



# Oak Hill Herndon CONNECTION

## CONNECTION FAMILIES

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For Olivia Seaton, 9, and her five-year old twin brothers, Will (left) and Sam (right) getting to their school on the first day of classes and the rest of the year is a two-step commute. First, Mom and Dad drive them to Hutchison Elementary School in the Town of Herndon. Then the children take a bus to Hunters Woods Elementary School for the Arts and Sciences in nearby Reston. The children are enrolled in the FCPS magnet school. "I love acting," Olivia said about her school.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

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# Learning to Face Opioid Overdose Crisis

Chris Atwood Foundation hosts training on opioid overdose reversal.

BY ANDREA WORKER  
THE CONNECTION

**G**inny Atwood Lovitt is the executive director of the Chris Atwood Foundation (CAF), an organization that she founded with her family in honor of her brother Chris, lost to them from a heroin overdose. Their goal is to educate the public on the opioid crisis and to provide resources and support for those caught in its growing wake. CAF partnered with the Fairfax County Community Services Board and the Virginia Department of Behavioral Health and Developmental Sciences to create REVIVE! — the Commonwealth's education program on opioids and the use of the drug naloxone that can reverse the effects of an opioid overdose when administered properly and in time.

Lovitt became a certified trainer for the program, and since 2015, has trained more than 200 people. On Aug. 18, at the Unity Church of Fairfax in Oakton, she hosted another session. The difference between this class and those that had been offered before was historic. Thanks to the passage of Virginia Senate Bill 848-2017 and House Bill 1453, for the first time, Lovitt and REVIVE! were able to offer Naloxone to those who completed the course and submitted their registration.

Naloxone is a medication that attaches to the opioid receptors in the brain, in effect, “knocking the opioids off” and allowing the overdose victim's respiratory and cardiac functions to re-start for a short time.

The “Naloxone Accessibility” bills now allow agencies and organizations to offer doses of the medication to the general public on premises and immediately following the completion of the short approved training session.

Outside of its singular purpose at pushing aside the opioids, Naloxone has no other effect on body, so there is no danger to anyone who receives the drug accidentally. The dosage is the same for adults and children, so there is no fear of administering too much to a child.

“Before this, we were training, giving the knowledge, but not the tools,” said Lovitt.

Naloxone wasn't even a consideration, when Chris Atwood was a client at any of the numerous treatment programs in which his family had enrolled him. “I don't think it was even mentioned,” said Lovitt.

In 2013, she was the one who found Chris when he overdosed at the family's home. “There was nothing I could do but call 911 and wait,” she told the class. “If I had had access to Naloxone, maybe he would be here with us today. I don't want anyone else, any family, to go through this.”

**OPIOID ABUSE** and overdoses are a serious health issue in Virginia. Twenty-three people died in Virginia from prescription opioid abuse in 1999, the first year in which



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Ginny Atwood Lovitt, director of the Chris Atwood Foundation, shows the class how to recognize the symptoms of an opioid overdose and how to respond. After the training, the CAF and REVIVE! made Narcan kits for reversing the effects of an overdose available.**



**Melody Rose, a teacher from Fairfax, attended the training. “You see so much in the schools. This is really a serious problem.” Rose wanted to learn and to be prepared.**

the numbers were collected. By 2013 the number had jumped to 386 deaths — a 1,578 percent increase.

Factor in the deaths from all opioids — prescription and illicit opioid drugs, and the number rises to 683 lives lost that year. The numbers have not yet been finalized for 2016, but early data shows 1,133 deaths attributable to opioid abuse — an almost 40 percent increase from the previous year.

In 2014, Governor Terry McAuliffe issued Executive Order 29, establishing a task force to study the issue and make recommendations to address the growing crisis. In November of that year, the Governor supported the Virginia Commissioner of Health's declaration of the opioid abuse epidemic as a “public health emergency.” As of July, 2017, Virginia is one of six states to make such a declaration, according to the Network for Public Health Law.

The declaration of such an emergency “is like the state writing a prescription for the general public,” said Lovitt. A “standing order” was put into place, so that Virginians could go directly to their pharmacy and request Naloxone without seeing a medical provider.

A very important first step, “but that still wasn't enough,” said Lovitt, whose experiences show that too many people won't take advantage of the availability, whether because of the cost, or “more likely the stigma of asking for a drug to counteract an opioid overdose.” Lovitt took her story and her cause to her legislators and was “overwhelmed by the positive response.”

Three of the General Assembly members who championed the Naloxone accessibility bills in both the State Senate and the House were present at the training session.

State Sen. Jennifer Wexton (D-33) was one of the sponsors of SB 848-2017 and declared that she was proudest of its passage in the last legislative session. “Now we have to use it ... and remember that combating the stigma is as important as combating the addiction.”

Del. Jennifer Boysko (D-86) said she was more than happy to help, when Lovitt came knocking on her door. “The Atwood Foundation is a real beacon of light,” she said, “looking to address the root causes of the problem, as well as the effects.”

Boysko also stated that she was heartened by the fact that the House Bill was supported “by representatives from every part of the Commonwealth. In today's political climate, it ... was miraculous that the bill passed unanimously.”

Del. John Bell (D-87), a retired major in the United States Air Force, shared a personal experience with the attendees. “My son asked me to go public with his story.

He has been struggling with an opioid addiction for years ... and we didn't know it. We had no idea what to look for.”

After a car accident years earlier, the younger Bell was given a 90-day prescription for opioids for pain, with five refills. “He was addicted before the end of the first prescription,” said Del. Bell.

“He has been clean now for months,” but the fear is still there for the delegate and his family and others in their situation. As he noted, overdoses often occur when an addict relapses after having been clean of opioids for a while. The drugs can have a greater effect, especially if the user takes a dose equal to what they were using before, after long-term opioid abuse. “And no one is immune because of status, age, demographics or economics.” Bell referenced cases in Virginia that spanned the age spectrum from an 11-year-old girl, to a 78-year-old grandmother.

**THE TRAINEES** also heard from DEA Special-Agent-in-Charge, Washington Division, Karl C. Colder. “In 31 years in law enforcement,” said Colder, “I have never seen an epidemic like this ... we now are even having babies born addicted.”

After the remarks, Lovitt got down to showing the trainees what to look for, how to respond, in what order to take the necessary steps, and how to administer Narcan, the nasal inhalant version of Naloxone, using mannequins as the victims.

As she demonstrated, Lovitt kept up a steady stream of advice and safety tips. “Remember,” she said, “the victim can revive suddenly ... it's like waking up to instant withdrawal for them. Ensure your own safety, as well as theirs.”

The Narcan kits, including the instructions, two doses of the medication with an inhaler, and a CPR breathing mask and latex gloves were then made available, free of charge thanks to the generosity of Reston-based, Fortune 500 Leidos, whose chairman and CEO, Roger Krone, also attended. “Our involvement is really from the grassroots,” said Krone. He received an email from one of the company's 32,000 employees who was directly impacted by a family member's overdose, and wanted to know if the company “would do something.” They did. “This is the biggest, unknown health crisis in America. We need to be involved.”

For information about upcoming REVIVE! Training, visit its website at [revive@dbhds.virginia.gov](mailto:revive@dbhds.virginia.gov). Read more about the Chris Atwood Foundation and their efforts, discover support and resources at [www.chrisatwoodfoundation.org](http://www.chrisatwoodfoundation.org).



**The REVIVE! kits with instructions, CPR mask, and gloves, and two doses of Narcan were available to those who completed the training. The Narcan distribution was funded by Leidos, based in Reston.**

# NEWS

## New Park Opens In Herndon

Dulles Station Community Park is now open at 13707 Sayward Boulevard.

BY FALLON FORBUSH  
THE CONNECTION

**A**fter being approved in December 2013, the 2.6-acre Dulles Station Community Park is now open at 13707 Sayward Boulevard in Herndon — every day from dawn to dusk.

The \$1.6 million park includes playgrounds for preschoolers and elementary-aged children, a seating area, a fitness area, a walking trail, a multi-use court and a dog park with a shade pavilion.

Situated just south of the Dulles Toll Road and surrounded by apartment buildings and hotels, the park provides open space in a sea of concrete.

“There’s a lot of development going on out here in this part of the county and as we develop, we want to make sure we’re not just creating housing, but we’re also creating communities,” said Supervisor John Foust (D-Dranesville District). “In order to do that, we have to focus on things like these types of urban parks.”

The park came about as a proffer agreement associated with the development of Greystar’s Station on Silver apartments at 2340 Carta Way in Herndon. The agreement between Greystar and the county was an investment of up to \$1.5 million by the developer for the design and development of a community park facility.

“The developer here was just totally cooperative,” Foust said.

“We really appreciate the developer doing this for us,” added Tim Hackman, the Dranesville District’s representative to the Fairfax County Park Authority Board. “It’s a great park.”

The developer hopes the park will help lure in tenants, now that units in the new building are up for lease.

“We have 400 beautiful residential units to fill up, located right across the street from this park,” Greystar Community Manager Catherine Hughes said. “This park will absolutely add value. Not only is it a value to everybody within this community, but it will certainly be a value and an amenity to Station on Silver.”

Approved plans were in the pipeline for four years, but work on the park did not start until last February, according to CBG Building Company Project Engineer Jake Bronstein.

“It was a lot of site work and to get this lot to be looking where it’s ready for a park, it took a lot of work,” said Bronstein.

Though only one family at-



Justice Benton, 9, and Danika Benton, 4, of Herndon play inside the playground before the ribbon-cutting ceremony.



Davison Benton Jr., 8, of Herndon climbs on the playground equipment before the ribbon-cutting ceremony.

PHOTOS BY FALLON FORBUSH/THE CONNECTION



**A ribbon-cutting ceremony was held on Saturday, July 22, to mark the completion of the new park. Front row, from left: Fairfax County Park Authority Deputy Director and Acting Executive Director Sara Baldwin; Maintenance Crewmember Rob Aaront; Planning and Development Director Dave Bowden; Area 6 Manager Wayne Brissey; Dranesville District Representative to the Park Authority Board Tim Hackman; Dranesville District Supervisor John Foust; Urban Limited Director of Landscape Architecture Kevin Tankersley; CBG Building Company Project Engineer Jake Bronstein; Herndon Resident Davison Benton; and Greystar Community Manager Catherine Hughes. Back row, from left: Aiden Buche, 4 (on slide); Davison Benton Jr., 8; Justice Benton, 9; Davison Benton, 12; and Danika Benton, 4 (unseen standing behind her father).**

tended the ribbon-cutting ceremony, he says more will take advantage of the amenities once word gets out.

“To have a centralized place like

this for families will be both a strong selling point for everyone here, but also a good gathering place for the community,” said Bronstein.



PHOTO BY MERCIA HOBSON/THE CONNECTION

From left: After enjoying Farmers Market Fun Days produced by Parks and Recreation at the Herndon Town Square, Calvin Yetik almost 3, sister, Juliet, 6, and friends Connor Witaker 4, and his brother, Blake, 2, all of Reston, show off their painted rocks they are about to hide near the Herndon Depot Museum.

## Rocks Build Bridges

Grassroots social media craze draws people outdoors for summertime fun and camaraderie.

BY MERCIA HOBSON  
THE CONNECTION

**L**ast summer, Pokémon Go was all the rage in Herndon and across the nation. People went outside, generally to public spaces and played the augmented-reality game searching for little Pokémon critters.

This summer, a different search is sweeping the nation and Herndon. Once again, it’s getting people outdoors and into the community. The hidden treasure is not something scampering across a half-reality map on a cell phone screen, but a little more down to earth. Something you can hold in hand, a real rock.

Plain old ordinary everyday rocks, painted by adults and children in the Herndon community, tucked and hidden in public spaces. Painted rocks are sprouting up all over the town. They are at the Red Caboose, in municipal flowerbeds, and on and under the picnic tables in the Town Square. Some are hidden near the Herndon Fortnightly Library and others at the Herndon Community Center.

While many of the rocks are painted to look like little animals or only brightly colored, a few carry inspirational phrases.

Although many rock groups are popping up on Facebook, some with rules, “Rock On Herndon” leaves the creative design and wording on the rocks in the hands of the artists. Grace Han Wolf Cunningham pinned on the Facebook page for “Rock On Herndon” that this group is dedicated to painting, hiding, finding and posting rocks that celebrate all things Herndon—our people, places, events, and businesses.

Once again, people are out walking the town, hiding or searching something little and not all of the people are from the town. Katie Witaker of Reston was in Herndon with her children. When asked what she thought of the rock hiding, Witaker said, “It’s a great activity to be outside on a beautiful day and get involved in the community.”

Total strangers talk to one another face-to-face. They compare notes. They laugh and congratulate each other after a good hide or a good find.

# OPINION

## Helping After Harvey

### Give locally in Texas; give money not stuff.

**T**he scenes of devastation from Hurricane Harvey in Texas will prompt many generous people to contribute to immediate relief efforts.

First, a reminder to give money, not stuff. The organizations on the ground need money now to address particular needs.

As a local paper, it fair to say that if we had a similar disaster here in Northern Virginia, we would want donated money

#### EDITORIAL

to go to local organizations that understand local needs, rules, supply chains, etc. Give locally.

#### Houston Food Bank

Displaced families and individuals will need to be fed for a long time.

Donate online [www.houstonfoodbank.org](http://www.houstonfoodbank.org)  
535 Portwall St.  
Houston, TX 77029  
713-223-3700

#### Greater Houston Community Foundation

Will coordinate the Hurricane Harvey Relief Fund to accept tax deductible flood relief donations for victims that have been affected by the recent floods.

Donate online [ghcf.org](http://ghcf.org)  
5120 Woodway Dr.  
Suite 6000  
Houston, TX 77056  
713-333-2200

#### The Coalition for the Homeless of Houston/Harris County

Tens of thousands of people in and around Houston will be newly homeless as the floods recede.

Donate online [www.homelesshouston.org](http://www.homelesshouston.org)  
2000 Crawford Street, Suite 700  
Houston, TX 77002  
713-739-7514  
[www.homelesshouston.org/take-action/donate/](http://www.homelesshouston.org/take-action/donate/)

#### Houston Humane Society

Donate online at [www.houstonhumane.org](http://www.houstonhumane.org)  
[www.houstonhumane.org/\(Give\)/giving/general-donation](http://www.houstonhumane.org/(Give)/giving/general-donation)  
14700 Almeda Road  
Houston, TX 77053  
713-433-6421

#### San Antonio Humane Society

Is housing pets of people displaced by Harvey who are taking shelter at the AT&T Center or other places in San Antonio.

Donate online at [sahumane.org](http://sahumane.org)  
4804 Fredericksburg Road  
San Antonio, TX 78229  
210-226-7461 or 210-518-9742.

#### Austin Pets Alive!

This rescue group partners with local rescues. Austin Pets Alive! has been helping shelters in the direct line of Hurricane Harvey. They've transported more than 330 animals to their shelter and are expecting hundreds more.

Donate online [www.austinpetsalive.org/donate/donate-now/](http://www.austinpetsalive.org/donate/donate-now/) or visit [austinpetsalive.org/hurricane-harvey-evacuations/](http://austinpetsalive.org/hurricane-harvey-evacuations/)

## #CallTextLive — A Hashtag to Remember

BY WENDY GRADISON  
CEO, PRS, INC.

**I**t's been a tough year in Northern Virginia as youth and young adult suicides bereaved families, communities and schools. Many adult family members, friends, neighbors and colleagues were lost to suicide as well. In the aftermath, lives were cut short and so much promise left unrealized.

#### COMMENTARY

Suicide, a serious issue locally and nationally that claims the lives of 44,000 people annually, is the 10<sup>th</sup> leading cause of death nationwide and second leading cause for people aged 15-24.

At PRS, Inc., a nonprofit that runs Northern Virginia's crisis hotline and textline, we are marking September's Suicide Prevention Month by launching the #CallTextLive Campaign. We've teamed up with Connection Newspapers for this third annual campaign to engage the community in discussing suicide and encouraging people to get help by calling or texting a hotline.

#### LETTER TO THE EDITOR

### American Values

To the Editor:

The following open letter was addressed to Republican gubernatorial candidate Ed Gillespie.

On Aug. 11 and 12, we saw violence and hate we hoped we would never again witness on American soil. In Charlottesville, Neo-Nazis and white supremacists took to the streets, marched with torches, gave Nazi salutes, shouted that Jews "will not replace them," chanted the Fascist slogan "Blood and Soil," proclaimed white supremacy, and murdered a

woman who was brave enough to stand up to them. Then, instead of clearly rejecting this evil, the President of the United States twice defended those marching with the very Neo-Nazis who unleashed this deadly violence on one of Virginia's greatest cities.

The #CallTextLive Campaign has a variety of events and actions to bring suicide prevention to the forefront. Throughout the month, we will post these on a web-based interactive calendar at [www.prsinc.org/calltextlive](http://www.prsinc.org/calltextlive). In addition, we will be sharing tips and resources via social media and asking people to share their stories and photos on PRS Facebook, Twitter and Instagram using #CallTextLive hashtag as well as posting Stories of Hope — video vignettes from survivors, family members, and hotline volunteers.

A highlight of the month is Selfie Day on Sept. 21 when friends, community, and clients show support by tagging themselves on selfies on our Facebook and other social media pages

both parties came together to reject hate and renew our nation's founding principles of equality and inclusiveness. But instead of joining these leaders — including many prominent Republicans — we understand you have refused to speak out against the President's reaction to Charlottesville.

As Jewish members of the Virginia General Assembly, we write you because, as Virginians and Jews, we find your failure to denounce the President's reaction to Nazism deeply dis

using #CallTextLive. We have t-shirts available for purchase for PRS Selfie Day. We also encourage the community to join the PRS team (with #CallTextLive t-shirts) for the American Foundation for Suicide Prevention Fairfax Walk on Sept. 16 and the NAMI (National Alliance of Mental Illness) NOVA and Loudoun Walks, which are both taking place Sept. 23.

For every death, 278 people manage to move past thoughts of suicide and survive. PRS supports this through its CrisisLink program, which handled nearly 34,000 crisis calls and exchanged over 33,000 crisis text messages from the Northern Virginia region last year. Any time of the day or night, the PRS CrisisLink Hotline can be reached at 800-273-TALK [8255] and the textline by texting "CONNECT" to 85511.

Making a call or sending a text to PRS CrisisLink saves lives. Removing the stigma around reaching out, discussing issues that contribute to suicide and encouraging people to get help is key. By participating in #CallTextLive, we can turn up the volume, and make it OK to have a conversation, make a call or send a text.

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## Oak Hill & Herndon CONNECTION

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# NEWS

## Herndon HS NJROTC Cadets Learn the Ropes at Summer Camp

Herndon High freshmen who are participating in the Navy JROTC program took part in a week-long summer camp where they learned to march, wear and care for their uniforms, and perform community service, including a cleanup of Dranesville Road near the school.

Students also learned the importance of physical fitness as a cadet, and tackled an obstacle course. Cadets were instructed in the proper way to handle a rifle as well. Awards were presented to the top performing cadets for academics, drill, and physical fitness during the new freshman orientation course.

Contact Dave Adler at 703-810-2334 or [dbadler@fcps.edu](mailto:dbadler@fcps.edu).

**Top cadets were recognized for academics, drill, and physical fitness during summer camp.**



**Herndon High freshmen who are participating in the Navy JROTC program took part in a week-long summer camp**

PHOTOS CONTRIBUTED



PHOTO CONTRIBUTED

## Community Foundation Scholarships

The Community Foundation for Northern Virginia has awarded scholarships to 89 students, totaling \$304,700, to support their continuing higher education beginning in the fall. The Community Foundation for Northern Virginia manages and administers the funds for 25 scholarships that support Northern Virginia students pursuing undergraduate and graduate degrees. The Ashworth Grogan Scholarship / R. Koury was awarded to Jordan Perlsh of Herndon High School who plans to attend James Madison University.

## SCHOOL NOTES

Send school notes to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by noon on Friday.

**Mark Llorens**, of Herndon, has been placed on the president's list during the spring 2017 semester at New River Community College (Dublin, Va.).

**Micah Doucette**, of Herndon, has

earned a place on the dean's list for the spring 2017 semester. Doucette attended Herndon High School before starting college after 11th grade.

**Michael Boothe**, of Oak Hill, earned a Bachelor of Arts in interactive media studies from Miami University (Oxford, Ohio).

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**HERNDON LABOR DAY FESTIVAL**

**Wine & Craft Beer Tasting**  
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 11am-5pm  
 Downtown Herndon, 777 Lynn Street

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- ★ Live Music All Day
- ★ Craft Beer Tasting
- ★ Craft & Food Vendors

**\$20 Admission**  
 (includes glass for wine & 3 beer tastings)  
 \$2 additional beer tastings  
 \$5 admission for designated drivers  
 Proceeds help support college scholarships for Herndon High School graduates.

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## CONNECTION FAMILIES



Fairfax County Police Officer, Phil Stone stops traffic on Bennett Street in front of Herndon High School as students, Ava Procopio, 17, and Marideth Butler, 17, cross.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left: Friends Nikhil Damera, Shamith Madhusudana, and Saketh Ravilla make their ages clear. “I’m not six years old. I’m six and a half,” the boys each say when asked their age. The children team up their friend, Krish Kandimalla, 8, for a group photo at their bus stop in the Town of Herndon.

# Alarm Clocks and Bell Schedules Replace Summer Fun Herndon

## Fairfax County Public Schools open before Labor Day.

By MERCIA HOBSON  
THE CONNECTION

It’s been decades since Fairfax County Public Schools (FCPS) started their calendar year schedule before Labor Day. For nearly 185,000 students enrolled in the school division, as well as thousands more in private education, Monday, Aug. 28 marked the first day of school for the 2017-2018 school year.

As temperatures hovered in the low 60s, parents and guardians across the region said goodbye to their children as they sent them off to school. Younger ones got a hug and a kiss, maybe a wave from mom and dad standing on the sidewalk as their buses pulled away. A few older students probably received the parent teen blessing: “Pay attention. Drive safely.”

Monday, Aug. 28 also marked the real end of the so called “Kings Dominion law.” Since the local school jurisdiction, FCPS met a threshold for weather-related school cancellations, they received a waiver from the state law meant to safeguard the Commonwealth’s tourism industry. The Fairfax County School Board approved the calendar change in late 2016, saying at that time the changes were being made to provide more instructional time before winter break, enhanced flexibility to help students and school staff members meet college application deadlines and to end the school year earlier in June. The school year will end on Friday, June 15, 2018.

In addition to changes to the calendar year schedule, there are some bell changes – an earlier bell for middle school students and a later bell for high school students. Herndon Middle School joined Franklin Middle School with their first bell at 7:30 a.m., the same as the majority of the other middle schools in the county. Middle school students in Herndon could be seen as early as 6:15 a.m. Monday morning on the side-

walks walking and cycling toward Herndon Middle School, as well as getting on buses.

**AT HERNDON HIGH SCHOOL**, students began arriving shortly before the 8:10 a.m. bell. Seniors Antonio Santos and Douglas Fernando Aguilar, 18, stood in the parking lot. Asked what their ambitions were for the new school year, Santos said, “I want to get good grades. I’ll do it by working hard and doing my homework.”

When asked, “What about fun?” Santos said that he would like to play soccer but was not on the team. Aguilar shared he was new at HHS, having arrived last year from El Salvador. “This is my second year here,” Aguilar said. “I want to get good grades too. And maybe play a little basketball.”

Fairfax County Police Officer Phil Stone parked his cruiser in the center of busy Bennett Street in front of HHS to direct traffic. He stopped cars and buses to allow Ava Procopio and Marideth Butler to cross. After they were safely on school grounds, they paused to answer a question: “What were they looking



From left: Herndon High School seniors, Douglas Fernando Aguilar, 18, and Antonio Santos, 18 arrive at school with time to spare, well before the first bell at 8:10 a.m.

forward to this year at high school?”

Procopio said she was looking forward to the football games. Butler nodded. She added: “I’m looking forward to applying to college. East Carolina is my top choice.”

As the clock ticked on, the buses continued to pull up to the curb at the high school doors, drop students off, and head out for their next runs – to pick up the younger elementary-aged students and take them to school.

At one bus stop near the fringes of town, a group of “older 6-year-olds” compared backpacks and new shoes; children played; and the adults mingled. A young kindergarten-aged boy stayed close to his mom. Arav Hans is 5 1/2. He is the only child of Mradula Rathor who was at the bus stop with him.

Asked what she was feeling, Rathor said, “I’m very worried for him, but very excited for him, too.” Other parents expressed similar comments. Sentiments heard repeatedly that morning. “New school year, new shoes, new backpacks. New opportunities.”

In 2016, the Fairfax County Board of Supervisors and the Fairfax County School

Board passed a new resolution called, “One Fairfax.” It reads: “The time is now to move beyond embracing diversity as an asset and implement a new growth model driven by equity — just and fair inclusion into ‘One Fairfax,’ a community in which everyone can participate and prosper.

“**ONE FAIRFAX**” can only be realized with an intentional racial and social equity policy at its core for all publicly delivered services. A racial and social equity policy provides both the direction and means to eliminate disparities and work together to build a vibrant and opportunity-rich society for all.”

To stay updated with what is happening at FCPS, visit News You Choose at [public.govdelivery.com](http://public.govdelivery.com).



Fairfax County Public School bus driver, Salvador Tariman, gives a helping hand to his youngest passengers, the kindergarteners, as they carefully climb up the stairs to board his bus. Handrails on both sides of the stairwell make it a little easier for the young students.



So many children line up for the bus at a Town of Herndon elementary school stop early Monday morning. Parents expressed mixed feeling about their children leaving. Some were anxious, some looked forward to a little, “me time.”

# CONNECTION FAMILIES

## Time for School

### Making the transition from summer to school.

BY MARILYN CAMPBELL

As children savor the last days of summer, many families are gearing up for the start of a new school year. From first day anxiety to new bedtime routines, local educators offer suggestions for a seamless transition to the classroom.

"I have always loved the rhythms of the school calendar because of the beginnings and endings and the possibilities for reflection and a chance to refresh and renew..." said Amy L. Best, Ph.D., professor and chair, Department of Sociology and Anthropology, George Mason University. "I think the ritual of back-to-school shopping, whether that means a new binder and notebook, a new backpack, or a pair of new sneakers ... remains important for us because it offers opportunity to think about school anew."

The start of a new school year is an ideal time to help children set reasonable expectations, an important concept for high school students who begin to manage an increasing amount of responsibility and must learn to create a balance in their lives, says Best. "Put things in perspective," she said. "Sometimes the goals [that are] focused on personal growth, like learning how to advocate for yourself with a teacher, or navigating the halls, are as important as identifying academic milestones."

"It's useful to revisit points of struggle and perhaps more importantly, triumphs from the previous year. Reminding a student how they successfully managed a difficult issue is helpful," said Best.

Gone are the days of staying up late and sleeping in the next day. A healthy bedtime routine must be re-established gradually, advises Sean Aiken, head of school, BASIS Independent McLean.

"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times," said Aiken. "Building the routine before the first day of school will help the adjustment on day one."

"In the week before the school year begins, families should revisit the expectations for bedtimes and morning routines and choose an evening and following morning to practice the routines," said Jalene Spain Thomas, Lower School Director St. Stephen's and St. Agnes School in Alexandria. "Children will appreciate knowing that the new routine for this school year includes a slightly later bedtime or more time for independent reading or shared reading with a parent."

**"Consider easing into the early morning routine by adjusting your sleep schedules several days before school starts with progressively earlier wake up times."**

— Sean Aiken, head of school, BASIS Independent McLean



PHOTO BY MARILYN CAMPBELL

**The ritual of back-to-school shopping offers an opportunity to think about school anew, says Amy Best of George Mason University.**

For younger students, separation anxiety may become an issue as they move into a parent-free environment each day, says Aiken. "In these cases, contact the school and establish a go-to adult for your child to talk to in the event they miss you too much during the day," he said.

Focusing on the positives about a child's school environment can help ease anxiety. "Younger students may want to draw a picture of what they think their new classroom will look like," said Thomas. "Older students may enjoy writing a list of what they hope to accomplish in the school year that the family opens together in January."

Start with an organized workspace and shared family calendar to keep the family organized from day one, advises Aiken. "Folders and binders for home organizational systems are just as important as those your child will bring to school," he said. "Post a large calendar in a common area of the home so early due dates, back to school nights, and extracurricular activities can be seen by everyone in the family."

"Parents, remember to take some time for yourselves in those early days, too," said Aiken. "You've worked hard all summer arranging camps, play dates, and other great activities. Maybe it's time to take a long lunch break together or catch a cheap matinee once you're safely assured that you children are off and running in their new learning adventures."

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THE CONNECTION NEWSPAPERS

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Pender Hill School  
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## NEWS

New film talent, Nina Vallado, director and producer of the short film "Sisterly," and her sister Lisa share a moment together before the start of the Virginia Premiere of Nina's film held at ArtSpace Herndon. View the trailer at [vimeo.com/210889429](http://vimeo.com/210889429)

PHOTOS BY  
MERCIA HOBSON  
THE CONNECTION



# 'Sisterly' Premieres in Herndon

New award-winning film holds Virginia premiere in Herndon.

BY MERCIA HOBSON  
THE CONNECTION

"Sisterly" is a documentary short film about sisterhood, autism, and communication by director and producer, Nina Vallado. It premiered in Virginia at ArtSpace Herndon, 750 Center St. on Thursday, Aug. 17, hosted by the Nonspeaking Community Consortium, an organization whose mission is to promote access and communication choice for nonspeaking individuals through education, research, and advocacy. Due to the large crowds, two screenings were held, one at 6:30 p.m. and one at 7:30 p.m.

"Sisterly" tells the story of Vallado and her non-verbal autistic sister, Lisa. It follows their lives, from Lisa's birth, through childhood up to age 16 and when Lisa, an autistic with unreliable speech, learned to communicate by spelling on a stencil letter board. This is a rapid-prompt method of communication taught at Growing Kids Therapy Center in Herndon. The film continues to the present day.

During the question and answer period after the screening, Vallado explained why she chose "Sisterly" as her film. "When I started [the film], I meant for it to be objective, without me involved," Vallado said. "The point was to tell Lisa's story."

Two years into the project and filming, Vallado explained, she stopped. "I realized I could not tell Lisa's story, I could only tell my story...I didn't know my younger sister Lisa the way I wanted to know her."

Vallado explained that sisterhood wasn't supposed to be like this. She had expectations set in place, her mother and aunts all held a special bond, and she wanted that too. Autism silenced her sister's thoughts, and because she and Lisa could not communicate, they grew apart. Even now, Vallado struggles to use the letter board with her sister, she said.

Filmgoer, Allison Parcell commented after the screening how the film relates to relationships and family connections regardless of extenuating circumstances. "The film not only speaks to a relationship complicated by communication challenges but also speaks to all relationships and the power of intentionally seeking connections with family members



**Lisa Vallado answers a question from an audience member at the Virginia Premiere of "Sisterly," a documentary short film about sisters, autism, and communication. Pictured with Vallado is her communication partner, Elizabeth Vosseller, MA, CCC-SLP, founder and practicing Speech-Language Pathologist, Growing Kids Therapy Center in Herndon.**

and friends, no matter the challenges that get in the way."

When asked if the film is completed, Nina Vallado said, "Twenty-eight minutes is what it is. The story is not finished." Lisa Vallado, who five years ago could not express her thoughts, was asked what she would like to see as a sequel to "Sisterly." She pointed to the letters on her letter board and said, "I would make a film about having a friend for life."

The Boston Film Festival recently selected "Sisterly" as the "Best Documentary Short Film - 2017." On Aug. 10, The Academy of Motion Picture Arts and Sciences notified Vallado that her film had advanced through the Preliminary and Semifinalist rounds of judging, and was now a Finalist for possible selection as the Student Academy Awards of Gold, Silver and Bronze Medal.

To view a trailer of "Sisterly" by Nina Vallado, visit [vimeo.com/210889429](http://vimeo.com/210889429)

For more information about the Nonspeaking Community, visit [nonspeakingcommunity.org](http://nonspeakingcommunity.org).

## 'Disgraced' at NextStop Theatre

Bold award-winning drama at Herndon stage.

BY DAVID SIEGEL  
THE CONNECTION

Northern Virginia theatre-goers will have the opportunity to take in a provocative dramatic work at NextStop Theatre in the coming days. The production will explore how a person's identity is formed; then can quickly shift under the harsh gaze of family and society. The show is "Disgraced" by playwright Ayad Akhtar.

"Disgraced" will demonstrate theatre's power to be more than passive entertainment," said Evan Hoffmann, producing artistic director, NextStop Theatre. "The play has a remarkably honest text and script" exploring cross-cultural identity and prejudice.

"Disgraced" is the recipient of the Pulitzer Prize for Drama and a Tony Award nomination for Best Play. It centers upon an America-born Muslim who is an up-and-coming New York City lawyer, on the cusp of being named partner in a major law firm. His life becomes unstable as he begins to deal with the consequences of becoming a potential defense presence for a possibly wrongly arrested imam.

The play's setting is a small dinner party in a Manhattan apartment with people of diverse backgrounds in attendance. The major characters in "Disgraced" include the American-born Muslim lawyer, an Af-

rican American, a Jew, and a white Christian. As the play progresses, wounds are opened; then visibly fester. A marriage and long-time friendships are tested. Characters question not only what is permissible to think, but what thoughts are

### Where & When

NextStop Theatre presents "Disgraced" at 269 Sunset Park Drive, Herndon. Performances Sept. 7 to Oct. 1. Thursdays at 8 p.m., Fridays at 8 p.m., Saturday, Sept. 9 at 7 p.m., Saturday, Sept. 16 and 30 at 8 p.m., Saturday, Sept. 23 at 2 p.m. and 8 p.m., Sunday, Sept. 10, 24 and Oct. 1 at 2 p.m., Sunday, Sept. 17 at 2 p.m. and 7 p.m. Tickets: \$17.50-\$55, depending on performance popularity. Call 866-811-4111 or visit [www.nextstoptheatre.org](http://www.nextstoptheatre.org). Note: Contains adult language and situations that may not be appropriate for all audiences.

from our own," said Hoffmann. Theatre as a place of empathy awaits at NextStop with "Disgraced."



PHOTO COURTESY OF NEXTSTOP THEATRE  
**Thembi Duncan, director, "Disgraced" at NextStop Theatre**

permissible to say out loud. And, does one's appearance define who they are?

"Disgraced" is directed by Thembi Duncan. She has two decades of experiences as an actor, playwright and teaching artist in the D.C. area professional theatre. Duncan called "Disgraced" a remarkable play with exciting ideas exploring identity. "It's very timely and appropriate to produce the play at this time."

Duncan went on to say; "Disgraced" may well start deep conversations among the audience about how a person's identity is formed and can shift. The play is one that will raise questions."

The diverse characters are played by a strong ensemble of newcomers to the NextStop stage, but not professional acting as cast by Duncan. They include Jesse Bhamrah, Jenna Rossman, Chaela Philips, Nahm Darr and Jordan Friend.

Both Duncan and Hoffmann consider "Disgrace" a powerful work right for these current times and for Dulles Corridor audiences.

Theatre can be a place to become immersed in stories highlighting diverse perspectives that are different

from our own," said Hoffmann. Theatre as a place of empathy awaits at NextStop with "Disgraced."

# ENTERTAINMENT

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

## ONGOING

**Jazz in the City Exhibit.** Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit [www.artspaceherndon.com](http://www.artspaceherndon.com).

**Free Concerts.** Through Aug. 26, 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

**"Elements" Art Exhibit.** Various times, through Sept. 2 at ArtSpace Herndon, 750 Center St. Featuring Andrew Black and Mercia Hobson - Mixed Media & Pottery. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com).

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**"A Bird in the Hand"** through spring 2017 Reston Town Square Park, 11990 Market St., 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 St., 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 supply list and payment options/information: [ridingfree2@gmail.com](mailto:ridingfree2@gmail.com). 703-956-9560. [www.artspaceherndon.com](http://www.artspaceherndon.com).

## THURSDAY/AUG. 31

**Dollars and Sense Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Dollars and Sense Book Club will be discussing "Ponzi's Scheme: The True Story of a Financial Legend" by Mitchell Zuckoff. Free. Call 703-689-2700.

## SATURDAY/SEPT. 2

**Lake Anne Jazz & Blues Festival.** 1-9 p.m. at Lake Anne Plaza (Waterfront) - 1609 Washington Plaza, Reston. Jazz & Blues Festival Line Up: 1 p.m. - Cheick Hamala Dibate; 2 p.m. - Sam Gunderson; 3 p.m. - John Lee & Michael Pavone; 4 p.m. - Integriti Reeves; 5 p.m. - Mykle Lyons - Sextet; 6 p.m. - Gigi MacLaughlin; 7 p.m. - Kriss Funn; 8 p.m. - Crush Funk Brass. Free. Visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

## MONDAY/SEPT. 4

**Herndon Labor Day Festival.** 11 a.m.-5 p.m. Outdoor festival on Lynn St. Virginia wine tastings, craft beers, music, craft show, and food vendors. \$20 wine and craft brew tastings, \$2 additional beer tastings or \$5 general admission. Call 703-787-7300 or visit [herndon-va.gov/recreation](http://herndon-va.gov/recreation).

**Muscle Up Mondays.** 6:30 p.m. at the pavilion, 11900 Market St., Reston. Muscle up your Mondays with free fitness classes in the Pavilion



## Art Crawl with Live Music

Music is part of the Third Thursday ArtCrawl, Sept. 17 at 750 Center St., Herndon.

presented by CRUNCH Fitness-Reston group instructors. Free. Go to [www.crunchreston.com](http://www.crunchreston.com) or call 571-267-5000.

## SATURDAY/SEPT. 9

**Food For Neighbors.** 9:30 a.m. at the Collection Spot, 11710 Plaza America Drive, Reston. Collecting food to provide nutritional support to students at multiple area schools, including Herndon High School and Herndon Middle School. Visit [www.FoodForNeighbors.org](http://www.FoodForNeighbors.org).

**ChalkFest Workshop.** 11 a.m.-1 p.m. at the fountain square, 11900 Market St., Reston. Take part in a free Chalk Workshop with artist Penny Hauffe. Free. Go to [publicartreston.org](http://publicartreston.org) or call 703-467-9797.

**Art With A Heart.** 1-4 p.m. at the Market Common Clarendon, 2800 Clarendon Blvd. Artists doing caricatures, face painting, auction, hosted by Touching Heart of Herndon. Call 703-901-7355 or visit [www.touchingheart.com](http://www.touchingheart.com).

## SEPT. 9-20

**Northern Virginia Senior Olympics.** Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit [www.nvso.us](http://www.nvso.us).

## SUNDAY/SEPT. 10

**DogFest.** noon-3 p.m. at Reston Town Center, 11900 Market St., Reston. 4th annual Washington DC DogFest Walk 'n Roll with festivities, graduate speakers, dog demonstrations, music, food, and more. Celebrate the community of people and dogs that show the most advanced technology for transforming the lives of people with disabilities. Free. Proceeds benefit Canine Companions for Independence - Capital Chapter. Visit [cci.org](http://cci.org).

**Herndon Garden Tour.** noon-4 p.m. at Herndon Community Center, 814 Ferndale Ave. Tour of five elegant and eclectic gardens in the Town of Herndon. Tickets are \$10 until Sept. 1 and \$15 through Sept. 10; kids 12 and under are free. Tickets may be purchased at the Herndon Community Center, 814 Ferndale Ave., by telephone at 703-787-7300 using a credit card, or at the Herndon Florist, 716 Lynn St. by cash or check. Visit [www.herndon-va.gov/gardentour](http://www.herndon-va.gov/gardentour).

**Dog Daze and Wagfest.** 10 a.m.-1 p.m. The Water Mine Family Swimmin' Hole at Lake Fairfax Park will open for dogs-only swimming. Dogs can swim in Rattlesnake River

for a suggested donation of \$10 per dog. The day will also include a canine resource fair. Visit vendors including veterinarians, dog boutiques, the Park Authority and more. Learn about the county's nine dog parks, find out how to volunteer as a dog park monitor and learn about dog park etiquette. Visit [www.fairfaxcounty.gov/parks/rec/watermine/](http://www.fairfaxcounty.gov/parks/rec/watermine/) or call 703-324-8662.

## TUESDAY/SEPT. 12

**Rehearsal Starts.** 7-9 p.m. at Herndon Middle School, 901 Locust St., Herndon For the Herndon Wind Ensemble, open to all instrumentalists. Public performances throughout the year. Free. Visit [herndonregionalwindensemble.com](http://herndonregionalwindensemble.com).

## WEDNESDAY/SEPT. 13

**Contact Center Nation.** 9:30 a.m.-3 p.m. at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Networking and call-center professionals meeting. Visit [www.contactcenternation.com](http://www.contactcenternation.com).

## THURSDAY/SEPT. 14

**Steel Drum Sandy.** 11:30 a.m.-1:30 p.m. at the pavilion, 11900 Market St., Reston. Musicians are one of a variety of different entertainment each week at Fountain Square, every Thursday, through Oct. 19. Free. Go to [www.restontowncenter.com](http://www.restontowncenter.com).

## SATURDAY/SEPT. 16

**8K Race and 2K Walk/Fun Run.** 8:30 a.m. at South Lakes High School, 11400 South Lakes Drive, Reston. In memory of Timothy P. Susco. This race is hosted each year by Tim's family to honor and remember his life, as well as to promote brain aneurysm and organ donation awareness. Visit [www2.fcps.edu/SouthLakesHS/](http://www2.fcps.edu/SouthLakesHS/).

**ChalkFest.** 11 a.m.-5 p.m. at Reston Town Center, 11900 Market St. Rain or shine. Registration fee for participation includes supplies. Call 703-467-9797 or email [info@publicartreston.org](mailto:info@publicartreston.org).

**Lulu's Fate in Concert.** 4-6 p.m. at Art Space Herndon, 750 Center St., Herndon. Traditional Appalachian and Americana music. Free. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org)

## THURSDAY/SEPT. 21

**Third Thursdays Art Crawl.** 6 p.m. 750 Center Street, Herndon. ArtSpace exhibits art throughout Herndon. Free. Go to [www.artspaceherndon.org](http://www.artspaceherndon.org).

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**THE CONNECTION  
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## NEWS



## CLASSICAL BALLET THEATRE

PHOTO BY TONY DE LA PAZ/ARTWORK BY MEGHAN RUDORFER

**Classical Ballet Theatre awes its audience members with its full-length ballets, children's series ballets, and contemporary dance choreography.**

## CBT Launches Fundraising For 100-150 Seat Theater

Classical Ballet Theatre (CBT) has announced the beginning of an extensive fundraising campaign to convert its large rehearsal studio into a 100-150 seat theater. Named in honor of the lifelong performing arts mentor of CBT Founder and Director Cynthia Donavin, the Marjorie Mussman Studio Theater will be a fully functioning 100-150 seat theater adding to Herndon's growing arts climate and serving audiences throughout Fairfax County and the greater Northern Virginia area.

"I'm thrilled that we are able to move forward with this project, one of which we've dreamed for many years," said Donavin. "The theater will give our studio audiences a better experience and, as a cost-effective alternative to renting temporary theater equipment or venues, it will allow us to offer even more performances to the community."

The Marjorie Mussman Studio Theater will serve as one of only a handful of Northern Virginia venues with enough space to perform classical ballet. The theater will include stadium seating, a complete rigging and lighting infrastructure, a main act curtain, border curtains, legs, a cyc, backdrop tracks, side lighting booms, and ColorSource LED lighting as well as a state-of-the-art lighting console system. Explained faculty member Meghan Rudorfer, "We



PHOTO COURTESY OF CBT

**Several years ago, Shanna Gaylor (left) and other Classical Ballet Theatre (CBT) dancers enjoyed an inspirational workshop with Marjorie Mussman, right (1943-2009), lifelong mentor of CBT Founder and Director Cynthia Donavin.**

perform classical and contemporary works throughout Northern Virginia, and we often find that our local studio performances, like our popular Children's Series productions, are at capacity. In addition to allowing more performances, the theater will accommodate more guests comfortably. This means we will be able to reach even more of our community members."

For more information about the Marjorie Mussman Studio Theater, visit [www.cbtnva.org](http://www.cbtnva.org).

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

# LETTER

FROM PAGE 4

turbing. The events in Charlottesville recall the darkest moments in both the history of this country and the Jewish people. What we saw on Friday and Saturday was an assault on our democratic society and the very values this country was founded upon. Yet the President of the United States, the leader of our country, has not once but twice defended those who would march with the Neo-Nazis and their ilk.

Our country at its best has been a beacon of hope and safety for all peoples. Hundreds of thousands gave their lives so that the forces that destroyed Europe would never set foot on American soil. President Trump's reaction to Charlottesville represented a betrayal of that noble legacy and our core American values.

Donald Trump is the leader of your party. Your refusal to speak out against him is a colossal failure of leadership, a moral abdication, and deeply troubling to Virginia's Jewish community. We urge you to break your silence and immediately denounce Donald Trump's hateful and inadequate response to the Charlottesville attack.

We are living through a moral reckoning, a time when all citizens of our great commonwealth and nation are called to defend the most fundamental values of our democracy. We ask you to immediately stand up, loudly and clearly, against those who would condone violence and hatred.

As Americans, Jews, and Virginians, we urge you to join us and immediately condemn the President's dog-whistle defense of Nazism.

Senate Democratic Leader **Dick Saslaw**, Sen. **Adam Ebbin**, Del. **Eileen Filler-Corn**, Del. **Marcus Simon**, and Del. **Mark Levine**

## BULLETIN BOARD

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

### SENIOR VOLUNTEERS

**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](mailto:chubicki@volunteerfairfax.org) or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

### FRIDAY/SEPT. 1

**Public Comment Deadline.** The Fairfax County Department of Transportation (FCDOT) is seeking public input on the location of 10 new bikeshare stations in Reston. Follow this link to submit comments: [www.fairfaxcounty.gov/fcdot/bike/restontysons bikeshare.htm](http://www.fairfaxcounty.gov/fcdot/bike/restontysons bikeshare.htm). Call 703-817-1307 or visit [www.datatrans.org](http://www.datatrans.org) or [www.livemore.us](http://www.livemore.us) for more.

### ONGOING

**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](http://fairfaxgardening.org) or call MG Help Desk at 703-324-8556 for more.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg					

## Bathroom Humor



By KENNETH B. LOURIE

I write this column in all sincerity, but what are you asking me for? A rhetorical question if there ever was one. To what I refer is the question I was asked earlier this morning by one of the home-improvement tradesman working on my upstairs bathroom. Having made significant progress on the bathroom in the five weeks or so since I published "And So It Begins," a column detailing the few facts I retained about the demolition/renovation and the anxiety I felt about it, today's task was waterproofing the shower enclosure/bathroom floor in preparation for the tile, if I understand correctly. Now, as further context, I know very little about home improvement (car repairs, computer technology, lawn and garden; shall I go on?). Moreover, I know very little Spanish. Combine the two, as happened this morning, and you are asking (literally) for trouble.

The waterproofing man arrived at 8:45 a.m. The day before, his boss/presumably the owner, had stopped by for a walk-through and to drop off materials for the job. I thought I would see him again, I was wrong. The only person on the job is the person whose English is better than my Spanish and the only Spanish I know, I know from a cartoon character, "Speedy Gonzales, the fastest mouse in all of Mexico." I grew up watching on Saturday-morning television. After directing him to the upstairs bathroom, within a few minutes, the man walked downstairs and asked/motioned for me to follow him back upstairs, I figured there was likely a question that needed answering so immediately I got off the couch to assist.

Once we were both inside the bathroom, he started pointing to the walls (front, back and sides), ceiling, niche and planned-for bench within the enclosure, to ask for - so far as I could understand, what needed to be waterproofed (I'll spare you any details about the process since I'm unlikely to do so accurately). Now, other than asking the project manager Simple-Simon-type questions about what is going on, what has gone on (literally and figuratively) and what is planned to be going on, I am out of any kind of loop. The workmen come in. I point them upstairs. Then I go into my office and mind my own business. I rarely check their progress. Generally speaking, I only look to see what's been done after they've left. I am not in anybody's way and I don't serve as any kind of resource other than answering the most basic questions: "Is that the basement door?" "Do you mind if we shut off the water?" "Is there a hardware store nearby?" As such, I am the least-bit helpful.

The man working today is new to me/the project. He's not been here before. But I did open the door to let him in and I did direct him to the upstairs bathroom. For all he knows/has experienced so far, I seem to be somewhat helpful. Ergo, after a bit, rather than calling his boss, he came back downstairs to solicit my help. Limited though I knew it would be, I was happy to try. As the conversation began, it became clear to me that not only did I not know what he was talking about (job wise), I couldn't even understand what it was that he was saying. I was lost in translation and lost in intention. As I attempted to answer/explain/guess what he was asking while we were both pointing/gesturing/talking, I quickly realized that this was a language match not made in heaven. Nevertheless, we eventually came to some sort of an understanding of the task at hand and back downstairs I went.

Sitting on the couch, I began to feel uncomfortable about the instructions I think I had just given/agreed to. As a result, I considered calling my project manager at home on a Saturday morning to get some clarity/confirmation about what I think had just transpired upstairs. Not at all bothered by my weekend intrusion, and after listening to a condensed version of this column, Stefan assured me that what seemed to be happening here was supposed to be happening.

And here I thought outliving my lung cancer prognosis by six-plus years was a miracle.

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

# Aslin Beer Company Moving to Downtown Herndon

Renovation project to provide Pour House and Sour Beer facility.

BY MERCIA HOBSON  
THE CONNECTION

**A**slin Beer Company, located in an industrial park on the fringes of the Town of Herndon, has found a new home. After tremendous growth since its founding in September of 2015, it is time to continue their growth as a brewery, said Andrew Kelley, one of the co-owners.

Kelley said he and the other two co-founders, Kai Leszkowski, and Richard Thompson, have found a new home for their Tasting Room (aka Pour House) and Sour Beer facility in Historic Downtown Herndon. The location encompasses the vacant building at 771 Elden Street formerly housing Horn Motors.

The company hopes to have the renovation completed sometime between the end of 2017 and early 2018. Aslin's new home will be within the planned downtown redevelopment area in the Historic District, steps from Herndon's Old Town Hall and within easy access to parking.

The new Pour House is designed to have approximately 2500 square feet of interior space, plus a 2500-square-foot outdoor space, including a rooftop deck and bar, bocce ball court, and a covered deck.

Herndon Town Councilmember Signe Friedrichs said, "Aslin's Tap Room will be a great addition to our Historic Downtown. I look forward to working with the owners."

According to the company website, since the inception of Aslin Beer Company, co-founders Kelley, Leszkowski and Thompson realized that beer was not the only product they offered — long lasting relationships between the company, employees, and customers were equally important. In their current operation, Aslin Beer Company strives to create a culture that celebrates beer with a passion and depth of knowledge that can't help but be contagious to their customers. Aslin Beer Company is noted for their high-quality ales, lagers, and variants.

Les Zidel lives within walking distance to the new Pour House and did not know about the upcoming changes. Upon learning of the downtown's newest addition, Zidel said, "A microbrewery will add even more reason to go downtown to Herndon's lovable and lively center. Great food, art, shops, residences, festivals, and beer. Oh, what a place to be! I've got my mug ready."

In the new facility, Kelley said there would be a sour beer facility. He explained sour beer is style or subdivision of beers, like ales and lagers. Sour beers



PHOTO BY MERCIA HOBSON/THE CONNECTION

**The Aslin Beer Company seeks to renovate the vacant Horn Motors building located at 771 Elden St. in Herndon's Historic Downtown District into their new Pour House and Sour Beer facility.**



PHOTO COURTESY OF ASLIN BREWERY

**Aslin Beer Company looks forward to many years in their new location, hopefully opening early 2018 or sooner.**

are fermented over a longer period with bacteria and yeast, in different vessels such as stainless steel, wood, or cement. While sour beers have a smaller following than traditional style beers, "They have been made for hundreds of years, most notably in Belgium and are starting to become more familiar."

Asked if they'd be serving food in their new location, Kelley answered, "Beer for right now, but we're planning to open our food truck at a time to be determined, one with farm-to-table style foods such as BBQ, salads, and charrette boards."

Kelley said the team is excited to get plans underway. To introduce the community to the new business, Aslin Beer Company is hosting their second-anniversary party in the parking lot of their to-be-built new tasting room. The event is Saturday, Sept. 16, noon-6 p.m.

Former downtown business owner and Town Councilmember Richard Downer said, "I'm very excited that soon we'll be walking to downtown Herndon for an IPA at Aslin's. Their craft beers are fantastic. My son from Ashville, N. C., which is known for its microbreweries, was also impressed with Aslin brews."



PHOTO BY MERCIA HOBSON/THE CONNECTION

**Friends Elisa Barallas, 9, and Annabelle Eggers, 9, take part in Herndon Parks and Recreation's Glow in the Dark Activity Night. "I want the night to last longer," Barallas said.**

## Glow in the Dark

Childhood calls, Herndon Parks and Recreation answers with their Glow in the Dark Activity Night.

BY MERCIA HOBSON  
THE CONNECTION

**A**hh, the spell of summer. Afternoons hanging out with family and friends, maybe at the pool or picnicking. However, as September nears, and the sun goes down earlier and earlier, darkness challenges family time outdoors. Herndon Parks and Recreation Department (HPR) understands Herndon is about families and the good times. So....

On Saturday, Aug. 19, 8-9:30 p.m., families and friends gathered on the Herndon Town Hall Square, 730 Elden St. Children and adults alike played in the moonlight, as HPR hosted a free, Glow in the Dark Activity Night. The special event was part of Herndon Parks and Recreation's new series, It's ON! in Downtown Herndon this Summer, events planned with family interests in mind.

While the night's fun started off with children and adults playing glow-in-the-dark bowling, ring toss, and tic-tac-toe, the ample supply of free glow necklaces and bracelets from the generous folks at Herndon Parks and Recreation kicked the dark party up a notch. Children being children, took gaming and art creation into their own hands and ran with it.

Within the hour, creativity ruled. Glow-in-the-dark arm hula-hoops, couture pet collars, and fashionable daddy headbands abounded. Friends Elisa Barallas, 9, and Annabelle Eggers, 9, demonstrated their creations — arm hula-hoops. After joining together many glow-in-the-dark necklaces to form newly minted mini hula-hoops, the girls slid them on their arms and began moving them in circles. Flowing waves of liquid light emerged. Over and over they did it, with the light resembling the bioluminescent alien world of "Avatar," swirling beside them.

Elisa said, "I want the night to last longer."

Mathew Eggers is Annabelle's dad. He said, "My kids have been on me all week for this. We were here last week for the water gun fight. Herndon Parks and Rec, keep doing this."

For information about other Herndon Parks and Recreation Department Downtown Special Events, including the upcoming Cupcake Ride, a four-mile family-friendly bike ride with stops at bakeries and businesses, the Labor Day Festival featuring Virginia wine tastings and craft beers, and the Kids Triathlon, a shortened swim, ride, run course with different divisions where everyone wins a medal, visit [herndon-va.gov](http://herndon-va.gov)