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WELLBEING  
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# Reston CONNECTION

## Spring Flea Market Held in Reston

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Dave Folger of Reston and his wife, Tracy Reynolds, scout out finds at the Spring Flea Market at Reston Community Center Hunters Woods with their daughter Carolyn, 4.

### Learning English at Reston Regional Library

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### Every Vote Matters In RA Board Election

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MARCH 6-12, 2019

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## News

# Every Vote Matters in 2019 RA Board Election RA must meet quorum requirement in each race.

By MERCIA HOBSON  
THE CONNECTION

**R**eston Association (RA) announced voting in the Reston Association Board of Directors' election started Monday, March 4, and runs through Monday, April 1, 2019, 5 p.m. The RA Elections Committee certified five candidates to run for the five open seats on Board of Directors.

The certified candidates are At-Large, 3-year term-Tom Mulkerin; Apartment Owners, 1-year term-Catherine Baum; Hunters Woods/Dogwood, 1-year term-Caren Anton; North Point, 3-year term- John Mooney and Lake Anne/Tall Oaks, 3-year term-Aaron Webb. According to RA, although the five seats are uncontested, a quorum of 10 percent of eligible voters needs to be reached to make the election results official.

"To the best of our knowledge, Reston Association has always met the quorum requirement in the Board of Director Elections," said Mike Leone, director, communications & community engagement for Reston Association. "Even with five uncontested seats on the Board of Directors this year, it is important that all RA members take the time to vote. At least ten percent of eligible voters are needed to make the election results official."

Association members can vote either by mail or online. To vote online, visit, <https://secure.intelliscaninc.net/reston/2019/>.



**Aaron Webb, RA Board of Directors candidate for Lake Anne/Tall Oaks District (3-year term)**



**Tom Mulkerin, RA Board of Directors candidate for At-Large (3-year term)**



**John Mooney, RA Board of Directors candidate for North Point District (3-year term)**

PHOTOS BY RESTON ASSOCIATION



**Catherine Baum, RA Board of Directors candidate for Apartment Owners Director (1-year term)**



**Caren Anton, RA Board of Directors candidate for Hunters Woods/Dogwood District (1-year term)**

## Celebrating International Women's Day at Lake Anne Plaza

**F**riday, March 8 — International Women's Day — is an opportunity to raise awareness and celebrate the achievement of the women who have made the iconic Lake Anne Plaza what it is today. An appropriate location for such a day given 75 percent of all businesses on the plaza are owned and operated by women.

Friday evening, come to learn and share at the kick-off reception at the Jo Ann Rose Gallery, 1609 Washington Plaza. Hear first-hand from past and present female leaders in the community about personal experiences as business owners, stories of Lake Anne and visions for years ahead. Panelist include: Susan Gerstein, owner of Small Change Consignment, Susan Burwell, owner of Reston Used Book Store, Linda Fuller, owner of Lake Anne Florist which operated for 40 years, and Ann Potts, who taught and later directed Lake Anne Nursery Kindergarten. Complementary to the conversation, enjoy the photography exhibit by local photographer, Charlotte Geary, along with vintage photos from

### Details

International Women's Day Celebration, Friday, March 8, 2019, at Lake Anne Plaza, Reston Community Center, Jo Ann Rose Gallery, 1609 Washington Plaza, Reston  
7:30 p.m. – 8:15 p.m. – Gallery Reception  
8:15 p.m. – 9 p.m. – Panel Discussion and Q&A  
Website: [www.lakeanneplaza.com](http://www.lakeanneplaza.com)  
Cost: Free  
Weather: Rain or Shine  
[www.lakeanneplaza.com](http://www.lakeanneplaza.com)

the Reston Historic Trust & Museum. Light fare and refreshments provided. Donations from the sale of limited edition Commemorate Posters will benefit Shelter House, a community based non-profit organization that provides crisis intervention, safe housing, and supportive services to homeless families and victims of domestic violence. Continue the celebration through Sunday with shop and eatery special promotions and a variety of music performances, art exhibitions, book signings and more. The International Women's Day Celebration at Lake Anne is provided by the Lake Anne Merchants and Professionals Committee.

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, vendors Sumi Gallas of Reston and Yumi Shintani of Herndon help a customer with her selection at Spring Flea Market RCC Hunters Woods.

The Spring Flea Market at RCC Hunters Woods attracted 253 patrons.

# Spring Flea Market Held in Reston

Vendors make space and earn money while supporting their neighbors and the environment.

BY MERCIA HOBSON  
THE CONNECTION

One person's trash became another person's treasure at the Spring Flea Market at Reston Community Center Hunters Woods, held Saturday, March 2. "This is our fourth annual event," said LaTanja Jones, Collaboration & Outreach Director, RCC. "We have 30 table vendors from Reston and surrounding communities. The event, free and open to the public, is geared to help people with their spring cleaning and put a little money in their pockets," Jones said.

Jack Horton stood at the table he shared with his wife. An assortment of cut glassware, jewelry and clothing covered the area. "This is 40 years. The idea is to buy high and sell low," he said jokingly. "We're dejunking, making space."

The flea market offered the perfect opportunity to clean out not only one's home but storage units as well. Timothy Savage of Reston and his son Aidan, 13 staffed a table covered with toys in excellent condition. "We are Foreign Service and move a lot. We had this in storage and had outgrown it," said Timothy Savage. "I haven't used any of these toys for two years," said Aidan.

Eddie Mae Walker of Reston echoed Savage's remarks. She too had a storage unit in need of emptying. As Walker wrapped a candleholder for Mari Oikawa of Reston, she explained, "I used to sell PartyLite candles and kept it all in a storage unit. I started cleaning the unit, and thought why not sell it?"

Money in a pocket, no matter whose pocket even that of clubs and organizations can motivate people to clean out unused items from their homes, sell them and donate the funds to a club or organization. Selling gently used items at low prices also supports neighbors as well as the environment rather than filling up the nearest land-



From left, Mari Oikawa of Reston plans to purchase sunflower ladybug candleholders from vendor Eddie Mae Walker of Reston after Walker boxes another customer's Halloween candle.

fill. Yumi Shintani of Herndon and Sumi Gallas of Reston shared two tables with a group of friends. "We are all members of the same club. Money from the sale will go back to the club," said Gallas.

Dave Folger of Reston gave his daughter Carolyn, 4, a shoulder ride through the flea market. He and wife, Tracy Reynolds meandered up and down the aisles. "We're finding goodies for our kiddo. This is our first time at this flea market, but we'll come

to the children's one in the fall," said Reynolds as they bagged an item for Carolyn.

That market is the Reston Community Center: Children's Fall Flea Market on Oct. 19 where junior merchants sell gently-used toys, books, games, videos, and a variety of child-friendly items according to the event description.

When the doors closed at noon, Jones reported 253 patrons visited the Spring Flea



Timothy Savage and his son Aidan, 13, staff their vendor table as they sell gently used toys.

Market. RCC's next event for all ages is its new Reston Baby Expo Saturday, May 18. Its promotional card bills it as "the perfect place to learn about products, enrichment and childcare resources, and recreation pursuits... This expo will also include workshops, educational sessions, cooking demonstrations and more." For more information, contact LaTanja Jones, Collaboration & Outreach Director, RCC Fairfax County at 703-390-6158.



# 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](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## COMMENTARY

# Lessons from a Racist Past

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

The Virginia General Assembly was adjourning for the year as the film "Green Book" was receiving best picture recognition at the 91<sup>st</sup> Oscars. While the storyline of the movie may have been fictional, the "Green Book" was reality in the Jim Crow South. Segregated facilities of hotels, restaurants, public bathrooms, and transportation in Virginia and throughout the South necessitated Black travelers having a guide like the "Green Book," a small book with a green cover, to let them know where they could stop to use the bathroom, eat a meal, or spend the night. It was not unlike a AAA travel guide except that its listings were just for Black travelers. The movie without exaggeration lets recent generations know just how segregated the South was.

As part of the Black History Month celebration in the House of

Delegates, a different delegate speaks each day about a famous Black person, an interesting Black person from the past who may not have made the history books, or the experience of growing up Black. One day this session Delegate Jeion Ward of Hampton spoke of her experiences growing up Black in segregated Virginia and her family's use of the "Green Book" in their vacation travels. There were special challenges to be met when public bathrooms or restaurants were farther than needed. Her very informative speech can be viewed at <http://tinyurl.com/y39dnlj9>.

Other symbols of the challenges of growing up Black in a racist society like Virginia and the South were shockingly brought to our attention this legislative session. The cruel part that black face played in white entertainment may have



been unknown to many younger persons or forgotten by others but must be acknowledged and dealt with in repentance by those who took part including the Governor and the Attorney General. To include white robes and hoods in entertainment is to overlook that these are symbols of hate and violence, cross burning and lynchings, and white supremacy. Public officials must disavow these symbols unequivocally and provide leadership in healing the communities that have been wounded by signs of white supremacy.

Outside the Capitol near the Governor's Mansion is the Virginia Civil Rights Memorial. It features the walk out of Prince Edward schools led by 16-year old Barbara Johns, a factor in the Supreme Court decision in Brown v. Board of Education that led to the deseg-

regation of public schools. Public schools were not simply segregated, but they were totally unequal. This legislative session we were reminded by the work of the Commonwealth Institute for Fiscal Analysis [www.thecommonwealthinstitute.org](http://www.thecommonwealthinstitute.org) of the differences that continue to exist among white and minority facilities, programs and services. The approved budget made some improvements in reducing the inequities among facilities and services that have disadvantaged Black people.

There is a new awareness of the work that needs to be done to overcome our racist past. Del. Jay Jones of Norfolk spoke out forcefully on the floor of the House of Delegates reminding us of our history and the need to take action in the future. The speech of this young Black delegate is worth a listen (<http://tinyurl.com/y6k3sx62>) for it is a powerful statement of the need to overcome our racist past.

## LETTERS TO THE EDITOR

### 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  
SEE LETTERS, PAGE 5

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## OPINION

# Selected Short Subjects

## Reston zoning, current candidates, and Bryce Harper.

BY JOHN LOVAAS  
RESTON IMPACT  
PRODUCER/HOST



**O**n this cold, wet March day, I'm going to limit myself to three short subjects: The big decision on Reston zoning density; upcoming Virginia elections; and, finally, the departure of Washington Nationals' outfielder Bryce Harper.

By the time you read this, our aging Board of Supervisors (BOS) will have decided up or down on retiring Supervisor Cathy Hudgins' proposal to jack up zoning density in Reston. As the decision approaches, all I know is that the Planning Commission recommended to the BOS that it postpone action on the zoning proposal, and that it direct County staff to undertake a review of the Reston Master Plan in order to project the potential population of Reston if it were implemented at maximum allowable densities, something feasible but astonishingly not yet done. The Commis-

sion decided, wisely in my opinion, that the county should know the impact of the proposed zoning change and the plan itself before proceeding. The BOS could simply approve the Hudgins' zoning proposal, perhaps as a gesture to a retiring colleague, and let Master Plan implementation plow merrily along. Or, the BOS could adopt the Commission's recommendation in its entirety, delaying a zoning change and allowing the Master Plan review to proceed. The latter would provide a sounder factual basis both for the zoning decision and a plan more in line with the community's vision. Or, the Board could defer action on the zoning proposal and ignore the Commission's proposal to review the Master Plan—this will leave in place a Plan potentially leading to a Reston population of perhaps 175,000, based on buildout at allowable maximums! Not ideal. Meanwhile, I've been using some of my time to contact and even interview candidates for

local offices in this year's Nov. 5 elections. To date, I have met with three of the four declared candidates for Hunter Mill District Supervisor to replace retiring incumbent Cathy Hudgins. Also, I've interviewed one of the three candidates to replace Pat Hynes as the Hunter Mill District Rep on the Fairfax County School Board and one of four announced candidates for At-Large School Board seats. Five more interviews on my Reston Impact community TV program (broadcast Sundays and Wednesday evenings on Comcast 28 as well as on YouTube) are set for the next few weeks, and I am scheduling interviews for the four announced County Board Chairman candidates. Interestingly, of the 15 candidates for the four local offices, only three are incumbents, relatively short-term ones at that. For a change, we are getting a lot of new blood in public offices very much in need of an infusion of new energy and ideas IMHO. Of the 15 announced candidates, nine are women. The revolution in Virginia continues, at least in this area!

## LETTERS TO THE EDITOR

FROM PAGE 4

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

## 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

More on the candidates in days ahead.

Lastly, Bryce Harper finally has moved on. He's even gotten a large contract that will carry him through age 39. I wish him well. He was interesting to watch, especially when he was hustling and hot which was not always. He hit

just .243 in 2016 and .249 in 2018, and was only mediocre defensively. IMHO, the Phillies paid way too much for our hero. The good news is that the Phillies money will free up cash the Nationals can use to replace Bryce and fill other key positions as well. The playoffs are not out of the question in 2019!

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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

**J**ulia 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."

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## NEWS

# The Reston Chorale to Perform in McLean

Concert features choral and organ masterworks and new compositions.

Before David B. Lang came to Reston as artistic director of The Reston Chorale, he was already known among Washington-area music circles as a leading professional keyboard artist, concert organist, vocal coach and choral director. Among other posts, he had served as director of music for Saint John the Beloved in McLean and Saint Catherine of Siena in Great Falls, and as principal organist for Saint John's Episcopal Church-Lafayette Square (Church of the Presidents) in Washington, DC.

Now celebrating his 10<sup>th</sup> season with The Reston Chorale, Lang will be featured as organ soloist when the Chorale presents Reflections, a concert of choral and organ works on Sunday, March 17. The 4 p.m. concert will take place at Saint Luke Roman Catholic

Church in McLean, known for its beautiful acoustics and grand pipe organ. Lang will perform Francis Poulenc's Concerto for Organ, Strings and Timpani with members of the Piedmont Symphony Orchestra.

Reflections will also feature the Duruflé Requiem, excerpts of Pergolesi's Stabat Mater, and the premieres of two new choral works: the world premiere of Allan Laino's Gloria %commissioned by The Reston Chorale %and the Washington, D.C. premiere of Maarten Spruijt's Thurémin.

The Reston Chorale will be joined by organist Paul Skevington; soloists Gloria Parvin, mezzo soprano and Robert Quittmeyer, baritone; treble voices from several local churches, and guest conductor Allan Laino.

Discounted tickets for Reflec-



The Reston Chorale will perform on Sunday, March 17, at Saint Luke Roman Catholic Church in McLean,

PHOTOS BY MICHAEL OLSON



Artistic director David B. Lang will also be featured as organ soloist when the Chorale presents Reflections, a concert of choral and organ works.

tions are available online at [www.RestonChorale.org](http://www.RestonChorale.org) through Saturday, March 16. Full-price tickets will be available at the door one hour before the concert: \$25 for seniors (62+), \$30 for adults

(18-61) and free for active duty military and youth 17 and under, with an adult or senior ticket holder. Doors will open at 3:30 pm.

Established in 1966 by Dr. James

Christian Pfohl, The Reston Chorale is a mixed-voice, auditioned chorus with a broad repertoire including pops, masterworks, American classics, and new works.

More at [www.restonchorale.org](http://www.restonchorale.org)

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## 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](http://www.scrawlbooks.com) or call 703-966-2111.

## 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

**International Women’s Day.** 7:30-9 p.m. At Lake Anne Plaza, 1609 Washington Plaza, Reston. Help to raise awareness and celebrate the achievement of the women who have made Lake Anne Plaza what it is today. Hear first-hand from past and present female leaders in the community about personal experiences as business owners, stories of Lake Anne and visions for years ahead. Panelist include: Susan Gerstein (owner of Small Change Consignment), Susan Burwell (owner of Reston Used Book Store), Linda Fuller (owner of Lake Anne Florist which operated for 40 years), and Ann Potts (taught and later directed Lake Anne Nursery Kindergarten). Visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com).

## 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).



Skye Eddy Bruce



Jennifer Volgenau Wiley



Valerie Lister



Vicky Wingert

## Women Playing in Reston

Reston Historic Trust & Museum will host a panel discussion titled “Women Playing in Reston: The Effect of Title IX on Women’s Sports.” Panelists Vicky Wingert, Skye Eddy Bruce, Valerie Lister, and Jennifer Volgenau Wiley will bring their personal experiences with a variety of athletic programs to discuss how the implementation of Title IX affected their careers and women’s sports as a whole. Wednesday, March 13, 7 p.m. at at the Jo Ann Rose Gallery RCC Lake Anne the Reston Historic Trust & Museum. Free, open to the public. Visit [www.facebook.com/events/1979425375503721/](http://www.facebook.com/events/1979425375503721/).

## SATURDAY/MARCH 9

**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) or call 703-956-6590.

## SATURDAYS/MARCH 9-30

**How to Make a Garden Grow.** 9-10 a.m. At RCC at Hunters Woods, 2310 Colts Neck Road, Reston. Participants will meet with a Fairfax County Master Gardner and learn about maintaining a compost pile, and understanding the benefits of all types of pollinators, planting seeds, and how to tend to your garden on a regular basis to make it thrive. Class and supplies are limited. \$40/RA members; \$50/non-members. Questions for this class can be directed to [dmerenick@reston.org](mailto:dmerenick@reston.org). Register through RestonWebTrac account or email [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or call 703-435-6577.

## 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).

## WEDNESDAY/MARCH 13

### Senior Social: St. Patrick’s Day

**Style.** 12-2:30 p.m. At RCC at Hunters Woods, 2310 Colts Neck Road, Reston. It’s never too early to celebrate the luck o’ the Irish. Celebrate St. Patrick’s Day with friends while enjoying traditional Irish fare and beautiful Irish music and entertainment. Plan your social calendar while you learn about upcoming 55+ trips, classes and events. This event is co-sponsored by Reston Community Center and Reston Association. Registration required. Cost is \$8/RA members; \$15/non-members. Register through RestonWebTrac account or email [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or call 703-435-6577.

### Panel Discussion: Women Playing in Reston.

7 p.m. at at the Jo Ann Rose Gallery RCC Lake Anne the Reston Historic Trust & Museum. Reston Historic Trust & Museum will host a panel discussion titled “Women Playing in Reston: The Effect of Title IX on Women’s Sports.” Panelists Vicky Wingert, Skye Eddy Bruce, Valerie Lister, and Jennifer Volgenau Wiley will bring their personal experiences with a variety of athletic programs to discuss how the implementation of Title IX affected their careers and women’s sports as a whole. Free, open to the public. Visit [www.facebook.com/events/1979425375503721/](http://www.facebook.com/events/1979425375503721/).

**Bingo Fundraiser.** 7 and 9 p.m. At Crooked Run Brewery, 22455 Davis Drive, Suite 120, Sterlington. All proceeds from purchased Bingo sheets will go towards helping to further the arts in Herndon. Come grab a beer and some tacos and have fun while you help raise 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).

## SATURDAY/MARCH 16

**GRACE Family Art Day.** 11 a.m.-3 p.m. At GRACE, 12001 Market Street, #103, Reston. Celebrating Youth Art Month on St. Francis Street and in the gallery featuring student artwork from the GRACE Art program and art-making activities for the whole family. Free. Call 703-471-9242 or Visit [www.restonarts.org](http://www.restonarts.org).

**Family Day: Emerging Visions.** 11 a.m.-3 p.m. at GRACE, 12001 Market Street #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).

**Open Mic: Emerging Visions.** 2-4 p.m. at GRACE, 12001 Market Street #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).

**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. Run like you’ve got the luck of the Irish on your side! Enjoy a fun-filled celebration at the finish line. Kids Fun Run at 9 a.m. Presented by Potomac River Running. Visit [Prraces.com/luckyleprechaun](http://Prraces.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).

**History of WWII.** 2-4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Harry Butowsky of George Mason University presents part 1 of his 6-part lecture series on World War II: On Our Way, USA 1939-1942. Adults, Teens. Free. Call 703-689-2700 or email [fairfaxcounty.gov/library/events](mailto:fairfaxcounty.gov/library/events).

## 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).

**Live Music: Ryanhood.** 7:15 p.m. at Amphora’s Diner Deluxe, 1151 Elden St., Herndon. Acoustic duo Ryanhood got their first break more than a decade ago as street performers at Boston’s Quincy Market. Ryanhood is on tour promoting their latest album, Early Best. Suggested donation is \$10 for members of the Folk Club of Reston/Herndon and \$11 for non-members. Visit [www.restonherndonfolkclub.com](http://www.restonherndonfolkclub.com).

## WEDNESDAY/MARCH 20

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



# Learning English at Reston Library

Staff coordinates classes and schedules while working with volunteer instructors.

BY MERCIA HOBSON  
THE CONNECTION

One-to-one English Conversation classes are part of the Learning English programs at the Reston Regional Library. While the free classes provide practice sessions to individuals seeking to learn English as a Second Language (ESL), ultimately the lessons rendered much more and will continue to do so according to Ivanka Atanasova, retired Library Information Assistant at Reston Regional Library who had been charged with coordinating the ESL classes.

According to Ha Hoang, Assistant Branch Manager Reston Regional Library, Atanasova also worked closely with the volunteer ESL instructors. Under her direction, the program grew. "There were a few one-to-one conversa-

tional sessions ten years ago," said Atanasova. "I created the first conversational ESL class with a handful of students ... Today the program serves approximately 350 English as a Second Language (ESL) learners each month and has 30 instructors," she said.

What makes the Reston Library program special, Atanasova said, is that in addition to learning English, the ESL classes foster community, integration and professional growth, benefits echoed by the students and their teachers.

"There is no other place like the Reston Library and its ESL program," said ESL student Beatriz Sandoval formerly of Mexico. "I haven't felt that sense of community and integration anywhere else... You also get to know amazing people from all around the world in a respectful and friendly environment."

Student Rozita Fahimi of Iran said that when she and her family moved to the United States seven years ago, she and her son could not read, write or speak English. "We found many good friends in the Reston Library ESL classes. We did not feel lonely any more in our new country ... Since my background is children's psychology, I found a job in a Children's Center," she said.

Teacher Dorothy Gudgel holds a Master of Arts in Teaching English

to Speakers of Other Languages (TESOL). She said that initially she substituted for an advanced class, and then went on to teach "Speak and Write." Gudgel thanked Atanasova for bringing her on board with "all the other wonderful, talented ESL teachers in our library program. We do our best, every week, to give back to our immigrant community the opportunity to learn English in their adopted homeland, America," Gudgel said.

Teacher Robert Muzzio is reportedly one of the longest-serving volunteers at the ESL program. Muzzio said, "People of all backgrounds and cultures meet, interact socially and make new, and in some cases, lasting friendships. Ivanka [Atanasova] has created an enormously successful program which is benefiting all participants and the community at large."

Atanasova said that as she prepared to retire, she transferred all intellectual knowledge to Reston Regional Library staff. "I took care that the program continued," Atanasova said.

On Monday, March 4, Katilyn Miller, Regional Branch Manager



PHOTO BY MERCIA HOBSON/THE CONNECTION

**Ivanka Atanasova Ph.D., Retired Library Information Assistant at Reston Regional Library charged with coordinating its ESL Program, "Learning English," displays the program's information on page 23 in the publication, "Free Events, March 2019 Fairfax County Library."**

Fairfax County Public Library Reston Regional Library announced that after searching for the perfect employee to fill the job, "We've only now just hired Atanasova's replacement. We an-

ticipate she will keep the ESL Program going strong."

To learn more about the free program, Learning English at the Reston Regional Library, visit [fairfaxcounty.gov/library](http://fairfaxcounty.gov/library).



PHOTOS CONTRIBUTED

**English as a Second Language (ESL) students and a volunteer hold a retirement party for Ivanka Atanasova, Library Information Assistant at Reston Regional Library. Atanasova coordinated the ESL Program.**



**Robert Muzzio's ESL class at Reston Regional Library.**

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**-Werner Heisenberg**

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**News**

# New Girls on the Block

**Scouts BSA opens up new opportunity to girls.**

By JOHN FOONG,  
TROOP 159, POWHATAN DISTRICT,  
NCAC, BSA

**T**his was anything but your typical Scout meeting. A group gathered around a table, and an unmistakable excitement in the air. Chatter filled the room about uniforms, supplies, upcoming outings and more, with an optimism and energy that seemed hard to find today. This is Troop 7, a Scouts BSA all-girls troop and one of the first in the Powhatan district. The official program with Scouts BSA girls' troops started on Feb. 1, although the troop's members were moving long before that. The BSA has been a boys-only Troops and Packs option for the longest time—although Venture Crews and Explorer Posts have allowed girls for decades. That begs the question; what's the difference between a Scouts BSA boys' troop and Scouts BSA girls' troop? And what does this accomplish?

Troop 7 Scoutmaster Steve Conner has served in BSA Scouting for 14 years. He believes that the move to allow girls to participate in Scouts BSA Troops was nothing but positive. "I wanted to be a part of forging this path forward and give... the same opportunities that were afforded to my son and the millions of boys who have had the privilege of being part of BSA," Conner said. He initially thought a Scouts BSA girls' troop would struggle to gain acceptance in the community, but Troop 7 has had a positive response from other Scouts and the community at large.

These newfound opportunities for girls are making waves in the area, and Troop 7 is already 16 Scouts strong. 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 her... it was an opportunity to learn wilderness and life skills." Another Scout, Melissa, was already a Venturer but was attracted to what the previously boys-only program could offer her, and the chance to interact with Scouts of different ages as peers. Despite being a South Lakes HS senior, 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. For those interested, there is an opportunity to find out for themselves. The troop has a 30-minute welcoming event on Thursday, March 7 at 7 p.m. in Floris United Methodist Church, where you can meet the girls who make up Troop 7 and practice basic Scouting skills.

PHOTOS CONTRIBUTED



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



**The results of BSA Troop 7's cooking outing.**

In the time it took you to read this article, the troop's girls had unpacked several crates' worth of cooking supplies. Gaby, a student at Franklin Middle School and the troop's Quartermaster, took the lead directing the others in sorting the piles of pots and utensils—a sign of what was in store for the Scouts, and the excitement fueling them. The journey they would undergo on the trail to Eagle would be long and arduous, but it was clear that they were going to make the most of their chance.

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

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



# 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.





**South Lakes' Brian Adams #1 is blocked by Lake Braddock's David Solomon #22.**

## Bruins Defeat Seahawks

**T**he South Lakes Seahawks (19-8) took on the Lake Braddock Bruins (23-3) in a 1st round VHSL State game on March 1.

The Bruins came into the game scoring more than 100 points seven times during the regular season, but not having done so since putting up 120 points in a win over West Springfield, 120-83. The Bruins registered their fewest points in a game this year in their win over South County 68-56 which advanced them to this game. South Lakes came into the game having scored more than 80 points just once all season in a win over Washington-Lee 85-55.

The first quarter lived up to the hype of the up tempo frantic pace that Lake Braddock has been known for. Six Lake Braddock players made a 3 point basket in the quarter, while three players for South Lakes connected on a 3 pointer and Lake Braddock established a lead of 30-24 after playing eight minutes. In the second quarter it was more of the same, the two teams combining for 50 points — Lake Braddock scoring 26 and South Lakes 24.

South Lakes down just 8 points, 56-48 to start the 3rd quarter, kept pace with the Bruins trading baskets throughout the quarter. However, Lake Braddock's lead grew to 77-68 with one quarter to play. The Bruins continued to substitute as they regularly do, sometimes five players at a time, keeping the energy, and pace going with fresh bodies every few minutes. Six players would score at least a bas-



**South Lakes' Joseph Dagbe #3 has a few steps on Lake Braddock's Colby Ellis #5.**

ket for Lake Braddock in the 4th and the Bruins would wear down the Seahawks 26-15 in the quarter and close out South Lakes season, 103-83 to advance to the next round against the winners of the other game South County, last year's Virginia 6A State Champion.

Lake Braddock was led by Quenton James with 24, James Grable had 22, David Solomon 17 and Nick Margraf had 11. South Lakes was led by Brian Adams 19 points and Cameron Savage 17.

— WILL PALENSCAR

## South Lakes Girls Fall to Woodbridge

**T**he South Lakes Seahawks girls lost a first round game in the VHSL State Tournament on March 1 to Woodbridge High School, 75-39.

The Seahawks had advanced to the game after defeating Westfield 65-36, Oakton 47-42, Marshall 42-39, and losing to Madison 65-55 in the region tournament. Woodbridge advanced to the game beating West Potomac 72-40, West Springfield 50-42, and TC Williams 65-61 in the region tournament. Woodbridge (27-1) will play TC Williams who defeated Madison. The winner of that game will advance to Virginia 6A State championship game in Richmond. South Lakes ends the year at (22-7).



**Olivia Nielsen #21 drives to the basket for South Lakes.**

PHOTO BY WILL PALENSCAR/THE CONNECTION



PHOTOS CONTRIBUTED

**Members of the Reston-Dulles Section, National Council of Negro Women take an active role in the local community.**

## Active Service Organization Seeks New Members

**Reston-Dulles Section, National Council of Negro Women, serves the local community.**

BY MERCIA HOBSON  
THE CONNECTION

**T**he Reston-Dulles Section, National Council of Negro Women, seeks new members who want to serve the local community.

"From working with the shelter, the schools, Cornerstones and other organizations, we have been there to serve the community," said Brenda Irons-LeCesne of Reston, Immediate Past First Vice President and Member. According to the organization's President Cypriana McCray she joined NCNW because it is an organization that allowed her to expand her service to support women and children. "Whether it is working with them directly, or providing resources that will benefit their overall well-being," said McCray.

McCray said NCNW directly supports local women and families by advocating for STEAM-based educational programs, economic empowerment and entrepreneurship. She added: "We provide many opportunities for our members to participate in various programs in the ... communities which align with the core values of our organization." NCNW members can become involved in mentoring young women who are part of PEARLS Empowerment, Inc. They can also volunteer with Helping Hungry Kids by preparing meals for children in Reston who may not have adequate nutrition at home on the weekends, and coordinate donations for either the annual Food Drive for Cornerstones in Reston or the United States Marine Corps donation drive,



**From left, Dr. Lhe Smith, membership chair of the Reston-Dulles Section, National Council of Negro Women and Cypriana McCray, president, announce the organization is seeking members.**

Toys for Tots Program according to McCray.

The organization holds monthly meetings at Reston Community Center-Hunters Woods in Reston on the third Sunday of every month, 3- 5 p.m.

Its next event is the free screening of "Period. End of Sentence," a 26-minute documentary of the Oscar-winning movie to celebrate Friday, March 8, International Women's Day.

On April 28, Reston-Dulles, NCNW holds an afternoon of food and music during its Annual Jazz Brunch held this year 3-6 p.m. at the Fairfax Waterford, 12025 Lee Jackson Memorial Hwy, Fairfax. Individuals can purchase tickets at <https://ncnwrestondulles.org/jazz-tickets>.

For more information about the organization and upcoming service opportunities and events, visit [ncnwrestondulles.org](https://ncnwrestondulles.org), email [info@ncnwrestondulles.org](mailto:info@ncnwrestondulles.org) or call 703- 635-3558.