

Rose JULIA Рното ву

March 28-April 3, 2018





## **Public Hearings** Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2019-2024 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. The Commonwealth Transportation Board will take your comments into consideration as it develops the FY2019-2024 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds.

Meeting materials will be available at http://www.ctb.virginia.gov/planning/springmeetings/default.asp beginning April 16, 2018.

> Public meetings begin at 4:00 p.m. in each of the locations except as noted below: A formal comment period will be held at these meetings.

Monday, April 16, 2018 Hampton Roads - Hampton Roads Transportation Planning Organization, 723 Woodlake Drive Chesapeake, VA 23320	Thursday, April 19, 2018 Lynchburg - VDOT Lynchburg District Office Ramey Memorial Auditorium 4303 Campbell Avenue Lynchburg, VA 24501	Tuesday, April 24, 2018 Richmond - Hilton Garden Inn 800 Southpark Boulevard Colonial Heights, VA 23834
Monday, April 30, 2018* Northern Virginia - Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 *meeting begins at 5:30 p.m.	Thursday, May 3, 2018 Staunton - Holiday Inn and Conference Center 152 Fairway Lane Staunton, VA 24402	Monday, May 7, 2018 Culpeper - Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
Tuesday May 8, 2018 Fredericksburg - Germanna Community College Workforce and Technology Center 10000 Germanna Point Drive, Fredericksburg, VA 22408	Thursday, May 10, 2018 Salem - Holiday Inn Valley View 3315 Ordway Drive NW Roanoke, VA 24017	Monday, May 14, 2018 Bristol - Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210

You can also submit your comments by email or mail by May 30, 2018:

For roads and highways: Six-YearProgram@VDOT.Virginia.gov, or Infrastructure Investment Director, Virginia Department of Transportation 1401 East Broad St., Richmond, VA 23219.

For rail and public transportation: DRPTPR@drpt.virginia.gov, Public Information Office, Virginia Department of Rail and Public Transportation 600 East Main Street, Suite 2102, Richmond VA, 23219.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

♦ Reston Connection ♦ March 28 - April 3, 2018

## Obituary

## Stuart H Close

▼ tuart H Close, 57, died March 16, 2018 at his home in Reston. A memorial service was held at the Adams-Green Funeral Home in Herndon onºSaturday, March 24.

Born in Tucson, Arizona in 1960, his family moved to Reston in 1970, where he grew up and continued to live. Stuart was a 1978 graduate of Herndon High School, where he ran cross country, indoor track, and was a member of the "It's Academic" team. He majored in chemistry at Beloit College in Wisconsin, where he also ran cross country.

For the last 31 years, Stuart worked at Professional Services Industries/Intertek in Northern Virginia. At the time of his passing, he was the senior inspector.

Stuart loved running and almost all sports. He loved the Redskins and the Nationals. He also loved listening to classic rock and telling stories. He was well-liked at school and work and was generous with his time and knowledge. He will be deeply missed.

He is survived by his parents, Carl and Martha of Falls Church, and his sister, Carol, of Frederick Md

In lieu of flowers, the family asks that donations be made in his name to the Herndon High School Track and Field Program. Donations may be sent to Herndon High School, Attention: Track and Field, 700 Bennett St, Herndon VA 20170.

## **Blood Donation Opportunities**

Though spring has officially ar-rived, the American Red Cross blood supply is still recovering from severe winter storms in March. Donors of all blood types are urged to roll up a sleeve and help save lives.

Volunteer blood donors from across the country are needed to help ensure lifesaving blood products are available for patients this spring. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities in the area. March 20 to April 15

Herndon 4/4/2018: 9 a.m. - 2:30 p.m., Amazon Web Services, 12900 Worldgate Dr, Suite 800

4/9/2018: 2 p.m. - 7 p.m., St. Timothy's Episcopal Church, 432 Van Buren St.

4/11/2018: 1:30 p.m. - 7 p.m., ArtSpace Herndon, 750 Center St Reston

3/28/2018: 10 a.m. - 3:30 p.m., Reston Library, 11925 Bowman Towne Dr.

4/4/2018: 3 p.m. - 8 p.m., St Thomas a Becket RCC, 1421 Wiehle Ave 4/6/2018: 8 a.m. - 1:30 p.m., U.S. Geological Survey, 12201 Sunrise

tended Stay America, 12190 Sunset Hills Rd Burke

4/2/2018: 3 p.m. - 7 p.m., Abiding Presence Lutheran Church, 6304 Lee Chapel Rd Fairfax

3/28/2018: 12:45 p.m. - 8 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/29/2018: 12:45 p.m. - 5:45 p.m., Fairfax Blood Donation Center,

2720 Prosperity Avenue, Suite 200 3/30/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720

Prosperity Avenue, Suite 200 3/31/2018: 7:45 a.m. - 3 p.m. Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/1/2018: 7:45 a.m. - 2:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/2/2018: 1:15 p.m. - 8:30 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/3/2018: 10:45 a.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/4/2018: 12:45 p.m. - 8 p.m. Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/5/2018: 12:45 p.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/6/2018: 7:45 a.m. - 3 p.m.,

See Blood, Page 12

He has Risen indeed!

## **Easter Services:** 8:30am & 11am Holy Week Thur. & Fri. 7:30pm

**Trinity Presbyterian Church** 651 Dranesville Rd. Herndon, VA 20170 www.trinityherndon.org

Valley Dr 4/6/2018: 9 a.m. - 2 p.m., Ex-



The collective voices of South Lakes High School students as well as those from other students helped lead the charge at the "March For Our Lives" movement to end gun violence.

## Reston and Herndon Students Join 'March For Our Lives'

## Local families demand tighter gun controls.

On Saturday, March 24, hundreds of thousands of students, parents, grandparents, and children from across the country, as well as the local Herndon and Reston areas, participated in the student-led movement, "March For Our Lives." Following the mission statement for the march, they arrived in the streets of Washington D.C "to demand that their lives and safety become a priority ... school safety is not a political issue."

-Mercia Hobson



While cheering along with the crowd, Reston native Julia Rose raises her sign at the "March For Our Lives" demonstration in support of tighter gun control. The event took place March 24, 2018, in Washington D.C.



What's next for Zach Schonfeld, a high school senior from Reston, as he stands in front of the Capitol after finishing the March For Our Lives rally? Registered 18year-olds can vote.

www.ConnectionNewspapers.com



South Lakes High School seniors Jillian Fan and Zach Schonfeld advocate for change during the "March for Our Lives" rally in Washington D.C., March 24, 2018.



(From left) Jesse Lynch of Herndon and Juhi Chandrabhatla and Samantha Lowe, both of Reston.

## South Lakes Seniors Register to Vote

By Bill Bronrott

n response to school shootings and gun violence, South Lakes High School seniors held a voter registration drive in their U.S. History class earlier this month. Jesse Lynch of Herndon and Juhi Chandrabhatla and Samantha Lowe, both of Reston, registered to vote along with many of their classmates. They will turn 18 before November, and look forward to voting for the first time this Election Day. Here is what they said participating in March for Our Lives in Washington, D.C. on Saturday:

Samantha Lowe: "It shouldn't have taken what happened in Florida to make the changes we are calling for. Change has to happen now. I registered to vote, and I'll be voting for the first time in November." Juhi Chandrabhatla: "Marching today shows that we've solidified the movement, and now our politicians will know we are serious. It's not about political parties. It's about making change. Until now, nothing has changed. After today, we will be calling our elected officials, and send out messages on social media. We are going to make sure our friends vote in November."

Jesse Lynch: "Our school recently had a lockdown. Possibly someone with a gun. It turned out to be a false alarm, but it was scary to think that it could happen to you. We should look to other countries that don't have as much gun violence. But, that's not what we are doing. In South Africa, youth protests against Apartheid made a difference. Our voices are going to make a difference on guns."



Juhi Chandrabhatla and Samantha Lowe display a wristband that South Lakes High School students have worn since the student walkout on March 14 that marked one month after the deadly shooting rampage at Marjory Stoneman Douglas High School in Florida.

## Opinion 'Channeling Outrage into Activism'

By Adam P. Ebbin State Senator (D-30)

Ebbin spoke to students at Lewinsville Park in McLean during the walkout on March 14. The students, who attend schools across Northern Virginia, were participating in a rally for gun violence prevention organized by Students Demand Action DMV

following a 17-minute National Student Walkout held that morning at 10 a.m. in memory of the 17 who were killed in the Marjory Stoneman Douglas High School shooting in Parkland, Fla.

'm Senator Adam Ebbin, and I have an "F" rating from the NRA. Across the country, the gun violence prevention movement is being led by students like you. You are doing more than just wearing an orange ribbon, you are taking action and leading a conversation. You are channeling your outrage into activism.

I've been moved and inspired by the bravery and resilience of the young people in Parkland. Today, we are amplifying their message. With your activism, we can make real progress.

Every day, 96 Americans are killed with a gun.

Every 10 hours a Virginian is killed with a gun.

153,000 students have been exposed to campus shootings since Columbine.

For decades, the corporate gun lobby has dictated our gun laws.

Elected leaders at the local, state, and national level can make a difference; implore us all to take action. Hold legislators accountable for their voting records.

While Washington is mired in empty expres- as caveation, killing soft tissue for up to three sions of thoughts and prayers, it's time for state legislators to step up.

I have worked for common sense gun laws for years. This year, over 60 bills addressing gun violence were introduced in the Virginia General Assembly, but every

Commentary one was defeated. Del. Kathleen Murphy [D-34] and have formed a General Assembly Gun Violence Prevention Caucus, but we need more voices - loud voices, informed and passion-

ate voices, particularly voices like yours. I'm here to amplify your voice, to tell you that you don't have to be a voter yet to shape the debate.

Speak up by calling your elected officials. Engage the community by writing letters to the editor.

Get involved at election time.

Register to vote as soon as you are eligible. Stay informed and stay active. Vote.

Repeat until no school in America has to wonder "Who's next?"

Refuse to accept the status quo. Demand an end to gun violence.

The NRA tells us the AR-15 shouldn't be banned.

When a soft nosed bullet leaves the barrel of an AR15, it is travelling at three times the speed of a bullet fired from a handgun. It will break the sound barrier leaving the gun, travelling at 3,000 feet per second, tumbling end over end until it makes contact with its target.

When its target is a human body, the bullet enters and exits in less than the time it takes to blink, shredding tissue in a process known

al-

inches around the entry path, and leaves an exit wound the size of an orange.

A high capacity magazine on an AR-15 can unleash 50 of these rounds in less than a minute.

Outfitted with an NRA-supported bump stock this weapon can empty this magazine in a matter of seconds. Don't let the NRA tell you it shouldn't be

banned. At Marjory Stoneman Douglas high school first responders saw the power of this weapon, the twitch of a finger painting the hallways of their school with blood.

Don't let the NRA tell you it shouldn't be banned. Don't tell us that kids have a right to carry these into our schools and movie theatres and malls an concerts and unleash the fury of this weapon on Americans.

Don't tell us that anyone has the right to carry a gun that holds 50 rounds and can be modified to fire them in under ten seconds.

Don't tell us we shouldn't be able to stop dangerous individuals from buying AR-15s at a sporting goods store.

Don't let the NRA tell you that thoughts and prayers are enough.

Enough is enough.

We're telling the NRA times up, we're telling them no more.

No more fearing the next headline.

We're telling the corporate gun lobby we're done with being afraid that when your friends go to school they might not come back.

We cannot wait any longer.

The NRA can get out of the way, or they can get run over.

## **Special Session** Scheduled

Act now to support house version of budget which includes Medicaid expansion.

By Kenneth R. "Ken" Plum State Delegate (D-36)

elebration of the first day of spring had to be delayed last week with a record-breaking spring snowfall. The unusually wet snow that clung to the trees and filled the branches of evergreens with a holiday-like cover was spectacular even with the inconveniences it brought with it. The earliest spring flowers have a way of surviving late season cold snaps and some snow. When the spring flowers emerge, they will be as beautiful as they always are even if a bit delayed.

Spring is not the only thing that is late this year. Completion of the state budget continues to be de-



State Capitol on April 11. The immediate outcome of that session is predictable. The House and Senate will replace the budget that has been sent down by Governor Ralph Northam with the budgets each passed at the end of the regular session, each will reject the budget of the other, and we will send both budgets to a conference committee to resolve the differences. The deadline for See Plum, Page 5

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In Need of Resolution By John Lovaas Reston Impact Producer/Host

Local Controversies—

or two years Fairfax County staff and Supervisor Cathy Hudgins have been threatening to raise Reston's

munity zoning density ceiling from 13 to 16 per-

sons per acre along with other changes to zoning rules. One estimate predicts these changes could drive Reston's population from the current 62,000 to

The proposal has drawn broadbased pushback from the community. Nine-hundred mostly angry residents registered their opposition at South Lakes High School at the most recent public meeting. The Reston Association, Reston Citizens Association, Reston 20/ 20, and Reclaim Reston have

postponed final action-for the



time being. The good news, in my view, is that community groups have combined as th e

Coali-

tion for

Planned Reston (CPR) and have put on the table a solid, thoughtful alternative for growth consistent with Reston's founding principles. To see the state of play and the Coalition's proposal to amend the Reston Master Plan rather than raising the zoning density, go to plannedreston.wordpress.com. The Coalition's proposal, drafted by Terry Maynard and a supporting cast, would cap densities and dwelling units per acre at more moderate levels than Fairfax County's nightmarish proposal. CPR would set the ultimate popu

See Lovaas, Page 5



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Planned Residential Com-Independent Progressive

180,000 over the next forty years.

joined forces in opposition.

Once again, the County has

## Elected Officials Join March

U.S. Rep Gerry Connolly (D-11), Del. Marcus Simon (D-53) and Del. Eileen Filler-Corn (D-41) and others from Fairfax County at the March for Our Lives Saturday, March 24, in Washington, D.C.

## Plum

From Page 4

passing a budget before the end of Virginia's fiscal year is June 30.

The big spring snow of last week melted in a week to let spring emerge. It is difficult to envision the thaw that will happen to let a budget be adopted. The major difference is the Senate leadership's refusal to agree to any form of Medicaid expansion regardless of facts or reason that are presented.

Recently The Commonwealth Institute (www.thecommonwealthinstitute.org) found that Medicaid expansion in Virginia "would improve the lives of more than 118,000 women in the Commonwealth who are uninsured ... Expanding Medicaid would not only save the state millions of dollars, it could save an invaluable number of women's lives." That is on top of the mound of evidence that has been presented already for the economic and quality of life advantages of Medicaid expansion.

More than 600 members of faith communities from throughout the Commonwealth have been advocating for the House version of the budget as it contains Medicaid expansion.

Last week three former Republican members of the

## Lovaas

From Page 4

lation ceiling for Reston at 120,000.

Furthermore, the CPR proposal would require that supporting infrastructure — roads, schools, fire and rescue services, etc.— be implemented pari passu with new development. Parks, ballfields, open space and recreation facilities would be planned according to Fairfax County's standards for such amenities, unlike the zoning proposal, and would also be put in place along with new development.

I commend the Coalition's constructive initiative to resolve this conflict with Fairfax County with a workable plan of action to achieve growth in a sustainable, community friendly manner. Let's encourage Supervisor Hudgins to support it.

Lake Anne Village Center could also stand the infusion of constructive leadership and a path to the future. Lake Anne's Washington Plaza has a lot of positive momentum for business. There is a new, prize-winning brew pub plus a renovated coffee house with a wine bar attracting more foot traffic. We also have word that a new concept spa, a hair salon, and a Trail Cycling Studio will fill remaining empty spaces this spring. Alas, now merchants on the Plaza are at loggerheads, so much so that legal actions are in process.

It's a bit complicated at Lake Anne Village Center. With the exception of the E Block of Washington Plaza www.ConnectionNewspapers.com House of Delegates who among them have 60 years of combined experience in the legislature, Tom Rust, Joe May and Harvey Morgan, endorsed the House budget in a newspaper column: "The House budget proposal meets any common definition of conservative budgeting.

It is a Republican-led fiscal plan that makes responsible use of public resources. It funds core services and creates conditions for the private sector and general population to succeed and thrive, while limiting the reach and power of government ... This is prudent budgeting in action. It deserves the support of every Virginian, officeholder or not, who professes to favor a responsible philosophy of government." (*Richmond Times Dispatch*, March 21, 2018, https://tinyurl.com/yaf49fq8)

I too support the House budget and am doing all I can to get it passed! It is a bipartisan effort.

If you would like to join the advocacy effort for Medicaid expansion, I invite you to go to www.virginiainterfaithcenter.org and look at the suggestions for your involvement. Act now to ensure that the legislature considers your position by April 11. In the meantime, enjoy the emerging spring.

Cluster (where the coffee house is), the Church, the former bank building and the Community Center, the rest of the Plaza is a mixed-use condominium consisting of both apartments and businesses. The Lake Anne of Reston Condo Association's (LARCA) is run by a small Board of Directors elected by Condo membership. There is also a Merchants Committee, overseen by the Board and open to all 20-plus businesses, which exists to promote the Plaza and its businesses. The businesses are assessed a fee to support promotion of the Plaza, and a private, limited liability corporation which runs a crafts market contributes to special activities (e.g., an annual jazz festival) on the Plaza. Here's where infighting and squabbling arise. Legal actions involve questions of control of the Committee, transparent accounting and use of resources for promotion and activities, and how benefits of the resources are shared.

For a long time, especially during winter months, Lake Anne has struggled. Recently, however, things have really been looking up with the emergence of several successful new businesses and more promising prospects expected to open shortly. Now is the time for openness and cooperation, not secrecy and struggle for control, if Lake Anne is to take full advantage of opportunities on the horizon for all the businesses. Let the peace process begin!



## Go for two! Combine Home & Auto

Kyle Knight Ins Agcy Inc Kyle Knight, Agent 11736 Bowman Green Drive Reston, VA 20190

ACROSS FROM RESTON TOWN CTR. WWW.KYLEKNIGHT.ORG 703-435-2300 Great call! Save time and money when you combine your home and auto policies. Just another way I'm here to help life go right.®





#### Hunter Mill Road over Colvin Run Bridge Replacement

### Fairfax County

Public Information Meeting

Monday, April 16, 2018 6:30 p.m. – 8:30 p.m. Presentation starts at 7 p.m.

Forest Edge Elementary School 1501 Becontree Lane Reston, VA 20190

Find out about plans to improve safety and operations by replacing the weight-restricted, one-lane Hunter Mill Road (Route 674) bridge over Colvin Run with a new two-lane bridge that will have four-foot-wide shoulders.

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

Review project information at the VDOT project website (www.virginiadot.org/projects), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-259-2606 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

Give your written comments at the meeting, or submit them by April 26, 2018 to Brian Morrison, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email meetingcomments@VDOT.virginia.gov. Please reference "Hunter Mill Road over Colvin Run" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at 703-259-1775 or TTY/TDD 711.

> State Project: 0674-029-358, P101, R201, B643 UPC: 110499 Federal: STP-BR09 (295)

## Easter & Spring Fun

## Easter Egg Hunts in the Area

#### WEDNESDAY/MARCH 28

- Easter Egg Hunt. 11 a.m.-12:30 p.m. At Upton Hill Park, Arlington. Children, 2-11 years old, are invited to celebrate spring with coloring, games and photo opportunities with the Easter Bunny. Bring an Easter basket to collect eggs, a raincoat if it's sprinkling, and a camera to take photos with the Easter Bunny. Each hunt is \$10 per child, plus a \$3 online service fee. Visit apm.activecommunities.com/
- novaparks for details and to register. **Easter Egg Hunt.** 11 a.m.-12:30 p.m. At Pohick Bay Park, Lorton. Children, 2-11 years old, are invited to celebrate spring with coloring, games and photo opportunities with the Easter Bunny. Bring an Easter basket to collect eggs, a raincoat if it's sprinkling, and a camera to take photos with the Easter Bunny. Each hunt is \$10 per child, plus a \$3 online service fee. Visit apm.activecommunities.com/ novaparks for details and to register.

#### THURSDAY/MARCH 29

- **EGG-Streme Teen Egg Hunt.** 8-10 p.m. at Historic Blenheim and the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Glow-inthe-dark-themed egg hunt begins at dark. Pictures with the Easter Bunny and obstacle course moon bounce. 10-14 years old. Bring a basket and a flashlight. \$5 per hunter. Register at apm.activecommunities.com/ fairfaxcityrecdept/Activity\_Search/ 11522.
- Easter Egg Hunt. 11 a.m.-12:30 p.m. At Cameron Run Park, Alexandria. Children, 2-11 years old, are invited to celebrate spring with coloring, games and photo opportunities with the Easter Bunny.
- Bring an Easter basket to collect eggs, a raincoat if it's sprinkling, and a camera to take photos with the Easter Bunny
- Easter Bunny. Each hunt is \$10 per child, plus a \$3 online service fee. visit apm.activecommunities.com/ novaparks for details and to register.

#### THURSDAY-SATURDAY/MARCH 29-31

- **Baskets and Bunnies Event.** Assist with arts and crafts, help with registration, dress up in the Sunny the Bunny costume, assist with Mini Golf or be a Sunny the Bunny helper at Burke Lake Park. Volunteer on Thursday, March 29, from 10 a.m. to 2 p.m. and 4 p.m. to 7 p.m. On Friday, March 30, volunteers are needed from 4 to 7 p.m. Helpers will be needed on Saturday, March 31. Sign up for shifts from 9 a.m. to 5:30 p.m. or from 1:30 p.m. to 5:30 p.m. Register at:
- www.fairfaxcounty.gov/parks/burkelake/baskets-and-bunnies

#### THURSDAY/MARCH29-SUNDAY/APRIL1

- Fairfax County Parks. Egg-citing activities are breaking out at parks throughout Fairfax County in March. Visit www.fairfaxcounty.gov/parks/ park-news/2018/psa055.
- Hidden Oaks Nature Center is running a Dinosaur Egg Hunt on March 29, 30, 31 and April 1. Enjoy a dinosaur-themed program and outdoor egg hunt while visiting Dinoland in Nature Playce. The program is for children age 2-8. \$8 per child.
- On Saturday, March 31, **Burke Lake Park** is hosting a day of fun called Baskets and Bunnies. There will be egg hunts, carousel and train rides, crafts and games. \$12 per person in
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## Eggs-traordinary Ways To Celebrate Spring and Easter

Aqua Egg Hunt delivers waves of promised fun & the Annual Easter Egg Hunt is on.

By Mercia Hobson The Connection

Herndon Parks and Recreation celebrated their annual Aqua Egg Hunt on Saturday, March 24 at the Herndon Community Center. Children up to age 12 joined other children in their respective age groups and collected as many floating and sinking eggs as possible in the time allowed.

Children swam, dove and splashed for hundreds of plastic eggs dropped in the pool and placed the eggs into the provided mesh bags. When the whistle blew, children exchanged their eggs for a gift bag filled with treats and fun.

On Saturday, March 31, 2018, Herndon Parks and Recreation will be tossing out the plastic



Photo courtesy of Herndon Parks and Recreation Department Children swim, dive and splash for eggs at the Aqua Egg Hunt produced by Herndon Parks and Recreation Department on Saturday, March 24, 2018.

eggs again, but his time on dry land for the Annual Easter Egg Hunt held at 777 Lynn Street, behind the Herndon Municipal Center.

Herndon Parks and Recreation Department reminds children to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning.

Games, arts and crafts, and music will begin at 9:45 a.m., along with a photo opportunity with the Easter Bunny. Pre-registration is \$9 through Friday, March 30, or \$10 onsite the day of the event (cash or check only.)"

Children are only permitted to participate in their respective age group. There are other activities scheduled throughout the morning in addition to the egg hunt, such as a petting zoo, tattoo shack and coloring of a mural. Parking for the event is free and available at various designated areas in downtown Herndon.

Visit <u>herndon-va.gov</u> for more information or to register online.



carousel ride for \$2. There's also an Egg Hunt that day at **Nottoway Park**. Register at the picnic shelter for egg hunts for children age 1-9. Registration begins at 9:30 a.m. Schedule: ages 1-2, 10:30 a.m.; ages 3-4, 11 a.m.; ages 5-6, 11:30 a.m.; ages 7-9, 12 p.m.\$10 per child, registration 9:30-11:45 a.m. \$10 per child – cash only at registration.

#### FRIDAY/MARCH 30-SUNDAY/APRIL 1

Easter Egg Hunt. Friday, 3 p.m.; Saturday, 10:30 a.m., 12:30 and 2:30 p.m.; Sunday, 12:30 and 2:30 p.m. at Lee-Fendall House Museum, 614 Oronoco St., Alexandria. Activities include games, crafts, refreshments, and photos with the Easter Bunny. Every participating child will receive an Easter egg. \$12 children, \$5 adults. Call 703-548-1789 or visit www.leefendallhouse.org.

#### SATURDAY/MARCH 31

- Easter Breakfast and Egg Hunt. 9-10:30 a.m. at Grace Presbyterian Church, 7434 Bath St., Springfield. Enjoy a continental breakfast, a craft or two, and an Easter egg hunt. Bring an Easter basket. Free. Call 703-451-2900 or visit gracepresby.org.
- Traditional Easter Egg Hunt. 9:30-11:30 a.m. at Herndon Municipal Center Town Green, 777 Lynn St., Herndon. Features craft projects, story time, dance sessions with KinderJam, a petting zoo, coloring mural, potting station and photos with the Easter Bunny. Cost is \$9 per child in advance; \$10 onsite. Visit herndon-va.gov/recreation, or call 703-435-6800, ext. 2128.
- MCC Spring Fest. 10 a.m.-noon at St. Luke's School, 7005 Georgetown Pike, McLean. Carnival games and arts and crafts projects, soccer demo, roaming duck, bunny and squirrel characters as well as magic tricks by The Amazing Kevin. A parent and child Easter Egg Hunt will be featured. For children ages 3-8. Hosted by McLean Community Center. Visit www.mcleancenter.org, and use Activity No. 4501.318. Call the Center at 703-790-0123, TTY-711.
- **2018** Community Egg Hunt. 10 a.m.-1 p.m. at Van Dyck Park, 720 Old Lee Hwy, Fairfax. The annual Egg Hunt at Van Dyck park is open and free to the community, thanks to Combined Properties. No registration required.
- All ages welcome. Visit www.fairfaxva.gov/about-us/citycalendar.

#### SUNDAY/APRIL 1

- Easter Brunch and Easter Egg Hunt. 11 a.m.; 11:30 a.m.; 1 p.m.; 1:30 p.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Dr., Tysons.
- The brunch buffets on both Easter, April 1, and Mother's Day, May 13, occur from 11 a.m. until 2 p.m. and feature gourmet stations with an array of dishes.
- Arrive early as a maximum of 50 participants will hunt in each age group. In addition, the Easter Bunny will be available from 11:30 a.m. – 1:30 p.m. for photos. Reservations at 703-761-5131 or on OpenTable at opentable.com/harth.

www.ConnectionNewspapers.com



### Great Falls Children's Festival: A Day When Community Comes Together

The Adeler Jewelers, in partnership with the Great Falls Optimist Club, celebrated their 34th Annual Children's Spring Festival on Sunday, March 25, providing the Great Falls families an afternoon of games, rides, food and fun. As seen in this photo from previous years, 'Egg Hunt' is always a special attraction.





One goal of the workshop was to teach participants how to become a better handler and helper for the working dog.

> Photos courtesy of Fairfax County Fire and Rescue

The workshop was held at the Perfect Pet Resort in Maryland.





## K9 Teams Hold Workshop, Training

Recently, multiple local agencies with K9 teams from Fairfax County Fire and Rescue (VA-TF1), Fairfax County Police Department (PD), Prince William PD, and George Mason PD came together to train at the K9 Drive Building Workshop. The workshop was taught by Fairfax County Fire and Rescue Assistant Chief (ret) Garrett Dyer at the Perfect Pet Resort in Maryland.

One goal of the workshop was to teach participants how to become a better handler and helper for the working dog. First half of day consisted of lecture and discussion. The rest of the day involved field work with the K9 and handler to help enhance the K9's desire to detect their target odor.

There were also teams from out of the area including K9's from Massachusetts and Virginia Beach. It was a fantastic learning experience for all involved.

—Technician Trish Danul a/Fairfax County Fire and Rescue www.ConnectionNewspapers.com

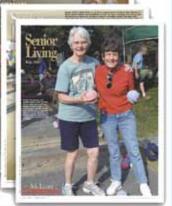


This special focus will include stories focusing on enhanced lifestyle for seniors among Connection readers and their families, including spiritual, physical, mental and financial well- being. Target the neighborhoods of the top suburban communities with the highest home values, incomes and spending power with many mature adults exploring their many opportunities. Showcase your products and services in this special focus section with the award-winning

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Reston Connection \* March 28 - April 3, 2018 \* 7

## Calendar

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

#### **ONGOING**

"Godspell." Thursdays through Sundays, through April 1, at NextStop Theatre Company, 269 Sunset Park Drive, Herndon. NextStop opens "Godspell" with a modern twist to the musical, setting the new production in a coffee shop. Tickets, \$35-\$65, available online at www.NextStopTheatre.org or by calling 866-811-4111.

#### THURSDAY-SATURDAY/MARCH 29-31

Fairfax County Parks. Egg-citing activities are breaking out at parks throughout Fairfax County in March. Visit www.fairfaxcounty.gov/parks/ park-news/2018/psa055.

Hidden Oaks Nature Center is running a Dinosaur Egg Hunt on March 29, 30, 31 and April 1. Enjoy a dinosaur-themed program and outdoor egg hunt while visiting Dinoland in Nature Playce. The program is for children age 2-8. \$8 per child.

On Saturday, March 31, **Clemyjontri Park** is offering an Easter Egg Hunt, crafts and photo ops with the Easter Bunny for children age one to nine. \$7 per child. Add a carousel ride for \$2. There's also an Egg Hunt that day at **Nottoway Park**. Register at the picnic shelter for egg hunts for children age 1-9. Registration begins at 9:30 a.m. Schedule: ages 1-2, 10:30 a.m.; ages 3-4, 11 a.m.; ages 5-6, 11:30 a.m.; ages 7-9, 12 p.m. \$10 per child, registration 9:30-11:45 a.m. \$10 per child - cash only at registration.

#### **THURSDAY/MARCH 29**

- Jazz Concert. 2:15 p.m. at Reston Community Center Hunters Woods CenterStage, 2310 Colts Neck Road, Reston. The Tallwood Trio with Nancy Riley, soloist; Alan Wenberg, piano; Eric Henderson, bass; and Ron Musselwhite, drums; will perform selections from the Great American Songbook, Broadway hits and others. Visit the website at olli.gmu.edu or call 703-503-3384.
- Jazz Night. 6:30-9:30 p.m. at Lake Anne Coffee House/Wine Bar, 1612 Washington Plaza N., Reston. Patrons may enjoy Mykle Lyons and company as they wine and dine in the cozy second floor wine bar. Admission is free. Call 703-501-6289 or email maurisapotts@gmail.com

#### **FRIDAY/MARCH 30**

Live Music. 6:30-10 p.m. at Lake Anne Coffee House & Wine Bar, 1612 Washington Plaza N., Reston. Live music in the 2nd Floor Wine Bar. Admission is free. Visit lakeannecoffeehouse.com

#### SATURDAY/MARCH 31

- Easter Egg Hunt. 9:30-11:30 a.m. at Herndon Municipal Center Town Green, 777 Lynn St., Herndon. Featuring Easter Egg Hunt, craft projects, story time, dance sessions with KinderJam, a petting zoo, coloring mural, potting station and photos with the Easter Bunny. Cost is \$9 per child in advance; \$10 onsite. Visit herndon-va.gov/recreation, or call 703-435-6800, ext. 2128.
- Ride4SPIRIT. 10 a.m.-2 p.m. at Frying Indoor Aron Ox Road, Herndon, Free, Celebrate the achievements of the Therapeutic Riding and Equine Assisted Learning students.
- They will show off their skills and the horses they love. Attend a minihorsemanship workshop and learn how to lead and groom a horse. Visit
- Reston Connection & March 28 April 3, 2018



Zayid

### **Ride4SPIRIT**

Celebrate the achievements of the Therapeutic Riding and Equine Assisted Learning students. They will show off their skills and the horses they love. Attend a minihorsemanship workshop and learn how to lead and groom a horse. Free. Saturday, March 31, 10 a.m.-2 p.m. at Frying Pan Park Indoor Arena, 2709 West Ox Road, Herndon. Visit www.spiritopenequestrian.org or call 703-600-9667.

www.spiritopenequestrian.org or call 703-600-9667.

- Skateboard Design Workshop 12:30-2 p.m. at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Cost is \$45 residents; \$55 nonresidents. Bring friends and learn about the different types of design and visuals in the world of skateboarding. Sponsored by Reston Community Center. Visit www.restonarts.org or email
- info@restonarts.org. Maysoon Zayid - Comedian, Actress and Activist. 8 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Tickets \$15. She was a headliner on the Arabs Gone Wild Comedy Tour and The Muslims Are Coming Tour. Visit www.restoncommunitycenter.com.

#### **MONDAY/APRIL 2**

Toddler Storytime. 10:30 a.m. at 11925 Bowman Towne Drive, Reston. Join for stories, songs and finger plays. Age 2 with adult. Register at 703-689-2700

#### **WEDNESDAY/APRIL 4**

Yoga and Wellness. 7 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston. Local yoga and wellness coach, Rupa Shah, will discuss the benefits and practice of Ashtanga Yoga. Bring your own yoga mat. Learn some simple Asanas and Breathing/Pranayama based on Ashtanga Yoga. Beginners to Intermediate level. Visit www.fairfaxcounty.gov/library/ branches/reston-regional.

## **Comedian**, Actress and Activist

Maysoon Zayid was a headliner on the Arabs Gone Wild Comedy Tour and The Muslims Are Coming Tour.

Tickets \$15. Saturday, March 31, 8 p.m. at Reston Community Center, 2310 Colts Reston. Neck Road, Visit www.restoncommunitycenter.com.



of Maysoon

**THURSDAY/APRIL 5** 

call 703-503-3384.

Read! Build! Play! 10:30 a.m. at

Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join

for stories, build with DUPLOs and

Register at 703-689-2700. Classical Piano Concert. 2:15 p.m. at Reston Community Center Hunters Woods CenterStage, 2310 Colts Neck

Road, Reston. Pianist George Fu is a

graduate of Harvard and the Curtis

Institute. He has spent the past year

London. Email aclark24@gmu.edu oi

p.m. at Scrawl Books at Reston Town

Reston. Free. Join Kwame Alexander

fans welcoming the Newbery winner

and his tour bus to Scrawl Books. He

will sign his newest title, "Rebound,"

a prequel to "The Crossover." Visit

Reston Library, 11925 Bowman Towne Drive, Reston. Call for title.

Check out a library copy or pick up a

copy of your own. Adults from early

www.fairfaxcounty.gov/library/

VIP Reston. 2 p.m. at Reston Library,

www.fairfaxcounty.gov/library/

Reston. Support for individuals with

11925 Bowman Towne Drive.

vision impairments. Visit

branches/reston-regional.

ww.scrawlbooks.com.

20s to early 30s. Visit

**FRIDAY/APRIL 6** 

branches/reston-regional.

Millennials Book Club. 7 p.m. at

studying at the Royal Academy in

Kwame Alexander at Scrawl. 4-5:30

Center, 19111 Freedom Drive,

play with friends. Age 3-5 with adult

Photo courtesy of Spirit Open Equestrian Therapy horse, Spirit, receives thank you from her rider.

#### SATURDAY/APRIL 7

- Lucky Enough Book Talk. 11:30 a.m. at Scrawl Books at Reston Town Center, 19111 Freedom Drive, Reston. Free. About a young travel team baseball player featuring sports author Fred Bowen. Visit www.scrawlbooks.com.
- **Delaney's Book Drive.** 4-5 p.m. at 1713 Ascot Way, Reston. A record number of kids are growing up in low-income households and many public schools lack the funding and resources to provide basic necessities, like books for their students. Help volunteers collect 2,000 used or new books for children in need. Visit www.barberafoundation.org/events/
- delaneys-book-drive-1. Singles Dinner and Movie Night. 5 p.m. at American Tap Room, 1811 Library St., Reston. Fixed price dinner followed by movie at Bow-Tie Cinema. Cost is \$35. RSVP required. Sponsored by New Beginnings, a support group for separated/divorced men and women. Call 301-924-4101 or visit www.newbeginningsusa.org.

#### **SATURDAY/APRIL 7**

- Sing! Books With Miss Emily. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive. Reston. Join Miss Emily for singing storytime with illustrated songs. Age 2-5 with adult. No registration required.
- **DUPLOs and Play.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Build and create with DUPLOs and play with friends. Age 3-5 with adult. No registration required. Visit

www.fairfaxcounty.gov/library/ branches/reston-regional.

#### **SUNDAY/APRIL 8**

- Walk MS Fundraising Event. 9 a.m. registration. Walk begins at 10 a.m. at Reston Town Center, 11900 Market St., Reston. Walk for the National Multiple Sclerosis Society. More than 800 people expected to attend. Visit walkMS.org, call 855-
- 372-1331 or email fundraisingsupport@nmss.org. **RCC Cycles Classes**. Multiple dates. Reston Community Center is offering program that helps riders of all ages learn cycling fundamentals. Cycling instructor Kelley Westenhoff will teach four sessions: Adult (ages 13 and up) on April 8 and 29 and youth (ages 6 to 12) on April 21 and May 5. Each class is one three-hour session. The cost is \$65 for Reston patrons/ \$98 for non-Reston. The fee includes bike rental and use of a helmet. Visit www.restoncommunitycenter.com or call 703-476-4500.

#### **MONDAY/APRIL 9**

Baby Lapsit. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes and songs. Ages birth to 11 months with adult. Register at 703-689-2700.

#### **TUESDAY/APRIL 10**

- Family History Research. 2 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston. Research family history with a library staff member using local history and genealogy resources. For adults and teens. No registration required. Visit www.fairfaxcounty.gov/library/ branches/reston-regional.
- Read to the Dog. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Ages 5-11. Register at 703-689-2700.
- Design and Wine Event. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Exploring the Mandala: Self discovery through collage with Deborah Gudelsky. Cost is \$40/ person. Registration required. Call 703-956-9560.

#### WEDNESDAY/APRIL 11

Color Me Happy. 7 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, and color your cares away in our adult coloring session. Invite a friend, date or mate to come along. Coloring pages and pencils provided, or bring your own. Adults. Visit www.fairfaxcounty.gov/library/ branches/reston-regional.

#### **THURSDAY/APRIL 12**

- Toddler Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Fun stories, songs and finger plays. Age 2 with adult. Register at 703-689-2700.
- Classical Piano Concert. 2:15 p.m. at Reston Community Center Hunters Woods CenterStage, 2310 Colts Neck Road, Reston. A Jack Kent Cooke Young Artist Award recipient, Oscar Paz-Suaznabar is a 12-year old pianist who has performed on an NPR radio show featuring outstanding young gifted musicians. Email aclark24@gmu.edu or call 703-503-3384.
- Teen Advisory Board. 7 p.m. at Reston Library, 11925 Bowman Towne Drive, Reston, Join TAB to gain leadership and volunteer experience and share ideas about how to make the library a wonderful place for teens. Volunteer hours granted. Age 13-18.www.fairfaxcounty.gov/library/
- branches/reston-regional www.ConnectionNewspapers.com

## Board of Supervisors Honors Frank de la Fe

Hunter Mill residents appointed to the County's boards and commissions.

By Mercia Hobson The Connection

and commissions: Alexandra Rossi - appointed to the Southgate Community Center



Advisory Board; Janet Bradshaw reappointed to the Southgate Community Center Advisory

Board; Kathleen Jones, Luis Ortiz Lopez, and Darlena Ricks - reappointed to the Southgate CommuPhoto courtesy of Fairfax County Board of Supervisors The Fairfax County Board of Supervisors recognizes Frank de la Fe of Reston for his service to Fairfax County and the Hunter Mill District at the March 20 Board of Supervisors meeting.

nity Center; and Paul Noursi - reappointed to the Engineering Standards Review Committee.

he Fairfax County Board of Supervisors recognized Reston resident Frank de la Fe for his service to Fairfax County and the Hunter Mill District at the March 20 Board of Supervisors meeting. De la Fe served on the Planning Commission, Hunter Mill District, for Fairfax County for sixteen years having been appointed in December 2001 and reappointed two years later. In January 2013, De la Fe was named Vice Chairman of the Planning Commission, a seat he held until his retirement. One of De la Fe's most notable achievements was his work with the Planning Commission to bring rails to the **Dulles** Corridor.

De la Fe also served on the Park Authority Board, five years as Board Chairman. During his service, the Park Authority was able to acquire more than 4,000 acres of open space that has been used for recreation, active and passive, by County residents.

The website for Fairfax County Planning Commission states: "Commissioner de la Fe worked for the National Aeronautics and Space Administration in the 1960s.

From 1969 to 1971, he helped create the Illinois State Bureau of the Budget. He then returned to Federal service to establish the Special Action Office for Drug Abuse Prevention. In 1974, he moved to the Justice Department's Law Enforcement Assistance Administration. He completed his federal career in 1994 when he retired from the Office of Personnel Management. A long-time community activist, since moving to Reston in 1971, Commissioner de la Fe has served in a variety of leadership positions, including serving on the boards of the Reston Association and Reston Interfaith."

De la Fe had announced his intention to retire at the Nov. 2, 2017, Board of Supervisors Meeting. Hunter Mill Supervisor Catherine Hudgins announced John Carter as the new Hunter Mill District Planning Commissioner to replace Frank de la Fe.

In a separate action, the Fairfax County Board of Supervisors appointed the following Hunter Mill www.ConnectionNewspapers.com

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10 \* Reston Connection \* March 28 - April 3, 2018

## pening Headquarters in Reston



Photos contributed

**OVH US Executive Team Members (from** left): Suzanne Law Marisa, General Counsel; Carolyn Kress, Senior Vice President, Human Resources; Russell P. Reeder, CEO and President of OVH US; Dean Gels, Chief

## Bulletin

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### **THURSDAY/MARCH 29**

Dollars And Sense. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. We will be discussing "Stay Mad for Life" by Jim Cramer. The event is free and open to the public. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

#### **MONDAY/APRIL 2**

Scholarship Deadline. Scholarship for research of local Civil War history — The Bull Run Civil War Round Table in Centreville, a 501 (3) c organization, offers a \$2,000 scholarship to a public or private high school senior who resides either in Fairfax County. Applicants should plan to attend college in the fall of 2018. Information and application instructions can be found at bullruncwrt.org

#### WEDNESDAY/APRIL 4

First Wednesday with Supervisor Hudgins. 4-6 p.m. at Reston Regional Library, 1192 Bowman Towne Drive, Reston. Stop in and talk with Supervisor Cathy Hudgins one-on-one. No appointment necessary. Call 703-478-0283, email huntermill@fairfaxcounty.gov or visit fairfaxcounty.gov/huntermill.

#### **FRIDAY/APRIL 6**

Scholarship Nomination Deadline. The National Capital Region Chapter of the National Football Foundation is accepting nominations for their 2018 Scholar-Athlete banquet. The Chapter awards five \$1000 scholarships annually to deserving high school senior scholar athletes who played high school football. Nominees are evaluated on academic and athletic excellence, as well as contributions to their school and community. Nomination packets have been mailed to each high school head coach in the National Capital Region.

#### **THURSDAY/APRIL 19**

Community Food Packing. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals. Arrive at 9:30 if you would like to help with setup. Free. Email LynnieB517@verizon.net or visit www.northernvirginia.assistanceleague.org.

#### SATURDAY/APRIL 21

Special Education Conference. 8 a.m.-3 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Dr. Pamela Mims, the keynote speaker, will present Using Evidence to Guide Practice: Justifying Inclusion for All. Register online at www.fcps.edu/spedconference2018 or call 703-204-3941

#### **THURSDAY/MAY 17**

**Community Food Packing.** 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals. Free. Email LynnieB517@verizon.net or visit www.northernvirginia.assistanceleague.org.

#### **SUNDAY/JUNE 10**

Registration Deadline: RSTA. 9 p.m. The Reston Swim Team Association (RSTA) is a year-round swim league open to all swimmers between the ages of 6 and 18. The summer league brings together swimmers from the greater Reston area who practice and compete on eight teams with up to 110 swimmers per team from late May to the end of July. Visit www.rsta.org.

#### ONGOING

Herndon High School Library needs volunteers. Training available to help with reshelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email hhs\_library@fcps.edu.



DIRECTORY

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Springford Sciences

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You know, if my feet didn't hurt so much, I could almost forget that I have cancer, other than being aware of my upcoming infusion: April 6; my upcoming CT Scan and MRI: April 18; and my upcoming follow-up appointment with my oncologist to discuss the results: April

27 Nevertheless, the goal is to not think about the fact that I have non-small cell lung cancer, stage IV. The kind for which there is no cure: made clear by my oncologist at the initial Team Lourie meeting when he advised me that he "could treat me but that he couldn't cure me." What?! At that surreal moment, what goes in one ear flies out the other.

But here I am, nine years and counting; you bet I'm counting. That's one of the recurring thoughts I have as a multi-year cancer survivor; although, as my friend Frank has said to me: "you're in pretty good condition for the condition you're in.

Other than schedules and my underlying diagnosis (and my original "13 month to two year" prognosis), I regularly consider how long I've lived, one month now into year 10. It's both scary and reassuring: Am I further from the beginning or closer to the end? See. I can't stop thinking about it.

Generally speaking however, I am not bogged down by my diagnosis/circumstances, as anybody who knows me, knows. Nor am I preoccupied with the imminent danger in which my diagnosis places me everyday. And I'm certainly not bemoaning the likely reduction in my life expectancy from what I assumed it would be: mid to late 80s, given how long both my parents lived, to what is logical to believe it will now be: late 60s; considering all the statistics for similarly diagnosed individuals. Typically, one diagnosed with stage IV lung cancer doesn't just live with it (as a chronic-type disease), rather you die because of it.

This column is more for public consumption than it is about private perception. In truth, although a second, minute or hour doesn't go by when I don't think/remember/acknowledge the facts of my case, I am able, most of the time, to keep a smile on my face and not bring a frown to others.

Moreover. I want/need those others to forget that I have cancer as much as it is possible for it to be forgotten. And I want my behavior to be a contributing factor to their forgetting. If I don't start it then there's no reason for them to finish it.

And I'm being selfish in saying so? Absolutely! Because the better vibrations I receive from others, the better I'll feel about myself. And the better I feel about myself, the better and more able I'll be to deal with my disease and all its emotional and physical side- and straight-on effects. Effects which are hardly the stuff with which dreams are made. To invoke and rework a quote from the legendary screen actress Bette Davis: Having cancer is not for sissies.

But it is indiscriminate and projections into the not-to-distant future are frightening: for both males and females, one in three have a "lifetime risk of developing or dying from cancer," according to the U.S. National Cancer Institute's Surveillance Epidemiology and End Results (SEER) Database, based on "data compiled between 2012 and 2014, the most recent available.'

So how do you put that in your pipe and not smoke it? If you're unlucky enough to be one of these new "diagnosees," you either roll with the punches or get rolled over instead. The choice is yours, as it was mine.

Get busy living or get bust dying Andy Dufresne (Tim Robbins) said to "Red," (Morgan Freeman), in the Oscar-nominated "The Shawshank Redemption" (1994). And I try to remind myself of that every day, and every night, too.

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





Friends Luke Bowen, 9, Amelie Gradishar, 9, Sylvie Bowen, 7, Emalyn Gradishar, 9, Nolan Gradishar, 7, Rowen O'Connor, 10, and Gwen O'Connor, 8, (not pictured) jump for joy at the popular sledding slope, called Mount Reston. School had been cancelled on March 21, 2018 due to a spring snowstorm.

Ray Nahorniak and Gus Koustens enjoy an afternoon out on Reston's trails on their fat tire bikes.

## Spring Snowstorm Offers the Best Sledding and Winter Fun

Late season Nor'easter drops 5 inches of snow in Reston.

> By Mercia Hobson The Connection

t took awhile for snow of any accumulation to arrive this year in Reston, but on the first full day of spring, Mother Nature delivered during the fourth Nor'easter in three weeks, dropping 4-5 inches of snow. The sudden soggy mess was enough to cancel schools in the region but not enough to down trees and make the roads impassable.

With most main and secondary roads cleared by mid-afternoon, many families bundled up and headed out for a day of winter fun. For some, it was sledding at two of Reston's most popular destinations, "Mount Reston" and "King Kong Hill."

"Mount Reston" is located behind the Unitarian Universalist Church at 1625 Wiehle Avenue. The only words for the sledding and snow tubing run are "unexpectedly enormous and L-O-N-G." The hill goes on and on and on, down and down creating an adrenaline rush for sledders from the speed and their possible rendezvous with the shallow stream in the valley at the bottom of the Mount. Warning, to parents with little ones, after the exhilarat-



Luke Jones, 8, of Reston spends a snow day with his family on the long steep sledding slopes of Mount Reston. Luke's dad, Steve, has been coming to the slope for 38 years, since he was a boy. "Reston is the best place to live," said Steve Jones.

ing ride down, it is a substantial hike back to the top of Mount Reston.

"King Kong Hill" is another sledding destination; appropriately named as it is a steep fast run, not for the faint of heart. Located on the Hidden Creek Golf Course, it is a bit of hike to get there from the car but well worth it. It too has a stream running the

length of its valley.

For Ray Nahorniak and Gus Koustens the snow was no match for their fat tire bikes. They enjoyed the afternoon riding many of Reston's paths.

At least Mother Nature pulled through and did not let snow enthusiasts in Reston down in 2018. Forecasters state the chance

runs the valley at the end of its slope. for any further snow accumulation in the near future is zero. Temperatures are predicted to climb into the 50s and 60s for last week in March and first week in April. Pack up the sleds, snow tubes, and exchange them for pool noodles and swim goggles.

Memorial Day Weekend is only eight-and-a

Mount Reston provides an adrenaline rush of speed

half weeks away.

and a possible rendezvous with the shallow creek that

## **Blood Donation Opportunities**

2720 Prosperity Avenue, Suite 200 4/7/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200 4/8/2018: 7:45 a.m. - 2:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200 4/9/2018: 1:15 p.m. - 8:30 p.m.,

From Page 2 Fairfax Blood Donation Center, Fairfax Blood Donation Center, Fairfax Blood Donation Center, 2720 10:45 a.m. 5:45 Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

Fairfax Blood Donation Center, 2720

4/15/2018: 7:45 a.m. - 2:45 p.m., Fairfax Blood Donation Center, 2720 4/11/2018: 12:45 p.m. - 8 p.m., Prosperity Avenue, Suite 200 Fairfax Blood Donation Center, 2720 Springfield Prosperity Avenue, Suite 200 4/12/2018: 12:45 p.m. - 5:45 p.m.,

4/10/2018: 1:30 p.m. - 7:15 p.m., American Legion Post 176, 6520 Amherst Ave

Prosperity Avenue, Suite 200

Prosperity Avenue, Suite 200

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4/13/2018: 7:45 a.m. - 3 p.m. Fairfax Blood Donation Center, 2720

4/14/2018: 7:45 a.m. - 3 p.m.,

Fairfax Blood Donation Center, 2720

## Volunteers Ñeeded

Another way to support the American Red Cross is to become a volunteer transportation specialist and deliver lifesaving blood products to local area hospitals. Volunteer transportation specialists play a very important role in

ensuring an ample blood supply for patients in need by transporting ood and blood products. For more information and to apply for a volunteer transportation specialist position, visit rdcrss.org/driver.

For more information, visit RedCross.org CruzRojaAmericana.org, or visit on Twitter at @RedCross.

www.ConnectionNewspapers.com

