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## BULLETIN

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

#### SATURDAY/MAY 4

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.

#### Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available

seating. Call 301-263-0616 or visit

www.dcpnsupport.org for more.

District Supervisor Candidate
Meet and Greet. 4-6 p.m. at Great
Falls Library, 9830 Georgetown Pike,
Great Falls. Meet the candidates who
are running for the Fairfax Board of
Supervisors: Dranesville District;
Hunter Mill District; Providence
District; and Sully District. Free.
RSVP at www.eventbrite.com/o/
naacp-fairfax-county-12397167937.

#### SUNDAY/MAY 5

#### Low Cost Rabies Vaccine Clinic.

Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. 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.

#### WEDNESDAY/MAY 8

**Workshop: Google Ads.** 11:30 a.m.-1:30 p.m. af Bleevit Interactive

1:30 p.m. af Bleevit Interactive
12110 Sunset Hills Road, Suite 600,
Reston. Bleevit Interactive is hosting
a workshop to provide small
businesses with an improved
understanding of Google Ads and the
importance of measuring and
reporting digital marketing
initiatives.

Free, with complimentary lunch and beverages. Space is limited. Register at bit.ly/smlbiz2019.

## Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. Visit www.fairfaxcounty.gov/parks/

boardagn2.htm or call 703-324-8662.

#### FRIDAY/MAY 10

Nomination Deadline. The Greater Reston Chamber of Commerce is seeking nominations for their annual Awards for Chamber Excellence (ACE). These awards are given to those members who demonstrate excellence in their business practices,

SEE BULLETIN, PAGE 11

WELLS FARGO

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2 Reston Connection May 1-7, 2019

## News

## Five Vie for Hunter Mill Supervisor Nomination

## **Reston Citizens** Association helds Candidates Forum.

BY MERCIA HOBSON THE CONNECTION

ith the first significant race in 20 years underway for the seat of Supervisor in the Hunter Mill District, Reston Citizens Association (RCA) held a community forum for the five certified candidates on Tuesday evening, April 23 at the Lake Anne Community Center in Reston.

"I discovered something," said moderator Dennis Hays, RCA president. "That whatever happens in the Hunter Mill District, when you get in your car, go to the park ... one way or another it's affected directly by the Supervisor for the Hunter Mill District."

The forum allowed citizens to engage with the candidates directly through a shared a three-minute statement, question and answer period, and closing. The main issues discussed at the forum were development, density along the Silver Line and in the village centers, and Reston's role as a planned residential community, a unique bird of sorts in the county. However, Vienna, also in the Hunter Mill District, experiences

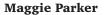
\* Candidate Parker Messick grew up in Reston and recently graduated from Roanoke College. He said that for him, development was the primary issue, "to stop big development."

"With the MAC Ordinance of Vienna, (MAC refers to the Maple Avenue Commercial zone, a voluntary zoning designation that encourages redevelopment along Maple Avenue and creation of pedestrianfriendly, mixed-use projects), and the endless proliferation of high-rises in Reston ... my central focus is making sure that Reston and Vienna are not in the power hands of the developers but our hands as citizens," he said. Messick stressed that development had to be beneficial to the citizens instead of "lining the pockets of developers."

Messick's second significant issue was to stop Reston Town Center paid parking, a statement that gained audience applause. "Many of our community members don't go or go [to Reston Town Center] at a significantly reduced rate," Messick said, referencing Reston Town Center as a gathering place. As Supervisor, Messick said that he would negotiate with Boston Properties to see an end to the paid parking.

A citizen asked about programs in the county that support young adults with developmental disabilities. Messick answered that he'd seen on the Board of Supervisors when budgetary concerns came up, that people with intellectual disabilities and dif-







**Parker Messick** 



Photos by Mercia Hobson/The Connection

**Laurie Dodd** 



Shyamali Hauth



Walter Alcorn



The Lake Anne Community Center fills during the RCA Hunter Mill Super-

some of the same issues as Reston.

ferent ways of processing information were left behind. "If elected, I will make that a major priority of my own...It's what I live and breath every day of my life... I have Asperger Syndrome. I'm autistic. I don't consider myself intellectually disabled. I don't think that's a problem. I think those who think differently are marginalized in our society. I think there needs to be a culture and conversation change." Messick's remarked were met with applause.

visor Candidate Forum 2019.

Candidate Walter Alcorn, a 25-year resident of the Hunter Mill District, has served on the Fairfax County Planning Commission and Park Authority Board, and currently is Vice President of Environmental Affairs, Consumer Technology Association. Endorsed by State Sen. Jennifer Boysko, U.S. Rep. Gerry Connolly and Supervisor Board Chairman Sharon Bulova, Alcorn said that he was an enthusiastic supporter of Bob Simon's goals.

"With the changes coming to Reston, the citizen's voice has never been more important," Alcorn said. He reminded the audience that both Reston golf courses are in the Comprehensive Plan. "Until communities surrounding the golf courses come to me, and ask to change that designation and look at the alternatives, I would not be supporting those golf course designations in the Comprehensive Plan. The onus is on the developer to prove it to the citizens." As for development, Alcorn said that now Reston has individual developers coming in and asking for specific projects to be approved, but Reston is still using a zoning ordinance that is designed for a minimum of 750 acres, so his concern "about saying let's go and blow the cap open is we have to have a backup. We have to use the Comprehensive Plan to provide the assurances to you, to us, to all the citizens that we are on top of it. We are not going to let our infrastructure get overwhelmed."

Alcorn reiterated during the question and answer period that regarding the PRC or density cap, they must fix the Comprehensive Plan first because that is what balances development and population, and is where it shows high density for the village cen-

Candidate Maggie Parker has lived in Fairfax County for more than 30 years. Parker said work and motherhood offered her opportunities to become involved in many grassroots efforts, building community through school fundraisers, PTAs, charitable foundations and teaching religious

"I work for a developer, Comstock," Parker said. "I understand how the development business works." She explained how collaboration and civil dialogue brought results and "different points of views expand perspective, resulting in better paths forward." Parker said that her experience taught her what can and can't be done, referencing the Silver Line. "Much of the development around the Silver Line has already been approved. The issue is, how to make sure it is delivered as promised, make sure that it integrates within the fabric of our community and engages with the elements that have made the Hunter Mill district so special," she said.

Parker itemized how economic success can deliver better social services, education systems and afford the resources for Fairfax County to become the most progressive green county in the country. "We need to improve our transportation network, our sidewalk and bicycle access to our 50 miles of trails and safe crossings over our thoroughfares. ... There's a lot to be done, and a lot to protect," Parker said.

She was asked: What would you do to reduce energy use and greenhouse gas emissions? "Enforce that every high-rise building meets minimum LEED standards for sustainability, encourage green roofs ... The biggest single problem in the room is our vehicles ... we need to bike, we need to walk ... connect to Metro, electric vehicles, we are demanding charging stations in new structures that we build," said Parker.

**Candidate Laurie Dodd**, a twentythree year Reston resident and an attorney billed herself as "an advocate for residents of our district." Dodd worked as an environmental lawyer, started a law firm and was a child advocate attorney. "I am an advocate for people whose voices are not always heard," she said. When Dodd saw Reston "at risk" and heard Paul Hawken speak about Project Drawdown, a plan to reverse global warming, that was the tipping point for her to run for office, she said. "There is nothing I can do with my life that would make a greater impact on the world

SEE CANDIDATES, PAGE 9

## **OPINION**

## Black or Blue: Lessons Learned from How Virginia Democrats Handled the Ralph Northam Debacle

## Let's get something straight, this is not a blackface controversy, this is a KKK controversy.

By Kofi Annan

President, Fairfax County NAACP

uring a 1960 speech to a mixed audience in New York City, Dr. Martin Luther King Jr. said, "There is a pressing need for a liberalism in the North which is truly liberal." While Virginia is a southern state, it gets bluer with each election, therefore we should take heed to MLK's words, which essentially challenges liberals to fight the gravitational pull to the right on issues of civil rights and equity. It is difficult to see both the election of Ralph Northam, his subsequent actions, and the actions of the party to protect him as anything but the party signaling to the center-right that they have their back and are willing to sacrifice a few black voters if need be.

Liberals have long sought to convince African Americans that they alone can shield us from conservative's intent on rolling back the hands of time. And African Americans normally respond to that message, having never wavered in our loyalty for the last half century. Every election cycle we make or break elections in favor of the Democratic Party, even though for the most part we get marginal improvement in our quality of life overall, and in many measurable ways we actually regress. Our average collective net worth remains a fraction of whites, our employment rate remains half that of whites, our neighborhoods are still gentrified in the name of progress, predominantly black public schools are still underfunded, we still make up 40 percent of the nations' incarcerated, and school administrators still consistently dole out harsher punishments to our kids compared to their white counterparts, even in districts dominated by Democratic Party leadership. A report from the Institute for Policy Studies, released to coincide with what would have been MLK's 90th birthday, demonstrated that over the past few decades, black wealth actually fell by 50%.

On the other hand, Republicans haven't presented a particularly appealing message to African Americans voters at any point during this time period either, and even less so during the Trump Administration, which uses racism and xenophobia to collect votes as effectively as any administration in recent history. However, what's more intriguing is the possibility that Democrats like Northam view Trump's success as a reason to shift focus on securing the white middle-class vote even if that means sacrificing some of the African American vote, or at least taking the black vote for granted. Afterall, the politics of "fear the racist Republican" is a lot easier to sell today than it was just a few years ago. This might explain why presidential favorite Pete Buttigieg felt comfortable proposing that he would undo decades of work to expand voting rights to those convicted of crimes, who are disproportionately represented by minorities.

This certainly appears to be the case in Virginia. Most of us are familiar with the controversy surrounding Governor Northam and his possible Ku Klux Klan (KKK) affiliation by now, right? Perhaps I shouldn't assume. Maybe you were one of those that ignored the Klan member in the photograph, and instead saw this incident as a [less harmful] 'blackface' controversy that could be explained by innocent cultural insensitivity. But let's get something straight, this is not a blackface controversy, this is a KKK controversy. A lot of people - including the governor - would rather focus on the person in blackface because it's a slightly more tolerant form of white supremacy, and conveniently ignore the terrorist next to the individual in blackface. But the governor should not be let off the hook that easily. The KKK is America's original domestic terrorist group (despite what the laws say), having killed well over 4,000 Americans that we know of, and our governor either is or was associated with them. Let that sink in, particularly as we still mourn the loss of another group of innocent lives at the hands of other terrorist groups in New Zealand a few weeks ago, Pittsburgh, Charlottesville, and most recently Sri Lanka. The leader of the Democratic Party in Virginia has yet to offer a sensible explanation for why a terrorist was in his yearbook, and the Democratic Party is okay enough with this that they're now openly not only defending him but trotting him out at political fundraisers.

To most the case against Northam seemed open and shut, and his resignation seemed inevitable. One would imagine that an elected official who represents the party which prides itself on its diversity, that routinely secures over 90% of the African American vote, and counts on that constituency to win key battleground territories in a purple state that was red just a few elections ago, would certainly recognize that defending the governor is not a hill worth dying on and step aside as quickly and as gracefully as possible.

Well we're now approaching May and not only has Northam refused to step aside, but even more unfortunate the Democratic Party has begun to rally around him in a show of solidarity. First came the slow drip of messages of appreciation from members of the General Assembly for one bill after the other on social media. Then the ridiculous Michael Jackson impersonation story that once seemed straight out of a bad SNL skit became the official party line. As for the "Coonman" nickname in his VMI yearbook that never received a formal explanation from the governor? Well one explanation floated to me by a Democratic member of in the Virginia House of Delegates - who happened to be African American - was an even greater insult to our intelligence, and full of even more racist stereotypes. According to the delegate the governor's nickname stemmed from the fact that he had a lot of black friends due to his love of basketball.

As if insulting our intelligence wasn't bad enough, many within the Democratic Party felt it necessary to go after those amplifying the call for the governor's resignation. Following a protest led the Fairfax County National Association for the Advancement of Colored People (NAACP) at a Democratic fundraiser where the governor was scheduled to attend, Democratic Party loyalists and leaders alike attacked the NAACP for doing the very thing the organization was founded for - standing up against racism. Its members were described as "troublemakers" and "bullies"; and the nation's oldest and most successful civil rights organization is described as a "fringe element" by one party leader.

One of the talking points coming from Virginia's Democrats is that "the governor isn't going anywhere, so we might as well work with him." This intentionally alleviates the burden of responsibility from the rest of the party leadership, because it makes them seem powerless, when in reality they really don't want to challenge him anyway. As the reaction to the protests demonstrated, real challenges to the governor will not be looked upon favorably by the Democratic Party. If they'll publicly assassinate the NAACP, one could only imagine what private pressure is being placed on African American legislators who dare break ranks. This likely explains the deafening silence and acquiescence from most black elected officials on this issue.

Not enough black leaders (elected and community leaders alike) stand with the black community on principle when it matters most; and if they can't stand on principle when it comes to the KKK, when will they? If they can't break ranks with the party now, when will they? Black leaders stood next to Hillary Clinton when she called our youth "super predators", and they stood next to Bill when he doubled down on Reagan's mass incarceration policies. We're often told that the solution is electing more African American to office; but if this is the best they can do when faced with a such a clear-cut choice in a time of crisis, then their true value to the African American community is questionable.

If these officials don't have what it takes to tackle overt headline-grabbing racism within their own ranks, how can they be trusted to tackle systemic racism that doesn't make headlines. The numbers highlighting African American wealth decline speak for themselves. They

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## COMMENTARY

## Adverse Childhood Experiences Cause Lingering Harm

By Kenneth R. "Ken"
Plum
State Delegate (D-36)

he message of Dr.
Nadine Burke Harris to the 900 Virginia health, education, and human services professionals and advocates at the Voices for Virginia's Children Summit on Childhood Trauma

and Resilience last week was clear: Virginia, as well as other states, needs to move forward promptly on an evidence-based early human services program to screen for adverse childhood experiences and coordinate resources to respond to the needs. It was not a hard sell to the audience. They had already given her a lengthy standing ovation before she started her speech. Most knew of her pioneering work from her book, "The Deepest Well: Healing the Long-Term Effects of Childhood Adversity," or her Ted



#### COMMENTARY

Talk, "How Childhood Trauma Affects Health Across a Lifetime," that has reached more than 2.8 million viewers on Tedtalks.com. She is known for linking adverse childhood experiences and toxic stress with harmful effects to health later on in life. She founded the Center for Youth Wellness (www.

centerforyouthwellness.org) and is California's first Surgeon General.

According to Dr. Harris, exposure to adverse childhood experiences including abuse, neglect, domestic violence and parental mental illness and substance abuse affect 34.8 million children across socioeconomic lines and affect not only brain development but can change children's hormonal systems, immune systems and even their DNA. The results are behavioral problems, learning difficulties and physical

health issues. In adults, exposure to ACEs dramatically increases the likelihood of 7 out of 10 leading adult causes of death including heart disease and cancer.

For Dr. Harris early detection is key. Screening for adverse childhood experiences in children is possible and with appropriate support services the existing and future harm to children's brains and bodies caused by toxic stress can be alleviated. As Dr. Harris told the group in Richmond, "routine screening for adverse childhood experiences at pediatric well-child visits should be as common as checking for hearing loss or exposure to lead paint. With early detection children can be treated and saved from a lifetime of health issues."

Virginia currently has 19 communities throughout the state that have programs referred to as "trauma-informed community networks" that are at various stages of development of programs and services utilizing the findings of research on trauma and its impact on public health. There is little

doubt that Dr. Harris's visit will increase interest among practitioners and policy makers as to a more widespread use of the results of studies on ACEs. An effective program of ACE detection and intervention could lead to reduced health care costs, better performance of students in school, and a better quality of life for those involved. In the long-term, costs would be low or minimal as better diagnoses of conditions should lead to more effective treatments and a reduction in costs.

I look forward to working with Voices for Virginia's Children — celebrating its 25<sup>th</sup> anniversary at the Summit — and its advocates to determine the most effective ways to make all programs trauma informed that will serve the entire Commonwealth. Such an approach will reduce the lingering harm that can come from undetected adverse childhood experiences.

A video of Dr. Harris's speech can be viewed on the Voices for Virginia's Children Facebook page.

## The Rhine, Mosel and Paris in the Springtime

By John Lovaas Reston Impact Producer/ Host

s Spring kicked in this year, I found myself immersed in the coming election—no, not the 2020 war of the worlds to dump Trump, but the 2019 local polling here in Fairfax County. Already I had interviewed three

School Board candidates, two Board of Supervisors Chairman candidates, and a Hunter Mill Supervisor candidate; and still had at least eight more to see.

But, first Fran and I decide to recharge the old batteries. So, we headed to Dulles to catch a United Airlines flight to Zurich, Switzerland to begin twelve days of cruising the Middle Rhine and Moselle Rivers and a two-day stopover in Paris. In fact, the dreaded 8-hour United flight on its 787 Dreamliner didn't turn out so badly. At least, my knees were not grinding into the spine of the person in front of me, and I was able to read and watch a couple of movies comfortably. Then we were in Zurich!

After a day admiring Zurich's enviably efficient urban transit system and the views of distant Alps, we were off to Basel, then to Strasbourg. The latter is a truly charming old city with a history as part of Germany, now in France and bordering Switzerland. In Basel and Strasbourg, I particularly noticed the colorful half-timbered homes and buildings lining their streetscapes. Inside we found fine local beers and some of the sweetest chocolates we've ever tasted.

A short bus ride and we were in Kehl, Germany boarding our long (440 feet), thin (+/- 44 feet wide) river cruiser, the Viking Kvasir. This was to be the heart of our trip,



sailing the Middle Rhine River down the Rhine Gorge from Bingen and Mainz to Koblenz, perhaps the most storied region of castles and fortifications in the world. The weather, forecast to be cloudy, rainy and cool, turned out near perfect — sunny and cool, ideal

for sitting on deck watching picturesque towns, castles from the middle ages, vine-yards, and bustling commerce on and along-side the Rhine. Castles ranged from modest ruins to majestic fortifications with long, slotted ramparts and spire watch towers that actually looked lived in. Mix in sites such as remnants of the bridge at Remagen and the storied Lorelei and it is like taking a journey through history. Thoroughly relaxing.

At the famed Confluence of the Rhine and the Moselle which flows into it at Koblenz, there is a plaza with a huge statue of German Emperor Wilhelm I. Here the Kvasir took a sharp left to go up the Moselle, where landscapes would become almost exclusively steep vineyards it seemed. Within a kilometer or two of our turn, we noticed the Kvasir had slowed and was perilously close to shore. Fran and I looked up from our veranda and were surprised to see a man — the captain himself — on the top deck swing his leg over the rail and jump to the shore.

ping bag and trotting off toward the control house for a lock we were approaching. When I inquired about this unusual sight, the first mate told me that the officials of the lock (which would raise the Kvasir about 50 feet) did not have the proper paperwork



Eiffel lighting up at 9 p.m. — Picture taken from restaurant ship on the Seine.

for the ship to clear the lock, so the captain was hand-carrying the requisite documents to get us cleared to pass through the lock. Sure enough, the captain returned a little later. He stepped back onto the top deck the front of the control station, now level with us, and we cruised into the lock which promptly filled and lifted us up. Really.

After that lock and several more, we arrived at Trier. There, all 192 passengers disembarked and boarded buses which drove us to Luxembourg. We took a walking tour of that tiny city/country which included a lovely American cemetery where several



PHOTOS BY JOHN LOVA

Block of Half-Timbered Houses in Strasbourg, France.

hundred WWII GI liberators of Luxembourg were laid to rest. FYI: Luxembourg has a national army of 600 soldiers—about the right size!

Then it was back on the bus for a long drive to Paris and our hotel near the Eiffel Tower for two nights. Highlights of Paris included a scrumptious dinner on a ship on the Seine docked about 100 yards from the Tower, and a tragically ironic visit to the Cathedral of Notre Dame—less than two weeks before a devastating fire ravaged that French icon. Then it was back across the pond and home.

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## WELLBEING



Schar Cancer Institute rendering.

## Schar Cancer Institute Opens to Patients May 13

## Institute becomes a landmark for health care and research in Fairfax County

he Inova Health System will usher in a new level of medical treatment and patient care when the Inova Schar Cancer Institute opens to patients May 13 on its Merrifield campus.

"The Schar Cancer Center raises the already-high level of health-care facilities in Fairfax County," said Catherine W. Riley, interim president and CEO of the Fairfax County Economic Development Authority. "As part of the Inova Center for Personalized Health it can make Fairfax County a destination for world-class research and clinical work."

Dedication ceremonies took place Wednesday, April 24, for the \$150 million center for care and research that is anchoring the 117-acre Inova campus, fulfilling a vision that began with the acquisition of the former Exxon Mobil site. The institute was made possible, in part, by a \$50 million contribution from Dwight Schar and wife Martha, whose legacy will extend beyond Fairfax County-based NVR home

MEMBERS OF THE SCHAR FAMILY were joined by others, including U.S. Senator Patrick Leahy and wife Marcelle, political commentator Cokie Roberts, and Lara Hopewell, a local hockey mom-turned-crusader for cancer research — all cancer survivors. Also participating in the ceremonies were U.S. Rep. Gerry Connolly, Fairfax County Board of Supervisors Chairman Sharon Bulova and Inova CEO Dr. Stephen Jones. The ceremonies featured more than 100 cancer patients and their family members, who became the first to walk through the front door of the newlydedicated facility.

"We are so fortunate in Fairfax County to have access to such world class medical care and treatment," said Bulova, who presented a proclamation from the Board of Supervisors congratulating Inova. "We have amazing facilities, doctors and cutting-edge technologies that are right here, literally in our own backyard, and that is so incredibly valuable."

Riley echoed the importance of having a first-class cancer facility in the county, offering residents the highest quality care without requiring them to travel, often hundreds of miles for treatment. She also em- should think they need to go to Houston, New phasized the importance of the research that will take York or Baltimore to get world-class cancer care. place at the facility, creating a new horizon in the We have it right here."

diversification of Fairfax County's workforce.

"We're very excited about the research and development aspect of the Schar Institute and the ways in which it will help diversify our local economy," Riley said. "It will attract new doctors and scientists. In partnership with facilities like the University of Virginia Medical School, those researchers will be applying for new grants and developing the kinds of programs that will make Fairfax County known as a medical research and development center."

"We are so fortunate in Fairfax County to have access to such world class medical care and treatment." Sharon Bulova, Chairman, County Board of **Supervisors** 

DURING THE DEDICATION, Jones announced that Dr. John Deeken, who had been serving as acting president of the Inova Schar Cancer Institute, is named permanently to the president's role. Deeken said the institute would continue stress its "patient-first" philosophy, building on its ability to provide one-stop care through teams of doctors, nurses, therapists, researchers and specialized counselors.

"The vision and the spirit is that the patient is at the center of everything we do," said Deeken, who previously served as COO of the Inova Translational Medicine Institute. "Fundamentally, that's the difference in the model of care at Inova.

"This is the culmination of years of effort in planning and design and recruiting - to make real what we'd hoped to have for all the patients in Northern Virginia, which is expert care close to home. Nobody in Northern Virginia

## News

## It's a Dirty Job

## RA volunteers clean up local streams and runs.

By Mercia Hobson The Connection

or some, it meant cautiously wading into Snakeden Stream that flowed behind Hunters Woods Village Center and reaching into the water to pull out cans. "Why's it called Snakeden Branch Stream?" called out a volunteer.

For others, it meant sloshing through Colvin Run's shoreline and untangling plastic grocery bags that clung to branches.

And for a most diligent group of Reston Association (RA) volunteers, it meant bending over 724 times and picking up a reported 724 cigarette butts.

**ON SATURDAY, APRIL 13**, 167 Reston Association volunteers participated in the regionwide 31st Annual Potomac River Watershed Cleanup coordinated by the Alice Ferguson Foundation. The cleanup event spanned Virginia, Maryland, the District of Columbia, West Virginia, and Pennsylvania

"The Cleanup provides a transforming experience that engages residents and community leaders and generates momentum for change," stated the Alice Ferguson Foundation for a trash-free Potomac Watershed Initiative. The Potomac Watershed is all the land area that drains into the Potomac River.

It was a dirty job, but somebody had to do it. Nicki Bellezza, watershed protection specialist for Fairfax Water, addressed the crowd of approximately 75 volunteers assembled near the banks of Snakeden Branch Stream in Reston. "Any little part we do has a big impact," Bellezza said. She described how Snakeden Branch Stream and Colvin Run, another RA cleanup site, flow through Reston. Both streams connect with the Difficult Run Stream which eventually flows into the Potomac River and that in turn flows into the Chesapeake Bay, Bellezza said. People in Reston and the

surrounding communities get their drinking water from the Potomac River.

"Litter has a huge impact to our streams,

"Litter has a huge impact to our streams, the Potomac, and eventually the Chesapeake Bay. It impacts wildlife, the recreational use of the watershed, and pollutes the streams.



Photo by Mercia Hobson/The Connection

It's a dirty job, but RA volunteers leap in to help clean up Snakeden Stream Branch behind Hunters Woods Plaza during the 31st Annual Potomac River Watershed Cleanup.

Wildlife can get tangled up and die in certain types of litter or could get sick from eating it. Contaminants that might be in containers can pollute the streams. And any amount of trash can decrease the enjoyment one gets out of using a recreational area adjacent to a stream," stated an RA spokesperson.

"We are here to do good for our community," said Patti Menders of Athleta in Reston Town Center. She brought along three others to help out, Kristina Clarins, Leslie Hettinger, Patti Menders and Ryan McCarthy, 14.

Volunteer Hrithik Kumar, 16, of Boy Scout Troop #159 of Herndon, said, "I signed up a week ago. I'm not a morning person, and I dragged myself out of bed to do this."

**ORGANIZERS** asked the volunteers to keep track of the number of plastic bags and cigarette butts if possible. On Monday, April 15, RA reported that in three hours, "For the five sites we had in Reston, we had approximately 130 bags of trash, 25 bags of recyclables, and 167 volunteers. In addition, over 724 cigarette butts and over 257 plastic grocery bags were collected as part of the cleanup."

Major listed sponsors of the 31st Annual Potomac River Watershed Cleanup coordinated by the Alice Ferguson Foundation were Department of Energy & Environment, Eagle Hill, Mom's Organic Market, MGM National Harbor and National Oceanic and Atmospheric Administration.

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## CALENDAR

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

#### **ONGOING**

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Vendors will offer seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Additional enhancements to the market include seasonal events and entertainment, including "Farmers' Market Fun Days," free performances for the whole family. Visit www.herndon-va.gov/FarmersMarket

#### THURSDAY/MAY 2

Millennials Book Club. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Title is "American Psycho" by Bret Easton Ellis. Check out a library copy or buy up a copy to own. Adults from early 20s to early 30s. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

#### THURSDAY-FRIDAY/MAY 2-3

Big Truck Days. Thursday, 9 a.m.-3 p.m.; Friday, 9 a.m.-7 p.m. at Public Works Complex, 1479 Sterling Road, Herndon. Kids and kids-at-heart can see some of the town's big trucks and heavy equipment up close and learn more about their operation. Light refreshments will be available and souvenirs will be provided to children. Attendees are asked to bring non-perishable food items to donate to a local food pantry. Large groups should call ahead, 703-435-6860. Visit www.herndon-va.gov/BigTruckDays

#### THURSDAY-SUNDAY/MAY 2-5

Book Sale. Thursday, 10 a.m.-8 p.m.; Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-4 p.m.; and Sunday, 1-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Friends of the Reston Regional Library hold their semiannual book sale. No children's books at this sale. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

#### FRIDAY-SATURDAY/MAY 3-4

The Sound of Music. Friday-Saturday, 7 p.m. at Herndon High School, 700 Bennett St., Herndon. Join Herndon High School students as they present The Sound of Music. Set in Austria just prior to World War II, this classic follows young Maria as she finds her calling – and her heart – with the von Trapp family. \$12/children/students/senior citizens; \$18/adults; \$20/premium reserved seats. Visit herndondrama.org or call 703-475-4933.

#### FRIDAY-SUNDAY/MAY 3-5

2019 Spring Concert. Friday-Saturday, 7:30 p.m.; Sunday, 3 p.m. at Kenmore Middle School, 202 S. Carlin Springs Road, Arlington. BalletNova will be performing a fun and humorous ballet 'La Fille Mal Gardée' and 'Steps in the Street' – a masterpiece by Martha Graham. Guest performers include Reston's Gin Dance presenting their contemporary ballet 'L.E.O.' Guest choreographer Matthew Powell will create the new production of La Fille Mal Gardée. \$12-35 (\$3 more at the door). Visit www.balletnova.org for tickets.

Used Book Sale. Friday, 10 a.m.-6 p.m.;
Saturday, 10 a.m.-5 p.m.; Sunday, 1-4 p.m. at
Chantilly Regional Library, 4000 Stringfellow
Road, Chantilly. Gently used books, DVDs, CDs
and audio books for children and adults.
Sponsored by Friends of the Chantilly Regional
Library to benefit programs and renovation
projects at the library. Free admission. Call 703502-3883 or visit www.fairfaxcounty.gov/
library/events.

#### SATURDAY/MAY 4

**5K for Mental Health.** 9 a.m. at Herndon Middle School, 901 Locust St., Herndon. Register ahead of time at www.herndonms5k.com or come early on day of. A great family event to run or walk together and support a great cause! \$30 for adults, reduced for students. Contact Karyn Niles at 703-904-4901 or at keniles@fcps.edu or visit www.herndonms5k.com.

"Farm Skills-Music Maker." 10-11:15 a.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Music has always been an important part of rural community life, and sometimes all one needs are a few items from the tool shed to make fun and interesting sounds. Learn about



#### **Big Truck Days**

Kids and kids-at-heart can see some of the town's big trucks and heavy equipment up close and learn more about their operation. Light refreshments will be available and souvenirs will be provided to children. Attendees are asked to bring non-perishable food items to donate to a local food pantry. Thursday, May 2, 9 a.m.-3 p.m.; Friday, May 3, 9 a.m.-7 p.m. at Public Works Complex, 1479 Sterling Road, Herndon. Large groups should call ahead, 703-435-6860. Visit www.herndonva.gov/BigTruckDays for more.

different musical instruments, sing songs and make instruments from recycled materials on the farm. For participants age 7-adult. \$8 per person. Call 703-437-9101 or visit https://www.fairfaxcounty.gov/parks/frying-pan-park.

Pet Fiesta! Exhibition and Pet Adoption. 10

a.m.-4 p.m. at Reston Town Center. Super pet adoption, paws-itively fun pet contests and fashion show, exhibitors of pet resources, pet rescue and non-profit groups. Presented by and benefiting GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. Visit petfiesta.org for more.

**Top to Bottom Look at Colvin Run Mill.** 10:30 a.m. at Colvin Run Mill, 10017 Colvin

10:30 a.m. at Colvin Run Mill, 10017 Colvin Run Rd, Great Falls. Climb to new heights and explore the second and third floors at Colvin Run Mill on Saturdays in May. Register for the "Four Floor Tour Class" to get an insider's look at this 200-year-old working mill. The exploration may last up to two hours. \$10 per person, and the tours are designed for visitors age 10 to adult. NOTE: Participants will be climbing steep stairs to reach the added tour areas in this historic building. The areas are not ADA accessible, but alternative arrangements will be made for those who cannot climb the stairs. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill. **Tapestry of Peace and Justice.** 4 and 7:30

Papestry of Peace and Justice. 4 and 7:30 p.m. at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Music, poetry and art have the power to inspire, raise awareness and bring people together to make the world a better place. Join The Reston Chorale and friends for Tapestry of Peace and Justice, a mixed-art performance and exhibition. Reception at 6 p.m. \$0-\$25. Tickets and information at www.RestonChorale.org or at the RCC Box Office, 703-476-4500, ext. 3.

#### SUNDAY/MAY 5

Visit Colvin Run Mill. 11 a.m.-4 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. Don't miss the chance to see, hear and taste history with a Sunday visit to Colvin Run Mill. Stop by the mill for a grinding demonstration from noon-3 p.m. See 19th century technology at work as the miller grinds wheat or corn into flour and meal that can be purchased at the park's General Store. Call the site to confirm grinding is on. \$8 for adults, \$7 for students 16 and up with ID, and \$6 for children and seniors. No reservations required. 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Home & Garden Marketplace. Noon-5 p.m. at Reston Town Center Pavilion, 11900 Market Street, Reston. Throughout the event all can enjoy presentations on stage, music, a variety of vendors with décor, plants and more for sale, plus educational groups with information about keeping things natural and beautiful in the garden. On stage, gardening expert Mike McGrath will present two 1-hour shows Mina Fies will talk about the Renovate Happy experience. Those who would like to see the film "Hometown Habitat" can receive a free HGRTC pass to see the 5:30 show at Bow Tie Cinemas. (Quantity is limited.) Visit www.facebook.com/ events/2358351064412183/ or restontowncenter.com/events/all for more.

Ramadan Cultural Festival. 2 p.m. at Reston



## Home & Garden Marketplace

Throughout the event all can enjoy presentations on stage, music, a variety of vendors with décor, plants and more for sale, plus educational groups with information about keeping things natural and beautiful in the garden. On stage, gardening expert Mike McGrath will present two 1-hour shows including time for Q&A and book signings, and Mina Fies will talk about the Renovate Happy experience. Sunday, May 5, noon-5 p.m. at Reston Town Center Pavilion

Regional Library, 11925 Bowman Towne Drive, Reston. The All Dulles Area Muslim Society center is helping the library host a familyfriendly afternoon of activities and games. All ages. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Author Event: Julie Langsdorf. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join local debut author Julie Langsdorf and DC journalist Cari Shane to discuss Langsdorf's White Elephant: A Novel. www.scrawlbooks.com or call 703-966-2111.

#### TUESDAY/MAY 7

Spanchats. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join an ongoing Spanish conversation group. All levels from beginner to fluent are welcome. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

#### WEDNESDAY/MAY 8

**Bike to School Day.** Fairfax County Public Schools (FCPS) will participate in Bike to School Day to promote physical activity and reduce traffic congestion and pollution near schools. Not only does biking to school help foster lifelong healthy habits, but it can also encourage active transportation in the early-life stage. Starting the school day with a bike ride, walk, or roll will ensure that students are awake and ready to learn. Parents are encouraged to accompany their children to school, and to work with their school and PTA or PTO to assemble bike trains or walking groups for the event. Visit www.walkbiketoschool.org/.

Jewelry Making. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Tania Ebrahimian will teach the basics of jewelry making and participants will create an original piece in this hands-on workshop. The library will provide the materials. Registration begins April 24. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

#### THURSDAY/MAY 9

Tai Chi Fitness Class. 6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join a fun Tai Chi fitness class led by local instructor Susan Shen. No experience necessary. Adults, teens. Registration begins April 25. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

World Migratory Bird Day Workshop. 7-9 p.m. at National Wildlife Federation, 11100 Wildlife Center Drive, Reston. Join the Audubon Society of Northern Virginia (ASNV) for a workshop to prepare for the longest running annual spring bird count in this area. The class will include an overview of WMBD, the Lower Potomac River Important Bird Area (LPR-IBA), key species, and techniques (eBird) used to count them. Free, but registration is required at www.eventbee.com/v/audubonva/.

#### FRIDAY/MAY 10

**Gymboree Music I.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by the Friends of the Reston Regional Library. Age 6-18 months with adult. Registration opens April 26. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Gymboree Music II. 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Cosponsored by the Friends of the Reston Regional Library. Age 18-24 months with adult. Registration opens April 26. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

6th Annual Casino Night. 6-10 p.m. at
Volkswagen Group of America Headquarters,
2200 Ferdinand Porsche Drive, Herndon. 6th
Annual Casino Night fundraiser supporting the
Boys & Girls Clubs of Greater Washington/
Fairfax County Region. Hosted By LaVar
Arrington with special guest "Secretary of
Defense" Dexter Manley. Visit one.bidpal.net/
casinonight2019 for tickets.

#### FRIDAY/MAY 10, 17, 24 AND 31

**Discover How a Garden Grows.** 9:45-10:45 a.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon.

#### SATURDAY/MAY 11

"Love Your Baby Day." 10 a.m.-5 p.m. at Beloved Yoga, 11109 Sunset Hills Road, Reston. Learn the Yogic tools for pre/post-natal wellness and infant health. Meet local providers who are passionate to support the journey through pregnancy, birth, and beyond. Free. Visit www.BelovedYoga.com for more.

Sing! Books With Miss Emily. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. Cosponsored by the Friends of Restion Regional Library. All ages. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

**Top to Bottom Look at Colvin Run Mill.** 10:30 a.m. at Colvin Run Mill, 10017 Colvin Run Rd, Great Falls. See May 4, above.

Kindred Spirits. 7-9 p.m. at South Lakes High School - Auditorium, 11400 South Lakes Drive, Reston. A concert benefitting Canine Partners for Life, presented by Sopranessence. Help us raise \$30k to honor CPL's 30 years of providing service dogs to facilitate independence for those with disabilities. \$20. Call 571-348-4664 or www.sopranessence.org.

#### SUNDAY/MAY 12

Mountain Stories and Songs with the Dulcimer. 3 p.m. at Reston Regional Library.

11925 Bowman Towne Drive, Reston. Local musicians Ralph Lee Smith and Madeline MacNeil will play traditional songs and share stories of the dulcimer. They will have dulcimers on display, and books and music for sale. All ages. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

## News

## Candidates Forum Held at Lake Anne

From Page 3

than to have a say in how development in Fairfax County is managed, while also addressing schools, human service issues, and the budget," Dodd said.

The issues that matter to Dodd she said are land use and development, the environment, education, affordable housing, a living wage, equity and justice as embodied in the One Fairfax Policy which commits the county and schools to intentionally consider equity when making policies or delivering programs and services and equal justice for

Asked what specific thing would she do to ensure that development in Reston doesn't outpace roads, school and public safety, Dodd responded, "You have identified a problem that has arisen because of development decisions that have been made over many years."

\* Candidate Shyamali Hauth is a Reston resident, U.S. Air Force veteran, advocate for the LGBTQ+ community, immigrant, grassroots community organizer and small business owner. Hauth holds a Masters of Science in Human Resource Management. She said, "The Hunter Mill district needs a leader who will guide us into 2020 with a vision that brings compassion, integrity, and innovation to our community... Any growth and development need to stay true to his (Robert Simon's) vision. As a supervisor, I want to retain the uniqueness of each community and make every decision through three essential lenses: equity, equality, and environmental sustainability." Hauth said that affordable housing, which takes up no more than 30 percent of one's income, is a crisis in this region. She wants the county to continue to have the best school systems in the nation and will accomplish it by "working collaboratively with the school board ... and ensure that we bring equity across the school district, continue to recruit and retain the best educators, and provide avenues for innovation."



Photo by Mercia Hobson/The Connection

Dennis Hayes moderates the RCA **Hunter Mill Candidates Forum** 2019 for the Hunter Mill Supervisor's seat.

To alleviate daily traffic congestion, reduce commute times and improve the air, Hauth wants to combine technological innovations with increased infrastructure completion and an expanded public transportation system.

Hauth said her work for The Green New Deal Virginia, job growth combined with the existing business community along with her strong support for small, locally owned businesses would help sustain regional economic growth.

Asked how she would measure traffic, Hauth said: "In terms of transportation there are things we can measure... commute times along heavy traffic corridors and make sure we have that data, so at the start, we implement a change and then access whether it did what we wanted it to do."

The Democratic Primary is June 11 and the primary could decide who will be next Hunter Mill Supervisor. The General Election is Nov. 5, 2019.

Share The Connection welcomes views on any public issue. Send to: Letters to the Editor The Connection 1606 King St., Alexandria VA 22314

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#### Announcements

#### **Employment**

Verisign Inc. has the following opportunities in Reston, VA: Engineer-SW Eng'g Apps to troubleshoot Oracle Apps R12 issues related to customizations and/or software bugs. Engineer-SW Eng'g to control DNS Recursion w/ peak performance while implementing customer specific policies.

Mail resume with this ad to Attn: Dave Carney, 12061 Bluemont Way, Reston, VA 20190. EOE.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg

#### Announcements



Announcements

Announcements

## **OUTER BANKS, NC - VACATION RENTALS**



Announcements

Announcements



## News

# Virginia Trails Nation in Placing Foster Children with Relatives

"We really need to

spend some time

and energy in the

state and figure out

what we can do that

will specifically get

foster care system."

**Voices for Virginia's Children** 

— Allison Gilbreath,

Policy Analyst,

inequities in the

at the racial

By Caitlin Morris
Capital News Service

nly 7 percent of Virginia's foster children are placed with relatives, according to a new study — well below the national average of 32 percent.

The Annie E. Casey Foundation tracked changes in foster care in each state from 2007 to 2017. For Virginia, the data snapshot contained some good news: There were fewer children in foster care, and fewer foster children were placed in group homes.

But many experts say that ideally, foster children should be placed with relatives — and on that measure, Virginia did not make any progress over the 10 years.

"We want for children to have a family that is their family forever — whether it's their family of origin or if their foster family turns into an adoptive home," said Allison Gilbreath, a policy analyst at Voices for Virginia's Children, a nonprofit advocacy program.

Over the 10-year period, Virginia was successful in decreasing the percentage of foster children in group homes from 23 percent to 17 percent. That means more children have been fostered in family settings — but just not with their own relatives. The data also shows that older youth are more likely to be in group homes.

Virginia was also successful in reducing the number of children entering foster care. In 2007, there were 7,665, compared with 4,795 in 2017.

"While we have reduced the number of children overall in foster care, black children in particular continue to be overrepresented both in family-based settings, but also particularly in group homes," Gilbreath said. "We really need to spend some time and energy in the state and figure out what we can do that will specifically get at the racial inequities in the foster care system."

This year's Virginia General Assembly passed SB 1339 to bring Virginia in compliance with federal foster care regulations, including the federal Family First Prevention Services Act enacted in 2018. The

act encourages states to keep children in family-based settings by redirecting federal funds to support services for at-risk children and their caregivers.

Virginia's new law also aims to increase the number of children placed with family members by notifying relatives when a child enters foster care.

Voices for Virginia's Children joined the Annie E. Casey Foundation in calling on child welfare systems to shift resources from group placements to family settings

"They feel more loved and protected, and it's a more normal experience for that child," Gilbreath said. "But also, they're more likely to achieve per-

manency that way, and that's what we really want for kids."

The organizations contend that the support system for other foster children and caregivers should also be available to relatives who take in children. This includes financial support and access to mental health support. Often, family members take in a child through what is known as kinship diversion, meaning they take in a child without using the foster system and don't receive the same support as caregivers in the foster program.

The children's advocacy groups also called for expansion of kinship navigator programs. These programs aim to help relative caregivers navigate the complex child welfare system. Under the Family First Prevention Services

Act, additional federal funds have been made available for kinship navigator programs.

"Virginia has already started to take advantage of these funds but could adopt the programs statewide," Voices for Virginia's Children stated in a press release.

The organization and the Annie E. Casey Foundation also asked for increased access to services that would help stabilize families. By aligning legislation with the Family First Prevention Services Act, funds will be accessible for family support services to prevent at-risk children from entering the foster system.

"If we were able to step in and provide that family support — we'd be able to make that family successful," Gilbreath said.

## Free Cinco de Mayo Lyft Rides Offered to Prevent Drunk Driving

Fee Cinco de Mayo Lyft rides will be offered to deter impaired driving throughout the Washington-metropolitan area beginning Sunday, May 5, 2019.

Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the 2019 Cinco de Mayo SoberRide program will be in operation for 12 hours beginning at 4 pm on Sunday, May 5<sup>th</sup> (Cinco de Mayo) and continue until 4 am on Monday, May 6 as a way to keep local roads safe from impaired drivers during this traditionally high-risk holiday.

During this twelve-hour period, area residents age 21 and older celebrating with alcohol may

download Lyft to their phones, then enter a SoberRide code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's Cinco de Mayo SoberRide®promo code will be posted at 3 pm on Sunday, May 5 on www.SoberRide.com.

Last year, a record 897 persons in the Washington-metropolitan area used WRAP's Cinco de Mayo SoberRide program rather than possibly driving home impaired. The charity also offers its SoberRide program on St. Patrick's Day, Independence Day, Halloween and the winter holidays.

More information about WRAP's SoberRide ${\mathbb R}$  initiative can be found at www.SoberRide.com.

## Bulletin

From Page 2

are leaders in their industry, and support the mission of the Chamber. Visit www.restonchamber.org for more

Grant Application Deadline. Audubon Society of Northern Virginia has funds available to help make an idea to improve habitat for birds and other wildlife come true. Applicants may apply for all or any part of the \$3,300 budget. Visit audubonva.org/advocacy-issues-list for

information and application. **Digital Citizenship: Tips for Parents.** 10 a.m.noon at at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 -Room 100, Dunn Loring. As parents in the digital age, being aware, alert and involved in a child's use of internet is crucial. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/ family-engagement/parent-resource-center

#### SATURDAY/MAY 11

Stamp Out Hunger Food Drive. Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). Questions regarding the Food Drive should be directed to 202-662-2489.

Family Caregiver Expo. 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as free massages. Contact Amy Shields at ashields@capitalcaring.org or call 703-531-6095

Fairfax Board of Supervisors Chair Candidate Forum. 3-5 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Join the Fairfax NAACP for an engaging, moderated panel discussion with candidates for Fairfax County Board of Supervisor's Chair. Candidates are Alicia Plerhoples, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at www.eventbrite.com/o/naacp-fairfax-county-12397167937.

Performers Wanted. The NVFAF is once again bringing thought-provoking performance art to the three-day festival at Reston Town Center. ON DISPLAY/RESTON, a movement installation by Heidi Latsky, will celebrate the beauty of differences. The artist is looking for men and women 18 and older to participate. No formal dance experience is required, and diversity and the most inclusive range of ability are welcome. The movement installations will involve focus, stillness and structured improvisation. The events will take place Saturday, May 18 at 7 p.m. and Sunday, May 19 at 11 a.m. and 2 p.m. Email Kevin.Danaher@Fairfaxcounty.gov or call 703-390-6166 for more.

#### MONDAY/MAY 13

Candidates Forum on Affordable Housing.

7-9 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Cornerstones will host a forum for the candidates running for Hunter Mill District Supervisor. Questions for the candidates will focus on affordable housing and economic development in Fairfax County, specifically in the Hunter Mill district. The question and answer portion of the forum will be held from 7-8:30 p.m., immediately followed by a meet and greet reception with the candidates. To submit a question, email forum2019@cornerstonesva.org. You do not have to attend the forum to submit a question. The event is free. Visit www.cornerstonesva.org

#### FRIDAY/MAY 17

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#### As Luck Has Had It



By KENNETH B. LOURIE

Aside from the fatigue I experienced a few columns ago, this immunotherapy infusion is, and has been, quite manageable.

My biggest take away so far is that I've had no real quality of life issues, as had been the case with my previous chemotherapy/alimta infusions. With that drug, I had post-infusion eating challenges and for nearly a week after the fact, felt less than mediocre.

Moreover, I wouldn't say I felt like I had cancer, but I certainly was reminded of it — if that makes any sense.

And even though I do have some minor side effects from my current immunotherapy infusion, I am reminded nevertheless, that I have cancer. Not because of how I feel, as was the case previously, but because of how I look and because of what I feel.

I am referring to my "Adam's apple" tumor. Not only can/do I 'look' it all the time but quite often, depending on how I move my head: forward/downward, I can feel it too.

I have to tell you, feeling it as I do, and looking at it as often as I do: every day, is unsettling.

My whole approach to this living-with-cancer life has been to compartmentalize it a la Jerry Seinfeld and "the vault." Out of sight has helped keep some things out of mind. And when things are out of mind, it's much easier to make believe.

And making believe has been one of my methods of "operandi" since Feb. 20, 2009. That's the date (you bet I remember) when my internal medicine doctor called me at work with the results of my previous week's biopsy: "malignant," he said.

Up until that call, the previous six weeks' diagnostic pursuit had been interesting in a curious kind of way wondering what all the goings on were about and when all these inconveniences would end. And not for a minute during this entire process did I ever think I'd be diagnosed with a "terminal" disease: non-small cell lung cancer, stage IV. I figured, to the extent I figured at all, that the process would result in much having been done about nothing.

Boy was I wrong!

I still remember — and laugh when I recall the phone conversation I had with my thoracic surgeon after he had received the results of my PET scan: "You lit that thing up like a Christmas

Presuming that wasn't good news, I replied: "I hear there are false positives all the time which is why these scans aren't used a lot." (A perfect example of a little knowledge in the wrong mouth.)

I can't recall if the doctor snickered before he said the following: "Well, then your scan was a world record false positive." I don't know if I grasped the obvious at that point but soon a surgical biopsy was ordered and the rest is Kenny-with-cancer history, a history with which many of you regular readers are all too familiar.

And that's a familiarity which I hope has not bred contempt. Because even though it's my life — and I'm stuck with it (as the old saying says), it need not be yours. I can well imagine and appreciate how living with and/or seeking out negativity is not likely to improve any one's lot in life. (I try to avoid it every day.)

To that end, I have always tried to tread lightly and write with a soft touch since I've been cancer-centric beginning June 10, 2009, when I published my first column on the subject: "Dying To Tell You, Sort Of." And in so doing, I've tried to see the light amid the darkness and be thankful for any in between

I can't say it's been fun, but it's funny how things have turned out: alive and reasonably well, 10-plus years later.

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

## Volunteers Honored As 'Backbone of Reston'

# Reston Association celebrates its outstanding volunteers from 2018.

By Mercia Hobson The Connection

n Reston there is more than live, work and play. "Its volunteers are the backbone of Reston," said Hank Lynch, Reston Association CEO. In a celebration of Reston Association's outstanding volunteers from 2018, its board of directors and staff extended their appreciation and thanks to the more than 1,423 volunteers, businesses and community partners who gave of their time to make a positive impact on the community. RA recognized its Outstanding 2018 volunteers on Thursday evening, April 18 at the 2019 Volunteer Reston Service Awards held at The Lake House.

Co-presenter and Master of Ceremonies for the awards presentation, Andy Sigle said that on many occasions when he was with Bob Simon, Reston's founder, he asked him what the recipe for Reston's success was. "His first word was always 'community.' That is what makes Reston a success," said Sigle. When businesses, nonprofits and local government come together, and all three pillars are involved, a difference is made. "Any one component would have a difficult time alone," Sigle said.

#### DURING THE AWARDS PROGRAM,

Sigle and Co-presenter and Volunteer Reston Manager Ha Brock honored the individuals, groups and community partners nominated by RA staff and community members for their dedication to RA and the Reston community in 2018." Every year, a handful of volunteers go above and beyond to support RA and the Reston community. These awards are a fantastic opportunity for us to recognize and appreciate our unsung heroes," said Brock.

The top honor, the 2018 Volunteer of the Year award, went to two individuals, Doug Britt and Cindy Metcalf. Britt said, "When I retired three years ago I saw an opportunity to give back to my community using my particular training and expertise in biology and environmental sciences."

"I looked for an opportunity utilizing my Virginia Master Gardeners skills," said Metcalf. "Patricia Greenberg said they were looking for someone to manage the Lake Anne garden and the Kids RA Garden camps and I jumped in," she said.

Don Coram earned the 55+ Volunteer of the Year award. Nicknamed "the citizen-scientist," Coram collects data on Reston's fauna, in particular, insects and other arthropods.

Coram said, "I've been working on counting butterflies and dragonflies for years.



Doug Britt receives the Reston Association top honor for 2018, Volunteer of the Year from RA CEO Hank Lynch.



Cindy Metcalf receives the Reston Association top honor for 2018, Volunteer of the Year from RA CEO Hank Lynch.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Reston

The 2018 Group Volunteer of the Year award goes to Southgate Community Center Advisory Council.

And this year, Katie Shaw from the Walker Nature Center said that there was an opportunity to participate in a program called Caterpillar Count."

The Group Volunteer of the Year award, presented by Supervisor Catherine Hudgins (D-Hunter Mill) went to Southgate Community Center Advisory Council (SCCAC). Its members are Andrew Sigle, Chair; Janet Bradshaw, Vice Chair; Gerald Padmore, Treasurer; Darlena Ricks, Secretary Mem-

bers: Carol Ann Bradley; Sandra Deleon; Syazana Durrani; Emily Huaroco; Kathleen Jones; Luis Ortiz Lopez Maryam Ovissi and Alexandra Rossi. The Council received the award not only for its program support but its many initiatives that will benefit the center and the community.

**THE COMMUNITY PARTNER** of the Year award went to Public Affairs Support Services, Inc., PASS in the Community

that worked keeping Reston beautiful. "In the spring of 2018, they participated in a litter cleanup around Bordeaux Recreation Area... In the fall of 2018, PASS volunteers worked with RA environmental resource and watershed staff on a daffodil beautification project. Volunteers planted close to 1,000 daffodil bulbs along Reston Parkway," stated the Service Awards program.

The Work Group Volunteer of the Year award went to the Pony Barn Working Group that worked tirelessly over four years to develop the Pony Barn picnic facility concept plan. Spokesperson, Marianne Zawitz said, "Five years ago, RA decided to consider repurposing the Pony Barn recreation area due to its age, use and the demands for recreation in Reston changed. RA formed a working group and many of us who lived in the community and beyond became its members. The end goal is to have a family friendly park, which is accessible to all Restonians. We didn't change it; we improved it."

Sherri Hebert received the Years of Service award for her dependable service and years of dedication as the RA Lake Anne/Tall Oaks, Director. Andy Sigle received the Appreciation Award for his efforts that made a difference to the community as an At-Large Director on the RA board.

Del. Kenneth R. "Ken" Plum (D-36) who lives in Reston summarized sentiments. "Reston is a special place. I am so proud of this community...made up of people who do real things to make it a special place...God bless you."