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# Oak Hill Herndon CONNECTION



Town of Herndon officer PFC D. Royal is handed a raffle ticket, one he hopes will win the signed Strasburg jersey donated by Aslin for their 3rd Anniversary celebration.



## Aslin Beer Co. Celebrates 3rd Anniversary

NEWS, PAGE 3

**T** Downtown Site  
Plan Submitted

NEWS, PAGE 3

**H**urricane Horses Find  
Refuge in Herndon

NEWS, PAGE 6

ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL.  
REQUESTED IN HOME 9-20-18

PRSR STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322

PHOTO COURTESY OF ASLIN BEER COMPANY OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 6

SEPTEMBER 19-25, 2018

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

# Navigating the Tween Years

Child development experts offer suggestions for a difficult period of development.

BY MARILYN CAMPBELL

One of the most unsettling times in a parent-child relationship can be the period of adolescence when children are growing into adulthood. During this period say mental health professionals, teens may exhibit defiance and disrespect while parent might experience hurt and question the quality of their parenting abilities.

This period of time in the lives of both parents and adolescents can be fraught with confusion, pain and disappointment. Understanding the reasons behind the sudden shift is one of the keys to navigating this life change. "One of the most important developmental tasks during adolescence is for the child to discover who they are apart from their parents in preparation for eventually living as an adult," said Melissa K. McCeney, Ph.D., professor of psychology at Montgomery College. "They are working to define their own values and goals, and part of that process involves questioning authority."

"It's a natural part of separation from parents," added Linda Gulyn, Ph.D., professor of psychology at Marymount University. "In fact most behaviors described as rude or disrespectful are the teen's way of expressing her desire to be her own person; not an extension of the parent."

Understanding what a child of this age might be feeling and experiencing can make parents more empathetic prepare them to help guide their children through this developmental period. "Adolescents also tend to be very idealistic and absolute in their thinking, which may lead them to become critical of parents who can't possibly live up to unrealistic standards," said McCeney. "Brain development during adolescence can make teens less sensitive to how other people are feeling and more sensitive to their own feelings. Consequently, they may behave in self-centered and inconsiderate ways without even realizing it."

During this period, some parents may question their parenting skills or style. "These things will happen regardless of parenting style because they're a normal part of the developmental process," said McCeney "Parenting style could affect how difficult this transitional period is, though. Children whose parents are overly permissive or demand immediate compliance with no discussion under threat of punishment are more likely to become teens who are very rude and disrespectful. Parents who have consistently had high expectations for their children within the context of a warm and nurturing relationship have already laid the groundwork for more constructive conflict resolution."

Gulyn suggests that parents exhibit authority, but avoid extremes. "Always set limits and boundaries,

but do it in a way that you maintain a warm relationship with your child," she said. "Research shows that authoritarian, that is strict and punitive, and permissive, having no rules or boundaries, result in the most disrespectful and difficult rebellious behaviors."

When adolescents rebel, the way a parent responds can set the tone for the eventual outcome. "In my opinion, the parent needs to diffuse that moment with empathy or at least an expression of understanding how it must be for the teen," said Gulyn. "[For example,] 'I know it's frustrating trying to keep all those homework assignments straight ...'"

"I also believe the teen needs feedback that his rudeness hurts," continued Gulyn. "[For example,] 'Wow, that really made me feel bad when you talked to me that way.' You are the parent. You need to help your teen develop empathy and understand the consequences of their behaviors."

Encourage children to think about the effect their behavior might have on others, suggests Jerome Short, Ph.D, associate professor of psychology at Marymount University. "Parents should ask their children, 'How would you feel if someone did that to you?' or 'How do you think that person feels after you did that?'," suggests Short. "These questions increase a focus on empathy and compassion. Parents should make it clear that they value kindness and respect and want their children to value those principles too."

Reinforcement is more effective than punishment, advises McCeney, but she underscores the reality that actions have consequences, and sometimes they're unpleasant. "When punishment seems appropriate, try to stick with natural consequences as much as you can," she said. "For example, a teen who is being hateful at the dinner table

might need to eat alone. If your child is insulting to you while you drive him to a party, perhaps you should turn around and go back home instead."

McCeney advises against consequences without warning. "If you go the punishment route, though, it's important to make sure your teen knows in advance exactly what the consequence will be and how they need to change their behavior in order to avoid it," she said. "For example, instead of making an unexpected screeching U-turn, say, 'What you just said to me was really rude, and I don't see why I should do you a favor if you're not going to be nice. If you speak disrespectfully to me again, we'll turn around and go home.' Then follow through as necessary. If you know your kid is likely to act up in a particular situation, lay out the rules ahead of time," continued McCeney. "If they tend to be rude to you to show off to their friends, let them know that if it happens at tomorrow's movie night at your house, they won't be able to have company over next weekend. Then they can make their own informed choices."

## Addressing Rude Teen And Tween Behavior

- ❖ Model appropriate behavior. If your child yells at you and you respond by raising your own voice, they will seethe at your hypocrisy. Don't allow them to tempt you to stoop to their level.
- ❖ Choose your battles. If they actually do their chores, it won't hurt "not to notice" that they rolled their eyes and grumbled under their breath while they did them.
- ❖ Enforce appropriate boundaries. If your child is being rude and disrespectful, refuse to engage no matter how hard they push. Say something like, "I'll be happy to discuss this with you when you can speak to me respectfully," and then calmly walk away.
- ❖ Say yes when you can. Grant more independence as your child demonstrates that they can be trusted with it. Help them to understand that handling conflict respectfully is a sign of maturity and that you'll respond to it as such.
- ❖ Show them that you still care. Continue to be affectionate toward them and connect with them however you can despite the fact that they're not always behaving in the most lovable ways at this time. Often, teens feel lonely and vulnerable under their prickly exterior. Be generous with hugs, and remember that this is only a season. It will pass.



**Falling for Fall Arts & Crafts Show**  
 Saturday 9/22/18 & Sunday 9/23/18  
 (10am-5pm) (10am-4pm)  
 Springfield Town Center  
 in the parking lot by JC Penny  
 www.TroyPromotions.com

**\$100 Customer Show Buck Drawings every hour to be used towards purchases at winners favorite vendors booths at the show!**



**Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening**  
 Fairfax County  
 Design Public Hearing  
 Tuesday, October 23, 2018  
 6:30 p.m. to 8:30 p.m.  
 Presentation starts at 7 p.m.  
 Dranesville Elementary School  
 1515 Powells Tavern Place  
 Herndon, VA 20170

**Find out** about plans to rehabilitate and widen the westbound Route 7 (Leesburg Pike) bridge over Sugarland Run in order to improve safety, extend the overall life of the bridge and add capacity. The bridge was built in 1947.

The planned improvements include a new, wider concrete bridge deck and widening and repairing the bridge pier and abutments. The project will also extend the acceleration lane from the Fairfax County Parkway (Route 286) on-ramp to Dranesville Road (Route 228) to improve operations. Other improvements include guardrail upgrades and new curb and gutter in the area of the bridge.

Pursuant with the National Environmental Policy Act (NEPA) and 23 CFR 771, a Programmatic Categorical Exclusion (PCE) was prepared under agreement with the Federal Highway Administration. In compliance with the National Historic Preservation Act, Section 106 and 36 CFR Part 800, information concerning the potential effects of the proposed improvements on properties listed in or eligible for listing in the National Register of Historic Places will be available with the PCE.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project. A presentation will begin at 7 p.m. Project staff will be available to answer your questions.

**Review** project information at the VDOT project website ([www.virginiadot.org/projects](http://www.virginiadot.org/projects)), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2304 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **November 2, 2018** to Mr. Shahrad Behboodi, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030 or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Route 7 Westbound over Sugarland Run Bridge Rehabilitation and Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Shahrad Behboodi at 703-259-2304.

State Project: 0007-029-113, P101, UPC: 104556  
 Federal: STP-PM09 (324)

**In the fall of 2017, Larry Bergner, Comstock Senior Vice President of Development shakes the hand of Town of Herndon Mayor Lisa C. Merkel. Comstock Venture LC and the Town of Herndon moved forward with a signed Comprehensive Agreement, which defined responsibilities of both parties in the redevelopment of 4.675 acres of town-owned land in Herndon's downtown into a mixed-use project.**

PHOTO COURTESY OF  
TOWN OF HERNDON



## Downtown Site Plan Submitted

**Final steps near as the Town and Comstock come closer on the sale of the property.**

BY MERCIA HOBSON  
THE CONNECTION

*This story is the second in an ongoing series on the Proposed Herndon Downtown Redevelopment Project. The first story in the series appeared in the August 1-7, 2018 edition of the Oak Hill Herndon Connection.*

Small white signs by the Town of Herndon recently sprouted up like mushrooms throughout the area for the Downtown Herndon Redevelopment Project.

"Comstock has submitted its site plan for the Downtown Redevelopment Project to the Town of Herndon for its review," wrote Maggie Parker, Senior Vice President, Public Relations, Comstock Companies on Sept. 17, 2018, when asked about the meaning of the signs.

"The Comstock site plan is currently under review by the Department of Public Works, Community Development and the Fairfax County Fire Marshal to ensure that it meets all engineering, stormwater management and zoning regulations, proffers and Fire Code requirements," said Elizabeth M. Gilleran, AICP Director of Community Development for the Town of Herndon in a written interview.

"All existing easements, as well as needed easements and dedications, will be identified, preserved or obtained as necessary and plats and deeds processed. Bonding and escrow amounts will also be determined and assessed," wrote Gilleran.

**EARLY THIS SUMMER**, citizens with property interests in the land across the street from the Redevelopment project filed Appeal Notices, which rendered previously approved Certificates of Appropriateness granted to Comstock by the Town of Herndon Heritage Preservation Review Board void.

On July 13, 2018, Comstock gave notice to David Stromberg, Town of Herndon Zoning, of its withdrawal of Applications for Certificates of Appropriateness to the Town of Herndon Heritage Preservation Review Board.

However, neither the appeals nor the withdrawal of the applications by Comstock voided the 2017 Comprehensive Agreement that was negotiated between the town and Comstock and approved by Town Council. That agreement remained in effect and re-

flected elements of the proposal Comstock submitted in response to the town's Request for Proposals (RFP). In other words, the proposed project was still on; it just took a step backward.

By the terms of the agreement, and cited by the town, Comstock would provide 339 public parking spaces in a parking garage, the shell of the arts center facilities, not its build-out, the arts center's temporary facilities during construction, other public space improvements and a \$505,000 recreation proffer.

What happens next is that Comstock will continue to work with the town on approval of its site plan, application for certificates of appropriateness, bonding and building permit. Then the two parties go to closing and the property ownership transfer.

Delays are reasonable and often expected. Elizabeth M. Gilleran, AICP Director of Community Development Town of Herndon, wrote. "Site plans usually require more than one submission as there are almost always technical questions and corrections that need additional calculations or other revisions."

"Once all of the site material has been reviewed and determined to be accurate, and bonding has been received, then the applicant (Comstock) can submit an HPRB (Historic Preservation Review Board) application for Certificates of Appropriateness," added Gilleran.

**AS FOR ARCHITECTURAL PLANS**, Gilleran said that while Comstock can submit their architectural plans for a building permit at any time during this process, the permit cannot be approved until the Historic Preservation Review Board has acted.

"The approval of the site plan, along with the approval of our applications (not yet submitted) to the Historic Preservation Review Board are the two key milestones needed to allow us to go to closing," wrote Maggie Parker.

In other words, the Redevelopment Project requires two key boxes to be checked, the site plan approval and the granting of new certificates of appropriateness before the two parties, the town and Comstock can go to closing and settle on the purchase. Until then, the property remains owned by the town.



**Signs like this one have recently sprouted throughout the area for the Herndon Downtown Redevelopment Project.**

PHOTO BY MERCIA HOBSON/THE CONNECTION



PHOTO BY MERCIA HOBSON/THE CONNECTION

**Whitney Myhra of Drekker Brewery pours India Pale Ale for a patron at the Aslin Beer Company third Anniversary Party in the Town of Herndon. The event featured more than 100 local, regional, national and international breweries, cideries, meaderies, and wineries offering samples of their products to ticketed patrons.**

## Aslin Beer Co. Holds 3rd Anniversary Party

**Owners anticipate opening the Aslin Tasting Room on Elden Street in 6-8 months.**

BY MERCIA HOBSON  
THE CONNECTION

"I'm happy people are enjoying our product," said Aaron Adams of Bottle Logic Brewing of Anaheim, Calif. during the Aslin Beer Company Third Anniversary celebration. Bottle Logic was one of the breweries staked out under tents in the Aslin parking lot at 771 Elden Street in Historic Downtown Herndon on Saturday, Sept. 15 from 11 a.m.- 7 p.m.

Kai Leszkowicz, one of Aslin's co-founders, confirmed in an interview that the company sold every one of the 2,200 tickets to the event. Patrons from across the District, Maryland, Virginia and beyond came to sample beer from more than 100 local, regional, national and international breweries, cideries, meaderies and wineries.

Each one told a distinct story, something, which set them apart. "We try to go for something unique for each style," said spokesperson Whitney

Myhra of Drekker Brewing Company of Fargo, North Dakota. "Something funky. We're adding lactose to IPA. It gives the beer a different body, a different mouth feel."

Joel Mahaffey of Foundation Brewing Company of Portland, Maine admitted that most of their beer is based on classic style, but they put their twist on it. Asked why his brewery was here, Mahaffey said, "It's a network thing. We brewed with Aslin yesterday, and they brewed with us two months ago."

In an interview, one of Aslin's owners, Kai Leszkowicz said they have been working with the Town of Herndon and are now ready to resume construction and hope to get the renovation for the new facility at 771 Elden Street completed and open in six-to-eight months. Last summer on Facebook, Aslin Beer Company posted that their new home on Elden Street will "provide a unique environment that encompasses our brand and represents our team."

# How To Vote

Every year is election year in Virginia; early voting begins Sept. 21.

So many local elections, and critical policy that follows, have been decided by so few votes, no one can reasonably say that their one single vote does not matter.

Just one example: Control of the entire Virginia General Assembly came down to a single delegate race which was so close, it was declared a tie after a recount. It was awarded to the Republican by literally pulling a name out of hat.

Vote. Vote early if you qualify. Vote Nov. 6 if you haven't already voted by then. Make a plan.

First, be sure you are registered. Oct. 15 is the deadline to register, and to check your registration. Many voters across the country have discovered that they have been unexpectedly dropped from the voter rolls, so be sure to check at [elections.virginia.gov](http://elections.virginia.gov)

## Absentee Voting in Person Begins Sept. 21

Voting early if you qualify is a good choice. There are 20 valid reasons to vote absentee in Virginia, including working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day. Check the Virginia Department of Elections list to see if you are eligible: <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/index.html>

There are two ways to vote absentee, in-person and by mail. To do either, you should first check your voter registration status to make sure it is up-to-date.

If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

## Early Voting Locations, Dates and Hours

Scheduled to begin Friday, Sept. 21, through Saturday, Nov. 3 at the government center, and Oct. 13-Nov. 3 at the satellite locations.

Fairfax County Government Center, 12000 Government Center Parkway, Conference Room 2/3, Fairfax, VA, 22035

Sept. 21-Oct. 12  
Closed Monday, Oct. 8, Columbus Day  
Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4:30 p.m.  
Thursday, 8 a.m. to 7 p.m.  
Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.  
Oct. 15-Nov. 3  
Monday-Friday, 8 a.m. to 7 p.m.  
Saturdays, Oct. 6-Nov. 3, 9 a.m. to 5 p.m.

## All Satellite Locations:

Oct. 13 - Nov. 3  
Weekdays: Monday thru Friday, 3 p.m. - 7 p.m.  
Saturdays: 9 a.m. - 5 p.m.  
Sundays: Closed  
❖ Franconia Governmental Center, 6121 Franconia Road, Alexandria, VA 22310  
❖ Lorton Library, 9520 Richmond Highway, Lorton, VA 22079  
❖ Mason Governmental Center, 6507 Columbia Pike, Annandale, VA 22003  
❖ McLean Governmental Center, 1437 Balls Hill Road, McLean, VA 22101  
❖ Mount Vernon Governmental Center, 2511

## ELECTION DAY, TUESDAY, NOV. 6, 2018

On Election Day, polls are open from 6 a.m.-7 p.m., Nov. 6.

To determine whether eligible and registered to vote in this election, visit the Virginia Department of Elections website at [elections.virginia.gov/](http://elections.virginia.gov/) or call Fairfax Elections office at 703-222-0776.

To vote on Tuesday, Nov. 6, 2018, 6 a.m.-7 p.m. (General Election)

❖ Register/update address by: Monday, Oct. 15.  
❖ Request absentee ballot by mail by: 5 p.m. Tuesday, Oct. 30.

❖ Vote early, in-person absentee, by appearing in person by 5 p.m. Saturday, Nov. 3

For more information on voting in Fairfax County: Fairfax County Office of Elections  
12000 Government Center Parkway Suite 323  
Fairfax, VA, 22035

Voter Registration: 703-222-0776, TTY 711  
Absentee Fax: 703-324-3725  
Email: [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)  
Election Officer Info: 703-324-4735, TTY 711  
For 24-hour recorded information call 703-324-4700

## FAIRFAX COUNTY PUBLIC SAFETY BOND

TEXT: Shall Fairfax County, Virginia, contract a debt, borrow money, and issue bonds in the maximum aggregate principal amount of \$182,000,000 to provide funds, in addition to funds from public safety facilities bonds previously authorized, to finance, including reimbursement to the County for temporary financing for, the costs of public safety facilities, including the construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training and operational facilities and stations, fire and rescue training facilities and stations, including fire and rescue stations owned by volunteer organizations, and the acquisition of necessary land?

\$73 million would be earmarked for improvements to four fire stations — Mount Vernon (\$16 million), Fairview (\$16 million), Gunston (\$13 million), and Seven Corners (\$13 million) — that are all 37 years or older. An additional \$15 million would be used to improve one of the eight volunteer stations that is more than 40 years old.

The Fairfax County Police Department would receive \$59 million: \$18 million to renovate and expand the Mason District Station which was built in 1975; \$18 million to renovate and upgrade its Criminal Justice Academy, and \$18 million to renovate, expand or

Parkers Lane, Alexandria, VA 22306

❖ North County Governmental Center, 1801 Cameron Glen Drive, Reston, VA 20190

❖ Providence Community Center, 3001 Vaden Drive, Fairfax, VA 22031

❖ Sully Governmental Center, 4900 Stonecroft Boulevard, Chantilly, VA 20151

❖ West Springfield Governmental Center, 6140 Rolling Road, Springfield, VA 22152

## Absentee Voting By Mail

To track the status of your absentee ballot application and ballot, you can view your Virginia Voter Record, [vote.elections.virginia.gov/VoterInformation](http://vote.elections.virginia.gov/VoterInformation)

The deadline to apply for an absentee ballot online, by mail, by fax, or by email is seven days prior to Election Day by 5 p.m.

You can apply for your absentee ballot online, [vote.elections.virginia.gov/VoterInformation](http://vote.elections.virginia.gov/VoterInformation)

Or print, complete, and sign the absentee ballot application, [www.elections.virginia.gov/Files/Forms/VoterForms/VirginiaAbsenteeBallotApplication.pdf](http://www.elections.virginia.gov/Files/Forms/VoterForms/VirginiaAbsenteeBallotApplication.pdf)

Absentee ballot applications are also available for in-person visits at county governmental centers as well as Fairfax County library branches.

Send in the completed application: Scan then

## ON THE BALLOT

Fairfax County, Nov. 6, 2018

## UNITED STATES SENATE

Corey A. Stewart (R)  
Timothy M. Kaine (D)  
Matt J. Waters (L)

## HOUSE OF REPRESENTATIVES

**District 8**  
Thomas S. Oh (R)  
Donald S. Beyer, Jr. (D)

## District 10

Barbara J. Comstock (R)  
Jennifer T. Wexton (D)

## District 11

Jeff A. Dove Jr. (R)  
Gerald Edward Connolly (D)  
Stevan M. Porter (L)

replace the Police Evidence Storage Building used to store evidence for court cases, and also houses the warrant desk and the victim services section. The Adult Detention Center needs \$45 million of improvements to three wings, including plumbing, electrical, HVAC, elevator and fire protection systems as well as security and camera equipment. \$5 million would be used to improve the Jennings Judicial Center.

## TWO VIRGINIA CONSTITUTIONAL AMENDMENT BALLOT QUESTIONS

State Ballot Question One

**Question:** Should a county, city, or town be authorized to provide a partial tax exemption for real property that is subject to recurrent flooding, if flooding resiliency improvements have been made on the property?

State Ballot Question Two

**Question:** Shall the real property tax exemption for a primary residence that is currently provided to the surviving spouses of veterans who had a one hundred percent service-connected, permanent, and total disability be amended to allow the surviving spouse to move to a different primary residence and still claim the exemption?

email the application to [absenteeballot@fairfaxcounty.gov](mailto:absenteeballot@fairfaxcounty.gov) or mail the application to the Office of Elections at Box 10161, Fairfax, VA 22038 or Fax the application to the Office of Elections at 703-324-3725

Once your completed application is received and accepted, your absentee ballot will be sent to you in three business days. If you have questions about your ballot, call the Office of Elections at 703-222-0776 (TTY 711).

Absentee ballots must be returned to the Office of Elections by 7 p.m. on Election Day, Nov. 6, 2018 in order to be counted,

## Virginia Voter ID

You must show identification to vote. Acceptable forms of valid identification: Virginia driver's license, Virginia DMV-issued photo ID, United States passport, Employer-issued photo ID, Student photo ID issued by a school, college, or university located in Virginia, Other U.S. or Virginia government-issued photo ID, Tribal enrollment or other tribal photo ID, or Virginia Voter Photo ID card

## Need a Photo ID?

If you don't have an ID, go to your voter reg-

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@HerndonConnect

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# How To Vote

FROM PAGE 4

istration office to get a free Voter Photo ID, even on Election Day. You will be required to complete an photo ID application, have your photo taken and to sign a digital signature pad.

## Forgot your photo ID on Election Day?

If you get to your polling place without acceptable photo ID, you can vote a provisional ballot. You will be given instructions on what to do so your vote can count.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board or to appear in person to apply for a Virginia Voter Photo ID Card. Voters may submit a copy of their ID via fax, email, in-person, or through the mail or commercial delivery service. The copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

Also by noon on Friday following the election, the voter may appear in-person in the office of the general registrar, in the locality in which the provisional ballot was cast, and apply for a Virginia Voter Photo ID Card. At the completion of the application pro-

## HERNDON, MAYOR AND TOWN COUNCIL

If you live inside the Town of Herndon, local elections for mayor and Town Council are now in November. These are nonpartisan positions. <http://www.herndon-va.gov/government/mayor-town-council/town-elections>

**MAYOR**, *unopposed*  
Lisa C. Merkel

**TOWN COUNCIL**, *vote for six, \* means incumbent*

|                         |                             |
|-------------------------|-----------------------------|
| Jennifer K. Baker *     | W. J. "Sean" Kenis Jr.      |
| Grace Wolf Cunningham * | William "Bill" J. McKenna * |
| Cesar A. Del Aguila     | Sheila A. Olem *            |
| Pradip Dhakal           | Joseph T. "Joe" Plummer     |
| Signe V. Friedrichs *   | Roland Taylor               |

cess, the voter may request a Temporary Identification Document. This document can be provided to the electoral board for the identification requirement.

## Upcoming Events to Register and Get Voter ID

The Office of Elections is open daily during normal business hours to provide residents the opportunity to register to vote or obtain a free voter photo ID if needed. 703-222-0776, 12000 Government Center Parkway Suite 323, Fairfax, VA 22035

The following special events will also provide opportunity to register to vote and/or get your photo Virginia Voter card.

- ❖ Wednesday, Sept. 19, 10 a.m. - 2 p.m., Greenspring Retirement Community, 7410 Spring Village Drive, Springfield, 22150
- ❖ Monday, Sept. 24, 10 a.m. - 2 p.m., Goodwin House Bailey's

Crossroads, 3440 South Jefferson Street, Falls Church, 22041

- ❖ Tuesday, Sept. 25, 11 a.m. - 2 p.m., Burke Health and Rehab Center, 9640 Burke Lake Road, Burke, 22015

- ❖ Wednesday, Sept. 26, 10 a.m. - 2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon, 20170

- ❖ Thursday, Sept. 27, 10 a.m. - 2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean 22101

- ❖ Thursday, Oct. 4, 10 a.m. - 1 p.m., Leewood Healthcare Center, 7120 Braddock Road, Annandale, 22003

- ❖ Saturday, Oct. 6, 10 a.m. - 2 p.m., Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, 22306

- ❖ Tuesday, Oct. 9, 10 a.m. - 2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean, 22101

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## NEWS

# Hurricane Horses Find Refuge in Herndon

Collaborative initiative provides temporary homes at Frying Pan Park.

BY MERCIA HOBSON  
THE CONNECTION

When pet owners of cats and dogs fled the pending impact of Hurricane Florence at least, there were pet-friendly shelters and hotels for owners to choose ahead of the storm. But what about horse owners forced to evacuate as the monster hurricane loomed? Leaving them behind in the havoc of a hurricane was not an option.

In preparation for Hurricane Florence, the Virginia Department of Agriculture and Consumer Services assembled a list of resources to help horse owners identify facilities that might have available stalls. Frying Pan Park in Herndon was one of only eight sites listed.

Before the hurricane hit, Fairfax County Park Authority and Friends of Frying Pan Farm Park developed a collaborative initiative to provide temporary homes for horses impacted by the hurricane. The Friends sent out notices to its approximately 6,000 members that Frying Pan Park in Herndon could help and had stalls available.

On their registration site, the Friends of Frying Pan Farm Park stated all horses needed to come with proof of a negative Coggins test and out-of-state horses were required to have health certificates. They waived stall fees for horses coming from evacuation areas and reduced them to \$10 a night for all other horses. Owners had to stay in the area or arrange for care of their horses.

Most of the nine horses fleeing Florence to Frying Pan Park made their way from southern Virginia and North Carolina, reported Fairfax County Park Authority, adding that Equestrian Manager Meghan Look worked with Visit Fairfax to find lodging and food for the horse owners.

As of Monday, Sept. 17, a visit to Frying Pan Park revealed seven of the horses had returned to their



PHOTO COURTESY OF FAIRFAX COUNTY

Two of the nine horses who found shelter from Hurricane Florence at Frying Pan Farm Park in Herndon.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Teresa Reynolds, Assistant Site Manager, Site Historian, Visitor Services Manager at Frying Pan Farm Park visits one of two remaining horses who escaped Hurricane Florence and has a temporary home at the Fairfax County Park in Herndon.

homes. Two horses remained. A spokesperson for Frying Pan Farm Park said that owner's house had flooded to the rooftop.

Frying Pan Farm Park is located at 2709 West Ox Road, Herndon. It is owned and operated by the Fairfax County Park Authority, a division of Fairfax County Government. The Friends of Frying Pan Farm Park, a 501(c) (3) organization, support the park's facilities and operations. For tax-deductible donations visit [www.friendsoffryingpan.org](http://www.friendsoffryingpan.org).

## LETTERS TO THE EDITOR

### Vote for Better Healthcare

To the Editor:

The U.S. has the highest per capita spending on healthcare in the world, and yet many people in this country struggle to gain access to even basic care. Our healthcare system is broken. Healthcare needs to cost less and be made available to more people. Jennifer Wexton is the candidate for Congress who will work to make these things happen. In the State Senate, Wexton supported expanding Medicaid in Virginia. She supports coverage for preexisting conditions, which the Trump administra-

tion is trying to eliminate. She also supports allowing the government to negotiate drug prices with pharmaceutical companies.

That's a commonsense policy, but as a favor to the pharmaceutical industry the Republican-controlled congress won't allow it.

Barbara Comstock may have voted against the failed Republican healthcare bill in 2017, but otherwise her actions in Congress have done nothing to improve healthcare and instead have made our healthcare system more broken. She voted to eliminate the independent board tasked with developing proposals to make

Medicare more cost effective. She likes to tout her vote for the 21st Century Cures Act, but don't let its innocuous name fool you; this is legislation designed to boost pharmaceutical manufacturing profits while reducing public protections against unsafe and ineffective therapies.

Healthcare is too important to be left to the likes of Barbara Comstock and the Republicans. Jennifer Wexton will fight to bring affordable healthcare to all Americans. She has my vote.

**Jeannine Esmonde**  
Herndon

# 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.

## THROUGH DECEMBER

**White House Ornaments.** Assistance League of Northern Virginia has begun its annual fundraising sale of White House Ornaments. The 2018 ornament honors Harry S. Truman, highlighting changes made to the White House during his administration. One side features the Truman Balcony and the reverse features the Blue Room. Assistance League is an all volunteer, non-profit organization. Proceeds benefit our community-based programs that support local low income children. \$22 (+ shipping if mail delivery required). Email [burgessgl@verizon.net](mailto:burgessgl@verizon.net) or visit [www.alnv.org](http://www.alnv.org).

## VOTER REGISTRATION AND ID EVENTS

**The Fairfax County Office of Elections** (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- ❖ Wednesday/Sept. 26, 10 a.m.-2 p.m., Herndon Senior Center, 873 Grace St #1, Herndon.

## VOLUNTEERS WANTED

**AARP Foundation Tax-Aide** is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 1-888-OUR-AARP (1-888-687-2277).

## MENTAL HEALTH SERVICES

**The Fairfax-Falls Church Community Services Board's Merrifield Center** offers a new stand-up information kiosk. Part of a pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

## THROUGH SEPT. 28

**Preference Poll.** The Reston Community Center (RCC) Board of Governors announces five candidates for its 2018 Preference Poll. This year's candidates are incumbents William G. Bouie, Gerald Zavala and Lisa Sechrest-Ehrhardt, as well as new candidates Richard Stillson and April Tan. The poll seeks community guidance to fill three 3-year positions. Each property in Small District 5 (SD5) will receive a ballot in the mail. Mail-in ballots must be received by the counting agent (a pre-addressed envelope is provided with the ballot; postage is required) no later than 5 p.m. on Thursday, Sept. 27. Walk-in and online ballots must be received by 5 p.m. on Friday, Sept. 28. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call 703-476-4500.

## WEDNESDAY/SEPT. 19

**Yom Kippur Service.** 10 a.m.-noon at St. Anne's Episcopal Church, 1700 Wainwright Drive, Reston. Shoshim will hold a free Yom Kippur service. No tickets or reservations required. Call 571-445-0563 or email [info@restonshoshim.org](mailto:info@restonshoshim.org) for event location and details. Visit [www.restonshoshim.org](http://www.restonshoshim.org) for more.

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| Find us on Facebook and become a fan!<br><a href="http://www.Facebook.com/connectionnewspapers">www.Facebook.com/connectionnewspapers</a><br><b>THE CONNECTION</b><br>Newspapers & Online<br>The Connection to Your Community<br><a href="http://www.connectionnewspapers.com">www.connectionnewspapers.com</a>   |  | An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.<br><b>-Werner Heisenberg</b>   |  |

## A Tail Not of Woe



By KENNETH B. LOURIE

You know what's impossible – or next to impossible? Trying to write a funny non-cancer column while on hold with the Oncology Department waiting for calculations to be made by their pharmacist which will determine if my creatinine levels (kidney function) are low enough to allow me to get my infusion today.

No big deal, really. It's only a matter of life and hopefully my avoiding death.

And to complicate this waiting/holding "interminableness," one of our five cats, "Twinkle," is walking back and forth across my desk, rubbing my writing hand with her head – while I'm trying to write no less, as she steps repeatedly on my writing pad.

Oh. One more thing, she keeps knocking down the wireless land-line phone that I've placed on my desk – which I have on speaker, close enough to hear but far enough, I thought, to keep her at bay. It never ceases to amaze me how cats seem to know where you don't want them go and invariably that's almost always where they seem to end up.

Now back to my original situation: Waiting for the pharmacist to calculate my results.

After nearly 30 minutes on hold, with "Twinkle" having been occupied elsewhere during the last 10 minutes or so. (After I implored her to "Give me some space, please?" she jumped off the desk.) Finally, I have received word that I'm approved for my infusion. And now that I'm no longer on telephone-hold, I doubt I'll be seeing any more of her.

Oh. I was wrong. Here she is again.

This time however, she's brought along "Biscuit," one of the two oldest "buff-colored" brothers we rescued in September '06. But I'm more tolerant of their interference now as I've been given the infusion OKAY. (Not a thrill really, but, as mentioned in previous columns – and confirmed by my oncologist in a reply-email to me, this third dose of chemotherapy in the last seven weeks might have a bearing on the results of my upcoming Sept. 26 CT scan. That sound you heard was me exhaling.)

Another peculiar feline behavior: they seem to know when their behavior is not as bothersome/interfering as it might otherwise be so they refrain a bit. (A bit.)

So now I have nothing to wait for except Godot (who never shows). My results will show up though, on or about Sept. 28, more than likely via email from my oncologist. Important to consider that the 28th is a Friday and given that lines of communication don't flow as often on the weekends, we'd really rather know before the weekend so that we can get on with our lives.

And, as I'm sure you can appreciate, this is no laughing matter and receiving results – good or bad – in a timely fashion does enable us to get on with our lives.

For the moment, however, it's still about waiting and hoping, but no planning – yet. Discussing scenarios before the actual facts are known has never been my oncologist's way. When we know definitively, then we'll act definitively. We've had some preliminary discussions about alternatives going forward, but until further details are known, it's all premature.

For the moment then, my existence is about managing expectations, trying to remain positive and letting go.

I mean, when the scan is finished, the results will be what they will be. I don't imagine there's much I can do about it now. When those results are known, then we'll go to plan "B," or revert to current plan "A."

My life is not likely to change significantly either way in the short term so all I can do is maintain my status quo. There's no panic.

Anxiety? Of course. Anticipation? Yes, in a weird way. I would like to know what treatment/potential side effects and all are in store for me living forward but it's still "early days." Maybe the cats do know something. We've heard it rumored that cats have a sixth sense about sickness and death.

Oh, oh. Here's comes "Biscuit," he's been hanging around me an awful lot lately, very uncharacteristic. Should I be concerned or just appreciative of the attention?

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

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## ENTERTAINMENT

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

### ONGOING

**Homegrown Yoga.** Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit [www.homegrownpoweryoga.com](http://www.homegrownpoweryoga.com) to sign up.

**The Elden Street Tea Shop.** Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit [www.eldenstreettea.com](http://www.eldenstreettea.com).

**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. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more.

### WEDNESDAY/SEPT. 19

**Dog Days of Summer.** 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit [restontowncenter.com](http://restontowncenter.com).

### THURSDAY/SEPT. 20

**Community Food Packing.** 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program which provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William counties and the City of Alexandria. Arrive at 9:30 to help with setup. Contact Lynn Barron: at [LynnB517@verizon.net](mailto:LynnB517@verizon.net). Visit [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org).

**Senior Social: Fiesta Theme.** 1-3 p.m. at RCC at Hunters Woods. Celebrate Hispanic Heritage Month with Reston Community Center and Reston Association as they pay tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society. Lunch, door prizes and entertainment, while learning about upcoming trips, classes and events. Program 307221015. Ages: 55+ . \$8/RA members, \$15/non-members. Visit [www.reston.org](http://www.reston.org).

**Third Thursday Arts Crawl.** 6-9 p.m. Arts Herndon joins with local downtown businesses, to produce the Third Thursdays Arts Crawl Series. Join in the festive atmosphere; purchase one-of-a-kind handcrafted items; try a free dance or instrument lesson; watch an art demonstration or listen to great live music. Events are located at various venues in downtown Herndon. Admission is free and most participating businesses offer complimentary food samples. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

### FRIDAY/SEPT. 21

**Free Flow Friday.** Doors, 8 p.m.; show, 10 p.m. at Breaker's Sky Lounge, 2445 Centreville Road, 4th Floor, Herndon. Newly releasing his



## 2018 Reston Multicultural Festival

It is time to "Discover the World in Reston" as the annual Reston Multicultural Festival honors the diversity that is one of the community's greatest assets and brings to life the vision that Reston founder Robert E. Simon had for the unique Northern Virginia community. The Festival will open with a Naturalization Ceremony, where America's newest citizens will take the Oath of Allegiance. The World Stage, Global Stage and the Gallery Stage will feature an all-day series of free performances representing world cultures. Saturday, Sept. 22, 11 a.m.-6 p.m. at Lake Anne Plaza, 1609-A Washington Plaza, Reston. A complete schedule of events and vendors is available at [www.restoncommunitycenter.com/mcf](http://www.restoncommunitycenter.com/mcf).

EP 'BulletRose' on all streaming platforms, Al'Bei will be performing live. Hosted by KniteLife Entertainment. Visit [www.breakersskylounge.com](http://www.breakersskylounge.com) or call 703-793-6233.

runs Sept. 23-Oct. 23. This is Phase II of a two-part project that began in the spring of 2018. Free admission. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

### SATURDAY/SEPT. 29

**A Journey to Latin America.** 7:30-9:30 p.m. at United Christian Parish of Reston, 11508 N. Shore Drive, Reston. A Journey to Latin America with The Pro Arte Chamber Orchestra of Greater Washington. \$5-\$30. Call 571-483-8444 or visit [www.pacodc.org](http://www.pacodc.org).

### SUNDAY/SEPT. 30

**Tri for Love Triathlon.** 5:45 a.m. Join two time cancer survivor Taylor Love and friends and participate in the 12th Annual Tri for Love Triathlon. Tri for Love is an event for both rookie and veteran athletes; individual and team participation is welcome. Tri for Love begins at The Herndon Community Center with a 400 yard indoor swim, transitioning to a 15.4 mile W&OD Trail bike ride from Ferndale Drive to Ashburn Road and back. The event finishes with a 5k run in and around the W&OD bike and horse trail. Tri for Love Triathlon is USAT sanctioned. To register for Tri for Love Triathlon go to [www.tri4love.shutterfly.com](http://www.tri4love.shutterfly.com) or email [tri4love@hotmail.com](mailto:tri4love@hotmail.com).

### SATURDAY/OCT. 6

**Dog Paddle.** 10 a.m.-1 p.m. at Ridge Heights Pool, 11400 Ridge Heights Road, Reston. Bring dogs for a final dip this season. Current Dog License required. Dogs must remain under control and sociable at all times or will be asked to leave without refund. Female dogs in heat are not permitted. Fees are per dog. Register online at [www.restonwebtrac.org](http://www.restonwebtrac.org) (\$8) or walk up (\$10) on the day.

### SATURDAY/OCT. 27

**UCP Craft Fair.** 10 a.m.-4 p.m. at United Christian Parish, 11508 North Shore Drive, Reston. This juried fair showcases handcrafted products from area artists and crafters just in time for the holiday season. A bake sale and lunch will be available for purchase. A portion of the proceeds will benefit Herndon-Reston FISH, a local non-profit. Ample parking. Free. Email [suemayn@msn.com](mailto:suemayn@msn.com).

### SATURDAY/SEPT. 22

**2018 Reston Multicultural Festival.** 11 a.m.-6 p.m. at Lake Anne Plaza, 1609-A Washington Plaza, Reston. It is time to "Discover the World in Reston" as the annual Reston Multicultural Festival honors the diversity that is one of the community's greatest assets and brings to life the vision that Reston founder Robert E. Simon had for the unique Northern Virginia community. The Festival will open with a Naturalization Ceremony, where America's newest citizens will take the Oath of Allegiance. The World Stage, Global Stage and the Gallery Stage will feature an all-day series of free performances representing world cultures. A complete schedule of events and vendors is available at [www.restoncommunitycenter.com/mcf](http://www.restoncommunitycenter.com/mcf).

### SEPT. 23-OCT. 23

**Art Exhibit: "Peace and Identity."** Gallery hours at the Waddell Gallery, Northern Virginia Community College Loudoun Campus, 21200 Campus Drive, Sterling. This League of Reston Artists exhibit of two-dimensional art and photography runs Sept. 23-Oct. 23 with an opening reception Wednesday, Sept. 26, 6 p.m. This is Phase II of a two-part project that began in the spring of 2018. Free admission. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

### WEDNESDAY/SEPT. 26

**Dog Days of Summer.** 4-7 p.m. in the Pavillion at Reston Town Center. Dogs and owners can frolic in the Pavillion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet-friendly giveaways, and more. Free. Visit [restontowncenter.com](http://restontowncenter.com).

**Reception: "Peace and Identity."** 6 p.m. at the Waddell Gallery, Northern Virginia Community College Loudoun Campus, 21200 Campus Drive, Sterling. This League of Reston Artists exhibit of two-dimensional art and photography