

# CONNECTION

Reston ♦ Oak Hill Herndon ♦ Chantilly ♦ CENTRE VIEW

Clark Hedrick, Town of Herndon Candidate for Councilmember listens to concerns of Kay Wells, resident at Herndon Harbor House during the first series of candidate meet and greet campaigns held in the Town.



## Herndon Harbor House Seniors Embrace the New Norm

NEWS, PAGE 4

## Twelve Candidates Run in Town of Herndon Election

NEWS, PAGE 3

## 'There Are Too Many Unanswered Questions'

NEWS, PAGE 8

PRSRPT STD  
U.S. POSTAGE  
PAID  
EASTON, MD  
PERMIT #322  
POSTAL CUSTOMER  
FCR WSS  
ATTENTION POSTMASTER:  
TIME SENSITIVE MATERIAL  
REQUESTED IN HOME 8-20-20

CLASSIFIEDS, PAGE 6

PHOTO BY MERCIA HOBSON/THE CONNECTION

AUGUST 19-25, 2020

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



## COMMENTARY

# Beyond Jefferson's Manual

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

While serving as vice president of the United States from 1797 to 1801, Thomas Jefferson wrote down rules of parliamentary procedure as remembered from his days studying parliamentary rules while a student at William and Mary and from his experiences as serving as president of the United States Senate. Over the years "Jefferson's Manual" became the standard by which legislative bodies, including the United States House of Representatives and the Virginia General Assembly, turned to for guidance on parliamentary procedure. Even today Jefferson's Manual is considered along with Roberts Rules of Order in resolving parliamentary issues in the Virginia and many other legislatures.

Even with Jefferson's wisdom and his knowledge of legislative practices throughout history there can be no expectation that he could have anticipated the challenges of making laws and passing budgets amidst the double whammy of a pandemic and an economic depression. The 2020 session of the General Assembly ended in early March just as the reality of the COVID-19 pandemic was being realized. The reconvened session for the House of Delegates was held in a tent on Capitol hill with plenty of space for distancing and a breeze that took care of air circulation. The Senate met in the spacious lobby of the Science Museum of Virginia that had adequate space for distancing.

A Special Session of the General Assembly was called by the Governor and met on Tuesday of this

week. It was deemed essential to make significant adjustments to the budget for the next two years based on declining revenues and the urgency of revising criminal justice practices that are racist. The Senate is back at the Science Museum, and the House recognizing that a tent would not be practical in hot weather met instead on the basketball court of Virginia Commonwealth University.

The first order of business of the Assembly was to pass rules beyond those embodied in Jefferson's Manual to accommodate legislating with the limitations of the pandemic. Although the legislature in the past had allowed limited attendance of official government meeting by telephone, a quorum was required to be physically present. The Senate rules allowed limited voting by proxy, but that applied only to committees that were actually meeting. New rules will allow committees to meet virtually and to take votes of members visibly present on the virtual system employed. Legislation introduced in the special session, and there will be many bills related to police and criminal justice reform, will be heard in virtual meetings of committees over the next several weeks and reported to full houses of the legislature for consideration early in September.

The process will allow the business of government to go forward even if Mr. Jefferson's Capitol cannot accommodate distancing required during a pandemic. It will modernize the rules of Jefferson's Manual to recognize that technology enables the legislative process to go forward with all citizens being able to view the deliberations even if legislators are not at the same place. The bills that are being considered will also move Virginia beyond inequities of the past.

### 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 the event.

#### SATURDAY/AUG. 22

**Campfire Program.** Get outside and see Ellanor C. Lawrence Park in a different light this summer at an evening campfire program on Saturday, Aug. 22 at 8 p.m. Explore this park as darkness falls and night creatures come out to hunt. Learn about owls and other nocturnal predators during a naturalist-led hike. After the hike, enjoy roasting marshmallows around a campfire. Ellanor C. Lawrence Park is located at 5040 Walney Road, Chantilly. Call 703-631-0013.

#### WEDNESDAY/AUG. 26

**Racial Justice: A Car Rally.** The Martin Luther King Jr. Christian Church along with fellow faith-based congregations acknowledge our country's persistent and pervasive racial inequities that have led to violence and discrimination against people of color. They will be holding a Car Rally on Wednesday, Aug. 26, 2020 from 6-7 p.m. at the St. Thomas a Becket Congregation parking lot, 1421 Wiehle Ave., Reston. For more information, contact Amanda Andere: [amanda.andere@gmail.com](mailto:amanda.andere@gmail.com)

#### THURSDAY/AUG. 27

**NOVA B2G Matchmaking Conference.** The 8th Annual Northern Virginia B2G Matchmaking Conference & Expo will take place on Thursday, Aug. 27, 2020. This premier business-to-government event will include match-

making, educational breakout sessions, a virtual Expo Hall, and innovative keynotes - all online. More than 350+ small business attendees will have the opportunity to schedule one-on-one matchmaking meetings with federal, state, and local agencies, and prime contractors. Participants can visit the virtual Small Business EXPO showcasing services uniquely geared towards helping government contractors succeed. Do not miss the chance to hear guidance from government and industry speakers on how to "manage through disruption" in the current landscape. Visit the website: <https://novab2g.restonchamber.org/>

#### FRIDAY/AUG. 28

**Hunter Mill Melodies: Veronneau.** 7:30 p.m. A virtual event. Veronneau is an award-winning band who have performed live on the BBC and CBC, and collecting 6 WAMMIES for best jazz vocals, band and recordings - for their 3 Top 10 jazz and world charting albums. They will perform an intimate show in duo format at the Lake Anne Wine Bar. To view a livestream concert, go to the Fairfax County Park Authority's Summer Entertainment Series main page at [www.fairfaxcounty.gov/parks/performances](http://www.fairfaxcounty.gov/parks/performances), select the date on the calendar for this performance, and click on the links for the livestream video.

**Same Company, Same Employees,  
Same Great Value - Now Celebrating 20 Years!**

## TWO POOR TEACHERS

### Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed  
Since 1999



**10% down**  
nothing until the job  
is complete for the  
past 17 years

**Free Estimates 703-999-2928**

Check if your contractor is licensed at the state level  
<http://www.DPOR.virginia.gov>

**Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)**

## 20 NEWCOMERS & 20 COMMUNITY GUIDE

Publishing September 2020

**For Advertising:**  
Call 703.778.9431 or Email  
[advertising@connectionnewspapers.com](mailto:advertising@connectionnewspapers.com)

The annual Newcomers and Community Guides for our different communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more is publishing soon.

**THE CONNECTION**  
Newspapers & Online

Alexandria  
**Gazette Packet**

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made and other vital community information.

Mount Vernon Gazette

POTOMAC  
**ALMANAC**

**Perfect Advertising Opportunity for:**  
Hospitals | Healthcare | Wellbeing | New Homes |  
Realtors | Schools | Malls | Shopping Centers |  
Professional Services | And Much More



# NEWS

## Twelve Candidates Run in Town of Herndon Election

The Connection asked all candidates, “What is your number one priority for the Town, and what would you do about it?”

BY MERCIA HOBSON  
THE CONNECTION

As of Aug. 10, 2020, twelve candidates qualified to run in the Nov. 3, Fairfax County, Town of Herndon, General Election for Member Town Council - Herndon and Mayor - Herndon, according to the Virginia Department of Elections. Ten candidates seek a seat on the six-member Town Council. Eight candidates vie for Democratic endorsement.

From Aug. 10-28, 2020, the Fairfax County Democratic Committee is holding its Unassembled Caucus. Democratic voters of the Town of Herndon can select their candidate(s) to endorse for the Nov. 3 election. Eligible voters can select no more than six choices for Councilmember, Town of Herndon. The eight candidates seeking Democratic endorsement are Naila Alam, Cesar A. del Aguila, Bessie E. Denton, Pradip Dhakal, Signe V. Friedrichs, Syed F. Iftikhar, Sean M. Regan and Jasbinder Singh. According to

the Endorsement Ballot, the unassembled caucus is ‘Paid for by the Fairfax County Democratic Committee, fairfaxdemocrats.org, not authorized by any candidate or candidate’s committee.’

November 3, 2020 is the General Election. As of Aug. 10, 2020, two candidates qualified to run for the office of Mayor-Town of Herndon They are Sheila A. Olem and Roland B. Taylor. The ten candidates who qualified to run for the office of Member of Town Council-Town of Herndon are Naila Alam,

Cesar A. del Aguila, Bessie E. Denton, Pradip Dhakal, Signe V. Friedrichs, Clark A. Hedrick, Syed F. Iftikhar, Stevan M. Porter, Sean M. Regan and Jasbinder Singh. The Virginia Department of Elections reports it updates candidate lists on Monday each week when necessary.

The seven elected members of the Herndon Town Council, the mayor and six councilmembers establish Town government policy, act on local resolutions and ordinances, set tax rates, approve the annual Town budget, appoint members to the town’s boards and provide policy guidance for the Town Manager. The two-year terms will begin January 1, 2021 and run through December 31, 2022.

Moving our Downtown Redevelopment forward. How? After three decades of design and change, it’s time to stay the course and move forward on a plan. I will continue to work with our Virginia elected officials for their assistance on funding for our town and encourage residents to become more involved. - Candidate for Mayor, Sheila A. Olem, 64, insurance sales and commercial property manager-saolem@gmail.com



My number one priority for the town is to listen to the people; listen to their questions and concerns. I’m going to make myself available. They can text 703-499-1103 and meet me informally. I’ll take part in round tables. I will come to the people. - Candidate for Town Council at Large- Bessie E. Denton,71, retired Federal employee with law enforcement background - dentonlawn20170@gmail.com

PHOTOS CONTRIBUTED

Make Herndon affordable for families and support small business growth by lowering taxes. Since COVID-19, the Mayor’s priority is the Town’s financial stability to maintain safety and all basic services with reduced revenue projections of \$5.5M. I’ll put families first, not developer’s revenues. - Candidate for Mayor, Roland B. Taylor, 58, Federal government contract program manager - Taylor4Herndon@gmail.com



We started many great initiatives in the Town of Herndon, from adopting the vision to make Herndon more walkable and bike-able town to bringing the issue of workforce/affordable housing into the picture first time. Two years is a short time to bring the ideas to fruition. I will still be working to alleviate the workforce and affordable housing issues in Herndon, making Herndon a welcoming town for everyone regardless of where they are coming from and what idea they represent. We truly believe in diversity, and we will acknowledge that diversity by bringing people from diverse backgrounds into our council, boards and commissions. - Candidate for Town Council at Large, Pradip Dhakal, 38, Information Technology - pradiplforherndon@gmail.com

My number one priority is that I want to change the pattern of pedestrian traffic, especially for their safety while crossing major roads, such as the intersection of Elden Street and Herndon Parkway and so many other crossroads. This can be solved by talking to the town residents and teaching them how to be safe on the busy roads. As I have noticed, many families with young kids also cross the roads, and the cars turn while yielding. I will surely commit to listening to everyone and honor their views and try to solve their concerns, working with the rest of the council members - Candidate for Town Council at Large, Naila Alam, Real Estate Agent and nonprofit- expresscare4us@hotmail.com



My priority for Herndon is excellent, timely communication with residents. Improved communication is key to working together to recover economically from COVID-19, manage, and maintain our infrastructure and continue to provide needed community services.- Candidate for Town Council at Large, Signe V. Friedrichs, former executive director Council for the Arts of Herndon/Arts Herndon-signeforherndon.com (under construction)

The Budget is paramount. It will take years to recover from this economic downturn. We need to reprioritize budget items yet have a long-term view. Our challenge? Council members are elected for two-year terms, but we must plan for the next two decades. We must find all cost-saving opportunities, justify all services, and plan for new revenues. It won’t be easy, but I am confident I can help lead the town through these challenging economic times. - Candidate for Town Council at Large, Cesar A. del Aguila, 54, Account Executive - Cesar4herndon@gmail.com



My priority for the town is to make interactions with the town government more accessible and less burdensome. To do this, I would propose that the Council audit and reform the town zoning code, historical preservation and business licensing processes.- Candidate for Town Council at Large Clark A. Hedrick, 32, Attorney, clark.a.hedrick@gmail.com

SEE CANDIDATES, PAGE 7





PHOTO BY ALEXANDER BURKE

Candidates for Herndon Town Council (far left) Sean Regan and (far right) Cesar del Aguila talk with two new residents of Herndon Harbor House, del Aguila's parents, Natalia and Cesar del Aguila.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Residents at Herndon Harbor House, an independent living complex for seniors, listen as Pradip Dhakal, Town of Herndon Candidate for Councilmember explains his goals for 2021-2022.

# Herndon Harbor House Seniors Embrace the New Norm

**Masked, socially distanced and loving the life they make.**

BY MERCIA HOBSON  
THE CONNECTION

Seniors at Herndon Harbor House in the Town of Herndon pursue active lifestyles even though they have quarantined since March, according to resident Janice Watson. She arrived in Herndon from Clark County two years ago. "It makes me smile to see those of us who

are currently retired and have very little family around and not the friends that we used to have, define new meaning in life. (We) realize that our lifetime of experiences can still be utilized for the good of our fellow citizens and our new Town. This is now our village. These are now our new friends. We need to put down roots, no matter how long we are going to be here," she said.

Still, Watson, her friend Alexander Burke and others said it had been challenging with COVID-19 for them and other residents to figure out what they can do. "And not worry about what we cannot. This is our new norm," said Watson. Ever cautious of the virus and taking mask and social distance precautions, the complex has reported no cases of the virus, according to Watson.

With the weather being nice, residents began to gather in the enclosed courtyard open to the sky. "We social distance on Friday nights and listen to music... We have a nice breeze in the evening from six to seven. Even though most of us don't work nine to five anymore, Friday is still a special night to be social," Watson said. Burke added, "We are growing in number. People are socializing more...It is very important to me. I love participating in kind acts and helping people."

Asked why she goes to the Friday night gatherings, Kay Wells, a former Marine who walks three to five miles on the trail each day, said, "I go because I love being around people. I'm a people person and music is always good to hear." Wells said she moved to Herndon Harbor House three years ago from Alexandria. "I love it here. Everyone is so friendly. With the virus and all, I ask God every day to protect my Herndon Harbor House family," she said.

A natural leader and a retired reporter of the Clark Daily News, Watson said she learned the Town of Herndon was having Mayor and Town Council elections in November. When she and others did not recognize the names of the new candidates, they took action. Watson said, "We decided to invite these politicians to tell us who they were and let them see who we were. Some had never been to Herndon Harbor House."

On Friday, Aug. 14, four candidates arrived in the courtyard. Each gave a three to five-minute presentation focusing on their goals and topics of interest to the residents. "It was a win-win...because they got to find out what our issues were, and we got to meet them face to face," said Watson.

Clark Hedrick - Review zoning that doesn't overtly discriminate but does discriminate.

Sean Regan - Stop Loudoun County residents from cutting through the Town.

Cesar del Aguila - Investigate walkable communities; affordable housing is critical.

Pradip Dhakal - Live broadcast Town Council work sessions so residents can see the process; ADA compliant (sidewalks).



PHOTO BY MERCIA HOBSON/THE CONNECTION

Sean Regan, Town of Herndon Candidate for Councilmember hands Alexander Burke a postcard to announce his name as a candidate for Herndon Town Council and vote during the unassembled Democratic caucus held Aug. 10-28. By email: info@fairfaxdemocrats.org or phone: 703-573-6811

**Families need help now more than ever.**

**Adoption Competent Mental Health Therapists**

serving adoptive, foster & kinship families

via TeleHealth

[www.adoptionsupport.org/telementalhealth](http://www.adoptionsupport.org/telementalhealth)

Call us to learn more **866-217-8534**  
Inquire about financial assistance

**C.A.S.E.** the nonprofit **CENTER FOR ADOPTION SUPPORT AND EDUCATION** since 1998



# NEWS

(From left) Assistant Station Commander, Lt. Josh Laitinen, presents the Officer of the Quarter certificate to Officer Kyler Racey.



PHOTO COURTESY OF JOSH LAITINEN

## 'Hard Work and Dedication to the Community'

BY BONNIE HOBBS  
THE CONNECTION

Officer Kyler Racey is the Sully District Police Station's Officer of the Quarter for the second quarter of 2020. He was honored during the July 14, online meeting of the station's Citizens Advisory Committee.

A member of the Midnight A Squad, he's been at the station for two years. Nominating him for this honor was 2nd Lt. Nick DiPippa, who described Racey as a "proactive, young officer." He also noted that, between April and June, there were several examples of "great police work where Racey showed his dedication to the community and the Fairfax County Police Department."

In April, he responded to Centreville High for an alarm going off at door 10. "A burglary suspect was seen inside by school security, but escaped prior to officers' arrival," wrote DiPippa. "Officer Racey met up with School Security and walked the area where the suspect was seen; however, nothing appeared to be taken."

**THE FOLLOWING NIGHT**, there was another alarm at the school. Racey was able to arrive quickly and went immediately toward door 10, suspecting it might be the

### 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 the event.

### SATURDAY/AUG. 22

**Campfire Program.** Get outside and see Ellanor C. Lawrence Park in a different light this summer at an evening campfire program on Saturday, Aug. 22 at 8 p.m. Explore this park as darkness falls and night creatures come out to hunt. Learn about owls and other nocturnal predators during a naturalist-led hike. After the hike, enjoy roasting marshmallows around a campfire. Ellanor C. Lawrence Park

is located at 5040 Walney Road, Chantilly. Call 703-631-0013.

same individual as the night before. As the officer was approaching the school, the suspect came jogging around the corner and Racey was able to quickly take him into custody.

"He interviewed the juvenile and determined that he'd used a lockpick set to gain entry to Centreville on both nights," wrote DiPippa. "Then, working with School Security, he obtained video evidence of the suspect's path through the school." The juvenile was charged with unlawful entry and possession of burglary tools.

A second example was when Racey responded to a suspect who was reported to be in the middle of the road at Route 29 and Clifton Road and throwing objects at passing vehicles. Upon his arrival, the suspect threw something at Racey and struck his cruiser.

The officer tried to stop him, but the man ran down Route 29. Racey alerted the station that he was in foot pursuit and caught up to the suspect next to a gas station on Route 29. "The man squared off against him, took a fighting stance while refusing to show his hands, and subsequently made verbal statements that he was going to injure Officer Racey," wrote DiPippa.

Racey gave him commands and ordered the suspect to the ground. He immediately complied, and ar-

iving units assisted with quickly placing the suspect into custody. He was charged with throwing a missile at an occupied vehicle, assault on a law enforcement officer and disorderly conduct. Wrote DiPippa: "Officer Racey's command presence and quick actions brought this encounter to a safe conclusion and prevented the man from injuring any motorists."

**LASTLY**, another example of Racey's motivation and calm demeanor entailed a suspicious-vehicle case at a local park. He noticed it while on routine patrol and investigated further. "Inside the car, he found a man involved in an earlier domestic-violence call, in which his wife was arrested," wrote DiPippa. "The man was in severe, emotional distress and made suicidal statements." However, Racey was able to de-escalate the stressful situation by showing empathy to the man and listening to him. After some time, the officer was able to gain his cooperation and safely take him to Merrifield for mental evaluation.

Wrote DiPippa: "These are just some of the examples of Officer Racey's hard work and dedication to the community and Fairfax County, for which he's deserving of recognition as the Sully District Station Officer of the Quarter."

## CONNECTION

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

@RestonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
**Local Media Connection LLC**

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

### WEDNESDAY/AUG. 26

**Racial Justice: A Car Rally.** The Martin Luther King Jr. Christian Church along with fellow faith-based congregations acknowledge our country's persistent and pervasive racial inequities that have led to violence and discrimination against people of color. They will be holding a Car Rally on Wednesday, Aug. 26, 2020 from 6-7 p.m. at the St. Thomas a Becket Congregation parking lot, 1421 Wiehle Ave., Reston. For more information, contact Amanda Andere: [amanda.andere@gmail.com](mailto:amanda.andere@gmail.com)

Osher Lifelong Learning Institute at George Mason University  
**Educational, Cultural & Social Opportunities for 50+**  
Stay Healthy During The Covid19 Pandemic With OLLI Mason



Enjoy over 600 courses, clubs & special events ONLINE via Zoom, synchronous, interactive, and recorded.

NEW MEMBER SPECIAL: \$300 for a full year of membership (normally \$450).

Fall Term 2020 • 703-503-3384 • [olli@gmu.edu](mailto:olli@gmu.edu)

Join today! [olli.gmu.edu](http://olli.gmu.edu)



**LEADERSHIP for LIFE**  
Forging Educated and Honorable Young Men Since 1879

Boys Grades 7 – 12 • 10:1 Student-Teacher Ratio  
Academics • Athletics • Army JROTC



Every Class, Every Day. In-person instruction resumes August 15th. Apply Today!!



**FISHBURNE  
MILITARY SCHOOL**



[FISHBURNE.ORG](http://FISHBURNE.ORG) Phone: 1.800.946.7700

**Learn About Advertising  
in the Connection  
and Digital Options!**

Advertising in the Connection  
and upcoming special sections:

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

or call **703.778.9431**



Announcements

Announcements

**855-940-2635**

**Renewal  
by Andersen.**



**WINDOW REPLACEMENT**  
an Andersen Company

**BOGO**

**Ends  
8/31**

**40% OFF**

THE FULL SERVICE REPLACEMENT WINDOW DIVISION



Call for details

Announcements

Announcements



**FREE!**

Savings Include an American Standard Right Height Toilet  
**FREE!** (\$500 Value)

*American Standard*  
Walk-In Tubs  
**WALK-IN BATHTUB SALE!**  
SAVE \$1,500



- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

**877-691-5591**

Or visit: [www.walkintubinfo.com/vapa](http://www.walkintubinfo.com/vapa)

Announcements

Announcements

**LeafFilter**  
GUTTER PROTECTION

✓ **INSTALLS ON NEW & EXISTING GUTTERS**

BEFORE LeafFilter | AFTER LeafFilter

MADE IN THE USA | ACCREDITED BUSINESS | LIFETIME WARRANTY | A COMPANY OF VILHS

**15% OFF**  
YOUR ENTIRE PURCHASE\*

**10% OFF**  
SENIOR & MILITARY DISCOUNTS

**5% OFF**  
TO THE FIRST 50 CALLERS!\*\*

Promo Number: 285



CALL US TODAY FOR  
**A FREE ESTIMATE**

**1-877-614-6667**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\* Offer valid at estimate only. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

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

-Werner Heisenberg

**NEWS**

**Doulas Launch Arrow Birth**

**Virtual education and consultations.**

BY MERCIA HOBSON  
THE CONNECTION

As mothers of seven children between them and long-time practicing doulas, Mari Stutzman Smith and Tara Campbell Lussier, two Herndon High School alumnae, ultimately knew what was missing for families on the path of parenthood to feel supported and successful. It just took them a little time to work it through, leverage technology and build an on-demand platform where curated professionals and parents could interact.

Smith and Lussier helped more than 700 families through the childbirth experience as doulas. In the process, the pair realized there was a lack of tailored education and professional guidance for individuals on the parenting path in one place and easily accessible. "Doctor visits are very short, prenatally and postpartum, and don't often happen when a need arises," said Smith. For three years, the pair developed and created a product they called the "Discover" birth education course, according to Smith. Individuals and families could watch interviews with local professionals who addressed topics they knew best. An anesthesiologist spoke on epidurals and labor. An obstetrician-gynecologist gave qualified information on cesarean sections. "We identified the right individual, the right professional, for the right topic," she said. And with it, Smith and Lussier knew they were on the right path at what mattered most.

In 2019, Smith and Lussier co-founded and launched Arrow Birth, a Women-Owned Small Business certified by the federal government. "We're now able to truly support and educate parents throughout pregnancy, birth and early parenthood... We just wish Arrow was around when we became parents ourselves over a decade ago," said Lussier. "What we offer families is really important, especially during the COVID-19 pandemic (with social distancing). We know with families that are moving through the parenting journey when they have support things go smoother," said Smith.

Arrow also offers customized family benefit solutions for employers, providing a combination of education and consulting services according to Smith. If a family or individual is interested in engaging with Arrow, Smith said, they can go to the website and create a free account. From there, they can purchase the birth education course. Smith said when she and Lussier formed Arrow, they knew it needed to be so



PHOTO BY ALEXA LANDRY

After delivering her daughter Zosia at Fairfax Hospital in January 2020, Alexa Landry of Reston consults with an Internationally Board Certified Lactation Consultant through Arrow Birth's website.

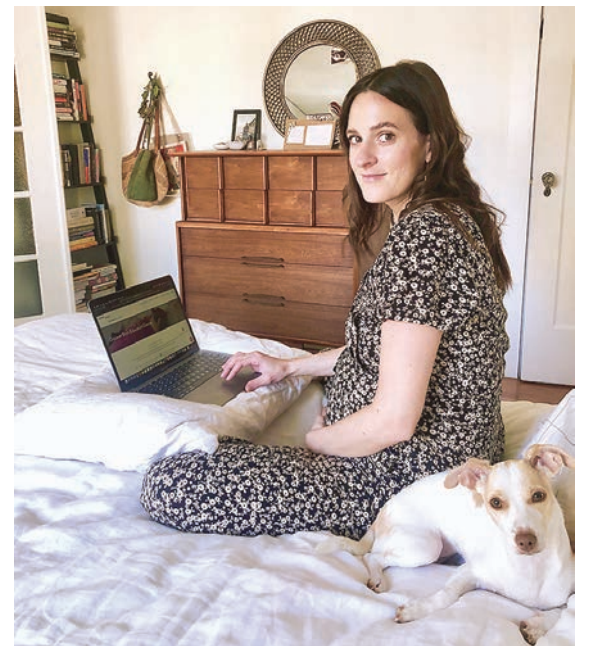


PHOTO COURTESY OF DANIELLE LEINEMANN

Danielle Leinemann, former Herndon resident, practices social distancing by taking Arrow Birth's "Discover" course in preparation for her June 2020 delivery.

socially conscious. For every purchase on their website, Arrow makes a donation to Midwives for Haiti, a Virginia-based organization. "We are connected deeply with them and love to support and encourage the work they are doing," said Smith.

Announcements

Announcements

Employment

**REACH VIRGINIA**  
**AD NETWORK**



**WE'RE HERE TO HELP YOUR BUSINESS OPEN**

**REACH OVER 1.5 MILLION Virginia Readers Weekly**

**Advertising Solutions starting at \$300**

Contact this paper or Landon Clark - [landonc@vpa.net](mailto:landonc@vpa.net) to get started today.

RA Security LLC. is seeking a Software Quality Engineer 2 at our Reston, VA facility to conduct a wide range of quality control tests and analyses to ensure that software meets or exceeds specified standards and end-user requirements. Req. 001294. To be considered for the opening, please send resume with requisition number to: [jobs\\_dell@dell.com](mailto:jobs_dell@dell.com). No phone calls please. Workforce diversity is an essential part of Dell's commitment to quality and to the future. We encourage you to apply, whatever your race, gender, color, religion, national origin, age, disability, marital status, sexual orientation or veteran status.



# Candidates Discuss Their Priorities

PHOTOS CONTRIBUTED

Preserving the essence of historic downtown Herndon, maintaining and expanding the town's environmental initiative, which includes parks and green spaces while attracting the right kind of businesses. Those businesses that align with the inclusionary values embodied by the town and building strong fiscal partnerships with the community. - Candidate for Town Council at Large, Syed F. Iftikhar, 51, Entrepreneur/ small business owner/retired Town Herndon Public Works employee - Safedrivingacademy@gmail.com



Active engagement of our residents and businesses is vital for community success. My top priority is to improve community access to information (on-line and in-person) and encourage broader participation in the Town's goals. I will promote frequent opportunities to share ideas, including my "Speak Up! with Porter4Herndon" events. - Candidate for Town Council at Large Stevan Porter, 51, IT Professional - steve@porter-4herndon.com



Herndon is a vibrant, diverse town, and its leaders should be responsive to all. We need to be open to new ideas on housing, public safety, traffic, and other Town services so that all community members can feel welcome and thrive. - Candidate for Town Council at Large, Sean M. Regan, 50, Owner, real-estate project management firm- info@ReganForHerndon.com



Establish A Healthy Government – last eight years marked by (1) a lack of transparency, and (2) near absence of council discussions have led to the impending giveaway of \$15 million downtown land to the developer for free. Institute best transparency practices; be a vehicle for healthy community and council discourse and set long-term goals for developing the Town. - Candidate for Town Council at Large, Jasbinder Singh, 74, Civil Engineering and Economics - singhforherndon@earthlink.net



## AREA ROUNDUPS

### Car Seat Inspections Aug. 27

Car seat inspections at the Sully District Police Station will be held Thursday, Aug. 27, from 5-8:30 p.m., at 4900 Stonecroft Blvd. in Chantilly. Participants will fill out questionnaires before car seat installations to comply with COVID-19 guidelines and safety precautions. To schedule an appointment, go to <https://bit.ly/sullyaugcs>.

## BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

<b>LANDSCAPING</b>	Good is not good, where better is expected. <b>-Thomas Fuller</b>
<b>A&amp;S CONSTRUCTION</b> SOD, Mulch, Clean-Up Leaf Removal Hauling. <b>703-863-7465</b>	

<b>ELECTRICAL</b>	<b>ELECTRICAL</b>
<b>K &amp; D ELECTRIC</b> <b>COMMERCIAL / RESIDENTIAL SERVICE</b> Family Owned & Operated	
Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...	<b>Licensed/Bonded/Insured</b> Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com

<b>LANDSCAPING</b>	<b>LANDSCAPING</b>
<b>Quality Tree Service &amp; Landscaping</b>	
Reasonable prices. Licensed & insured.	
<b>Summer Cleanup...</b>	
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.	
25 years of experience – Free estimates <b>703-868-5358</b>	
<b>24 Hour Emergency Tree Service</b>	

<b>Patios &amp; Drainage</b>
Your neighborhood company since 1987 <b>703-772-0500</b>

<b>J.E.S. Services</b>
<b>Free Estimates - Fully Licensed &amp; Insured</b>
<ul style="list-style-type: none"> <li>• Planting &amp; Landscaping Design</li> <li>• Drainage &amp; Water Problems</li> <li>• Concrete Driveways, Replacement or New</li> <li>• Patios and Walks • Masonry Work or Dry Laid</li> <li>• Paver, Flagstone, Brick, any style you choose</li> <li>• Retaining walls of all types</li> </ul>
<i>All work Guaranteed</i>

<b>A&amp;S Landscaping</b>
<ul style="list-style-type: none"> <li>• All Concrete work</li> <li>• Retaining Walls • Patios</li> <li>• Decks • Porches (incl. screened) • Erosion &amp; Grading Solutions</li> <li>• French Drains • Sump Pumps</li> <li>• Driveway Asphalt Sealing</li> </ul>
<b>703-863-7465</b>
LICENSED
<b>Serving All of N. Virginia</b>

## Narratively Speaking



By KENNETH B. LOURIE

After 11 years and almost exactly six months since being diagnosed with stage IV, non small cell lung cancer, the party is apparently over. Now we're on to the after-party: stage IV, papillary thyroid cancer, the more aggressive version, the one that doesn't respond to the radioiodine therapy/nuclear medicine treatment that yours truly recently completed. What seems to be semi clear, at least according to my endocrinologist, is that I never had non small lung cancer, but rather a very slow growing thyroid cancer. So slow in fact that it wasn't until approximately two years ago, nine years or so after my initial diagnosis, that the mass began to take shape in my neck; my "Adam's Apple tumor" as I called it, as some of you regular readers may recall. In effect, I was thyroid-cancer-treatment-free for nine years until it presented.

And it was during these years that I became my oncologist's "third miracle" a lung cancer patient who didn't succumb to his disease. Originally given a "13 month to two year" prognosis by my oncologist, I was not expected to live. I can still recall when my oncologist responded to Team Lourie's question about what percentage of lung cancer patients live beyond two years: Less than two percent. Could you be the one? Sure." I didn't realize then that his comments were to be taken literally. Yet here I am, a testament to modern medicine or perhaps an anomaly of random proportions. Throughout these years, my oncologist would often bring his students in to see the "amazing Mr. Lourie" ("Kreskin" has nothing on me.) I wasn't exactly the Energizer Bunny, but neither was I/am I chopped liver.

But today's phone call with my endocrinologist changes my story/narrative and puts an end to my previous stature. No longer will I be someone who survived lung cancer, rather I'll be someone who survived "the friendly cancer," as papillary thyroid cancer is anecdotally described. And not that I'll take any of it personally, but I will have to make it part of my resume, if you know what I mean? So I'm not special or lucky or blessed. It simply may be that I was misdiagnosed and survived in spite of my oncologist's efforts to do no harm, even if he was treating a non-existent cancer.

Though from what I heard today, I am hardly out of the woods. In fact, it appears as if I'm in real danger. The type of papillary thyroid cancer that is confirmed that I now have, the type that doesn't respond to radioiodine therapy has been characterized as "aggressive" and "incurable." Treatable of course, but with a list of potential side effects that is hardly endearing to me and doesn't exactly bring joie to my vivre. Quite the opposite if you'll allow me an honest expression of my apprehension treating forward. That being said, right now, those effects are on paper, they're not yet on my person. And until that happens, I will proceed with caution but remain cautiously optimistic. As my oncologist answered in reply to our general question about which cancer is better to have, non small cell lung or papillary thyroid? "Thyroid cancer is better," he said. That's something, I suppose. And even though I can't take it to the bank and invest it in my future, I'd like to think that I'll be able to take it - in pill form as it happens. After all, who has more experience living with the ups and downs and all-arounds - and the side effects that cancer treatment can produce, than yours truly? The patient who survived stage IV non small cell lung cancer for 11 and 1/2 years only to find out that it may have been untreated thyroid cancer all along.

On balance, I suppose it's a good thing that we finally got a more definitive diagnosis. I just hope we haven't totally missed the party because I'm not at all certain that I'll be able to attend next year.

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



# 'There Are Too Many Unanswered Questions'

## Neighbors Oppose Luck Stone's Plan

BY BONNIE HOBBS  
THE CONNECTION

Since 1938, Luck Stone Corp. has operated its quarry along Route 29 in Centreville. The north pit is north of the road, and the south pit is south of Route 29, near Bull Run Post Office Road.

The mining site receives annual inspections and detailed, monitoring reports and must renew its special permit every five years. Now, though, it's seeking to not just renew that permit, but amend it to implement a reclamation plan as it winds down work in the north pit.

"There are approximately 15 years' worth of mineral reserves left in the north pit," said attorney Andrew Painter, representing Luck Stone. "But Luck Stone can't simply walk away and turn off the lights."

It's required by law to take certain measures, so the quarry doesn't become a safety hazard after mining operations there cease. So it's proposing to create a manmade, 20-acre, surface lake, about 50 feet deep, to replace the north pit.

Painter discussed the plan during the July 20, joint, online meeting of the Sully District Council and West Fairfax County Citizens Assn. (WFCCA) land-use committees. He also listed the reclamation steps Luck Stone must take, as well.

And he said that, if Luck Stone didn't do anything with the pit, it would turn into a lake that would be way too deep. This way, said Painter, "It could be used for future recreational use."

So instead of continuing to operate in the north pit, Luck Stone will forego digging up the remaining, mineable reserves it contains and begin restoration efforts upon Fairfax County's approval of the special-permit renewal and amendment. It also hopes to eventually sell that land.

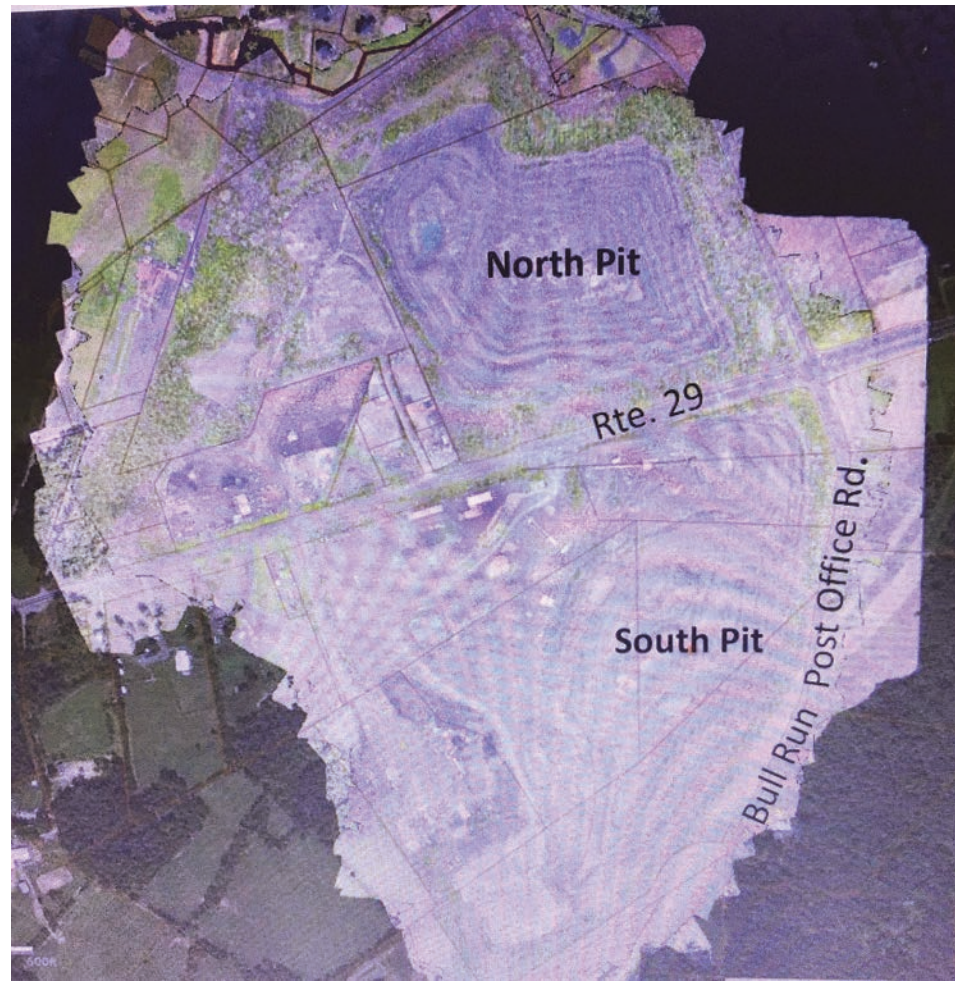
"I'm sure a variety of entities will be interested in buying the property," said Luck Stone's Anthony Venafro. "We're currently in the final phase of the mining process."

But resident Dawn Battle was concerned. "Since the lake would be higher than the neighboring subdivision, if there was a substantial weather event, would there be a chance of the lake flooding?" she asked.

"That issue would be considered and up for county review before the lake is designed," replied Mike Maloy with ECS, part of the special-permit project team. "And it would be done according to DEQ [Virginia Department of Environmental Quality], state, federal and local requirements for stormwater management."

Besides, added Andrew Storey, a Luck Stone engineer, "This lake won't flood. It'll drain naturally into Bull Run, just south of the stone bridge."

"The flooding will all be controlled with the engineering design," explained Venafro. "If we just abandoned the pit, it would fill up



Map of Luck Stone's mining operations along Route 29 in Centreville.

**"My sympathy goes out to Luck Stone because of the actions of the Fairfax County Water Authority,"**  
— WFCCA Land-Use Chairman  
**John Litzenberger**



BONNIE HOBBS/THE CONNECTION

**John Litzenberger**

to 125 feet. But the pond we'll build will be on the surface, with gentle slopes."

**ANOTHER RESIDENT** asked if construction trucks would go down Bull Run Post Office Road on their way to the quarry. Venafro answered, "We'll do whatever we can to restrict trucks from using it as a through road." Sully District Council's Jay Johnston further requested that nearby Pleasant Valley Road – the main road cutting through the populous, Virginia Run community – also be restricted from the trucks' use. And Venafro was agreeable to the idea.

"Restoration work will take about 20 years

in the north pit, while we mine the south pit for another 15 years or so," said Venafro. "So we're looking at another 40 years of mining and reclamation work there."

Resident Dan Evans asked why Luck Stone decided not to finish mining the rest of the north pit. "Because we didn't initially expect residential development to be so nearby," replied Venafro. "So we made a business decision to stop."

But Johnston didn't like the idea of Luck Stone turning the north pit into a lake, instead of a county reservoir, as had been previously considered. "We don't know where the fill materials [for that lake] are coming

from," he said. And according to Luck Stone, he added, "Only one of every 300 truckloads would be tested for [possible] contaminants."

"There are too many unanswered questions," continued Johnston. "They should instead turn it into a recreational area. And there are environmental concerns that aren't being addressed, so I'd ask the Sully District Council to recommend denial of the special permit."

Andrew Colucci, another attorney representing Luck Stone, said, "We inquired, but no one was interested in getting their water from a reservoir there. And it couldn't be a recreational area unless we made the lake there this way, smoothing out the edges." Venafro further noted that the lake would undergo multiple reviews by various entities.

Virginia Run resident Bob Anderson, a geologist, was also concerned about the "quality of the reclamation fill. Would trucks access the pit only from Route 29? And how do you ensure the purity of the fill from pickup to delivery?"

"A digital application will track each truck from its source to our site," explained Venafro. "And our main entrances have dedicated turn lanes from Route 29."

WFCCA Land-Use Chairman John Litzenberger asked, "If some bad dirt slipped through and got into the aquifer, would Luck Stone take financial responsibility for the damage to the [nearby] homes' water supply?" Venafro said it would.

Regarding the trucks, Venafro said about 300 trucks would be involved, but "They'd be just 1.8 percent of the normal traffic on Route 29. And it'll still be less traffic than we had during the heyday of our operations in the early 2000s."

However, citing worries about water contamination, the environment and hundreds of extra trucks on the road, both land-use groups voted for denial of the permit amendment.

**THE COUNTY'S BOARD** of Zoning Appeals (BZA) held a public hearing on this matter, July 22. But the day before, Litzenberger emailed it to express concern about "the large number of dump trucks that would use Route 29 through residential neighborhoods to fill up the old, gravel pit with clean dirt." Also angry about the lake, he said county residents need more input on the final plan.

"My sympathy goes out to Luck Stone because of the actions of the Fairfax County Water Authority," he wrote. "They pulled the rug out from under Centreville residents and shortchanged Luck Stone by pulling out of an agreement whereby the Water Authority would use [that] gravel pit for a freshwater reservoir. [Their] actions are totally unacceptable, and we need time to lobby to get the county appointees replaced on [the Water Authority]. Please defer this case so we can get it right."

The BZA did defer its decision to Oct. 7. But after a two-year review by the county and an independent firm it hired to review the proposal, county staff is currently recommending approval.