

# Oak Hill Herndon CONNECTION

A crowd of more than 200 people gathered to send off 180 Rolling Thunder Ride participants who had gathered at Jimmy's Old Town Tavern in Herndon as part of the May 28, Memorial Day Observance.

## Herndon Hosts 'Ride for Freedom'

Big Truck Days  
Held in Herndon

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PHOTO BY MERCIA HOBSON/THE CONNECTION

MAY 31 - JUNE 6, 2017

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)





## Remembering on Memorial Day 2017

**O**n Memorial Day, we remember all of those who have died in military service, more than 400,000 in World War II, more than 30,000 in Korea, more than 50,000 in Vietnam.

As many as 620,000 soldiers died in the Civil War, stunningly about 2 percent of the population at that time. To compare, while more than 2.5 million soldiers have served in Iraq and Afghanistan, that number is still less than one percent of the U.S. population.

Since Sept. 11, 2001, more than 6,880 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

On Memorial Day, there are many ways to remember the fallen, including a visit to Arlington National Cemetery, or many other local commemorations. But at a minimum, wherever you are, you can observe a moment of silence at 12:01 p.m. along with Iraq and Afghanistan Veterans of America (IAVA), or you can set your own moment at some point during the day.

More than 52,000 U.S. military service members have been wounded in action, although that number is likely to be revised upward. In 2013, the military confirmed traumatic brain injury in more than 220,000 of the more than 2.5 million troops who have served in Iraq and Afghanistan. The long-term consequences of many of these injuries, including mental health consequences, are unknown, but they will require a national commitment to excellence in health care and services for both active duty military personnel and veterans. Virginia's U.S. Senators Mark Warner and Tim Kaine continue to advocate for better service from the Veterans Administration.

Cuts proposed to health care, food assistance and other aspects of the social safety net in the proposed budget would disproportionately harm veterans.

**EVERY YEAR** around Memorial Day, this newspaper names the local men and women who have died in military service since Sept. 11, 2001.

Marcus D. Prince, 22, of Norfolk, Virginia died April 26, 2016 in Juffir, Bahrain. Prince was a U.S. Navy civilian who was supporting Operation Inherent Resolve.

Blane D. Bussell, 60, of Virginia, died Jan. 26, 2016 in Manama, Bahrain; Bussell was a U.S. Navy civilian who was supporting Operation Inherent Resolve.

Sgt. Charles C. Strong, 28, of Suffolk, died Sept. 15, 2014 in Herat Province, Afghanistan while conducting combat operations. Sgt. David H. Stewart, 34, of Stafford, was one of three Marines who died June 20, 2014 while conducting combat operations in Helmand province, Afghanistan.

Seaman Philip Frazier Manes, 21, of Fairfax, died Sept. 27, in Manama, Bahrain. He was supporting Operation Inherent Resolve.

Army Sgt. Lyle D. Turnbull, 31, of Norfolk, died Oct. 18, 2013 in Kuwait, from a medical emergency. Capt. Brandon L. Cyr, 28, of Woodbridge, was one of four airmen who died April 27, 2013, near Kandahar Airfield, Afghanistan, in the crash of an MC-12 aircraft.

1st Lt. Robert J. Hess, 26, of the Kings Park West neighborhood of Fairfax, was killed by enemy fire on April 23, 2013, Afghanistan. Hess was known as "RJ" and graduated from Robinson Secondary School in 2005, where he played football, lacrosse and was the captain of the swim team. He was a U.S. Army Blackhawk helicopter pilot who deployed to Afghani-

stan on April 11, 2013. His family remembers his sense of humor and his natural leadership ability.

Master Sgt. George A. Banner Jr., 37, of Orange, died Aug. 20, 2013, of injuries sustained when enemy forces attacked his unit with small arms fire in Wardak Province, Afghanistan.

Spc. Caryn E. Nouv, 29, of Newport News, was one of two soldiers who died July 27, 2013 in Ghazni Province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device and small arms fire.

Lance Cpl. Niall W. Coti-Sears, 23, of Arlington, died June 23, 2012, while conducting combat operations in Helmand province, Afghanistan. Coti-Sears loved music, played the guitar, composed songs and entertained family and friends at holiday gatherings. Niall was very close to his grandfather, William Coti, who was a Marine. "He was always my protege," William Coti told the Arlington Connection. "He always wanted to be a Marine and he followed my example. It weighs heavily on me that this had to happen."

Chief Warrant Officer Five John C. Pratt, 51, of Springfield, died May 28, 2012 in Kabul, Afghanistan, when his helicopter crashed.

Staff Sgt. Jessica M. Wing, 42, of Alexandria, died Aug. 27, 2012 in Kuwait City, Kuwait.

In February 2012, Brig. Gen. Terence J. Hildner, 49, of Fairfax, was the highest ranking military officer to die in the war. Hildner died Feb. 3, 2012 in Kabul province, Afghanistan.

Sgt. Aaron X. Wittman, 28, of Chester, Virginia, died Jan. 10, 2013 from small arms fire. Sgt. David J. Chambers, 25, of Hampton, Virginia, died Jan. 16, 2013 from a roadside bomb. Sgt. Robert J. Billings, 30, of Clarksville, Virginia, died Oct. 13, 2012 when enemy forces attacked with an improvised explosive device. Staff Sgt. Jonathan P. Schmidt, 28, of Petersburg, Va., died Sept. 1, 2012 from enemy small arms fire. 1st Lt. Stephen C. Prasnicky, 24, of Lexington, Virginia, died June 27, 2012, from a roadside bomb.

Aaron Carson Vaughn, 30, was one of 30 American service members and 22 Navy SEALs killed Aug. 6, 2011 when their Chinook helicopter was shot down in Afghanistan. Vaughn's family has ties to McLean and Burke. He was survived by his wife, Kimberly, and their two children.

Spc. Douglas Jay Green, 23 of Sterling, died Aug. 28, 2011, when insurgents attacked his unit using a roadside bomb in Afghanistan. Green enlisted in 2007, after attending Potomac Falls High School.

Pfc. Benjamin J. Park, 25, of Fairfax Station, died June 18, 2010 at Zhari district, Kandahar, Afghanistan, of injuries sustained when insurgents attacked his unit with an improvised explosive device.

May 12, 2010, Donald J. Lamar II, 23 of Fredericksburg, was killed in Afghanistan. Christopher D. Worrell, 35 of Virginia Beach, was killed in Iraq on April 22, 2010. Steven J. Bishop, 29 of Christianburg, was killed March 13, 2010 in Iraq. Kielin T. Dunn, 19 of Chesapeake, was killed Feb. 18, 2010 in Afghanistan. Brandon T. Islip, 23 of Richmond, was killed Nov. 29, 2009, in Afghanistan. Stephan L. Mace, 21 of Lovettsville, died Oct. 3, 2009 in Afghanistan.

Bill Cahir, 40 of Alexandria, died Aug. 13, 2009 of a gunshot wound while conducting combat operations in the Helmand Province of Afghanistan. After Sept. 11, 2001, Cahir decided to leave his career as a journalist and join the Marine Corps. His application to become a Marine was denied because of his age, but he successfully lobbied members of Congress to get a special exemption.

Lance Cpl. Daniel Ryan Bennett, 23 of Clifton died Jan. 11, 2009, in Helmand Province, Afghanistan. 2nd Lt. Sean P. O'Connor of Burke died Oct. 19, 2008 while stationed at Hunter Army Air Field, Savannah, Georgia. O'Connor was an athlete in soccer, baseball and football who attended Fairfax County Public Schools and was a 1999 graduate of Bishop Denis J. O'Connell High School in Arlington.

Pfc. David Sharrett II, 27 of Oakton, died Jan. 16, 2008 in Iraq. On Oct. 24, 2008, his father, David H. Sharrett, was on hand as the Oakton Post Office on White Granite Drive was renamed to honor his son. But the senior Sharrett has battled to learn the truth about his son's death, that he was killed by his lieutenant in a "friendly fire" incident. In April, 2012, Sharrett Sr. obtained documents confirming some of the details of his son's death and a subsequent cover-up.

Army 1st Lt. Thomas J. Brown, 26, a George Mason University graduate and Burke resident, died on Sept.

23, 2008, while serving in Iraq, from small arms fire.

Sgt. Scott Kirkpatrick, 26, died on Aug. 11, 2007, in Arab Jabour, Iraq. Kirkpatrick, who graduated from Park View High School in Sterling, and also considered Herndon and Reston as his hometowns, was a champion slam poet.

Ami Neiberger-Miller lost her brother, U.S. Army Spc. Christopher Neiberger, in August 2007 when he was killed by a roadside bomb in Iraq. He was 22.

Staff Sgt. Jesse G. Clowers Jr., 27, of Herndon, died when an improvised bomb exploded near his vehicle in Afghanistan on Aug. 12, 2007. Jonathan D. Winterbottom, 21, of Falls Church, died in Iraq on May 23, 2007, when an IED exploded near his vehicle.

Nicholas Rapavi, 22, of Springfield, died Nov. 24, 2006, during combat in Anbar province in Iraq. Army Cpl. Andy D. Anderson, 24, was killed by enemy fire in Ar Ramadi, Iraq on Tuesday, June 6, 2006.

Spc. Robert Drawl Jr., 21, a 2003 graduate of T.C. Williams High School, was killed by a bomb in Kunar, Afghanistan, on Aug. 19, 2006.

U.S. Army Specialist Felipe J. Garcia Villareal, 26 of Burke, was injured in Iraq and flown to Washington Hospital Center, where he died Feb. 12, 2006. He was a graduate of Herndon High School.

Capt. Shane R. M. Mahaffee, 36, a 1987 graduate of Mount Vernon High School, died May 15, 2006. He was a lawyer, married, with two children.

U.S. Marine Lance Cpl. Nicholas Kirven, 21, was killed in Afghanistan in 2005 during a firefight in a cave with insurgents. He enlisted while still in high school after Sept. 11, 2001.

Fairfax Station resident Pfc. Dillon Jutras, 20, was killed in combat operations in Al Anbar Province of Iraq on Oct. 29, 2005.

Maj. William F. Hecker III, a 1987 graduate of McLean High School, was killed in action in Iraq, Jan. 5, 2005. Staff Sgt. Ayman Taha, 31, of Vienna, was killed Dec. 30, 2005, when an enemy munitions cache he was prepping for demolition exploded. Army Capt. Chris Petty of Vienna was killed Jan. 5, 2006.

Staff Sgt. George T. Alexander Jr., the 2,000th soldier to be killed in Iraq, was literally born into the Army here in Northern Virginia, at DeWitt Army Hospital at Fort Belvoir. Alexander died at Brooke Army Medical Center in San Antonio, Texas, Oct. 22, 2005, of injuries sustained in Iraq five days earlier.

Lt. Col. Thomas A. Wren, 44, of Lorton, died in Tallil, Iraq on Nov. 5, 2005. Marine Capt. Michael Martino, 32 of the City of Fairfax, died Nov. 2, 2005, when his helicopter was brought down in Iraq.

1st Lt. Laura M. Walker of Oakton was killed on Aug. 18, 2005, in Kandahar, Afghanistan. CW4 Matthew S. Lourey of Lorton died from injuries sustained on May 26, 2005 in Buhriz, Iraq. Operations Officer Helge Boes of Fairfax was killed on Feb. 5, 2003, while participating in counterterrorism efforts in eastern Afghanistan.

Among other local lives lost: Lance Cpl. Tavon Lee Hubbard, 24, of Reston; 1st Lt. Alexander Wetherbee, 27, of McLean; 1st Lt. Jeff Kaylor, 25, of Clifton; Coast Guard Petty Officer Nathan B. Bruckenthal, 24, of Herndon; Army Chief Warrant Officer Sharon T. Swartworth, 43, of Mount Vernon; Command Sgt. Maj. James D. Blankenbecler, 40, of Mount Vernon; Capt. James F. Adamowski, 29, of Springfield; Sgt. DeForest L. Talbert, 22, of Alexandria; Marine Cpl. Binh N. Le, 20, of Alexandria; Staff Sgt. Russell Verdugo, 34, of Alexandria; Army Capt. Mark N. Stubenhofer, 30, from Springfield; Marine Gunnery Sgt. Javier Obleas-Prado Pena, 36, from Falls Church; Marine Sgt. Krisna Nachampassak, 27, from Burke; Army Staff Sgt. Nathaniel J. Nyren, 31, from Reston; Marine Lance Cpl. Tenzin Dengkhim, 19, from Falls Church, Navy Chief Joel Egan Baldwin, 37, from Arlington; Maj. Joseph McCloud, of Alexandria, and Major Gloria D. Davis, 47 of Lorton.

Capt. Jesse A. Ozbat, 28 of Prince George, Virginia, died on May 20, 2012 in Afghanistan from a roadside bomb. Constructionman Trevor J. Stanley, 22, of Virginia Beach, died April 7, 2012 while deployed to Camp Lemonnier, Djibouti. Pfc. Michael W. Pyron, 30, of Hopewell, Va., died Jan. 10, 2012 in Afghanistan. Maj. Samuel M. Griffith, 36, of Virginia Beach, died Dec. 14, 2011 in Afghanistan. Staff Sgt. James Ronald Leep Jr., 44 of Richmond, died Oct. 17, 2011 at Forward Operating Base Kalsu in Iraq. Spc. Levi Efrain Nuncio, 24 of Harrisonburg, died June 22, 2011 in Afghanistan. Capt. Michael Wray Newton, 30 of Newport

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# ENTERTAINMENT

Send entertainment announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Lake Anne Exhibit.** Deadline is June 2 to enter photographs for the Lake Anne show. The exhibit runs from June 5-July 2 and is free and open to the public 9 a.m.-8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more.

**Women's Training Program.** through June 12, 6:30-8 p.m. at South Lakes High School, Seahawks Drive, Reston. Reston Runners Women's Training Program. Runners, walkers, run/walk intervals and Fresh Start, for women who need a more gentle start to working out. Designed by women for women. \$45. Email [wtp@restonrunners.org](mailto:wtp@restonrunners.org) for more.

**Art Exhibition.** 8 a.m.-5 p.m. through June 29 at U. S. Geological Survey, 12201 Sunrise Valley Drive. Exhibit "H. K. Anne Presents The American Landscape," will be on exhibit at the USGS National Center is a public building, parking is available in the visitor's lot outside the visitor's entrance. Photo ID is required to enter. Visit [www.HKAnneFineArt.com](http://www.HKAnneFineArt.com) for more.

**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. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**"A Bird in the Hand"** through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 [restonarts.org](http://restonarts.org)

**Teen and Adult Art Classes ArtSpace Herndon** Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the riddingfree2@gmail.com. 703-956-9560. [www.artspaceherndon.com](http://www.artspaceherndon.com).

## THURSDAY-SUNDAY/JUNE 1-4

**37th Annual Herndon Festival.** 10 a.m.-11 p.m. in Downtown Herndon, 777 Lynn St. The event features a carnival all four days, three stages of entertainment, a 10K/5K Race & Fitness Expo, children's hands on art area, children's alley, business expo, two nights of fireworks, arts and crafts vendors, and an assortment of food vendors. Visit [www.herndonfestival.net](http://www.herndonfestival.net) for more.

## DEADLINE JUNE 2

**Lake Anne Exhibit.** The Reston Photographic Society, a special interest group of the League of Reston Artists, invites photographers to enter photographs for the Lake Anne show. The exhibit runs from June 5-July 2 and is free and open to the public 9 a.m.-8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more.

## FRIDAY/JUNE 2

**Morning Storytime.** 10:30 a.m. every Friday at Scrawl Books, 11862 Market St. Reading stories for children. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com).

**Casino Night.** 6:30-10 p.m. at Volkswagen Group of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon. Staffed gaming tables, hors d'oeuvres, cocktails, raffles, a live and silent auction, as well as a celebrity emcee with music and dancing. Call 202-540-2328 for more.

## JUNE 3-AUG. 26

**Free Concerts.** 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit



## Yoga Outside

**On Sunday, June 11 it's the Love Your Body Yoga Festival, 10 a.m.-5 p.m. at 11900 Market St., Reston. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Visit [loveyourbodyyogafestival.com](http://loveyourbodyyogafestival.com) for more.**

[www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts) for more.

## SATURDAY/JUNE 3

**Gardens of Notes Tour.** 10 a.m.-4 p.m. at Reston Town Center, 11900 Market St. A tour of five residential gardens in three Reston neighborhoods, followed by a celebration at Hidden Land Landscaping. \$20. Visit [www.restonchorale.org](http://www.restonchorale.org).

**Bruno's Barnyard Bash.** 10 a.m.-2 p.m. at North Hills Pavilion, 1325 North Village Road, Reston. See farm animals, make farm themed crafts, play games, milk a pretend cow and even learn how to make ice cream. Event is cancelled in the event of rain. \$12/Reston Association Member child \$16/Non member child. Email [kelsey@reston.org](mailto:kelsey@reston.org) for more.

**Meet the Author.** 2-3 p.m. at Reston Regional Library, 11925 Bowman Towne Road. Author and scholar Dr. Harry Butowsky will discuss his biography "I Survived: My Name is Yitzkhak." Call 703-689-2700 for more.

**Landau Eugene Murphy, Jr Concert.** 7:30-10 p.m. at Reston Town Center, 11900 Market St. Kicks off the concert series. Call 703-912-4062 or visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

## MONDAY/JUNE 5

**Muscle Up Mondays.** 6:30 p.m. every Monday, 11900 Market St. Free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Visit [www.crunchreston.com](http://www.crunchreston.com) or call 571-267-5000 for more.

## JUNE 5-JULY 2

**Lake Anne Exhibit.** at the Reston Community Center at Lake Anne, 1609 Washington Plaza N. Exhibit features work by members of the Reston Photographic Society. Visit [www.leagueofrestonartists.org/rps](http://www.leagueofrestonartists.org/rps) or call 703-476-4500.

## DEADLINE JUNE 6

**Photo Competition.** Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Call 703-956-9560 or visit [www.artspaceherndon.com/calls-for-art/](http://www.artspaceherndon.com/calls-for-art/).

## TUESDAY/JUNE 6

**Book and Art Sidewalk Sale.** 5-8 p.m. at 845 Station St., Herndon. The Closet sponsors sale for decorating or sprucing up the home and yard with an inventory of books on gardening, art, interior design, cooking and home improvement, as well as a selection of prints and paintings for

Station St., Herndon. The Closet sponsors sale for decorating or sprucing up the home and yard with an inventory of books on gardening, art, interior design, cooking and home improvement, as well as a selection of prints and paintings for sale. Proceeds benefit The Closet college scholarship fund for local students. Email [dghitchings@verizon.net](mailto:dghitchings@verizon.net) for more.

## FRIDAY/JUNE 9

**Morning Storytime.** 10:30 a.m. every Friday at Scrawl Books, 11862 Market St. Reading stories for children. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) for more.

## SATURDAY/JUNE 10

**Book and Art Sidewalk Sale.** 9:30 a.m.-4 p.m. at 845 Station St., Herndon. The Closet sponsors sale for decorating or sprucing up the home and yard with an inventory of books on gardening, art, interior design, cooking and home improvement, as well as a selection of prints and paintings for sale. Proceeds benefit The Closet college scholarship fund for local students. Email [dghitchings@verizon.net](mailto:dghitchings@verizon.net) for more.

## SUNDAY/JUNE 11

**Love Your Body Yoga Festival.** 10 a.m.-5 p.m. at 11900 Market St., Reston. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Visit [loveyourbodyyogafestival.com](http://loveyourbodyyogafestival.com) for more.

## MONDAY/JUNE 12

**Muscle Up Mondays.** 6:30 p.m. every Monday, 11900 Market St. Free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Visit [www.crunchreston.com](http://www.crunchreston.com) or call 571-267-5000 for more.

sale. Proceeds benefit The Closet college scholarship fund for local students. Email [dghitchings@verizon.net](mailto:dghitchings@verizon.net) for more.

## THURSDAY/JUNE 8

**Book and Art Sidewalk Sale.** 5-8 p.m. at 845

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**Legals**

**ABC LICENSE**  
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**Announcements**

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**COMMENTARY**

**Get Out and Vote**

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

My credentials as a progressive Democrat (capital D) are well established; sometimes missed in the political back and forth of an election year might be my earnest effort to be a democratic (small d) advocate. The outcomes of elections can be no more reflective of the public mood and aspirations than substantial participation by voters in the electoral process. That observation has been made over and over yet elections occur with only a small fraction of eligible voters taking part.

Voting does take some time and effort. To vote one must register, but registration is active as long as you have not moved. Even though elections take place on a weekday when many people work, it should be possible to find some time between 6 a.m. and 7 p.m. in order to vote. If not, absentee voting is an alternative. There has been much legislation over the years designed to suppress the vote, but I and others have spent a lifetime working to get it defeated in the courts or in the legislature.

Although candidates spend huge amounts of money and time selling themselves to voters, there are many voters who consider themselves too ill-informed to vote. Bringing a realistic vision of a candidate to a voter is not an easy task. Candidates need to keep trying, and voters need to step up the effort to find out information on candidates for themselves. The recent growth of interest groups registering voters and informing people on the issues is a very hopeful sign. I believe it will help change the outcome of some elections, and for sure it is likely to increase participation.

Virginia has an election every year. While most states skip the



odd-numbered years for elections, Virginia along with New Jersey will elect a governor, lieutenant governor, attorney general

and all members of the House of Delegates this year. That election will be on Nov. 7. But even before we get to those campaigns there are many more primary elections in both parties this year than I can ever remember.

June 13 is a most important date when primary elections will take place. Voters do not register by political party in Virginia. To vote in the Democratic or Republican primary on June 13 you need to declare your political party at that time. You cannot vote in more than one primary.

Of course I am voting in the Democratic primary and will be voting for current Lieutenant Governor Ralph Northam for the Democratic nomination for governor and Justin Fairfax as the Democratic nominee for lieutenant governor. Attorney General Mark Herring will be the Democratic nominee for re-election as he is not being challenged in the primary.

If you are voting in the Republican primary on June 13, you have a choice of three candidates for the nomination for governor, and three for lieutenant governor. I am not being challenged in the primary but several delegate districts have primaries in Northern Virginia. To look at a sample ballot for each party, go to www.fairfaxcounty.gov/elections/upcoming.htm,

However you choose to vote, do get out and vote and encourage your neighbors to do the same.

**BULLETIN BOARD**

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/by noon on Friday.

**SATURDAY/JUNE 3**

**Sexual Trafficking Walk.** 8 a.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Help raise awareness and prevent teen sex trafficking by participating in the Just Ask Walk/Run for Freedom. Sponsored by Just Ask Trafficking Prevention. Visit justaskprevention.com for more.

**ONGOING**

**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@sunriseniorliving.com to RSVP.

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

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

**Passages DivorceCare.** For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. Call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. Call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

**Toy Drive** in Collaboration with Nonprofit FISH Through Dec. 16 Stop by 11890 Sunrise Valley Drive any weekday from 9-4 and drop a new, unwrapped toy in the donation box in the lobby. All toys will be distributed to needy children within Loudoun County and to Herndon/Reston children via the non-profit Herndon-Reston FISH, Inc. Toys should be for the ages of Newborn to

**SCHOOL NOTES**

Send school notes to north@connectionnewspapers.com by noon on Friday.

**Kayleen Bell** and **Matthew Notarangelo**, both of Herndon, graduated from York College of Pennsylvania.

**Kayleen Bell**, of Herndon, a senior Hospitality Management major at York College of Pennsylvania, has been named to the dean's list for the spring 2017 semester.

**Kathryn Laura Rice**, of

Herndon, earned a Master of Music from the Office of Graduate Studies from the University of Nebraska-Lincoln.

**Donald Brown**, of Herndon, was named to the Champlain College (Burlington, Vt.) president's list for the spring 2017 semester.

**Jason Silve**, of Herndon, graduated from Becker College (Worcester, Mass.) in May 2017. Silve earned a Bachelor of Arts in liberal arts.

# OPINION

## Memorial Day 2017

FROM PAGE 4

News, died June 11, 2011 in Afghanistan. Capt. Charles A. Ransom, 31, of Midlothian was one of eight airmen who died April 27, 2011, at the Kabul International Airport, Afghanistan, from gunfire. Sgt. Sean T. Callahan, 23, of Warrenton died April 23, 2011 in combat in Afghanistan. Sgt. 1st Class Anthony Venetz Jr., 30, of Prince William died Jan. 28, 2011 in Afghanistan, after being seriously wounded months before. Spc. Sean R. Cutsforth, 22, of Radford, died Dec. 15, 2010 in Afghanistan. Spc. William K. Middleton, 26, of Norfolk died Nov. 22, 2010 in Afghanistan. Staff Sgt. Christopher F. Cabacoy, 30, of Virginia Beach died July 5, 2010, in Afghanistan.

If you know of someone who should be included in this list, or if you would like to share how you are honoring the memory of a family member or friend lost, or about the progress of someone injured, please let us know.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## BULLETIN BOARD

FROM PAGE 6

16. The last day for donations is December 16. Call 703-860-4600 for more information.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

Submit a Nomination for Volunteerism & Community Service Awards

The Virginia Governor's Volunteerism and Community Service Awards is looking to recognize individuals and groups whose volunteer activities contribute to the life and welfare of Virginia citizens. There are a variety of categories for both individuals as well as groups so if you have a special volunteer in your organization or know of a group that should be nominated, please visit the website to get started: <http://virginiaservice.virginia.gov/volunteering/governors-volunteerism-awards/>

**Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Respite Care** volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

**Fairfax County's Meals on Wheels** urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults).

**Habitat Heroes Project.** The fourth Saturday of each month from 10 a.m. - noon. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

**ARTSPACE HERNDON** – ArtSpace Herndon needs volunteer docents to greet guests, answer the phone and complete sales during normal gallery hours. Volunteers are also needed a few hours each month to assist with exhibit installation and special performing arts events. Training is provided. Flexible shifts are available. For additional information see our website [www.artspaceherndon.com](http://www.artspaceherndon.com). Or contact us at 703-956-9560, volunteer@artspaceherndon.com. ArtSpace Herndon, 750 Center Street, Herndon.

# BUSINESS DIRECTORY

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## Price Points — In the Wrong Direction



By KENNETH B. LOURIE

Not that I need a pound bag of M&Ms to weigh 16 actual ounces (it's now down to 10.70 oz.) or a half gallon of ice cream to weigh 64 ounces (rather than the 48 oz. it currently is) or the "family" size bag of Utz potato chips to measure more than its current/meager/non-typical-family size of 9.5 ounces (down from 14 ounces that I remember), nevertheless; I do need to feel the love, and right now I don't. I sort of understand price points and the business models ingrained to retain customer loyalty (price matters more than size, generally), but I am hard-pressed to ignore the fact that even though I'm spending the same amount of money as I always have, I'm not getting anywhere near the same amount of product as I always have.

Not that the few items I've listed here are staples (well, maybe not to you they aren't), or the necessary building blocks of a healthy diet, they are pieces to a puzzle which characterizes some of my eating habits — and probably some of yours, too. After all, we are all victims of advertising messages which bombard us 24-7, on television, on radio, in print and on devices. In a way, we're all sitting ducks targeted to quack accordingly because some entity/marketing strategist knows who we are, what we're doing and when we're doing it. It's not exactly "Big Brother," but it's a bit more than "Little Sister."

My brother, Richard and I grew up in the 50s. We ate cookies, candy and snack cakes until the cows came home, and we didn't even live on a farm. Quite the opposite, we lived in suburbia, seven miles from Boston, according to the sign on Rte. 9. We ate dessert after breakfast, lunch and dinner and a few times in between: after school and before bedtime. Why? Because my mother had been non-stop advertised-to about the importance of calcium and the best way for children to get calcium was to drink eight glasses of milk per day to "build strong bones and healthy bodies." And the only way to get us boys to drink that much milk was to feed us something for which milk was a kind of elixir: cookies, cakes, snack cakes, etc. So we ate and drink to our hearts content, but more importantly, we ate and drank to the development of our bones and bodies. And so it continues to this day, sort of, mostly. As my sister-in-law, Vanessa says and then laughs after listening to Richard and I talk about our dessert issues: "Boy, your mother did some job on you two."

I'm exaggerating, a bit, with respect to our current daily consumption. I mean, who could keep up that pace? Moreover, given certain age/weight/cancer realities (particularly concerning yours truly), it would be totally, extraordinarily irresponsible to continue to snack-cake and cookie our way through the day. Still, the urge to splurge seems hard-wired into our brains and when the moment is right, it might not be Cialis that we always think of. (Do you remember the Seinfeld episode when George was determined to combine sex and eating and brought a sandwich to bed? For the record, the thought has never crossed my mind.)

I imagine as you've read this column you've developed a sense that given the Lourie's long-standing — and sitting commitment to such hedonistic pursuits, pennies, nickels, dimes or quarters on the dollar are unlikely to dissuade either one of us from our Santa-like appointed rounds.

Still, we're not idiots. We're aware of the effects on our bodies if we devolve into the snack cake eating machines of our youth/adolescence. We're not getting any younger nor are we likely getting any thinner or healthier. I'd like to think we've gotten smarter and more respectful of what foods go in and by association what money goes out.

But as difficult as it is to turn an ocean liner around after it's headed out to sea, so too is it difficult for yours truly to care less about what I've spent my entire life caring more about: desert/sweets. However, I do anticipate a reaction to this most recent size reduction. As my mother, Celia, used to say: "It's enough already."

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



**Cheyenne Ramsey, 4, and her brother Winston, 2, grew tired of steering the bucket truck, so they decided to explore the dashboard controls. They took turns trying to push the Power Take Off Indicator Light. Winston held tight to his blue toy car the entire time he was at the event.**



PHOTOS BY MERCIA HOBSON/THE CONNECTION

**According to Charlie Kemp, Dept. of Public Works Superintendent, an estimated 1,000 people visited Herndon's Big Truck Days held at the Department's Maintenance Complex on Sterling Road.**

## Big Truck Days Held in Herndon

By MERCIA HOBSON  
THE CONNECTION

**D**espite cloudy skies and down pours, nearly 1000 people visited the Town of Herndon's Department of Public Works Maintenance Complex on Sterling Road, May 4-5. They were there to attend Big Truck Days, a popular family-friendly event hosted by the Department since 1999.

John Johnson, DPW's Building Maintenance Coordinator/Assistant Supervisor, was on hand early morning to greet the first wave of visitors arriving at the free event and to accept non-perishable food donations for the needy. As Johnson distributed plastic hard hats, stickers and wristbands to the visiting children, he explained that everyone was invited to not only see and touch the town's fleet of big trucks and heavy equipment on display but to go ahead and climb on board. Sit in the cabs, try out the steering wheels, push the buttons and have a great day. Johnson went on to tell the parents, teachers and children that other members of the DPW's staff were in the parking lot. They would be happy to answer any questions and explain the function of the vehicles.

Talia Thompson and her son Carlisle, 5, were among the first to arrive. "What a wonderful way to familiarize our children with our community helpers," she said. Sangae Ramsey brought her two children, Winston, 2, and Cheyenne, 4. She expressed a similar sentiment. "This is a wonderful experience to view all the trucks that we see on the road and in our neighborhood."

Besides the big trucks, there was an activity area where children could control a stop light by pushing a button to change its colors and a set of pedestrian



**Until he can reach the pedals a little bit better, Scott Anderson, 3, may have to wait a few more years before he joins the ranks of the skilled men and women of Herndon's Department of Public Works.**

signals set out for them to learn firsthand how to cross a street properly. Karyn Bodell's 5-year-old son, Moses gleefully ran back and forth racing his friend Carlisle up and down the crosswalk and pushing the buttons to change the signal. Bodell appeared very pleased

with the exercise and said, "This is a great opportunity for my kids to have fun and learn about safety."

One of the most popular vehicles at Big Truck Days was not a big truck but one of the town's police cruisers. While children waited patiently in line to climb in and take

a good look around the cruiser, Town of Herndon police officer D.A. Randles talked with them and distributed stickers.

For more information about the Town of Herndon's Public Works Department visit, [herndon-va.gov/departments/public-works](http://herndon-va.gov/departments/public-works).



**Abbey Naylor seemed to have her hands full as Mom at Herndon's Big Truck Day hosted by the Town of Herndon's Dept. of Public Works. Naylor used one hand to help her son Jack, 2, get the seatbelt attached and with her other hand held Jack's souvenir hat for him. Luckily, baby Grace, 5 months, was just along for the ride as Naylor and Jack enjoyed the morning out.**