

CONNECTION

Reston ♦ Oak Hill Herndon ♦ Chantilly ♦ CENTRE VIEW

Music Festival Draws Hundreds To Lake Anne

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No Agreement On Gun Ban

HERNDON COUNCIL, PAGE 2

Breaking Ground On Rt. 28 Improvements

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PHOTO BY MERCIA HOBSON/THE CONNECTION

Marching Band Contest Coming to HHS

MARCHING, PAGE 4

With multiple houseboats full of family and friends at Lake Anne's main dock, paddleboarders head toward the remaining space to disembark and enjoy an evening of music at the inaugural Mykle Lyons Food and Music Festival.

Herndon Councilmembers Divided on Proposed Gun Ban

Second public hearing planned Sept. 28.

BY MERCIA HOBSON
THE CONNECTION

The Town of Herndon's top elected officials are divided on proposed gun control measures. Cesar del Aguila, vice mayor of the Town of Herndon, favors an ordinance banning guns on town property and at town events, while Mayor Sheila Olem does not.

During the Sept. 14 public hearing, supporters and opponents spoke out on Ordinance 21-0-10 to amend Chapter 46, Article II and create a new Section, 46-60, Possession of Firearms on Town Property.

If the Town Council approves the ordinance, it would be similar to one the Fairfax County Board of Supervisors approved nearly one year to the day, on Sept. 15, 2020. At that time, the county board approved the ordinance amending the county code "to prohibit the possession, carrying or transportation of firearms, components, and ammunition in county buildings, parks, recreation, and community centers, and at or adjacent to permitted events."

Exceptions to the Town's proposed ban include sworn or retired law enforcement officers, private security hired by the Town present and on duty, military personnel within the scope of their duties, and possession of a concealed handgun under a valid concealed handgun permit.

However, to be enforceable, clear signage must be "prominently posted at all town buildings, parks, events, and other locations where Ordinance 21-0-10 will be enforced to notify the public of the restrictions," according to Town Attorney Lesa Yeatts during her Sept. 14 presentation. If the gun ordinance is approved, year one fiscal impact is reported at nearly \$3 million with an annual personnel cost of \$744,600, according to the

legal review provided during the meeting.

Vice Mayor Cesar del Aguila agrees with the County ordinance and the one proposed for the Town of Herndon. In an interview, del Aguila said it was one of the strategic initiatives he and others brought forward during council sessions after being sworn in on Jan. 1, 2021.

According to del Aguila, the proposed ordinance would "prohibit the possession, carrying or transportation of any firearms and munitions or components or combination thereof on town property in town buildings or uncertain other areas owned by the town."

"There seems to be a culture of gun violence in this country," del Aguila said. "For me...my personal belief and those from constituents... it makes clear people are not allowed to bring guns to Council Chambers. You can't bring them to Town Hall. And it's probably best not to bring them onto town parks."

"It's important to have consistency...If the county has their ordinance, we should not deviate from that to cause confusion," del Aguila added.

Mayor Sheila Olem opposes the town ordinance. In an interview, Olem said that her concern with the ordinance is that it addresses a problem that does not present in the Town of Herndon.

"According to our professional law enforcement staff, we do not have a problem with guns in our public town buildings or parks," Olem said. "Simply placing signs on town public buildings and at parks will not deter a crime from happening at that location and could encourage individuals to open carry to test our ability to remove them from the location."

Olem said the next public hearing on the matter is Sept. 28.

Town Council has received over 300 correspondences concerning the ordinance, however, many appear not to be from town residents.



Cardiac Surgery Team

Front Row (L-R) Michael Fiocco, MD, Abeel A. Mangi, MD, Ezequiel J. Molina, MD, Back Row (L-R) Jeffrey E. Cohen, MD, Ammar S. Bafi, MD, Christian C. Shults, MD, Brian T. Bethea, MD, Ricardo O. Quarrie, MD, Hiroto Kitahara, MD

MedStar Health opens Cardiac Surgery Office in Reston

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Reston, VA

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F: 202-877-3503

[MedStarHealth.org/CardiacSurgery](https://www.MedStarHealth.org/CardiacSurgery)



AREA ROUNDUPS

Car Seat Inspections, Sept. 23

Parents are invited to get their children's car seats inspected this Thursday, Sept. 23, from 5-8:30 p.m., outside the Sully District Police Station. It's at 4900 Stonecroft Blvd. in Chantilly. Inspections are done on a first-come, first-served basis. Participants are asked to wear a mask and adhere to social-distancing and safety precautions.

They should also install the child safety seat themselves, so the inspection can be performed. The seat will be properly re-installed, if necessary, and parents will be taught how to install the seat properly, in the future. Another car-seat inspection is scheduled for Oct. 7, at the same place and time.

'Hidden in Plain Sight' Training

Hidden in Plain Sight is an interactive program for adults to learn about the signs of risky behavior in teens and young adults. Topics include drug and alcohol use, mental-health concerns, eating disorders and risky sexual behaviors. It'll be presented Wednesday, Sept. 29, from 7-9 p.m., in the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly. Sign up at <https://bit.ly/fcpdhips>.

SEE ROUNDUPS, PAGE 5

‘What We’re Actually Doing Is Improving People’s Lives’

PHOTOS BY BONNIE HOBBS

Breaking ground for Route 28 widening.

BY BONNIE HOBBS
THE CONNECTION

Hoisting shovelfuls of dirt into the air, local dignitaries officially broke ground, last Friday for the Route 28 widening in Centreville. Held in the park-and-ride lot of Centreville United Methodist Church, near this heavily traveled highway, the event greenlit the start of construction by Fairfax County’s Department of Transportation.

The road will be increased from four to six lanes between the bridge over Bull Run (south of Compton Road), at the Prince William County line, and the Route 29 Interchange in Centreville. Besides widening Route 28, the fully funded, nearly \$80 million project will also yield additional lanes on the side streets to ease traffic flow.

It will improve intersection operations, as well, by upgrading five existing traffic signals and improving bicycle and pedestrian crossings. Furthermore, new, 10-foot-wide, shared-use paths will be created on both sides of Route 28 and stormwater-management facilities will be installed.

Money for this project came from a variety of sources. The Northern Virginia Transportation Authority (NVTA) invested \$26 million, and another \$23.4 million came from VDOT via Virginia Smart Scale funds. Local government funds accounted for \$10.4 million; VDOT Revenue Sharing funds, \$10 million; and federal Demonstration funds, more than \$9.6 million.

Attendees at the Sept. 17 ceremony included Fairfax County Supervisors Chair and NVTA member Jeff McKay, Supervisor Kathy Smith (D-Sully), Supervisor Pat Herrity (R-Springfield), Loudoun County Supervisors Chair and NVTA Chair Phyllis Randall, Sen. Jennifer Boysko (D-33rd) and Del. Danica Roem (D-13th).

“This is a momentous day to celebrate the cooperation between Fairfax and Prince William counties,” said McKay. “And it will improve the quality of life for people who live in and travel through this region.”

He also thanked Fairfax County’s Transportation and Public Works departments, VDOT and Shirley Contracting (the design-builder) for their efforts. Regarding the financial investors, he said, “Without them, we wouldn’t be here celebrating this groundbreaking. We’re going to make it easier for people to work, live and play in Fairfax County, as well as to access multimodal transportation.”

Smith said she and her Board of Supervisors colleagues are “committed to creating more economic development opportunities for people in our communities, varied trav-



Kathy Smith says noise walls are included.



Officials break ground for the Route 28 widening. In the center are Jeff McKay, Phyllis Randall, Pat Herrity, Kathy Smith (blue jacket) and John Lynch. Del. Danica Roem and Sen. Jennifer Boysko are on the left.



Pat Herrity looks at the regional picture.

el options, congestion relief and better connections throughout Fairfax County and beyond. This project exemplifies that vision.”

“My constituents are very glad this project is underway and they’re looking forward to its completion,” she continued. “It won’t displace any residents or businesses or demolish any occupied structures, and we’ll have the ability to easily add two more lanes, if needed, in the future.” Smith also said that, because of community input, noise-barrier walls will be erected at four points along the project corridor.

Next, Herrity said, “I’m excited to see this project started and look forward to the ribbon-cutting ceremony in a couple years. It’s great news for the whole region and will help alleviate congestion through the Town of Clifton and its surrounding neighborhoods in the Occoquan Watershed.

“I’m hopeful that, once the Route 28 wid-



VDOT’s John Lynch addresses the event attendees.

enings are completed in Fairfax and Prince William counties, drivers no longer hindered by delays and backups will be incentivized to continue their commute via Route 28, rather than through Clifton. And doing this as a design-build project, instead of a design-bid-build, allows the design, right-of-way and construction phases to occur concurrently and completes the work two years sooner.”

Calling Route 28 a “transportation corridor of regional significance,” Randall said, “Most people don’t know where the Prince William, Fairfax and Loudoun counties’ lines are. All they know is they want to get to work fast and get home fast.”

Currently, she said, “At 2:30 p.m., from Westfields to Manassas Park, traffic will be backed up. So what we’re actually doing is improving people’s lives – this is for human beings.” Also acknowledging the many workers who’ll be “building this road in the

heat and the rain,” Randall thanked all of them, in advance.

VDOT’s Northern Virginia District Engineer and NVTA member John Lynch said that day’s ceremony marked the start of the construction phase. “But the work begins long before we get to this point, with the partnerships and collaboration,” he explained. “It’s one of the first projects in the state locally administered, using Smart Scale funding. And thank you to our county, state and local officials who have made today possible.”

McKay also praised the patience of everyone “who lives or owns businesses along Route 28, because they’ll be directly affected by this project.” Overall, he added, “This is what it feels like when things work the way they’re supposed to – three counties working together on a regional project. It’s a massive, team effort to make this milestone happen.”

The first stage of construction will include paving and strengthening portions of the existing shoulders along the entire length of the project. The roadwork will be done as follows:

* In the southern portion of the project, between the bridge over Bull Run and the intersection of Route 28 and Old Mill Road/Green Trails Boulevard, construction will be completed along the outside (right) shoulder going southbound, and along the median (left) shoulder, heading north.

* In the northern portion of the project, between the intersection of Route 28 and Old Mill Road/Green Trails Boulevard and the interchange at Route 29, work will be completed on the outside (right) in both the southbound and northbound directions.

In future construction stages, traffic will be shifted onto the newly paved shoulders to enable the widening to be accomplished with less impact to traffic flow during peak travel periods. Construction signs and message boards will advise motorists in advance of construction activities.



Herndon High School is hosting 'Showcase of Bands' on Sept. 25 with more than 25 marching bands expected to compete.

24th Annual Virginia Showcase of Bands

Herndon High School is hosting 'Showcase of Bands' on Sept. 25 - the first Virginia Marching Band Cooperative competition of this season.

Saturday, Sept. 25, 2021
10:30am - 7:30pm

Location -
Herndon High School Stadium
700 Bennett Street
Herndon, VA 20170

Pricing - 13 yrs and over \$10; 6-12 yrs \$5*; 5 yrs and younger FREE; free entry to kids wearing a Herndon Pyramid school shirt with a paying adult

More than 25 high schools are planning to participate in this marching band competition.
<https://www.herndonband.org>

Some of the expected high school bands:
Falls Church HS
Alexandria City HS

South County HS
Centreville HS
Wakefield HS
South Lakes HS
Oakton HS
Fairfax HS
West Springfield HS
James Madison HS
Langley HS
McLean HS
Herndon HS



BONNIE HOBBS/THE CONNECTION

Stuff the Bus Event Benefits Local Families

Several Stuff the Bus events were held in the local area on Sept. 11. Showing some of the food they collected at this one, in the Centreville Regional Library parking lot, are (from left) Yousef Alrajhi with Volunteer Fairfax, bus driver Saeid Khalighi and Sarah Barton with Western Fairfax Christian Ministries (WFCM), which received the items for its food pantry serving families in need in Centreville and Chantilly.

Bike Tour of Fair Oaks/Fair Lakes

The Fairfax Alliance for Better Bicycling (FABB) and the Coalition for Smarter Growth are sponsoring a 7-mile bike tour of Fair Oaks and Fair Lakes on Sunday, Oct. 3. Participants will discuss future redevelopment, plus existing and planned walking and biking improvements. Register at

<https://www.eventbrite.com/e/tour-of-fair-oaksfair-lakes-area-tickets-173949255907>.

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COMMUNITY

Lisa Lombardozzi Named 2021 Northwest Fairfax Distinguished Citizen by Powhatan District of the National Capital Area Council, Boy Scouts of America

Long-time Herndon resident and volunteer Lisa Lombardozzi has been named the 2021 Northwest Fairfax Distinguished Citizen by the Powhatan District of the National Capital Area Council, Boy Scouts of America (BSA). Lombardozzi will be honored at a community event on Oct. 27 at the Riverbend Golf and Country Club.

Since 2011, Lombardozzi has served as president of the LINK food pantry, which provides emergency food and financial assistance to families in need in Herndon, Sterling and surrounding communities. Her distinguished record of service includes terms as president of the Herndon High School, Herndon Middle School and Armstrong Elementary School PTAs, president of the Herndon Women's Club, secretary of the Northern Virginia Baseball Council, and leadership roles within the local Girl Scouts and BSA.

"Lisa's volunteer efforts have touched thousands of families in the greater Herndon area over the years," said Roland Taylor, Powhatan District BSA Chair. "We are pleased to honor her and celebrate the values she shares with all of our local Scouts – compassion, action and service."

Numerous local organizations have recognized her volunteer and philanthropic achievements over the years. Lombardozzi's honors include:

Herndon Rotary Club, Citizen of the Year (2015); Town of Herndon, Distinguished Service Award (2014); Town of Herndon, Volunteer of the Year (2014); Sterling Lions Club, Lions of Virginia Foundation Humanitarian Award (2014); Dulles Regional Chamber of Commerce Education Council Volunteer



Lisa Lombardozzi

of the Year (2008); Herndon-Dulles Chamber of Commerce Best of Herndon-Dulles Award (2003).

Lombardozzi is the League Administrator for the Northern Virginia Travel Baseball League, with more than 400 local youth baseball teams. A graduate of Florida State University, she has volunteered with local PTAs, church and civic groups since the 1990s. She and her husband John have three grown children and six grandchildren.

Since 2018, the Powhatan District of the National Capital Area Council has recognized a local resident with the Distinguished Citizen Award, saluting a local volunteer who shares Scouting's values and serves as a role model for youth in the community.

The Oct. 27 awards ceremony will bring together civic-minded individuals and business leaders from throughout the region in an event that recognizes and celebrates the importance of Scouting in guiding and developing today's youth.

Individual tickets and a limited number of sponsorship opportunities remain available. See <http://ncacbsa.org/northwestfairfax>. For information, contact Todd Bolick at Todd.Bolick@Scouting.org.

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OCTOBER 24 RESTON TOWN CENTER

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AREA ROUNDUPS

FROM PAGE 2

It's a hands-on learning adventure for parents and guardians only. Their eyes will be opened to notice important clues right in front of them – beginning with a setup of a teenager's bedroom which contains nearly 100 "red flags" that indicate risky behavior.

They'll see why these clues are important and receive up-to-date statistics, plus information about local trends. Law-enforcement officers will share experiences they've had in the community identifying risky behavior and helping place youth on the right path to a healthy life.

Coffee with a Cop in Centreville

Area residents are invited to have coffee and relaxed conversations with local police officers, Wednesday, Oct. 6, at 1 p.m., at the Starbucks at 5623 Stone Road, in the Village Center shopping center in Centreville.



Kemal Kurspahic with the editorial staff of the Sarajevo newspaper Oslobodjenje in 1993.



Legendary editor Kemal Kurspahic died Sept. 17 at the age of 74.



Kemal Kurspahic, center, welcoming then-Senator Joe Biden to the ruins of the bombed headquarters of the Sarajevo newspaper Oslobodjenje in 1993 at the frontline of the besieged city.

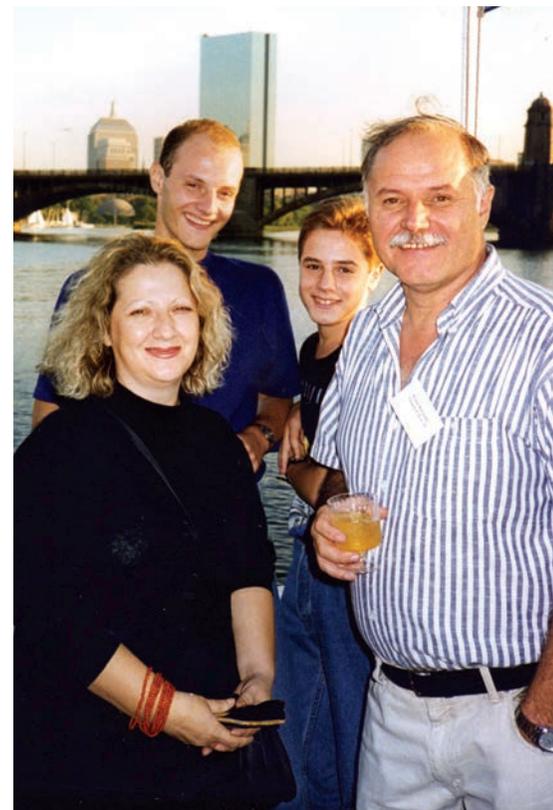
‘Courage in Journalism’ Kemal Kurspahic dies at 74.



Kemal Kurspahic with sons Mirza, left, and Tarik.



Kemal Kurspahic with his wife Vesna.



Kemal, Vesna, Mirza and Tarik Kurspahic on the Charles river in 1994.

BY JEANNE THEISMANN
THE CONNECTION

Kemal Kurspahic, the managing editor of The Connection Newspapers, died unexpectedly Sept. 17 as a result of a stroke he suffered after a minor surgery. He was 74, a resident of McLean.

“We are heartbroken and devastated,” said Connection Newspapers publisher Mary Kimm. “There aren’t words for what having Kemal as our heart and anchor at the Connection has meant to us, or how crushed we are by losing him.”

Kurspahic was the acclaimed editor-in-chief of Oslobodjenje, Sarajevo’s daily newspaper, from 1988-1994. He oversaw the publication of the newspaper during the three-year siege of the city in the 1990s. During that time he survived grievous injuries suffered during a car crash while under intense sniper fire.

“Global journalism lost a hero today,” said NPR correspondent Tom Gjelten upon learning of Kurspahic’s death. “He published Sarajevo’s newspaper every single day during the siege, holding a multi-ethnic staff together in the midst of interethnic strife.” See sidebar.

“Global journalism lost a hero today.”

— Tom Gjelten,
NPR correspondent

Kurspahic was born Dec. 1, 1946, in Mrkonjic Grad, Bosnia

Herzegovina. He became a correspondent for Oslobodjenje as a high school freshman in Sanski Most in October 1962. At Belgrade University Law School, he was an editor of the weekly magazine Student during student protests that swept Europe in 1968. He continued as a correspondent for Oslo-

bodjenje in Belgrade in 1969, and since then was a correspondent in Jajce (1971-1973), editor of Sports, Politics and Newsroom departments in Oslobodjenje (1974-1981), the UN correspondent in New York (1981-1985), and deputy editor-in-chief (1985-1988).

SEE KEMAL, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

PHOTOS CONTRIBUTED

Kemal Kurspahic Dies at 74

FROM PAGE 6

In December 1988 he became the first editor-in-chief elected by the editorial staff of *Oslobodjenje*.

Under his leadership, the paper waged three battles for freedom of press: breaking from the League of Communists control; defending its independence against nationalist parties in power in 1991; and publishing daily from an atomic bomb shelter during the siege of Sarajevo, 1992-1996.

For his efforts, Kurspahic received numerous awards, including the Courage in Journalism Award in 1992 (International Women's Media Foundation); the International Editor of the Year (World Press Review) and the Bruno Kreisky Award for Human Rights in 1993; the World Press Freedom Hero in 2000 (International Press Institute); and the Dr. Erhard Busek Award for Better Understanding in the Region in 2003 (South Eastern Europe Media Organization).

In 2000, Kurspahic was named one of the 50 Press Freedom Heroes from the last 50 years by the International Press Institute, citing "significant contributions to the maintenance of press freedom and freedom of expression" and "indomitable courage."

Kurspahic was a Nieman Fellow at Harvard University, a Clark Fellow at Cornell University, and a Senior Fellow at the U.S. Institute of Peace. He held lectures and seminars at universities across the U.S. and advised the highest-level decision makers of U.S. foreign policy, including President Bill Clinton and then-Senator Joe Biden.

In recent years, Kurspahic served as the Managing Editor of *The Connection Newspapers* in Northern Virginia. Former editor Steven Mauren was a longtime colleague of Kurspahic.

"When publisher Mary Kimm first received Kemal's resume with his international stature for a position as a community newspaper editor at the Connection, she thought we could benefit just from meeting him, never thinking he would join," Mauren said. "He did; and our newsroom benefited inestimably from his depth of experience, his collegial leadership, and his always unruffled, reassuring demeanor."

Kurspahic was the Chairman and Founder of the Media in Democracy Institute, based in the Washington, D.C., area. He was the author of four books: "Prime Time Crime: Balkan Media in War and Peace" (US Institute of Peace Press, 2003); "As Long as Sarajevo Exists" (Pamphleteer's Press,



Kemal Kurspahic with President Bill Clinton in Washington in April, 1993, six weeks after Biden visited Kurspahic and his paper in Sarajevo.

PHOTOS CONTRIBUTED

'Global Journalism Lost a Hero Today'

Tom Gjelten www.facebook.com/tgjelten

"Global journalism lost a hero today. Kemal Kurspahic, the legendary editor-in-chief of *Oslobodjenje*, Sarajevo's daily newspaper, died as an exile in northern Virginia after suffering a stroke following minor surgery. I met Kemal in Sarajevo in 1993. He oversaw the publication of his newspaper every single day during the three-year siege of his city by murderous Serb nationalists who were determined to shut the city down. Kemal negotiated with the U.N. for newsprint and with local warlords to get fuel on the black market to keep his presses running. He promised his staff that *Oslobodjenje* would continue publishing "as long as Sarajevo exists," and he kept that promise. The paper got smaller and the press run was limited, but *Oslobodjenje* under his leadership became a symbol for Sarajevo of its own determination to survive. But not just as a symbol of perseverance. It represented as well the city's commitment to its own multi-ethnic identity. A Muslim married to a Serb, Kemal presided over a multi-ethnic staff, and the newspaper thereby stood for Sarajevo's remarkable cosmopolitan character. He also insisted that his reporters tell the war story honestly and accurately, even when it meant challenging his own government's interpretation of events. I was so inspired by the *Oslobodjenje* story under Kemal's leadership that I wrote a book about it, seeing its struggle as representing the ideological element of the larger Bosnian war story. After suffering grievous injuries during a car crash under intense sniper fire, Kemal went into exile and wrote his own book, titled appropriately "As Long As Sarajevo Exists." Remarkably, he ended up in northern Virginia as editor-in-chief of the Connection newspapers, serving a suburban DC population that exemplified the same multi-ethnic character he had defended in Bosnia. His journalistic and human values are an example for journalists everywhere. RIP, Kemal."

1997); "Letters from War" (Ideje, Sarajevo 1992). and "The White House" (*Oslobodjenje*, Sarajevo, 1984).

As a diplomat he worked for five years (2001-2006) for the United Nations Office on Drugs and Crime, first as the Spokesman in Vienna and then as the Caribbean Regional Representative, responsible for 29 states and territories.

Kurspahic is survived by his high school sweetheart and wife of 52 years Vesna Kurspahic of McLean,

their two sons Tarik (Mary Beth), of Lexington, Mass., and Mirza (Kristine), of Centreville, and four grandchildren (Andrew, Brynna, Rory, and Nev).

"Having a leader like Kemal in our newsroom was special magic," Kimm said. "He was always teaching, sometimes directly, always by example."

He embraced community journalism and helped reinforce how important local reporting is to the community."

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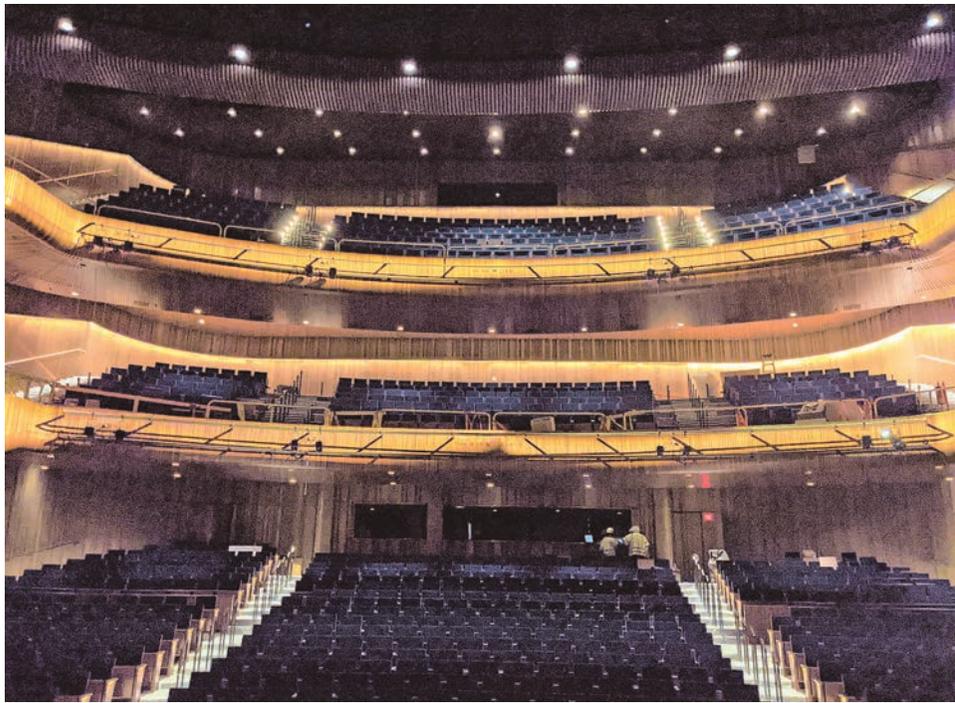
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COURTESY FAIRFAX SYMPHONY ORCHESTRA

FSO will open its season on Oct 9 at the new 1,600 seat Capital One Hall in Tysons, VA, which nears completion



PHOTO BY LISAMARIE MAZZUCCO/COURTESY FAIRFAX SYMPHONY ORCHESTRA

Cellist Amit Peled will join the Fairfax Symphony on Oct. 9 at Capital One Hall

Where and When

FAIRFAX SYMPHONY ORCHESTRA

with Christopher Zimmerman conductor and guest artist Amit Peled, presents Bernstein, Saint-Saëns, & Beethoven, at Main Theater, Capital One Hall, 7750 Capital One Tower Rd, Tysons, Va. 22102.

Saturday, Oct. 9, 2021 at 8 p.m.

Program includes:

Bernstein: 3 Dance Episodes from "On the Town;" Bernstein: "Take Care of this House;" Saint-Saëns: Cello Concerto No.1 with Amit Peled, cello; and Beethoven: Symphony No. 7. Tickets: \$25, \$39, \$55, \$65.

For tickets visit www.fairfaxsymphony.org or call 703-563-1990

cluding George Mason University's Center for the Arts.

True to its long-standing mission, the FSO will deepen its service to Fairfax County schools and teachers across the region through its virtual education programs. "This season, we continue expanding our programs with the launch of our Diversity Fellowship to enhance opportunities for student musicians from backgrounds currently under-represented in professional orchestras today," added Kerr.

"We are thrilled for the opening of Capital One Hall, a dynamic arts and entertainment destination located just steps from the McLean Metro Station in Tysons," said Jonathan Griffith, managing director, Capital One Center. "To celebrate our inaugural season, we are delighted to welcome the Fairfax Symphony Orchestra for a magical evening of music and artistry."

Join the celebration as the FSO performs at the glorious Capital One Hall.

Note: Capital One Hall Health and Safety Mask & Vaccination Policy: All event attendees regardless of age prior to attending an event at Capital One Hall must provide proof of full vaccination, the last dose of which was administered at least 14 days prior to entering Capital One Hall, or a COVID-19 negative test approved by the CDC taken no more than 48 hours before entering Capital One Hall. Proof of vaccination can be your physical vaccine card or a photo of your card. The name on the card must match the name on your photo ID. All attendees, regardless of age or vaccination status, must wear protective masks while inside Capital One Hall except when actively eating or drinking. For details go to www.CapitalOneHall.com

Fairfax Symphony Orchestra Opens New Capital One Hall

Celebrating the return of joyous live music at a Northern Virginia destination like no other.

BY DAVID SIEGEL
THE CONNECTION

The Fairfax Symphony Orchestra opens its 64th concert season at the new 1600 seat Capital One Hall in Tysons. The FSO brings the beauty of live, in-person, indoor, orchestral music to patrons for the first time since concerts were cancelled due to the pandemic in early 2020.

Under the baton of FSO music director

and conductor Christopher Zimmerman, the concert will include works from Bernstein, Beethoven and Saint-Saëns. Joining the FSO will be Israeli-American cellist Amit Peled performing the Cello Concerto No.1 by Saint-Saëns.

"We're thrilled to return to the stage in our concert debut at the gorgeous Capital One Hall. We invite all music lovers to join us to experience the joyous music of Bernstein and Beethoven, and the excitement of hearing Amit Peled—one of the most engaging

cellists of our time — play Saint-Saëns' beautiful cello concerto within the architectural splendor and distinctive acoustics of this stunning venue," said Zimmerman.

"We want our audiences not to be simply entertained, but to be moved, inspired, and energized as we come together to experience great, live music again," added Zimmerman.

"The FSO is proud to serve as the first Fairfax County arts organization to perform in the beautiful new Capital One Hall. We express our gratitude to Capital One, Arts-Fairfax, and our partners at Fairfax County for making this new venue a reality," said Jonathan Kerr, FSO Executive Director. The FSO's season will span multiple venues in-

CALENDAR

SEPT. 22-26

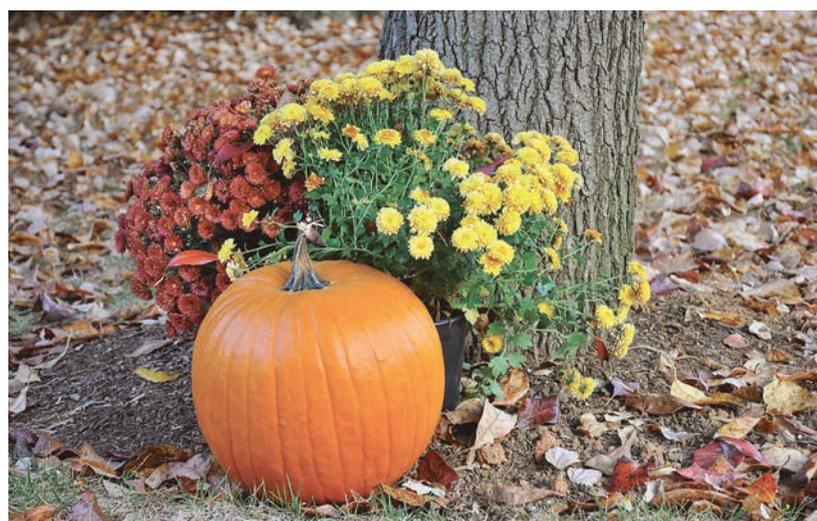
"Bo-Nita." At Boro Park at The Boro Tysons, 350 Broad Street, Tysons. When: September 22 at 8:00 p.m., September 23 at 8:00 p.m., September 24 at 8:00 p.m., September 25 at 8:00 p.m., and September 26 at 8:00 p.m. Tickets: More information about tickets and event details are available at www.1ststage.org.

SEPT. 24-26

ValeArtsFall 2021. 10 a.m. to 6 p.m. At Historic Vale Schoolhouse, 3124 Fox Mill Rd., Oakton. Local fine art in a community setting. ValeArtists are Northern Virginia artists who strive to present a quality three day art show twice yearly at Vale Schoolhouse. Visit the website: <http://www.valearts.com>.

SATURDAY/SEPT. 25

Harvest Happenings Festival. 11 a.m.



The Harvest Happenings Festival will take place Saturday, Sept. 25, 2021 in McLean.

to 2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Harvest Happenings is an indoor-outdoor festival with

live entertainment including a petting zoo, a soccer demonstration, an arts and crafts project and games. Patrons can also purchase

pumpkins and decorate them at the event. The activities are geared towards children ages 3 to 8 years old. In addition, Magician Michael Chamberlin will perform at the festival to keep both the youngsters and those young at heart enthralled with his sleight of hand. Call the Center at 703-790-0123, TTY: 711, or visit the website, www.mcleancenter.org.

SATURDAY/SEPT. 25

GFUMC Tool Sale. 8 a.m. to 2 p.m. At Great Falls United Methodist Church, 10100 Georgetown Pike, Great Falls. Tools and baked treats sale. Sponsored by the Great Falls United Methodist Men and Women. Funds will be used to help people who are in need. Quality tool donations of value accepted. Call 703-759-3705.

SATURDAY/SEPT. 25

Reston Multicultural Festival. 11 a.m.

to 6 p.m. At Lake Anne Plaza, 1609-A Washington Plaza, Reston. The Festival will open with a Land Blessing Ceremony and Round Dance performance featuring Rose Powhatan of the Powhatan Museum of Indigenous Arts and Culture. The World Stage, Global Stage and the Gallery Stage will feature free, all-day entertainment schedules, showcasing traditions and cultures from Vietnam, China, India, the Caribbean and many more. Festival performances will include two National Endowment for the Arts National Heritage Fellows, Reverend Paschall & Company and the Chuck Brown Band. Reverend Paschall & Company, a longtime Norfolk-based ensemble, keep alive the tradition of a cappella Tidewater gospel. The group will perform on the World Stage at 2 p.m. The Chuck Brown Band will play the Global Stage at 12:30 p.m. Visit www.restoncommunitycenter.com/mcf.

SEE CALENDAR, PAGE 10

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO BY ELMANSTUDIO/COURTESY GMU CFA

“Cartography” cast (L-R) Victoria Nassif, Vuyo Sotashe, Malaika Uwamahoro, Janice Amaya, and Noor Hamd

Come Celebrate

Live, in-person show-time returns to Center for the Arts.

BY DAVID SIEGEL
THE CONNECTION

“We are eagerly anticipating the return of live performances to the Center for the Arts,” said Rick Davis, Dean of the George Mason University College of Visual and Performing Arts. “Our signature kickoff event, known for 15 years as ‘ARTS by George!’ has been reimagined this year in response to the pandemic. We’re calling it ‘Arts Emerging’ as a way of celebrating resilience and recovery, and the role the arts have played and continue to play in our communities.”

“Arts Emerging’ will be a festive, energetic, outdoor/indoor, family-friendly showcase of artistry, and a perfect way to turn the corner into a new season.” added Davis. The event is on Sept. 25, 2021.

The 2021-22 season includes some artists and events that the Center for the Arts was able to reschedule after pandemic cancellations last year, including “Cartography” an innovative and timely work about five young refugees who have set out searching for a new place to call home. It is an extraordinary multidisciplinary creation and includes an artist residency component led by co-creator Kaneza Schaal in which the artists will spend time interacting with various Fairfax communities both on and off the Mason campus.

“Cartography” creates an interactive on-stage virtual storm that rises up in response to the actors’ voices, and uses cell phones to depict memories. It features live sculpture creation to represent their journeys. And the audience has an active part to play. The performance will be on Saturday, Oct. 2, 2021.

With the pandemic, “We’ve counted our breaths. We are also in a crisis of global proportions; many people are newly understanding their connection to other parts of the world, their direct connection to the breaths of others. Theater has always lived at this intersection – a small immediate

Where and When

“ARTS EMERGING” AND
“CARTOGRAPHY”

presented by George Mason University Center for the Arts, 4400 University Drive, Fairfax, VA. 22030.

❖ “Arts Emerging,” Saturday, Sept. 25, 2021, 5 p.m. to 9 p.m. Tickets: \$10 per person. Proceeds support student scholarships in Mason’s College of Visual Performing Arts, Mason Community Arts Academy, Green Machine Ensembles, and the Great Performances at Mason season at the Center for the Arts. Sponsorship opportunities also available.

Schedule:
5 to 7:30 p.m.: Student and alumni showcases and exhibitions on and around Holton Plaza, food and drink available for purchase

8 to 9 p.m.: Main stage student and alumni performance in the Center for the Arts

❖ “Cartography” on Saturday, Oct. 2, 2021, 7p.m. Tickets: \$46, \$39, \$28, half-price for youth through Grade 12. Note: “Cartography” is recommended for ages 10 and older.

For information and tickets go to: www.gmu.cfa.edu or call 703-993-2787.

community sharing big questions about the world,” said Schaal.

“And this is what “Cartography” is about, how we can gather in the theater together to remember all the journeys, recent and generations passed, that brought us here.”

Mason’s Center for the Art has a long history of presenting outstanding artistic experiences for the Northern Virginia community. The CFA opened to the public in October 1990 and has grown as Northern Virginia’s go-to performance venue. The CFA’s 2021-2021 season of “Great Performances at Mason” is no exception, presenting an incredible range of diverse artists and events.

Note: Health and safety requirements. Everyone, even those who are fully vaccinated, must wear a face covering when inside university property (buildings and vehicles). Seating will be at full capacity for indoor performances except for Family Series events. Outside fresh air supply has been increased by 50% and ventilation systems are running continuously to increase the exchange of air. Details at www.cfa.gmu.edu/plan-your-visit/what-expect

HERNDON HIGH SCHOOL SPORTS

BRODY BRYAN
HHS SPORTS WRITER

Herndon Freshman Football Wins 36-0

Herndon’s freshman football team officially kicked off their season on Thursday, Sept. 9 with a victory against the freshman South Lakes Seahawks.

Herndon went on offense first, moving the ball down the field quickly and finishing off the drive with a 39-yard touchdown to take a 7-0 lead. On a later third down, Herndon intercepted a pass and took it all the way to the endzone for a pick-six to stretch the lead to 13-0. On the very next drive, the Hornet defense took advantage of another turnover on a fumble recovery. Herndon was able to move the ball close to the red zone but had to settle for a field goal to make it 16-0 Hornets. And right as South Lakes got the ball back, the Hornet defense stepped up yet again, gaining another fumble recovery for their third straight defensive turnover. The Hornet offense capitalized on the opportunity with an 8-yard touchdown run to increase the lead. And on defense, a trend continued as the Hornets grabbed their fourth turnover of the game on another fumble by the Seahawks.

The offense had no problems moving the ball into the endzone, as another touchdown run expanded the lead. The Hornets’ defense kept their momentum all night, forcing South Lakes to punt deep in their own side of the field. The offense hit on a deep pass to set up first and goal and ran into the endzone. As the game hit halftime, the score was 36-0 Hornets. The defense continued to frustrate the Seahawks’ offense as South Lakes punted on the first drive of the second half. However, when the Hornets got the ball back, the Seahawks took a fumble recovery of their own to put the ball back in the hands of their offense. Soon after that, the Hornet defense intercepted a pass that was floating towards the right side of the field. Despite some powerful runs, the Hornets were not able to score, and South Lakes took over possession.



ANNA ESCAMILLA, HERNDON YEARBOOK

Herndon High School’s offensive line squares up against South Lakes

Baseball Update:

Sears Signs with Stevenson University

Herndon left fielder and catcher Graham Sears said this week that he committed to Stevenson University to play baseball. Stevenson, in Owings Mills, Md., is a Division 3 school in baseball. Graham started in left field for varsity baseball last season and batted second the majority of the season.

Cross Country Teams:

Weekend of Personal Records

On Sept. 11th the HHS girls’ and boys’ cross-country teams ran in the Monroe Parker Invitational at Burke Lake. Big congratulations to the girls’ varsity team for placing fifth out of 23 teams, and a shout-out to Junior Gillian Bushee for coming in first place with her personal record time of 17:37.

Many more Herndon runners achieved personal best times, including Brandon Bunch (16:16), Ashley McCoy (21:14) and Quincee Ewers (21:39).

Varsity Volleyball Update:

Strong start for Lady Hornets

Over the past couple weeks the Herndon Varsity Volleyball team has gone undefeated. The JV team has two wins and three losses. Most of their losses have been close and gone to an extra set. The freshman team also has two wins and three losses and have had some close games as well.

Herndon Varsity Football Falls to Osbourn Park

Varsity football is now 0-2 after dropping game two to Osbourn Park 40-14 on Friday. Herndon started off strong with their first drive but fumbled at the goal line. The game went downhill from there. The highlight of the game was a 60-yard run by junior wide receiver Josh Wise. Herndon hopes to get a win against rival South Lakes on Tuesday Nov. 21.

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CALENDAR

FROM PAGE 8

SATURDAY/SEPT. 25

Showcase of Bands. 10:30 a.m. to 7:30 p.m. At Herndon High School Stadium, 700 Bennett Street, Herndon. Pricing - 13 years and over \$10; 6-12 years \$5; 5 years and younger free. Free entry to kids wearing a Herndon Pyramid school shirt with a paying adult. Come and attend this event filled with marching band performances. Over 25 high schools are planning to participate in this marching band competition.

SUNDAY/SEPT. 26

<cal2>Bichon Bash. 11 a.m. to 3:30 p.m. At Bull Run Regional Park, 7700 Bull Run Drive, Shelter 1, Centreville. Bichon Bash is a family and dog friendly charity event open to everyone. It will have a Parade of Rescued Pups, dog or bichon mixes may come and run leash free with their owners in a safely fenced area and families are welcome to picnic. Cost: \$20 adult, \$5 Child, Bichons Free. Visit the website: www.bichonrescue.org/bichonbash.

SUNDAY/SEPT. 26

Virginia Run Classic Car Show. 11 a.m. to 2 p.m. At the Virginia Run Community Center Lower Parking Lot, 15355 Wetherburn Court, Centreville. The Virginia Run Community will host its first Classic Car Show showcasing its homeowners' unique cars and motorcycles. A food truck on site will provide lunch options for purchase.

SUNDAY/SEPT. 26

Concert on the Green. 6-8 p.m. At the Village Centre Green, behind the Old Brogue, Great Falls. Featuring Wes Tucker and The Skillet; sponsored by Oliver's Corner Butcher Shop.

VIENNA OKTOBERFEST CELEBRATES 13TH ANNIVERSARY

Saturday, Oct. 1, 11 a.m. - 7 p.m. Tens of thousands flock to Vienna Oktoberfest for music, shopping, food, fun and beer. Choice food, vendors, music & entertainment, plenty of kids' activities, locally-sourced beer and wine selections. The festival has historically drawn 20,000-30,000 attendees and increases each year. Proceeds from Oktoberfest benefit the VBA Foundation, which supports charitable organizations in the Greater Vienna area.

Presented by the Vienna Business Association and Town of Vienna, on historic Church Street. All ages are welcome, and admission is free.

- ❖ Live entertainment on three stages: Main Stage, Kid's Stage, Acoustic Stage
 - ❖ Beer/Wine/German Food Garden featuring the Caboose Brewing Company
 - ❖ Beer and Multinational Food offerings located on Mill Street
 - ❖ Free kids activities, games and entertainment on the Town Green
 - ❖ Business Expo Showcase
 - ❖ Vendor Marketplace
- www.viennaoktoberfest.org

RCC OFFERING ESPORTS

Reston Community Center is excited to offer participation in an esports league this fall. Teaming with GGLeagues, a new national program for recreation departments, will give gamers of all ages access to affordable, socially distanced competition.

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Can Mentally Challenging Games Prevent Cognitive Decline?

Consistent brain fitness connected to improved memory, reasoning and processing.

BY MARILYN CAMPBELL
THE CONNECTION

Every Sunday evening after church, 78-year-old Roger Knight has dinner with his two children and five grandchildren at his home in Alexandria. He plays chess with his 16-year-old grandson and does crossword puzzles with his 8-year-old granddaughter.

"Playing games is a way of having fun with my grandchildren," he said. "They keep me feeling young, especially when I beat them."

In the same way that exercise is credited with maintaining physical health, mental exercise has been linked to slowing down cognitive decline that can come with age.

"Memory, reasoning and processing ... are three cognitive domains which do decline with age," said Catherine Diaz-Asper, Ph.D., Department of Psychology at Marymount University, who studies mild cognitive decline and Alzheimer's disease. "Howev-

er, I think the message here should be that by engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

Programs like ElderLink, a nonprofit partnership between Inova Health System and the Fairfax Area Agency on Aging Programs, can provide resources for seniors who are looking for mentally challenging activities. "We recognize that brain exercises reduce the risk of cognitive decline," said Trina Mayhan-Webb, director of the Fairfax County Department of Family Services' Adult and Aging Division. "We provide evidenced-based, structured, fun activities to enhance cognitive memory skills."

"Research demonstrates that there are several steps aging adults may take to maintain and support brain functioning," said Tracey Smith-Bryant, Professor of Psychology at Montgomery College. "Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily." She recommends apps like Lumosity and Elevate, and activities like chess, sudoku or working cross-

word puzzles.

AARP offers a brain health program called Staying Sharp, but cautions against believing that en-

gaging in mentally challenging games is a magic formula for eliminating cognitive decline.

"Games can be fun and engaging, but they are not the answer to prevent dementia the way many people think due to advertisements they have seen for brain games," said Sarah Lenz Lock, AARP senior vice president of policy, and Global Council on Brain Health executive director.

"People who use their brain like a muscle, exercising it by thinking, learning new things and challenging themselves seem to build up [their] cognitive reserve as they age

so they might be more resistant to adult cognitive diseases," Lock said.

Engaging in activities that stimulate your brain could delay onset of the symptoms of decline that some people experience as they age, said Lock. "Scientists describe that as cognitive resilience," she said. "If you truly want to slow cognitive decline, choosing a healthy lifestyle with habits like regular exercise and physical activity, a heart healthy diet, regular sleep, social interaction, and effectively managing stress combined with engaging your brain is recommended."

There are a variety of games that target specific areas of concern such as memory or processing. "Certain games help you practice particular skills," said Lock. "If a game encourages you to work on a particular skill enough, and ... what you do to play it becomes progressively more difficult, you will likely get

better at those skills over time. That is even true for skills that generally seem to get harder as we age, like recalling names or the ability to pay attention."

"While the science is still developing on this issue, there is some evidence that high

quality cognitive training can help you maintain your abilities because of the practice effects, and because that training becomes progressively more difficult so that you continue to learn new things," said Lock.

"My recommendation would be to seek out varied activities that interest you and really make you think," added Diaz-Asper. "You don't need to invest in expensive apps or computer training programs to see benefits."

By engaging in mentally stimulating activities you are helping your brain, irrespective of what those activities may be."

— Catherine Diaz-Asper, Ph.D.,
Marymount University

"Remaining mentally engaged is essential. Think of the brain as a muscle and activate it daily."

— Tracey Smith-Bryant,
Montgomery College

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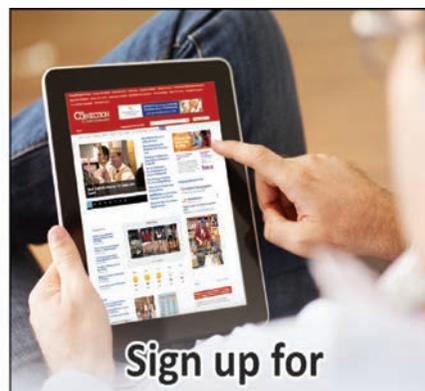
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You Wanna Bet?



By KENNETH B. LOURIE

No. Not really. Ever since I asked my father for \$10 to pay off a gambling debt (from a card game) I incurred in fifth or sixth grade some 50 plus years ago owed that I owed to Joey Friedman, older brother of Barry Friedman, my best friend at the time, I have been penny-wise and rarely pound/dollar foolish. The card game we were playing was called "Split the Up-rights." Two cards were drawn and placed on the table and similar to Black Jack/"21" it was mostly arithmetic (I realize that's minimizing the strategy involved.) The hope was to have the next card drawn from the deck being numerically between the two cards facing one another, #2 and a #10 as an example, and thus needing a 5 or any other number greater than 2 and less than 10 to win the cash. There was no strategy per se, just the level of risk one is willing to assume to bet on the random card to be drawn to be in-between the two facing cards. Then you win. How I ended up owing Joey Friedman so much money is beyond me, other than the fact that my card's number kept falling outside the numerical perimeters. But they most certainly did, and to a related effect, I sort of learned my lesson. A lesson which has mostly lasted a lifetime. Other than proposing to my wife, Dina, I've rarely wagered anything of value over all these intervening years.

Oh sure, over the years I've occasionally dabbled in football point spreads, over/under point totals, Super Bowl squares and NCAA brackets, but never had I over extended myself as I had all those many years ago. And I've mostly been true to myself in this regard. However, now comes online betting services like Fanduel, DraftKings, Caesar's Palace and MGM Grand, among others and regular, recurring television and radio advertising offering all sorts of unheard/impossible-to-lose enticements attempting to lure in us unsuspecting punters: "If any basketball team hits a "3," if any football team scores a touchdown," or if any tennis player hits an ace, as but a few of their hard-to-lose bets. Now granted, you can't actually get the cash this initial bet made you, but you can parlay that into another bet where your risk of loss is much greater and your dollars are likely to make less cents. They don't call it gambling for nothing. Nor are they in business to reward your betting acumen with huge payouts. But unlike the local Lotto's motto where you have to play to win, with the online services, there is no motto other than play at your own risk. (And if you develop a gambling problem, call 1-800-IGAMBLE. And if you do indeed want some help, you better listen very carefully as the spokesperson speaks this advisory incredibly fast.)

So far however, unlike the Borg, resistance has not been futile. I have not as yet taken the bait as I fear it will be a "Roach Motel" kind of outcome: I won't die, but I'll go in/place my bet, but never come out alive/realize any profit. What I will realize is that I'm likely betting uphill, with very little reliable information at my disposal to help me win the day and enable me to actually take my winnings in cash rather than an amount of money with which I can continue to bet. Presumably, their business model doesn't show the bettors winning. It bets that once bitten we'll eventually throw whatever caution we had not just out the window but onto our credit card. Wham bam. Can you say Joey Friedman? I can and I have said so for many years. It won't simply be good money after bad. It will be any and all money for a chance to get whole again. The problem is, I doubt the online gambling services are interested in my ever getting whole again. I refer to this as "The Whole Truth."

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



With multiple houseboats full of family and friends at Lake Anne's main dock, paddleboarders on SUPs head toward the remaining space to disembark and enjoy an evening of music.

Memorial Music Festival Packed to Capacity

Hundreds crowd food and drink establishments at Lake Anne Plaza.

BY MERCIA HOBSON
THE CONNECTION

Lake Anne & Washington Plaza Merchants Association, in conjunction with Roxplosion and Kalypso's Sports Tavern, held the inaugural Mykle Lyons Food and Music Festival Saturday, Sept. 18, on historic Lake Anne Plaza.

By six o'clock that evening, people crowded the outdoor venues set up by restaurants. They filled seating to capacity, spilling over into wait lines surrounding the hostess stations. Houseboats lined the main dock, party-goers ready for dinner, drinks, and music. Paddleboarders approached the dock to land their SUPs.

"Many, many of Mykal's friends and colleagues came out last night to honor his memory," said Vicky Hadjikyriakou, co-owner of Kalypso's Sports Tavern. "As I was passing by [tables], I could hear them talking about their memories and so forth. It was a good night for people coming together and honoring Mykal and his musical artistry."

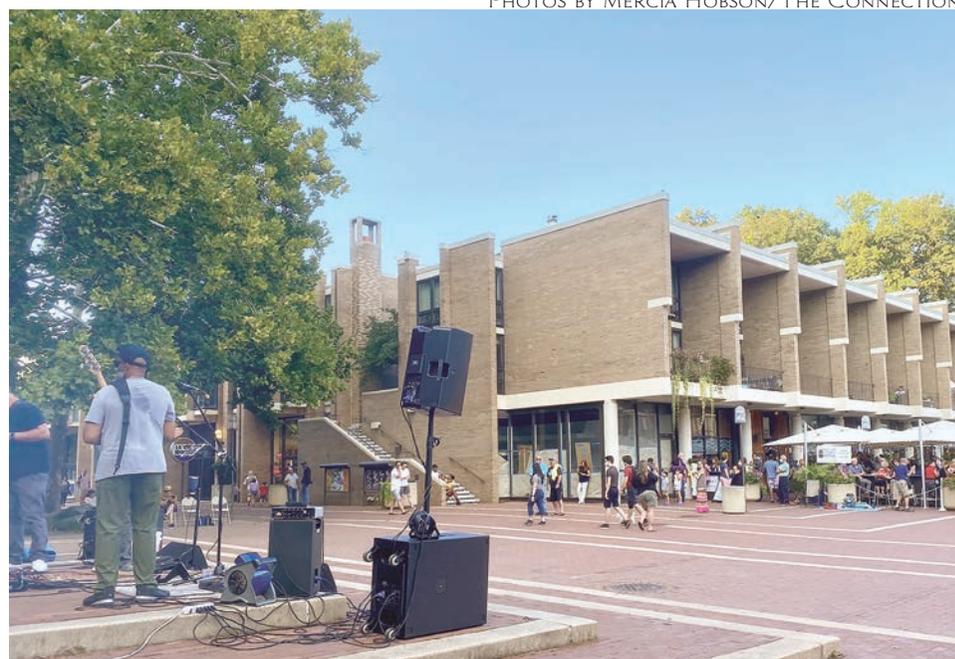
Unlike some other music events held on the plaza, no concert-style rows of seating had been placed in front of the musicians who performed on the steps leading to the Washington Plaza Baptist Church. Instead, the area remained open and clear, leading people to frequent the outdoor food and drink establishments. They settled in for an evening of remembrance and live music featuring the alternative soul of the Chris Timbers Band and slow blues and Chicago shuffle of Sam Gunderson & The Cactus Groove.



The Chris Timbers Band performs.

"The cultural impact of Reston ripples far beyond its bounds, and no more is this personified than by Reston's own Mykle Lyons. An accomplished musician and educator, a compassionate philosopher, and an honest soul, we celebrate him and honor his contribution to our community with this free music festival, in its 1st year, family-friendly event, and will feature acclaimed artists showcasing their talent and craft," said organizers in their news release.

Lyons performed nationally and internationally. Reportedly, he frequently performed for Vice President Al Gore. The 1992 and 1996 Presidential Inaugural Galas at the National Gallery of Art in Washington, D.C., showcased the Mykle Lyons' Quartet. Lyons' other notable venues included Carnegie Hall, NYC, Lincoln Center, NYC, Mount Fuji, Japan Jazz Festival, Lake Yamanaka, Montreux, Switzerland Jazz Festival, Lake Geneva, and Kennedy Center for the Performing Arts, Washington, D.C.



Musicians keep a safe distance while they are on stage. The area in front of the performers remains open, allowing sound to travel, and with little or no seating, people frequent the dining and drinking establishments.



Kalypso's Sports Tavern and Lake Anne Brew House, located on Lake Anne Plaza in Reston on the evening of the inaugural Mykle Lyons Food and Music Festival, are crowded with patrons.



His recordings are "Premonition" -Three for All entitled, "The Looking Glass"- Rob Holmes, "Deaux-Oh!" - Acoustic Bass and

Saxophone featuring Rob Holmes and "Heritage": featuring all original music and arrangements.