

# Stuffing the Bus To Help Hungry Kids

GOP Committee Nominates Gregg Nelson for 86th District

Honoring Dr. King at Frying Pan Farm Park News. Page 6 Аттеитіои Розтмазтек: Піме зеизітіуе матекіасі. 81-42-1 амон иі дэтгэйдер



## OPINION 'My Hopes Have Already Been Dashed'

#### Current General Assembly session generates frustrations.

here were big changes in the Virginia House of Delegates after last year's elections, but Democrats fell one coin flip (actually name out of a hat) short of controlling the legislative body. No doubt the electoral swing delivered one of the most important changes in recent history, the expansion of Medicaid to cover hundreds of thousands of Virginians who had pre-

viously lived without health coverage. But as Del. Ken Plum (D-36) wrote in his column this week: "In light of the last election for House seats, I approached this legislative

#### Editorial

session with the hope that there might be more flexibility in the House leadership that might result in the consideration of

bills that had been summarily defeated in past sessions. My hopes have already been dashed." A groundswell of public support for Virginia

being the 38th and final state needed to ratify the Equal Rights Amendment led to the Senate passing a resolution for ratification.

The subcommittee of the House Privileges and Election Committee Tuesday morning defeated a resolution to ratify the Equal Right Amendment on a vote of 4 to 2. Four members of the House are blocking a vote by the 100 members of the House.

"A major struggle seems to be looming be-

"I'm a furloughed federal employee, home

with no pay. I've been proactive; paid all bills

up to date in December. I limited holiday

spending, didn't splurge. I'm not paying an-

nual memberships due in January to organi-

zations and my HOA. My wife is a government

contractor. The solution would be Lindsey

Graham. Reopen the government for three

weeks. Get people back to work and politi-

down Assistance, 0% APR Loan. I'm not wor-

Shutdown: Local Perspective

VIEWPOINTS

George Becerra, Burke

cians can hash it out."

Town of Herndon

tween the two houses on the ERA which might need to be resolved by the voters at election time," Plum wrote.

Yes, that time is November, with primary voting likely in June.

The question of nonpartisan redistricting is too important to leave until after the next election.

The Senate has passed a bill to establish such a process while House leadership is expressing opposition. Since the legislation is a constitutional amendment, it is important that a resolution be passed this year and next to go to a popular referendum in 2020 in time for redistricting after the 2020 census results are known.

#### Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other crea-



tures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to editors@connectionnewspapers.com submit online or at www.connectionnewspapers.com/pets.

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— Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

#### Keven Leblanc, Town of Herndon

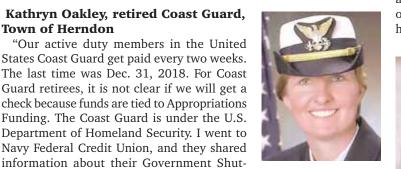
"Federal employees are no doubt impacted. Federal Contractors suffer significantly. If people on contract can't report, they have to take leave without pay or be furloughed. A shutdown this long can drive small businesses out of business if all their work is tied to Federal contracts. Large companies have shareholders they are accountable to and must maintain a profit. The economic ripples then extend to the larger community, as the economic base no longer has money to buy goods

or services or eat at restaurants. For some who live paycheck to paycheck, whether a federal employee, contractor or private employee in a federal-employment concentration, it can mean defaulting on loans or rent, not eating, not getting required medicines or healthcare or the

"I'm the wife of a government attorney who has been furloughed but is deemed essential. He will eventually receive the back pay, but there are bills to pay now. We have a twomonth nest egg for payments as long as we cut back. We called the credit union. My solution is simple. I don't understand why the border wall has to be coupled with the budget. Separate those two arguments. Resolve the budget. Get working families paid and back to work. I would support anything, even tem-

porary. Eighty-three percent of Americans are not affected, so there is no sense of urgency. There is a need for a human face on it. The uncertainty is terrifying

Kevin Powell, Reston No photo available "It seems like Congress resolved itself to government shutdowns as par for the course. With Trump and a divided Congress, I didn't think it would get better. My action plan has been to limit my spending. As a government contractor, I ran into this in the past. I'm job searching so I can get out of government contracting. The shutdown has impacted my marriage and my family. I wish legislators would think country first, constituents second-those who would vote for them."





ried about myself. I'm worried about the young men and women in the

There are two bills introduced. In the Senate, Bill 21, "Pay Our Coast

Guard Act" and in the House of Representatives (HR) 367, "Pay our Coast Guard Parity Act." We are small and do not have visibility."

Coast Guard, working without pay. They cannot get a part-time job.



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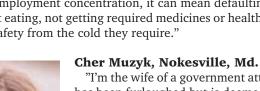


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heat and safety from the cold they require."





## NEWS Stuffing the Bus to Help Hungry Kids

County and community unite for neighbors in need.

By Andrea Worker The Connection

he seasonal warm and fuzzy feelings that help local food pantries and nonprofits collect and distribute food and other staple items for our less fortunate neighbors may also start to fade as the "season of giving" comes to an end, and the day-today of life takes hold once more.

"That's exactly why we're out here today," said Fairfax County Board of Supervisors Chairman Sharon Bulova, standing in the entrance of the Giant food store in the Fox Mill shopping plaza in Herndon.

"After Christmas, the cupboards start to get bare, but our neighbors still need our help. The 'Stuff the Bus' initiative is a real boost to replenishing those dwindling supplies at local food pantries and other places where our citizens go for this most basic assistance."

#### FAIRFAX COUNTY AND PARTNERS

have been "stuffing the buses" around the region for nine years, and Bulova has been participating since the beginning.

"It's a priority for me. I always make room on my schedule to personally participate in one or two of the collections."

So do a lot of others. Ben Boxer, the Communications Director for Fairfax County Neighborhood and Community Services (NCS), practically brought his own bus full of volunteers to this collection that will benefit Reston-based Helping Hungry Kids. Ben did a lot of coordinating, while his wife Cara and daughters Penny and Chloe handed out flyers and "wish lists" to shoppers, and sons Leland, Tony and Tyson did a bit of the same, as well as lending some muscle to moving goods from boxes to bus.

"It makes me feel productive," said 12year-old Leland. "This is important," agreed "almost 15" Tony.

Lakeshia Lewis, also with the county's NCS, didn't have to ask daughter Kendall or son Justin twice if they wanted to get in on the action again this year. The youngsters have been doing just that for the last "four or five years" said Justin, "it's fun and a good thing to to." An impressive length of service given that the siblings are only ten and eleven vears of age.

The enthusiasm of the volunteers and their dedication to the cause inspired a lot of the Saturday shoppers.

"Couldn't resist," said Ellen McAvoy of Reston, as she added her donation of applesauce, granola bars and canned ravioli to one of the carts. "I see their bright, healthy faces and what they are doing on a Saturday morning to help others, and I had to help, too."

One gentleman shopper, who preferred to remain anonymous, grabbed a cart when he found out what all the commotion at the

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The Boxers get to work. Tyson, Leland and Tony Boxer up front, with sisters Chloe and Penny gave hours to the event, handing out flyers, encouraging donations and even helping to load the goods on to the bus. Dad Ben Boxer works for Fairfax County Neighborhood and Community Services, but the kids said that neither their dad, nor mom Cara who was also working the front lines, had to convince them to help out. Their dad's line of work "has shown us how many Worker/The Connection people need our help. We're happy to be here."

#### Upcoming Stuff the Bus events

SATURDAY, FEB. 2 Tysons Walmart - 10 a.m. to 3 p.m.

- 1500-B Cornerside Blvd, Vienna Benefits Committee Helping Others
- Village Center at Dulles Giant 9:30 a.m. to 3 2425 Centreville Road, Herndon
  - **Benefits LINK**

#### SATURDAY, FEB. 9

- Annandale Giant 9:30 a.m. to 3:30 p.m. 7137 Columbia Pike, Annandale Benefits Annandale Christian Community for
- Action
- Clifton Giant 9 a.m. to 4 p.m. 5740 Union Mill Road, Clifton
- Benefits Western Fairfax Christian Ministries

store's entrance was about and simply said vou need.

"That cart came to about \$300 worth of donations," said Chairman Bulova. "The generosity of the people of Fairfax County doesn't surprise me, but it continues to make me feel so happy to be a part of this caring community."

- SATURDAY, FEB. 16 Fairfax Walmart – 11 a.m. to 4 p.m.
- 11181 Lee Highway, Fairfax Benefits Britepaths
- Falls Church Giant 9:30 a.m. to 4:30 p.m. Falls Plaza, 1230 W. Broad Street, Falls Church Benefits Falls Church Community Service

Photos by Andrea

- Council Manchester Lakes Shoppers 9:30 a.m. to 3:30 p.m. 7005 Manchester Boulevard, Alexandria
- Benefits Koinonia Foundation

#### MONDAY, FEB. 18

Cardinal Forest Giant - 9:30 a.m. to 4:30 p.m. 8320 Old Keene Mill Road, Springfield Benefits Ecumenical Community Helping Others

"Don't forget to mention the folks here at to the volunteers, "fill it up with whatever this Giant," reminded Capt. Thomas Johnson of nearby Fire Station 301, who was doing a bit of shopping – and donating - himself along with some of his colleagues.

"They always help out," he said, adding that the Giant provides the firefighters and first responders with pallets of water and Gatorade in the summer months, something



Larry Merritt, the store manager at the Fox Mill Giant takes a breather from loading boxes onto the bus with Lakeshia Lewis from Fairfax County's department of Neighborhood and Community Services. "This is an awesome community. We are really happy to help any way we can," said Merritt. He and his gang helped the bus-stuffers get a head start by having more than 127 cases of needed food items already collected before the event even started.

> that is "much appreciated when we do our work in the heat. They are really great people."

> Fox Mill Giant manager Larry Merritt says he's "just happy to support this awesome, great community" any way they can. Merritt and the Giant crew had already been hard at work several days before the event, collecting more than 127 cases of ravioli, ramen soups and other items to "give them a head start."

> OVER THE YEARS the "Stuff the Bus" partners have collected more than 250,000 pounds of food, provided more than 170,000 meals, and aided more than 32 local food pantries in their winter collections - all with the assistance of more than 5.000 community volunteers who contributed some 15,000 hours of service.

> Their efforts will continue around the county through Feb. 18, so it's not too late to do your part, and keep some of that holiday spirit going.

> Next up will be the Tysons Walmart on Saturday, Feb. 2, and the Village Center at the Dulles Giant on Centreville Road in Herndon, where the Fastran buses will be waiting with doors open for your donations.

> Check out the county's website at www.fairfaxcounty.gov, search "stuff the bus," for more information and other opportunities to get on board.

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4 ♦ Oak Hill/Herndon Connection ♦ January 23-29, 2019

### News

An instructor reads Doreen Rappaport's picture-book biography, "Martin's Big Words: The Life of **Dr. Martin Luther** King Jr.," during the Martin Luther King Jr. Day of Service at Frying Pan Farm Park in Herndon.

Рнотоѕ ву Mercia Hobson/ The Connection



## Honoring Dr. King at Frying Pan Farm Park

History, cooperation and service events deemed successful.

> By Mercia Hobson THE CONNECTION

he Sias family arrived early to Frying Pan Farm Park Visitor Center in Herndon on Martin Luther King Jr. Day, Jan. 21, 2019. Andre and his wife Blake brought their two sons, Cole, 5, and Cameron, 7, to participate in the park's first ever Dr. Martin Luther King Jr. National Day of Service. The park planned the event to help children learn how to give back to the community, and practice working together. Andre Sias of Reston said, "I wanted my children to see the significance of Dr. Martin Luther King Jr. and the history."

The hour-long program proved to be very popular. Children and parents poured into the Visitors Center, many bringing a new toy to donate to needy children. Madeline Herman, Frying Pan Farm Park Recreation Programmer, split the program into three segments.

"The first station is focused on the history and Dr. King," said Herman. Children heard Doreen Rappaport's picture-book biography, "Martin's Big Words: The Life of Dr. Martin Luther King Jr.," illustrated by Bryan Collier. The reader shared King's history intertwined with his famous quotes.

Next, the children played team-building games. "Working together helps us to solve bigger problems," said Herman. Parachute games drew squeals of laughter as the children worked cooperatively in the team-building exercise to bounce a stuffed animal up and off the cloth and Johann Tiilikainen, 6 of Centreville, painted a waaround the perimeter. "You are an important part of the group when you work together," said instructor Claire Thomas.

At the final station, Rayyan Tall, 11 of Fairfax, momentarily paused his work at the watercolor art donation station. He sat beside Miranda Thomas, 4, to look over the book about Martin Luther King Jr.



Rayyan Tall, 11 of Fairfax, momentarily pauses in his work at the watercolor art donation station and sits beside Miranda Thomas, 4. to look over the book, "Martin Luther King Jr." Later, Frying Pan Farm Park Visitor Center would distribute the book during its Dr. Martin Luther King Jr. National Day of Service held Jan. 21, 2019.

create a synchronized "wave" to move the animal tercolor picture. Beside her sat William J. Gock, 8 of Fairfax who filled in colors for his rainbow. Gock said. "I'm painting it because it makes me happy and I think it will make other people happy too."

"(The) watercolor station will allow them to create art to donate (as a service project) to the residents at the Fairfax Nursing and Rehabilitation Center," said Herman.

### News

## Herndon Home Receives Historic Structure Plaque

#### Tim Bonnett and Kimra Traynor home at 904 Elden Street recognized.

B y Mercia Hobson THE CONNECTION

n Jan. 12, 2019, the Herndon Historical Society presented Town of Herndon Historic Structure Plaque #24 to Tim Bonnett and Kimra Traynor of 904 Elden Street, Herndon.

"It is a great honor to receive the Historic Homes Registry designation," said Melissa Tilton, Member at Large, Board of Directors and Former Committee Chair, Historic Homes Registry Herndon Historical Society.

"This designation can only be obtained by providing detailed documentation supporting a home's historic status. Once approved by the committee that reviews the applications, the plaque itself is largely subsidized by the Herndon Historical Society. Each plaque also comes with a lifetime membership to the organization," Tilton said.

Herndon Historical Society Plaque Program states, "The program is intended to increase public awareness of Herndon's older homes and buildings and their contribution to the Town's distinctive character and spirit. It is hoped that this increased awareness will help to preserve important structures, stimulate the rehabilitation of existing structures, and promote development that is harmonious with the unique character of the Town."

Both residential and commercial structures can be considered for a plaque if the original construction is at least 50 years, is in the Town of Herndon, the application is from the owner of the property and the exterior retains the spirit of its original design and satisfies the criteria of being compatible with the character of Herndon according to the Herndon Historical Society Plaque Program.

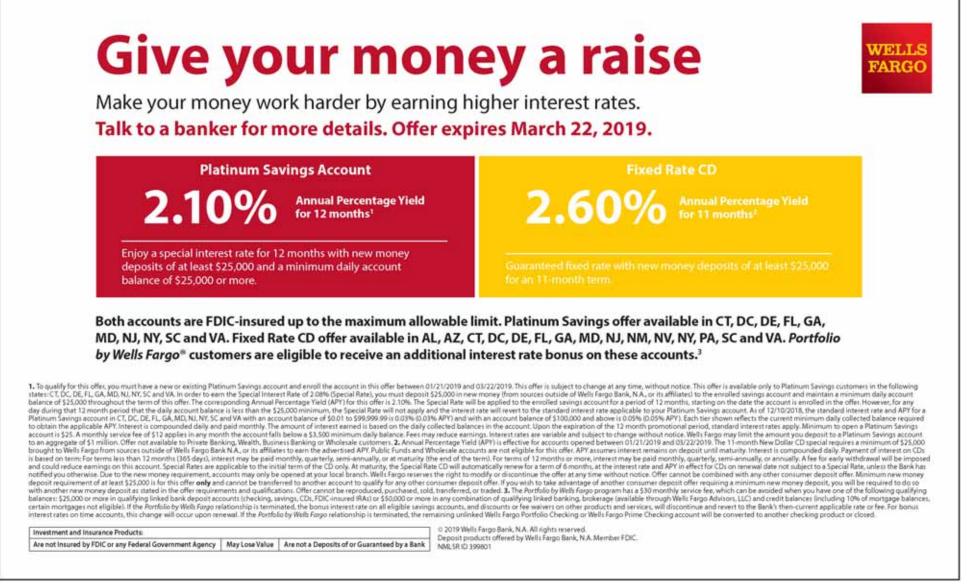
"The Historic Home plaque program is a voluntary program which homeowners can participate in if they would like to be on the Historic Homes registry," said Nancy Saunders, Herndon Historical Society President. Bonnet said. "904 Elden Street is a one of a kind home in the Heritage Preservation District built by Earnest Robey in 1917. ... We started on this journey in the summer of 2017, working with the Herndon Historical Society to ensure the home's history was completely and correctly documented. If it weren't for our friend Barbara



Kimra Traynor accepts the Town of Herndon Historic Structure Plaque #24 from Nancy Saunders, HHS President as Tim Bonnett and Scott Tilton look on.

... We are honored and proud to be part of

Glakas's help, we would not be here today. the history of the Robey house and the wonderful town of Herndon."





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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Cal-





endar/. The deadline is noon on Friday.

- Exhibit: Three Moves to Divine. Through Feb. 2, gallery hours at ArtSpace Herndon, 750 Center St., Herndon. A photographic memory of Ghana by Randy Preston, including the written and read work of guest poets. Call 703-956-6590 or visit www.artspaceherndon.org. Art Exhibition: IRL. Through April
- 23, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. IRL is a solo exhibition featuring work by painter and video artist Monica Stroik. Free and open to the public. Visit restonarts.org.

#### WEDNESDAY/JAN. 23

Senior Movie Day: 25th **Anniversary.** 9:15 a.m. Bow Tie Cinemas at Reston Town Center. Refreshments are provided, and door prizes are distributed prior to the movie. Registration is not required. Free. Visit www.reston.org, email ashleigh@reston.org or 703-435-

#### THURSDAY/JAN. 24

Opening Reception: IRL. 6-8 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. IRL is a solo exhibition featuring work by painter and video artist Monica Stroik. Exhibition runs through April 23, Tuesday-Saturday, 11 a.m.-5 p.m. Free and open to the public. Visit restonarts.org

#### FRIDAY-SATURDAY/JAN. 25-26

"Just Be" — An Evening of Musical Favorites. 7:30-9:30 p.m. at Herndon High School Auditorium, 700 Bennett St., Herndon. Let Herndon High School students raise the audience up as they present their 2019 cabaret "Just Be." An annual highlight, each year's cabaret features students singing and dancing to favorite pieces from popular musicals. Students and seniors, \$5: adults, \$10 at the box office. All proceeds support Herndon

#### SATURDAY/JAN. 26

- "Making Stone Soup." 10-11:30 a.m. in the historic Floris Schoolhouse kitchen at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Discover how easy and satisfying it is to prepare home-cooked soups in winter. Learn the history and origins of several different ethnic soup styles and sample each style featured. Create a new soup with members of the group based on the story of "Stone Soup." Participants will get to take home a serving of "Stone Soup" to enjoy. \$10 per person, designed for participants age 7-adult. Call 703 437-9101 or visit fairfaxcounty.gov/ parks/frying-pan-park. Meditation Workshop. 10:30 a.m. at
- Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn and practice meditation techniques in this workshop with Neil Goodman. Bring a bottle of water. Adults, teens. No registration required. Call 703-689-2700 or visit
- librarycalendar.fairfaxcounty.gov. The Bookworms Club. 11 a.m. at Books, 11911 Freedom Dri Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often. authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com.



The Matilda medley features several "badly behaving" kids who are absolutely adorable. Here, Ryen Weston (sophomore, left), Cara Ainge (junior, center), and Leah Brown (sophomore, right) sing "Naughty."

#### An Evening of Musical Favorites

Let Herndon High School students raise the audience up as they present their 2019 cabaret "Just Be." An annual highlight, each year's cabaret features students singing and dancing to favorite pieces from popular musicals. Friday-Saturday, Jan. 25-26, 7:30-9:30 p.m. at Herndon High School Auditorium, 700 Bennett St., Herndon. Students and seniors, \$5; adults, \$10 at the box office. All proceeds support Herndon High School Choir.

#### DUPLO Play. 2 p.m. at Reston Regional

Library, 11925 Bowman Towne Drive, Reston. Build and create using DUPLO blocks. Age 2-5 with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

#### SUNDAY/JAN. 27

- YA Book Trivia. 3:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston, Join in for an afternoon of YA book trivia with refreshments and prizes for the winning team. Age 12-18. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
- Capitol Steps 2019 Fundraiser. 6 p.m. at the Hyatt Regency Reston, 1800 Presidents St., Reston. Annual fundraising benefit that helps individuals and families at Cornerstones' Embry Rucker Community Shelter. \$100. Visit www.cornerstonesva.org/2019-capitol-steps/ for tickets.
- Live Music: Only Lonesome. 7 p.m. (doors open at 6) at Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. Make plans to "hitch up the team" and head to Frying Pan Farm Park this season for Bluegrass Barn. Food and beverages available for purchase. \$18 in advance, \$20 at the door. Purchase tickets online at www.fairfaxcounty.gov/parks/fryingpan-park/bluegrass-barn or by phone at 703-222-4664 or 703-437-9101.

#### MONDAY/JAN. 28

- Nose To Toes Yoga. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga poses and movement while enjoying books and songs with a children's yoga instructor. Age 3-5 with adult. Register beginning Jan. 14. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.
- Family History Research. 7-8:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Reston. Learn to dig deep into the U.S. Census. Free. Call 703-689-2700 or visit www.fairfaxcounty.gov/
- Photo Fine Tuning. 7:30-9:30 p.m. at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Patty Hankins' discusses how to use local adjustments in Photoshop to finetune photographs. Nonmembers are welcome. Visit

#### www.leagueofrestonartists.org.

#### THURSDAY/JAN. 31 **Genealogy Research**

Fundamentals. 7-8 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Three sessions: Jan. 31, Feb. 28, March 28. 1. The fundamentals of genealogy research. 2. Dig deep into the U.S.Census. Get the most from Ancestry. 3. Find it online. Adults and teens. Free. Space is limited. Register online at librarycalendar.fairfaxcounty.gov/ event/4759990 or call 703-437-8855, ext. 4.

#### FRIDAY/FEB. 1

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Visit scrawlbooks.com.

#### SATURDAY/FEB. 2

- The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join
- or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.
- Amadeus. 7:30-9:30 p.m. at United Christian Parish of Reston, 11508 North Shore Drive, Reston. The Pro Arte Chamber Orchestra of Greater Washington presents Amadeus, music from the motion picture soundtrack. Reception to follow. \$20-\$30; children 17 & younger, free. Call 571-483-8444 or visit pacodc.org

#### SUNDAY/FEB. 3

- **Digital Photography Essentials** Workshop. 1-5:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This introductory class is for people
- SLR (DSLR) or ith a digital less camera who are interested in learning how to successfully use their camera beyond automatic/program modes. \$99 if registered by Jan. 20, \$125 after. Student Rate (age 16+): \$79 if registered by Jan. 20, \$99 after. Call 703-956-6590 or visit www.artspaceherndon.org.

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## BULLETIN

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

Prescription Drug Take Back Box Program. Fairfax County announced the expansion of the Prescription Drug Take Back Box Program Countywide. The boxes are available 24/7/365 at each district police station for any person to anonymously and safely dispose of their prescription medications 24/7/365 - no questions asked. It is important to get unused medicines, especially opioids, out of your medicine cabinets to prevent accidental or illicit use. Several Fairfax County pharmacies also take back unused prescription drugs. For a current list, visit www.fairfaxcounty.gov/news2/4-waysto-safely-dispose-of-unused-medications/.

#### **INPUT SOUGHT**

- **Unmanned Aircraft Systems (UAS) Program.** Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions. The formal presentation will begin at 7 p.m. To find out more about the UAS program go to www.fairfaxcounty.gov/uas. Send feedback or questions to uas@fairfaxcounty.gov or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019, to be included in the official public record.
- Wednesday, Jan. 23, 6:30-3:30 p.m. at McLean District Governmental Center, 1437 Balls Hill Road, McLean.
   Thursday, Jan. 24, 6:30-8:30 p.m. at Sully
- Thursday, Jan. 24, 6:30-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly.
- Monday, Jan. 28, 2019, 6:30-8:30 p.m. at Reston Community Center – Hunter Woods, 2310 Colts Neck Road.
- Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

#### **TUESDAYS THROUGH FEB. 19**

- Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/ family-engagement/parent-resource-center
  Tuesday, Jan. 29 – Making Connections (part 4)
- Tuesday, Feb. 5 Critical Thinking (part 5)
- Tuesday, Feb. 3 Childar Hinking (part 3)
   Tuesday, Feb. 12 Taking on Challenges (part 6)
   Tuesday, Feb. 19 Self-Directed, Engaged

#### Learning (part 7)

#### WEDNESDAY/JAN. 23

- Introduction to Special Education. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. This workshop is provided for parents new to special education. Topics covered included: what is special education, early intervention resources and services, the special education process, 504 plans, and Individual Education Plans (IEP). Call 703-204-3941 or visit www.fcps.edu/resources/familyengagement/parent-resource-center for more or to register.
- Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/ parks/boardagn2.htm.



#### Worried About What Awaits

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#### By KENNETH B. LOURIE

Not that there's anything wrong with me – other than having cancer that is – but I've been going to see doctors – other than my oncologist – fairly regularly in the past few months: internal medicine, three times; otolaryngologist, two times.

The reason/symptoms vary, but in general, nearly 10 years into my "13 month to two-year" prognosis, I am finally erring on the side of taking a precaution and scheduling appointments with doctors as often as I see fit. Apparently, waiting isn't the hardest part after all, it's the dumbest part – if you have cancer.

So far, in all five instances, the various symptoms were not cancer-related, they were life-related. Meaning, they had nothing to do at all with my have cancer and/or its progression, and everything to do with living life outside of the bubble.

However, surviving life inside the cancer world for as long as I have has now made me a bit trigger happy, so to speak. At the drop of a hat or for most any other reason, I am scheduling an appointment with my primary care physician to confirm or debunk any medical suspicions that I might have.

Henceforth, I am going to let the professionals tell me what I need to know and what I need not worry about. It has become time for me to no longer fool around with my health presuming that whatever ails me is merely a blip when in fact it could be a sign of things potentially to follow.

Sort of like the oil warning light illuminating on your car's dashboard – it likely means the damage has already occurred. And the next steps you take might even be too little, too late.

As concerns my health, there is no warning light as such. Knowing there's only so much I can do to preempt (some of which I've been doing) what trouble possibly awaits, at the very least I shouldn't be stupid or stubborn anymore. Instead I have to be vigilant and proactive.

Since my life is at stake here, I can't worry too much about what the doctor might say when I show up at my appointment with less-than-life altering/ cancer-connected symptoms. Until they tell me otherwise, which they haven't yet, I will continue to overreact to any symptoms I experience because for all I know about such matters, it just might matter.

And lately, when my exams have indicated there was nothing to matter, I've often felt the need to apologize for taking up the doctor's time. Time which I realize is very valuable. But they would hear none of it. Instead, they have encouraged me not to hesitate making future appointments should the need arise.

And I suppose that's the issue: 'should the need arise.'  $\ensuremath{\mathsf{suppose}}$ 

But how will I know when the need arises? How will I know if the need is genuine? How will I know if the need is cancer-related or merely life-related, and should I act differently depending on the answer? Or should I not care about any of these questions and simply schedule appointments as soon as possible because, as I was advised years ago when I was first diagnosed: "It's all about you now, Kenny."

In thinking about where all this anxiety is coming from, I believe it has something to do with my switching to an immunotherapy drug – which we've been discussing for a few months, and being aware of the many possible side effects. Side effects which, should they manifest, I am to contact my oncologist immediately.

My concern is however, will I know and will I be too early or too late. Or maybe it won't matter, and that's what scares me. Moreover, I'm afraid we might not be able to stop what we've already started.

Granted, it's all speculation, and it's all premature.

Either the side effects prevent me from infusing the drug or it doesn't. And if I am able to be infused, the tumors, especially the "Adam's Apple" tumor, shrink in the process. And if I have to see multiple doctors during my treatment, so be it.

This is no time to wait and see. It's time to be seen without waiting.

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

### News

## GOP Committee Nominates Gregg Nelson for 86th District

Independent requests Fairfax County GOP Committee not to put a candidate forward.

By Mercia Hobson The Connection

urprise was the word at the Legislative District Mass Meeting of the 86th House of Delegates District of the Republican Party of Virginia held Saturday, Jan. 19, 2019, at Fairfax Christian School. Gregg Nelson of Oak Hill ultimately won the Republican nomination for the Virginia House District 86 candidacy with ten credentialed members of the FCRC voting during the Mass Meeting. Nelson won in a majority 8-2 vote.

Before the meeting started, Tim Hannigan, chairman of the Fairfax County Republican Committee acknowledged the district is decidedly Democratic. It encompasses a total of fifteen precincts, thirteen in Fairfax County and two in Loudoun County. Democrats won the district by

more than a 2 to 1 margin in recent elections. Results of the 2017 HD- 86 Regular General Election show Boysko (D) won with 16,865 votes, 68.52 percent, against Linda Schulz (R) with 7,707 votes, 31.31 percent.

Gregg Nelson was the only candidate to file a written statement of intent for nomination at the mass meeting.

During the discussion period before the nominating vote, Nelson described his position to members of the Committee. "I am a staunch conservative. I am very much in support of our Constitution and all amendments that go with it. ... Schools are important. ... The taxes, the toll roads, things like that just drive me absolutely nuts." The highest priority item on his agenda: "The budget first of all ... Just because you have money doesn't mean you get to spend it."

NELSON, a U.S. Air Force veteran, worked in the federal government and owns a small business focused on natural disaster seven grandchildren. "I am so looking forward to the race, to being able to give back to my community and be the voice for all citi-



Gregg Nelson of Oak Hill is the Republican nominee for the Virginia House District 86 election. He is a U.S. Air Force veteran, worked in the federal government and owns a small business.



In a surprise move during the FCRC Mass Meeting, Connie Hutchinson, former Herndon Town Councilmember announces her intention to seek the Virginia House of Delegates seat for District 86 as an Independent.



Amanda Morris, chair of the 86th House of Delegate Legislative District Committee of the Republican Party addresses members during the Mass Meeting held Sat., Jan 19, 2019.

aisle (as a Herndon Town tee. She said that Northern Vir-Councilmember and Vice Mayor) ... I'm here to request we do not the state and it needs to get its fair put a candidate forward, and that share of the transportation money instead, the Republican party helps an Independent get elected." Hutchinson, said, "I would caucus with the Republicans."

Before the nominating vote, Hutchinson outlined her position on various issues to the Commitginia is the economic engine for back that it sends to Richmond. "Change the formula. Right now it is based on lane miles," said Hutchinson, not road use or congestion she said.

Hutchinson also discussed tax relief for the elderly. "Change the tax rate based on your age...When you get to be seventy, you should be able to have a lower tax rate. Eighty even lower; ninety even lower."

During the nomination and candidate discussion, Chris Morris said, "I think it's very important we nominate Gregg. I think he is a tremendous candidate. He has the experience, and he's put himself out there.

"We all take a lot of heat in the Republican Party; a lot, all of it unfair ... We should stand with the man who will be willing to stand with us," Morris said.

"My most committed volunteers are going to want no part of an Independent candidacy," said Amanda Morris, Magisterial District Chair with the Fairfax County Republican Committee in Hunter Mill. "It's going to be very difficult (for volunteers) .... to get out and really pound the pavement for an Independent.

We have taken a lot of heat, a lot of body blows for our support of the President, for the party, and these are not people who want to volunteer for someone who doesn't put the "R" next to their name that we've taken so much heat for, " she said.

"It is not a personal issue or preference, it's an issue of boots on the ground," said Amanda Morris to those assembled at the Mass Meeting.

BY A MAJORITY VOTE, the Committee elected Gregg Nelson GOP candidate for the office of State Delegate HD-86. Nelson (R) will face Ibraheem Samirah (D) who won the Democratic nomination for the Special election to fill the now vacant 86th House of Delegates seat, formerly occupied by newly elected State Senator Jennifer Boysko (D).

The 45-day 2019 legislative session ends on Feb. 23, 2019, four days after the Special Election on Feb 19, 2019, for the vacant House District 86 seat. The regular term expire date is Jan. 8, 2020 according to the Virginia Department of Elections.

The Virginia Department of Elections states the Filing Deadline for candidates is Tuesday, Jan. 22, 2019, 5 p.m.

www.ConnectionNewspapers.com

#### **Deadlines for House District 86 Special Election**

Gregg Nelson (R) will face Ibraheem Samirah (D) and Connie Hutchinson (I) The Special Election will be held on Feb. 19, 2019

Last Day to Register to Vote - Tues-day, Feb. 12, 2019, In Person: 5 p.m, Online: 11:59 p.m.

Last Day to Apply for an Absentee Ballot - Online, Fax, Mail: Tuesday, Feb. 12, 2019, 5 p.m.

the 86th District to come out and vote," Nelson said.

IN A SURPRISE MOVE during the mass meeting, Connie Hutchinson, credentialed GOP voting member, former Herndon Town Councilmember and former Herndon Vice Mayor announced her intention to seek the VA HD-86 seat as an Independent. She requested Republicans not to nominate a candidate.

"I think people are upset with both parties, not happy with the political climate in Richmond or damage assessment. He and his at the Federal level. ... They're wife Lisa have six children and looking for collaboration, coordination, people that are willing to work together across the aisle," Hutchinson said. "That's been my background running as an indezens. We need registered voters in pendent and reaching across the