesson plus Social Dance. 5-8 p.m. at Herndon Senior Center, 873 Grace St. #1, Herndon. Instructor Tim Bowker and partner Laura Martin will teach West Coast Swing, 5-6 p.m. Classes videotaped for individual review. Basic skills recommended. Social dancing, 6-8 p.m. WCS crossovers and ballroom, Latin, Hustle contemporary mix. \$10; \$8, USA Dance members. Email herndonsocialdancers@gmail.com or visit www.facebook.com/herndonsocialdancers.

Country Western Dance. 5:30-7:30 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Dancers 18 and older, line dance, two-step, shuffle and swing the night away to popular country/western tunes played by RCC's DJ. Refreshments will be provided. No square or contra dancing. Ticket admission purchased at the door. Cost is per session, payable at the door. \$5-\$10. Call 703-390-6157.

TUESDAY/SEPT. 10

Reston Chorale Auditions. 5:30-6:30 p.m. at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Chorale is auditioning all voice parts for the 2019-20 Season. Visit www.RestonChorale.org and click on "Join Us" for more information. To schedule an audition, email RCAuditions@restonchorale.org or call 703-834-0079.

'Country Music' Screening. 7-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Ken Burns' latest series tells the exciting story of American Country Music. Enjoy a free screening before it premieres on PBS. Call 703-689-2700 or visit www.fairfaxcounty.gov/library/events.

FRIDAY/SEPT. 13

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

"Cyber Conflicts and Geopolitics." 2-4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Watch the film produced by the Foreign Policy Association and participate in a roundtable discussion on current events and U.S. foreign policy options. The topic for September is "Cyber Conflicts and Geopolitics." The speaker will be Gen. James Clapper. Scrawl books will be selling his book "Facts and Fears: Hard Truths from a Life in Intelligence" and will include a book signing by the author. Discussion materials are available at the Info Desk. Adults. Free. Call 703-850-3697 or visit www.fairfaxcounty.gov/library for more.

FRIDAY-SATURDAY/SEPT. 13-14

Kids Wish Kids Good Night. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Children wish a good night to the animals at Frying Pan Farm Park. Bring a flashlight or lantern for this twilight tour and learn how farm animals settle down for the night. For participants age 3-adult. \$10 per person, and children must be accompanied by a registered adult. Dress for the weather. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.



Faith Foundations Breakfast

Saturday, October 5 • 9:30 am – 11 am

Join us for "What Your Faith Means to You," an intimate conversation presented by our local community faith leaders. They will share how their faith has helped them through life's changes. Enjoy our chef-prepared breakfast while you feed your faith and gain inspiration from our community's cultural diversity. All denominations are welcome!

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Announcements

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NEWS

Candidates, Fairfax County

Chairman, Board of Supervisors
Jeffrey C. McKay (D)
Joseph F. Galdo (R)

Commonwealth's Attorney
Steve T. Descano (D)
Jonathan L. Fahey (I)

Sheriff
Stacey Ann Kincaid (D)
Christopher F. De Carlo (I)

Board of Supervisors, District Representatives
Braddock District
James R. Walkinshaw (D)
S. Jason Remer (R)
Carey Chet Campbell (I)

Dranesville District
John W. Foust (D) incumbent
Ed. R. Martin (R)

Hunter Mill District
Walter L. Acorn (D) unopposed

Lee District
Rodney L. Lusk (D) unopposed

Mason District
Penelope A. "Penny" Gross (D) incumbent
Gary N. Aiken (R)

Mount Vernon District
Daniel G. "Dan" Storck (D) incumbent, unopposed

Providence District
Dalia A. Palchik (D), unopposed

Springfield District
Linda D. Sperling (D)
Patrick S. "Pat" Herrity (R) incumbent

Sully District
Kathy L. Smith (D) incumbent
Srilekha R. Palle (R)

School Board

School Board At-Large (vote for three)

Abrar E. Omeish
Cheryl A. Buford
Priscilla M. DeStefano
Rachna Sizemore Heizer
Vinson Xavier Palathingal
Ilryong Moon, incumbent
Karen A. Keys-Gamarra, incumbent

Braddock District, School Board
Zia Tompkins
Megan O. McLaughlin, incumbent

Dranesville District, School Board
Anastasia S. Karloutsos
Ardavan Mobasheri
Elaine V. Tholen

Hunter Mill District, School Board
Laura Ramirez Drain
Melanie K. Meren

Lee District, School Board
Tamara J. Derenak Kaufax, incumbent

Mason District, School Board
Ricardy J. Anderson
Tom L. Pafford

Mount Vernon District, School Board
Pamela C. Ononiwu
Steven D. Mosley
Karen L. Corbett Sanders, incumbent

Providence District, School Board
Andrea L. "Andi" Bayer
Jung Byun
Karl V. Frisch

Springfield District, School Board
Laura Jane H. Cohen
R. Kyle McDaniel
Elizabeth L. Schultz, incumbent

Correction

The list of local and General Assembly candidates in Fairfax County contained several errors.
Corrected in the version below:
❖ Republican Gary G. Pan is running against Kathleen Murphy in House of Delegates District 34.
❖ Republican Richard T. Hayden is running against Paul Krizek in House of Delegates District 44.
❖ Vinson Palathingal is a candidate for School Board At Large candidates for School Board section.,
❖ Paul Bolon, running for BOS from Providence, died earlier in August, and his name should not have appeared.

Sully District, School Board
Stella G. Pekarsky
Tom A. Wilson, incumbent

Soil and Water Conservation Director Northern Virginia District
Vote for Three
C. Jane Dudik
Chris E. Koerner
Christopher A. Bowen
Edward F. McGovern
Jonah E. "Jet" Thomas
Monica A. Billger
Gerald Owen "Jerry" Peters Jr., incumbent

District 45
Mark H. Levine (D), incumbent, unopposed

District 46
Charniele L. Herring (D), incumbent, unopposed

District 47
Patrick A. Hope (D), incumbent, unopposed

District 48
Richard C. "Rip" Sullivan (D), incumbent, unopposed

District 49
Alfonso H. Lopez (D), incumbent
Terry W. Modglin (I)

District 53
Marcus B. Simon (D), incumbent, unopposed

District 67
Karrie K. Delaney (D), incumbent, unopposed

District 86
Ibraheem S. Samirah (D), incumbent, unopposed

Virginia State Senate

District 30
Adam P. Ebbin (D), incumbent, unopposed

District 31
Barbara A. Favola (D), incumbent, unopposed

District 32
Janet D. Howell (D), incumbent
Arthur G. Purves (R)

District 33
Jennifer B. Boysko (D), incumbent
Suzanne D. Fox (R)

District 34
J. C. "Chap" Petersen (D), incumbent, unopposed

District 35
Richard L. "Dick" Saslaw (D), incumbent, unopposed

District 36
Scott A. Surovell (D), incumbent, unopposed

District 37
Dave W. Marsden (D), incumbent, unopposed

District 39
George L. Barker (D), incumbent
S. W. "Dutch" Hillenburg (R)

Candidates Forum to be Held on Sept. 23

The League of Women Voters of the Fairfax Area will hold a Candidate Forum for Fairfax County Chair of the Board of Supervisors and At-Large School Board candidates on Monday, Sept. 23, 2019 at 7 p.m. The event will be held at the Fairfax County Government Center; 12000 Government Center Parkway, in Fairfax.

All certified candidates for the Nov. 5, 2019 General Election have been invited. This event is free and open to the public, and questions for the candidates will come from the audience. Questions can be submitted in advance by accessing: www.surveymonkey.com/r/LWVFA2019

BULLETIN

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

SUNDAY/SEPT. 8

Homecoming Worship Service. 10 a.m. at Unitarian Universalist Church in Reston, 1625 Wiehle Ave., Reston. Join us to celebrate the new church year. Homecoming is an opportunity to rededicate oneself to nourishing spirituality, serving the community and seeking justice together. All are welcome. Visit www.UUReston.org or call 703-956-9155.

TUESDAY/SEPT. 10

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

WEDNESDAY/SEPT. 11

Preference Poll Candidate Forum. 6:30 p.m. at RCC Hunters Woods, in the CenterStage, located at 2310 Colts Neck Road, Reston. The Reston Community Center (RCC) Board of Governors announces five candidates to fill three 3-year positions. This year's candidates are incumbents Beverly Cosham, Michelle Moyer and Paul Thomas, and first-time candidates Laurie Dodd and Robert Petrine. Voting begins on Sept. 6, 2019. Visit www.restoncommunitycenter.com or call 703-476-4500.

SATURDAY/SEPT. 14

2019 Arts Educational Panel. 8:30-11 a.m. at the Reston Community Center Hunter Woods (Rooms 2-3-4). ARTSFAIRFAX welcomes the community to the 2019 Arts Educational Panel, 'Think Like an Artist: Creativity in the Classroom' featuring Dr. Kimberly Sheridan, Associate Professor of Educational Psychology at George Mason University and Julie Carmean, Museum Educator and Coordinator of Professional Development at the National Gallery of Art. \$10-\$25. Open to the public, but advance registration is recommended at bit.ly/AFXArtsPanel19.

TUESDAY/SEPT. 17

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

Healthy Aging Part One. 10 a.m.-noon at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Join for the first of a three-part Healthy Aging Series – "Navigating the Health Care Puzzle." Expert panel presenters. RSVP required, light lunch served. RSVP at sinfeld@saintjn.org or 703-390-2349. Visit www.saintjn.org.

WEDNESDAY/SEPT. 18

Community Conversations. 7-9 p.m. at Chantilly High School in Chantilly. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via www.fairfaxcounty.gov/strategic-plan-community-conversations. Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing Angela.Jones@fairfaxcounty.gov.

THURSDAY/SEPT. 19

Healthy Aging Part Two. 10-11:30 a.m. at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Dress comfortably for a demo presentation of Sara Meeks' "Better Backs" by Woody McMahon of Sequoia Health. RSVP required. RSVP at sinfeld@saintjn.org or 703-390-2349. Visit www.saintjn.org.

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Something or Nothing



By KENNETH B. LOURIE

As you can imagine – or read every week in this space, my health, especially considering that my stage IV non-small lung cancer is incurable/"terminal," is top of mind. (If truth be told, it's middle of mind, bottom of mind and every other mind in between and all around.)

That being said – repeatedly, I am prone to exaggerate the significance of seemingly unrelated peculiarities and draw them into my cancer "centricity" without any facts to support them. Though I feel fine-ish, mostly, (the previous weeks' columns "Barbasoul" and "Side Splitting But Not Very Funny" notwithstanding), there are a number of things in my life which aren't doing as fine and have given me pause for this column.

First and foremost is Chino, one of our two diabetic cats ("The Diabetic Duo" as I call him and his brother, Biscuit) is now up to 14 units of insulin per day and is a shell of his former self, literally. His appetite remains good but he's confined in the kitchen because he doesn't seem particularly interested or aware of his litter box. His co-diagnosee Biscuit, has had the complete opposite reaction to his medicine. He's down to two units a day and appears quite himself. He's free to roam around and seems quite clear about the reason for the multiple litter boxes located throughout the house.

Unfortunately, Chino is slowly getting worse and despite following doctor's orders and feeding him prescription food, nothing really seems to be stemming the tide.

The rest of the examples I'm about to give pale in comparison to Chino's situation but in the aggregate, they represent a pattern that's making me nervous.

My inherited model-year-2000 Honda Accord is most definitely showing its age and may very well be nearing the end of its useful life. I have given up trying to make the necessary repairs suggested by the multiple idiot lights illuminating my dashboard. As determined as I am to ignore them, the different sizes, shapes and colors of the various lights/symbols are drawing me ever closer to the wear and tear they represent. I fear the worst, as with Chino.

Now into a more mundane world, a world in which technology has ensnared us. What would we do without the various hand-held devices with which most of us are all too familiar? I'm getting regular messages that unless I act accordingly, I'm about to find out.

My museum-piece flip phone is dying. It won't hold a battery charge for nearly as long as it used to. Either I'm speaking into it or I'm speaking at it because I only have one bar and I need to charge it. As a result, it's become unreliable and a bit of a bother. If it had any legs, it would be on its last ones.

The battery-operated key fob for my car has recently advised me that it too is dying and, unless I make the necessary battery replacement, it will no longer start my car. Do I really need my key fob communicating with me? A metal key never bothered me with such trivialities and so long as I was inserting it into the car to which it was mated, I was usually able to reach my intended target – without any backtalk.

Finally, I've been receiving messages on my television that the remote control is unhappy and also needs a battery replacement and unless I respond, it too will fade into nothingness and I'll be staring at a blank screen. I don't mind a smart TV but I do object to one that persists in its demands.

All these elements, crucial in their own way, intersecting with my cancer life at the same time and all seemingly headed in the same direction: south.

I can ignore and compartmentalize some things, but I can't ignore and compartmentalize all things. After all, as the old joke "punchlines:" I gave you lots of warnings.

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

OPINION

Washington D.C. to Tokyo in Under Five Hours

BY EVA WILLIAMS-SIGUENZA

Not exactly, but this summer I felt as if I spent two weeks in Japan without even leaving the East coast.

This opportunity was High School Diplomats (HSD), which is a program hosted at Princeton University for 40 US and 40 Japanese students to exchange cultural knowledge and ideas. Using games, diplomatic discussions, activities, and even food, I gained a deeper understanding of not only another culture but also of myself and my place in the world. It's a chance to meet someone on the other side of the world that you would have never met otherwise.

My High School Diplomats experience began when my family and I hosted two Japanese students, Honatsu and Rina, for three days. We went shopping at Tysons Corner Mall, bought all the American snacks they could possibly fit in their luggage, and took a painting class. I immediately formed a tight bond with both of them and we learned about each other's cul-



Eva Williams-Siguenza and Honatsu Tanaka show off their star-spangled costumes.

tures along the way. I highly recommend anyone in Northern Virginia who applies to participate in Homestay Weekend, as it gave me a taste of what the rest of my summer would be like.

Two weeks later, we reunited at Princeton for the upcoming ten-day program. In those ten days, my mindset shifted to a more globally understanding one and I began to see both cultures in a new light. I am so grateful that I was

able to have an international experience without leaving the country. In this sense, High School Diplomats is truly unique. I met so many interesting people with whom I shared more similarities than differences. The High School Diplomats staff led us through several activities, such as a Bunka No Hi Culture and Earth Day festivals. I will never forget all the impromptu dance parties we had, the insightful diplomatic talks or the

Japanese language classes.

High School Diplomats is one of the most rewarding things I have ever done. It's also one of the most challenging, which is why it's important to go in with an open mindset ready to absorb anything and everything. I can't thank HSD enough for helping me figure out who I am and for teaching me about true friendship even if it is 6000 miles away.

Sophomore and Junior students from all over the United States can apply starting Sept. 15 until Jan. 8 at www.highschooldiplomats.com and clicking the Application Information button at the bottom of the article. After the application deadline, selected students will be contacted for an interview as the second portion of the process. Contact the program director, Celine Zapolski, with any questions about the program at celinezapolski@highschooldiplomats.com.

Start planning today your opportunity to expand your horizons, have the experience of a lifetime, and make long-lasting friends.

Eva Williams-Siguenza lives in Chantilly and attends St. Paul VI Catholic High School in Fairfax City.

LETTERS TO THE EDITOR

A Letter to Friends and Neighbors

To te Editor:

I've written to you before and I didn't think I could do it again. You see, after fighting so hard, my sister lost her battle with ovarian cancer last year. I feel her loss every day. As hard as it is to talk about, I keep remembering something she said to me after she was diagnosed. She was shocked that two educated women (she was a physician) were so unaware of the risk of ovarian cancer. As we shared her story with friends and colleagues, we discovered that we weren't the only ones unaware of this killer. She kept telling me that

we had to warn everyone. While we fought to keep her alive, we worked hard to raise awareness and to make people comfortable talking about reproductive health and ovaries.

To honor a beautiful warrior who wanted to spare anyone else's family from the pain we have endured, I would like to share our story again as September is ovarian cancer awareness month.

Denise was one of the 85 percent of women who are diagnosed after the cancer has metastasized because the symptoms are so vague. There is no accurate screen-

ing or early detection test for ovarian cancer. Nothing done during our annual trips to the gynecologist is checking us for ovarian cancer. By the time Denise was diagnosed, the cancer had spread well beyond her abdomen. My sister was an athletic, very active person until she was told she had stage IV ovarian cancer. Most people don't realize that ovarian cancer is only the 11th most common cancer among women, but is the fifth leading cause of cancer death among women.

I am calling on all of you to help me honor Denise. Pay attention to

your own bodies and be aware of changes. Don't do what most of us do and ignore them as we rush about our busy lives. If you feel any of the following: bloating that is persistent; eating less and feeling fuller; abdominal pain; urinary symptoms; please be proactive, see your gynecologist, ask for a transvaginal ultrasound; a pelvic/rectal exam; and a CA-125 blood test.

Help me spread the word during September by telling all the women in your lives about the risk of ovarian cancer.

Laura Forte
Great Falls

Preserving Area's Equestrian Culture

To the Editor:

The Northwest suburbs of Washington DC hugging the Potomac River have always been known for being horse friendly. For many years, horses, horse properties and equestrian events were commonplace. Over the past decade, this equestrian culture has come under pressure as the Fairfax County Board of Supervisors continues to increase property taxes and approve higher density real estate development.

As new homeowners join the community, they are increasingly

less informed of this equestrian heritage and may question the need to have horse friendly parks, trails and road crossings. By no means have horses left Great Falls and boarding opportunities are in high demand. All the more reason to protect Turner Farm as an equestrian park and be thankful for events such as the one that took place this past weekend – the Summer Horse Trials, Combined Test, and Dressage Show. Not only does it represent one of the many horse shows at Turner Farm over the course of any given year, it

brings the equestrian community together and raises needed money for park maintenance. It also provides a wonderful opportunity for beginner and novice riders to participate in an organized event in a friendly and supportive environment. Now in its fifth year, riders and spectators alike look forward to the event that draws hundreds to Turner Farm from surrounding communities. This all volunteer event runs smoothly, including wonderful support from Great Falls Volunteer Fire and Rescue who are present maintaining a

watchful eye on horse and rider safety. Thank you to Kristin Parisot and Wendy Masemer for your vision and leadership. The equestrian community needs more passionate leaders such as yourself to ensure that our community never forgets why Turner Farm is here, that the park is well utilized by the equestrian community and why this community invests so greatly to ensure it is maintained and preserved for future generations.

Craig Parisot
Great Falls

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

