

Oak Hill Herndon CONNECTION

HomeLifeStyle

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From left, Diana Becerra, Roger Charin and Laurie Kapfer of Herndon show off treasures they bought at Herndon's first-ever Downtown Community Yard Sale.

First-ever Downtown Community Yard Sale

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Two Veterans Still Serve
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PHOTO BY MERCIA HOBSON/THE CONNECTION

NOVEMBER 13-19, 2019

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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.

Fairfax County Board of Supervisors Meetings in 2019

12000 Government Center Parkway, Fairfax, VA 22035

Nov. 19, 2019 9:30 a.m. - Full Board of Supervisors Meeting

Nov. 26 Committee Meetings
♦ 9:30 a.m. - Economic Advisory Commission

♦ 11 a.m. - Personnel Committee
♦ 1:30 p.m. - Legislative Committee
% 3 p.m. - Budget Committee

Dec. 3, 2019 9:30 a.m. - Full Board of Supervisors Meeting

Dec. 10 Committee Meetings
♦ 9:30 a.m. - Health, Housing and Human Services Committee

♦ 11 a.m. - Development Process Committee

♦ 1:30 p.m. - Transportation Committee

♦ 3 p.m. - General Assembly Annual Reception and Work Session

THURSDAY/NOV. 14

Change Name for GRACE Meeting.

5:30 p.m. At GRACE Gallery, 12001 Market Street, Suite 103, Reston. Over the past year the Greater Reston Arts Center (GRACE) Board of Directors and staff, with the assistance of an outside agency, have been in the process of considering a possible change to the name of the

organization. Anyone is invited to attend.

Car Seat Safety Check. 5-8 p.m. at the Reston district police station, 1801 Cameron Glen Drive. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-478-0904 to schedule. In preparation for your appointment, you should install the seat in your vehicle using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

FRIDAY/NOV. 15

Construction Career Fair. 10 a.m. to 6 p.m. At Dulles Expo Center, North Hall, 4320 Chantilly Shopping Center, Chantilly. Interested in a career in building America's infrastructure? Employers will be collecting resumes, discussing current openings, and interview applicants on site. Industry employers are seeking new employees at all levels, from laborers to engineers. This event is free to all job seekers. Visit the website <http://www.nuca.com/careerfair>.

TUESDAY/NOV. 19

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,

SEE BULLETIN, PAGE 11

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NEWS

Republican Requiem

BY MICHAEL POPE
THE CONNECTION

It wasn't all that long ago that Northern Virginia had its own breed of Republicanism. People like U.S. Rep. Tom Davis (R-11), U.S. Sen. John Warner and Del. Dave Albo (R-42). Now, after a series of stunning defeats since the election of Donald Trump to the White House, Northern Virginia Republicans are a dying breed, with moderates bowing out or being voted out.

"Donald Trump is the gift that keeps on giving," said Del. Mark Keam (D-35) during a raucous victory rally in Richmond. "Virginians want Democrats to be in charge, and Donald Trump was the factor that led us to where we are."

Two years ago, Democrats picked up 15 seats in the House of Delegates and unseated longtime incumbents like Jim LeMunyon (R-67). Last year, Democrats took control of the U.S. House of Representatives and voted out U.S. Rep. Barbara Comstock (R-10). This week, Democrats flipped two seats in the state Senate and six seats in the House of Delegates, including Democratic challenger Dan Helmer unseating longtime incumbent Del. Tim Hugo (R-40).

"Dan Helmer won because voters in Fairfax and Prince William want a representative that doesn't stand in the way of progress," said Jessica Post, president of the Democratic Legislative Campaign Committee. "With his long record of standing up for his community, not his party, Dan will make an excellent delegate and will work to keep Virginia moving forward."

After the defeat of Hugo, who served as chairman of the House Republican Caucus, the Fairfax County delegation in the General Assembly will have zero Republicans. Voters in Fairfax also rejected Republican-backed candidates for the School Board.

Alexandria and Arlington haven't had any elected Republicans for years. The last foothold the GOP has in Northern Virginia is the Springfield District, where longtime in-



PHOTO BY MICHAEL POPE

Republicans haven't won a statewide victory since 2009, and now that Democrats have seized control of the House of Delegates and state Senate, Gov. Ralph Northam declared Virginia "officially blue" at a raucous victory party in Richmond Tuesday night.

cumbent Republican Supervisor Pat Herryty was able to eke out a narrow victory against Democratic challenger Linda Sperling.

"We have a clear message that the residents of the Springfield District want someone who shares their common sense conservative values to have a seat at the table," said Herryty. "The Springfield District wants Fairfax County to be a place where everyone can become successful."

DEMOCRATS HAVEN'T controlled the House of Delegates since the late 1990s, a time when Republicans have been able to use their majority to push back efforts on gun control, the minimum wage and the Equal Rights Amendment. Now voters have expelled Republicans from power in a high-turnout election with almost 40 percent of registered voters showing up to cast a ballot compared to 29 percent in 2015. House Democratic Leader Eileen Filler-Corn says that's a mandate for change.

"Without a doubt, the House candidates have offered Virginia a progressive and inclusive future," said House Democratic Leader Eileen Filler-Corn, who is a leading candidate to be the next speaker. "And guess what? You, the voters, said yes."

ment bonds in the maximum aggregate principal amount of \$360,000,000 for the purposes of providing funds, in addition to funds from school bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of school improvements, including acquiring, building, expanding and renovating properties, including new sites, new buildings or additions, renovations and improvements to existing buildings, and furnishing and equipment, for the Fairfax County public school system?

YES 204,200 77.38%
NO 59,702 22.62%

CANDIDATES, FAIRFAX COUNTY

Chairman, Board of Supervisors
Jeffrey C. McKay (D) **175,028 65.99%**
Joseph F. Galdo (R) 89,315 33.68%

Commonwealth's Attorney
Steve T. Descano (D) **166,103 60.86%**
Jonathan L. Fahey (I) 106,016 38.84%

Sheriff
Stacey Ann Kincaid (D) **201,112 78.07%**
Christopher F. De Carlo (I) 53,458 20.75%

Board of Supervisors, District Representatives
Braddock District
James R. Walkinshaw (D) 18,437 59.63%
S. Jason Remer (R) 10,543 34.10%
Carey Chet Campbell (I) 1,847 5.97%

Dranesville District
John W. Foust (D) incumbent 20,437 64.36%
Ed. R. Martin (R) 11,227 35.36%

Democrats take General Assembly, sweep Fairfax School Board; Republican Herryty holds on in Springfield district.



PHOTO @PATHERRYTY VIA TWITTER

Pat Herryty (R-Springfield) with his wife Nancy after voting on Tuesday. Herryty will be the lone remaining Republican in elected office in Fairfax County.

"It's guns. It's the years of trying to make it harder to vote. It's restrictions on women's health care and their privacy."

— Del. Charniele Herring (D-46) on why Republicans lost control of the General Assembly

At the top of that agenda is what Democrats call common-sense gun control. When asked which issues motivated voters this year, Democrats almost universally cited the lack of reaction to mass shootings across Virginia and the country. Democrats are poised to institute universal background checks, ban assault-style weapons and give judges authority to confiscate weapons from people who raise red flags.

"Tomorrow the work begins, and the people want to see results," said Democratic Senate Leader Dick Saslaw, who is expected to lead the caucus next year. "They want to see gun violence curtailed, and Everytown

for Gun Safety and Moms Demand Action, you're going to get action."

ONE OF THE REASONS why Northern Virginia no longer has its own brand of Republicanism is its changing demographics. Over the last decade, the region has become more urban and more diverse. That's led to a changing sense of what its voters want from elected officials in the General Assembly, and Democrats say that's why Republicans have been expelled from power.

"When you get out of touch with constituents, that's what happens," said Del. Charniele Herring (D-46), who serves as chairwoman of the House Democratic Caucus. "It's guns. It's the years of trying to make it harder to vote. It's restrictions on women's health care and their privacy."

Democrats may have seized power, but that doesn't mean the fighting is over yet. They'll still have to vote on who leads the party when they gavel into session this year, and that could mean a fight to become Speaker of the House when Democrats take control for the first time in 20 years. Filler-Corn might be the obvious choice, but she already has opposing from Del. Lashrecse Aird (D-63).

Election Results, Tuesday, Nov. 5, 2019

For more results see
www.elections.virginia.gov/2019-election-results/

The Virginia House of Delegates and Senate both will be controlled by Democrats. In the Senate, Virginia voters elected 21 Democrats and 18 Republicans with one seat still undecided. In the House, 55 Democrats and 45 Republicans. Both House and Senate were controlled by Republicans before with slim margins.

SCHOOL BOND BALLOT QUESTION

This is the text of the public school bond question:

Shall Fairfax County, Virginia, contract a debt, borrow money, and issue capital improve-

Unofficial election results Tuesday, Nov. 5, 2019

Hunter Mill District
Walter L. Acorn (D) unopposed 27,326 94.46%

Lee District
Rodney L. Lusk (D) unopposed 20,993 95.58%

Mason District
Penelope A. "Penny" Gross (D) incumbent 15,007 63.65%
Gary N. Aiken (R) 8,468 35.92%

Mount Vernon District
Daniel G. "Dan" Storck (D) incumbent, unopposed 23,505 94.27%

SEE ELECTION RESULTS, PAGE 10

OPINION

Historic Election Results in Virginia

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



The Nov. 5 elections in Virginia produced results of historic proportions. The House of Delegates that has had a Republican majority since 2000 was flipped to a blue Democratic majority of 55 Democrats to 45 Republicans. As recently as the election for 2014-2016, Democrats in the House had dropped to 32 members. The turnaround came decisively in amazing political time; there will be a recount in only one seat the Democrats won. The Senate that had a Republican majority before the election flipped to blue with 21 of the 40 Senate seats now being held by Democrats.

The General Assembly when it convenes in January will have a Democratic majority in both houses. In addition, as a result of elections held in 2017 Democrats occupy all statewide offices of Governor, Lieutenant Governor and Attorney General. The historic level of Democratic wins is not only about party, it is about representation. There will be more women in the General Assembly than ever before in Virginia's history. In the House of Delegates there will be 30 women in the 100-member legislative body. In the Senate there will be 11 women in the 40-member body bringing the

total number of women to 41 in the General Assembly. While the number is small relative to the proportion of women in the total population, the number of women in the legislature is a huge increase when compared to past years when it could be counted on the fingers of one's hands. The number of women running this year in both parties was at a historic level of 85.

There were other historic changes in the oldest continuous legislative body in the western world celebrating its 400th anniversary this year. A Muslim woman will join the Senate as the first ever elected to that body. The number of African Americans in the General Assembly will increase to the highest number since Reconstruction. The first ever Indian American man was elected to the House of Delegates.

The new members of the legislature have already indicated their willingness to make history. The Democratic caucus of the House met this past weekend and chose as its Speaker-designee, Delegate Eileen Filler-Corn, the first woman to ever serve as Speaker of the House of Delegates in the 400 years of its history. She will be elected formally by the entire House when the General Assembly convenes in January. Adding



Speaker-designee, Del. Eileen Filler-Corn (D-41) is the first woman to ever serve as Speaker of the House of Delegates in the 400 years of its history.

to this historic moment, she will assume the leadership position, considered the most powerful in Virginia government next to the governor, with the least seniority of anyone ever taking the position in the modern day. She will be the first Jewish Speaker serving along with the Senate majority leader who is also Jewish. While I had hoped to become Speaker myself, I fully support Eileen who is amazingly smart and talented and I will

do everything I can to ensure her success.

The electorate broke through many hurdles in its votes this election year. Some results called historic today will become commonplace in the future as the General Assembly reflects more the demographics of the state as a whole. I have always felt honored to serve, and with the historic results of this election year I feel even more honored. Thank you, voters!

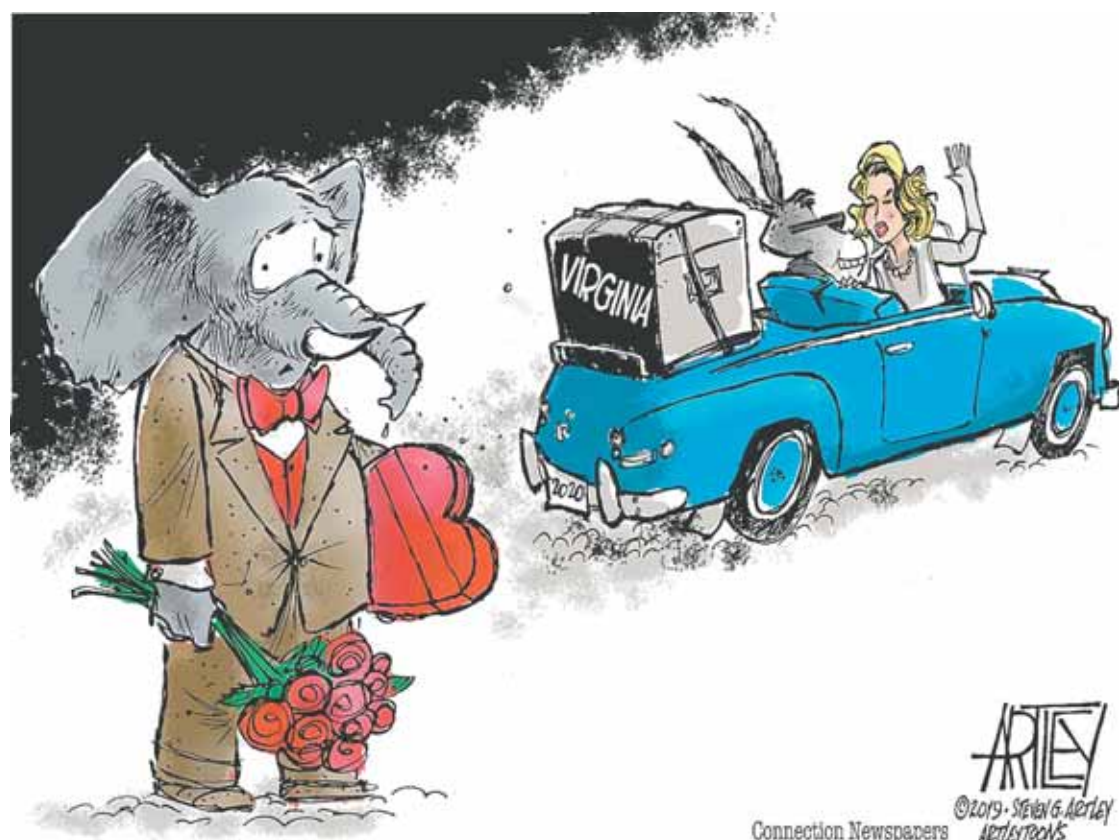
LETTERS

Two Years of Justice Delayed

To the Editor:

Nov. 17 will mark the two year anniversary of the shooting of Bijan Ghaisar by two US Park Policemen. He died of his wounds 10 days later. The FBI has refused to provide any information of substance to his parents, the Senators and Congressional representatives who interceded on their behalf or the media, all of whom have kept the pressure on since day one. If those two Park Policemen are not put on trial, and convicted at a minimum of Manslaughter, justice will not have been served. And if that happens, I believe there will be a ground swell of cries of an FBI cover up.

Kevin Bergen
Alexandria



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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
dbfunk@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





PHOTO BY FRANZ SZYMANSKI PHOTOGRAPHY

CORE Foundation Founder Doug Bushee and CORE Executive Director Tarylyn Kohler present South Lakes High School Senior and Yuniverse Foundation CEO Joseph Dagbe a National Community Service Award for completing more than 250 hours of volunteerism.

CORE Foundation Giving Gala Is a Success

CORE Launches the Community Heroes Program honoring volunteers going above and beyond.

BY TARALYN THARP KOHLER
CORE FOUNDATION

CORE Foundation supporters partied with purpose raising more than \$10,000 to benefit the organization at its 2019 Giving Gala held at Rowan Tree in Herndon. The Foundation also launched its Community Heroes Awards program, which recognizes the outstanding volunteerism of individuals in the community who strive to #BeTheChange.

Honorees included Amy's Amigos BeAMYazing Reston Youth Triathlon; Joseph Dagbe, David Gonzalez, Brian Adams and Terry Redican with Yuniverse Foundation; Diana Holland with Atlantic Union Bank; Brett Fox with BARE Snacks; Melissa Romano, Liz Kamp and Steve Gurney with the Lake Anne SUP Triathlon; Anna Gibson; and Meg Donnelly. Other highlights included a robust silent auction and raffle with donations from many local businesses.

Many smiles and special moments were had throughout the evening celebrating CORE's impact in the community.

Town of Herndon Appoints Risk Manager

The Town of Herndon has named Roxann Fox Simkins to the newly-created position of risk manager.

In her new post, Fox Simkins will plan and manage the town's insurance and risk programs. She will be responsible for administrative and technical work in the development, enforcement, analysis and administration of safety and risk management programs such as OSHA compliance, workers' compensation, injury management and liability management. She will also analyze the town's risk management processes by identifying exposures, determining controls and/or risk elimination measures, and providing ongoing analysis to optimize the town's positioning relative to general risks.

Prior to joining the town, Fox Simkins held positions of increasing responsibility at GEICO, culminating in a seat on the insurance company's Claims Liability School management development team. In that role, she was responsible for developing curricula for



PHOTO CONTRIBUTED
Roxann Fox Simkins

supervisory programs and instruction, as well as managing their execution; working with multiple departments on regional and national compliance in risk management procedures; serving as a lead negotiation instructor; and working with company leadership on risk management issues. She was also a founding member of GEICO's national training center.

Fox Simkins holds a BA in Political Science from Hofstra University.

"The establishment of this position fulfills a primary objective of the Town Council, to ensure that the town operates in a manner that optimizes productivity on behalf of citizens while mitigating unnecessary risk," said Town Attorney Lesa Yeatts, the official to whom Fox Simkins will report. "In her new role, Roxann will be working with internal and external constituencies to evaluate, administer and improve town processes relative to risk exposure."

Fox Simkins begins her employment with the Town of Herndon on Dec. 2, 2019.

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 NEWSPAPERS

HOME LIFE STYLE

In this table design, Anne Walker used neutral linens which provided a rich, but subtle backdrop to Royal Copenhagen china.



PHOTO BY
ANNE WALKER

Setting a Thanksgiving Table

Local designers share ideas for creating a festive tablescape.

BY MARILYN CAMPBELL
THE CONNECTION

Whether celebrating with large gathering of family or hosting an intimate dinner with friends, Thanksgiving offers an opportunity to express gratitude, merriment and creativity. Though the day is noted for football games and parades, it's the turkey dinner that takes center stage. Setting an aesthetically appealing table on which to place the perfectly prepped bird adds to a special touch to the quintessentially American meal.

From monogrammed linen napkins to centerpieces crafted with backyard foliage, area designers offer ideas for creating a backdrop for one of the most anticipated meals of the year.

"The key to setting a beautiful Thanksgiving table is to keep it simple, said Amanda Mertins of Patina Polished Living in Alexandria. "The big focus for Thanksgiving is, of course, the food."

Designer Anne M. Walker, Anne Walker Design in Potomac says that she's created tablescapes that range from ultra-formal to super-casual. "By far my favorite is the unassuming, simple style of Scandinavian table décor," she said. "I like to use linen placements, rather a than tablecloth, so you can see the beautiful wood of the table."

"I prefer table linens made by Ekelund, a family-owned Swedish company that has been producing fine linens since the 1600s," said Walker. "Their placemats and napkins have body and heft to them, and the natural flax color complements any style and color of table."

Patterned, colorful napkins can add just the right amount of interest to a table set with neutral china, suggests Mertins. "Bold napkin rings always add a nice punch," she said. "Place cards make it very easy for guests to find their seat and they add a note of importance to the meal."

Adding fresh greenery to a table setting is one of the easiest and most cost effective ways to elevate your dining table decor, said Pamela Harvey of



PHOTO BY BY STACY ZARIN GOLDBERG

Designer Pamela Harvey used china, colorful napkins and placemats to add color to this table setting.

Pamela Harvey in Oak Hill, Va. "Adding a simple stem of pine needles to a napkin ring at each setting," she said. "I always survey my own yard for clippings of magnolia or a great branch to add to the table."

"A runner of eucalyptus branches mixed with tangerines or pears and casual ribbon makes for a great fall look," continued Harvey. "Simple flower arrangements using all the same flower or color make an impact."

Forgo a centerpiece created by a florist, says Walker. "Why not cut a few branches from your own garden and create your own floral display?" asks Walker. "Many plants, including Nandina, produce beautiful red berries in the fall, which makes for a lovely, simple table decoration."

The holidays are a perfect time to uncover treasured china and other pieces stored away, said Harvey. "I love the nostalgia of using pieces that were handed down," she said. "Varying the dish patterns is also a fun way to display china, such as using your grandmother's china mixed with more casual or everyday place settings."

"Use your real silver and your best crystal – these things are meant to be enjoyed," added Walker. "Food and drink taste better when delivered from a glass that's been hand-blown and a silver fork."

From left, Diana Becerra, Roger Charin and Laurie Kapfer of Herndon show off treasures they bought at Herndon's first-ever Downtown Community Yard Sale.

PHOTOS BY
MERCIA HOBSON/
THE CONNECTION



First-ever Downtown Community Yard Sale

Clutter turns prized possessions.

BY MERCIA HOBSON
THE CONNECTION

One person's clutter proved to be another's treasure at the Town of Herndon's first-ever Downtown Community Yard Sale, a family-oriented event held Saturday, Nov. 9. Located on Lynn Street in front of the Municipal Center, the sale provided a platform for community members (not businesses nor established vendors) to sell as neighbors, according to organizer Stephanie Moore-Brewer Herndon Parks and Recreation. With a low-cost \$10 booth fee, sellers turned out.

Kirk Denino of Reston reserved booth space. He used the opportunity to declutter and put cash back in his pocket.

"I sold a lot of my CDs, electronics, records and collectible baseball bats," he said. Buyers Diana Becerra, Rodger Charin and Laurie Kapfer, all of Herndon, did a little shopping. Kapfer said she learned of the yard sale from her friend Becerra and they both decided to invite Charin. "Roger came along to carry our treasures," she said. In the end, it was Charin who did most of the shopping.

"We are pleased with the turnout for a first-year event, said Moore-Brewer. We had over 20 commu-



As a possible buyer looks through his items at the Herndon Downtown Community Yard Sale, seller Kirk Denino of Reston explains to Stephanie Moore-Brewer of Herndon Parks and Recreation how he decluttered.

nity members come out to sell, and countless more to shop. It was very much a success, and we look forward to planning another Downtown Community Yard Sale in 2020."

Reston Apartment Fire Caused By Unattended Candle

On Tuesday, Nov. 5 at 4:09 p.m., units were dispatched for a reported apartment fire in the 12000 block of Greywing Square in the Reston section of Fairfax County.

Units arrived on the scene of a four-story, garden apartment and reported smoke evident from the top floor. Crews found the fire in an apartment and quickly extinguished. No civilian or firefighter injuries were reported.

There were approximately 25 people in the building when the fire was discovered. Occupant of apartment experiencing fire was not home. The fire was discovered

by a resident that observed smoke coming from a window. Resident pulled building fire alarm. A smoke alarm was present in the apartment, but it could not be determined if it sounded. Fire Investigators determined that the fire was accidental in nature and started in the living room. The fire was caused from an unattended candle.

A total of three occupants were displaced because of the fire. One occupant from the unit that caught fire and two occupants from the unit directly below. Red Cross assistance was offered and accepted by all three. Damages as a result of the fire were approximately \$25,000.

The Fairfax County Fire and Rescue Department would like to remind residents to avoid the dangers of fire while burning candles to please follow the safety tips listed below:

- ❖ Never leave burning candles unattended
- ❖ Keep all combustible materials away from open flames
- ❖ Do not burn candles near windows or doorways
- ❖ Place candles in glass or ceramic containers
- ❖ Place candles on a flat, sturdy non-combustible surface
- ❖ Never leave candles burning when children or pets are present

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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Dakota Connection

CALENDAR

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

ONGOING

Season Extended at Farmers Market. On Saturdays, take advantage of the extended season until Dec. 7 at the Reston Market located at the Lake Anne Village Center, 1609-A Washington Plaza. You can preorder fresh produce, meats, cheese, pies, and eggs for the holidays or stop by for fresh produce, bread, and honey. Contact the Community Horticulture Office at 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

50th Anniversary of Apollo 11 Mission. Through Nov. 16, at Reston Museum, 1639 Washington Plaza, Reston. The Reston Historic Trust & Museum invites you to a special exhibition celebrating the 50th anniversary of the Apollo 11 Mission — the first-time humans stepped onto the surface of the moon. The poster exhibition is courtesy of the Smithsonian Institution Traveling Exhibition Service: Destination Moon. Visit www.restonmuseum.org.

Quilt Exhibit. Through Nov. 16, Tuesdays thru Saturdays 9:30 a.m.-4 p.m.; Sundays 11:30 a.m.-4:30 p.m. At Loudoun Heritage Farm Museum at Route 28 and Route 7 in Claude Moore Park, Sterling. This exhibit showcases a selection of quilts on loan from the Waterford Quilter's Guild, Countryside Quilters, the Reston Chapter of Quilters Unlimited, and a vintage quilt from the Loudoun Museum. Free craft and scavenger hunt for children on weekends. Visit www.heritagefarmmuseum.org.

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. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit www.herndon-va.gov/FarmersMarket for more.

Centroid Towns: Like a Passing Shadow. Through Jan. 4, at GRACE, 12001 Market St., Suite 103, Reston. GRACE presents the next chapter of Baltimore-based artist Nate Larson's Centroid Towns project. Since the first US census in 1790, the United States Census Bureau has been recording the mean center of population as it moves steadily west and south. The first Centroid Town recorded was Chestertown, Maryland, and the projected Centroid of the 2020 census is Hartville, Missouri. Larson will dive deeper into the community of Waterford, Virginia, Centroid Town of 1810. Visit restonarts.org/exhibition/nate-larson/ for more.

WEDNESDAY/NOV. 13

Sensing Science. 10-11 a.m. At Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Children will be introduced to each of the five senses and then observe how they use them. Ages 2-5. Cost \$10/\$15. Registration required. Visit www.restoncommunitycenter.com.

Don't Be Scammed. 11 a.m. to 12 noon. At Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Learn about trending scams and tips on how to protect yourself. Ages 18 and older. Free. Registration required. Visit www.restoncommunitycenter.com.

Food and Nutrition for Older Adults. 2-3 p.m. At RCC Lake Anne, 1609-A Washington Plaza N, Reston. This lecture will address nutrition for older adults and help take the guesswork out of healthy eating. Ages 18 and older. Free. Registration required. Visit www.restoncommunitycenter.com.

Author Barbara Glakas. 7 p.m. At Jo Ann Rose Gallery, RCC Lake Anne, 1609-A Washington Plaza North, Reston. The Reston Historic Trust & Museum is hosting local author Barbara Glakas who will discuss her new book Hidden History of Herndon as well as pre-Reston history. Behind Herndon's past as a sleepy farming community hide forgotten tales of growth and progress. All programs of the Reston Historic Trust & Museum are supported in part by Reston Community Center. Email: info@restonmuseum.org.

THURSDAY/NOV. 14

Art Show and Sale. 3-6 p.m. At Waltonwood at



The Herndon Turkey Trot race will be held Saturday, Nov. 23 at the Herndon Community Center.

On Your Mark....Get Set...

>Herndon Turkey Trot 5K Race will be held Saturday, Nov. 23, 4 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Runners and walkers take your mark and get ready to conquer a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Long-sleeved Sport Tek T-shirts guaranteed to the first 700 pre-registered runners. Shirts must be picked up the day of the race. Refreshments, entertainment and door prizes will be available after the race to all runners. Pre-registration is \$30/adults; \$20/youth, plus can of food. Online pre-registration ends Nov. 22. Race day registration is \$35/adults; \$20/youth, plus can of food. Contact Tim Lander, Recreation Supervisor, Herndon Parks and Recreation Department, 703-435-6800 x2106 or Tim.Lander@herndon-va.gov. Registration is available at the Herndon Community Center and online at <http://herndon-va.gov/events> and www.active.com.

Ashburn, 44141 Russell Branch Pkwy., Ashburn. Join in an afternoon of drinks, appetizers, live music and wonderful artwork. This event is free and open to the public. There will be a \$5 dollar suggested donation at the door. All proceeds from the event and art sales will benefit Insight Memory Care Center. RSVP: Register online, or contact Dana Rizzo at 703-967-4777 or dana.rizzo@singhmail.com.

Holiday Wreath Making. 6-8 p.m. At YMCA Reston, 12196 Sunset Hills Road, Reston. Create a wreath to decorate your home for the holiday season. All supplies will be included. Ages 18 and older. Cost is \$45/\$36/\$68. Registration required. Visit www.restoncommunitycenter.com.

Author Michael Klare. 7 p.m. At Reston Regional Library, Reston. Will discuss his book, All Hell Breaking Loose: The Pentagon's Perspective on Climate Change. Of all the major institutions in American society, none take climate change as seriously as the U.S. military. Renowned security expert Michael Klare shows that the U.S. military sees the climate threat as imperiling the country on several fronts at once. While others still debate the causes of global warming, the Pentagon is intensely focused on its effects. Its response makes it clear that where it counts, the immense impact of climate change is not in doubt.

FRIDAY/NOV. 15

DMV2Go at the Pavilion. 9 a.m.-4 p.m. at 11900 Market St., Reston Town Center. 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.

Career Diplomacy: Life and Work in the U.S. Foreign Service. 2 p.m. At Reston Regional Library, Reston. Featuring talks by authors Harry W. Kopp and John K. Naland. Career Diplomacy is an insider's guide to the U.S. Foreign Service as an institution, a profession, and a career. Now in its third edition, the guide provides an up-to-date, authoritative, and candid account of the life and work of professional U.S. diplomats, who advance and protect this country's national security interests around the globe.

SATURDAY/NOV. 16

Turkey Train. 9 a.m. to noon. At Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Engine #62 of the Resources Railroad will be making the rounds at Lake Fairfax Park as part of a seasonal program. See how Eastern Woodland

Indians hunted and how their tools were made. Create your own Thanksgiving-themed craft to take home. Cost is \$10 per person. The Fairfax County Park Authority also will be collecting non-perishable food to be donated to a local food bank. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

Letters to Santa. 10 a.m. to 11:30 a.m. At Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Write and decorate a letter to Santa and receive a reply postmarked from the North Pole. Ages 2-8. Free. Registration required. Visit www.restoncommunitycenter.com.

ArtSplash. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Create your own colorful masterpiece in this painting workshop for adults led by artists from Abtrakadoodle NOVA.

Wellness Class for Adults. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join us to learn exercises and best practices for a healthy body and mind. Adults, Teens.

NOV. 16-17

"Matilda The Musical." 7 p.m. Saturday; 2 p.m. Sunday. At NextStop Theatre, 269 Sunset Park Drive, Herndon. Based on the beloved Roald Dahl novel, Matilda is the story of an extraordinary little girl who decides to fight back against tyrannical adults. This big Broadway musical will be NextStop's largest production to date, with a cast of 23 including 12 local young performers divided into two casts. Evan Hoffmann directs with Elisa Rosman as Music Director and Nicole Maneffa as Choreographer. Visit www.nextstoptheatre.org/shows/matilda/

MONDAY/NOV. 18

Reston Photographic Society. 7:30-9:30 p.m. At Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Lee Love is scheduled to talk about flash photography on Monday. The Reston Photographic Society invites photography enthusiasts to attend the new season of presentations. RPS is a special interest group of the League of Reston Artists and holds meetings on the third Monday of the month. Visit the LRA website at www.leagueofrestonartists.org.

TUESDAY, NOV. 19

David Baldacci: Author Talk. 7 p.m. At Herndon Middle School, 901 Locust St, Herndon. Reston Regional Library is thrilled to partner with Bards Alley bookstore to host New York Times bestselling author David Baldacci for an author talk and book signing. Join David as

he introduces A Minute to Midnight, a new story featuring FBI Agent Atlee Pine. There will be a giveaway of 100 free signed copies of David's new book. This event is made possible by the generosity and support of the Friends of the Reston Regional Library.

Small Potatoes. 7:15 p.m. At Amphora's Diner Deluxe, 1151 Elden Street, Herndon. Featuring the Chicago-based folk duo of Jacquie Manning and Rich Prezioso. Tickets are \$10. Tickets at the door or contact Dave at DAHurdSr@cs.com. Visit www.restonherndonfolkclub.com or call 703-435-2402.

WEDNESDAY/NOV. 20

Meet Me at the Movies. 10 a.m. At Bow Tie Cinemas, Reston Town Center. Reston Association presents "The Tomorrow Man." Refreshments and prizes provided prior to movie. Free to 55+. For information: Ashleigh@reston.org or call 703-435-6577 or visit www.reston.org.

Medicare 101. 6-7:30 p.m. At Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Learn about Medicare Part A, B, C and D, as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. Free. Registration required. Visit www.restoncommunitycenter.com.

THURSDAY, NOV. 21

Caregiver Lunch Break. 11:30 a.m. to 1 p.m. At Hunters Woods at Trails Edge, 2222 Colts Neck Road, Reston. Caregivers will enjoy Lon Kieffer's one-man dramatic comedy "Defending the Caregiver" which puts the spotlight on caregiver personality will address challenges faced by all caregivers, whether they are family, professional or personal caregivers. Visit the website: www.HuntersWoodsAtTrailsEdge.com.

Estate Planning Essentials. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Do you have your will or trust plan in place? Attorney Bettina Lawton will cover what you need to know to make sure that what you have spent your life accumulating goes to the people or charities that you value. Bettina Lawton, of Lawton Legacy Planning, PLLC, has been practicing in Northern Virginia since 2003. She concentrates on wills, trusts, powers of attorney, and estate planning and administration.

SATURDAY/NOV. 23

Herndon Turkey Trot 5K Race. 4 p.m. At Herndon Community Center, 814 Ferndale Ave., Herndon. Runners and walkers take your mark and get ready to conquer a fun 5K trail course, which winds around the Herndon Centennial Golf Course. Long-sleeved Sport Tek T-shirts guaranteed to the first 700 pre-registered runners. Shirts must be picked up the day of the race. Refreshments, entertainment and door prizes will be available after the race to all runners. Pre-registration is \$30/adults; \$20/youth, plus can of food. Online pre-registration ends Nov. 22. Race day registration is \$35/adults; \$20/youth, plus can of food. Contact Tim Lander, Recreation Supervisor, Herndon Parks and Recreation Department, 703-435-6800 x2106 or Tim.Lander@herndon-va.gov. Registration is available at the Herndon Community Center and online at <http://herndon-va.gov/events> and www.active.com.

Arts Herndon Gala. 7-11 p.m. At The Crowne Plaza, 2200 Centerville Road, Herndon. This will be an enchanting evening out with music, dancing, and a variety of entertainers. Additionally, there will be silent auctions for a number of gift packages, and a wine pull (at additional contribution). Cost is \$60 per person; cash bar, live music, and silent auction. Event and donations are tax deductible. For tickets, visit the website: <https://www.eventbrite.com/e/fabulous-forties-fundraiser-for-arts-herndon-tickets-78304132769>

SUNDAY/NOV. 24

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.

Danny Paisley and The Southern Grass. 7 p.m. At the Bluegrass Barn at Frying Pan Park, 2739 West Ox Road, Herndon. Tickets for all shows are \$18 in advance, \$20 at the door. Purchase tickets online at www.fairfaxcounty.gov/parks/fryingpanpark or by phone at 703-222-4664 or 703-437-9101.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

The audience recites the Pledge of Allegiance at the 2019 Veterans Day Observance held Monday, Nov. 11, at the Veterans Memorial on the Town Green in Herndon.



Guest Speaker Chris Baity, Founder of Semper K9 and David Womack Post Commander of American Legion Post 184 Herndon-Reston lay Memorial Wreaths at the Veterans Memorial during the Veterans Day Ceremony in Herndon. Baity's Semper K9 Service Dog in Training, Fury watches.

Two Veterans Still Serve

BY MERCIA HOBSON
THE CONNECTION

The 2019 Veterans Day Observance in the Town of Herndon held Nov. 11 at 11 that morning, honored all American veterans who served in war or peace, now deceased or alive and thanked all in the Armed Forces for their military service. Yet, two veterans present that day who spoke from the podium narrated different stories of different paths each took after exiting the military, "the hardest transition a person can go through," according to one speaker.

Presented by the Town of Herndon and American Legion Wayne M. Kidwell Post 184, the ceremony honored veterans who died with the laying of the Memorial Wreaths by Post Commander David Womack and Guest Speaker Chris Baity and the sounding of Taps by Post First Vice Commander Bob Thompson. Post Chaplain Donna Pence gave the Invocation and Benediction; she asked for blessing "as we honor all our veterans." Herndon High School Navy Junior ROTC color guard presented the colors and Reston Chorale sang the national anthem. Boy Scout Troop #1570, led by Scott Durham, lent their services to the observance as did the Herndon's Woman's Club, who served refreshments.

The traditional and time-honored ceremony of respect began with the Welcome by Post Commander David Womack, American Legion Wayne M. Kidwell Post 184 Herndon- Reston.

WOMACK opened with an admission. Usually quick to "put pen to paper" when writing remarks for the ceremony, this time when he woke up in the morning, he was still at a loss as to what to say. "Then, it struck me. I've been busy. We, in the Post, have been busy. And generally, that comes in three different areas- public awareness, membership and resources," he said.

Womack said that Post 184 was a small post, just under 200 members on its rolls, but only 10-15 members participated in the

monthly meeting. Their mission and vision, though, remained- to help local vets to the best of their ability. Womack described how Post 184 "tries to get the word out on who we are and what we do." He mentioned how the Post attended Town Proclamations, the Homecoming Parade, led this ceremony, and the Memorial Day Ceremony. He said today, not only did members of Post 184, along with volunteers assemble an Avenue of Flags that morning at Chestnut Grove Cemetery in the town; the display this year included 63 veterans' casket flags, which could be viewed dawn to dusk. Post 184 would visit an assisted living center in Reston in the afternoon and present a second Veterans Day Ceremony. "This helps raise public awareness, which supports our next two efforts, membership and resources."

"Membership is important...though not to bolster our numbers...New members bring in different experiences and insights...I would be a fool to think I fully understand what the younger generation who fought in Iraq or Afghanistan are dealing with personally ...Younger members do that; they give us the insight to know how to serve better and assist the next generation," he said.

The other part of this effort was resources, Womack said. "Post 184 has some but not a lot." However, the Post was part of a robust veteran support network. "There are multiple groups in and around this area that want to help veterans. Wading through that network can be challenging. We are here to guide and point the way. But many times, that's all you need." Womack described how this week, Post 184 coordinated with other organizations to assist a local veteran, a single mother of two children faced with eviction. "We are not quite complete with all the actions, but we are close... she will stay in her apartment," Womack said.

Finally, Womack boasted, Post 184 likes to have fun. "We enjoy the camaraderie that comes from military service. It's something we miss. And we so enjoy that camaraderie as a Post, as we are trying to fulfill our vi-

One through Post 184, the other through Semper K9.



Members of the Reston Chorale lend their voices to the Town of Herndon and American Legion Wayne M. Kidwell Post 184 Herndon- Reston's Veterans Day Ceremony.

sion and mission of supporting veterans. In the end, we couldn't do any of this without this wonderful town," said Womack.

Following the Pledge of Allegiance and singing of the national anthem, Mayor of Herndon, Lisa Merkel spoke. She thanked all for coming and gave a special thank you to the Reston Chorale "for crossing the border today to Herndon to celebrate with us." Turning to the veterans, she said, "And thank you for your sacrifice."

Next, Womack introduced Guest Speaker, Christopher Baity, U.S Marine Corps dog trainer and Kennel Master with three combat deployments, one civilian deployment and two additional deployments working with dogs. Baity spoke on how he felt humbled to stand before Post 184 and those assembled. He acknowledged the military was stocked with men and women who raised their hand in pledge and kissed their friends and family goodbye to volunteer for military service. He said he stood on the

shoulders of giants and learned from veterans in all branches of the service and around the world - Airmen from Lackland Air Force Base, where most military dogs, working dogs and handlers were trained; Navy Corpsmen and the Army Corps of Engineers, the unheralded heroes who operated in the dark... to make sure no one stepped on, walkthrough or triggered enemy booby traps.

"These people enter and exit your life at will, and all who entered my life left an impression on me... willing to sacrifice their time, their safety and potentially their life to be part of the finest fighting forces our history has ever seen," Baity said.

VETERANS DAY, Baity continued, was meant to celebrate all veterans who served. "Exiting the military has to be the hardest transition a person can go through. Subtract a positive support system. There is no doubt to reasons for high suicide, high incarceration and drug addiction rate(s)...I myself struggled with some of the challenges veterans for all eras suffered." Hope existed for those struggling Baity said: "It is in the voices of our community, people and organizations making a difference by tackling a problem within their reach. Organizations like the one I founded...Semper K9 Assistance Dog. We have seen the community rally behind our cause, an army of volunteers that supports our mission, providing custom trained service dogs to disabled veterans ... who sacrifice their time, using their talents to assist wounded veterans."

Baity said that at Semper K9, they celebrate civilian volunteers on Veterans Day as they, too, are included in the recovery and success of veterans they serve. He urged those present to celebrate all who support veterans, whether they served in the military or not. "At Semper K9, our mission is to enhance the quality of life of veterans, veterans who struggled as I did; they need your support and so do their families. Help me transform lives and strengthen the community. Be involved. Make an impact, and you will make a difference," said Baity.

ELECTION RESULTS

FROM PAGE 3

Providence District
Dalia A. Palchik (D) 18,885 69.34%
Eric Anthony Jones (R) 8,184 30.05%

Springfield District
Patrick S. “Pat” Herrity (R) incumbent
18,360 50.72%
Linda D. Sperling (D)
17,765 49.07%

Sully District
Kathy L. Smith (D) incumbent
20,280 62.70%
Srilekha R. Palle (R)
11,979 37.04%

SCHOOL BOARD
School Board At-Large (three)
Karen A. Keys-Gamarra, incumbent
(endorsed by Democrats)
160,138 21.99%
Abrar E. Omeish (endorsed by
Democrats) 145,143 19.93%
Rachna Sizemore Heizer (endorsed by
Democrats) 139,278 19.12%
Cheryl A. Buford (endorsed by
Republicans) 101,831 13.98%
Priscilla M. DeStefano (endorsed by
Republicans) 100,166 13.75%
Vinson Palathingal (endorsed by
Republicans) 79,579 10.93%

Braddock District, School Board
Megan O. McLaughlin, incumbent
(endorsed by Democrats)
20,775 67.40%
Zia Tompkins (endorsed by Republicans)
9,938 32.24%

Dranesville District, School Board
Elaine V. Tholen (endorsed by
Democrats) 17,988 57.50%
Anastasia S. Karloutsos (endorsed by
Republicans) 11,523 36.84%
Ardavan Mobasheri 1,715 5.48%

Hunter Mill District, School Board
Melanie K. Meren (endorsed by
Democrats) 22,893 69.25%
Laura Ramirez Drain (endorsed by
Republicans) 10,054 30.41%

Lee District, School Board
Tamara J. Derenak Kaufax, incumbent,
(endorsed by Democrats)
20,736 95.70%

Mason District, School Board
Ricardy J. Anderson (endorsed by
Democrats) 16,077 76.89%
Tom L. Pafford 4,431 21.19%

Mount Vernon District, School Board
Karen L. Corbett Sanders, incumbent
(endorsed by Democrats)
17,611 62.31%
Steven D. Mosley (endorsed by
Republicans) 8,844 31.29%
Pamela C. Ononiwu 1,716 6.07%

Providence District, School Board
Karl V. Frisch (endorsed by Democrats)
16,644 61.72%
Andrea L. “Andi” Bayer (endorsed by
Republicans) 10,167 37.70%

Springfield District, School Board
Laura Jane H. Cohen (endorsed by
Democrats) 17,745 50.46%
Elizabeth L. Schultz, incumbent
(endorsed by Republicans)
14,809 42.12%
R. Kyle McDaniel 2,529 7.19%

Sully District, School Board
Stella G. Pekarsky (endorsed by
Democrats) 18,585 58.43%
Tom A. Wilson, incumbent (endorsed by
Republicans) 13,144 41.33%

**Soil and Water Conservation
Director Northern Virginia
District Vote for Three**
Monica A. Billger (endorsed by
Democrats) 153,051 21.87%
Gerald Owen “Jerry” Peters Jr.,
incumbent, (endorsed by Democrats)
148,091 21.16%

Chris E. Koerner (endorsed by
Democrats) 139,641 19.95%
C. Jane Dudik (endorsed by
Republicans) 80,604 11.52%
Edward F. McGovern (endorsed by
Republicans) 80,281 11.47%
Christopher A. Bowen (endorsed by
Republicans) 78,558 11.23%
Jonah E. “Jet” Thomas
17,888 2.56%

CANDIDATES, GENERAL ASSEMBLY

**House of Delegates
District 34**
Kathleen J. Murphy (D), incumbent
15,166 57.69%
Gary G. Pan (R) 11,100 42.22%

District 35
Mark L. Keam (D), incumbent,
unopposed 15,330 92.63%

District 36
Kenneth R. “Ken” Plum, incumbent,
unopposed 17,659 92.78%

District 37
David L. Bulova (D), incumbent,
unopposed 13,470 91.98%

District 38
L. Kaye Kory (D), incumbent, unopposed
12,619 93.22%

District 39
Vivian E. Watts (D), incumbent
14,361 67.91%
Nick O. Bell (R) 6,740 31.87%

District 40
Dan I. Helmer (D) 14,015 53.46%
Timothy D. “Tim” Hugo (R), incumbent
12,172 46.43%

District 41
Eileen Filler-Corn (D), incumbent
15,526 71.14%
John M. Wolfe (I) 4,213 19.30%
Rachel D. Mace (L) 1,713 7.85%

District 42
Kathy K. L. Tran (D), incumbent
14,532 59.53%
Steve P. Adragna (R)
9,857 40.38%

District 43
Mark D. Sickles (D), incumbent
14,488 77.64%
G. Gail Parker (I) 3,876 20.77%

District 44
Paul E. Krizek (D), incumbent
12,271 70.52%
Richard T. Hayden (R)
5,105 29.34%

District 45
Mark H. Levine (D), incumbent,
unopposed 19,208 91.41%

District 46
Charniele L. Herring (D), incumbent,
unopposed 12,270 92.03%

District 47
Patrick A. Hope (D), incumbent,
unopposed 20,993 96.16%

District 48
Richard C. “Rip” Sullivan (D),
incumbent, unopposed
18,680 94.27%

District 49
Alfonso H. Lopez (D), incumbent
13,393 83.43%
Terry W. Modglin (I)
2,522 15.71%

District 53
Marcus B. Simon (D), incumbent,
unopposed 15,554 93.83%

District 67
Karrie K. Delaney (D), incumbent,
unopposed 15,415 89.48%

District 86
Ibraheem S. Samirah (D), incumbent,
unopposed 13,588 89.45%

VIRGINIA STATE SENATE

District 30
Adam P. Ebbin (D), incumbent,
unopposed 40,942 91.67%

District 31
Barbara A. Favola (D), incumbent,
unopposed 44,347 91.82%

District 32
Janet D. Howell (D), incumbent
44,424 73.17%
Arthur G. Purves (R)
16,171 26.64%

District 33
Jennifer B. Boysko (D), incumbent
32,258 64.83%
Suzanne D. Fox (R) 17,446 35.06%

District 34
J. C. “Chap” Petersen (D), incumbent,
unopposed 39,971 91.15%

District 35
Richard L. “Dick” Saslaw (D),
incumbent, unopposed
33,563 92.75%

District 36
Scott A. Surovell (D), incumbent,
unopposed 35,131 95.82%

District 37
Dave W. Marsden (D), incumbent,
unopposed 37,720 90.49%

District 39
George L. Barker (D), incumbent
37,989 65.92%
S. W. “Dutch” Hillenburg (R)
19,571 33.96%

**CLERK OF COURT
(Alexandria City)**
J. Greg Parks (D), unopposed
26,466 93.98%

**Commonwealth’s Attorney
(ARLINGTON COUNTY-FALLS
CHURCH CITY)**
Parisa Dehghani-Tafti (D) unopposed
45,334 90.01%

Sheriff (ARLINGTON COUNTY)
Elizabeth F. “Beth” Arthur
49,929 97.29%

**Commissioner of Revenue
(ARLINGTON COUNTY)**
Ingrid H. Morroy 49,406 97.50%

Treasurer (ARLINGTON COUNTY)
Carla F. de la Pava 49,741 97.34%

**Member County Board
(ARLINGTON COUNTY) vote for
2**
Kate A. “Katie” Cristol
41,097 40.51%
Christian E. Dorsey
38,087 37.55%
Audrey R. Clement 13,326 13.14%
Arron O’Dell 7,189 7.09%

**Member School Board
(ARLINGTON COUNTY)**
Reid S. Goldstein 47,880 95.85%

Unofficial Election Results Tuesday, Nov. 5, 2019

For more results see
[www.elections.virginia.gov/2019-
election-results/](http://www.elections.virginia.gov/2019-election-results/)



PHOTOS BY RINI DUTTA

Pride of Herndon students displaying the historical artifacts from USS Herndon including the first US flag to fly over German occupied territory on D-Day.

Herndon High Band Performs Tag Day Concert

Herndon High Marching Band receives Proclamation from Town of Herndon.

BY LYNNE CUPPERNULL

The Herndon High School band program’s annual Tag Day concert held on Nov. 6 had a little bit of everything. With Veteran’s Day just a few days later, one of the highlights of the night was a Proclamation given to the HHS Marching Band (Pride of Herndon) from the Town of Herndon, in recognition of the Pride’s participation in the commemoration of the 75th anniversary of D-Day in Normandy in June, 2019. In addition, the band director Kathleen Jacoby was commended for her dedication and for leading the Pride of Herndon in this event.

Also honored was band parent Margaret Jamborsky, who dedicated thousands of hours researching the USS Herndon, the first ship to breach the beach on D-Day. Jamborsky also created a moving video of the Pride’s time in Normandy, shown as part of the concert.

Finally, the band presented the Herndon Historic Society with several artifacts donated to the Herndon Museum by the families of veterans (and in

some cases, the veterans themselves) of the USS Herndon. These included medals and dog tags, uniforms worn by the crew of the USS Herndon and the first U.S flag to fly over German occupied territory on D-Day.

And then there was the music. The Symphonic Winds played three unique adaptations of various multi-cultural arrangements, and the Wind Ensemble played Gustav Host’s First Suite in Eb, then a fascinating adaptation called Suite Dreams. The Wind Ensemble closed with Robert W Smith’s “12 Seconds to the Moon” – while images of space travel and the Wright Brother’s first flight at Kitty Hawk played on the wall.

The show closed with the full Pride of Herndon Marching Band lining the walls of the auditorium to play their 2019 show, Heroes. Full of energy and spirit, the band brought down the house.

If you missed it, here are other opportunities to see band members in action this year:

Dec. 7 — Herndon Tree Lighting
Dec. 18 — Winter Concert



Wind Ensemble performing at the concert.

BULLETIN

FROM PAGE 2

driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

MONDAY/NOV 25

27th Annual Ethics Day. 8 a.m. to 3 p.m. At Sheraton Reston, 11810 Sunrise Valley Drive, Reston. In 1992, the Greater Reston Chamber of Commerce and South Lakes High School established a unique partnership to take the entire South Lakes senior class to the Sheraton Reston where they spend the day learning about ethical decision making and how it will affect their adult lives. Using a series of four complex, but real-life scenarios, students are asked to review, discuss and reach ethical decisions for each scenario. Table Leaders, approximately 70 volunteers from the business community, lead a small group of 8-10 students through these scenarios and facilitate vibrant discussions. To learn more, contact Alicia Field, Events and Development Director, at 703-707-9045 or aliciaf@restonchamber.org.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthyminds/fairfax or www.nami-northernvirginia.org/parent-peer-support.html.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year, beginning in September. Please contact Don Rea at 571-551-2488 or donaledge@aol.com.

Assistance League of Northern Virginia, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnieb517@verizon.net.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. Mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

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

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

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

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Chino Lourie, Rest in Peace



By KENNETH B. LOURIE

As much as I try not to self-indulge in my weekly column, I am aware that I don't always succeed. It seems I can only write about what I feel, what I see and what I hear, be it personal, professional or public. To that end — which justifies my means, I have often involved you regular readers in my cancer life, as well as a few other "privacies" I've been comfortable sharing: family (including pets), friends, finances and the occasional faux pas (if I am anything, I am open, perhaps too open, if certain other familial opinions are to be considered).

This meandering start is meant to explain — indirectly, how when something is preoccupying my mind, it is difficult/near impossible for me to write about something that's not. At present my preoccupation is with one of my cats: Chino. He is not doing well, at all. After multiple emergency room visits and follow-up appointments with veterinarians over the past few weeks, it appears his diabetes has finally gotten the best of him leading to the worst possible outcome: death, with some dignity, hopefully.

In two of our most recent visits to the veterinarian, we have had preliminary discussions about euthanizing Chino. We have resisted so far and have continued, especially my wife, Dina, to give him as much t.l.c. as we can. However, his quality of life, as described by our primary veterinarian on Friday, is "not good." To invoke/rework a phrase commonly associated with some human beings in early childhood: Chino is failing to thrive, though he turned 13 in late September. Other than engaging with us when we call his name or pet him, Chino is not able to do nearly enough (eating, drinking, grooming, using the litter box) to give us much hope. Nevertheless, he is home and curled up in his favorite spot in the kitchen, though barely able to get around.

I wouldn't characterize our activity as a vigil, but neither Dina nor myself are planning to leave the house (or one of us will be at home if the other needs to go out) anytime soon. With this weekend of inactivity, our focus is exclusively on Chino. Yet here I sit, a literary task at hand, attempting to navigate emotionally the prospect of his passing and the significance of such a loss.

It's been 10 years or so since we've had to consider euthanizing a pet. It was either Bailey, our second golden retriever or Chester, our second dwarf rabbit. I can't remember exactly as it was around this time that I was diagnosed with lung cancer and began heavy-duty chemotherapy. But we've all survived since then and even added a few critters: Chino's brother, Biscuit, Twinkle, our white cat with an attitude and two more rescues "The Blackies," as we call them: Andrew and Sloane, black, domestic short hair siblings. As longtime animal owners, we knew this day would come, but given my cancer diagnosis: "13 months to two years," I think we figured I'd be the first to go. So it's both upsetting and distracting in a way, our normal pursuits, because what's happening — both good (me still being alive) and bad (Chino succumbing to his illness) is not what we anticipated happening. As a result, I am self-indulging you in my preoccupation because I'm unable to think/write outside the box. A figurative box on which Chino sits front and center, mostly down but not quite out.

Still, we're not exactly sitting and staring blankly into space, but neither are we entertaining too many other thoughts. We are here for Chino so with a column to write, it is being written with Chino as the subject, and excuse for what is written in this space. For 13-plus years Chino has been my companion. We have rubbed noses too many times to remember. He has my scent and as such, I have belonged to him. Soon I fear he'll belong to no one and I'll have lost his loving feeling. He was a sweet and affectionate cat. We will miss him terribly.

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

Horses Heal and Teach Life Skills

Equestrian program touches everyone involved.

By Mercia Hobson
The Connection

SPIRIT Open Equestrian Program, Inc. celebrated the achievements of its students during the organization's public presentation, "Ride for SPIRIT," held Saturday, Nov. 9 at Frying Pan Farm Park Equestrian Center in Herndon. During the event, SPIRIT's therapeutic riding participants from across Fairfax County and beyond, ages five through adult, demonstrated how horseback riding provided a fun experience that improved their balance, muscle tone, motor skills, self-confidence and more. SPIRIT is a nonjudgmental zone, with collaboration between trained professionals, volunteers, clients and the local government.

While riders and their families remain the primary beneficiaries of SPIRIT's program, one that promoted inclusion and urban horsemanship for the healing and improvement of life skills, SPIRIT's program also touched volunteers, staff and board members. It also gave one U.S. Army veteran "purpose."

Rider Nicole Springer, 19, of Sterling participated in the SPIRIT Therapeutic Riding Program since she was nine years old. According to her mother, Laura-Jeanne, Nicole was born with Low Muscle Tone. When they first enrolled Nicole in the program, SPIRIT staff and volunteers engaged her daughter in playful exercises while 'in-saddle' on the horse to help further develop the child's core strength and balance. Springer recalled how Nicole stretched, reaching to touch the horse's ears and hindquarters and balanced, turning 360 degrees in the saddle thinking it all fun and games. "She went from needing two side walkers (volunteers who spotted her while she rode) and a special type of saddle for support, to being an independent rider. "Nicole's confidence spills over," said Springer.

FOR NICOLE, the benefits proved to be more than physical and emotional. "I've made so many friends here; it's a family affair," she said. "I come once a week, on Tuesdays. I love to trot and ride. I also like to groom and walk the horses. When I'm trotting and it just feels right, I think to myself, I'm doing it."

Rider Aaron Ho, 5, of Fairfax was one of the youngest and newest participants in the program. His mother, Shirley peacefully watched from the stands as Naomi Jacobs, 11, of Fairfax, Sagarika Kagicha, 13, of Fairfax and Elena Brunori of Vienna walked beside her son and led his horse. Reins in hand, Aaron focused and listened attentively to his walkers. He followed their position commands to lean forward and sit up.

"We love it here. Aaron looks forward to it every week. He's autistic and this program has really helped him with his speech. The volunteers talk to him while he's on the horse and conversation goes back and forth. He's able to focus and follow directions. We moved here from New Mexico this summer and did a program there. I searched online and found



The blue ribbon awardees, volunteers and others at "Ride4SPIRIT" assemble in the champion line at Frying Pan Farm Park Equestrian Center in Herndon.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Rider Aaron Ho, 5, of Fairfax, Naomi Jacobs, 11, of Fairfax, Elena Brunori of Vienna, and Sagarika Kagicha, 13, of Fairfax at "Ride4SPIRIT," held Sat., Nov., 9, Frying Pan Farm Park Equestrian Center, Herndon.

this program through Fairfax County Parktakes. My goal is to promote his social and communication skills. As long as he enjoys it, we will keep signing up. The staff and volunteers have such passion," said Ho.

For Noah Cullinan, 9, of Fairfax, a two-year veteran of the program, his mother, Nancy said she saw her son's confidence "shine through when riding the horses." According to Cullinan, therapeutic riding helped to further develop Noah's core muscles, particularly beneficial since he has Downs Syndrome.

Volunteers and board members also received benefits from their service, unex-



Renee Kim, 7, of Fairfax excitedly clutches her blue ribbon.

pected ones. Volunteer/Assistant Meagan Hosker, 16, of Reston worked the ring with other volunteers and staff during the presentation. Afterward, Hosker shared she decided to join the organization given she had eight years riding experience under her belt and she wanted to put it to good use. "I was an introvert," Hosker said. "But being around these amazing children and adults opened a new and happier view for me," she said.

In an interview after the event, Barry Dresdner of Herndon, Board Vice President of SPIRIT Open Equestrian Program said, "The main thing I want to say is that when I first met Dada (Davorka Suvak, Executive Director of SPIRIT) and heard her speak so passionately about SPIRIT, I fell in love with the program, and I wanted to do more to help out...The community is extremely for-



Rider Nicole Springer receives her blue ribbon from Huey Sullivan.

tunate to have SPIRIT."

While other riders, their family members and volunteers of the SPIRIT Open Equestrian Program, echoed with similar comments, for one U.S. Army veteran, Rob Mennell of Arlington, SPIRIT changed his life. Mennell currently serves as Board President of SPIRIT Open Equestrian Program, Inc.

"Personally, SPIRIT gives me purpose. After I left the military and stopped deploying overseas, I didn't have a cause that made me feel like I was contributing to something worthwhile. I also had trouble relating to others. After working in combat environments... I couldn't fathom why people got upset over seemingly trivial things and weren't grateful for what they had," said Mennell.

"When I came to SPIRIT about three years ago, I saw a group of people dedicated solely to helping others (two-legged or four-legged horses are rescues). This tight-knit community of volunteers gave me the team-based environment I missed, the opportunity to do physical labor, and most of all, the ability to help people in ways that were instantly recognizable. Our kids light up when they see their horses, and they become so independent and confident in a matter of weeks. Everyone who shows up to SPIRIT — riders, families, volunteers and even our horses — seem to leave with more than they came with. Sorry to ramble on, this is a huge part of my life, and I'm so proud of our team and our community," said Mennell.

SPIRIT is a registered 501(c) (3) organization, EIN #20-849-2941. According to SPIRIT, if interested in Therapeutic Riding or Equine Assisted Learning/Beginner Classes, register with Fairfax County Park Authority; contact Frying Pan Farm Park at 703-437-9101. If a youth in the FCPS system would benefit from the SPIRIT program, contact the case manager; for all other programs or information visit spiritinfo@spiritequestrian.org.