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Meet
Herndon's
'Bundle Buddies'

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Vicki Morse of Herndon writes: The "Bundle Buddies" love doing group hugs. Little buddies, from left, are: Raven 14 1/2 years - toy poodle; Fergie 12 years - Miniature poodle; Mimi 2 years - maltipoo (alpha dog), and Head buddy: Ashley Morse (Herndon) - chief toy thrower and doggie chaser.

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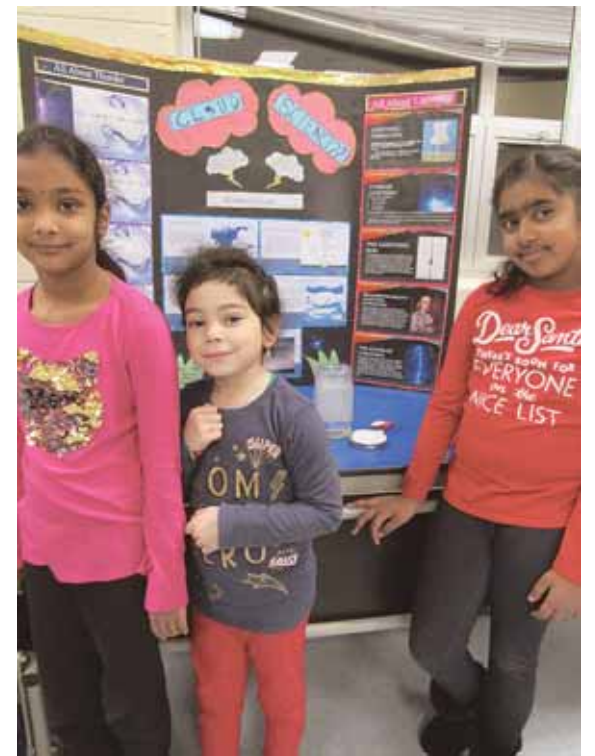
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NEWS



(From left) Riya Nanduri, 5 and Vritika Chilukamarri, 5 of Herndon explain their procedures and the purpose, hypothesis and conclusion for their Rainbow Walking Water Project.



PHOTOS BY MERCIA HOBSON/THE CONNECTION
Anu Mantraca, Medha Komandur and Jabili Garimella display their Cloud in a Jar experiment during the Floris Elementary School Science Fair.

Floris School Eagles Soar in Science

Where can science take an elementary school-aged child?

BY MERCIA HOBSON
THE CONNECTION

Floris Elementary School held its 10th Annual Science Fair Thursday evening, Feb. 21. “This is the biggest Science Fair ever,” said Principal Gail Porter. Started in 2010 with 50 teams according to the organizer, Michele Bolos, CEO of NT Concepts, Inc., the fair grew to 101 teams with 260 children this year.

“The Floris School Science Fair is a great opportunity for our students to show off a variety of projects that apply their independent scientific research,” said Bolos. She explained men and women from professional field industries and students from local high school served as mentors to the budding scientists. “The Floris students agree that this is their favorite part of the fair and especially like when their mentors leave them written feedback,” said Bolos.

PROJECT TITLES ranged from “Rainbow Walking Water” by Riya Nanduri, 5 and Vritika Chilukamarri 5, to “Video Game Science” by Nate Carbaugh, 12 and Cooper Guisti, 12. Carbaugh explained their project and how the scientific hypothesis did not stand when they tested it.

“Because my friend and I really like to play video games, we wanted to incorporate science into it. So we chose a game we thought would raise our blood pressure, “Fortnite.” We chose another game that is called “Word Search.” We found blood pressure decreases for most people (when playing the games), but pulse rises for both games.

In addition to the Projects, Floris Elementary School, home of the Eagles, welcomed Chris Powell, Floris parent and Children Science Center Board Member and Justin Tsuchida, Children Science Cen-

ter Advisory Board member. They presented the “Vacuum Canon, an extended length of PVC piping with a ping pong ball placed at one end and both ends then sealed. After evacuating the air from the pipe with a vacuum pump and rupturing a seal, the ping pong ball shot across the gymnasium.

One never knows when a child will fall in love with science and how. Principal Porter shared the story of Floris School alumni Kavya Kopparapu of Herndon, Thomas Jefferson High School for Science and Technology Class of 2018 and now Harvard College, Class of 2022. Kopparapu said in an email, “...My love for science... and research started in Floris in 5th grade. I met the Children Science Center (CSC) scientists who conducted an Elephant toothpaste experiment, which blew up to the roof of the auditorium. I think the mark is still probably there. It was the excitement that made me pursue research, and I also started working with CSC and later joined their board.”

TODAY, Kopparapu chronicles her journey tackling better treatment for aggressive cancers. Kopparapu’s answer, according to her TEDx talk titled “Computationally Paving the Future of Medicine” published Nov. 27, 2018, is, “...precision medicine, treating disease using an individualized, targeted approach...through the development of GlioVision, a computational tool that predicts molecular and genetic information about a tumor simply from a biopsy slide...Her research interests lie in the intersection of artificial intelligence and medicine and making cutting-edge medical technology more accessible to every patient. In this line of work, she was recognized as a 2017 WebMD Health Hero, 2018 Regeneron STS “Junior Nobel Prizes” Finalist and 2018 “US Presidential Scholar.”

Seven years ago, in 2012 Floris Elementary School held its second Science Fair, the one that inspired Kopparapu. She was 11 years old and in fifth grade. This year for the 10th Annual Science Fair, 260 students participated. Where can science take an elementary school-aged child?

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PHOTO BY MERCIA HOBSON/THE CONNECTION

Virginia House Delegate-elect Ibraheem S. Samirah (D-86) celebrates his win after the Special Election held Feb. 19 to fill the seat former Delegate Jennifer Boysko (D-86) vacated in early January after she won the 33rd District seat in the State Senate.

Blue Wave Retains 86th District

Ibraheem S. Samirah (D) defeats Gregg Garrett Nelson (R) in Special Election.

BY MERCIA HOBSON
THE CONNECTION

The Virginia House of Delegates 86th District seat remained blue after

Ibraheem S. Samirah (D) defeated Republican Gregg Garrett Nelson and Independent Connie Haines Hutchinson in the Special Election held Tuesday, Feb. 19, 2019.

According to Samirah, he is the second Muslim American elected to the Virginia General Assembly and days later, the youngest seated Muslim American delegate, across the U.S.

"I am proud to be able to serve all residents of the 86th district in Richmond. I believe in the power of uplifting everyone through a special focus on our healthcare, environment, education and transportation means. I look forward to consistently delighting all by doing the best I can to pass legislation that reduces the costs of healthcare and greenhouse emissions," said Samirah.

DEL. SAMIRAH won former Delegate Jennifer Boysko's seat in the 86th, vacated in early January after she won the 33rd District seat in the State Senate left by Jennifer Wexton when she became a Congresswoman.

"I absolutely think Samirah represents the future of the party and a segment of the population which has been underrepresented for years," said Cesar del Aguila who hosted the victory party for Delegate-elect Samirah (D-86). Del Aguila is the first Latino American elected to office in the Town of Herndon.

According to the unofficial results released by the Virginia Department of Elections on Feb. 20, the 17 precincts in VA House District 86, 14 in Fairfax County and 3 in Loudoun County, showed Samirah led by a 25.5-percent margin. Samirah (D) received 3,739 votes, 59.9 percent; Nelson (R) received 2,162 votes, 34.40 percent; Hutchinson (I) received 370

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COURTESY PHOTO

Del. Ibraheem S. Samirah (D-86) studies documents before voting on bills during the 2019 Session of the Virginia House of Delegates.

votes, 5.89 percent, and Write-in received 13 votes, 0.21 percent. State contest results are unofficial until certified by the State Board of Elections (SBE).

Nominee Nelson (R) ran on a platform that stressed education, transportation and tax reduction. In a campaign survey, nominee Samirah (D) spoke about his platform. "I target healthcare, education, transportation and the environment, all interwoven for the betterment of all."

At Precinct 320 Herndon #2, Herndon Community Center, Rebecca Borton, Dranesville Democrat precinct captain and her

husband Tim along with Signe Friedrichs staffed the table for candidate Ibraheem Samirah (D). Jean Werner handled the table for candidate Gregg Nelson (R). "I'd only do this for a great guy," said Werner.

Delegate-elect Samirah left for Richmond the night of the election. Records show he voted on many bills. "Aside from passing a bipartisan budget that puts more money into education expenditures, a law that creates a neutral commission to fix gerrymandering in redistricting, and voting for the ERA, I worked to pass legislation protecting animals against cruelty and voting to increase legal protections for police officers but also limiting a broadening of their authority. I learned a lot in my first few days and even got the opportunity to commemorate Black History Month by a reference to one of the greatest Black Muslim Americans: Muhammad Ali. The 2019 Session of the Virginia House of Delegates adjourned sine die on Sunday, Feb. 24, 2019.

LOOKING FORWARD, Del Samirah said much remained to be done. "Although I worked to pass, and successfully passed, much legislation this year through bipartisanship, much remains to be done in the realm of pushing for justice and equality for all, in particular for women, LGBTQ, religious minorities and people of color. I voted for the Equal Rights Amendment to be passed, but Republicans did not allow its passage. Disenfranchised groups need more protections in the face of increased hate crimes. All these require a Democratic majority in both legislatures." For voting information by delegate name, session and vote, visit- Virginia's Legislative Information System at <http://services.dlas.virginia.gov/web/services/frmLISVotIng1.aspx>.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Nancy Saunders, Board President of the Herndon Historical Society gives artifacts in the Herndon Depot Museum a gentle cleaning.

Herndon Depot Museum Shines

The "Depot's" 2019 Season open Sunday, March 3 with a Train Show.

BY MERCIA HOBSON
THE CONNECTION

The Herndon Depot Museum received an early spring cleaning Sunday, Feb. 23. "Herndon Historical Society Board members and volunteers dusted and cleaned the Depot Museum exhibits in preparation for the 2019 opening on Sunday, March 3 from Noon - 3 p.m.," said Nancy Saunders, Board President.

Richard Downer described a special event taking place Opening Day. "The Train Show in the Freight room of the Depot on Sunday, March 3, 2019, will be provided by the T-TRAK Division of Northern Virginia NTRAK. These are N scale units that are designed to go specifically on table tops," said Downer. The Herndon Depot Museum was built in 1857 for

the Alexandria, Loudoun & Hampshire Railroad and later served the Richmond and Danville Railroad, the Southern Railway and the Washington and Old Dominion Railroad according to the National Register of Historic Places in Fairfax County, Virginia, United States. Railroad memorabilia, information on Commander William Lewis Herndon, for whom the town was named, artifacts from the U.S.S Herndon destroyer from WWII, and artifacts from local residents are on display. The train station served the dairy community until 1968.

If you are interested in volunteering on Sundays, contact Society President Nancy Saunders at HerndonHistoricalSociety@gmail.com. The only requirements are an interest in local history and a willingness to help out.

WEEK IN HERNDON

Hunter Mill District to Hold Town Hall on the Budget

Supervisor Cathy Hudgins will be hosting the annual Hunter Mill District Town Hall on the Budget, Saturday, March 2 at Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. County Executive Bryan Hill, County Staff and staff from Fairfax County Public Schools will be presenting the Fairfax County FY2020 Budget Proposal and Fairfax County Public Schools proposed budget.

Come early for coffee at 8:30 a.m. with presentations beginning at 9 a.m. Questions and answer session will follow the presentations. Afterwards, stick around and take a tour of the farm and visit with this year's new baby animals. There's always something new on the farm!

OAK HILL/HERNDON CONNECTION ♦ FEBRUARY 27 - MARCH 5, 2019 ♦ 3

PET CONNECTION



“The black lab is Piper Pickworth, 1-year-old who lives in Downtown Herndon, and is the lovable pet of VeloLabs owner, Matt Pickworth. Piper is with her best friend, Riley Kendall, 5-month old lab/hound mix, who belongs to Brad Kendall, a mechanic at Green Lizard.” - Kate Pickworth of Herndon



“Jimmy is a 16-year old mixed breed who looks forward to his morning trips to Green Lizard for coffee and treats.” - Patrick Hermus of Herndon

“Pet name: Samwise Gamgee of Herndon, Breed: BIG Age: 1- “What makes “Sammy” special is he thinks he is a dog. Loves belly rubs; follows us around and greets us at the door each day. He makes up in beauty what he lacks in brains.” - Stephanie Wright of Herndon



PHOTOS CONTRIBUTED

Herndon Hounds and Purrfect Kitties

Residents tell tales of love and antics

BY MERCIA HOBSON
THE CONNECTION

Pet owners take pride in their creatures and enjoy their unconditional love and amusing antics. Pets, on the other hand, take care of their humans. On any given day, no matter the weather, Herndon hounds take their humans for walks. Up and down sidewalks, on the W & OD Trail and through park pathways, dogs lead their willing and not so willing two-legged friends by the leash through the community, both getting exercise and socialization. Herndon cats know just when to saunter over to their humans. They jump on their desks creating a forced work break by tempting their owners to pet their silky fur.



“My dog runs all the way to the Green Lizard to get treats, nearly chokes running out of air.” - Chris Kolster of Herndon



“Rocky is a great dog.” - Dan Fischer of Herndon



“Daisy Stark is a silver Labradoodle enjoying Folly Lick Creek Trail!” - Justin Stark of Herndon



“Puppy Riley Kendall-Everything a puppy does is cute.” - Bradley Kendall of Herndon



“Charlie Christmas is from a rescue in Puerto Rico. He is a Sato, a Puerto Rican street dog.” - Aimee Wedlake Lange of Herndon



“Ripley doing his best impression of a rock.” - Kendall Hobson of Herndon

Senior Living

Giving Up the Car Keys? Recognizing warning signs that it might be time to stop driving.

BY MARILYN CAMPBELL

Tracy Palmer didn't see the accident, but she received a frantic call that every parent dreads: her 11-year-old son had been hit by a car.

"We were on vacation visiting my brother and I'd gone to get coffee and my phone rang," she said. "My brother told that an 82-year old woman hit my son while he and a few of his cousins were sitting just off the driveway drawing with chalk. She never saw the kids and when she hit my son she thought she'd hit a ball, so she kept going. Thank God one of the neighbors saw it and stopped her."

After eight days in the intensive care unit, Palmer's son is on the mend, but Palmer who works as an attorney in Arlington, however, is furious that the elderly driver was allowed behind the wheel of a car in the first place.

Monitoring one's driving abilities is an essential part of our overall healthcare, especially as one ages. "There's no cutoff age for when a person should stop driving. But as we age, our joints can become stiff, our reflexes slow down and our ability to make split-second judgement calls or stop on a dime can become impaired," said Dana Kilgore, MSPT. "Our bodies also become more frail as we age, so the impact of a car accident would probably do more harm to a 85-year old than a 25-year old."

It is important for seniors and their families to pay close attention to the warning signs that it's time to reduce one's driving or stop it all together, says psychologist Donna Goldstein, Psy.D. "If you notice an increased number scratches or dents on that mom or dad's car, especially if they've always been a good driver, that could be an indicator," she said. "Getting traffic tickets, getting lost frequently, running stop signs

or traffic lights, those are all signs that it might be time to leave the driving to someone else."

Accepting the fact that it's time to stop driving can be difficult. "A driver's license isn't just a plastic card with a bad picture that you keep in your wallet," said Lisa Dombo, LPC, Ed.D, a marriage and family therapist in McLean. "It means freedom and independence. It's hard for anyone to want to give that up. That's one of the reasons why it can be so hard for people to convince someone that they need to stop driving."

That is a lesson that Naomi O'Conner learned one weekend this winter when she made plans with friends to take in a designer sample sale that was happening about two-miles from her house. Her 86-year old mother had agreed to babysit her 7 and 9-year old children. But the weather took a frosty turn and threw her plans into a tailspin.

"My mom lives a mile away from me and has always been my most dependable back-up babysitter for weeknights, but when the snow started falling, I knew that I could not let her get on the road in that weather," said O'Conner who lives in Bethesda. "It was for her safety and everybody else who'd be on road. Unfortunately, she kept insisting that

she would be fine and even became a little peeved that I was suggesting that she was too old. Too keep her off the road, I had to concoct a story about one of my friends getting sick and canceling the plans."

The thought of suggesting to a loved one that it's time to give up their car keys can be daunting. Dombo says that there are steps that one can take to make such a conversation less intimidating. "This is a very sensitive issue for many people because it means dramatic change in lifestyle and having less control over ourselves," she said. "It's important to be respectful and not talk to them like they are a child. Give specific examples instead of making general statements and try not to have the conversation alone. It's usually more effective to have the conversation with a group of family members."

Demonstrating an understand of the what reduced driving means is also important, suggests Goldstein. "You must show empathy," she said. "This type of transition can lead to depression for some seniors. Offering alternatives like gift certificates for cab rides or Uber or Lyft can be good. Coming up with a plan to remain socially active and to run errands and get to doctor's appointments. But this type of life transition is not easy, but it is possible to live a rich, full life without a car."

"... a very sensitive issue for many people because it means dramatic change in lifestyle and having less control over ourselves."

— Lisa Dombo, LPC, Ed.D

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CALENDAR

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

ONGOING

Go on a "Blind Date" for Charity.

At Scrawl Books, 11911 Freedom Drive, Reston. Take a chance this February and let Scrawl set you up - sight unseen - with a great read. Get a few hints and a brief description of what might be hidden inside. Proceeds from sales of "Blind Date" books will benefit local schools and pre-k programs. Visit www.scrawlbooks.com or call 703-966-2111.

Audubon Photography Awards Show.

Through Feb. 27, Mondays, Wednesdays-Fridays 9 a.m.-5 p.m.; Saturdays 10 a.m.-1 p.m.; and Sundays 1-4 p.m. at Walker Nature Center, 11450 Glade Drive, Reston. The winning photographers and their photographs were selected from more than 8,000 entries submitted by photographers from all 50 states, Washington, D.C., and 10 Canadian provinces. This year's photographs celebrate the splendor of many bird species protected under the Migratory Bird Treaty Act. Call 703-476-9689 or email naturecenter@reston.org for more.

Winter Golf.

Through Feb. 28, skip the traffic with the Afternoon Drive special at the heated and covered ranges at Burke Lake Golf Center and the newly renovated Oak Marr Golf Complex. All buckets are \$2 off, Monday-Thursday, 4 p.m. until closing. Or try the indoor studio at Pinecrest Golf Course's Valis Family Golf Learning Center, featuring three indoor hitting bays or a private session with the TrackMan Golf Simulator Suite (five person max.), both reserved by the hour. Visit www.fairfaxcounty.gov/parks/golf.

Exhibition: "For the Love of Art."

Through Feb. 28 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging. This show is free and open to the public during the center's regular operating hours. Kathleen Best Gillman judges the show. Visit www.leagueofrestonartists.org for more.

Winter Wonderland Ice Skating.

Public skating every day and extended hours for all Holidays, through March 10, hours vary at Reston Town Center Ice Skating Pavilion. Special events throughout the weekend, join in: Thursdays for College Night, \$2 off admission with a valid ID; Fridays for Rock the Rink with a live DJ; and Saturdays for Cartoon Skate, glide around the ice with The Grinch and Scooby Doo. The skate shop is stocked with over 500 pairs of skates ranging from size 8 toddler through men's size 13, in both figure and hockey styles. Visit restontowncenter.com/amenities/ice-skating for more.

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. Through a combination of video and paintings selected from her ongoing "Cyber series, IRL (online shorthand for "in real life") investigates concepts of simultaneously being present and disconnected and how the natural world becomes entangled in digital lives. Free and open to the public. Visit restonarts.org for more.



PHOTO COURTESY RESTON COMMUNITY PLAYERS

Jane Steffan as Sarah Goodwin in Reston Community Players production of "Time Stands Still" at Reston CenterStage, March 1 to 6, 2019.

War Photographer Comes Back Home

Reston Community Players presents "Time Stands Still."

BY DAVID SIEGEL
THE CONNECTION

Where and When

"Time Stands Still" is truly a play that could have been ripped from today's headlines, covering the full range of emotions from love to betrayal, pride to envy, and commitment to disillusion," said Adam Konowe who directs the play. "It deserves to be produced and seen."

Written by Donald Margulies, "Time Stands Still" was nominated for two Tony Awards, including Best Play. The play examines the lives and relationship of one couple making a living out of documenting the horrors of war. When Sarah Goodwin (played by Jane Steffan), a photojournalist, returns from covering the Iraq War after being injured by a roadside bomb, her reporter boyfriend James Dodd (played by Greg Lang) is racked by guilt. He had left Sarah alone in Iraq.

Both Sarah and James are bruised and exhausted. Together they explore whether it is even possible for two people who are used to living in dangerous conditions to find a normal life together. They are joined by Richard Ehrlich (portrayed by Todd Hulse) and Mandy Bloom (portrayed by Alex Sands).

For Konowe, "Time Stands Still" reflects the complexity of life at home, at work and among friends. It demonstrates that what fulfills us in one sense can be destructive elsewhere. It reinforces that truth - portrayed here through journalism - is worth fighting for and serves

Reston Community Players present "Time Stands Still" at Reston Community Center, CenterStage, 2310 Colts Neck Road, Hunters Woods, Reston. Performances March 1 to 6, 2019. March 1, 2, 8, 9, 15, and 16, 2019 at 8 p.m. March 10 at 2 p.m. Tickets: \$28 Adults (19-64), \$24 Seniors (65 and older), and \$24 Students (18 and younger). Call Reston Community Center CenterStage Box office at 703-476-4500 or visit www.restonplayers.org. **Note:** CenterStage is accessible and offers listening devices for the hearing impaired

society well, even when the news it conveys is difficult to comprehend or appreciate."

One of the most interesting parts about the character of James is "the choices and actions he makes in an attempt to protect the one he loves and, his inability to correlate these with the downhill spiral his life is taking. He gives us a glimpse into the life of someone living with PTSD and how this tragic disorder can severely impact the way we live our lives" said Greg Lang. According to Jane Steffan, her character "Sarah is the most complex character I have ever played. She has many walls she knows about and others she discovers along the way. She's not sure she knows who she is anymore."

Inviting audiences to the RCP's "Time Stands Still" Todd Hulse said that playwright "Donald Margulies doesn't set out to provide answers in his plays. Rather, he is a master at exploring the nature of relationships, both personal and societal. He challenges audiences to consider bigger issues that both unite and divide us, without preaching."

SEE CALENDAR, PAGE 7

OPINION

New Girls on the Block

BY JOHN FOONG,
TROOP 159, POWHATAN DISTRICT, BSA

This was anything but your typical Scout meeting. A group gathered around a table, an unmistakable excitement in the air. They were just getting started, and were raring to go. Chatter filled the room they were in about uniforms, supplies, upcoming outings and more. There was an optimism and energy in their conversation that seemed hard to find today.

Oh, and they were girls. This is Troop 7, a Scouts BSA all-girls troop and one of the first in the Powhatan district that serves Chantilly, Great Falls, Herndon, Oakton, and Reston. The official program with Scouts BSA girls' troops started on February 1st- although the Scouts, adult Scouters, and their parents were up and moving long before that. The BSA has been a boys-only Troops and Packs option for the longest time- although BSA Venture Crews and Explorer Posts have allowed girls for decades- so that begs the question; what's the difference now between a Scouts BSA boys' and a Scouts BSA girls' troop? And how does this accomplish anything?

Troop 7 Scoutmaster Steve Conner has served in BSA Scouting for 14 years with a son who earned Eagle a few years ago- he believes that the move by BSA to allow girls to participate in Scouts BSA Troops was nothing but positive. He said, "I wanted to be a part of forging this path forward and give a group of ambitious girls the same opportunities that were afforded to my son and the millions of boys who have had the privilege of being part of BSA." Steve initially thought that a Scouts BSA girls' troop would struggle to gain acceptance in the community- "but to the contrary, my experience to date has been exactly the opposite." According to him, Troop 7 has had an overall positive response from other Scouts and the community at large.

One of Troop 7's Assistant Scoutmasters, Karen Downs, also saw the potential in allowing girls to join Scouts BSA through her son's participation in the program. Besides developing his self-confidence and maturity, she noted that the friends he made saw him through some

Scouts BSA opens up
new opportunity to girls.



PHOTOS CONTRIBUTED
Assistant Scoutmaster Karen Downs helps Scouts sort through the troop's cooking supplies.



The results of BSA Troop 7's cooking outing.

really difficult times. Over the years of her involvement as a parent and volunteer, she'd wished "that my older daughter could have had similar experiences. Even though it is too late

for my daughter, I am excited to support the girls who want to participate in this great program." Despite her son going to college this year, what she saw him learn convinced her that supporting a Scouts BSA girls' troop was the right decision.

These newfound opportunities for girls are making waves in the area, and Troop 7 itself is already 16 Scouts strong- with the bridging over of another Scout from the Cub Scout program, that number will continue to grow. According to Sarah E.- a student from Navy Elementary

School and one of these new recruits- observing what her brother had learned in Scouts "intrigued herÉ it was an opportunity to learn wilderness and life skills." Another Scout, Melissa, was already a Venturer before joining Troop 7 but was attracted to what the previously boys-only program could offer her, and the chance to interact with BSA Scouts of different ages as peers. Despite being a senior at South Lakes HS, she is aiming for the challenge of Eagle Scout. The requirements are the same for boys and girls, but there is a temporary transition rule available to newly joined youth over 16 years old that gives them a time extension to earn their Eagle.

Even with the overwhelming response, Scouts BSA Troop 7 is still open for new Scouts to join- and for those interested, there is an upcoming opportunity to find out for yourself. The troop is hosting a 30-minute welcoming event on Thursday, March 7 at 7:00pm in Floris United Methodist Church. You can meet the girls who make up Scouts BSA Troop 7 and practice basic Scout BSA skills.

More information about Scouts BSA Troop 7 can be found at www.Troop7va.org. To join or find a troop in your neighborhood, please visit <https://BeAScout.org>.

BULLETIN BOARD

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

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

INPUT SOUGHT

Shaping the Future Together. Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit fairfaxcounty.gov/strategicplan and:

- ❖ Take a short five-question online survey

- ❖ Join a community conversation in person: March 6 – Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

FRIDAY/MARCH 1

Technology Fridays in March. 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Join the Parent Resource Center for this series of technology workshops presented by FCPS Assistive Technology Services. Register for one or all of the workshops. Explore a variety of technology tools to support student success and independence with reading and writing in the digital classroom and at home. Register at [www.fcps.edu/index.php/resources/family-engagement/parent-resource-](http://www.fcps.edu/index.php/resources/family-engagement/parent-resource-center)

center. Call 703-204-3941 or email prc@fcps.edu for more.

- ❖ March 1 - Technology to Support Reading and Writing: Encouraging Independence and Student Success
- ❖ March 8 - Exploring Early Childhood AT Home: Assistive Technology for Preschool
- ❖ March 15 - Technology Tools to Support Executive Functioning
- ❖ March 22 - Assistive Technology to Support Communication

SATURDAY/MARCH 2

Sibshops. 9 a.m.-noon at Providence Community Center, 3001 Vaden Drive, Fairfax. The Sibshop workshops are for children in grades 2-5 who have siblings with special needs enrolled in Fairfax County Public Schools. Meet other siblings in a fun, recreational setting; celebrate siblings; share sibling experiences

and receive peer support; play games and more. A snack will be provided. Registration is free, donations will be accepted to support the cost of materials and food. Visit www.fcps.edu/resources/family-engagement/parent-resource-center or call the FCPS Parent Resource Center at 703-204-3941 to register.

Dementia Care Support. 10-11 a.m. at Hunters Woods at Trails Edge Showroom, 2254B Nunters Woods Plaza, Reston. Dementia Care Support Group - 1st Saturday of the month. Distinguish between normal aging and dementia, understand different types of dementia, the impact of changes to the brain and how family caregivers can best cope with these changes. Free. Call 703-708-4047 or visit www.integracare.com.

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