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# Oak Hill Herndon CONNECTION

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## Recognizing Green Lizard Cycling

NEWS, PAGE 3

Lisa C. Merkel, Mayor of the Town of Herndon holds a commemorative Green Lizard Cycling jersey while Beth and Dave Meyer, co-owners of Green Lizard Cycling show off the proclamation presented to them by the mayor and town council on Tuesday, Sept. 10, 2019.

## ARTSFAIRFAX Names 2019 Arts Awards Honorees

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## Great Mix of Fitness and Fun

NEWS, PAGE 2

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## NEWS



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**Family Fitness and Fun Fest took place Saturday, Sept. 14 in downtown Herndon.**

## A Great Mix of Fitness and Fun

The 3rd Annual Family Fitness and Fun Fest took place Saturday, Sept. 14 in downtown Herndon. The goal of the Family Fitness and Fun Fest was to teach people through hands-on activities the benefits of exercise and healthy eating, and most of all, to have fun. Families received a "Passport to Fun" which guided them through a variety of activity stations. Many young event-goers wore their superhero costumes. Overall 100 plus participants attended the event. Everyone enjoyed trying

an intro to Hip-Hop class, a variety of dance classes, and boot-camp style fitness demos that are regularly held at the Herndon Community Center. The Herndon Parks and Recreation Department produced the event and they thank everyone who sponsored, volunteered, or attended the event.

More fun awaits in downtown Herndon. On Saturday, Sept. 21, 2019 there is a Farewell to Summer Tie-Dye Pop-up on the Town Hall Square, 9:30-11 a.m. More information at [Herndon-va.gov/itson](http://Herndon-va.gov/itson).



**More than 100 participants attended the event.**

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—Chief Seattle (1788-1866)  
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Lisa C. Merkel, Mayor of the Town of Herndon holds a gifted commemorative Green Lizard Cycling jersey while Beth and Dave Meyer, co-owners of Green Lizard Cycling show off the proclamation presented to them by the mayor and town council on Tuesday, Sept. 10, 2019.



Green Lizard supporters pack Council Chambers on Tuesday, Sept. 10 for proclamation by the Mayor and Town Council of the Town of Herndon expressing appreciation to Dave and Beth Meyer of Green Lizard Cycling for their valued presence in the town and their many contributions to the community.

# Herndon Town Council Recognizes Green Lizard Cycling

**‘The Lizard’ partners for betterment of the community.**

BY MERCIA HOBSON  
THE CONNECTION

The Mayor of the Town of Herndon and the Town Council announced their appreciation to Dave and Beth Meyer owners of Green Lizard Cycling for their valued presence in the town and many contributions to the community through Proclamation presented during the Town Council Public Session held Tuesday, Sept. 10, 2019.

The proclamation, read by Councilmember Cesar del Aguila stated that the family-owned business founded in 2013 was an integral and vital part of the Herndon community. “The Meyers and Green Lizard Cycling have been actively involved in partnering with the town and local organizations toward the betterment of the community. Their advocacy for area cyclists has included working with groups such as Reston Bike Club, Washington Area Bicyclists Association, Fairfax Alliance for Better Cycling, Mid-Atlantic Offroad Enthusiasts and the Washington Bicycle Authority.” Del Aguila added that the Meyers hosted many events such as Crooked Lizard Bicycle Scramble benefitting Friends of Homeless Animals and Boulder Crest, community group rides and events for cyclists of all ages and abilities as well as co-hosting the Annual Fun Ride Bike-a-Thon for the Herndon High School Band.

In addition, del Aguila stated the Meyers will continue work to give back to the community through The Green Lizard Founda-

**On behalf of Northwest Federal Credit Union, Christopher Burgess Vice President, Marketing and Communications, presents Beth and Dave Meyer a check for \$2500 made out to their newly formed nonprofit organization, The Green Lizard Foundation that will serve needy youth in the community.**



PHOTOS BY MERCIA HOBSON/THE CONNECTION

tion formed to encourage healthier living by assisting youth of the community with options for recreation, exercise and nutrition and “provide training and sponsor and donate resources to initiatives that support the growth of safe cycling and healthy living.”

During comments from the audience, Ian Macdonald, member of Herndon’s Pedestrian and Bicycle Advisory Committee thanked the Town of Herndon for recognizing the Green Lizard and shared stories about the Lizard being an ambassador for Herndon. Looking over the packed crowd, he said, “I see a lot of faces I know. One of the things that has become an amazing thing about the Green Lizard, this is a community. You see us here. We have our bikes

here. ... We have a number of people here with our Green Lizard bicycle shirts. On the weekends, you will see us representing Green Lizard and Herndon all around the area. ... As we are biking, we are getting high fives, and we’re getting, ‘Hey, Herndon.’ So the name Green Lizard and Herndon are really well known. ... Beth and Dave have created a centerpiece for the town.”

Dan Fischer, President of The Green Lizard Foundation, explained the nonprofit 501(c) 3 was recently created to expand what the Meyers were already doing. “Cycling and fitness, in general, is something we really want to promote in the community...we look forward to partnering with you all, schools and organizations to

make sure anyone, in any economic circumstance, is able to participate in any events they want.”

Kristen Wooten with a 20-year teaching career in Herndon echoed that the beauty of the Green Lizard was that it centered the town. “Always giving back and looking out for our little people,” Wooten said.

After receiving the proclamation, the Meyers hosted a gathering at their bike shop on Lynn Street. Staff, friends, family and community gathered to celebrate. Among the many well-wishers mingled Christopher Burgess, Vice President, Marketing and Communications at Northwest Federal Credit Union. Asking Dave and Beth Meyer to join him, Burgess spoke to the crowd, presented a check in the amount of \$2,500 to the Foundation.

As of Sunday, Sept. 15, Jason Sickles, Board Member of The Green Lizard Foundation reported the organization raised more than \$13,000 in the last week. Beth Meyer explained funds raised would be used to not only ensure needy youth have access to fitness events, bicycle repairs and donations, but that food-insecure children have nutritious foods outside of school.

## Friends of The Green Lizard Speak Out

Scott Schelling of Herndon, referencing The Green Lizard Foundation: “An opportunity to reinvest in the sense of community the Green Lizard brings to Herndon and help disadvantaged kids get healthy.”

James Kohler of Fairfax: “They did better than anyone could. This is brilliant.”

Robin Walker of McLean: “I’m a Green Lizard regular and just wish my coffee shops would have bikes with them.”

Robert Mosely of Vienna: “They are good people.”

## Police Reform in Fairfax—Four Years Later

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



It's hard to believe it's been four years since the Ad Hoc Commission to Review Police Practices submitted its final report to Fairfax County's Board of Supervisors. The 202 unanimously agreed recommendations contained therein, if fully implemented as intended by the 40-member Commission, would be transformative of our Fairfax County Police Department (FCPD). While transformation would be an exaggeration of what has been accomplished so far, the progress to date is remarkable, thanks in no small measure to the leadership of Police Chief Edwin Roessler.

The Commission created by the Board of Supervisors in early 2015, fifteen months after an officer's fatal shooting of unarmed John Geer, divided its report into five areas: Communications, Recruitment & Diversity, Mental Health, Use of Force, and Independent Oversight & Investigations. In the 75 years since the Police Department was created, the men in blue controlled all that went on behind the steel blue curtain. Transparency and civilian review were foreign concepts. So, there was tension on a Commission made up of one-third police, including heavy hitters. Our unanimous decisions reflect their presence.

What has been accomplished? Nearly all recommendations to improve Communications, i.e., public information on police operations, have been implemented, including installing a civilian chief of communications. At

INDEPENDENT PROGRESSIVE

times getting out information on police shootings still is delayed, but it gets out. Transparency does not come easily in a Department with five would-be police unions, but forward movement to date is impressive.

Diversity, however, is the one area where there has been almost zero progress. The Police Department is not representative of the County it serves — especially in hiring and promoting Latinos and African Americans. The county is nearly 10 percent black and 16 percent Latino, but the Force is just over 7 percent black and 4 percent Latino, and worse higher up. It's hard to believe minorities don't apply for and cannot qualify for entry level positions paying \$55,000. The Chief says bad press for cops these days is a main obstacle. That may be, but institutional resistance also certainly plays a role.

Mental Health - a success! Persons with mental illness frequently conflict with police officers, usually involving minor offenses (e.g., disorderly conduct), sometimes with tragic consequences. Half of all fatal shootings by law enforcement involve people with mental illness. Officers are ill prepared to identify persons in crisis much less manage encounters with them.

Their only option for resolution is arrest and incarceration in the county jail, a lockup filled with people in crisis.

Crisis Intervention Training for all officers and a Diversion First program providing facilities to assess and treat (vs. jail) the mentally ill were adopted and are underway.

Use Of Force. Appropriately, 87 of 202 Commission recommendations involve use of force. They include adopting a new philosophy—the Sanctity of Life as the guiding principle for new police policy and practices.

Policies and practices were reviewed and have been overhauled to include de-escalation in confrontations, prompt reporting stressing transparency, emphasis of less lethal techniques, and employing new technologies (e.g., late model tasers and body cameras for all officers). Implementation is nearly complete.

New tasers are now on the way, and long-delayed body cameras are expected to be approved for funding by County Supervisors this month. FCPD could be a topnotch, more humane force if these Use of Force reforms fully sink in. Perhaps John Geer did not die in vain!

A final area, Independent Oversight and Investigation, has met strong resistance from police. Three activities were proposed. A recommendation to build independent investigative capacity with the Commonwealth Attorney was killed by the Supervisors.

However, the Independent Police Auditor (IPA) is in place and reviewing all officer involved shootings, deaths and serious injury investigations conducted by the Internal Affairs Bureau.

Last, the proposed Civilian Review Panel is in place to accept public complaints about police abuse of authority, hear them and review police investigations of them. CRP's power was diluted in the approval process. Still, the creation of the CRP and the IPA mark truly historical turning points in drawing back the steel blue curtain.

More at <https://www.fairfaxcounty.gov/policecivilianreviewpanel/complaint-process>

## Legislating by Skulduggery

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



Last week while Democrats in the North Carolina House of Representatives were attending a 9/11 remembrance service, Republicans called a surprise vote to overturn the Democratic governor's veto of the state budget. While Democrats and media were told that there would be no voting during the morning session, Democrats' attendance at the vigil allowed Republicans to get the three-fifths vote needed to override the veto.

Reaction to the maneuver has been harsh. The Charlotte Observer in an editorial said that "the verdict is now plain. North Carolina's Republican legislative leaders — not actually leaders, but connivers — are beyond shame." The paper described what happened as a "stunning display of contempt for democracy ... but this isn't a case simply of hardball politics and sly legislative maneuvering. This is a case of breaking faith with the people..." The Senate must concur on the override before it becomes effective.

COMMENTARY

Before Virginians get too smug about what happened in North Carolina we must remember what happened in the Virginia General Assembly about a month ago.

With the continuing string of mass murders in the country — beginning about the time of the massacre at Virginia Tech that for a while was the largest ever and continuing through a mass shooting at a Virginia Beach municipal building — Gov. Ralph Northam called a special session of the General Assembly to consider several bills intended to reduce gun violence.

The special session convened on July 9 to take up bills related to gun violence but without notice to Democrats or media the Republican majority adjourned 90 minutes later without taking up any of the bills and with a return date scheduled after the elections.

There were no bills among those introduced to respond to gun violence that would have confiscated guns or altered the Second Amendment.

They were common-sense bills that according to all public opinion polls I have seen are supported by more than 80 percent and some by more than 90 percent of the public.

The experience in Virginia can be described by the same terms of that in North Carolina: contempt for democracy, a travesty of the process, legislative deceit. You may have seen news reports that the Republican floor leader in the Virginia House received a \$200,000 campaign contribution from the NRA several weeks later.

Partisan control of the Virginia House and Senate are on the line this Nov. 5 as all 140 seats are on the ballot.

There are numerous critically important issues on the ballot that it would take several columns to enumerate.

I do want to add one that gets too little discussion and that is legislative reform. Such reform includes independent drawing of legislative district lines, or getting rid of gerrymandering, that allows the abuses of legislative power in North Carolina and Virginia that are discussed here. As the Charlotte Observer said of the situation in North Carolina, "It was an illegitimate majority acting in an unethical way."

What happened in both states demonstrates once again that the speakership be defined not as the head of the majority party but as an impartial and fair leader. In both instances the speakers of their respective houses should have stopped these episodes of legislating by skulduggery.





The Fairfax County Police Unified Team 2 pulls an 82-ton FedEx Airbus A320.

## Dulles Day Festival, Plane Pull Attract Crowds

The 27<sup>th</sup> annual Dulles Day Festival and Plane Pull was held at Washington Dulles International Airport on Sept. 14. The event, presented by the Metropolitan Washington Airports Authority and United Airlines, has raised more than \$2 million for the Special Olympics of Virginia since it began in 1992. This year, 59 teams competed to see how fast they could pull a FedEx Airbus A320 or a United Boeing 757 airplane 12 feet. The Chesapeake Sheriff's Office won for the twelfth consecutive year. The Chesapeake team completed their pull in 4.95 seconds, beating the team from the Fairfax County Sheriff's Office by just .01 seconds.



The Plex Solutions team from Herndon pulls a United Boeing 757 airplane at the Dulles Day Festival and Plane Pull on Sept. 14.



Travis Peterson leads the way for the AEM Corporation team based in Herndon at the Dulles Day Festival and Plane Pull on Sept. 14.

PHOTOS BY  
TOM MANNING  
THE CONNECTION

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## Normal Adolescent Moods Swings or Depression?

**Making a distinction between the two can be difficult.**

BY MARILYN CAMPBELL  
THE CONNECTION

Stephanie Pironne says her daughter Lila was always a child who was well behaved. From preschool through elementary school, she was described by her teachers as having a kind and cheerful nature. When her daughter, now 13 years old and in eighth grade, began middle school, something changed.

"She now goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed," said Pironne. "I'm always on edge when she comes down for breakfast in the morning because I never know what I'm going to get. She might be yelling at me for something I didn't know I'd done, giving me the silent treatment or happy and chatty or combination of all three.

Such emotional roller coasters are often a part of puberty. Hormonal changes that happen when puberty begins can cause not only bodily physical changes but mood swings that can feel out of control, say mental health professionals. It's often difficult for parents and those close to teens learn to distinguish normal changes in mood from a more serious mental health issue.

"It's really, really hard to do, because they can present in very much the same way, and aren't always two distinct categories," said psychologist Stacie Isenberg, Psy.D. "Also, sometimes [puberty-driven mood swings], do get treated with medication. I've had patients who were prescribed birth control and some who were prescribed antidepressants."

The severity of the symptoms, says Carol Barnaby, MSW, LCSW-C can help make the distinction," said therapist Carol Barnaby, MSW, LCSW-C. "Crying spells or deep sadness for no apparent reason is a sign. Displaying a loss of energy or isolating themselves from others and persistent low self-esteem are also signals."

"If your child's mood seems off with regularity or they are withdrawing or increasingly irritable, I would advise parents to get a professional assessment," added Isenberg. "You can start with you pediatrician, and based on their recommendation, you may want to have your child see a psychologist or psychiatrist."

The amount of time the symptoms last could also be a clue that professional help is needed. "Teen depression is normally indicated by a persistent change in mood that lasts two weeks or more," said Barnaby. "The change in mood seems to cause significant distress and problems that show up at home, school, during extra-curricular activities, and in social areas of life."

A desire to hurt oneself is an indicator of a mental health issue that is more serious than normal teen mood swings, said Barnaby.

"If your child ever talks about self-harm like cutting themselves, refusing to attend school or other activities they previously enjoyed those are sign that you should seek help immediately.

If your child talks ...or has thoughts about suicide or not wanting to be around, seek professional help immediately," added Isenberg.

**"She goes from goes from happy to grumpy to sad all within 15 minutes and with nothing around her having changed. I'm always on edge when she comes down for breakfast in the morning because I never know what I'm going to get."**

— Stephanie Pironne

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## Virginia Schools Rank Third in Nation with B-minus

A leading education journal ranked Virginia's public schools as third in the nation in student achievement based on the performance of students on national assessments in reading and mathematics, graduation rates and achievement on Advanced Placement examinations.

Education Week's Quality Counts 2019 report awarded the commonwealth a letter

grade of B- for K-12 achievement. Only Massachusetts, with a B+, and New Jersey, with a B, earned higher grades. Superintendent of Public Instruction James Lane said: "I look forward to visiting as many schools as I can during the coming weeks and months and personally congratulating teachers, principals, administrators and support professionals for all they do as we strive to make the commonwealth's schools the best

in the nation." K-12 achievement comprises one third of Education Week's three-part Quality Counts rating system. Earlier this year, the publication awarded Virginia a B on its "Chance for Success Index" and a C for school finance. Today's grade for K-12 achievement resulted in Virginia earning an overall grade of B- from Education Week for 2019.

# Food For Neighbors Collects Record Amount of Food during Fall Kickoff!

The generosity of the community is continuing to make a difference in the lives of area teens. At the Food For Neighbors 2019-2020 school year kickoff, held on Sept. 7 at Herndon Middle School, Irving Middle School, and Jackson Middle School, 48 drivers collected a record amount of food— approximately 7,200 pounds — from more than 600 households. Then 100+ volunteers sorted the food into more than 350 bins and distributed the bins to 16 schools, where a total of nearly 1,000 students are being fed weekly. This food is offering students much-needed stability, and it is helping them to be able to focus on learning at school. They have food they can take home over the weekend where hunger is often a struggle.

An all-volunteer charity, Food For Neighbors has rapidly grown from serving more than 100 students at Herndon Middle School and Herndon High School, to serving nearly 1,000 students weekly. The program now supports additional schools in Fairfax County, including Irving, Key, Jackson, and Whitman Middle Schools as well as West Springfield, Lee, Bryant and Mountain View High Schools. The program has moved into nearby Loudoun County schools including Sterling Middle School, Park View High School, River Bend Middle School, and Potomac Falls High School.

Food For Neighbors also provides supplemental food to Langston Hughes Middle School and the South Lakes High School food pantry. The program



**Food For Neighbors volunteers help Elaine Bourdeau unload the many Red Bag food donations she gathered on her assigned route. Food For Neighbors relies on volunteers to donate, gather, sort, and distribute food to students at 16 high schools in Fairfax and Loudoun counties. Hunger is closer than you think. Visit [www.foodforneighbors.org](http://www.foodforneighbors.org).**

is currently being rolled out in the Fort Hunt area, with its Red Bag Program launch scheduled for Oct. 26. Food For Neighbors thanks all of its sorters, drivers, and food contributors, who leave donations on their doorsteps in the well-known Red Bags for collection just a few times per year. Hunger is closer than you think. To become a Red Bag volunteer, visit <https://www.foodforneighbors.org/red-bag-program/>. [www.FoodForNeighbors.org](http://www.FoodForNeighbors.org)

PHOTO BY INEZ PERES



**Yuvi Uppalapati, 10, of Herndon.**



**Sofia Shea, 11, Herndon**

PHOTOS CONTRIBUTED

# Herndon Kids Triathlon Reaches Record Attendance

On Sunday, Sept. 15 the Herndon Community Center and part of the W&OD Trail in Herndon was filled with kids who worked hard to swim, bike, run, and proudly display their finishers medal. More than 285 children signed up for the Herndon Kids Triathlon and this is a record number. The event is designed for ages 6-16, regardless of athletic ability or prior triathlon experience. The

courses and distances were created to be achievable for all participants. The philosophy is completion rather than competition. A-1 Cycling, Herndon volunteered to check the triathlete's bicycles before the race. The weather was cool and sunny which added to the success of the event. This event is held annually and is produced by the Herndon Parks and Recreation Department.

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# CALENDAR

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

## ONGOING

**Senior Olympics.** The Northern Virginia Senior Olympics features more than 60 events that challenge the mind as well as the body. New games this year: jigsaw puzzle and line-dancing. The public is invited, free of charge, to all NVSO events. The games run through Sept. 28. Visit [www.nvso.us](http://www.nvso.us).

**Herndon Farmers Market.** Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Visit [www.herndon-va.gov/FarmersMarket](http://www.herndon-va.gov/FarmersMarket)

**Reston Farmers Market.** Saturdays, through Dec. 7, 8 a.m.-noon at Lake Anne Village Center, 1609-A Washington Plaza, Reston. The largest of the Fairfax County Farmers Markets. SNAP accepted, bonus dollar program. Closed Saturday, Sept. 28 for the Reston Multicultural Festival. For list of vendors and more information, visit [www.fairfaxcounty.gov/parks/farmersmarkets/reston](http://www.fairfaxcounty.gov/parks/farmersmarkets/reston).

## THURSDAY/SEPT. 19

**Weekend Food for Kids.** 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, providing 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. Free. Email [info@alnv.org](mailto:info@alnv.org) or visit [www.alnv.org](http://www.alnv.org)

## FRIDAY/SEPT. 20

**The Storytime Social Hour.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) or call 703-966-2111.

**Batty Myth-Busting.** 7-8:30 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Separate fact from fiction with the "Let's Get Batty" program at Lake Fairfax Park. Park staff will debunk some common myths about our friendly bat neighbors and provide information about a deadly fungus that is threatening their population. The program also includes a short naturalist-led hike. Designed for participants age 7-adult. \$7 per person. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lake-fairfax](http://www.fairfaxcounty.gov/parks/lake-fairfax)

## FRIDAY-SATURDAY/SEPT. 20-21

**Kids Wish Kids Good Night.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Put a new twist on the bedtime routine by letting children wish a good night to the animals at Frying Pan Farm Park. Bring a flashlight or lantern for this twilight tour and learn how farm animals settle down for the night. For participants age 3-adult. \$10 per person, and children must be accompanied by a registered adult. Dress for the weather. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park).

## SATURDAY/SEPT. 21

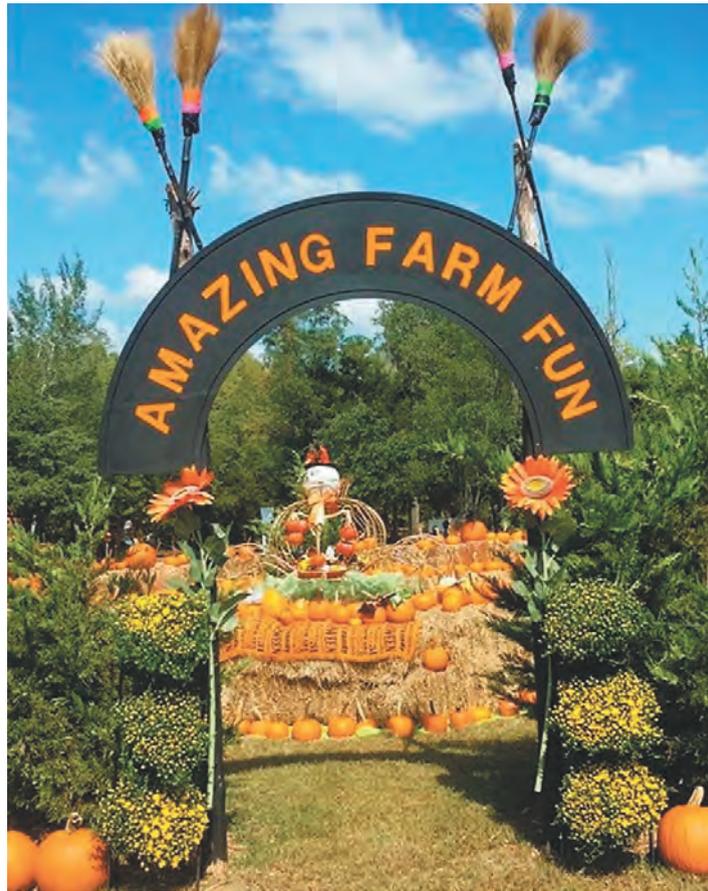
**Susco 8K/2K.** 8:30 a.m. at South Lakes High School, Seahawks Drive, Reston. Tom and Nancy Susco of Reston, will host their final Susco 8K/2K in memory of their son Tim Susco. For 12 years, the Susco's have sponsored this family friendly, community event to promote brain aneurysm research and organ donation awareness. Rain or shine. Visit [susco8k.com](http://susco8k.com) to register or donate.

**Native Plant Sale.** 9 a.m.-2 p.m. at Runnymede Park, 195 Herndon Parkway, Herndon. Pre-orders accepted - visit each vendor's website (Watermark Woods, of Hamilton, and Nature By Design, of Alexandria), check inventory and availability, send an email. Pick-up and pay at Runnymede Park during the sale Sponsored by Friends of Runnymede Park. Free admission. Call 703-615-7855 or visit [www.frpweb.org](http://www.frpweb.org)

**The Bookworms Club.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and

## Fall Pumpkin Festival

Enjoy the changing of the leaves and the cool crisp air in the great outdoors at our Fall Pumpkin Festival. Sept. 21-Nov. 3, 10 a.m.-6 p.m. at Ticonderoga Farms, 26469 Ticonderoga Road, Chantilly. \$11-\$18. Visit [www.ticonderoga.com](http://www.ticonderoga.com).



completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) or call 703-966-2111.

**Kylie Xiu Clifford Benefit.** 2-5 p.m. at The Breezes Restaurant, 781 Station St., Herndon. A celebration to benefit First Candle and Washington Regional Transplant Community in memory of Kylie Xiu who died of SIDS and would have turned 16 on Sept. 1. Silent auction and raffle. Email [katclifford@mac.com](mailto:katclifford@mac.com) or call 703-568-6551 for more.

**Writers Panel.** 2 p.m. at Sunrise Senior Living, 1778 Fountain Drive, Reston. A panel of writers, aging from 15 to 100 years old, will discuss their work and celebrate the importance of writing at any age. Panel includes a 93-year-old memoirist who writes about her days during the Great Depression and an 84-year-old retired senior CIA analyst who takes us inside the spy world. Dessert reception with the authors afterward. Free and open to the public. Contact 703-956-8930 or [Reston.DOS@sunriseseniorliving.com](mailto:Reston.DOS@sunriseseniorliving.com).

**Re-Imagined.** 7:30-9 p.m. at United Christian Parish of Reston, 11508 N. Shore Drive, Reston. Maestro Dimitar Nikolov conducts the Pro Arte Chamber Orchestra of Greater Washington. Program includes Claude Debussy/Wolfgang Renz: Prélude à l'après-midi d'un faune; George Gershwin/Iain Farrington: An American in Paris; and Modest Moussorgsky/Wolfgang Renz: Pictures at an Exhibition - reimagined for chamber orchestra. A reception will follow. \$0-\$30 at [www.pacodc.org/#tickets](http://www.pacodc.org/#tickets).

**A Conversation with Fran Lebowitz.** 8 p.m. at RCC Hunters Woods - the CenterStage, 2310 Colts Neck Road, Reston. Fran Lebowitz's essays and interviews offer her acerbic views on current events and the media, as well as pet peeves including tourists, baggage claim areas, aftershave lotion, adults who roller skate, children who speak French, or anyone who is unduly tan. \$25-\$35. Visit [purchase.tickets.com/buy/TicketPurchase?orgid=31908&pid=8737280](http://purchase.tickets.com/buy/TicketPurchase?orgid=31908&pid=8737280) to purchase tickets. Call 703-476-4500 or visit [www.restoncommunitycenter.com/](http://www.restoncommunitycenter.com/).

**Spend an Evening with NCNW.** 8 p.m.-1 a.m. at Leesburg Fire House Banquet Hall, 215 Loudoun St., SW in Leesburg. Join the Reston-Dulles Section, National Council of Negro Women for dancing, food and drinks (BYOB). Raffles and door prizes. Everyone is invited to attend. Hotel information is available. Email us at [info@ncnwrestondulles.org](mailto:info@ncnwrestondulles.org) for details. \$25 in advance; \$30 at the door. Tickets available at [ncnwrestondulles.org/party-tickets](http://ncnwrestondulles.org/party-tickets).

## SEPT. 21-NOV. 3

**Fall Pumpkin Festival.** 10 a.m.-6 p.m. at Ticonderoga Farms, 26469 Ticonderoga Road,

call 703-437-8855, ext. 4.

## WEDNESDAY/SEPT. 25

**Herndon Historical Society.** 7 p.m. in the Herndon Depot Museum at 717 Lynn St., Herndon. Margaret Jamborsky will talk and show a presentation on how the students of the Pride of Herndon High School Marching Band honored the veterans of the USS Herndon in Normandy, France this summer on the 75th Anniversary of D-Day. Please join us for this fascinating look and discussion of this significant historical event. Visit [www.hmshistory.com](http://www.hmshistory.com)

## WEDNESDAY-SUNDAY/SEPT. 25-29

**Fall Book Sale.** At Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Friends of the Reston Regional Library will be hosting their Fall Sale of used books to benefit the Reston Regional Library. Wednesday, Sept. 25, 5-8 p.m.; Thursday, Sept. 26, 10 a.m.-8 p.m.; Friday, Sept. 27, 10 a.m.-5 p.m.; Saturday, Sept. 28, 10 a.m.-4 p.m.; and Sunday, Sept. 29, noon-3:30 p.m. Note: there are no children's books for sale at this event. Call 703-829-5467.

## THURSDAY/SEPT. 26

**DATA Celebrates 33 Years.** 5:30 p.m. at the Hilton Washington Dulles Airport Hotel. Dulles Area Transportation Association hosts a networking cocktail hour followed by dinner and the program. To reserve a seat, table or sponsorship, contact Kelly Woodward at 703-945-0135. Visit [datatrans.org](http://datatrans.org) for more.

## FRIDAY/SEPT. 27

**The Storytime Social Hour.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) or call 703-966-2111.

## SATURDAY/SEPT. 28

**Celebrate Cabell's Mill.** 10 a.m.-1 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Celebrate the 250 year anniversary of Cabell's Mill and the 75th anniversary of the purchase of the property by David & Ellanor Lawrence. Celebrate the many uses of Cabell's Mill and hear about the people who have been a part of its past. All ages. Free. Call 703-631-0013, TTY 711, for more.

**The Bookworms Club.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) or call 703-966-2111.

**Reston Multicultural Festival.** 11 a.m.-6 p.m. at Lake Anne Plaza, Reston. The 19th annual Reston Multicultural Festival celebrates Reston's rich diversity through song, dance, food and art. Learn about Reston's mosaic of cultures as the community gathers for a delightful day at Lake Anne Plaza. Free admission. All ages. Visit [www.restoncommunitycenter.com/MCF](http://www.restoncommunitycenter.com/MCF)

**Spy Walk.** 2-3 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. Go on a "Spy Walk." Visitors age 12 to adult are invited to hear a spell-binding tale about espionage, secret payments and the Russians. Walk and talk about a spy who used Ellanor C. Lawrence Park as a drop-off location as the Soviet Union entered its final years in the 1980s. Meets at Walney Pond. \$6 per person. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

**Centroid Towns: Like a Passing Shadow.** At GRACE, 12001 Market St., Suite 103, Reston. GRACE presents the next chapter of Baltimore-based artist Nate Larson's Centroid Towns project. Since the first US census in 1790, the United States Census Bureau has been recording the mean center of population as it moves steadily west and south. The first Centroid Town recorded was Chestertown, Maryland, and the projected Centroid of the 2020 census is Hartville, Missouri. Larson will dive deeper into the community of Waterford, Virginia, Centroid Town of 1810. An artist talk and opening reception is planned for Sept. 28, 4-7 p.m. Visit [restonarts.org/exhibition/nate-larson/](http://restonarts.org/exhibition/nate-larson/) Show through Jan. 4.

## SUNDAY/SEPT. 29

**2019 Walk to End Alzheimer's.** 1:30 p.m. at Reston Town Center, 11900 Market Street, Reston. Join the Aging Rainbows Team and make history with the LGBT community represented at this event. Team ID: 552961, Aging Rainbows. Find the Aging Rainbows or register a team at [act.alz.org](http://act.alz.org).

# Recognized for 130 Brave And Spectacular Years

**Herndon Fortnightly Club continues to do work that really matters.**

BY MERCIA HOBSON  
THE CONNECTION

“We are very proud of our eleven ladies who started our club one hundred and thirty years ago,” said Mary Burger, President of the Herndon Fortnightly Club. “I’m eighty-one ... I knew some of these ladies. ... They were old ladies ... they were smart and strict ladies, and they have done so much. ... We are small in number [now] ... only like 30-35 max at a time but we are powerful little old ladies.”

On Tuesday, Sept. 10, Mayor Lisa C. Merkel and the Town Council of the Town of Herndon presented a proclamation to recognize the 130th Anniversary of the Herndon Fortnightly Club, Sept. 21, 2019. The mayor and councilmembers expressed their gratitude to the Club’s many volunteers who during the past 130 years dedicated countless hours, contributed to the community and improved the quality of life in the Herndon area.

According to Vice Mayor Sheila A. Olem, who read the proclamation, the Herndon Fortnightly Club first formed as a study club in 1889 meeting every two weeks to enhance members’ knowledge in literature, art, science and the vital interests of the day. Later, they called their Club the “The Fortnightly Club,” followed by the Herndon Fortnightly Club.

**THE WOMEN STARTED** collecting books and by 1900 had over 1,000 at which point the Club became the County’s first lending library,” said Olem. “By 1972, the Herndon Fortnightly Club moved into a building on Spring Street and operated the Herndon Fortnightly Library until Fairfax County Public Library System assumed management and funding responsibilities.” According to Fairfaxcounty.gov, the County opened the new Herndon Fortnightly Library in 1995 and kept the name “Fortnightly” to honor the many years the Club operated the library with a volunteer staff. Members of the Fortnightly Club continue to maintain a close relationship with the library and its staff, supporting the library and its services with volunteer labor, gifts and donations. The Fortnightly Club is a sponsor of the library’s annual Open House, a tradition dating back to the branch’s Spring Street days, as well as other library activities throughout the year. During comments from Council, Councilmember Bill McKenna talked of the impor-



PHOTOS BY MERCIA HOBSON/THE CONNECTION  
**Mayor of the Town of Herndon Lisa C. Merkel and the members of the Town Council present proclamation to recognize the 130th Anniversary of the Herndon Fortnightly Club.**



**Mary Burger, President of the Herndon Fortnightly Club, reflects on the strength of the women who 130 years ago formed the Club committed to the Herndon area community.**

tance of putting events into context and the reason why.

“You have the 130th Anniversary of the Herndon Fortnightly Club and next August will be the 100th Anniversary of where women had the constitutional right to vote. So, for thirty years, you were teaching people how to read. And my father always used to tell me the most dangerous man, is a man with a library card,” McKenna said. “At nine years old I’m like, Dad, what the heck are you talking about? But as I got older, I started to understand what that meant. And the mission that you do are very important. My mother would constantly put that into me. I just wanted to let you know how much this means to me. ...The work that you do and the bravery that your organization stands for

because 100 years ago, women were second class citizens. ... Keep doing the work you’re doing, because it really matters,” said McKenna.

Councilmember Friedrichs added that while the Club does big things, it is the little things that matter the most. Friedrichs recalled a project she did with the Club. “Putting together little goodies bags for the Herndon Police ... everybody could get behind it, and no matter how much or how little money you had, you could participate ... Establishing a new library in a town is a pretty spectacular thing to do, and that will go down in history, but also it is the little things. And I want to thank you all for being the people that notice those things and do them.”

**HERNDON FORTNIGHTLY CLUB** is the oldest Woman’s Club in Virginia and continues to support literature, art, and science through support of libraries and scholarships. According to Burger, to date the Club has given more than \$200,000 in scholarships and started another library, this one at Birmingham Green, a refurbished District Home Assisted Living and Health Care Center providing nursing and rehab services on Centreville Road in Manassas. “You mention it, we’ll do it,” said Burger.



PHOTO BY LOCK AND COMPANY  
**NextStop Theatre’s production of Godspell.**

## ARTSFAIRFAX Names Arts Awards Honorees

**Awards recognize professional theatre company in Herndon.**

BY MERCIA HOBSON  
THE CONNECTION

**A**RTSFAIRFAX recently announced the presentation of its 2019 Arts Awards to one organization and two individuals: NextStop Theatre Company - Emerging Arts Award; Foon Sham - Arts Achievement Award; and Stephen Roberts - Arts Philanthropy Award. Upon hearing of the recognition, Evan Hoffmann, Producing Artistic Director of NextStop Theatre Company (NST) located in the Town of Herndon said, “NextStop Theatre is honored to be receiving this award from ARTSFAIRFAX. We are so dedicated to serving this community, and it is a great treat when someone notices just how special and extraordinary the arts community is in Herndon.”

According to ARTSFAIRFAX the Emerging Arts Award, “recognizes a new or young arts organization that has presented quality arts programming and engaged a broad or specific sector of the general community in the arts. NextStop Theatre was named Emerging Arts Award honoree for their high caliber productions and for a commitment to fostering a love and dedication to the arts through educational programming. NextStop’s early beginnings started over 30 years ago as the Elden Street Players, a volunteer organization, before transitioning into one of the fastest-growing professional theatre companies in the Washington metro area.”

“The 2019 Arts Awardees have made unique contributions to the arts,” said Linda Sullivan, President & CEO of ARTSFAIRFAX in a statement. “From a home for the arts to spectacular sculpture, theatre, arts education for the very



PHOTO CONTRIBUTED  
**ARTSFAIRFAX announced the presentation of its 2019 Arts Philanthropy Award to Dr. Stephen S. Roberts, pictured here with his wife Dr. Sue Goetz Ross.**

young, and a dedicated fund for the arts, these awardees are enriching lives and communities throughout Fairfax County and the region.”

Arts Award honorees will join 2019 Jinx Hazel Award honorees, Fairfax County Board of Supervisor Chairman Sharon Bulova and Shashi and Margaret Gupta at the eighth annual Arts Awards on Friday, Oct. 18 at the Fairview Park Marriott Hotel from noon - 2 p.m.

The Arts Awards bring together the arts community, business community and civic and elected leaders to celebrate the extraordinary contributions of artists, arts organizations and the private sector for their support of the arts in our community according to ARTSFAIRFAX.

NextStop Theatre’s musical revue, Beehive, the 60s musical runs through Sunday, Sept. 22 followed by a spirited adaptation of Jane Austen’s beloved story, Pride and Prejudice, Oct. 3-27, 2019. For information about NST’s upcoming performances and tickets, visit NextStopTheatre.org. Tickets can also be purchased by calling the Box Office at 703-481-5930.

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## Announcements

### Convention Coin, Currency and Stamp Show

September 27, 28 & 29

Fredericksburg Expo & Conference Center

2371 Carl D. Silver Parkway, Fredericksburg, VA 22401 (I-95 Exit 130B)



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## NEWS



PHOTOS BY TOM MANNING/THE CONNECTION

Runners pass a United 787 Dreamliner parked on the runway.

## Running On Runway

The 7<sup>th</sup> annual Dulles Day 5k/10k on the Runway took place on Sept. 14. The races were held on a closed runway at Dulles Airport, giving runners a flat course which made for fast races. All proceeds raised from the races benefit Special Olympics Virginia, the Committee for Dulles Community Outreach, and the Washington Airports Task Force.



From left, Melissa and Kathryn Griffin from Sterling, and Jennifer Hill from Reston, strike playful poses as they approach the 10k finish line.



Jessica Flores #418 from Herndon at the start of the 5k.



Ray Parrish from Herndon finishes strong in the 10k.



Caitlin Parra from Herndon flexes as she shows off her 10k medal.

# BULLETIN

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.

## THURSDAY/SEPT. 19

**Healthy Aging Part Two.** 10-11:30 a.m. at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Dress comfortably for a demo presentation of Sara Meeks' "Better Backs" by Woody McMahon of Sequoia Health. RSVP required. RSVP at [sinfeld@saintjn.org](mailto:sinfeld@saintjn.org) or 703-390-2349. Visit [www.saintjn.org](http://www.saintjn.org).

**Community Conversations.** 6:30-8:30 p.m. at South Lakes High School in Reston. Fairfax County is planning for the next 10-20 years in the community and they want to hear from everyone. Share thoughts, insights, opinions and experiences that will be used to help further shape a countywide strategic plan. Register via [www.fairfaxcounty.gov/strategic-plan-community-conversations](http://www.fairfaxcounty.gov/strategic-plan-community-conversations). Arrangements for child care, transportation assistance, interpretation services and reasonable ADA accommodations can be made by calling 703-324-5302, TTY 711, or by emailing [Angela.Jones@fairfaxcounty.gov](mailto:Angela.Jones@fairfaxcounty.gov).

## SATURDAY/SEPT. 21

**Healthy Aging Part Three.** 10 a.m.-noon or 12:30-2 p.m. at St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. Join for the third of a three-part Healthy Aging Series - Medicare Expert presents in both English and Spanish. RSVP required, light lunch served. RSVP at [sinfeld@saintjn.org](mailto:sinfeld@saintjn.org) or 703-390-2349. Visit [www.saintjn.org](http://www.saintjn.org).

## MONDAY/SEPT. 23

**Candidate Forum.** 7 p.m. at Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. Candidates for Countywide offices: At Large School Board and Chair of the Board of Supervisors. These candidate forums are nonpartisan. The League of Women Voters of the Fairfax Area does not support or oppose any party or candidate and invite all certified candidates in their respective districts. After a moderated discussion, meet the candidates. Volunteers, including students, are welcome. Visit [www.lwv-fairfax.org/candidateforum](http://www.lwv-fairfax.org/candidateforum) for more.

## MONDAY & WEDNESDAY/SEPT 30-OCT 23

**Community Emergency Response Team Training.** 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit [volunteer.fairfaxcounty.gov/custom/1380/#/opp\\_details/184991](http://volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184991) to register.

## SATURDAY/OCT. 5

**Mental Health and Wellness Conference.** 8 a.m.-4 p.m. at Fairfax High School. The morning will focus on social and emotional learning, with a keynote address given by Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence. A special session for high school students, the Our Minds Matter Teen Summit, will take place in the morning as well. Attendees are encouraged to stay for Inova's Act on Addiction Summit, which will be held from 12:30-4 p.m. Breakout sessions, exhibit tables, and resources will be available to all attendees throughout the day. Lunch will be provided. Visit [www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness](http://www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency/mental-health-and-wellness) to register.

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## Medicare Is In The House



By KENNETH B. LOURIE

More like in my wallet. After worrying for the past 18 months about possibly losing my health insurance, I finally hit pay dirt - and it didn't hit back.

I have received my Medicare card and after I "disenroll" from my interim "Obama Care" within the next week or so, I will officially join the ranks of the millions who have insured their health - so to speak, with the Federal Government.

No more will I if-and-or-but about hospitals, doctors ("medical" actually) and prescription drugs (parts "A", "B" and "D" for those of you unfamiliar with the alphabet soup). Dental and vision coverage I'm not so sure about, but at present, I can live with the coverage that I know I have now because the worst case scenarios have been addressed.

And, as a former insurance broker, solving and/or protecting against worst case scenarios was always my main concern.

To invoke "Speedy" from those long-ago Alka Seltzer commercials: "Plop, Plop, Fizz, Fizz. Oh, what a relief it is." And even though I'm not plopping or fizzing, I am effervescent nonetheless at my arrival.

Reaching milestones (even destinations, sort of) is a way I've measured and evaluated my cancer experience. Not that I keep a chart or even a calendar with Xs marking the days but "I've looked at life from both sides now" (heck, I've looked at life from all sides now - and in between, too) and my glass is still half full. I remain positive about my negative and despite having never having seen Joni Mitchell in concert (although I did have tickets to see her at Cole Field House in the '70s - once on stage however, she realized she was too sick to perform and stage right she went) occasionally her songs have spoken to me.

Right now, The United States Government is speaking to me in the form of a red, white and blue card. They are telling me that I have made it to the promised land, a land whose existence was proposed in 1965 and which became law in 1966 fulfilling promises made to all Americans who reach age 65 that health insurance is their right and not because they were privileged.

Nevertheless, I feel privileged to be "Medichere." For 10 years, 10 months and 20 days, dating back to late December 2008 when I first experienced the pain in my rib cage which precipitated my visit to the Emergency Room, I have been under the proverbial gun.

Sometimes, it's been holstered. Other times, it's been locked and loaded. So far, no shots have been fired, even though occasionally I've been in very close range.

I can't say for sure whether I thought I'd actually get here, but let's be realistic, we all had our doubts. But now it's time to gear up.

A tremendous weight has been lifted from my shoulders. All I have to do now is live with the fact that I have stage IV, non-small cell lung cancer, an incurable disease if there ever was one. But here I am, alive and reasonably well.

No more will I have to worry about who, what and where I'm going to be treated. From now on, I'm in charge. (Like Charles.) As a result, I feel as if I've regained a little control of my life.

And for a cancer patient originally diagnosed as "terminal," this control is an extraordinarily wonderful feeling.

I wish I could bottle it like "Brighto." "Brighto, Brighto, makes old bodies new. We'll sell a million bottles, woo, woo, woo, woo, woo, woo." (The Three Stooges in "Dizzy Doctors," 1937.) And that's just the kind of silly enthusiasm I'll need living forward.

Hardly is the lung cancer I have on the run. I wouldn't even say I have it on the walk. A stagger, maybe. (Or maybe that's me who's staggering when I lose my balance because of the neuropathy in my feet.)

Cancer is an adversary unlike any other. It's going to do what it does. I doubt Medicare is going to scare it into remission.

Moreover, my not worrying about having health insurance anymore probably isn't going to have much effect on "the cancer" ("Forrest, Forrest Gump") either. The biggest effect will be on me, emotionally.

I just hope that's enough. Because I'm going to need all the ammunition I can muster.

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



Members of Herndon-Reston Indivisible (HRI) protest in front of the U.S. Capitol urging Congress to fight detention, raids and family separation by defunding them through the congressional appropriations process.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Members of Herndon-Reston Indivisible (HRI) prepare to enter the office of Congresswoman Jennifer Wexton (D-10), to deliver a letter urging her to fight detention, raids and family separation by defunding them through the congressional appropriations process.

# Area Activists Demand: 'Defund Hate'

**Congress resumes, local protestors stand with immigrants.**

BY MERCIA HOBSON  
THE CONNECTION

On Monday, Sept. 9, members of Congress returned from recess. Four days later, on Sept. 13 in a doubleheader near their home turf, members of Herndon-Reston Indivisible (HRI) took to the streets of Virginia and the District of Columbia in a force of activism. HRI members from Reston — Carrie Bruns, Joanne Collins, Diana Smith, Sally Misenick and Leah Findlay; Herndon residents — Sharon Wunder and Sherry Blanton; and Vienna resident Meredith Haines; - stood with immigrants in a national day of action, part of the Defund Hate Coalition to fight detention, raids and family separation by defunding them through the congressional appropriations process.

At their first stop, HRI members met in front of the U.S. Department of Homeland Security U.S. Citizenship and Immigration Services building at 2675 Prosperity Drive in Fairfax. There they held their distinctive illuminated letters that spelled out the words, "DEFUND HATE."

Del. Kenneth R. "Ken" Plum (D-36) joined the protestors and held up a sign announcing for himself, "DEFUND HATE."

HRI member Diane Smith of Reston who took part in the protest explained the meaning of "Defund Hate" as "a nationwide action initiated by Indivisible to demand Congress stop the administration's un-American and inhumane policies against asylum seekers and immigrants, including separation of children from parents, mass incarceration, profiling, and other abuses."

Members of Herndon-Reston Indivisible (HRI) deliver their letter to the Washington D.C. office of Congresswoman Jennifer Wexton (D-10). In it, they urge her to fight detention, raids and family separation by defunding them through the congressional appropriations process.



Del. Kenneth R. "Ken" Plum (D-36) joins Herndon-Reston Indivisible protestors in show of solidarity with immigrants as he holds up a sign saying, "DEFUND HATE" in front of the U.S. Department of Homeland Security U.S. Citizenship and Immigration Services building at 2675 Prosperity Drive in Fairfax.

U.S. Capitol in Washington D.C. where they stood once again in protest with their letters spelling out, Defund Hate. Car horns sounded in support of the protestors; verbal remarks sounded against the support of the protestors. Through it all, the demonstrators remained firmly planted for their second hour.

Standing in their yellow t-shirts, the phrase, "It's a "Marathon, Not a Sprint," showed when members turned around. "We knew, even in the early days of the Trump administration, that our fight would not be accomplished quickly. We are in for the long haul, to defeat policies against immigration. ... This motto reminds us not to become discouraged and to never give up in our efforts," said Carrie Bruns of Reston.

Shortly after 3 p.m., HRI members lowered their letters, bagged them and walked to the offices of U.S. Rep. Jennifer Wexton (D-10) and U.S. Rep. Gerald Connolly (D-11). HRI members left letters addressed to Wexton and Connolly demanding they and other members of Congress defund hate.

**MEREDITH HAINES OF VIENNA** is a member of HRI. Haines is also an immigrant and participated in the #DefundHate campaign. Asked why she attended, Haines stated, "The #DefundHate campaign speaks to the cruelty of the administration's actions regarding immigrants and refugees. I am an immigrant, like one-third of Fairfax County residents, so my perspective on the issue is not unique... Indivisible has written a manual, literally, for grassroots progressives on how to be effective, and seeing a campaign move the needle on an issue is invigorating, as is being around like-minded people. It is always a good time to be on-site with the Herndon-Reston Indivisible crew."

Visit [www.govtrack.us/congress/bills/116/hr3931/text](http://www.govtrack.us/congress/bills/116/hr3931/text) for additional information.