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Senior Living
Spring 2019

Historic Garden Week in McLean
April 21 to 23, 2019
The historic garden tour features a variety of gardens and landscapes in the McLean area. The tour is open to the public and is a great way to enjoy the beauty of the area. For more information, visit www.historicgardens.org.

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Senior Living

Say Yes to the Dress

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Marafi Osman, 12, Rzaz and Rzan Ali, 15, and Raghad Salih, 16, local middle and high school students consider formal wear for prom and spring dance at the 17th annual Diva Central event presented by Reston Community Center at Lake Anne.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

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WEEK IN RESTON

Reston Citizens Association To Host Candidate Forum

Reston Citizens Association (RCA) will be hosting the candidates for the Hunters Mill Supervisor's seat on the Fairfax County Board of Supervisors in a Community Forum on Tuesday, April 23, 2019, from 7 – 9 p.m. at Lake Anne Community Center, 1609-A Washington Plaza N, Reston.

For the first time in many years, RCA is proud to resume its tradition of hosting a Candidate Forum. This Forum will allow Restonians to learn their potential supervisor's positions and plans first-hand.

The Candidate Forum will be free to the public and take place in the Jo Ann Rose Gallery at the Lake Anne Community Center.

"RCA is very excited to resume our long tradition of connecting the citizens of Reston and the Hunter Mill district with their local leaders and with the information they need to make informed decisions," says Dennis Hays, President of the Reston Citizens' Association. "We expect this to be the first of many such forums."

Free Seminar on Volunteering in Retirement

RSVP- Northern Virginia will hold a seminar on volunteering in retirement, Tuesday, April 16, at 11 a.m., at the Reston Regional Library. The one-hour event is free and open to the public.

RSVP, the region's largest volunteer network for people 55-years-old and better, provides individualized support to seniors who are seeking their ideal service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

The event will be held in the library located at 11925 Bowman Towne Drive, Reston. Free parking is available.

To sign up for the April 16 orientation, email RSVP Volunteer Specialist Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org. RSVP-Northern Virginia is program of Volunteer Fairfax, Volunteer Alexandria and Volunteer Arlington.

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More Public Input Sought on Parkway Studies

Fairfax County and Franconia-Springfield Parkways study moves to next phase.

BY ANDREA WORKER
THE CONNECTION

It's time for the public to weigh in again on improvements to the Fairfax County and Franconia-Springfield parkways.

Last fall, Fairfax County Department of Transportation (FCDOT) took their show on the road for three public outreach meetings, seeking input from residents as they conduct the "Alternatives Analysis and Long Term Planning Study" of the two major thoroughfares.

The study aims to review the deficiencies along the 31-mile corridor that starts at Route 7 (Leesburg Pike) in the north and runs to Route 1 (Richmond Highway) in the south and includes 17 interchanges and 83 intersections. Ultimately studies will lead to recommendations to improve the often-congested roadways in the near-term, and as far into the future as 2040.

Some improvements are already underway, as FCDOT representatives told attendees at the 2018 meetings.

Resulting from an "Existing Conditions" study conducted by the Virginia Department of Transportation (VDOT) in 2017, 49 of more than 350 road improvement recommendations have already been implemented, are underway, or are funded, as state and county work together on the project. Many actions are possible without changes to the county's Comprehensive Plan, but others require amendments to the Plan and passage by the Board of Supervisors.

"Public input is critical in making such changes and in considering improvements from all angles," FCDOT Planner Thomas Burke said at the fall outreach sessions.

During the October meetings, and for 45 days after, residents were given the opportunity to provide their own suggestions on how best to improve travel conditions on the parkways. FCDOT solicited the public's ideas via a number of on-line, interactive exercises and comment forums.

Expecting participation by 3,000-to-4,000 county residents, FCDOT instead received 15,150 responses through the survey, another 108 responses via emails and the website comment form, and another 71 comments came through on FCDOT's Facebook page.

THE BIGGEST TAKE-AWAY from the survey – overwhelming opposition from imposing tolls on either road – already made headlines, and Burke assures that the message was received.



Supervisor Pat Herry (Springfield) welcomes residents to the Fairfax County Department of Transportation's public outreach session to discuss improvement to the Fairfax County and Franconia-Springfield Parkways.

"There is no plan that includes tolls on either the Fairfax County or Franconia-Springfield Parkways."

After presenting an update on the study and the analysis of the public's response at a Board of Supervisors Transportation Committee meeting in February, Burke and his FCDOT colleagues held the first session in the second round of public engagement at the Willow Springs Elementary School in Fairfax on March 27 with opening remarks by Supervisor Pat Herry.

Updated "story" boards were displayed around the school's cafeteria, reflecting a few changes made based on the feedback already received and on requests from Supervisors John Cook (Braddock) and Pat Herry (Springfield) that FCDOT take a more regional outlook, rather than micro-focusing on the roadways.

Burke used graphs and charts to illustrate analysis of the public's preferences.

Several general themes emerged, which Burke discussed, before summarizing the public's responses by surveyed roadway segments.

After taking toll lanes out of the equation, general support was shown for widening the parkways, although there was concern expressed about homes and businesses that might be lost in the process. There was significant approval for the addition of interchanges to replace signalized intersections.

HOV-3+ lanes were not much appreciated by the respondents, although there was more interest in HOV-2+ lanes. High Occupancy Vehicle lanes drew some criticism from residents who worried that their addition would divert solo-driver parkway traffic onto neighborhood roads.

Burke responded that in the first place, the parkways would always include "gen-

eral purpose" lanes and not be converted to strictly HOV, even during peak times. He also assured that test models would be vigorously employed before any recommendations became final.

"But, I think it's clear that an HOV lane is necessary for successful enhanced transit," he added.

Enhanced transit was a winner in the public's opinion, with many residents asking for more high-capacity options. Several attendees championed transit, saying the plans should go further than just adding express buses. Suggestions included bus routes that intersected – allowing parkway commuters to change to buses travelling east or to Metro stations. One audience member even recommended light rail transportation to run in the center of the parkways.

PUBLIC OPINION HIGHLIGHTS by segment:

Route 7 to Franklin Farm Road

- ❖ Interest in connecting the gaps in McLearen Road

- ❖ Concern regarding congestion at intersections, interest in interchanges, particularly at the Dulles Toll Road and south (i.e. FC Pkwy. at Sunrise Valley)

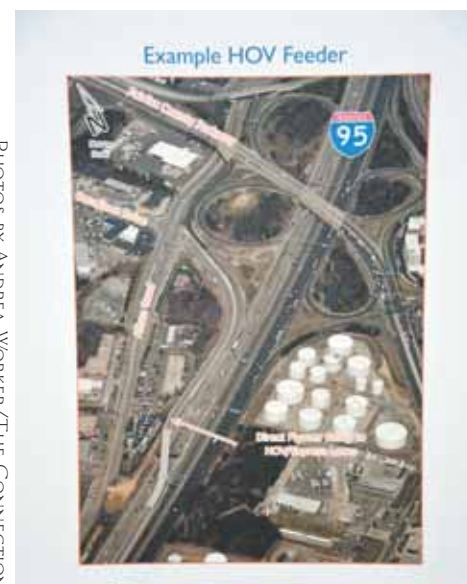
Franklin Farm to Route 123 – this section includes the VDOT projects widening projects

- ❖ Strong support for widening and addition of over or under pass at intersections like Pope's Head Road.

Route 123 – Rolling Road– split with Franconia-Springfield Parkway

- ❖ Concerns at Huntsman and Lee Chapel
- ❖ Congestion at intersections

- ❖ Concern for tree preservation and environmental impacts, particularly near Burke Lake and South Run parks



FCDOT has boards displayed around the meeting hall like this one, illustrating a possible HOV "feeder" to provide better access and exit from proposed HOV lanes on the parkways.

Fairfax County parkway from parkway split to Richmond Highway

- ❖ General approval for the Comprehensive Plan as is with interest in improved signage for ramps

Franconia-Springfield Parkway from split to Beulah

- ❖ General satisfaction with the current plan to widen to 8 lanes

Two more general meetings are scheduled, but FCDOT hopes for the same level of participation in the new online survey, launching on March 27 at www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway.

A Baseline Improvements Map is available on the department's website. The Baseline is assumed to be in place, but FCDOT wants the public to provide feedback on five strategies to build on the baseline assumptions. The strategies are:

1. Expanded Bike and Pedestrian Facilities
2. Capacity improvements – intersections/interchanges
3. Capacity improvements – widening without HOV
4. HOV Feeder
5. HOV-2+

The strategies are further explained on the website.

Residents can choose whether to provide input for the entire length of both the Fairfax County and Franconia-Springfield Parkways, or for specific segments. A forum for general comments and other suggestions is also available in the survey.

The survey will be open until May 6. Burke will come back to the public with the new results in late summer of 2019, anticipating recommendations and prioritization by early 2020 and Board consideration later in that year.

OPINION

Back in Richmond

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

The House of Delegates and the State Senate are in session today (April 3) for the annual reconvened session as required by the constitution. Often referred to as the veto session, part of its business is to consider bills vetoed or with amendments proposed by the Governor. During the regular odd-numbered short session that adjourned on Feb. 24 after 46 days, there were 3,128 bills and resolutions considered. Setting aside resolutions that do not have the force of law of bills, there were 883 bills that passed the legislature all of which must have the signature of the Governor in order to become law. The Governor's veto can be overturned by a vote of two-thirds of the members of both houses.

The governor in Virginia has the unique ability among executive officials to propose amendments to bills that previously passed but



then must be approved by the General Assembly in the reconvened session with the amendments proposed. This ability for the governor to make corrections or to change the provisions of a bill gives the governor important legislative powers and enhances the importance of the reconvened session that typically lasts for a single day but can go up to three

days.

Among the bills on the docket for this reconvened session is a bill that had passed both houses of the legislature but died at the last moment of the regular session. The dispute was over legal language to prohibit the use of cell phones that are not hands-free. The bill will be back before the legislature thanks to an amendment by the Governor, and it is likely to finally pass.

I expect to support the Governor in his vetoes of bills. One bill that he vetoed would limit his authority to involve Virginia in the Regional Greenhouse Gas Initiative, a cap-and-trade program among Northeastern and Mid-Atlantic states that mandates emission reduction in

the power sector. Virginia's involvement in this program is among the most important steps the state can take in reducing greenhouse gases and tackling climate change.

Governor Northam has also vetoed a bill that I had opposed during the regular session that would force law enforcement agencies to use precious resources to perform functions of federal immigration law that are part of the current immigration hysteria. He also vetoed a bill that would have limited the ability of local governments in making decisions about their local employment and pay consideration.

Included among the bills that passed are bills that passed in identical form but were only introduced in one house.

Some advocates and legislators believe that there is more certainty that a bill will finally pass if it moves through the legislature on two separate tracks. The governor signs both identical bills to keep from choosing among competing bill sponsors. No one that I know has taken the time to count these bills, but I believe that more than half fall into this category. I question that approach—it seems like unnecessary duplication in an already complex system.

Lake of Memories

A story of a Reston woman who died at the age of 102 remembering Hungary of her youth.

BY DAWN STUVLAND
CROSSON

On a winter evening in Budapest, Hungary, in 1957, Klára Keresztes and her husband Kálmán dressed their two young children in warm clothes and walked out of their home, claiming they were going to their village for the annual pig slaughter. Instead, they took a train and then taxi to the southern border, and, through heavy snow and darkness trudged out of communist Hungary. It had become an unsafe place to live; the USSR had arrested Hungary's leaders for later execution. Terror was rampant. The family spent nine months in refugee camps before a sponsor helped them move to Silver Spring, Maryland.

Life changed. In Hungary, Klára was vice principal of a special-education school and Kálmán a published linguist and researcher. However, at nearly age 40, they had to take new jobs in the new country. Kálmán began washing dishes and Klára began nannying and doing domestic chores. They learned English any and every way they could, including through children Klára cared for, soap operas, and dictionaries. Soon the family was able to move into a small apartment. They scraped by and in five years, Klára had learned



Family photo 1947: The year they left Hungary.



Klara and Kalman on their 50th wedding anniversary.

English well enough to receive her master's in education from the University of Maryland. She went on to teach in Montgomery County Public Schools for 18 years, working with severely handicapped children. Kálmán went on to get his PhD and to teach at Columbia University. Their two children finished school and started families. When she and Kálmán retired, they moved to a house in Reston to be closer to their grandchildren.

The couple who had walked out of their country with only the clothes on their backs was able to purchase a townhouse on Lake Audubon in Reston—the growing community experiment—without borrowing a penny. The lake reminded them of the lake Klára grew up on all those years ago in Hungary.

Kálmán passed away in 2006 and Klára spent the rest of her days nestled away in her home on the lake, singing in English and Hungarian and being taken care of by her two children for whom she had risked everything to bring to a new life.

She was able to hold each of her 17 great grandchildren before she passed away at her home in February, 102 years old, fiercely loyal to the country that gave her a better life, but never forgetting the Hungary of her youth.

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Senior Living

SPRING 2019

Historic Garden Week in McLean

April 30 10 A.M. to 4 P.M.

Visitors to the McLean portion of the Virginia Historic Garden Week will explore five picturesque gardens and four private homes spanning four centuries. Tickets online at www.vagardenweek.org Questions? Google Garden Club of Fairfax or email fairfax@vagardenweek.org.

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PHOTOS BY DONNA MOULTON/FAIRFAX GARDEN CLUB

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Historic Garden Tour Comes to McLean

History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary.

The Garden Club of Fairfax will host this year's House & Garden Tour, part of the 86th Historic Garden Week in Virginia. McLean is the site for this year's tour hosted by The Garden Club of Fairfax.

Visitors to the McLean Tour will explore five picturesque gardens and four private homes spanning four centuries. History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary properties.

The McLean tour on Tuesday, April 30, from 10 a.m. to 4 p.m. showcases exciting gardens, creative flower arrangements, and unusual private homes, each with intriguing stories behind them.

The tour includes a mix of historic, traditional and contemporary homes ranging from a home built in the 1750s with ties to the Revolution and used as a hospital during the Civil War, to a contemporary Japanese-influenced home built on a hillside with terraced gardens, a pool and patio that are perfect for entertaining.

BIENVENUE, CHURCHILL ROAD, McLean. Previously called "Benvenue," the name of this 18th century Colonial home was reportedly changed when General Charles de Gaulle visited and said that the correct spelling was "Bienvenue."

Built in 1754 using sandstone from a nearby quarry. Furnishings and decorative art throughout the home combine historic, contemporary and whimsical pieces collected by the homeowner from travels and local and international sources. Union troops occupied the property during the Civil War when the house served as a field hospital. Bullets and a cannonball were found in the walls, while medicine bottles, surgical instruments and horseshoes were discovered under the carriage house floor during renovation. A massive sycamore tree next to the house is believed to be the oldest and largest in Fairfax County. Dr. Karen L. Kierce, owner.



Bienvenue on Churchill Road in McLean was built in 1754 using sandstone from a nearby quarry. A new wing was added in 1929 to include indoor water.

OLD LANGLEY ORDINARY 1101 Chain Bridge Road, McLean. Built shortly before the Civil War, this Federal Farmhouse style building served as headquarters for Union Gen. George McCall. After the war it became an ordinary, a tavern or meeting-house. Located just a few miles from the Potomac River crossing at Chain Bridge, it was an important stopping-place for travelers and for farmers transporting livestock and wagons to merchants across the river in Georgetown. The homeowner's extensive collection of traditional Americana is displayed throughout. Wraparound porch with outdoor living space includes a kitchen and double-sided outdoor fireplace. The original carriage house is now a guest-house with American flags, painted by the homeowner, displayed on an exterior wall. Garden beds surrounding the home feature indigenous Virginia plantings with roses, sedum, hydrangea and 900 tulips.

OLD CHESTERBROOK ROAD, McLean. Built on a hillside, the long, clean horizontal lines of natural stone, wood and glass in this contemporary home reflect Japanese influence. In addition to subtle indirect lighting throughout the home, a paper chandelier by artist Oh Mei Ma is suspended from a soaring ceiling above the dining area and the sitting room has a red Italian Murano glass chandelier. The focal point at the top of the hill is a children's playhouse complete with Dutch doors, kitchen and skylight. Additional points of interest are a Japanese gate (Torii) built by the homeowner's parents, a standing stone Buddha and a stone birdbath in the shape of a bird in flight.

WOODLEY MILL ROAD, McLean. Built in 2000, this Italianate villa with yellow stucco has a traditional orange clay barrel-tile roof. The front features European scul-

HISTORIC GARDEN WEEK IN MCLEAN

April 30 10 A.M. to 4 P.M.

Visitors to the McLean portion of the Virginia Historic Garden Week will explore five picturesque gardens and four private homes spanning four centuries.

❖ Headquarters – Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Complimentary refreshments served from 10 a.m. to 3 p.m.

❖ Tickets: Advance tickets - \$40 online at www.vagardenweek.org, or by mail, until April 20, 2019. Tickets Day of Tour - \$50 at Headquarters or Tour Homes

❖ Questions? Google Garden Club of Fairfax or email fairfax@vagardenweek.org. For more information on this tour or to see the Historic Garden Week statewide schedule of tours, go to www.vagardenweek.org.

PHOTOS BY DONNA MOULTON

tered gardens with boxwood parterres, three arched doorways, balconies and veranda. Two fountains greet guests as they enter the front property. The home's gallery-like foyer features marble floors, a 20-foot ceiling and walls displaying large scale paintings, Belgian tapestries and a metallic finish bas-relief. From the pavilion, a wide Tennessee buff flagstone path lined on both sides with carefully maintained topiaries in Tuscan style pots leads to a large bronze fountain. Extensive hardscaping with mature evergreens, roses, hydrangeas, crepe myrtles and other plantings creates multiple garden rooms surrounding the home.

DAVISWOOD DRIVE, McLean. (Garden only) More than 40 mature 'Green Giant' arborvitae provide the background, shading and privacy for this garden oasis. This formal garden features multiple garden rooms showcasing crepe myrtles, hostas, hollies, boxwood, hydrangeas, rhododendrons and ninebarks with water features, statuary, travertine walkways and a hidden putting green. The garden's centerpiece is the saltwater swimming pool.

Historic Garden Week in McLean is Tuesday, April 30, 10 a.m. to 4 p.m. with headquarters at Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Advance tickets are \$40 per person online at www.vagardenweek.org, or by mail, until April 20. Tickets on the day of tour are \$50 at headquarters or tour homes.



Home on Woodlea Mill Road includes European sculptured gardens.



Old Langley Ordinary built just before the Civil War.

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Senior Living

Career Change After 50

Strategies for job hunting after retirement.

BY MARILYN CAMPBELL
THE CONNECTION

Ever since she was in high school, Yashika Mailey has wanted to be a nurse. She put that dream on hold however, when she started a family at the age of 17. Now that she's 55 and her three children are adults, she's finally working to turn that dream into a reality.

"I'm a full time student and I'm working full-time in medical billing," she said. "I'm starting by becoming an LPN (licensed practical nurse) first and then we'll see what happens."

Whether changing careers to fulfill a dream, re-entering the workforce out of financial necessity or getting a job to stay socially connected, many Americans of retirement age still want to be employed. In fact, a recent Harris survey of workers in the U.S. between the ages of 54 to 72 showed that almost a quarter said that they plan to work in retirement.

"Obviously a career change or a job search after 50 will require a different approach that it would if you were just out of college," said Hope Navolio, a career coach and former human resources executive in Alexandria. "It's not hopeless in the way that some people might think, but there are factors that you have to consider."

Age bias is a fear that Navolio hears often, but she advises clients to use age to their advantage. "The thought of competing for a job with people who are young enough to be their grandchildren can be intimidating for some older workers," she said. "But I think people can view their age as an asset and present themselves that way. There's a level of maturity and insight that only comes with age. Many employees are looking for someone who's stable, dependable and who won't get involved in petty office squabbling or office politics."

"One of the first things that I would say is to make sure you're web and tech savvy,"

said Bethesda headhunter Mara Rappaport. "That might mean that you have to take a few classes, but you need to be able to use social media to your advantage. I would think anyone looking for a job today needs to have a LinkedIn page and cultivate a professional network, even if the jobs you're looking for aren't considered professional in the traditional sense. You could even start a blog and write about things that interest you or that are related to the type of job that interests you. For example, if you want to be a fitness coach, blog about current fitness trends."

Modernizing one's appearance is another suggestion that Rappaport offers to those who are concerned about being too old to get a particular job. "It might sound shallow, but getting a makeover can breathe a breath of youthful air into your appearance and make a world of difference in a potential employers' first impression of you," she said.

Not limiting oneself of traditional options when contemplating a career change can increase the chances of finding meaningful work, says Navolio. "If there's something that you enjoy doing as a hobby, consider making a career out of it. If you've always practiced yoga, train to become a yoga teacher. If you love being around young children, a job at a preschool might interest you."

Ronald Potts, a former attorney with a knack for numbers and one of Navolio's client's, began working as a seasonal tax preparer in January. After becoming bored and isolated in retirement, he decided to look for a job, but he wanted one that required fewer hours and offered more flexibility than he had in his law career. "When I retired, I didn't really have a plan for how I was going to fill my time and I got bored within a few weeks," he said. "I thought about all of the things I could do and I've always been good with math. Now I just do straightforward tax returns, so the work is still somewhat challenging, but don't have the long days and all the pressure that I had when I was at my firm."

"Obviously a career change or a job search after 50 will require a different approach that it would if you were just out of college."

— Hope Navolio.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send by email to: editors@connectionnewspapers.com

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LINER NOTES

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Tickets: \$15 Reston/\$20 Non-Reston

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Elaine Flynn is back, this time portraying Ernest Hemingway's four wives. Hear each wife tell her story about living with a man who changed literary history. Follow Hemingway's career as the Hemingways move from Chicago to Paris to Key West to Havana to Ketchum, ID. Learn about how the wives' lives intersected with one another. Each wife gave Ernest what he needed during their time with him. Hadley, the Paris wife, gave him the sounding board he needed. Pauline introduced him to the rich set. Martha shared the excitement of being in a war zone. Mary offered the steadfastness that saw him through until the end of his life. Travel the world and learn about the adventures of the Hemingway wives in this one-hour, one-woman show.

Admission fee includes lunch and the performance. Don't miss this annual celebratory event!

This event is co-sponsored by Reston Community Center and Reston Association.

For more information, please contact Cassie Lebron, RCC's Lifelong Learning Program Director, at 703-390-6157.



www.restoncommunitycenter.com

To request reasonable ADA accommodations, call 703-476-4500, TTY 711.



Say Yes to the Dress

RCC holds 17th annual Diva Central event to provide prom dresses.

BY MERCIA HOBSON
THE CONNECTION

I'm looking for a dress with bling yet elegance," said Raghad Salih, 16, of South Lakes High School. Salih and her friends stood in the Jo Ann Rose Gallery located at Lake Anne Plaza. Staff and volunteers from Reston Community Center had turned the art gallery into an up-scale prom and special occasion boutique for the 17th Annual Diva Central event held Saturday, March 30 from 11 a.m. to 3 p.m. Surrounded by an inventory of glamorous formal gowns and dresses current with today's trends and accessories, the young women were students at South Lakes High School and Langston Hughes

Middle School. Excitedly, they searched the rows of gowns, each saying yes to a dress.

"We fill a need in the community by offering students the opportunities to receive quality dresses and accessories at no charge," said LaTanja Jones, Collaboration and Outreach Director, Reston Community Center. According to RCC, it opened the one-day shopping opportunity to any current middle or high school student in need of a formal dress, shoes, jewelry or other accessories. RCC offered everything for free, Jones said, however, there was a limit of one outfit per student.

Hundreds of dream dresses for the eighth-grade dance, high school prom, graduation, after party and social occasions hung by size on display racks in the gallery. Dress styles ranged from ball gowns and jumpsuits to A-line, mermaid, single shoulder, strapless, plus size, two-piece dresses and more.

Marafi Osman, 12, from Langston Hughes Middle School, browsed for a dress to fit her taste and need as did her South Lakes

High School friends Rzan and Rzaz Ali, 15, and Raghad Salih 16. The girls searched through silky chiffons and beaded designer gowns in an assortment of colors, back styles and necklines.

In addition to the stunning dresses, Diva Central offered shoes, heels, jewelry and accessories to finalize the look and to make the shopping stress-free.

Volunteers stood ready to assist the students with personal attention so they would walk in confidence at their upcoming special event. Volunteer David Jones of Reston said, "I've been volunteering here for the past three years. I enjoy giving back to the community I live in."

"We thank the community for their generous support for this year's event," said Jones. "RCC will host the 18th annual Diva Dress Central Drive and Giveaway event next Feb. 1-28, 2020," she said. Jones asked that individuals consider setting aside gently used formal wear and accessories for the rest of this year and bring them to the Lake Anne or Hunters Woods Community Center next year.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Students check in at the 17th annual Diva Central event presented by Reston Community Center at Lake Anne. RCC offered all formal wear and accessories for free.



Middle and high school students, many with their parents or friends, shop at the 17th annual Diva Central event at Reston Community Center and held Saturday, March 30, 2019.

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Announcements

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Announcements

News

Egg hunts will be hatching at parks throughout Fairfax County in the month of April.



COURTESY PHOTO

Hunting for Eggs in County Parks

Grab a basket and hunt for eggs at parks throughout Fairfax County.

Egg hunts will be hatching at parks throughout Fairfax County in the month of April, and the Easter Bunny will be making some appearances, too. Contact the sites directly or visit Eggcellent Events for a full list of egg hunts and programs.

Things kick off on Sunday, April 7, with the "Easter Eggstravaganza" at the Frying Pan Farm Park Visitor Center. Children ages one to six can hunt for eggs filled with treats and prizes and visit animals outdoors. Hunts are scheduled by age from 10 a.m. to 3 p.m. The cost is \$8 per child.

On that same afternoon Hidden Oaks Nature Center hosts a "Woodland Wildlife Egg Hunt" for children age three to eight. Enjoy an easy walk to meet costumed woodland characters and collect 10 eggs with non-candy treats. See live frog eggs and meet some spring critters. Programs begin at 1 and 1:30 p.m., and the cost is \$9 per child.

On five days in April, go on a "Dinosaur Egg Hunt" at Hidden Oaks. Enjoy a dinosaur-themed program and outdoor egg hunt and make a dino craft. The program for children ages two to eight runs on April 13, 14, 19, 20 and 21 at various times. The cost is \$10 per child.

The "Easter Egg Hunt at Sully" takes place the weekend of April 13 through 14. Children ages one to eight can bring baskets and go on an egg hunt like the Noltings had at Sully in the early 1950s and participate in an egg roll and egg carry. The Easter

Bunny will be there, too. The cost is \$8 per child.

Children age two to nine can join the Easter Egg Hunt at Colvin Run Mill on Saturday, April 13. Hunt for eggs and make crafts to take home. Hunts are scheduled by age from 10 a.m. to 12:15 p.m., and the cost is \$8 per child.

On Sunday, April 14, register for the Easter Egg Hunt at Lake Fairfax Park for children age one to four and hunt for eggs filled with treats and treasures. Hunts are scheduled by age from 11 a.m. to 2 p.m., and the cost is \$8 per child.

Saturday, April 20, is also a big day for egg-citing events.

Burke Lake Park hosts its annual "Baskets & Bunnies" celebration featuring egg hunts, rides, mini-golf, vendors and other activities from 10 a.m. to 5 p.m. Purchase a pass in advance for \$12 to save money. This event is for family members of all ages.

The Easter Egg Hunt at Clemjontri Park gives children ages one to nine a chance to enjoy egg hunts, crafts, photo opportunities with the Easter Bunny and more. Egg hunts are split by age and run every 30 minutes from 10 a.m. to 3:30 p.m. The cost is \$7 per child. Carousel rides are available for \$3 per child.

Bring your own basket and hunt for candy and eggs filled with treats at the Easter Egg Hunt at Nottoway Park for children ages one to nine. Hunts are scheduled by age from 10:30 a.m. to noon. The cost is \$10 per child (cash only).

For the science-minded, don't miss The Egg Challenge at Riverbend Park. All ages are invited to join a classic STEM design challenge — the Egg Drop. Build a structure that will protect your egg in a 10-foot-plus drop, then participate in a fun egg hunt for children age one to nine by the Potomac River. The program runs from 1 to 3 p.m., and the cost is \$10 per person.

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Employment

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			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

**Let us know
about an
upcoming event**

connectionnewspapers.com/Calendar

BULLETIN

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

VOLUNTEERS WANTED

Greater Reston Arts Center's (GRACE) Northern Virginia Fine Arts Festival returns for its 28th year. Support the Northern Virginia Fine Arts Festival by signing-up to volunteer. Volunteer opportunities include Family Art Park, Artist Hospitality, Festival Ambassador, and more. All volunteers receive a 2019 Festival t-shirt, a Festival program with restaurant coupons, and water throughout the day. Credit for community service hours is available; middle school volunteers are welcome with a guardian. Visit restonarts.org/fineartsfestival/volunteer/ to register.

FRIDAY/APRIL 5

Sibshops. 9 a.m.-noon at Providence Community Center, 3001 Vaden Drive, Fairfax. The Sibshop workshops are for children in grades 2-5 who have siblings with special needs enrolled in Fairfax County Public Schools. Meet other siblings in a fun, recreational setting; celebrate siblings; share sibling experiences and receive peer support; play games and more. A snack will be provided. Registration is free, donations will be accepted to support the cost of materials and food. Visit www.fcps.edu/resources/family-engagement/parent-resource-center or call the FCPS Parent Resource Center at 703-204-3941 to register.

SATURDAY/APRIL 6

2019 Special Education Conference. 7:45 a.m.-1:30 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. FCPS will hold its 14th Annual Special Education Conference with a focus on building inclusive and post-secondary practices to support the development of 21st Century skills and Portrait of a Graduate (POG) attributes. Visit www.fcps.edu/spedconference2019 for details, a list of workshops, exhibitor information and to register.

Caregiver Bootcamp. 9:30 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Join IMCC for a day-long training event covering many essential caregiving topics. A continental breakfast and lunch will be provided free of charge. Sessions include: Dementia 101 & Clinical Trials; Understanding Veterans Benefits; Practical Tools for Caregivers; and A Person-Centered Approach. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

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

Money Matters 2.0. 10 a.m.-1 p.m. at Heritage Fellowship Church in Reston. The Reston (VA) Chapter of the Links, Incorporated, in partnership with AARP, are hosting Money Matters 2.0 - A Blueprint to Achieve Financial Wellness and Entrepreneurial Success. Financial awareness, literacy, and education are major areas of need in the African American community. Finance experts share knowledge in two tracks: adults and youth/teens (focused on ages 13-20). Free. Visit www.RestonLinks.org to register.

SUNDAY/APRIL 7

Low Cost Rabies Vaccine Clinic. 9-11 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

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It's Not As If My Life Depends On It



By KENNETH B. LOURIE

Being totally honest with my oncologist, that is. I mean, it's not as if being diagnosed with non small cell lung cancer, stage IV isn't a "terminal" disease.

Oh wait, it is.

As my oncologist said to me at the initial Team Lourie meeting: "I can treat you, but I can't cure you."

Huh? Followed fairly soon after by the equally distressing prognosis: "13 months to two years." Wait. WHAT!? (As Curly Howard of The Three Stooges said years ago while looking into a mirror: "I'm too young to die, too handsome, well, too young anyway.")

That prognosis – as you regular readers know – is old news, as I recently passed my 10-year anniversary; my oncologist's "third miracle," as he characterizes me. And as life goes on, so too do the studies and research and clinical trials.

As much progress as has been realized, still there are few guarantees for lung cancer patients. Although there are many more of us living beyond the years our respective oncologists initially gave us (our wildest dreams, I often say).

Living as a cancer patient/survivor, especially one still undergoing treatment, requires regular sit-downs with one's oncologist to discuss and/or assess lab work, results from diagnostic scans and side effects – or as I refer to them: "straight-on effects." At these sit-downs, the oncologist will sit down behind his computer and review my past and inquire about the present, typing away as I respond.

The questions are all too familiar.

My answers, maybe familiar as well. Because if they're not, they may catch the attention of the doctor. And if they do catch his attention, he likely will probe further into their occurrence; their frequency, their location, their pain, their intensity, etc. And in so doing, he may learn things that could possibly alter/maybe even stop your treatment.

The doctor may become so worried about the symptoms you're describing, he may focus on the symptom, not the cause. And that's my fear in being honest: he may stop the treatment. I realize it might be counter-intuitive, but cancer scares the hell out of me. As a direct consequence, dishonesty sometimes becomes one's best policy.

Granted, being dishonest, or rather not totally forthcoming, with the person entrusted in extending your life, doesn't exactly win one the patient-of-the-year award. But when that same one is diagnosed with a "terminal" disease at age 54 and a half, there's a certain amount of clear thinking that quickly dissipates.

And if that same one is "ambulanced" to the hospital (in August 2013) for a week long stay in SICU (surgical intensive care), the fear of God is officially invoked which further clouds your judgment.

If you live long enough, your judgment improves but so too does your chance of dying. As I find myself saying: "I just can't keep on living with this thing, can I? I mean, I was diagnosed with a 'terminal' disease. They don't call it 'terminal' for nothing." But here I am, 10 years, post diagnosis, and living the dream, so to speak.

So how do I answer the doctor's questions when doing so honestly might lead to a gruesome outcome: hospitalization, and then, well, you know.

Let me be clear then about my answers. Maybe I'm not so certain about the "straight-on" effects? Maybe, they're not that bad and continuing the treatment will moderate the effects somehow while continuing to keep the cancer in its current place – without growing or moving?

I don't mean to understate my condition, but neither do I want to overrate it. Perhaps this mental anguish I'm describing makes no sense. But that's what cancer seems to do.

Nevertheless, I realize being honest with one's doctors is kind of important. Still, I may be too afraid of the consequences to be so inclined.

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

ENTERTAINMENT

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

ONGOING

Art Exhibit: Looming Connections.

Through April 6, gallery hours 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 or call 703-956-6590.

Art Exhibition: IRL. Through April 23, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. IRL is a solo exhibition featuring work by painter and video artist Monica Stroik. Through a combination of video and paintings selected from her ongoing Cyber series, IRL (online shorthand for “in real life”) investigates concepts of simultaneously being present and disconnected and how the natural world becomes entangled in digital lives. Free and open to the public. Visit restonarts.org for more.

Founder's Day Show at Lake Anne.

Through April 29, 9 a.m.-8 p.m. at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. The League of Reston Artists presents their annual Founder's Day exhibit in honor of the group's founder, Patricia MacIntyre. MacIntyre will judge the painted and mixed media entries that illustrate the theme of “Fine Lines.” A reception will be held Sunday, April 7, 2-5 p.m. at the gallery. Visit www.leagueofrestonartists.org for more.

FRIDAY/APRIL 5

Open Mic and Poetry with Mike. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. The first hour is features poets Sid Gold and Sally Zakaiya. The second hour is open to anyone. Call 703-956-6590 or visit www.artspaceherndon.org.

FRIDAY-SATURDAY/APRIL 5-6

Genealogy Conference/Expo.

Friday, 9 a.m.-8 p.m.; Saturday, 9 a.m.-3:45 p.m. at Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Fairfax Genealogical Society's two-day spring conference and expo. Lectures, workshops, individual consultations, vendors with items/services of interest to family researchers. Topics include: Beginning and intermediate DNA; African American Research; Land Platting; Colonial Law and Religion; Southern Migration, and more. FxGS member, \$100; non-member, \$120. Details at www.fxgs.org.

MONDAY/APRIL 8

Northern Virginia Positive Aging and Wellness Fair.

8:45 a.m.-4 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. In collaboration with Fairfax County and community partners, the Northern Virginia Positive Aging and Wellness Fair will offer tools, workshops, exhibits and information to educate and inspire adults to achieve a fulfilling and healthy lifestyle as they age. Pat Collins, an award-winning NBC News4 reporter, will be the keynote speaker. Free and open to the public. To register and for more information, visit positiveagingfair.com. For county services for older adults and caregivers, go to www.fairfaxcounty.gov/OlderAdults.

Toddler Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs and finger plays. Age 2 with adult. Registration



Reston native and South Lakes High School alumni, playwright Amy Dellagiarino returns to the area to see Dark Horse Theatre Company's production of her play, 'The Value of Moscow.'



PHOTOS BY ARIANNE WARNER

From left, Catherine Gilbert (Clara), Sarah Akers (Emily), Jessie Burns (Rose) and Andrew Farms (Cliff) rehearse 'The Value of Moscow,' a new comedy by Reston native and Playwright Amy Dellagiarino.

Reston Natives Bring Home Comedy

Dark Horse Theatre Company presents “The Value of Moscow.”

BY MERCIA HOBSON
THE CONNECTION

Dark Horse Theatre Company presents the regional premiere of the dark comedy, “The Value of Moscow,” by Playwright Amy Dellagiarino, April 12-27 at ArtSpace Herndon, 750 Center Street located in the Herndon Arts District. “This is a unique opportunity to have a play written by a Reston-Herndon native, now successful LA playwright and Dark Horse return

to Herndon,” said Natasha Parnian, Managing Artistic Director.

Both Dellagiarino and Parnian were originally from Reston and graduated from South Lakes High School in the early 2000s.

According to the production preview, “Three grown ‘adult’ sisters are thrust back into living together as a last resort after their various lives have fallen apart. This trio can’t even agree on how to unpack their stuff much less their relationships and pasts. And before they can finish the bottle of vodka they

found in the kitchen, everything goes from bad to worse, to a lot, LOT worse. Can they set aside their grievances long enough to work together and save themselves? Probably not. But with acerbic wit and an encounter with the pizza man, these three sisters aim to find out.” Parnian cautioned that the play is recommended for an adult audience. “It contains strong language and comedic violence,” she said.

“ArtsHerndon is delighted to partner with Dark Horse Theatre,” said Joanna Ormesher, President

& CEO Arts Herndon. The opportunity for modern theatre writers and performers to have black box space to produce new works is invaluable. Artspace allows just that prospect. Later in the season, we will be collaborating on a similar project with NextStop Theatre Company. These are new and groundbreaking opportunities for the Arts in Herndon.”

For tickets and information, visit www.darkhorseva.com or call 703-537-1071. Limited engagement and seating.

now open. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

E-book Help. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Those who need assistance downloading library e-books onto an electronic device can come on by and get help. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

SATURDAY/APRIL 6

Runnymede Park and Sugarland

Run Watershed Cleanup Day. 8 a.m.-noon at Runnymede Park, 195 Herndon Parkway between Elden and Queens Row streets. Join community members and help clean-up park and stream locations. Volunteers should dress for the weather, wear boots with sturdy soles, and bring work gloves. Interested groups or individuals can sign-up by contacting John Dudzinsky, Community Forester at 703-435-6800, ext. 2014, or by email at john.dudzinsky@herndonva.gov. There will be a free secure document shred truck at Runnymede Park, 9 a.m.-noon.

Explore Lake Fairfax Park with a Naturalist. 10-11:30 a.m. at Lake Fairfax Park, 1400 Lake Fairfax

Drive, Reston. Learn about the flora and fauna that give Lake Fairfax Park its character. Designed for participants 3-adult. \$8 per person. Dress for the weather. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

Otto the Auto. 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Otto the talking car engages children in fun and memorable traffic safety exercises. Age 3-6 with adult. Registration now open. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Celebrate National Grilled Cheese Month. 11 a.m.-2 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Experience the cheesiest event of the year at Frying Pan Farm as the park celebrates National Grilled Cheese month. “You Gouda Brie Kidding!” will feature cooks frying up sandwiches. Learn about the diverse cultural takes on the favorite melted cheese treat, too. There will be a variety of cheeses to sample and demonstrations. Designed for participants age 3-adult. \$3 per person. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

Founder's Day. Noon-4 p.m. at Lake Anne Plaza. Join the Reston Historic Trust & Museum (RHT) as it celebrates Founder's Day. Remember founder Robert E. Simon Jr. and celebrate the 55th anniversary of Reston with a full slate of family-friendly activities at Lake Anne Plaza. Visit www.restonmuseum.org/foundersday or call 703-709-7700.

Life Lessons from Mt. Kilimanjaro. 1:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local author Robert Perry will share the inspiring story of his trek to the highest peak in Africa. He will sign copies of his book “Taking the 12 Steps Up- and Down-Kilimanjaro”. Adults, Teens. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Kwame Alexander & Randy Preston: Poetry and Performance. 4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Reston Regional Library partners with Scrawl Books to welcome Newbery award-winning author Kwame Alexander and musician Randy Preston for a performance celebrating the paperback release of Booked and The Crossover as well as the release

of Kwame's new picture book The Undeclared. Books will be available for purchase. Ages 6 and up. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

SUNDAY/APRIL 7

Casey's Car Show. 12:30-3:30 p.m. at Casey's Automotive, 4260A Entree Court, Chantilly. The 3rd Annual Casey's Car Show & Spring Fest is an effort to support a good cause while enjoying music, food, ice cream, and lots of cool cars and trucks. Proceeds from this event go directly to Ellie's Hats. The family-friendly event will be boasting a free bounce house and free face paintings, and Star Wars characters for children to take pictures with. Free admission. Visit www.caseysautomotive.com/2019-car-show-spring-fest/ or call 703-802-6300.

History of World War II. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Harry Butowsky of George Mason University presents Part 4 of his 6-part lecture series on World War II – Wolf Pack: U-Boats in the Atlantic 1939-1944. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.