



Reston CONNECTION

South Lakes senior Emily Lockwood mentors freshmen transitioning to high school and coaches track for children with special needs.

Committed to Peacemaking

NEWS, PAGE 4

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY TIM PETERSON/THE CONNECTION

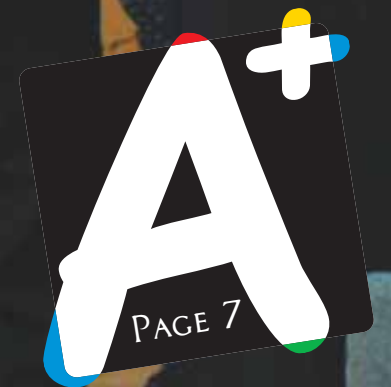
Area Social Justice Network Hosts Richmond Wrap-Up

NEWS, PAGE 3

Robotic Knee Surgery at Reston Hospital

NEWS, PAGE 9

MARCH 15-21, 2017



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Notice of Public Hearing

Resolution Authorizing Acquisition of Property Necessary
for Public Purposes by Condemnation or Other Means

April 6, 2017 at 6:30 p.m.

The Fairfax County Water Authority ("Fairfax Water") will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903(B) at 6:30 p.m. on Thursday, April 6, 2017, to receive and consider public comments on the proposed acquisition, by condemnation or other means, of certain water line and temporary construction easements on a portion of certain real property located at 1894 Preston White Drive, Reston, VA 20191. The subject property is more particularly described as Fairfax County Tax Map Parcel No. 27-1-((16))-5- 7B1 (the "Property"). Fairfax Water seeks to acquire these easements on a portion of the Property for public use in order to lay, erect, construct, install, operate, maintain, repair, and replace one or more present or future water mains, including fire hydrants, valves, vaults, meters, building service connections, and other equipment, accessories, and appurtenances necessary in connection therewith for the purpose of the transmission and distribution of water. Following the public hearing, Fairfax Water's Board may vote on or after April 6, 2017, to adopt a Resolution approving the proposed public use and authorizing and directing the acquisition of such easements on a portion of the Property for the public use by condemnation or other means.

A proposed Resolution and other related information will be made available for public review prior to the public hearing at Fairfax Water's website: www.fairfaxwater.org

The public hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA 22031. Those wishing to speak at this hearing or desiring a copy of the proposed Resolution when it becomes available should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail to:

Fairfax Water
Public Hearing Comments
8570 Executive Park Avenue
Fairfax, VA 22031

All written comments must be received by close of business on Wednesday, April 5, 2017 to be included in the record of the public hearing.

OBITUARY

Raymond Tyre Olsen, 87, Dies

Raymond T. Olsen, 87, of Oak Park, Illinois passed away Feb. 27, 2017 after a long battle with Parkinson's Disease. He was born on Aug. 16, 1929, in Bagley, Minn., the son of Ervin Ames Olsen and Hazel Muriel (Tyre) Olsen. They had four boys: Norman Clair Olsen (Verna), Donald Ervin Olsen (Carol), Raymond Tyre Olsen (Marlys) and Curtis Edmund



Raymond T. Olsen

Olsen (Jacqueline), and a daughter, Phyllis Olsen, who died days after birth. They were raised and confirmed at First Lutheran Church in Bagley, Minn.

Ray graduated from Bagley High School in 1948. He married Marlys Ruby Pehrson on March 16, 1951. They were high-school sweethearts. He obtained a B.A. from Bemidji State College in 1951 and an M.S. from The University of Minnesota in Public Administration in 1953. He completed a City Management Internship in Phoenix, Ariz. He was called to serve in the U.S. Army at Brooke Army Medical Center in Texas as a Medical Corps Officer instructing troops in field medicine from 1953-1955. Ray was City Manager of Prescott, Ariz. from 1955-1959 and of Bloomington, Minn. from 1959-1966. He was Minnesota State Planning Director under two governors from 1966-1970. He was Assistant Professor in the graduate school of Public Administration at the University of Minnesota. In 1970, Ray moved his family to Reston to work for Peat, Marwick, Mitchell & Co. as National Practice Director until 1983. He became senior advisor to the U.S. Office of the Comptroller General where he developed a system for assessing the performance of the

U.S. General Accounting Office. Upon retirement, he chaired the American Society for Public Administration's National Government Accomplishment and Accountability Task Force for three years. Raymond and Marlys (Marlee) moved to Chicago, Ill. in November, 2012 to be cared for by Tammy and Manuel Utset.

Raymond is survived by his wife, Marlys Ruby Olsen of Oak Park, Ill.; his daughters Sheryl Olsen Pollock (David) of Herndon, Kay Olsen Fleury (Mark) of Golden, Colo., and Tammy Olsen Utset (Manuel) of Chicago, Ill.; his grandchildren Heather Pollock Amico (Anthony) of Haymarket, Va., Russell Olsen Pollock (Marsha) of Centreville, Va., William Shane Eisley of Los Angeles, Calif., Anthony Ray Fleury of Littleton, Colo., Theodore Kendall Fleury of Golden, Colo., Julia Rae Utset of Chicago, Ill., and Henry Armando Utset of Chicago, Ill.; and his great-grandchildren Evan Mark Amico of Haymarket, Va. and Annette Michelle Amico of Haymarket, Va. Ray is also survived by his youngest brother Curtis Edmund Olsen (Jacqueline) of Storrs, Conn. He was preceded in death by Ervin and Hazel Olsen, brother and sister-in-law, Norman and Verna Olsen, brother Donald Olsen and his infant sister Phyllis.

The family will host a memorial service to celebrate Raymond's life on March 16, 2017 at 2 p.m. at Belmont Village of Oak Park, Ill. Let the family know if you wish to attend. In lieu of flowers, please send donations directly to the Parkinson's Disease Foundation, 1359 Broadway Suite 1509, New York, NY 10018.

WEEK IN RESTON

Cranes and Construction: The Changing Landscape

The Reston Historic Trust is inviting the residents to join them Thursday, March 16, at 7 p.m. to discuss Reston's changing landscape at the two Metro stations and along Reston and Wiehle avenues. Come hear about the development projects currently underway and proposed. Bill Mayland, Branch Chief of the Zoning Evaluation Division of Fairfax County's Department of Planning and Zoning, will fill participants in on the changes on the horizon. Here is a chance to see the big picture and ask questions of the county's planners. The program will be held in the JoAnn Rose Gallery at the Reston Community Center, Lake Anne.

The event is free to the public. Seating is limited, so reservations are welcome. Contact 703-709-7700 or restonmuseum@gmail.com for more information or to RSVP.

Sip, Shop, and Stroll at Reston Town Center on March 23

Reston Town Center presents Sip, Shop, and Stroll, an exclusive night out for shopping on Thursday, March 23, 7-9 p.m. that includes one night only offers, gifts, and giveaways. The event is free and space is limited – RSVP is required by Wednesday, March 22 (see link below). Attendees will get a private glimpse into trends and specials in fashion and services and enjoy beverages and appetizers provided by NEYLA Mediterranean Bistro while stopping in at designated shops and salons including Kendra Scott, South Moon Under, and Talbots. Sip, Shop, and Stroll begins at Jouvence Aveda Salon with a mini-salon service, swag bags, and a list of all locations.

Register at Event Brite: www.eventbrite.com/e/sip-shop-and-stroll-at-reston-town-center-tickets-32597588264.

Social Justice Network Hosts Richmond Wrap-Up

Some successes,
some defeats, and a
partisan rallying call
for 2017 elections.

BY ANDREA WORKER
THE CONNECTION

The 2017 Legislative Session of the Virginia General Assembly was adjourned on Saturday, Feb. 15. The Social Action Linking Together (SALT) network allowed the lawmakers two weeks to recover, then hosted its annual Legislative Wrap-Up forum on March 11 at the Virginia International University in Fairfax.

Eleven elected officials were on hand to offer their reports, focusing on the fates of bills and resolutions related to social justice, human services and welfare. Several of the proposed legislations had been requested, inspired, or actively supported by SALT. The faith-based non-profit seeks to advocate for the most vulnerable in the community by educating citizens and policy makers, researching and selecting priority issues for action, and taking their causes directly to the state capitol.

Pointing to the panel of speakers, founder John Horejsi, admitted that SALT members, who have grown from eight to around 1,200, have often been seen “prowling the halls in Richmond.”

State Sen. Dave Marsden (D-37) indicated his approval of SALT’s visits. “People like you, and the people in this room, they are the bedrock of our county,” he told them.

State Sen. Barbara Favola (D-31) added “how important it is to see your faces in Richmond,” noting it was too rare to see individuals and concerned citizen groups rather than professional lobbyists. “You study and you recommend, and we are appreciative.”

Favola has been a driving force for assistance to single mothers and children, particularly through the Temporary Assistance for Needy Families (TANF) program. The senator told the assembly that lawmakers had tried to secure increases for TANF recipients for 15 years without success. Now, she said, “we have had three increases in three years.”

“The money doesn’t come from our state budget,” said Favola. TANF is funded federally through block grants. With nods of agreement from her colleagues on the panel, Favola said it would be shameful not to utilize the money available “for what it was intended. Helping families in need and moving them toward self-sufficiency.”

\$55 million were still available through the TANF grants, yet Del. Kathleen Murphy’s (D-34) HB 2041 to allocate \$1 million for a TANF Scholarship Pilot Program to allow 200 students to attend community colleges was “recommended to be laid on the table



PHOTOS BY ANDREA WORKER/THE CONNECTION

Members of the Virginia General Assembly offered their views on the recently adjourned session and listened to questions and comments from the audience during the SALT 2017 Legislative Wrap-Up forum.

by voice vote” in subcommittee.

THE FACT that the panel was composed only of Democrats did not go unnoticed. “Where are the Republicans?” asked David Jesse of Reston, who said this was his first time to attend such a forum. “I was hoping to hear some balanced debate.” Horejsi replied that in the past, Republicans like Del. James LeMunyon (R-67) had attended. “We sent out 40 invitations.” The Republican representatives either declined or did not respond to SALT’s request.

With no one from “across the aisle” present to contradict their opinions, several of the lawmakers insisted that many of the issues that were of concern to groups like SALT fall victim to the overwhelming Republican majority in the House of Delegates.

“Left in such-and-such committee or Left on the Table by voice vote” — that just means they killed it,” said Del. Mark Levine (D-45).

Deciding on a proposed piece of legislation by “voice vote” is another tactic to forestall any discussion of an issue, according to Murphy. Republicans control the committee memberships and the schedules. The lawmakers on the panel said it was not uncommon for Democrats to be placed on committees with conflicting schedules. When the time comes for a bill to be voted on in a committee and the question “Move by Motion” is asked, the “silence is deafening,” she said, since any Democrats who might have supported the bill were engaged in another committee.

It’s in the committees and the subcommittees that the “real work gets done,” said Levine. That was when citizen testimony and support would be most valuable, he remarked, but under the current system, “interested parties might get a call at 6 p.m. the night before a bill is to be read and told if they want to be heard, they need to be in Richmond for a 7 a.m. start the next morning.” This just isn’t right, according to Levine. “The public has a right to know and to participate.”

Issues that have captured national atten-

tion were also hotly debated topics in Richmond this year — issues like immigration and voting rights, redrawing electoral districts, and minimum wage rates. Del. Eileen Filler-Corn (D-41) was disappointed when her bill, HB 2405, which would have allowed newly-minted American citizens additional time to register to vote, was “left in the Privileges and Elections Committee.”

Tim Dempsey of Arlington asked about Minimum Wage increase efforts, unions, and redistricting. Del. Marcus Simon (D-53) and Marsden explained how they couldn’t get traction for their bills. “\$7.25 per hour is not a living wage,” said Simon, who denies that the entry wage rate is primarily applied to students and trainees.

State Sen. George Barker (D-39) was one of the speakers who tackled the issue of redistricting. “Nothing on reworking our electoral districts passed this session.” Barker strongly believes that redistricting is essential to insure real representation of “all the people.” He offered several alternatives that would promote “balanced and competitive” elections and foster diversity in the elected ranks.

Marsden added that a bill had been vetoed that would most certainly have “suppressed votes among lower income and minority voters, particularly in urban areas” by requiring a driver’s license to cast a ballot.

THINGS TURNED a bit emotional for audience members and elected officials alike, when Jisan Zaman of Arlington, came to the microphone with a question. Zaman, a software developer for a company in McLean, apologized several times as he became visibly shaken while asking his questions. “I am sorry. I usually don’t have trouble with public speaking,” he said, “but I am scared. I am Muslim. I am American. But I am scared of a Muslim registry, and of all these hate crimes. What will you do to protect people like me? Will you stand behind me?”

Several members of the audience rushed to hug Zaman in support, and the panel all



“Who will protect people like me?” Jisan Zaman of Arlington was momentarily overcome by emotion as he questioned the lawmakers. “I am Muslim. I am American,” he said, but expressed concern with the rise in hate crimes and the threat of a Muslim registry. Members of the audience rose to support him, and the lawmakers applauded him before tackling the questions.

rose to applaud him. Several of the lawmakers responded.

Del. Mark Keam (D-35), born in Seoul, South Korea, has been a citizen of the United States for some 25 years, but admitted that in these heated times, “I try to carry my passport more often and keep my Naturalization papers nearer to hand.” Keam said that dialogue about race and ethnicity and all areas of differences between people needs to be honest and open. “Let’s face it. Most of the people in this room won’t be affected by Trump and his administration on this issue. But people like myself, or Mr. Zaman, or others with darker skin tones ... might very well be.” Keam also reminded the audience that it was a Democratic President who signed the orders to allow the imprisonment of Asian Americans in United States during World War II. “We all need to be alert.”

There were other successes to be applauded in the 2017 General Assembly Legislative Session. Del. Jennifer Boysko (D-86) pointed to a bill that now makes prescription Naloxone more available for use in treating heroin drug overdoses. Murphy noted the passage of a bill that would better protect students attending for-profit schools, and another that provides parents with class size information for middle and high school students.

The forum ended with the lawmakers vowing to continue to press for an agenda that includes and protects all Virginians, “but we need you,” said Levine. “When government goes off the rails, we the people are in charge.”

“Elections matter,” added Favola. “Be heard.”

Legislation can be tracked by Patron, by topic, by pass or defeat status, or by browsing the entire list at www.lis.virginia.gov. SALT invites the public to learn more about their education and advocacy efforts at www.S-A-L-T.org.



PHOTOS BY TIM PETERSON/THE CONNECTION

South Lakes senior Emily Lockwood mentors freshmen transitioning to high school and coaches track for children with special needs.



Herndon senior Surabhi Khanal has been a member of the Herndon Leo Club and founded MedLove, Inc, a non-profit organization with the mission of helping rescue women in the United States and abroad who are human trafficking victims.

Committed to Peacemaking Student Peace Awards of Fairfax County reception honors activists and advocates.

BY TIM PETERSON
THE CONNECTION

Suraya Sadeed said hearing more than 20 stories of students promoting peace in and out of their schools made her believe “there is still hope for a brighter future.”

Sadeed is a native of Kabul, Afghanistan who made a new home in the United States in 1982, fleeing the aftermath of the Soviet invasion. She founded the non-government organization Help the Afghan Children and is author of “Forbidden Lessons in a Kabul Guesthouse.”

The former owner of a real estate company, Sadeed has risked dangerous situations to deliver humanitarian aid to women and children in war-torn Afghanistan. On Sunday, March 12, she addressed high school students from around Fairfax County being honored at the Student Peace Awards.

Sadeed spoke about the importance of promoting peace through education, as a preventative measure against bullying, hatred and violence later in life.

“The cost of providing peace education to 8 million children in Afghanistan is less,” she said, “than buying one military plane.”

The student peace awards are offered in all Fairfax County public high schools and some private schools. Schools choose their winners based on their work to promote peace as well as prevent causes of violence: poverty, discrimination and injustice.

Each of the individual or groups of students not only took action for peace, but did so with creative, entrepreneurial energy — founding clubs, organizing charity projects, leading training sessions or creating documentary films.

Fairfax County School Board chair Sandy Evans said she was deeply impressed with the work of the students being honored at the Stacy Sherwood Community Center in Fairfax, from anti-bullying to human trafficking awareness to anti-genocide.

“Few goals are more important in the world today,” Evans said, “than promoting peace, acceptance, kindness and tolerance.”

Evans was joined in congratulating the

students by fellow board members Ryan McElveen (at-large) and Dalia Palchik (Providence).

Fairfax County Board of Supervisors vice chairman and Mason District representative Penny Gross (D) read a letter of recognition from board chairman Sharon Bulova that thanked the students for their commitment to peacemaking.

All the students have come together, Gross read from Bulova’s letter, “in one goal, strengthening peace and unity.”

Del. Kenneth Plum (D-36) joined the other elected officials in congratulating the award-winners.

The 2017 Student Peace Awards of Fairfax County winners are as follows, bios according to the event program:

Ethan Mirani, junior at the Cedar Lane School in Vienna

Mirani was a member of the school’s Anti-Bullying Committee for two years and worked to grow the group as well as plan activities and keep things organized.

Jasmine Howard, senior at Centreville High School

Howard organized members of the Centreville Key Club to sell 240 wristbands from Guatemala, made out of leather and pieces of coconut shell with colored string, raising \$1,700 in sales and donations that went back to the wristband artisans and disadvantaged foreign youth.

Shaan Chudasama, senior at Chantilly High School

Chudasama co-founded and is vice president of Young at Art, a non-profit organization using art-related activities to improve the quality of life of seniors, less fortunate children and veterans. With his sister, the other co-founder, they’ve partnered with the Special Olympics and Sunrise Assisted Living.

Vanessas Mae Avendano, senior at Falls Church High School

Avendano is vice president of Falls Church’s Lesbian, Gay, Bisexual and Transgender club and also founded Falls Church High School United, a group of clubs united to spread peace and acceptance. The group has produced a series of videos deal-

ing with anti-bullying and giving respect.

Sabah Munshi, senior at Hayfield Secondary School

Munshi helped organize a project called Walking for Water and raised both awareness of the world’s water crisis and more than \$2,000 for the Tap Project by UNICEF. She has also volunteered at Virginia Hospital Center in the renal unit.

Surabhi Khanal, senior at Herndon High School

Khanal has been a member of the Herndon Leo Club and founded MedLove, Inc, a non-profit organization with the mission of helping rescue women in the United States and abroad who are human trafficking victims. Through the Key Club, Khanal and other students also organized a benefit gala to raise awareness of local trafficking and \$3,000 for combatting HIV and AIDS in her native Nepal.

Naba Khan and Shafia Tala, juniors at King Abdullah Academy in Herndon

Khan and Talat founded the organization Women of the World (WOW) to promote women’s rights and help women struggling with homelessness, hunger, oppression or abuse. Some of their projects include opening a sewing institute in Nalgona, India and fundraisers involving the whole student body.

James Hunstad, senior at Lake Braddock Secondary School

Hunstad set up a Special Olympics program at Lake Braddock, starting with a basketball team and adding track and field. She coaches both teams, and also helped the Rachel’s Challenge program find a presence at her school. Rachel’s Challenge deals with stomping out bullying and promoting tolerance and inclusion.

Donya Momenian and Chrissie Ivanova, seniors at Langley High School

The two seniors co-founded a chapter of the Girl Up Club at Langley, growing it from two to 30 members who meet bi-monthly. The national and international club empowers young women in education, fundraising,

advocacy and service, as well as runs development programs in Guatemala, India, Liberia, Malawi, Uganda and Ethiopia.

Naomi Soquar, senior at Robert E. Lee High School

Soquar helped found a chapter of the Amnesty International Club at Lee — she currently serves as its president. She led club members and volunteers in writing letters against human rights violations, which in one case contributed to two political prisoners in the Democratic Republic of Congo being released. Soquar also serves with Girls Learn International, the Capital Area Food Bank and Habitat for Humanity.

Sean Doyle, senior at James Madison High School

A member of Madison’s Amnesty International Club Doyle is coordinating activism with others on such issues as abolishing the death penalty, reducing gun violence and police brutality, and convincing the Vienna Town Council to make Vienna a “I Welcome Refugees” town.

Aidan Kemp, senior at George C Marshall High School

Kemp is the lead senior mentor for the Marshall Freshman Transition program and does community service work through St. Thomas Episcopal Church in McLean.

Josh Leong and Sam Gollob, juniors at McLean High School

The two juniors created a 10-minute film documenting the struggles of Herman Wainggai, a human rights advocate from West Papua who escape political imprisonment by taking a boat to Australia. “Herman Wainggai: A Hidden Genocide” premiered at the Garifuna Indigenous Film Festival in Los Angeles in April, 2016.

Yosaph Boku, senior at Mount Vernon High School

Boku helped create a program that teaches disadvantaged youth and adults in his community computer skills. The senior also gives groups of counselors feedback, suggestions for encouraging more minority students to take advantage of advanced

Peace Awards Presented

FROM PAGE 4

courses.

Roza Al Barznji, senior at Mountain View Alternative High School

Al Barznji came to the United States three years ago as a refugee from Northern Iraq, and works to help her classmates understand her Kurdish heritage using photography. She's also published seven stories about her own journey becoming a Kurdish American, the people of Syria and refugees in American communities, as well as made a documentary about American Thanksgiving traditions.

Members of Blossoming Beauties at Quander Road School

Young women in the Blossoming Beauties program work on both becoming more well-rounded and confident, as well as carrying out school and community projects together. In 2016, the group raised money for Bethany House shelter for female victims of domestic abuse; they've also also produced fleece blankets for New Hope Housing and their mission to end homelessness. In 2017,

Blossoming Beauties is collaborating with A Space of Her Own to target and support fifth grade girls avoiding delinquency.

Narjes Bencheikh, senior at South County High School

The South County senior helped co-found a Muslim Student Association and International Club at her school. The 50-person Muslim Student Association carries out role-playing exercises and discusses issues encountered in the community.

Emily Lockwood, senior at South Lakes High School

Lockwood mentors freshmen transitioning to high school and coaches track for children with special needs. For a school assignment, she worked with the Institute of Peace in Washington, D.C., to find primary and secondary sources looking at improving state and societal relations in Myanmar (Burma).

Maiss Mohamed and Deema Alharthi, juniors at JEB Stuart High School

The Stuart juniors revitalized their school's Model United Nations Club and have become active with Students in Training for



PHOTO BY TIM PETERSON/THE CONNECTION

The Student Peace Awards are offered in all Fairfax County public high schools and some private schools. Schools choose their winners based on their work to promote peace as well as prevent causes of violence: poverty, discrimination and injustice. This year's awards were given out March 12 at the Stacy Sherwood Community Center in Fairfax.

Advocacy and Responsibility. They also participate in Key Club, Girls Up and Interact, and volunteer with groups including the Virginia Coalition of Latino Organization.

Members of TJ Minds Matter, Thomas Jefferson High School for Science and Technology

The student-led group offers support for handling stress and disappointment, and provides resources for learning how to engage with someone in a crisis and non-crisis situation. TJ Minds Matter

hosted a Mental Wellness Week in January this year, including days dedicated to random acts of kindness and stomping out stigma (surrounding mental illness).

Students with Combatting Intolerance at West Potomac High School

The Fairfax County class Combatting Intolerance was created in 2015 — West Potomac teacher Robert Kerr molds the curriculum around social justice topics, racism, sexism, welcoming immigrant and refugee students, and advo-

cating for the rights of lesbian, gay, transgender and asexual students, staff and other people in the community. The 22-member class raises money to support small local non-profits and sponsored a school-wide Diversity Week.

Rodney Wrice, senior, and Audrey Wever, junior, West Springfield High School

Friends Wrice and Wever started a kindness campaign using candy bars and sticky notes to encourage positive messaging around the time of the 2016 Presidential election.

THE CONNECTION Newspapers & Online

SENIOR LIVING

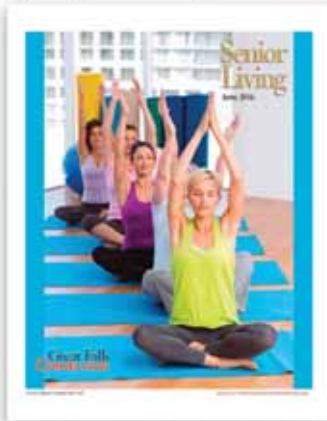
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MARCH 25TH

HOME RENOVATION

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Seminars run from 10am-12pm. Lunch to follow.
Please arrive at 9:45am for check-in.
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Stop Bullying Federal Workers

BY U.S. REP. DON BEYER (D-8) AND
U.S. REP. GERRY CONNOLLY (D-11)

Republicans hold control of all three branches of government, and therefore have a responsibility to lead the civil service that employs millions of Americans, and every American relies upon for myriad services. The overwhelming majority of federal workers are hardworking people who devote themselves to public service. They secure borders, keep food safe, advance scientific and medical research, deliver our mail, and provide care to many of us, including our veterans.

Republican leaders have repaid this service with repeated attacks.

In 2013, they shut down the government as a political stunt, and came hours away from doing it again in 2015 at the Department of Homeland Security. They enacted the Budget Control Act, which ultimately led to Sequestration, cutting the budget of every federal agency with the surgical precision of a meat-ax.

But since Republicans acquired total control over government, their treatment of federal workers has been beyond the pale.

On the first day of the new Congress, House Republicans passed a rules package over our loud objections containing a reinstatement of the Holman Rule, which would potentially allow Congress to engage in political retribution against federal workers by reducing any given employee's salary to \$1. Only three Republicans opposed the measure on the floor, none from Virginia or Maryland.

The Holman Rule was especially troubling in light of the new administration's so-called "enemies list" of employees who had worked



Beyer



Connolly

on specific policy areas for the Obama Administration, such as climate policy.

As one of his first actions, President Trump announced a hiring freeze for federal workers. This is terrible policy and a mindless approach to management that dodges hard decisions.

The Government Accountability Office studied past hiring freezes and found them "not effective." The government is more likely to rely on overtime and contract work, which often costs taxpayers more. Meanwhile, tens of thousands of Americans have total uncertainty in their professional lives. Agencies are unable to make efficient, long term plans, driving up costs and hurting morale. Over time, Americans trying to manage social security benefits, travel in airports, or secure healthcare will see the impact of this freeze when benefits are not mailed or airport security lines move much more slowly.

Two other classes of citizen are hit particularly hard: people with disabilities and veterans.

In 2015, due to Obama Administration initiatives, 19 percent of the federal government's new hires were people with disabilities. The federal government has hired

109,000 people with disabilities in the past five years.

Veterans stand to be among those hardest hit by the hiring freeze. The Veterans Administration is one of the largest federal employers, but is also significantly understaffed. Delivering the care promised to those who served in the armed forces depends on having effective staff to deliver that care.

Over 30 percent of the civilian federal workforce is made up of veterans, a number which has grown consistently as agencies prioritized hiring vets. Many of the positions held vacant by the hiring freeze would have gone to vets, and the progress we have made on veteran unemployment will be halted.

Contrary to this administration's claims, the federal workforce is dwindling as a share of the population. And 85 percent of federal workers are located outside the beltway. It is also aging, and over a third of the current feds will be eligible for retirement by September. Federal workers have been treated as a piggy bank by Congress for years now, their pay raises delayed or denied, they've been furloughed and had their benefits cut. Now their morale is hit by politicians who make them a political punching bag. A bill just proposed in Congress would make all federal workers "at-will" employees, exposing them to political retribution and punishment by a hostile administration without recourse.

The federal workforce is not, as Mr. Trump has said, a "swamp." It is a group of committed Americans who serve us, and they deserve better from Congress. The Republican Party has total control over the levers of government. Will any of its leaders have the decency or the courage to fight for the civil service which serves us all?

Virginia's Reputation as a Gun-Running State Returns

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



A headline in the New York Times in December, 1992 proclaimed that "Virginia Aims to Shed Image as a 'Handgun Supermarket.'" The Commonwealth got that reputation when a Federal Bureau of Alcohol, Tobacco and Firearms study found that one of every four guns used in a crime whose origins could be determined had been bought in Virginia stores. In Washington, D.C., one in three traceable guns had been bought in Virginia. Gov. L. Douglas Wilder was quoted in the news story as saying that "Virginia is the No. 1 source for handguns on the East Coast, and we must stop the trafficking or become known as the 'Grim Reaper State.'" The

United States Attorney for the Eastern District of Virginia at the time was reported as saying that, "No other East Coast state has gun laws as lax as Virginia's laws—not South Carolina, not Georgia, not Florida. Nobody. This has to stop!"

I was in the House of Delegates and supported Gov. Wilder in getting a one-gun-a-month purchasing limitation law passed in 1993. I have been in the House in the period since then and have watched in opposition as the gun supporters passed exemption after exemption to the limitation until in 2012 they repealed the law with Gov. Robert McDonnell signing the bill to repeal it.

Last week an Associated Press headline brought back the theme from 1992: "NYC cops thwart gun ring that exploited looser Virginia

laws." Twenty-four people including 22 from Virginia were charged in a 627-count indictment for trafficking guns bought in Virginia and sold in New York.

The traffickers were caught on wiretaps. One was quoted by New York authorities as saying, "There's no limit to how many guns I can go buy from the store. I can go get 20 guns from the store tomorrow. I can do that Monday through Friday. They might start looking at me, but in Virginia, our laws are so little, I can give guns away."

As we work to build the image of the state to attract business and industry and to break free from an Old South reputation, events like last week bring back references of Virginia being the gun-running capital of the East Coast. The repeal of the one-gun-a-month law is but one example of a series of bills that have been introduced to weaken Virginia's gun safety laws.

There were other bills that nipped away at the few gun safety laws that remain. Fortunately in the last three years and again this year we have had Gov. Terry McAuliffe to veto these bills. The influence of the gun lobby led by the National Rifle Association and the Virginia Citizens Defense League is enormous. With few exceptions the members of the majority party fall in line to support or defeat bills as directed by the gun lobby. My background check bill supported by about three-fourths of voters and the Governor cannot get past a subcommittee where it is continually defeated on a straight party-line vote four to one. Too bad we have not learned from history!

To better appreciate the debate that goes on about gun laws in Virginia, watch the video at www.youtube.com/watch?v=9XAMBhSZW&feature=youtu

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Practice Makes Perfect

Local educators share strategies for getting children to practice music.

BY MARILYN CAMPBELL
THE CONNECTION

When Linda Guly's son reached high school age and asked to quit his clarinet lessons, the Arlington mother of four declined his request.

"My son Timmy is an excellent clarinet player. The philosophy I've established in my house is that music is part of your overall education like science or math, so you can't just quit," said Guly, saxophonist, former music teacher and professor of psychology at Marymount University.

During the month of March, which is designated as Music in our Schools Month, educators highlight the benefits of quality music education programs. Part of a music education is practice, encouraging that in children can be daunting for some parents.

For children who play a musical instrument, regular practice is not only a path toward proficiency, it helps establish discipline that is useful in other areas of one life's. This habit, however, must be established purposefully says John Kilkenny, assistant professor of music at George Mason University. "Treat practice time like a part of child's daily routine," he said. "They have to have a consistent time for practice. For example, they come home from school each day, have a snack and practice for 30 minutes."

One key to keeping children motivated to practice is setting goals, be they long-term or for the current practice session. "Goal-oriented practice for younger kids, like a recital to work toward, for example is a good motivator," said Kilkenny. "The biggest thing is consistency, practicing at or near the same time every day just like everything else they do so that it becomes part of their routine."

For practice sessions to be effective, they must be organized and purposeful. This is another area where goal setting can be useful says, Ann McCoy, who teaches piano and violin in her Bethesda, Md. home. "Maybe a goal for a child who is working on a par-



Fifteen-year-old Timothy Guly plays Christmas music with fellow clarinetists. His teacher brings together all her clarinet students to perform with each other several times a year.

"Treat practice time like a part of a child's daily routine. They have a consistent time for practice."

— John Kilkenny, George Mason University

ticularly difficult piece of music could be to spend their practice time perfecting three or four measures," she said. "Rather than focusing on practicing for a set amount of time, they could practice until they can play the three measures perfectly and then they're finished for the day. That is more effective than saying sitting for 30 minutes without accomplishing something specific."

Adding a light-hearted element to practice, which can be seen by some children as laborious, also encourages students to practice. "There should be some sense that play-

ing the instrument is supposed to be fun and students should ... have some flexibility beyond a rigid experiences," said Kilkenny. "It shouldn't feel like it's a negative experience."

For parents who have trouble getting a child to start a practice session, McCoy recommends trying different times of the day. "For example, I had one mother who had screaming matches with her children to get them to practice after they'd finished their homework in the evening," she said. "She changed their practice time to the morn-



PHOTOS COURTESY OF LINDA GULY

Twelve-year-old Christopher Guly prepares for an audition with the Arlington Junior Honors Orchestra.

ings after breakfast, but before they left for school. That made a huge difference in their willingness to practice because they were rested and in a better mood."

Parents should be realistic about their child's temperament and musical talent said Guly. "A child is only going to enjoy playing an instrument if they're good at it and parents have to be realistic about that," said Guly. "Music isn't easy for everyone."

Choosing a teacher who is a good fit for one's child can have an effect on their desire to practice. "Ask around for recommendations, but find a teacher who inspires their students," said Guly.

"It's important to make sure the teacher is somebody who is credentialed and has degrees in music and also that they're continuing to be engaged professionally as teachers and performers," added Kilkenny. "Usually in terms of choosing a teacher, parents and children should have an opportunity to try a sample private lesson."

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Nancy Lee, of Reston, a third-year biology major, has received an undergraduate research award at the University of Virginia.

Nojan Rostami, of Reston, a third-year political and social thought and foreign affairs double major, has received an undergraduate research award at the University of Virginia.

Ethan Kappel, of Reston, was named to the dean's list at George Mason University (Fairfax, Va.) for the fall semester of the 2016-2017 academic year.

Jayadeepthi Pitla, Kartheek Nagulapati, Milcah Sharon Chinnam, Naga Manjunath Sriram, Prithvi Krishna Reddy Vuppula, Rachana Ennam, Rakesh Vaidya, Sai Sameeraz Dhavaleswarapu and Venkat Guntaka, all of Herndon, graduated from the University of Central Missouri (Warrensburg, Mo.) in December 2016.

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CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Slave Life Exhibit. Through March 31, various times at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. \$7 adults, \$6 students, and \$5 seniors and children age 5-15. Artifacts excavated from around Sully's 18th-century slave cabins. Visit www.fairfaxcounty.gov/parks/sully-historic-site/ or call 703-437-1794 for more.

Mosaic Art with Anita Damron. Mondays through April 3, 10 a.m.-1 p.m. at ArtSpace Herndon, 750 Center St., Herndon. All mosaic methods taught in this class. \$200 + a \$50 supplies. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Ice Skating in the Pavilion 8 a.m.-11 p.m. open daily through March. College Night Skate, Rock N Skate, Cartoon Skate at the Ice Skating Pavilion Every Thursday, 6-9 p.m.; every Friday, 8-10 p.m. Skate Shop, 1818 Discovery Street, Reston Town Center. 11900 Market Street. Receive \$2 off admission with valid college ID. Live DJ & music, games & prizes; skating continues until 11 pm. Share the ice with Scooby-Doo, Cat in the Hat and more. 703-709-6300 skating@restontowncenter.com restontowncenter.com/skating

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

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

"A Bird in the Hand" through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

Teen and Adult Art Classes

ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

THURSDAY/MARCH 16

Farm Animals Bedtime. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn how animals such as cows, pigs and goats get ready for some shut-eye. Bring a flashlight or lantern along, and please dress for the weather. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

MARCH 17-19

From the Mouths of Monsters.



Maestro Fleary and the Orchestra will perform the "With Youth in Mind: Birds, Bees and Odditease," show on Sunday, March 19, 4 p.m at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Visit www.restoncommunitycenter.com for more.

Various times at Herndon High School Auditorium, 700 Bennett St., Herndon. \$5 for students, \$15 for adults, appropriate for students in grades 7-12. Visit herndonhighschooltheatre.ticketleap.com for more.

MARCH 17-APRIL 1

Emerging Visions:

Interactions. Various times at the Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston. After viewing Shih Chieh Huang: Synthetic Transformations, students were asked to explore different interpretations and aspects of interactions. The final selections will be on view in the gallery. Opening reception, March 18, 6-8 p.m. Visit restonarts.org or call 703-471-9242 for more.

SATURDAY/MARCH 18

Family Fun Saturdays.

Throughout the day at Fountain Square, Reston Town Center, 11900 Market St., Reston. Activities include:

- ❖ Horse Carriage Rides noon-5 p.m.
 - ❖ Free Funnel Cakes, 1 p.m., while supplies last
 - ❖ Meet Reston Town Center Mascot, "Resty" the Dog
- Visit cornerstonesva.org/rest-on, email ON@cornerstonesva.org, or call Cornerstones at 571-323-9555 for more.

St. Patrick's Day Party. 6-9 p.m., at St. Veronica's Church parish hall, 3460 Centreville Road, Chantilly. A family event that includes food, drink, sing-alongs, Irish dancers and plenty of smiling Irish eyes. Adults \$7, Children \$5, drinks extra. Visit www.stveronica.net/ or call 703-773-2000 for more.

Opening Reception. 6-8 p.m. at Greater Reston Arts Center, 12001

Kids' Trout Fishing Day, Saturday, March 25 from 8 a.m.-noon at Sugarland Trail Stream behind the Herndon Police Station, 397 Herndon Parkway. Stream will be well stocked with hundreds of trout. All necessary equipment will be provided and Trout Unlimited members will help clean the fish. Registration is required. Ages 2-12. To register, reserve a fishing rod go to bit.ly/2017TroutFishingDay. Call 703-435-6800, ext. 2106 or Tim.Lander@herndon-va.gov for more.



PHOTOS CONTRIBUTED

On Thursday, March 23, Beverly Cosham sings cabaret favorites 2:15-3:30 p.m at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Visit www.restoncommunitycenter.com for more.

Market St., Reston. Emerging Visions: Interactions featuring works of art created by Fairfax County students from Herndon, South Lakes and Oakton High Schools, on exhibit through April 1. Visit www.restontowncenter.com for more. Visit restonarts.org or call 703-471-9242 for more.

SUNDAY/MARCH 19

Maker Faire NoVa. 11:00 a.m. until 5 p.m. at South Lakes High School and Langston Hughes Middle School,



PHOTO CONTRIBUTED

11400 South Lakes Drive, Reston. Tech enthusiasts, inventors, entrepreneurs, educators and curious minds. Visit nova.makerfaire.com/ for more.

Opening Reception. 3-5 p.m. at ArtSpace Herndon, the Art Gallery and Performance Space, 750 Center St., Herndon. "There's No Place Like Home" exhibit by members of the Great Falls Studios, on display March 14,-April 8. Visit ArtSpaceHerndon.com for more.

Maestro Fleary and the Orchestra. 4 p.m at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. "With Youth in Mind: Birds, Bees and Odditease" show. Visit www.restoncommunitycenter.com for more.

TUESDAY/MARCH 21

Design and Wine Workshop. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Artist Ronni Jolles will be teaching the technique she's developed over the past 16 years called "Painting with Paper." Call 703-956-9560 or visit www.artspaceherndon.com for more.

Runaway Home Concert. 7:15 p.m. at the Folk Club of Reston-Herndon, 110 Devil's Backbone Overlook, Stephenson. Guitar, fiddle and vocals give the group a rock-country sound. \$12 Members, \$13 Non-members. Email DAHurdSr@cs.com for more.

THURSDAY/MARCH 23

Cabaret Singer. 2:15-3:30 p.m at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Beverly Cosham sings cabaret favorites. Visit www.restoncommunitycenter.com for more.

Sip, Shop, and Stroll. 7-9 p.m. at Reston Town Center, 11900 Market St., Reston. Shopping event that includes one night only offers, gifts, and giveaways. Free. Visit www.restontowncenter.com for more.

FRIDAY/MARCH 24

Student's Short Films. 7-9:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Nine short films from the Film and Video Studies curriculum at George Mason University. \$20. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Bluegrass Concert. 8 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Eddie's wife Martha adds her vocal talent to the group and the resulting sound of this trio is a hit, whether singing or playing instrumentals. \$15 children 12 and younger free. Call 703-435-8377 for more.

SATURDAY/MARCH 25

Kids' Trout Fishing Day. 8 a.m.-noon at Sugarland Trail Stream behind the Herndon Police Station, 397 Herndon Parkway. Stream will be well stocked with hundreds of trout. All necessary equipment will be provided and Trout Unlimited members will help clean the fish. Registration is required. Ages 2-12. To register, reserve a fishing rod go to bit.ly/2017TroutFishingDay. Call 703-435-6800, ext. 2106 or Tim.Lander@herndon-va.gov for more. (Rescheduled from March 18)

Family Fun Saturdays. Throughout the day at Fountain Square, Reston Town Center, 11900 Market St., Reston. Activities include:

- ❖ Mini Train Rides noon-5 p.m.
- ❖ Caricature Artist, noon-4 p.m.
- ❖ Free Sweet Treats, 1 p.m., while supplies last

- ❖ Balloon Artist 1-4 p.m.
- ❖ Meet Reston Town Center Mascot, "Resty" the Dog

Visit cornerstonesva.org/rest-on, email ON@cornerstonesva.org, or call Cornerstones at 571-323- 9555 for more.

SUNDAY/MARCH 26

Choral Symphony. 3 p.m. at the Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. The Reston Chorale and the Piedmont Symphony Orchestra, under the baton of Maestro Glenn Quader, will be performing Beethoven's Symphony No. 9, the "Choral Symphony." Visit www.HyltonCenter.org for more.

Women's Choral Festival. 4-6 p.m. at the Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Featuring the Oakcrest School Girls Concert Chorus along with piano and string quintet. Call 703-620-1977 for more.

TUESDAY/MARCH 28

Reston Art Films. 7:30 p.m. at CenterStage, Reston Community Center, Hunters Woods Village Center, 2310 Colts Neck Road, Reston. Watch three films by film director Rebekah Wingert-Jabi, a Peabody Award recipient and Reston native. Visit www.publicartreston.org for more.

WEDNESDAY/MARCH 29

Raul Midón Concert. 8:00 p.m. at the CenterStage, Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Singer/songwriter/multi-instrumentalist playing from his ninth album, "Bad Ass and Blind." \$15 Reston/\$20 Non-Reston. Visit www.restoncommunitycenter.com for more.

SATURDAY/APRIL 1

Watershed Cleanup Day. 8 a.m.-noon at Runnymede Park, 195 Herndon Parkway. Runnymede Park and Sugarland Run watershed cleanup day and shred. Volunteers should dress for the weather, wear boots with sturdy soles, and bring work gloves, and there will be a free secure document shred truck on the premises too. Visit tinyurl.com/HerndonCleanup or call 703-435-6800 x 2014 for more.

SUNDAY/APRIL 2

Tidewater Guitar Quartet. 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Tidewater Guitar Orchestra members John Boyles, Sam Dorsey, Todd Holcomb and Cliff Morris have recently come together with guitars. Call 703-956-6590 for more.

SATURDAY/APRIL 8

Classical Ballet Theatre. 7:30 p.m. at CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Complimentary pre-performance cocktails at 6:30 p.m. Visit www.cbtnva.org or call the box office at Box Office: 703-476-4500.

APRIL 11-13

Spring Break Art Camp. 8:30 a.m.-12:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Art teacher Emily VanDeburgh will focus on drawing, acrylic painting, and mixed media with an emphasis on specific styles and master's work. Call 703-956-6590 or email jdimambro@artspaceherndon.com for more.

NEWS

Reston Hospital Center Performs Total Knee Replacement Using Mako Technology

HCA Virginia's Reston Hospital Center is the first hospital in the region to offer Mako-Robotic-Arm Assisted technology for total knee replacement surgery. Mako Technology is the latest innovation in total hip, partial knee and, now, total knee replacement surgery.

The highly advanced, surgeon controlled robotic arm system aids in the accurate alignment and positioning of hip and knee implants. The hospital first acquired the Mako Technology in 2015 for use in both partial knee and total hip replacements.

Now, The Total Joint Center at Reston Hospital Center is the first in the region to offer patients the Robotic-arm assisted technology for total knee replacements.

Dr. Bradley Boyd, Orthopedic Surgeon at Reston Hospital Center, is the first in the region to use the Mako Total Knee Application to perform a total knee replacement. "The advantages of the Mako Technology allow me to combine a preoperative 3D model CT scan with intra-operative robotic templating. This enables an extremely accurate alignment of

the knee components and leg length, fitting each patient's unique anatomy," said Boyd.

"The addition of the Mako Total Knee Application to our current system is a direct reflection of our commitment to providing the best outcomes for our patients," said John Deardorff, President and CEO of Reston Hospital Center. "It is our goal to remain at the forefront of technological advances in surgery so that we can continue to give our patients and medical staff access to the latest in surgical care."

Reston Hospital Center's Institute for Robotic Surgery boasts the most comprehensive robotic surgery program in the Mid Atlantic.

In addition to the Mako Technology, Reston Hospital Center is the only hospital in the region to use the Mazor X for spine surgery and house both a da Vinci Si and da Vinci Xi, enabling complex surgeries to be performed using a minimally invasive approach.

For more information about Reston Hospital Center visit restonhospital.com.



The Picklin' Grannies

Picklin' Grannies, at Providence Senior Center, laugh and smile a lot but when they play pickle ball, it's all business. The team consists of Cecilia Nee from Vienna, Sun Yung of Fairfax, and Ursula Nogic of Reston. They play the game for the fun and camaraderie, as well as the health benefits. Their coach, Helen White, is a Pickleball National Champion and USAPA Mid-Atlantic District Ambassador.

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Oakton High School
Saturday, March 18
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Co-sponsored by Supervisor Linda Smyth and Oakton HS Marketing Department

South County Secondary School
Saturday, April 29
11 am to 1 pm

Co-sponsored by Supervisor Dan Storck, South Fairfax Chamber of Commerce, South County Federation, and South County Secondary School

To register as an employer or student, or for more information, please visit www.fairfaxcounty.gov/springfield/teenjobfair.htm

"Literatti"

By KENNETH B. LOURIE



A not-so-necessarily fashionable set of people involved in the care and feeding of cats; more specifically, the purchase, cleaning, replenishing and discarding of their leavings/litter.

At present, and going on for nearly five years now, we live with five indoor cats: brothers Biscuit and Chino, siblings Andrew and Sloane, and one single female named Twinkle. Having lost our previous cat, Smokey, prematurely to outside effects: cancer at age 10, we decided on our next feline go 'round, that we would not let them out. It's much healthier for the cat, we were told, and so as our current brood grew, we committed to keeping them all inside. And inside cats, like Forrest Gump in The White House, have to go. And if their box/boxes are not cleaned and refreshed regularly, you might not be so happy about where they do go. Therefore, to avoid the inevitable, we are extremely litter centric. Although we may not have the requisite number of boxes available for their disposal (the unofficial mandate is one box per cat), nevertheless, we try to be extra busy with the task at hand. After years of this arrangement, the cats and our house seem none the worse for wear. It's not exactly a small price to pay (litter is not inexpensive and its weight sometimes makes for an awkward transport home), but there is absolutely no alternative.

With respect to the cats' litter box-use and occasional abuse, their behavior really is remarkable. Getting them to use their litter box doesn't require any training per se, as in house-training a puppy. In our experience, it's simply been a matter of availability and proximity, though I can't say for sure if unboxed residue has anything to do with location. If anything, it has to do with their owners negligence in providing a freshly scooped box. All we have ever done is place the kitten in the litter box and then they seem to know how to do the rest. Except for the cleaning of the box. They don't exactly fend for themselves. However, so long as the owners scoop and refill regularly, the cats are relatively low maintenance. The litter box remains high maintenance though.

To secure that maintenance, there are a few tools of the trade to consider. One is the litter scoop. Having broken numerous plastic scoops over the years, I made a commitment (in money) years ago to an industrial strength, commercial grade-type scoop; a metal scoop with a rubber handle. I haven't looked backwards since or forwards in a store. That scoop has been indestructible and has been worth every penny/dollar of its extra cost. My advice: don't skimp on the scoop.

As for litter boxes, size probably does matter, so far as avoiding "unpleasantness" is concerned. As to using boxes with covers (rather than the standard open-air boxes) or moving parts, recently, for the first time in our respective 50 years or so of cat ownership/accommodation, we bought a box with a cover and a swinging flap, providing the cats privacy, and access to go in and out (like a doggie door) and also to control litter spillage and to manage odors. Skeptical at first about the cats' likely reaction, within a very short time, all five were "flapping" and "littering" without any further adieu or mess. Initially, I thought the flap would intimidate them and the cover would crowd them. Moreover, I thought one or another would have a problem with something or other causing us to scrap the whole project. Amazingly, the exact opposite has transpired.

As much of a success as the metal scooper has been for me, I am now able to add, without any hesitation or reservation, that the cover/enclosed box with the plastic flap has similarly breathed fresh air (literally) into our multi-cat, litter box existence. There's also a charcoal filter in the box to absorb odors (to which we've likely gone nose-blind). Turns out to be a win-win, when one (this one in fact), might have thought (did think) it would be a lose-lose. However, unless we remain vigilant with the scooper, this situation could certainly take a turn for the worse.

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

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To have community events listed in the *Connection*, send to connectionnewspapers.com/Calendar/ by noon on Friday.

WEDNESDAY/MARCH 15

Home Buying Basics. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Find out what every new buyer needs to know from planning to financing, to shopping, to closing. Free. Visit www.fairfaxcounty.gov/library for more.

ONGOING

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778 for more.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

Hypothermia Prevention: An Emergency Program for the Homeless. To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning Sept.13 through Jan 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer

opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Submit a Nomination for Volunteerism & Community Service Awards The Virginia Governor's Volunteerism and Community Service Awards is looking to recognize individuals and groups whose volunteer activities contribute to the life and welfare of Virginia citizens. There are a variety of categories for both individuals as well as groups so if you have a special volunteer in your organization or know of a group that should be nominated, please visit the website to get started: <http://virginiasservice.virginia.gov/volunteering/governors-volunteerism-awards/>

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/ Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Habitat Heroes Project. The fourth Saturday of each month from 10 a.m. - noon. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

ARTSPACE HERNDON. ArtSpace Herndon needs volunteer docents to greet guests, answer the phone and complete sales during normal gallery hours. Volunteers are also needed a few hours each month to assist with exhibit installation and special performing arts events. Training is provided. Flexible shifts are available. For additional information see our website www.artspaceherndon.com. Or contact us at 703-956-9560, volunteer@artspaceherndon.com. ArtSpace Herndon, 750 Center Street, Herndon.

Prepare for Spring

With spring nearing, the Fairfax County Master Gardener Association (FCMGA) is spreading gardening news and fostering camaraderie amongst area gardeners. The FCMGA have set up plant clinics in various places around

the county, booths at farmer's markets and libraries, and a help desk located at Government Center, Pennino Building (10th floor) to offer free, unbiased, and research-based advice on selecting and caring for ornamental plants, vegetables, and lawn. Residents can take advantage of in-person answers to gardening questions, plant and insect identification, soil tests, and more. For a fee of \$30, FCMGA volunteers will visit the homeowner's property to assess the general condition of the turfgrass, survey and identify major weeds, measure the lawn area, take a soil sample and provide recommendations. FCMGA also has speakers come out to citizens groups and HOA meetings to highlight a wide range of gardening topics. For exact times and locations, check out the plant clinic schedule on the FCMGA website: <http://fairfaxgardening.org/plant-clinics/2017-plant-clinic-schedule>.





A bit of attitude. The Fairfax County Board of Supervisors poses after their appearance at the Leadership Fairfax Breakfast with the Board.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Patricia Harrison, Fairfax County Deputy Executive, (middle) receives the Katherine K. Hanley Award for Public Service from Rodney Lusk, and award namesake Katherine Hanley.

Leadership Fairfax Hosts Breakfast with Supervisors

BY ANDREA WORKER
THE CONNECTION

On Friday, March 10, Leadership Fairfax (LFI) held its annual Breakfast with the Fairfax County Board of Supervisors for the 26th time. The county's governing elected officials are usually only captured on film in their professional personas, but this time each supervisor was announced in the style of a college hoops star a la March Madness. One after the other they high-fived, fist-bumped and attitude-gestured with an LFI partner as they made their way to the dais.

There were more laughs during the "Ask the Supervisors" portion of the program, particularly when the speakers were asked to name their favorite childhood snack food. Supervisor Kathy Smith, Sully District, confessed to something with white bread and sugar to looks of horror from some of her colleagues.

Moderator Casey Veatch, principal of Veatch Commercial Real Estate, balanced humorous interludes with serious questions. The supervisors were called upon to highlight some of the county's successes in 2016, as well as the obstacles that were faced and that may still lie ahead. "We're going to get news you can use today. No fake news here," he said.

CHAIRMAN SHARON BULOVA rose to the challenge of presenting a State of the County address in less than three minutes. The establishment of a civilian Police Review Panel, whose nine members were recently announced, was one of the year's high notes, according to Bulova. The panel "will act as an independent portal for residents to submit concerns or complaints and will promote further transparency in our community policing," she said.

Bulova also spoke of the success of the Diversion First program, which kept 375 people from potential arrest in 2016. Diversion First is designed to seek alternatives



Supervisor Cathy Hudgins (D-Hunter Mill) gets into the swing of things during her introduction.

to incarceration for persons with mental illness or developmental disabilities who come into contact with the criminal justice system for low-level offenses. "It's the right thing to do," she said, "to get people assistance instead of jail time where possible," and it also saves county dollars and police resources.

After Bulova's remarks, Veatch called for a "speed round," with each supervisor commenting on an important project, event, or challenge. Some of their responses included:

❖ John Cook (Braddock) – Continuing the work of the Diversion First program.

❖ John Foust (Dranesville) – Economic Growth Fund. Foust supports providing start-up and entrepreneurial funds and "maker spaces" to make Fairfax a leader in diverse economic innovation. He encouraged everyone to read the county's eco-

nomics success strategic plan.

❖ Penny Gross (Mason) – Environmental protection and energy efficiency are critical, particularly with threatened cuts to the Environmental Protection Agency and similar organizations.

❖ Pat Herrity (Springfield) – The growing opioid abuse and deaths crisis. "It's in your neighbourhood. A partnership for awareness, prevention and treatment" is needed.

❖ Cathy Hudgins (Hunter Mill) – Washington Metropolitan Area Transit Authority (Metro) improvements. "We need to remember that 1.1 million services were provided during the Inauguration and the Women's March in January without incident," but there are no federal funds for maintenance and operations for Metro, although 45 percent of its riders are government workers. "We need everyone involved

in the funding."

❖ Jeff McKay (Lee) – "One Fairfax is one of the most important things we've done." In a joint resolution with the Fairfax County Public Schools Board, the supervisors passed the written policy that demands all policies and decisions be put to the test, using a "lens of equity." "A zip code shouldn't determine your potential," McKay insisted.

❖ Kathy Smith (Sully) – Working on the Fairfax County Zoning Ordinance, which hasn't been amended since 1978. "There are processes to make changes, but it takes too long and inhibits growth." And, she noted, "We're getting a Wegman's in Sully District."

❖ Linda Smythe (Providence) – Continue efforts to revitalize communities like Merrifield. "Has anyone been to Mosaic? That's what can be done."

❖ Daniel Storck (Mount Vernon) – Promoting public/private partnerships that are having significant success in his district with "gateway projects" and school innovations.

IN ADDITION to putting the Board of Supervisors on the hot seat, this annual event is also the time when the Katherine K. Hanley Award for Public Service is presented. The award's namesake, former Fairfax County Board Chair and Secretary of the Commonwealth Katherine Hanley, was on hand to bestow this year's honor on Patricia Harrison, Fairfax County deputy executive.

With 30 years of service in Fairfax County, Harrison, who oversees the county's human services agencies and programs, "has played an integral role in improving the lives of families in our community," said co-presenter Rodney Lusk of the Fairfax County Economic Development Authority and an LFI alum.

Leadership Fairfax offers three different educational programs: The Signature Program, the Emerging Leaders Institute and the Lifetime Leaders program for those newly retired or preparing to retire. See www.leadershipfairfax.org for more information.