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WELLBEING

PAGE, 8

Oak Hill  
Herndon  
CONNECTION

Children from Herndon Community Center Preschool show off their Community Helper Scavenger Hunt papers after they worked together to find the local bike shop, the Green Lizard, in downtown Herndon.

Scavenger Hunt  
For Community Helpers

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Herndon Parkway  
Development Approved

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Yearnings for  
Bells and Magic

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# NEWS

## Scavenger Hunt for Community Helpers

Field trip to the Downtown Historic District in Herndon engages students minds and bodies.

BY MERCIA HOBSON  
THE CONNECTION

During February, teachers at Herndon Community Center Preschool taught their young students about community helpers, the given individuals traditionally seen working in public service roles of safety, health and education. "We talked about police officers who work to protect and keep us safe, firemen who help to protect our families and our homes from fires, and the many different types of doctors that help to keep our bodies healthy," said Kellee Windom, Lead Preschool Teacher, Herndon Community Center.

Discovering other helpers in the local community, those in the service industry and doing so through a scavenger hunt adds fun to educational process and kicks it up a notch. Incorporating different approaches or learning styles to the lesson, a physical field trip, one-on-one social encounters and team efforts kicks learn up even further.

Students and teachers from HCC Preschool and chaperones, many with strollers, walked down the W&OD Trail (Washington & Old Dominion Railroad Regional Park) from the community center directly into Herndon's Downtown Historic District. The setting of the preschool, located a 15-minute stroll via the paved trail, offered the children a safe exercise

pathway to the downtown district with opportunities for children and teachers to talk about the experience ahead of them.

"The teachers created a scavenger hunt of different local shops and businesses in our Herndon area that the children could find as we walked through the downtown area. This gave us the opportunity to share about the history of Herndon ... while finding the different vendors and shops listed on their scavenger cards. Once they found the scavenger location all went inside to talk one on one with the community helper and to find out a little more about their jobs," said Windom.

The children visited the local library, bike shop, florist, hair salon, bakery, animal hospital, library, family eye care practice, ice cream shop and various other businesses in the downtown district according to Windom.

"At the library, we put the books in a box in the wall outside and saw them disappear. Then we got to go inside a special room in the back to see where they went," said Amaya Benavitch, 4.

"The ladies at the flower shop were really nice. They even gave me a real flower," said Aseel Yahya, 4.

"The machine that makes the flour at the bread shop is really loud. I wanna see him do it again," said Vedanta Neupane, 4.



Children from HCC Preschool hold carnations given to them by staff at Herndon Florist after the employees explained their service roles as community helpers in the Town of Herndon.

PHOTOS CONTRIBUTED



Books are only one way to learn about Community Helpers.

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View From Herndon Parkway – Building A



View From Herndon Parkway – Building C



PHOTOS COURTESY PENZANCE

Conceptual Design, 555 Herndon Parkway, Building A

Conceptual Design, 555 Herndon Parkway, Building C

## Commission Approves Herndon Parkway Development Plan

Seven-year plan brought forth through cooperation and understanding.

The Town of Herndon Planning Commission approved Application, DP#17-01, 555 Herndon Parkway in a vote of 5-0 for the Herndon Transit-Oriented Core (HTOC) Development Plan with proffered conditions to allow a mixed-use development by owner, 555 Herndon LLC during its Feb. 25 meeting.

During the meeting, Bryce Perry, Deputy Director of Community Development described the site as “slightly over four acres ... a few hundred feet from where the Metro station touchdown will be in Herndon ... with three mixed-use buildings.” He said the buildings would be constructed in three phases, in no predetermined order, and include two tower buildings and one mid-rise building collectively comprising residential, high-rise office and retail with a 4.3-floor area ratio (FAR). He said there would be a podium garage, three entrances, plaza area, multi-modal streetscapes and cycle accommodations.

Perry discussed traffic lights and traffic impact.

The draft proffer statement read it would include proffers regarding uses, transportation impacts, recreation and community amenities and green building practices. The statement also offered contributions for off-site transportation improvements, off-site recreation amenities, Fairfax County schools, and Fairfax County Fire and Rescue.

During the meeting, town staff recommended approval given considerations stated in a resolution itemizing that the

**PLANNING COMMISSION** determined the applicant demonstrated the plan adhered to applicable sections of the Town of Herndon Zoning Ordinance and Comprehensive Plan dependent upon modification of tower separation requirements.

In addition, the resolution stated the ap-

Central Plaza Concept



Conceptual Design, 555 Herndon Parkway, Central Plaza

plicant demonstrated that the requested modification for tower separation for buildings over 80 feet in height, “be reduced from 60 feet to not less than 55 feet.” The stated reason “(was) because modification would afford equal or greater assurances of meeting the goals of the Zoning Ordinance and the goals of the statement of intent of the PD-TOC Planned Development-Transit Oriented Core zoning district.”

According to provided materials, the Planning Commission recommended the Town Council approve DP #17-01, 555 Herndon Parkway with amendments as follows: “The applicant provides additional illustrative images and statements, regarding Herndon’s unique identity, that typify physical elements and subject matter that can be incorporated into the development proposal during the site plan and Town of Herndon Architectural Review Board process. (And) the applicant provides acceptable enhancements to the mid-block pedestrian

entrances to heighten the sense of arrival and direction to include special pavement designs, architectural elements, signage and other focal points.”

Before calling the vote, Planning Commission Chair Melissa Jonas said, “It has been quite a ride since 2012 ... Not only has this been a big application for us to look at as the Planning Commission but this was a big deal for the town.” Jonas thanked the community.

“This has been a long process for everyone in the Town of Herndon to think about this area and what it means for our town.” She said, “The market will drive this project.”

Elizabeth M. Gilleran, AICP Director of Community Development stated, “The property at 555 Herndon Parkway is zoned Planned Development Transit-Oriented Core. If the Development Plan application is approved by the Town Council, construction cannot occur until the applicant com-



PHOTO SCREENSHOT HERNDON.GRANICUS.COM/MEDIAPLAYER

**Melissa Jonas, Chair, Planning Commission, Town of Herndon, calls the question to commissioners for the mixed-use development located at 555 Herndon Parkway.**

pletes several additional steps. The first step is the site plan. The site plan consists of all the necessary site engineering drawings. Town staff reviews the site plan to ensure its compliance with all site development and zoning regulations and that it is in substantial conformity with the approved Development Plan.

“Following site plan review and approval, the applicant must submit an application to the Architectural Review Board (ARB) to have the exterior architecture, plazas, streetscape and other exterior features of the proposal approved. The application to the ARB must include drawings of the proposed building and site design, as well as the proposed exterior building materials, the colors as well as other exhibits and samples. The town staff and ARB review the application to ensure that it meets the Town’s adopted Urban Design and Architectural Guidelines for the Herndon Transit-Oriented Core as well as any other applicable guidelines and regulations.

“Once the applicant obtains approval from the ARB, the Town reviews the applicant’s Building Permit to ensure that the structure of the proposed building meets all building code regulations. It is anticipated that this development may be developed in three separate phases, but that is not certain at this time.”



# OPINION

# 2019

But this year is supposed to be an improvement.

Every year is election year in Virginia. Add in primaries and special elections, and there are many more elections every year, all with consequences.

Control of this year's Virginia General Assembly came down to pulling a name out of bowl (literally). In 2019, every seat in the House of Delegates and Virginia Senate will be on the ballot.

**EDITORIAL** While some good things did happen in this year's session of the General Assembly, (eviction protections, foster care reform, step towards menstrual equity, to name some), other important legislation stalled because of party politics and ideology, including reforming fines and effects on drivers licenses; seat belt laws and legislation on distracted driving.

A huge number of candidates will seek seats on the Fairfax County Board of Supervisors and School Board as well, with the direction and tone of the future hanging in the balance.

Results of 2019 Elections will matter in many ways.

**Are you registered to vote?** Check here: <https://vote.elections.virginia.gov/VoterInformation>

Upcoming Elections:  
May 7, 2019 - Vienna Town Council Elections  
June 11, 2019 - Primary Elections  
Nov. 5, 2019 - General & Special Elections

#### 2019 Elections Include:

Filing deadline for parties, March 28  
Primary if held: June 11  
General Election Nov. 5  
Virginia Senate (4-year term)  
House of Delegates (2-year term)  
Soil and Water Directors (4-year term)  
Board of Supervisors  
School Board  
Counties: 4-year terms:  
❖ Commonwealth's Attorney  
❖ Sheriff  
❖ Commissioner of Revenue  
❖ Treasurer  
Vienna Town Council

In case you wonder what will be on the ballot next, here is a guide.

Virginia has a General Election every year on the Tuesday following the first Monday in November.

❖ Federal offices are elected in even-numbered years.

❖ State and Local offices are elected in odd-numbered years.

❖ Clifton Mayor and Town Council are elected in even-number years on the first Tuesday in May.

❖ Herndon Mayor and Town Council are elected in even-number years on the Tuesday following the first Monday in November.

❖ Vienna Mayor and 3 Town Council members are elected in even-numbered years on the first Tuesday in May.

❖ 3 Vienna Town Council members are elected in odd-numbered years on the first Tuesday in May.

❖ If primaries are called by the political parties, they are held on the second Tuesday in June.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

## LETTERS TO THE EDITOR

### New Ways of Being Heard

To the Editor:

Karl Marx was a passionate idealist from nineteenth century industrial era. Factory workers would commit to their jobs despite possible oppression, while their employers oversaw the work environment become increasingly filled with lost souls. This is occurring at a wider scale in today's government, and seen across the world especially in places whose rights don't provide them the same liberties that America has. While trying to reach the government to express a concern, one may find themselves in a never-ending battle with a voicemail, or prerecorded machine. This parallels with Marx and his belief of unequal relationships between common people and their superiors. Hopefully enough people can unite with a similar agony and anticipate change from those who run our lives. Working citizens should be able to express their concerns instead of being consistently turned away. No longer do we have to go on strike to show disapproval with the process. Now, we can use platforms like twitter to voice our opinions in an effort to be heard by our government officials.

**Jessica Seppi**  
McLean  
James Madison University  
Freshman

### Out of Touch

To the Editor:

In response to the opinion article by Kenneth Lourie from Feb. 27, 2019, ("The Following Is a Test,") I find it truly sad how difficult it is to communicate with government representatives and how separated the elected officials are from the everyday person.

After all, they are supposed to be the representation of the people's opinions and ideas. There is no real intimate relationship between politicians and the people they represent, citizens vote for them based on a generalized platform that is displayed, but to some extent, there is no transparency in the work of politicians unless they make a major news headline. And to hear that attempts by citizens to close that gap between themselves and government officials to address concerns or share ideas is almost impossible as if politicians are trying to prevent others from reaching out is concerning. The more power that is taken out of the hands of the masses and into few, the less this country will operate as a true democracy and will instead become more centralized like other countries where citizens are blindly lead by an isolated government.

**Linsey Wenk**  
McLean  
James Madison University  
Freshman

### Scouts, Integrated

To the Editor:

The article of "New Girls on the Block" (Connection, Feb. 27, 2019) sparked my interest – as a former member of a local troop of the Girl Scouts, I never thought that girls would be included in the Boy Scouts. Since adding the ability for girls to join, they renamed themselves Scouts BSA.

The integration of girls into Scouts BSA is seeming to go smoothly in Herndon. Since this is a national action to add the girl into the Scouts BSA, I wonder if areas that are more hesitant of the idea of adding girls to the program are having as much success integrating. This inclusivity is beneficial to the girls in other areas who want to participate, giving girls the ability to define themselves. Girls are now able to attain the highest level of Scouts BSA, Eagle, which was not available to them before this recent change in 2018.

My last consideration with the addition to girls being able to join is what will happen to the Girl Scouts? Does this take probable candidates for the Girls Scouts and direct them to the Scouts BSA instead? Also, what happens if a boy wants to join the Girl Scouts?

Some thoughts and considerations on how this change will affect all Scouts in the future.

**Morgan Hoskins**  
Reston

### Lifesaving Legislation

To the Editor:

Did Virginia voters ever think their Senators Tim Kaine and Mark Warner and Governor Northam would sanction infanticide?

It is a matter of common sense and basic human decency to require, as Senate bill 311, Born-Alive survivors protection act would have, that any health care practitioner present when a child is born alive following an abortion be given the same degree of care to preserve the life and health of the child as would be given to any other newborn. It is an outrage that Virginia's U.S. Senators Warner and Kaine voted against this critical lifesaving legislation. This is not an abortion rights issue. This is protecting the weak and most vulnerable among us.

**Ethel Pascal RN**  
Great Falls

## Write

The Connection welcomes views on any public issue. Send to:

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# THEATRE

## Yearnings for Bells and Magic

BY DAVID SIEGEL  
THE CONNECTION

Playwright Noel Coward is known for his timeless lyrical wit and farcical comedies that take on society's traditions. In the case of "Fallen Angels" Coward focuses the audience's attention on an apparent rivalry between two wives, both in marriages that have lost their original sparks. Both wives wonder if magic will appear with a new adventure along with the expected arrival of their dazzling former love interest from the time before each was married.<sup>o</sup>

"Fallen Angels" is the quintessential Noel Coward play. There are clever characters put into extreme situations. But this play focuses on the female characters," said Abigail Fine, who is directing the NextStop production. "I love a play that digs into complicated female desires and friendships, especially through comedy."

In Coward's "Fallen Angels," the two central female characters are Julia and Jane. "They are best friends and neighbors, each five years into happy yet predictable



PHOTO BY LOCK AND COMPANY/COURTESY NEXTSTOP THEATRE

**Elizabeth Anne Jernigan and Teresa Spencer in "Fallen Angels" at NextStop Theatre Company.**

### Where and When

NextStop Theatre presents "Fallen Angels" at 269 Sunset Park Drive (inside Sunset Park Business Park), Herndon. Performances March 14 to April 7, 2019. Thursday, March 14 and 28 and April 4 at 8 p.m.; Fridays at 8 p.m.; Saturday, March 16 at 7 p.m., March 23 at 8 p.m., March 30 and April 5 at 2 p.m. and 8 p.m.; Sunday, March 17 at 2 p.m., March 24 at 2 p.m. and 7 p.m., March 31 and April 7 at 2 p.m. Tickets: General Admission: \$35-\$60 (NextStop encourage booking in advance. Ticket prices increase as performances get nearer and fill up). Call 866-811-4111 or visit: [www.NextStopTheatre.org](http://www.NextStopTheatre.org)

marriages," added Fine. "On the same weekend their husbands go on a golf trip, they receive a post-

card from Maurice, the Parisian ex-boyfriend they share (Julia met him first, then Jane), explaining

## NextStop to present 'Fallen Angels' by Noel Coward.



PHOTO COURTESY OF THE ARTIST

**Abigail Fine, director, "Fallen Angels" at NextStop Theatre**

that he's arriving in London. The friends must decide if they will flee the country to avoid temptation, or stay and stand — or fall — together."

For Fine, "Fallen Angels" is a real showcase piece for actresses. We had an extensive audition process, as always, and I cast the funniest and most authentic actors in these roles, with an extra eye toward the chemistry between the leading actresses playing Julia and Jane. As it turns out, Teresa Spencer (Julia) and Elizabeth Anne Jernigan (Jane) are real-life friends."

Inviting audiences to see NextStop's "Fallen Angels," Fine called it "hysterical and relatable. Plus, it's going to be gorgeous, with an Art Nouveau set and beautiful period costumes. A feast for the eyes!"

The six member cast includes a number of NextStop favorites including Lorraine Magee as an opinionated "servant," John Stange, James Finley as bewildered husbands and Robert Pike as Maurice.

As far as NextStop Theatre found after a search; this is the first production of Coward's "Fallen Angels" in the Northern Virginia area. "We're proud to be the first. It is a scandalous show. When the play first premiered in 1925, the idea that women had sexual desire outside of marriage was outrageous!" said Fine.

As for the title "Fallen Angels." Well, even angels can sometimes succumb to unexpected love.

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## WEDNESDAY/MARCH 6

**Techie Hearing Stuff.** 1-2 p.m. at Herndon Senior Center, 873 Grace St., Herndon. Hearing aids aren't the only devices that can help with hearing loss. Join Bonnie O'Leary from the Northern Virginia Resource Center (NVRC) to learn about how telephones, TV listening systems, personal amplifiers and other alerting systems can be used with or without hearing aids. NVRC outreach specialists will demonstrate and discuss a variety of devices. Free, no sales involved. Call 703-464-6200 or visit [www.herndonseniorcenter.org](http://www.herndonseniorcenter.org).

## THURSDAY/MARCH 7

**Meditation Workshop:  
Contemplating Creativity.** 7-8:30 p.m. at GRACE, 12001 Market St., #103, Reston. The Greater Reston Arts Center presents Emerging Visions, a group exhibition featuring select artwork by students participating in the Center's signature education program, Emerging Visions. The exhibition will be on view March 2-30, 2018 at the gallery located at the Reston Town Center. Visit [www.restonarts.org](http://www.restonarts.org).

## FRIDAY/MARCH 8

**Celebrate International Women's Day.** 5:30-7:30 p.m. at Rowan Tree, LLC - A Coworking + Cogrowth Space, 280 Sunset Park Drive, Herndon. Learn more about "The Best Kept Secret in American History... America's Original Wonder Women." Gather on International Women's Day for an educational, eye-opening, and inspiring presentation led by Turning Point Suffragist Memorial Association's Executive Director Pat Wirth ([www.suffragistmemorial.org](http://www.suffragistmemorial.org)). Learn about the five million wonder women who fought for more than seven decades to win the vote. Ticket price of \$35 includes door prizes, light refreshments. Visit [workrowan.com/happenings/](http://workrowan.com/happenings/).

## FRIDAY-SATURDAY/MARCH 8-10

**Music Therapy Conference.** At the Hyatt Regency of Reston, 1800 Presidents St., Reston. Meeting of 500 regional, national, and international music therapists will attend the MAR-AMTA Conference. Leaders of music therapy will be presenting information related to music therapy research, education, theory, and clinical practice. On Friday, March 8, the Opening Ceremony will feature award-winning vocalist, composer, and clinician Rochelle Rice from 1-2:30 p.m. A Place To Be's Same Sky Project: Abira and the Mountain performance will be held from 7:30-9 p.m. On Saturday, March 9, an information panel session will be held for high school students interested in pursuing a degree in music therapy from 3-4 p.m. Visit [mar-amta.org/conference](http://mar-amta.org/conference).

## SATURDAY/MARCH 9

**Taking the Wraps Off.** 1-2 p.m. At Sully Historic Site, 3650 Historic Sully Way, Chantilly. On this tour, visitors will walk freely with their guides through the home of Richard Bland Lee, the first congressman from Northern Virginia. The usual museum barriers will be down. This tour is designed for visitors age 5 to adult. \$7 per person. Call 703-437-1794 or visit [www.fairfaxcounty.gov/parks/sully-historic-site](http://www.fairfaxcounty.gov/parks/sully-historic-site).



**Artist Alyssa Imes with one of her sculptures.**

**Exhibit Reception: Looming Connections.** 7-9 p.m. at Arts Herndon, 750 Center St., Herndon. Looming Connections is a solo show focusing on the artwork of Maryland artist Alyssa Imes. The sculptures and drawings reference the formation of relationships and the interconnectedness of culture. Visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org).

## SUNDAY/MARCH 10

**Save Lucy.** 4:15-6 p.m. at Herndon Community Center, 814 Ferndale Ave. Herndon. "Lucy" is a Little Brown Bat. Leslie Sturges will present a program on the crucial role bats play in our ecosystem, the threats they face, and why it is important to "Save Lucy." Program is designed for adults and children. Free. Sponsored by Friends of Runnymede Park. Open to all ages, accessible. Call 703-437-7451 or visit [www.frpweb.org](http://www.frpweb.org).

## TUESDAY/MARCH 12

**Fundraiser: Helping Hungry Kids.** 11 a.m.-7 p.m. at Not Your Average Joes Restaurant, 1845 Fountain Drive, Reston. Tuesdays in March Helping Hungry Kids of Northern Virginia is holding a fundraiser at NYAJ Restaurant. They will donate 15 percent of your bill from lunch or dinner to HHK. Diners need to tell their server they are there to support HHK. Visit [helpinghungrykids.org](http://helpinghungrykids.org).  
**Dip Dye Scarves.** 7 and 9 p.m. at ArtSpace, 750 Center Street, Herndon. Featuring Meaghan Busch. Come learn some laid back ways to dye scarves. Make that spring colored scarf everyone will ask you about. In this fun pressure free evening workshop learn about some simple dye techniques beyond tie dye! Learn some basic Shibori style folding and binding methods. Create a beautiful silk scarf to keep and wear or to gift to someone special. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

## WEDNESDAY/MARCH 13

**Bingo Fundraiser.** 7 and 9 p.m. At Crooked Run Brewery, 22455 Davis Drive, Suite 120, Sterling. All proceeds from purchased Bingo sheets will go towards helping to further the arts in Herndon. Come grab a beer and some tacos. Have fun while raising funds for Arts Herndon.

## THURSDAY/MARCH 14

**National Pi Day Celebration.** Amphora Bakeries celebrate National Pi Day with iconic pies in their Vienna and Herndon locations. Call 703-964-0500 to pre-order or visit [amphorabakery.com](http://amphorabakery.com).

## Looming Connections

Looming Connections is a solo show focusing on the artwork of Maryland artist Alyssa Imes. The sculptures and drawings reference the formation of relationships and the interconnectedness of culture. The artist sees the yarn as time and life, and the knots as shared experiences we share. The looms are the places we meet people. The pieces of fabric are knitted from the sculptures themselves so the iron looms create support and help mechanically weave fabric from an individual strand of string. Sculptures will be made from cast iron and other metals with knitted fabric on them will fill the gallery. The exhibit runs March 5-April 6. An exhibit reception is planned for Saturday, March 9, 7-9 p.m. Visit [ArtSpaceHerndon.org](http://ArtSpaceHerndon.org) or call 703-956-6590.

## SATURDAY/MARCH 16

**St. Patrick's Day / St. Joseph's Day Party.** 6-9:30 p.m. at St. Veronica's Church parish hall, 3460 Centreville Road, Chantilly. This is a family event that includes food, drink, sing-alongs, Irish dancers and plenty of smiling Irish eyes. Adults \$8, Children \$6, drinks extra. Visit [stveronica.net/](http://stveronica.net/) or call 703-773-2000.  
**Common Ground Concert.** 7 and 9 p.m. At ArtSpace, 750 Center St., Herndon. Featuring Candice Bostwick & Friends. Four friends coming together and finding common ground in music. You can expect an array of music including jazz and pop from these talented local musicians. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

## SUNDAY/MARCH 17

**Lucky Leprechaun 5K.** 8 a.m. At Reston Town Center, Reston. Enjoy a fun-filled celebration at the finish line. Kids Fun Run at 9 a.m. Presented by Potomac River Running. Visit [Praces.com/luckyleprechaun](http://Praces.com/luckyleprechaun).  
**Purim Palooza.** Noon-2 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Congregation Beth Emeth's "World-Famous" Purim Carnival and more. Opens at 11:15 a.m. for preschool-1st grade and families. Carnival games, inflatables, crafts and more - with a prize room. Lunch with hamentaschen, costume contest, raffle with prizes. \$15-\$25 includes children's lunch. Call 703 860 4515, ext 101, or visit [bethemeth.org/purim](http://bethemeth.org/purim).

## MONDAY/MARCH 18

**Reston Photographic Society.** 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. RPS is a special-interest group of the League of Reston Artists. Share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

## TUESDAY/MARCH 19

**Fundraiser: Helping Hungry Kids.** 11 a.m.-7 p.m. at Not Your Average Joes Restaurant, 1845 Fountain Drive, Reston. Tuesdays in March Helping Hungry Kids of Northern Virginia is holding a fundraiser at NYAJ Restaurant. They will donate 15 percent of your bill from lunch or dinner to HHK. Diners need to tell their server they are there to support HHK. Visit [helpinghungrykids.org](http://helpinghungrykids.org).

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# BULLETIN

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

## SOBER-RIDE FOR ST. PATRICK'S DAY

**Free Sober Rides.** Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 3 p.m. on March 17 on [www.SoberRide.com](http://www.SoberRide.com).

## WINTER SHELTERS

**Find homeless and cold weather** drop-in centers and shelters that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

## WEDNESDAY/MARCH 6

**Grow with Google Initiative.** 10:30 a.m.-5:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. Google announced that it is coming to cities and towns throughout Virginia as part an initiative to help create economic opportunity in communities across the United States. Google will host a free, one-day event to help job seekers, small business owners, students, educators and entrepreneurs improve their digital skills. Advance registration recommended; space is limited. To register, visit [g.co/GrowVirginia](http://g.co/GrowVirginia).

## THURSDAY/MARCH 7

**Spring Cleaning Tips.** 4-5 p.m. at Hunters Woods At Trails Edge, Pre-Opening Showroom, 2254B Hunters Woods Village Shopping Center, Reston. Tips to "spring" from overwhelmed to organized. It's time to get rid of the excess baggage – literally. Nationally accredited Senior Move Managers, will share the first steps to help seniors with simplifying a move and begin to focus on the things they enjoy most. Space is limited. RSVP to [kcarter@integracare.com](mailto:kcarter@integracare.com) or 703-429-1130.

## FRIDAY/MARCH 8

**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-center](http://www.fcps.edu/index.php/resources/family-engagement/parent-resource-center). Call 703-204-3941 or email [prc@fcps.edu](mailto:prc@fcps.edu) for more.

- 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 9

**Fairfax County NAACP General Membership Meeting.** 10 a.m.-noon at Kings Park Community Library, Braddock District Supervisor's Conference Room, 9000 Burke Lake Road, Burke. Fairfax County NAACP holds their monthly meeting. A brief business meeting will be followed by the Women's History Panel Discussion. Visit [www.fairfaxnaacp.org](http://www.fairfaxnaacp.org) for more.

## TUESDAYS/MARCH 12-APRIL 9

**"Caring for You, Caring for Me."** 1-3 p.m. at Congregation Adat Reyim, 6500 Westbury Oaks Ct., Springfield. Fairfax County and Inova Health System present this free workshop series providing a blend of support and education for caregivers of older adults. Visit [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Caring for You, Caring for Me Program. Call 703-324-7577, TTY 711. Respite services available if requested three weeks in advance.

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## No Spring in My Future Step



By KENNETH B. LOURIE

I wouldn't say I'm feeling any significant side effects yet from my immunotherapy treatment but, if I'm handwriting these columns to begin with – which I am, I have to do so while holding a pen with a rubber grip (just above the ballpoint). No longer am I able to manipulate without this extra assistance. My fingers simply can't sustain the grip otherwise.

Nor would I say my reaction to my wife, Dina's suggestion, as we walked to the car this morning – and looked around "Belly Acres" (our two acres of mostly trees) post wind storm, concerning what homeowner/landowner thing we should do in the spring: pick up sticks and miscellaneous other debris off the ground, was at all enthusiastic. It was quite the contrary. In fact, I can't think of anything I'm less physically able to do given the side effects I'm semi experiencing:

- ❖ Due to the chemotherapy I've infused – and pill, for 10 years, the neuropathy in my feet makes walking an enduring challenge and running – even in place, totally out of the question. Related to this difficulty walking is difficulty maintaining my balance, especially when walking on non-level ground like "Belly Acres." I'm not exactly a danger to myself – or others, but if those yellow caution signs were placed strategically around our property, there would be yellow every which way you looked.

- ❖ Because I'm semi overweight (a partial side effect) and definitely out of shape (sort of a side effect), bending over exacerbates the shortness-of-breath side effect I am most assuredly experiencing. Therefore, picking up sticks and stones off the ground may not exactly break any bones, but the names I may be called for being unable to perform this mundane task will not hurt me at all. It might amuse me actually.

- ❖ The preceding task runs directly into yet another side effect: musculoskeletal pain and weakness. My bones ache a little and my muscles quiver a lot.

Add up the deficits and you get the following: I can't walk. My balance is impaired. Bending over is exhausting and shortens my breath which all together limits my stick picking.

Moreover, carrying the weight I've gained is made more difficult by the weakness and pain I feel in my bones and muscles. This is the trifecta plus one.

I can do many things (activities of daily living, etc.), but the trifecta plus one, I can't. Other than adding a chainsaw ("the most trusted tool in the homeowner's arsenal") and being forced to wear those extremely heavy, metal-toe work boots to the equation, I can't imagine a less enticing spring activity as I gait around attempting to clean up and carry around a season's worth of ground clutter.

Having said all that, I think I deserve a certain amount of credit for knowing my limitations. Granted, such an admission is unlikely to garner any awards or "attaboys," however; when one's life hangs in the balance (or lack thereof) knowing what not to do may be as important as knowing what to do.

And I know what to do indoors; it's more outdoors that presents the problem.

It seems that the side effects I'm beginning to feel, though not quite life changing, are nevertheless life-affecting.

But I'm one of the lucky ones: still alive and reasonably well. I can live, still work (sort of) and play (occasionally) and even walk upright (though my posture could use some straightening).

So I have a few side effects which prevent me from doing two acres worth of stick work. I couldn't have planned it any better.

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





PHOTO CONTRIBUTED

A new study shows that even after one hour spent on electronic devices each day, children and teens may begin to have less emotional stability and a greater inability to finish tasks.

# Managing Screen Time

Working collaboratively with one's child can decrease the struggle.

BY MARILYN CAMPBELL

Julia Wires purchased an iPhone for her 12-year-old daughter in part she says, because many of the girls at her Potomac, Md. school have smartphones that they bring to campus daily. Wires and her husband were initially hesitant to make the purchase because their daughter was diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) and Anxiety Disorder at the end of 2018.

"First, there's the social pressure she feels because all of her friends have iPhones. Then there's the issue of her dad and I being able to keep in touch with her now that she has more freedom to go places on her own," said Wires. "Both of those [factors] are juxtaposed against the fact that she has trouble staying focused and calming down when she needs to. That made the decision tough for us."

Too much time spent on gaming, smartphones and watching television could exacerbate symptoms in children who've been diagnosed with ADHD, according to a new study by researchers at San Diego State University and the University of Georgia. The report showed that even after one hour of screen time, children and teens may begin to have lower self-control, less emotional stability and a greater inability to finish tasks.

"Kids with ADHD have trouble keeping track of time, so they could spend hours on their tablet without realizing it. Screen time can make bedtime rou-

tines more difficult and parents might have an additional struggle getting their kids to fall asleep," said child psychologist Adele Schwartz, Ph.D, of McLean, who was not involved in the study. "Kids with ADHD also might be more likely to ignore parental guidelines and I would worry more about them engaging in risky behavior online."

Helping a child with ADHD transition from playing a video game to doing their homework could require special handling, advises Sarah Bryant, LCSW. "Instead of telling your child that they have to stop watching television at six o'clock or that they have five more minutes on a video game, try telling them that they have to stop at the next commercial break or at then end of the round in a video game," she said.

Working collaboratively with one's child will reduce the chance of a power struggle, says Bryant. "You and your child can work together to list all of

the things that need to get done, like homework, time spent outside, doing sports, chores and other activities and come up with a schedule," she said. "Figure out how much time is left for things like video games and television. Hang the schedule somewhere that's visible to both of you. Your child will see how little time is left for playing video games and since they were part of the process, they'll feel like they're part of a team rather than a subordinate with no control over their life."

"Parents of kids with ADHD should definitely make use of parental controls on tablets, smart phones and television, especially during school hours or when kids should be doing their homework," added Schwartz. "It's also important that children, especially those with ADHD not use electronics at least an hour before bedtime. And it almost goes without saying that parents should model the behavior that they want their children to have by limiting their own screen time."

**"Parents should model the behavior that they want their children to have by limiting their own screen time."**

— Adele Schwartz, child psychologist



PHOTOS BY TOWN OF HERNDON

Herndon Vice Mayor Sheila A. Olem in the white jacket responds to a town resident question during the Herndon Council Community Round Table.

## Town Council Hosts Community Roundtable

Open forum draws residents.

The Herndon Town Council hosted its first Community Round Table at the Municipal Center on Saturday morning, March 2, from 9-11 a.m. During the event, residents informally engaged in one on one conversations with Councilmembers, unlike the traditional Public

Hearing forum.

Vice Mayor Sheila A. Olem and Councilmembers Cesar del Aguila, Pradip Dhakal, Signe Friedrichs and Bill McKenna participated in the event. Mayor Lisa Merkel and Councilmember Jennifer K. Baker could not attend.

—MERCIA HOBSON



Councilmembers Cesar del Aguila and Pradip Dhakal listen to a resident's concern.

### WEEK IN HERNDON

## Police: Herndon Man Dies After Apparent Domestic Assault

Herndon Police report that on Feb. 19, 2019, 79-year-old Thuan Tran was the victim of a domestic assault in his home in the 400 block of Patrick Lane. Tran was transported to the hospital with life threatening injuries and his wife, 77-year-old Nhan Pham, was taken into custody on scene and charged with malicious wounding. Thuan Tran died on Friday, Feb. 22, 2019, as a result of the injuries sustained during this incident. Pham is currently being held without bond at the Fairfax County Adult Detention Center. Herndon Police detectives are currently working with the Commonwealth Attorney's Office to amend charges.