

Herndon Vice Mayor Connects with Runnymede

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Herndon's Vice Mayor
Jennifer Baker with Mayor
of Runnymede Derek
Cotty. In November of 2015
Herndon's Baker visited
England and met the
Mayor of Runnymede,
Herndon's sister city.

Herndon High Prepares For Winter Cabaret

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Taiko Drumming at Fox Mill Elementary

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2/3/2016.....Wellbeing – National Children's Dental Health Month
2/10/2016.....HomeLifeStyle
2/10/2016.....Valentine's Dining & Gifts II
2/17/2016.....A+ Camps & Schools
2/24/2016.....Pet Connection

MARCH
3/2/2016.....Wellbeing
3/9/2016.....HomeLifeStyle Real Estate Pullout
3/16/2016.....A+ Camps & Schools
3/23/2016....Spring Fun, Food, Arts & Entertainment
FCPS Spring Break 3/21-3/25

APRIL
4/6/2016.....Wellbeing – Senior Living Pullout
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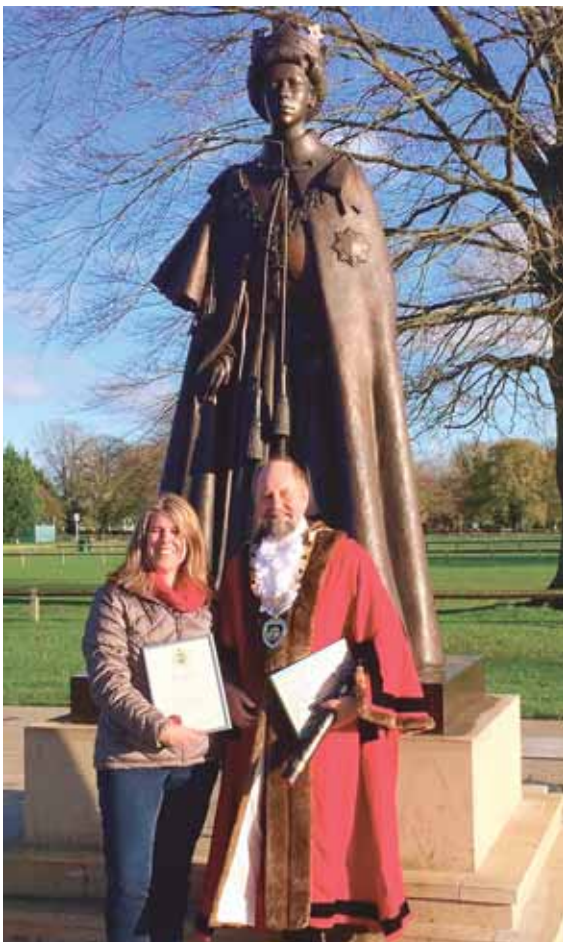
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“Warmest greetings from Runnymede.” Vice Mayor Jennifer Baker was given a document signed by Runnymede Mayor Cotty, which hopes for good ties with its sister city.



Photo of Herndon's Vice Mayor Jennifer Baker with Mayor of Runnymede Derek Cotty. In November of 2015 Herndon's Vice Mayor Jennifer Baker visited England and met Derek Cotty, Mayor of Runnymede, Herndon's sister city.

PHOTOS COURTESY OF JENNIFER BAKER

Herndon Vice Mayor Connects with Runnymede

Honoring the history of Herndon.

BY RYAN DUNN
THE CONNECTION

In November of 2015 Herndon's Vice Mayor Jennifer Baker visited England and met Derek Cotty, Mayor of Runnymede, Herndon's sister city. Runnymede's Mayor Cotty worked to ensure the success of the 800th commemoration of the Magna Carta, a document which became a symbol of legal rights and freedoms. Months later in January, the Herndon council met to recognize the works of now retired former mayor and state delegate Tom Rust and celebrate its Town Incorporation Day.

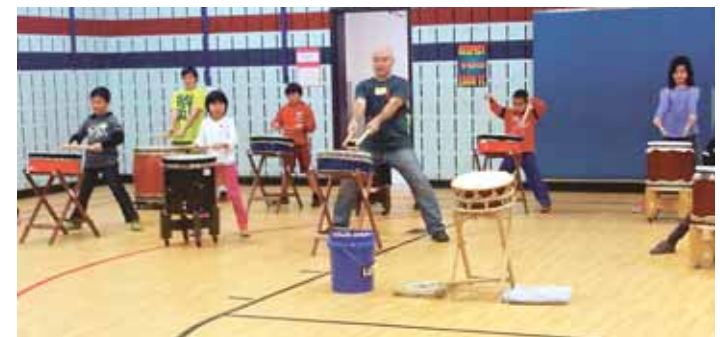
On Jan. 12 at a public hearing the Herndon Town Council approved a proclamation honoring “Herndon Town Incorporation Day.” “Herndon celebrates 137 years as an incorporated town today. Herndon has always been proud of its heritage and rich history as a rail and dairy town - and there has never been a more exciting time to be a Herndonian than today,” said Lisa Merkel, Mayor, Town of Herndon. “We are actively seeking proposals to revitalize our small town downtown, and the crane is up and for construction at our future Metro stop - bringing us full circle as a rail town. Herndon is ready for a bright future!”

The Herndon Depot was constructed in 1857 as a stop on the Alexandria, Loudoun and Hampshire railroad. In 1858 the town received a post office named for Captain William Lewis Herndon, a Virginia-born sea captain who had heroically gone down with his ship after directing passengers and crew into lifeboats. The town was legally incorporated in 1879, keeping the name Herndon, and the first town council meetings were held at the depot. Although the

population was low, area farmers made Herndon their market center, with notable success. Inside the Town of Herndon is Runnymede Park, the Town's 58-acre natural park, which contains wooded areas and a large meadow. It boasts over 450 native plant species, diverse wildlife habitats, and the Sugarland Run stream.

Today, Herndon sees foot traffic and bicycles through the town on the Washington and Old Dominion trail, which becomes more popular on weekends and warmer months. On Tuesday, Sept. 9, 2014, Mayor Merkel and the Herndon town council celebrated the completion of installation of lights along the W&OD trail. Phase 2 of the Silver Line will bring Metro to Herndon, Dulles Airport and beyond and is expected to be complete by 2020. The Herndon station will be constructed in the median of the Dulles Toll Road and connect to the town on its north side via a pedestrian bridge. A suburb of Washington, D.C., the Town of Herndon is the 3rd largest town in the Commonwealth of Virginia and home to over 23,000 citizens.

If you visit the Town Municipal Building at 777 Lynn Street, you will see displayed several relics and documents highlighting the ties between Runnymede and Herndon. The Herndon Historical Society will meet on Wednesday, Jan. 27, 7:30 p.m. at the Depot building. The special Annual Meeting will include membership business, voting for open Board positions and amended Articles for Incorporation, as well as discussing the impending changes to the bylaws and efforts to secure 501(c)(3) designation. Herndon resident Richard Downer will give a brief presentation on what he has discovered about W&OD Freight Motor #50, a historic Virginia engine is still operating in Iowa. To learn more about Herndon, visit herndonhistoricalsociety.org.



Instructor Mark Rooney, center, shows students how to play taiko. The opportunity was made possible through a grant from the Japan Commerce Association of Washington, D.C. The afterschool session took place in late November 2015.

Taiko Drumming at Fox Mill Elementary

BY MARISSA BEALE
THE CONNECTION

At Fox Mill Elementary School students not only learn the Japanese language, but also gain exposure to Japan's culture.

Through a grant opportunity made possible by the Japan Commerce Association of Washington, D.C., Fox Mill secured funds to bring taiko instructor and performer, Mark Rooney, to the school to host a school-wide assembly and after-school class for students.

“Students are very excited to participate in the program,” said Japanese Immersion (JI) teacher Yoko Linam. “There were 140 requests for the after-school drumming. A lucky 60 were chosen.”

The 60 students, separated into two groups of 30, participated in after-school classes that were taught on separate days. Sitting in a row in the school's gymnasium, students from kindergarten to sixth grade listened quietly as Rooney explained the rules for playing the taiko drums. Both JI and non-JI students at the school had chances to participate. In total, 40 percent of students are involved in the JI Program.

“We are trying to showcase [the program's] importance,” said Linam. “We are on the list of proposed cuts due to the budget, but parents are working hard to save the program.”

“I wanted an immersion program and I'm really upset that the JI Program is at risk,” said Nellie Scrapper, a mother of two sons in first grade at Fox Mill. “My mom speaks five languages



From left — Japanese Immersion teachers Nahoko Nakayama and Yoko Linam prove instructions and an introduction to participating in the afterschool taiko lesson.

and I speak three. We bought our house [here] because of the schools and the immersion program.”

Other parents, see the program as a nice addition, but do not view it as integral to what their child needs to know. One parent expressed that removing the program would not be the same as altering a core subject such as math or social studies.

“I started at Fox Mill in 1991 and I hear from former students who have continued their studies in high school, college and beyond,” said Nahoko Nakayama, who has been a JI teacher at Fox Mill since 1991. “A group of former students even opened a company in Tokyo. Because of this program, there are three or four private schools in Japan with English immersion programs.”

For more information about the World Languages Program, visit fcps.edu.

OPINION

Pay Attention

General Assembly action matters more in Virginia.

The Virginia General Assembly began its 60-day 2016 session on Wednesday, Jan. 13. Here in Northern Virginia, residents are often far more cognizant of national politics and government than state and local government. But there are several reasons why, especially in Virginia, especially if you live in Northern Virginia, you should pay attention.

In Virginia, localities have only the power expressly given by the General Assembly. So living in Fairfax or Arlington or Alexandria, your local governments and regulations are often not able to reflect the values and preferences of residents.

For example, for Fairfax County to have any say about whether a gun store can operate adjacent to a school, where students can see customers coming and going with weapons, the General Assembly would have to vote to give the county that authority. While this has been a hot topic here, and several legislators have introduced "authorizing legislation," it would be remarkable if the currently constituted assembly would allow this to go forward.

Living in the wealthiest areas of the Commonwealth also raises concerns. Localities have very limited options for raising revenue. The revenue that is actually based on someone's ability to pay, income taxes, is only collected by the state; localities cannot claim any portion of income tax. Of course Northern Virginia is the economic engine of the state, and so it makes sense that a significant portion of the

state budget would be funded with Northern Virginia dollars. But it is unfair that the General Assembly limits localities ability to access other revenue choices to fund local necessities like schools.

There are dozens of other examples, and most are complicated. But local officials are elected, and if local government takes action not supported by local voters, they will be voted out.

Because of gerrymandering of districts in both the House of Delegates and the Virginia Senate, the makeup of the General Assembly is far more conservative than the Commonwealth overall, as evidenced by Democrats elected to all statewide offices. This makes the control from Richmond all the more egregious.

Every resident is represented by one delegate and one senator in the Virginia General Assembly. You can visit the General Assembly website to find out who represents you, for contact information, for session livestreaming and more.

<http://virginiageneralassembly.gov>

Vote Now for Presidential Primary

Who will be the next President of the United States also matters.

In order to vote in either of Virginia's presidential primaries on March 1, voters must be registered by Feb. 8. Voting "absentee in per-

son" (early voting available for myriad reasons, including anyone who will commute to work on Election Day) is already underway.

In Virginia, voters do not register by party. In the primaries for President, you can vote either the Democrat or Republican ballot, but not both. If you choose to vote the Republican ballot, you will be required to sign the following statement first:

Section 24.2-545 of the Code of Virginia allows the political party holding a primary to determine requirements for voting in the primary. The Republican Party of Virginia has determined that the following statement shall be a requirement of your participation. STATEMENT: My signature below indicates that I am a Republican.

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For details on absentee voting in Fairfax County, see www.fairfaxcounty.gov/elections/absentee.htm.

Transportation Improvements Will Bolster Economy

Northern Virginia Business Transportation Coalition 2016 policy statement.

We, the undersigned Northern Virginia organizations representing the vast majority of businesses and employees of Northern Virginia's private sector and non-profit workforce, believe that a strong, efficient regional transportation network is essential to our region's future economic competitiveness, security, and quality of life. We believe that unlocking Northern Virginia's transportation grid requires a strategic regional approach.

We believe that achieving the best solutions to our transportation challenges requires a big picture perspective — regionally as well as statewide. Efforts to constrain, either by law or regulation, the Commonwealth Transportation Board's ability to determine the best investments for the state, are counter to the goals set forth in House Bill 2, 2014 legislation

designed to address the commonwealth's congestion reduction and economic development needs.

The focus of the Commonwealth Transportation Board and the Northern Virginia Transportation Authority, our region's designated transportation planning body, should be on the investment of regional, state, federal, and private sector transportation dollars for highway, transit improvements, and intelligent transportation systems that will:

- ❖ Move the greatest number of people throughout the region;
- ❖ Reduce congestion and travel time between major regional employment centers and communities;
- ❖ Increase reliability of the network region-wide while producing the best long-term return on investment;
- ❖ Promote regional economic

development and growth; and

- ❖ Enhance regional security.

We are concerned that the law requiring the long-term benefits of Northern Virginia's regional funds be distributed proportionally among jurisdictions impedes the ability of the regional body to address the region's most critical transportation needs.

We believe that regional transportation funds should be primarily focused and leveraged, where appropriate, with federal, state, and private funds on projects of large-scale regional significance. These include:

- ❖ I-66 — construct new lanes and enhance transit from US Route 15/Haymarket to Theodore Roosevelt Bridge.
- ❖ New Potomac River Crossing — constructed west of American Legion Bridge.
- ❖ American Legion Bridge — add new express/managed lanes in each direction.
- ❖ Metro — improve maintenance, operations, safety and rail fleet.
- ❖ Bi-County Parkway — construct between I-66/Route 234 Bypass in Prince William County

and Route 50 in Loudoun County.

- ❖ Route 28 — upgrade to eight lanes.

❖ Fairfax County Parkway — convert to limited access facility.
❖ I-395 — convert HOV lanes to express/managed lanes between the Capital Beltway and the 14th Street Bridge.

❖ Regional Express Bus network — implement in the I-66, I-95, I-395, I-495, Dulles and other major regional corridors.

We support performance-based statewide and regional transportation plans that focus on new and existing corridors of regional and statewide significance, the evaluation of highway and public transit projects utilizing the same criteria, and the prioritization of investments first and foremost on the ability to reduce congestion and improve travel time.

Brian M. Gordon, MPA, Apartment and Office Building Association
Leo J. Titus, Jr. PE, Committee for Dulles

Patricia Nicoson, Dulles Corridor Rail Association

Mark S. Ingrao, Greater Reston Chamber of Commerce Greater

SEE TRANSPORTATION, PAGE 11

Oak Hill & Herndon
CONNECTION

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PHOTO COURTESY OF FCPS

'Thomas Jefferson and Patrick Henry' Come to Herndon Elementary

Herndon Elementary fourth and sixth grade students met with historical reenactors of Thomas Jefferson and Patrick Henry. Jefferson and Henry walked among the students, taking their questions and interacting with them. Subject matter included the manners and customs of their time, the importance of education, the difference between being subjects and citizens, why Americans shake hands in lieu of bowing and curtsying, where the handshake originated, and the diversity of people in the colonies. The two historical figures also talked about how, when they disagreed in their politics, they could act with civility and get along.

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South Lakes 4x400 relay team of Golden Kumi-Darfour, Olivia Beckner, Sophie Halkett and Devyn Jones finished first at the Liberty Flames High School Invitational Jan. 15-16.



PHOTOS BY JON FLEMING

South Lakes' Anas Fain placed first in the 55-meter hurdles at the Liberty Flames High School Invitational Jan. 15-16.

South Lakes Produces Multiple Winners at Liberty Flames Invitational

Seniors Golden Kumi-Darfour, Anas Fain and Skander Ballard closed out their regular season high school careers with wins at the Liberty Flames High School Invitational indoor track and field meet Jan. 15-16 at Liberty University in Lynchburg.

South Lakes finished second in the 53-team girls field and third among the 55 boys teams at the meet.

Kumi-Darfour won the 500 meters (1:17.50) and teamed with freshman Sophie Halkett, sophomore Olivia Beckner and junior Devyn Jones to win the 4x400 meter relay in 4:00.94. Halkett finished third in the 500 with a region meet qualifying time of 1:19.42 while Beckner won the 1000 meters in a state meet qualifying time of 3:01.51.

Jones won her second consecutive 55 hurdles race with a 8.60 in the preliminaries and a 8.51 in the finals, both of which are state meet qualifying times. She also finished fifth in the long jump with a region-meet qualifying jump of 16-04.75. Jones, Halkett, freshman Cara Hutson and junior Nikayla Hoyte finished second in the 4x200 meter relay with a region standard time of 1:48.08.

On the boys' side, Fain's victory in the 55 meter hurdles (7.71 prelims, 7.68 finals) has him undefeated in that event this season. In each race, he has won with a state meet qualifying time. Fain also finished 13th in the long jump (19-08.50, conference), 10th in the triple jump (41-08.75) and 21st in the 55 meters (38.01, conference). Senior Eric Kirlaw finished second in the triple

jump (45-05.50) and also has had a state qualifying jump in every meet this season. He also got conference meet standards in the high jump (5-06.00, 12th), 55 meters (6.76, 10th) and 300 meters (37.77, 18th) at the Flames meet.

Ballard won the boys 500 meters with a state meet qualifying time of 1:06.50. He also finished seventh in the triple jump (42-03.25, conference qualifier). Junior Timiebi Ogobri's 6.68 in the preliminaries of the 55 meter dash qualified for the region meet. He was fourth in the final (6.70).

Fain, seniors Nikolai Waithe, John LeBerre and junior Ashton Reinhold's time of 3:32.97 in the 4x400 meter relay placed SLHS third. The team has already met the state-meet standard. SLHS track team member who achieved conference qualifying

standards at the Liberty Flames meet include: senior Alex Rudison (triple jump, 38-03.50, 23rd; pole vault, 10-06.00, 8th); senior Connor Smith (500 meters, 1:11.96, 24th); senior Christopher Byron (300 meters, 1:11.72, 22nd); junior Nikayla Hoyte (300 meters, 42.97, 6th); junior Peter Sepulveda (1000 meters, 2:44.67, 6th); sophomore Alex Wallace (500 meters, 1:11.66, 21st); sophomore Sarah Wolfe (500 meters, 1:25.42, 17th; 1600 meters, 5:27.49, 14th); Waithe (300 meters, 37.36, 11th; 500 meters, 1:09.21, 6th); and Reinhold (500 meters, 1:10.95, 19th).

South Lakes begin defense of its Conference 6 titles this Friday at the Prince George's Sportsplex in Landover, Md. The two-day meet is scheduled to conclude Thursday, Jan. 28.

South Lakes Falls To Stone Bridge

The South Lakes boys' basketball team lost a non-conference game against Stone Bridge 56-48 on Saturday in Ashburn, dropping the Seahawks' record to 6-8.

It was South Lakes' third loss in its last four games.

Sophomore forward Emmanuel Aghayere led the Seahawks with 17 points. Sophomore guard Damon Johnson and sophomore forward Andrew Powers each scored 10 points and senior guard Marty Gyski had six.

South Lakes closed the first half of its Conference 6 schedule against Hayfield on Tuesday, after The Connection's deadline. The Seahawks entered the contest

with a 3-3 conference record.

South Lakes is scheduled to face Langley, which sits atop the Conference 6 standings, at 7:15 p.m. on Friday, Jan. 22 at Langley High School.

Herndon Boys Start 3-0 in Conference

The Herndon boys' basketball team improved to 3-0 in the Conference 5 standings with a 73-71 home win over Chantilly on Jan. 15. The Hornets' overall record improved to 9-5.

Herndon faced defending state runner-up Westfield on Tuesday, after The Connection's deadline. The Hornets are scheduled to travel to Robinson at 7:15 p.m. on Friday, Jan. 22.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

South Lakes sophomore Damon Johnson scored 10 points during Saturday's loss to Stone Bridge.

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

THURSDAY/JAN. 21

Poetry Workshop. 7-8:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Join a new monthly workshop. Meets Thursday evenings starting Jan. 21. Contact rullah@gmail.com for more information.

SATURDAY/JAN. 23

Reston Camp Expo. 9 a.m. Reston Community Center, 2310 Colts Neck Road, Reston. Learn about providers who serve Reston youth throughout the school year and summer. Also features employment information, demonstrations and crafts and activities for children. www.restoncommunitycenter.com. 703-390-6162.

SUNDAY/JAN. 24

Threaded with Green Quilt Show Opening Reception. 2-4 p.m. ArtSpace Herndon, 750 Center St., Herndon. Exhibit runs from Jan. 12-Feb. 14. www.artspaceherndon.com.

MONDAY/JAN. 25

NARFE Dulles Chapter 1241 Luncheon. 11:30 a.m. Amphora Diner, 1151 Elden St., Herndon. Speaker: Richard Elmas, Board Member, Virginia Society of Enrolled Agents & Member, National Association of Enrolled Agents and National Association of Tax Professionals; Topic: Federal Income Taxes. \$18. Call to reserve by Thursday, Jan. 21. Louise Rooney, 703-435-3523.

"Rain Follows the Plow." 7:30 p.m. NextStop Theater, 269 Sunset Park Drive, Herndon. "Rain Follows the Plow," an original folk opera illuminating the human side of the nation's worst manmade ecological disaster, will see its theatrical debut, one night only, in Herndon. \$15. 703-241-7432. <http://rainfollowstheplow.com>.

SATURDAY/JAN. 30

Weekend Bluegrass Concert Series. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. East of Monroe plays. If you like bluegrass, both traditional and contemporary, with a touch of gospel, blues or jazz then this band is just who you are looking for.

SUNDAY/JAN. 31

Bluegrass-Goldheart. 7 p.m. Frying Pan Park, 2709 West Ox Road, Herndon. The three youthful but talented Gold sisters (Tori, Jocey and Shelby) bring their original songs and beautiful sister harmonies supported by their capable instrumental work. \$18, \$20. <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

SATURDAY/FEB. 6

Annual Father Daughter Dance. Herndon Community Center, 814 Ferndale Ave., Herndon. This semi-formal event will include an evening of dancing, appetizers, drinks, a photo of the couple, and a keepsake. Daughter may be



PHOTO BY TRACI J. BROOKS STUDIOS/COURTESY OF NEXTSTOP THEATRE

Tamieka Chavis as Mary Swanson and John Stange as John Dodge in "Middletown" from NextStop Theatre from Jan. 14-Feb. 27.

Ongoing

Little Hands Preschool Art Class. 10-11 a.m. Tuesdays from Jan. 12 to Feb. 2. Greater Reston Arts Center, 12000 Market St. #103, Reston. Introducing young children to art by having them explore new artwork, materials, and skills each week. Limited to 10 participants. Ages 3-5 years old. restonarts.org. 703-471-9242.

"Middletown" by Will Eno. Jan. 14-Feb. 7. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. In this quirky, modern companion to "Our Town," residents of Middletown seek the meaning of suburban life. Encounter thought-provoking universal themes and a few personalities you may recognize from your own neighbors and friends. www.NextStopTheatre.org. 703-481-5930.

Dress Drive for Prom. Jan. 2-March 26. Monday-Saturday, 9 a.m.-5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCC is collecting formal dresses, shoes, handbags, scarves and shawls, jewelry and accessories for Diva Central. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. 703-390-6158.

Volunteers. The McLean Community Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training provided. Call the scene shop manager at 703-304-3176 to schedule a visit and talk. www.McLeanPlayers.org.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

Feldenkrais Floor Class. 2:30-3:30 p.m. Jan. 12-Feb. 2. Herndon Senior Center, 873 Grace

St., Herndon. This gentle and precisely focused exercise method can improve range of motion, flexibility, coordination and balance, and reduce body pain. To participate, you must be able to get down to and back up from the floor easily and by yourself. For your comfort, please bring a towel and warm clothes or layers. Free-\$10. 703-464-6200.

Charlene Fuhrman-Schulz Exhibit. Through January 2016. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Fuhrman-Schulz displays her passion for traditional Oriental watercolor and ink painting in this solo show, arranged by the League of Reston Artists. Free. www.leagueofrestonartists.org.

Threaded with Green Quilt Show. Jan. 12-Feb. 14. ArtSpace Herndon, 750 Center St., Herndon. Display of talent, dedication and attention to detail from nineteen invited fiber artists. Every quilt in the show has an element of green. The exhibit features the challenge "There is a Season" from 12 fiber artists creating a quilt for each season. www.artspaceherndon.com.

Regina Petrecca's Paintings. February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. www.leagueofrestonartists.org.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

Rebecca Kamen: Continuum. Through Feb. 13. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Kamen. Informed by research into cosmology, neuroscience, history of science, and philosophy, Kamen's abstract sculptures and paintings connect common threads across various scientific fields to capture and re-imagine what scientists see. restonarts.org. 703-471-9242.

WEEK IN HERNDON

Herndon Police Redistricting

This week, to better balance the district boundaries and more effectively deploy personnel and resources, the Herndon Police Department reduced its community policing districts from five to four and renamed them. The new names are Dranesville, Dulles, Worldgate, and Metro. Team Leaders for these Districts are: Dranesville – SGT Farbry (Christopher.farbry@herndon-va.gov); Dulles – SGT Tacci (john.tacci@herndon-va.gov); Metro – SGT Williams (Justin.williams@herndon-va.gov); Worldgate – SGT Merritt (sean.merritt@herndon-va.gov).

Stuff the Bus 2016

Fairfax County is promoting its annual "Stuff the Bus: Helping Fairfax Families" program at 14 locations from Jan. 16 to Feb. 15. This collaborative program, now in its sixth year, is a partnership among Fairfax County Government, local grocery stores and nonprofits to restock the shelves.

Each week a Fastran bus staffed by MV Transportation personnel will park at a different location and collect food donations. The campaign kicks off Saturday, Jan. 16, the weekend leading up to the Martin Luther King Day of Service, and will run each weekend until President's Day, Monday, Feb. 15.

All donation hours are from 9:30 a.m. to 4:30 p.m.

Stuff the Bus dates and locations: Saturday, Jan. 23 - Village Center and Dulles Shoppers, 2425 Centreville Road, Herndon. Benefiting LINK.

Monday, Feb. 15 - Village Center at Dulles Shoppers, 2425 Centreville Road, Herndon. Benefiting St. Anne's Episcopal Church.

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Ted Thayer is a member of the George Mason University Potomac Arts Academy Encore Choral in Fairfax.

Seniors Who Sing

By MARILYN CAMPBELL
THE CONNECTION

When musician Jeanne Kelly was asked to be a part of a study on creativity in the aging, she readily accepted. She was a natural to be tapped for the job, since she was running a program for older adults at the Levine School of Music's Arlington campus. She was tasked with helping to measure the impact of professionally conducted cultural programs on older adults.

"The study found that artistic excellence has huge benefits, physically, mentally and socially. Out of that study, I decided to start Encore," said Kelly, referring to a group of singers, all seniors, who are part of one of the 18 Encore Chorales that make up Encore Creativity for Older Adults.

Encore is a nonprofit organization that offers arts education and performance opportunities for seniors. The chorales are currently accepting new members through the end of January. There are no auditions and all levels of musical experience and ability are accepted.

CHORALE MEMBERS pay a fee which covers sheet music and the cost of the performances. In exchange, members receive music education and training from professional musicians, a chance to make social connections and an opportunity to perform challenging choral music. Participants learn proper breathing techniques and ways in which they can improve their voice, all under the guidance of a conductor.

"We don't dumb things down for our older adults," said Kelly. "Our

members really appreciate the respect they get."

Adjustments are made, says Kelly, to accommodate the needs of some seniors. For example, rehearsals are held during the day out of consideration for those who don't drive at night, and members with mobility issues are not required to stand during rehearsals or performances. Encore focuses on offering a classical music repertoire. Choral works such as Giuseppe Verdi's "Messa da Requiem" are chosen to pair well with seniors' voices.

"Our voices do change as we age," said Kelly. "Soprano voices aren't as high as we age, for example, so we choose wonderful music that really shows them off and will challenge them to the max."

"What they're doing is beautiful because they're not only making healthy social connections, they're also challenging their brains which helps maintain their cognitive flexibility," said Carolyn Lorente, Ph.D, assistant professor of psychology at Northern Virginia Community College in Alexandria. "To be able to memorize a piece of music is impressive."

Encore Chorales travel and perform at venues around the globe. Janet Hansen, the choral master for the Langston Brown Encore Choral in Arlington, traveled to Cuba last year. "It was a marvelous experience that I wouldn't have had if I hadn't been in Encore," said Hansen, who is a retired education policy researcher. "I wanted to try new things that were different than I did when I was working. This one has been very rewarding." Choral masters are singers who assist the conductor with administrative duties, serve as contact for singers



PHOTOS COURTESY OF ENCORE CREATIVITY FOR OLDER ADULTS

Lee Lipsey is a member of and choral master for the Encore Choral of Reston.

Improving and preserving the quality of life through music education.

Encore Chorales

Singers accepted through the end of January. For more information: <http://encorecreativity.org>, call 301-261-5747 or email info@encorecreativity.org.

Five weekly rehearsals are underway at the following locations:
Alexandria Encore Choral – Rehearsals on Mondays at 10:30 a.m. at Convergence, located at 1801 N. Quaker Lane, Alexandria. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

GMU Potomac Arts Academy Encore Choral – Rehearsals on Tuesdays at 11 a.m. at St. George UMC, 4910 Ox Road, Fairfax. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

Langston Brown Encore Choral – Rehearsals on Tuesdays at 1:45 p.m. at Langston Brown Senior Center, 2121 Culpeper St., Arlington. Fee is \$150 for 15 weekly rehearsals, sheet music and performances.

Encore Choral of Reston – Rehearsals on Tuesdays at 2 p.m. at RCC Hunters Woods in Reston. Fee is \$160 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music and performances. Registration is through Fairfax County/Reston Community Center.

Lansdowne Woods Encore Choral – Rehearsals on Wednesdays at 2 p.m. in the auditorium of Lansdowne Woods at 19375 Magnolia Grove Square, Lansdowne. Fee is \$150 for 15 weekly rehearsals, sheet music and performances. Pre-registration is required for non-residents.

with questions, etc.

The chorales are open to everyone over the age of 55, regardless of musical experience or ability. Members range from beginners to accomplished musicians. Joan and Ted Thayer are members of the George Mason University Potomac Arts Academy Encore Choral in Fairfax. Ted Thayer has been a musician for most of his adult life, majoring in music at the University of Illinois and spending more than 30 years in the National Symphony Orchestra. Joan Thayer, however, had no musical experience. Both participate fully in their choral. Joan Thayer says she has enjoyed learning and sharing one of her husband's passions. "Singing is challenging for me, but I always come away happy and relaxed after an hour and a half rehearsal," she said. "It's a great group of people, and it's nice to be able to talk with someone about something that happened in the 1940s or about things that seniors are going through now, and actually be understood."

Being challenged through musical performance is one of the things that Lee Lipsey, a member of and choral master for the Encore Choral of Reston, appreciates. "It's energizing and stimulating on a lot of different levels," she said. "It requires focus, hard work and practice to do it well, but there is a satisfaction in doing it well. You're part of a team, so your pursuit of excellence isn't an individual effort, it's for the team."

ENCORE has more than 1,200 members in 17 Choral locations in the Washington, D.C. area and six Chorales in other cities. Opportunities for performance and travel for 2016 include a French Riviera cruise and intensive summer training at college campuses around the country. The season concludes with combined performances with other Chorales as well as local concerts at most Choral locations.

For more information or to register for an Encore Choral, visit <http://encorecreativity.org>, call 301-261-5747 or email info@encorecreativity.org.

Herndon High Prepares for Winter Cabaret

Broadway music and dance at Herndon HS.

By RYAN DUNN
THE CONNECTION

Herndon High students have been rehearsing for the annual winter cabaret show. The theme for this year's show is "Once Upon A Time" and will feature numbers from many musicals including "Into the Woods," "Chess," and "Aida." "This is always one of my most favorite productions of the year," said Dana Van Slyke, Choir director of Herndon HS. Her husband Jim and her eighth grade son Ethan Van Slyke will be playing musical percussion for the show.

The show will also feature plenty of dance moves on the stage. Colby Dezelick has helped students master challenging choreography. "I think this year will be amazing, all the numbers are energetic. The kids bring such enthusiasm to the show," said Dezelick. One of the final songs, "Be the Hero for Your Story" from the musical "Big Fish," will feature choreographic sequences. "This song has a lot of awesome choreography, and Colby is so talented," said senior Emma Anderson.

"The kids really enjoyed rehearsing with Colby," said Andie Lytle, president of the Choral Boosters group. The cast is made up of Herndon High students from the ninth through 12th grade. Any student can audition to be in the production, and does not need to be a member of the school chorus or drama team.

"There is not any point where the audience will be bored," said senior Robin McGrath. McGrath will join seniors Anna Hughes and Annie Taylor on stage for the song "Killer Instinct" from the musical "Bring It On." Senior Gaby Kubi enjoys the song "Dancing Through Life" from the musical "Wicked." "I like this song's message, and it is really a good song," said Kubi. Songs that do not refer to fairy tale fantasy do have references to narratives, and will be an opportunity for students to share some Broadway magic.

The HHS Cabaret performances are scheduled for Jan. 22 and 23 at 7:30 p.m. at the Auditorium. Tickets are \$10 for adults and \$5 for students/faculty/seniors. Other upcoming productions include the school Pyramid Concert on Jan. 25 at 7 p.m. in HHS Auditorium featuring Aldrin, Herndon, Hutchison, Herndon Middle Schools, and Jan. 26 at 7 p.m. in HHS Auditorium featuring Armstrong, Dranesville, and Herndon Middle schools.

Recognition goes to the Herndon HS choir students who achieved a perfect score on sight singing. This included: Michelle Lovering, Tiffany Nguyen, Shennan O'Day, Julia Picchiottino, Jacob Reeves, Becky Findley, Rachel Hawn, Tony Hitti, Caitlyn Homet, Maddy Horstman, Gaby Kubi, Pallavi Kulkarni, Joey Rudek, Victoria Schrag, Evelyn Showalter, Selina Shupp, Amelia Wear, and Becca Wichman. Many in the HS chorus will be joining in this year's cabaret.

Herndon Middle School is preparing for an April production of "Godspell," which will be directed by Scott Pafumi and vocal direction by McKenna Stenson. Stage managers will be Maddie Schiller,



PHOTO COURTESY OF HERNDON DRAMA

Photo of sign in downtown Herndon announcing the upcoming January Cabaret at Herndon High School.



PHOTOS BY RYAN DUNN/THE CONNECTION

Herndon students have been rehearsing for a January cabaret show at HHS. The HHS Cabaret performances are scheduled for Jan. 22 and 23 at 7:30 p.m. at the Auditorium. Tickets are \$10 for adults and \$5 for students/faculty/seniors.

Jim Van Slyke, Colby Dezelick, and Dana Van Slyke at the Herndon High auditorium. The January cabaret show will feature choreography in addition to Broadway music numbers.



Tina Thayer, and Lauren Norley. Music director will be Abby Izzo and choreographer is Erin Grogan. Cast as Jesus is Max Norcross, and playing Judas is Henry Metcalf.

In February, the HS drama club will present "Cinderella: the Oldest Story Ever Told" by David F. Eliet with music by Kenneth Kacmar. The audience will travel on a journey through Africa, India and China as versions of the most universal folktale are woven together in this entertaining and dynamic presentation. Children of all ages will rediscover this classic tale featuring new characters including the King of Frogs, a Flying Cow, a Talking Parrot and a Wise Wizard. This show will be on Feb. 12 at 7 p.m. and Feb. 13 at 10 a.m.



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Pills A-Poppin'



By KENNETH B. LOURIE

I ingest between 40 and 50 pills per day. It's the first thing I do before breakfast, an occasional thing I do before/during/after lunch, and the last thing I do before dinner and sometimes before bedtime as well. To say I'm pill-centric would be an overstatement; I will admit to be pill-mindful though. Either I'm arranging them, organizing them, counting them or ordering them. Whether it matters or not to my health, I try never to be off my schedule too much or be too many days without my normal pill allotment/inventory. If I leave the house at pill time, I will take pills with me and swallow them accordingly. If people ask for any details, I offer as few as possible and move on. Not that I'm uncomfortable with any of the questions, it's more that there are infinitely more interesting topics of conversation.

Being away from home and routine does present some problems, however, especially if the trip involves planes. Trains and automobiles are not the problem. Not having a dedicated travel case, like the "train" case my mother had for her cosmetics, I simply stuff my 25-plus bottles into a plastic shopping bag and knot the handles at the top. No fuss, no muss. Planes, or rather the carry-on rules about such things are another matter entirely. I have never inquired – or gone on the TSA Website, to determine pill procedures. Certainly I'm aware – post-9/11, of the limits concerning toiletries, etc., and the plastic bags into which it all must fit. Not wanting to risk having hundreds of dollars of expensive pills confiscated at the airport, I've always preferred checking my bags (containing the pills) and avoided the potential nightmare. As to the alternative solution of segregating 40-odd pills (into three-times-a-day packets) times however many days into some kind of daily packaging – and leaving the bottles home instead – that has not been a solution I've been able to conjure. Not that any of this is an impediment, more like a challenge and inconvenience. And most definitely a consideration.

Still, it's a small price to pay – so to speak, to incorporate/assimilate a pill plan into my everyday life. I mean, for all I know, and I know very little, these pills might actually be responsible for my life-expectancy odds having been so badly beaten. Accordingly, I see no reason to stop now, especially considering that the majority of the drugs I take are designed to build up my immune system. Which, when one understands that at its core, cancer treatment weakens one's immune system, enhancing its resilience is crucial.

Recently, an entire new class of drugs called Immunotherapy ("OPDIVO") have been introduced. They have been designed – among other reasons, to stimulate the body's own immune system to fight the cancer. Rather than the process occurring externally and unnaturally as before, these new drugs will fight the cancer internally and naturally. It's an extremely encouraging and exciting evolution in the cancer treatment world, and holds great promise for many of us cancer patients burnt out (no pun intended) on the toxic chemotherapy drugs of our past.

In the interim, since I am not now on Immunotherapy, as a prudent and logical adjunct, I will continue to give myself and my body every opportunity, dare I say advantage, in its efforts to keep the cancer at bay. The pills are never really a problem, more so a piece of the puzzle. And the longer I live, the more convinced of it I become.

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

BULLETIN BOARD

To have community events listed in the Connection, send to
north@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

WEDNESDAY/JAN. 20

Fairfax Commission on Aging. Noon. Oakton Regional Library, 10304 Lynnhaven Place, Oakton. The public is welcome to attend and join in the comment period that begins each session. www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. 703-324-5403, TTY 711 for meeting access needs.

McLean Newcomers and Neighbors

Monthly Luncheon. 11:30 a.m. Ristorante Bonaroti, 428 Maple Ave., East, Vienna. Eileen O'Grady, a nurse practitioner and wellness coach, will speak about the Science of Flourishing. \$29. For further information on the club, visit www.McLeanNewcomers.org. RSVP Ann Skelly at mfskelly@verizon.net by Jan. 13. Prospective members invited.

Dyslexia, An Overview for Parents. 7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Dunn Loring. Workshop presented by specialists from FCPS Office of Special Education. Register www.fcps.edu/dss/osp/prc or 703-204-3941.

THURSDAY/JAN. 21

Model Investment Club. 6-9 p.m. Meeting Room, Dolley Madison Library, 1244 Oak Ridge Ave, McLean. Learn about investing following an investment club model. New visitors welcome. Adults. 703-356-0770.

MONDAY/JAN. 25

Fairfax County School Board Public

Hearing. 7 p.m. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. The Board will hold a public hearing on the FY 2017 budget. To sign up to speak go to http://www.fcps.edu/schlbld/meetings/requestspeak-online-ph.shtml or call 571-423-1075.

TUESDAY/JAN. 26

Coffee and Networking. 7:15 a.m. Tysons Corner Market, 8028 Leesburg Pike, Vienna. Join the Northern Virginia Republican Business Forum for a networking breakfast in Tysons Corner with Fred Barnes, executive editor of The Weekly Standard, a regular analyst on Fox News Channel. \$40-\$100. 703-922-6768. nvrbf@att.net.

Transportation

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James C. Dinegar, Greater Washington Board of Trade

Anthony Howard, Loudoun County Chamber of Commerce

Virgil Frizzell, Northern Virginia Association of Realtors

Jim Corcoran, Northern Virginia Chamber of Commerce

Mark Looney, Northern Virginia Transportation Alliance

Lori Y. Lopez, Tysons Regional Chamber of Commerce

Pat Dean, Associated Builders and Contractors, VA

James N. Larsen, Dulles Area Transportation Association

Eileen D. Curtis, Dulles Regional Chamber of Commerce

Nancy-jo Manney, Springfield Chamber of Commerce

Ken Garrison, Heavy Construction Contractors Association

Martha D. Marks, NAIOP, Northern Virginia Commercial Real Estate Development Association

Jon Lindgren, Northern Virginia Building Industry Association

Bobbie Kilberg, Northern Virginia Technology Council

Deborah Jones, Prince William Chamber of Commerce

Keith Merlin, Washington Airports Task Force

The Northern Virginia Transportation Coalition is a group of chambers of commerce and industry organizations throughout Northern Virginia that share a common belief that greater investment in regional transportation infrastructure is essential to sustained regional prosperity.

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BECAUSE A COACH CARED

Koko[®]
FitClub



A COACH CAN CHANGE YOUR LIFE

When Barbara walked into Koko FitClub, she was nervous. Facing serious health issues, her doctors prescribed exercise. Traditional “gyms” caused fear and dread – she tried them, and hated them. Her goal: to get healthy and build strength in a place that made her feel like she truly belonged.

At her first session, Barbara could barely lift any weight. Her FitCoach, Tyler, encouraged her to stay positive. He guided her through 25-30 minute workouts, just 2-3 times a week, and discussed healthier eating. Within 30 days, Barbara saw results. The workouts were exciting and (finally!) she could do push-ups!

After several months training with her FitCoach, Barbara is 50% stronger. She looks fantastic. She is strong, fit and, most importantly, healthy.

Tyler is impressed. “To see someone who has gone through so much and is now achieving her goals – it’s incredible. Barbara always wants me to challenge her, and I love it! What makes me most proud is the simple fact that she is proud of herself. I may have helped along the way, but if she hadn’t made the first step to come into Koko FitClub, none of this would have been possible.”

COME CHANGE YOUR LIFE WITH US THIS YEAR

Take your first step towards a healthier, stronger, fitter YOU this year. Try Koko FitClub for 30 days for just \$30. Come work with our coaches, meet our members, and see what makes the Koko so special. There is no obligation. If you don’t love Koko in 30 days, we haven’t earned your business.

Expert Coaching | Advanced Technology | Life-Changing Results.

Koko FitClub, a Digital Gym.

Call, Click or Visit to Get Started with 30 Days of Complete Fitness

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**30
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