



# Oak Hill Hermiston CONNECTION



## ‘Shear’ Delight

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### Meet Candidates for County Board Chairman

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### Empowering Women and Girls

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Waverly Thurmond, 4 of Arlington,  
takes a liking to a cow at Frying Pan  
Farm Park during Spring Farm Day.

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PHOTO BY MERCIA HOBSON/THE CONNECTION

**NextStop Theatre Company in Herndon, represented by Evan Hoffman, Producing Artistic Director, and Abigail Fine, Managing Director receive SJ 450 commending the company on the occasion of its 30th Anniversary.**

## State Legislators Present Honors to Constituents

**Town Hall Meeting with Sen. Boysko (D-33) and Del. Samirah (D-86).**

BY MERCIA HOBSON  
THE CONNECTION

Sen. Jennifer Boysko (D-33) and Del. Ibraheem Samirah (D-86) held a Town Hall Meeting with constituents on Saturday, May 11, 1-3 p.m. in the Herndon Town Council Chambers. The meeting started with the presentation of three commendations to people in the community who helped make it a better place, followed by an overview of legislative actions and a public comment period.

Boysko and Samirah presented HJ 511 commending Holly Seibold, the founder and executive director of BRAWS (Bringing Resources to Aid Women's Shelters). The non-profit organization distributed women's menstrual supplies, bras and underwear to women in shelters. Boysko said, "(The organization) has been a partner of mine as we have focused on the issues around menstrual equity."

Next, Boysko and Samirah presented HJ 503, a memorial resolution celebrating the life of Chief Warrant Officer Edwin Linek, USN, Retired to his son Mark Linek. Boysko and Samirah alternately read the resolution noting Linek's distinguished military career serving in the Korean War, joining the US Navy Reserves and retiring after "40 years with the rank of Chief Warrant Officer." They noted Linek's community service effort, volunteer services and receiving the

Knight of the Year award from the Knights of Columbus.

The third resolution, SJ 450 commending NextStop Theatre Company went to Evan Hoffman. Boysko said, "Anybody who lives around Herndon knows of NextStop Theater. It is the really fabulous community theater that brings people together." Boysko added that the professional theatre company celebrated its 30th Anniversary.

The fourth and final resolution Boysko and Samirah presented commended Carol G. Jameson, Chief Executive Officer of Health Works Herndon for Northern Virginia. Together, the state legislators called attention to Jameson's leadership and work - "promoting the vision of health care for all."

**DURING THE SECOND SECTION** of the Town Hall meeting, Boysko and Samirah shared legislative actions in the 2019 Senate and House Sessions and looked ahead. Boysko spoke on a bill she introduced Senate Bill 1715 which lowered the sales tax to 2.5 percent on feminine hygiene products such as tampons and sanitary pads and incontinence diapers.

Speaking on another bill, Boysko said, "On behalf of the Town of Herndon, I carried a bill (which passed) that would allow us to create economic revitalization zones... so counties and cities have the ability to

SEE TOWN HALL, PAGE 5

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



## Meet the Candidates for County Board Chairman

Four to contend in June 11 Democratic Primary to seek to replace retiring Sharon Bulova.

BY ANDREA WORKER  
THE CONNECTION

**A**s Chair of the Fairfax County Board of Supervisors Sharon Bulova prepares to retire at the end of the year, four Democrats have come forward, looking to fill her spot as the county's top elected official. With multiple candidates, election rules call for a Primary Election to decide a winner who will go on to the November 5 ballot, when all of the Board member seats will be up for grabs.

Vying for the position are:

❖ Current Lee District Supervisor Jeff C. McKay, who has served on the Board

since 2007.

❖ Ryan McElveen, At-Large Member, Fairfax County Public Schools Board since 2012.

❖ Tim Chapman, Reston-based real estate developer and businessmen

❖ Alicia Plerhoples, tenured law professor at Georgetown Law.

The Connection sent out identical questionnaires to all four, asking each to provide voters with some basic information about themselves, and then to explain why they are running, what they see as the top issues facing the county, and in what key ways they differ from their opponents.

Here are their responses:

### Jeffrey C. McKay

Age: 43

Education: James Madison University (1996), Sorensen Institute for Political Leadership (1998)

Family: Wife, Crystal, children Leann and Aidan, retired racing greyhound Pascal.

Native of: Fairfax County

Moved to Your District: Lifelong Lee District resident

Prior and current professional, political and civic experiences, community involvement, etc.:

❖ Fairfax County Board of Supervisors – Lee District

❖ Chairman, Budget Committee, Board of Supervisors

❖ Chairman, Legislative Committee

❖ Co-Chair, Revitalization Committee

❖ Member, Successful Children and Youth Policy Team

❖ Member, Northern Virginia Regional Commission

❖ Member, Virginia Railway Express Board

❖ First VP, Virginia Assoc. of Counties Board of Directors

❖ Two-time former Chair, current Member, Northern Virginia Transportation Commission

❖ Coach, Woodlawn Little League, Pioneer Baseball League, Mount Vernon Sports Club

Q: Why are you running?

A: I am a lifelong Fairfax County resident, proudly born and raised along the Route One Corridor. From an early age, my grandmother instilled in me the importance of helping others, especially those less fortunate than ourselves. Those teachings, com-



Jeffrey C. McKay

bined with my own experiences ... are the reasons why I ultimately sought public office.

I am running for Chairman this year to build on the successes we've had and to push us forward ... I'm proud of Fairfax County and the community we've built together. Now, more than ever, those values we've instilled and the work we've done are at risk. We need to fight for all residents and communities

throughout our county.

Q: What are the top issues in your district and what solutions do you propose?

A:

❖ Creating a Fairfax County that works for all (One Fairfax)

❖ Investing in people by supporting the environment, affordable housing, transportation infrastructure, and education

❖ Creating jobs and economic opportunities in all areas of the county

Q: Key ways you differ from your opponents.

A: Having served on the Board of Supervisors for the past 11 years, I am the only candidate with Board experience and who has been a state, regional and countywide leader. I've balanced budgets and created countywide legislative agendas that have made us a progressive national leader in education, job growth, human services, and quality of life, while also ensuring we're protecting our environment and fighting for affordable housing.

I have the knowledge, experience, and relationships it takes to be a successful chairman, and I am excited for the opportunity before us.



PHOTO BY ANDREA WORKER/THE CONNECTION

**The Democratic candidates for the Chair of the Fairfax County Board of Supervisors, heading for the June 11 Primary election, debate at a live, televised event, hosted by the Fairfax Healthy Communities Coalition. Coalition member and event moderator Pastor Sarah Scherschligt is flanked by candidates Tim Chapman and Alicia Plerhoples on the left, and Jeff McKay, Lee District Supervisor, and Ryan McElveen, At-Large member of the FC Public Schools Board on the right.**

### Ryan McElveen

Age: 33

Education: Columbia University, Master of International Affairs in Human Rights (2011); Univ. of Virginia, B.A. Anthropology and East Asian Studies (2008); George C. Marshall High School (2004)

Family: Wife Xuan, daughter Sierra

Native of: Raised in the Vienna-Tysons area

Moved to Your District: Lifelong resident of Fairfax County

Prior and current professional, political and civic experiences, community involvement, etc.:

❖ At-large Member, Fairfax County School Board 2012-Present

❖ Assoc. Director, John L. Thornton China Center, the Brookings Institution, 2013 - Present

❖ International Operations and Policy, the Boeing Company

❖ Co-Chair, Revitalization Committee, FC Board of Supervisors.

❖ Communications, Clinton Foundation and Clinton Global Initiative

❖ Researcher, Permanent Subcommittee on Investigations, U.S. Senate

❖ Asst. Director, Univ. of Virginia Center in Shanghai, China

Q: Why are you running?

A: After spending the better part of my time on the School Board as witness to chronically underfunded school system budgets, I decided to run for Chairman when I realized that there was no one else in the race who would be as strong an advocate for our schools and children as I would be.

Since January, I have been saying that we



Ryan McElveen

are two Fairfaxes. The development patterns that have been promoted by past Boards of Supervisors have led to the stark divides between the "haves" and "have nots" in Fairfax County. ...

We need to turn our attention to the areas and populations that will benefit from neither Amazon and a growing tech sector nor higher property values. All of our residents need to have a voice. I will purposefully

work to narrow that gap and provide more seats at the table, making sure that our diverse community is better represented by our leadership.

Q: What are the top issues in your district and what solutions do you propose?

A: The three most important issues and opportunities that Fairfax needs to address are in the areas of education, innovation and opportunity. \*Education: We need to fully fund our schools and implement universal pre-Kindergarten so that our students enter school ready to succeed.

\*Innovation: We need to connect all residents to the internet; create transportation networks that accommodate expanded public transit and electric and autonomous vehicles; and preserve green space while investing in a green infrastructure that pushes Fairfax toward a carbon-neutral future.

\*Opportunity: We need to prepare our community members for the jobs of the future by creating apprenticeships and building innovation labs in schools; develop small-business incubators in vacant office space; and build affordable housing

SEE MEET THE CANDIDATES. PAGE 6

# OPINION

## Changing Political Landscape

Don't miss vote June 11 or before to have a say in the biggest political change in years.

**O**n June 11, 2019 a revolution is scheduled. There will be no blood. Change, massive change, is inevitable, but its effects won't be fully in place for months.

Many of the powers that be in Fairfax County will step down at the end of the year, taking with them decades of historic understanding and institutional knowledge. **EDITORIAL** Voters will choose their replacements, for the most part, on June 11. It's a huge opportunity for voters in Virginia to enact the change they want to see.

First any Virginia voter can participate in the Democratic primary because voters in Virginia do not register by party.

Second almost every candidate is describing themselves as progressive. There are of course degrees of progressive. You'll have to tease out for yourself what matters to you. Is the county on the right track in the things that matter? If you think the county has done enough in affordable housing, is on the right path in terms of criminal justice reform and racial and economic equity, then voting for the few longtime incumbents might be right for you. If your vision of a progressive county is a bit beyond the status quo, then you have other choices.

Every Democratic primary voter in Fairfax County will choose candidates for two critical county wide positions, Chairman of the Fairfax County Board of Supervisors and Fairfax County Commonwealth's Attorney.

Early voting has begun already, but the cut-off to register to vote is in less than a week, May 20. You have to register (at your current address) and actually vote to have a say in

choices that could define the direction of the county for the foreseeable future. With four or five candidates vying for quite a few seats, a small number of votes could decide.

Don't miss out.

— MARY KIMM

### ON THE DEMOCRATIC PRIMARY BALLOT, Fairfax County

Commonwealth's Attorney  
Raymond F. Morrogh  
Commonwealth's Attorney Steve T. Descano

Chairman Board of Supervisors  
Alicia E. Plerhoples  
Chairman Board of Supervisors Jeff C. McKay  
Chairman Board of Supervisors  
Ryan L. McElveen  
Chairman Board of Supervisors  
Timothy M. Chapman

Braddock District Member Board of Supervisors - Irma M. Corado  
Braddock District Member Board of Supervisors - James R. Walkinshaw

Hunter Mill District Member Board of Supervisors - Laurie T. Dodd  
Hunter Mill District Member Board of Supervisors - Maggie D. Parker  
Hunter Mill District Member Board of Supervisors - Parker K. Messick  
Hunter Mill District Member Board of Supervisors - Shyamali R. Hauth  
Hunter Mill District Member Board of Supervisors - Walter L. Alcorn

Lee District Member Board of Supervisors - James Migliaccio  
Lee District Member Board of Supervisors - Kelly Hebron  
Lee District Member Board of Supervisors - Larysa M. Kautz  
Lee District Member Board of Supervisors - Rodney L. Lusk

### Upcoming Elections

June 11, 2019 Democratic Party Primary Election Information

On Election Day Vote at Your Usual Polling Place, Open From 6 a.m. until 7 p.m.

To confirm that you are eligible to vote in this election, visit the Virginia State Board of Elections website at <https://vote.elections.virginia.gov/VoterInformation>.

#### GENERAL INFORMATION

♦ **Now:** Absentee Voting is underway at the Office of Elections, 12000 Government Center Pkwy., Conference Rooms 2/3, Fairfax, VA

♦ **May 20:** Voter Registration Deadline to vote on June 11. In-person: 5 pm, online: 11:59 p.m.

♦ **June 4:** Deadline to request an absentee ballot by mail, 5 p.m.

♦ **June 8:** Final day to vote absentee in-person, 5 p.m.

♦ **June 11:** Primary Election Day. Polling Places open 6 a.m. until 7 p.m. Deadline to return ballots to the Office of Elections, 7 p.m. See [www.fairfaxcounty.gov/elections/upcoming](http://www.fairfaxcounty.gov/elections/upcoming) for more and to find your sample ballot for Tuesday, June 11.

Providence District Member Board of Supervisors - Dalia Palchik

Providence District Member Board of Supervisors - Edythe F. Kelleher

Providence District Member Board of Supervisors - Ericka M. Yalowitz

Providence District Member Board of Supervisors - Linh D. Hoang

Providence District Member Board of Supervisors - Philip A. Niedzielski-Eichner

Senate 31st Democratic  
Barbara Favola incumbent  
Nicole K. Merlene

Senate 33rd Democratic  
Jennifer B. Boysko incumbent  
M. Sharafat Hussain

Senate 35rd Democratic  
Richard L. "Dick" Saslaw incumbent  
Yasmine P. Taeb  
Karen Elena Torrent

### LETTERS TO THE EDITOR

## 'Honey Trap' of Campaign Contributions

To the Editor:

What is the contribution "tipping point" that changes an elected official's perspective towards favoring their donors over the needs of the community? When is that unconscious sense of gratitude for a gift turned on?

Developers have wielded considerable influence in Fairfax County politics for years. Fairfax County residents are currently dealing with long commutes, or expensive mass transit only accessible to those who live near to it. Residents are also exposed to polluted air, dangerous travel conditions for walkers and bikers, and unaffordable rent, all within the county. Why did we allow this to happen?

There were early warnings. In 2013, seven Fairfax Supervisors had to recuse themselves from a decision, because they had financial ties with the developers requesting the change. A major land-use decision was made with three votes instead of ten. Six districts (and the Chair's vote) were without representation in that decision. INOVA won the vote, but did Fairfax? With the upcoming election for so many open Board of Supervisor seats, it's time for Fairfax voters to step up and identify candidates that will work for us and not for developers.

We need to start by realizing who wants to be a supervisor in Fairfax. In many districts, developers themselves are running to be

supervisors. Some of the candidates, according to VPAP.ORG, have more than 30 percent of their campaign funds coming from the "real estate/construction" category. A current district supervisor, who sat through this development rampage for more than 12 years, now wants to be Chair.

But not all candidates will fall into the campaign contribution "Honey Trap." A number of candidates have taken the pledge to not accept any money from developers – and those are the ones we should invest our trust with our vote.

I want my Supervisors to never have to recuse themselves when faced with a land-use decision. I want my Supervisors to commit to

ensuring Fairfax supports all ranges of income and age in land-use plans - so those who want to grow old here can; those who want to live where they work can; those who want to move forward in life and have good opportunities, regardless of background or other social factors, can.

Just because a politician can take unlimited contributions from developers and special interests under Virginia law (unlike Maryland or DC), doesn't mean they should. Development should not be a "trickle down" economic policy in Fairfax. Let's elect leaders who will put the interests of Fairfax residents first.

**Diana Smith**  
Reston

Oak Hill & Herndon  
**CONNECTION**

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

**Son Mark Linek receives HJ 503 Celebrating the life of Chief Warrant Officer Edwin Linek, USN, Ret. memorial for his long-time of community service from State Sen. Jennifer Boysko (D-33) as Delegate Ibraheem Samirah (D-86) looks on.**

## Town Hall Meeting

FROM PAGE 2

provide special tax incentives for bringing businesses in towns."

Boysko addressed a bill that modernized the legal notice publication system. "I worked with the Press Association over a number of years to make sure that there is now a website where the town can post their legal notices legally and let people know what's going on." Boysko also reviewed a bill "that found a way to share mental health information between counties so that inmates are treated effectively in jails," and another bill, Governor's amendment #33 that stopped courts from suspending a person's driver's license due to unpaid fines.

Samirah said that although he sat as a delegate for only one week, as a known medical provider, while campaigning, he learned many constituents wanted to talk about health care. "A lot of people wanted to talk about healthcare and about reducing healthcare costs and increasing healthcare quality... I'm at the forefront of that conversation, being the only doctor on the Democratic side. I will be doing my very best in that realm," he said.

Next, Samirah spoke about the environment. "We have a crisis at our hands, of taking care of our planet...but it's incumbent upon us on a local level...to reduce greenhouse emissions."

As for state education funding, Samirah said the formula calculation that uses the average income of an individual to calculate how much the state should give to each county needs to be changed to allow more money to come to Northern Virginia. Lastly, Samirah addressed transportation. He stated, "Transportation funding is extremely important; we do need more metro stops; we do need more lines."

**DURING THE PUBLIC COMMENT** period, Boysko answered a question about tax conformity, why it took so long." She said,



**Holly Seibold, the founder and executive director of BRAWS (Bringing Resources to Aid Women's Shelters) receives HJ 511 Commending Bringing Resources to Aid Women's Shelters from Sen. Jennifer Boysko (D-33) and Del. Ibraheem Samirah (D-86).**

"We actually were finally able to get tax conformity before the deadlines in April when you filed your taxes, this was a really high priority." Boysko explained that the federal government did not give them all the information until this winter. "Things will be different next year, and you will be able to do the deductions. We're changing the way the deductions are, but you're right, we didn't have time to do this full scope because we just didn't have all the details."

Boysko said she and Samirah wanted to make sure and say out loud, "Everybody is a constituent on both sides of the aisle. We represent everyone."

The legislators urged the audience to reach out to them with their concerns, thoughts and ideas. To contact Del. Ibraheem Samirah, visit [samirah4delegate.com](mailto:samirah4delegate.com). To contact Sen. Jennifer Boysko, visit [jenniferboysko.com](http://jenniferboysko.com).

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# Meet the Candidates

FROM PAGE 3

throughout our community.

Q: Key ways you differ from your opponents.

A: I am the only candidate in this race who has experience as an elected official representing all Fairfax residents and overseeing 53 percent of the county budget as a School Board member. I am also the only candidate who, through years of working in international business and think tank environ-

ments, has built global networks that can help our county become a model for international business development and investment. Perhaps most importantly, I am an outsider to the Board of Supervisors.

My roles as a FCPS graduate, a Fairfax parent, a School Board member, a global thinker and candidate for Chair have one thread: a dedication to the county that I love. I want to make sure everyone who calls this place home is able to give back to it as I have sought to do and achieve the American Dream.

## Alicia Plerhoples

Age:  
Education: Harvard College (B.A.)  
Yale Law School (J.D.)  
Princeton University,  
Woodrow Wilson School (M.P.A.)  
Family: Daughters  
Native of:  
Moved to Your District:  
Prior and current professional, political and civic experiences, community involvement, etc.:  
❖ Tenured law professor, Georgetown Law  
❖ Founder of a public interest law center, advising small businesses, social enterprises, startups and nonprofits  
❖ Formerly a corporate finance attorney at Cooley LLP  
❖ Formerly a real estate finance attorney at DLA Piper LLP  
❖ Recipient of the American Bar Association's 2017 Outstanding Nonprofit Lawyer Award  
❖ Elected member of the Governing Board of the McLean Community Center  
❖ PTA president at daughters' public school  
❖ Member, FCPS Board's Human Resources Advisory Committee



Alicia Plerhoples

Q: Why are you running?

A: I am running to improve the quality of life for every Fairfax County resident. I see other municipalities passing us by, whether on environmental action, public transit, living wages, affordable housing, or educational investment.

Q: What are the top issues in your district and what solutions do you propose:

❖ To foster liveable, affordable communities where people who work here can afford to live here

❖ To develop a vibrant economy that creates quality jobs and restores a clean, sustainable environment

❖ To ensure our high quality public schools meet the needs of students in every part of the county, no matter one's zip code.

Q: Key ways you differ from your opponents?

A: I am the only candidate committed to putting voters first by refusing to accept political contributions from real estate developers. That is a conflict of interest.

I am the only lawyer, experienced in bringing private sector, small business to the table.

## Tim Chapman

Age:  
Education: Emerson High School  
Family: Wife, Julianna, 5 children  
Native of: Maryland  
Moved to Your District: 2005  
Prior and current professional, political and civic experiences, community involvement, etc.:  
❖ Real Estate developer  
❖ Appointee to Virginia Housing Development Authority (VHDA) by Gov. McAuliffe  
❖ Elected Chair of VHDA. During my tenure at the VHDA, I helped invest billions of dollars into affordable housing projects, and helped thousands of families buy their first homes.  
❖ Board member homeless shelter in Washington, D.C.



Tim Chapman

siders and has relegated the Board of Supervisors to a land use and zoning review board. We can do better.

I want to give a voice to the working class families and underserved communities in Fairfax County, and to address problems that affect everyone. Together, we can create a more equitable prosperity in Fairfax County.

Q: Key ways you differ from your opponents?

A: ❖ Background in business, development and managing large enterprises

❖ I'm no stranger to hard work. My mother and I were homeless for a portion of my childhood. You don't go from youth homelessness to managing a \$13 billion agency overnight. I have spent my life building things, solving problems, and serving my community.

❖ I have the real world experience that it will take to help Fairfax County move forward, and I am prepared to take my service to a new level as Chair of the Fairfax County Board of Supervisors.

❖ I have spent my career building affordable housing...with the VHDA we made it possible for thousands of moderate income Virginians to buy a home. These experiences uniquely position me to lead Fairfax County towards a brighter future.

**Please note:** Mr. Chapman's responses to the Connection questionnaire were not received by press time. The information above is taken from his campaign website at [chapmanforchair.com](http://chapmanforchair.com).



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Johnathan Johnson, Terrace Patti of Shelter House, Inc., and Kevin Barbera, Founder and CEO of the Barbera Foundation show off the bouquets bought for mothers of domestic violence.

## From the Barbera Foundation With Love

### Volunteers make Mother's Day special.

BY MERCIA HOBSON  
THE CONNECTION

Volunteers from the Barbera Foundation in Reston set out to make Mother's Day special for two sometimes forgotten groups of moms in the local area, mothers who have been victims of domestic violence and low-income seniors.

On Friday, May 10, in an initiative called "Flower Power," Kevin Barbera, founder of the non-profit Barbera Foundation along with staff from Shelter House Inc., picked up 100 bouquets and tons of gift cards valued at \$3000 total for delivery to mothers and their families served by Shelter House Inc.

Shelter House is a community non-profit organization that provides crisis intervention support services and safe housing at undisclosed locations to victims of domestic violence and homeless families. "I appreciate this opportunity to come out and help for Mother's Day," said Johnathan

Johnson who drove the delivery van full of flowers. "Case managers will distribute the flowers and gift cards personally, so the moms are surprised and feel extra loved," said Barbera.

Barbera explained that the Foundation raised the \$3,000 to purchase and deliver the 100 bouquets and gift cards by organizing various ticketed fundraising events in 2019, such as the Great Falls clean up effort, a yoga class and the next day's Mother's Day dinner preparation and delivery for seniors.

"We sell tickets ranging anywhere from \$5-\$30," Barbera said. He added that corporate donors also contribute, like McCabe World Travel, Inc. in McLean. "They donated about \$1000 just yesterday," Barbera said. All proceeds supported the charitable initiative "Flower Power" according to Barbera.

On Saturday evening May 11, volunteers prepared and served an early Mother's Day dinner to people at a low-income senior community in Herndon.



Camila Luevanos, 7, helps serve Mother's Day dinners, prepared by volunteers at the Barbera Foundation to seniors at Kendrick Apartments in Herndon.



Franco Luevanos, 11, serves a Mother's Day dinner prepared by volunteers at the Barbera Foundation to Norma Vina, a resident at Kendrick Apartments in Herndon.



# Choosing Swimming Lessons

What can parents do if child is afraid of the water.

BY MARILYN CAMPBELL

The start of summer just around the corner and for some, warm weather is synonymous with trips to a pool or beach. swimming lessons are one the minds of many parents. May is National Water Safety Month, an effort designed to prevent illness, injury and death as a result of contact with the water. Part of a parent's role in ensuring safety for their children is knowing the factors to consider when looking for swimming lessons.

"People are starting get out and enjoy the water," said Aleatha Ezra, of The World's Largest Swimming Lesson, an event on June 20 designed to raise awareness of the importance of knowing how to swim. "We want to emphasis the importance to learning to swim, finding lessons and taking them seriously."

When looking for lessons, parents should inquire about the training of those who will be in charge of teaching their children. "We require all of our swim instructors to pass a certified lifeguard course," said Tommy Hamilton, Regional Manager at Goldfish Swim School of Reston, Falls Church and Alexandria. "In addition to this course all of our instructors also go through at least 40 hours of hands on training on our proprietary curriculum."

In order for lessons to be effective, the student teacher ratio should be as low as possible, advises Hamilton. "We believe that this gives them suitable time in the water practicing their skills as well as enough rest in between each skill," he said. "The small class sizes also allow us to maintain a high standard for safety."

The swim school should assess a child's ability and have a curriculum with a clearly defined plan that allows a child to advance as they gain skills. "For example, we have a progressive curriculum. Our beginner swim classes start with basics like teaching kids to put their face in the water," said Jamel Wright, a swimming instructor for SafeSplash Swim School in Bethesda. "It moves through [phases] like stroke development and advances through competition level as the children are assessed and their swimming skills improve."

Parents should be allowed to observe their child's lessons, said Hamilton. "We love when parents get involved in the progress of their children," he said. "We believe this to be crucial to their growth. We keep our pool deck at a warm 90 degrees so we have large glass windows in our lobby so parents can be comfortable and watch the entire lesson."

Another factor to consider is whether or not there is a lifeguard on duty who can watch those in the water at all times. Water quality should be another concern. "Smell to make sure there are no strong chemical smells, which is not a sign of proper chlori-



PHOTO COURTESY OF GOLDFISH SWIM SCHOOL

**An instructor at Goldfish Swim School teaches young children how to swim. Lessons can help ensure water safety.**

**"We want to emphasis the importance to learning to swim, finding lessons and taking them seriously."**

**— Aleatha Ezra, of The World's Largest Swimming Lesson**

nation but rather contamination," said Shannon McKeon, Environmental Health Specialist. "Ask to see water quality reports that should be posted at every public pool."

There are times when a child has an extreme fear of water, but safety experts advise continuing the lessons with an instructor who is able to assist parents in helping a child overcome that fear.

"To cope with swimming fears, we should first relax with slow, deep, nose breathing," said Jerome Short, Ph.D. Licensed Clinical Psychologist and Associate Professor of Psychology at George Mason University. "We can close our eyes briefly and go to a quiet, comfortable place. After we are relaxed, we should watch others who enjoy swimming and imagine doing it ourselves successfully. Then move forward in small steps to shallow water, slowly submerge the body, and practice floating with someone close by to support you. Take a break if there is discomfort but try again soon to make more progress."

Read story books on children who were afraid to swim but were successful, advises Carol Barnaby, LCSW I. "Scared children are already tackling emotional burdens and don't need to see, hear, or feel their parents frustration, she said. "Take your child's fear seriously and acknowledge it. Let them know that you understand that they are scared. Start swim lessons out of the water so that there can be trust established this will make them feel safe and ready to learn."

Barnaby continued, "Let your child know that you believe in them and that you have confidence they will succeed at their goal. Praise all efforts and offer physical reassurance when they leave the water. Children who receive positive reinforcement will try harder even when they are scared. Give your child frequent reassurance that they are safe and help is there."



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## UPCOMING SPECIAL SECTIONS

### April

4/24/19.....Senior Living/Mother's Day Celebrations, Dining & Gifts/Spring Outlook

### May

5/1/19.....Mother's Day Dining & Gifts II

5/8/19.....HomeLifeStyle

5/15/19.....A+ Camps & Schools

5/22/19.....Senior Living

5/29/19.....Connection Families: Fun, Food, Arts & Entertainment

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# ENTERTAINMENT

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

## 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](http://www.herndon-va.gov/FarmersMarket) for more.

## THURSDAY/MAY 16

### Storytime For Three To Fives.

10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program with stories and activities. Age 3-5 with adult. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

### Bollywood Dance Fitness.

6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join for a Bollywood dance fitness class led by local instructor Aparna Rao. No experience necessary. Adults, Teens. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Teen Advisory Board.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join TAB to gain leadership and volunteer experience and share ideas about how to make the library a wonderful place for teens. Volunteer hours granted. Age 13-18. No registration required. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## FRIDAY/MAY 17

**Bike to Work Day 2019.** Pit stop times vary, all over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. There are 115 Bike to Work Day pit stops to choose from. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org).

**Baby & Me Yoga.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A nurturing yoga workshop is designed for the baby and caregiver. No experience needed. Bring a towel or yoga mat. Cosponsored by the FRRL. Age 6 weeks - 16 months with adult. Registration begins May 3. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## FRIDAY-SATURDAY/MAY 17-18

**Book Sale.** Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. The Friends of the Great Falls Library are holding their semi-annual sale of donated books. Fill a shopping bag of books \$5 during the last two hours on Saturday. Call 703-757-8560.

## FRIDAY-SUNDAY/MAY 17-19

### Northern Virginia Fine Arts Festival. Reston Town Center.

Greater Reston Arts Center (GRACE) presents the 2019 Northern Virginia Fine Arts Festival, which brings more than 200 fine artists from across the nation presenting original works in 16 categories of fine art and fine craft to the unique outdoor environment of Reston Town Center. \$5 donation requested. Visit [restonarts.org/fineartsfestival/](http://restonarts.org/fineartsfestival/)

## SATURDAY/MAY 18

**Native Plant Sale.** 9 a.m.-2 p.m. at Runnymede Park, 195 Herndon

## Ride4SPIRIT

Ride for Spirit, a public presentation of equine assisted activities in therapy nad education. For guests under 13. Junior Horsemanship Workshop (meet, greet and ride SPIRIT horses). Saturday, May 18, 10 a.m.-1 p.m. at Frying Pan Farm Park, upper riding ring, 2709 West Ox Road, Herndon. Free. Call 703-600-9667 or visit [www.spiritequestrian.org](http://www.spiritequestrian.org).

**We are the Champions**



Parkway, Herndon. Two local nurseries will sell locally grown, pesticide free, native plants. Rain or shine. Sponsored by Friends of Runnymede Park. Free admission. Visit [www.frpweb.org](http://www.frpweb.org) for more.

**Ride4SPIRIT.** 10 a.m.-1 p.m. at Frying Pan Farm Park, upper riding ring, 2709 West Ox Road, Herndon. Ride for Spirit, a public presentation of equine assisted activities in therapy nad education. For guests under 13. Junior Horsemanship Workshop (meet, greet and ride SPIRIT horses). Free. Call 703-600-9667 or visit [www.spiritequestrian.org](http://www.spiritequestrian.org).

**Bike Rodeo & Safety Fair.** 10 a.m.-2 p.m. at Herndon Municipal Center, 777 Lynn St., Herndon. Bike or scooter on over to the Herndon Municipal Center for a day filled with free fun and safety. Kids can learn safety tips, riding skills, and complete obstacle courses in a Bike Rodeo. The Bike Rodeo will be held from 11a.m.-1p.m. We will also have a bike swap on-site. Donated bikes in good condition welcome. For ages 5 and up. Free and no registration required. Visit [herndon-va.gov/recreation](http://herndon-va.gov/recreation), or call 703-787-7300.

**Top to Bottom Look at Colvin Run Mill.** 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. Call 703-759-2771 or visit [www.fairfaxcounty.gov/parks/colvin-run-mill](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

### Turning Trash into Black Gold.

10:45 a.m.-noon at Frying Pan Farm Park, 2709 West Ox Road, Herndon. The world of composting: how composting works, why composting can stink, and how “trash” is turned into black gold. Walk away with all the knowledge needed to run a successful composting operation. For participants 12-adult. \$5 per person.



## Ethel & Robert Mirabal

String quartet ETHEL and Grammy Award-winning instrumentalist Robert Mirabal collaborate in this cross-cultural concert experience of instrumental virtuosity, song, and storytelling. Inspired by water as the embodiment of spirit and its essential role in life on Earth, ETHEL and Mirabal create an immersive flow of music, narrative, and ritual that evoke timeless Native American traditions through contemporary musical artistry. Sunday, May 26, 7 p.m. at CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. Tickets are \$20 at [RestonCommunityCenter.com](http://RestonCommunityCenter.com) or 703-476-4500.

Washington Post as must-reads this season. Books will be available for purchase and signing. Free. Register at [eventbrite.com](http://eventbrite.com), Scrawl Books.

**Amadeus Concerto Concert.** 4 p.m. at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Amadeus Orchestra’s Emerging Artist Program features young musicians just being discovered. Featuring students from McLean, Fairfax, Herndon, Oak Hill/Herndon, Falls Church, Arlington, and Great Falls. Adults \$40; children 17 and under free. Visit [amadeusconcerts.com/](http://amadeusconcerts.com/) for more.

**Delicious and Delectable.** 4-5:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. At the Reston Community Orchestra’s season finale concert Thomas Pandolfi will perform Rachmaninoff’s, Piano Concerto No 2 in C minor. \$15 for reserved seating. Remaining seats while available are free. Call 571-271-9189 or visit [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).

**Artist Talk: Pat McIntyre.** 7-9 p.m. at Jo Ann Rose Gallery RCC Lake Anne, 1609-A Washington Plaza N., Reston. From You Gotta Have Art to Pioneering Women of Reston, renowned artist Pat Macintyre shares her story of her 1970s TV show, her enduring influence on generations of artists, and how Reston continues to inspire her artwork. Free. VIsit [www.restonmuseum.org/programs](http://www.restonmuseum.org/programs) or call 703-799-7700.

## MONDAY/MAY 20

**Nose To Toes Yoga.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga poses and movement while enjoying books and songs with a children’s yoga instructor. Age 3-5 with adult. Registration begins May 6. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Declutter and Get Ready for Spring Cleaning.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Certified Professional Organizer Susan Kousek will share step-by-step ideas for decluttering and organizing a home,

room by room, as well as before and after photos to inspire you and give you storage ideas. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Reston Photographic Society.** 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. Nonmembers welcome. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

## TUESDAY/MAY 21

**Spanchats.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join an ongoing Spanish conversation group. All levels. Adults. Call 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Sam’s Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join former FCPL library director Sam Clay for a lively book discussion. This month’s title is Rocket Men: The Daring Odyssey Of Apollo 8 And The Astronauts Who Made Man’s First Journey by Robert Kurson. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Live Music: MSG Acoustic Trio.** 7:15-9:45 p.m. at Amphora Diner Deluxe, 1151 Elden St., Herndon. MSG’s repertoire includes original songs, traditional blues, gospel/spirituals, and ragtime-influenced tunes. \$10 members, \$11 non-members. Email [DAHurdSr@cs.com](mailto:DAHurdSr@cs.com)

## WEDNESDAY/MAY 22

**Downsizing Your Home.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Peggy Yee with Frankly Realtors will present an informative seminar on how to downsize. Adults. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## THURSDAY/MAY 23

**Yoga with Rupa.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A relaxing hour of yoga led by Rupa Shah. Adults, teens. Call 703-689-2700 or visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

## FRIDAY/MAY 24

**Family Yoga.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Playful yoga, stories and songs with your actively walking child. 2-4 years old with an adult. Call 703-689-2700 or [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).

**Live Music: Full Plate.** 9:30 p.m.-1:30 a.m. at Kalypso’s Sports Tavern on historic Lake Anne in Reston. Bands play inside the sports bar on a dedicated stage. No cover. Visit [www.kalypsoassportstavern.com](http://www.kalypsoassportstavern.com).

## SATURDAY/MAY 25

**Star-Spangled Salute with The Reston Chorale.** 7 p.m. at the Pavilion at Reston Town Center. Bring a lawn chair and enjoy The Reston Chorale’s patriotic music in honor of Memorial Day. Free. Visit [restonchorale.org](http://restonchorale.org).

## SUNDAY/MAY 26

**Reston Live.** 3-8 p.m. at Lake Anne Plaza, 1609 Washington Plaza W., Reston. Reston Live features live bands, rising star talent competition, local market and food vendors, and more. This family friendly event will include a magic show and face painting. Bring a lawn or tailgate chair and enjoy the festival at the Plaza. Free. Call 703-282-8825 or visit [www.corefoundation.org](http://www.corefoundation.org)

**Live Music: Ethel.** 7 p.m. at CenterStage at Reston Community Center, 2310 Colts Neck Road, Reston. String quartet ETHEL and Grammy Award-winning instrumentalist Robert Mirabal collaborate in this cross-cultural concert experience of instrumental virtuosity, song, and storytelling. Tickets are \$20 at [RestonCommunityCenter.com](http://RestonCommunityCenter.com) or 703-476-4500.





Guests and members of AAUW Reston-Herndon Area Branch enjoy remarks during the celebratory 50th Anniversary Luncheon.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Leslie Tourigny, American Association of University Women (AAUW) of Virginia Co-President, and Dianne Mero, AAUW Reston-Herndon Area President, look over one of the historical displays presented at the organization's 50th Anniversary Celebration Luncheon.

## Empowering Women and Girls

Reston- Herndon Area AAUW Branch celebrates 50th Anniversary.

BY MERCIA HOBSON  
THE CONNECTION

Members past and present of the American Association of University Women (AAUW) Reston-Herndon Area Branch came together at the Wildfire Restaurant in Tysons Sunday, April 28 to recognize the branch's 50th Anniversary Celebration. Founded in 1969, the Reston-Herndon Branch is an Affiliate of the much larger and much older AAUW that has empowered women since 1881 as a national grassroots organization. AAUW works to advance equity for women and girls through advocacy, education, philanthropy and research.

Guests and members mingled before the luncheon and remarks by speaker, Sen. Jennifer Boylso, (D-33). They reminisced over the history and early years, 'the beginning,' of the Reston-Herndon Area chapter.

"I'm one of five women who met in October of '68 to see about forming a chapter," said Barbara Naef of Reston. "Many initial members were stay-at-home moms looking for an intellectual connection. You have to look at the context of the time. It was the late 60s, a different time for Reston, people were moving in. We were very interested in education and did programs to attract people and book sales to raise funds."

AAUW of Virginia Co-President Leslie Tourigny, member of the Alexandria and Virginia Beach branches spoke about mutual interests between all members of AAUW regardless of a chapter's location. "What brings us together is our common mission and focus, equality for women, that



Barbara Naef attends the 50th Anniversary Celebration for AAUW- Reston-Herndon Area held Sunday, April 28, 2019. Naef was one of the five local women who came together in 1968 to form the local AAUW chapter.

there is a level playing field. We have a focus on diversity and inclusion for all," said Tourigny.

Many women in the room like Marilyn Silvey of Reston said how as chapter members they took activism seriously. "We lobbied for civil rights, education, Title IX which is equal expenditures for female students in secondary schools and universities, and economic equity, closing the pay gap. We have been lobbying 40 years for the

same issues," Silvey said referencing AAUW's Public Policies Priorities. Four decades ago, AAUW took a key step, which continues to be a significant vehicle impacting Congressional legislation concerning women rights. AAUW registered as a federal lobbyist, AAUW Capitol Hill Lobby Corps. Virginia AAUW branch members make up the majority of its members according to AAUW of Virginia.

At present, the Reston-Herndon Area branch's seven Lobby Corp members are the largest contingent from local branches. One of the corps first successes was a bill to provide divorced women with legal access to a portion of their former spouse's pensions; another was the passage of the Violence Against Women Reauthorization Act in 2013 according to AAUW Reston-Herndon branch documents.

Mary Zane of Oak Hill is the AAUW Reston-Herndon Public Policy Co-Chair with a particular interest in Lobby Corps. "We go every Thursday when Congress is in session and advocate for bills which elevate the status of women and will eventually close the pay gap. We also oppose legislation that is in opposition to our goals and mission," Zane said. As a registered federal lobbyist, Lobby Corps is the voice for AAUW members. It is telling Congress to ratify the

Equal Right Amendment (ERA) now according to AAUW website.

"We continue to advocate with coalition partners for the passage of the Equal Right Amendment," said AAUW Reston-Herndon member, Stephanie Abbott. According to AAUW: "The ERA was first introduced in Congress in 1923, and was ratified by 35 of the necessary 38 states by 1977. However, Congress imposed a deadline to complete ratification by 1982... Congress must do its part to make women's constitutional equality a reality."

Dianne Mero shared a special recognition on the 50th Anniversary of the AAUW Reston-Herndon Branch by AAUW National, a Certificate of Honor. "We applaud your exceptional service and demonstrated commitment to advancing equity for women and girls," Mero read during the luncheon.

MARION STILLSON introduced speaker, Sen. Boylso. "She works for equal pay for equal work and thanks AAUW in particular for the drafting of legislation, research and testimony as support of the bills during committee hearings," said Stillson.

Boylso said AAUW worked on the issues that were most important to her, economic equality for everyone and empowerment of girls and women so they could be successful in life. "AAUW provides training, so women know how to speak up," she said. "Your voice matters. The things AAUW do matter. Fifty years educating people and letting them know. It's you who shows up... There is too much at stake."

For information on AAUW national visit, [aauw.org](http://aauw.org). For details on the Reston-Herndon Area Branch, visit [restonherndonva.aauw.net](http://restonherndonva.aauw.net).



### Children's Entertainer Faces Charges of Child Pornography

A 58-year-old children's entertainer is facing charges of 10 counts of felony possession of child pornography, according to Fairfax County Police. On April 18 detectives from Major Crimes Bureau received information that Steven Rossi, of Reston, was in possession of child pornography. Detectives located numerous files containing illicit images. Rossi was arrested on April 30 and posted bail May 2. He is scheduled to appear in court June 11. Rossi's stage name is "Mr. Knick Knack" and has performed at numerous commercial outlets in the Northern Virginia area. Preliminarily, investigation does not indicate that Rossi had contact with any of the children in the images. However, detectives are encouraging anyone with information to come forward. If you believe your child or family member may have had contact with Rossi, please call Major Crimes Bureau at 703-246-7800.



POLICE PHOTO  
**Steven Rossi**

Tips can also be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or calling 1-866-411-TIPS. They can also be sent in via text by texting "TIP187" plus the message to CRIMES (274637). Text STOP to 274637 to cancel, or HELP to 274637 for help. Message and data rates may apply. Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 if their information leads to an arrest.

### BULLETIN BOARD

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

**FRIDAY/MAY 17**  
**Emergency Preparedness for Parents of Students with Disabilities.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Fairfax County's Office of Emergency Management is committed to the inclusion of all Free to parents, educators and community members. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center)

SEE BULLETIN, PAGE 11

#### Announcements

### Spectacular Seaside Lots \$29,900 - \$79,900

Build the home of your dreams! 1 to 2 acre lots in an exclusive development on the seaside (high and dry on the mainland) on Virginia's Eastern Shore, 42 miles south of Ocean City. Adjoins NASA and faces Chincoteague and Assateague Island National Seashore, world famous for it's fabulous beaches and wild ponies.

The property features a private entrance, paved roads, underground utilities, dock and community pool. Great climate, low taxes, boating, fishing, restaurants and wide sandy beaches just miles away. Both waterview and waterfront lots available priced at \$29,900 to \$79,900. Financing available with discounts for cash and multiple lot purchases.

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#### Announcements

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- 4) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500

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#### Announcements



### Brown v. Board of Education SCHOLARSHIP COMMITTEE

ACCEPTING APPLICATIONS  
THROUGH JUNE 10

The Brown v. Board of Education Scholarship Program was established by the Virginia General Assembly in 2004 to provide educational opportunities for persons who were denied an education in Virginia due to the closing of the public schools during Massive Resistance between 1954 and 1964. For a limited time, the program is open to new eligible applicants for the 2019-2020 school year. For applications and information on eligibility, visit:

**BROWNSCHOLARSHIP.VIRGINIA.GOV**  
or contact Lily Jones, Division of  
Legislative Services, at (804) 698-1850.

#### Announcements

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## BULLETIN BOARD

FROM PAGE 10

**NEXUS 2019: Fussy Minds Forum.** 1-3:30 p.m. at Fairfax County Public Schools Virginia Hills Center, 6520 Diana Lane, Alexandria. Participants discuss the effects of stress on the brain-ways of the young and how to build the resilience needed for successful learning. Space is limited; register at [www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490](http://www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490).

### MONDAY/MAY 20

**DMV2Go at the Pavilion.** 9 a.m.-4 p.m. at Reston Town Center. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Visit [dmv.virginia.gov/general/#dmv\\_2go](http://dmv.virginia.gov/general/#dmv_2go).

**NARFE Dulles Chapter 1241 Luncheon Program.** 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. A speaker from the Fairfax County Consumer Affairs Office will discuss scams, how to recognize them and what to do about them. The cost of the luncheon is \$18 which includes tax and a small gratuity. Call Shirley at 571-442-8910 no later than Thursday, May 16, 2019.

### TUESDAY/MAY 21

**FCPS Career Switcher Information Session.** 5:30-7:30 p.m. at Willow Oaks Administrative Center, Room 1000A, 8270 Willow Oaks Corporate Drive, Fairfax. Presentations from the four approved Virginia Department of Education (VDOE) career switcher programs, Educate Virginia, Old Dominion University, Regent University and Shenandoah University. Troops to Teachers will also present to military veteran attendees. Opportunity to network with the five presenters, the FCPS licensure team and the substitute office. Register at <https://tinyurl.com/y66g4syc>.

## New Trail Cycling To Host Party & Charity Rides

On Saturday, May 18, New Trail Cycling Studio will host its Ride for a Cause: 100 percent of the proceeds from the rides that day will go to local nonprofits. The indoor cycling and strength studio located in Lake Anne Plaza is celebrating being open for six months. Owner, Liz Kamp, said: "New Trail is about community and helping other people. Whether we're helping someone get healthy or we're helping a local organization, I want to make sure that New Trail is improving the lives of the people around us. Our coaches are excited about these rides, and they're going to be a blast. All levels are welcome so don't worry if you've never done indoor cycling."

There will be six 30-minute rides that morning. Each coach chose a different organization close to his or her heart that will benefit from the proceeds of that ride. Raffle tickets will also be available for purchase for the week leading up to the event to raise more funds for each organization. Riders can join for one or all rides. Bikes must be booked in advance. Fundraising credits can be purchased at [www.newtrailcycling.com](http://www.newtrailcycling.com).

For information on sponsoring a ride, please contact Liz Kamp at [liz@newtrailcycling.com](mailto:liz@newtrailcycling.com).

The lineup is as follows: (Time, Coach, Organization)

7:30 a.m., Peter, Mid-Atlantic Off Road Enthusiasts

8:15 a.m., Susan, Alzheimer's Association National Capital Area

9 a.m., Jeff, Cornerstones

9:45 a.m., Michelle, Shelter House

10:30 a.m., Liz, CORE Foundation

11:15 a.m., Stewart, Heeling House

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## The Weak Of



By KENNETH B. LOURIE

Concerning the three 'weak's' during which this arc will publish: last week's "The Weak Before," this week's "The Weak Of" and next week's "The Weak After," this week's "The Weak Of" when I actually lie down for my bi-monthly CT scan (and as it coincides occasionally, my semiannual brain MRI), is the easiest.

The worry of its occurrence is over, since I'm on site and "gowned up" waiting to hear my name called. And the worry of the results has not yet seeped in because the scanning process has barely begun and nothing will happen and/or be expected to be communicated in the next few days anyway.

Next week - when I know the results are somewhere and I've not received any feedback from my oncologist, within five days or so - is when I'll begin to stress for all the reasons with which you regular readers are familiar.

What this "The Weak Of" means to me is progress. And even though that 'progress' could mean disappointing news, it could also mean that my status is quo.

And as difficult as hearing that the CT scan showed growth and/or the brain MRI showed something more, at least we'd gain some knowledge that we didn't have previously, and that new knowledge will be crucial as new treatment options are considered.

However, it's not as if I feel I'm in the dark during the intervals between scans. Hardly. It's more that I'm in a situation where knowledge is a powerful tool and the more of it my doctors, particularly my oncologist, have about me, the better.

The only problem? The frequency of these recurring diagnostic scans means nearly every week, bi-weekly immunotherapy infusions notwithstanding, I'm in some kind of 'weak.'

As you all know, I can compartmentalize but, I'm afraid the compartments are starting to fill up. Ten-plus years of surviving cancer will do that.

The CT scan and MRI appointments, in and of themselves are not compartment-filling though. Having had over 50 of them by now, I'm unaffected. Moreover I drive the same route to the same facility and are tended to by the same technicians; my good luck charms, as I tell them.

They always greet me by name, smile and ask how I'm doing. I likewise reply in a positive way and thank them for the many good results I've had and encourage them to keep up the good work (I realize they have nothing to do with the actual results, good or bad, but I still like to prime the pump, so to speak).

And when the process is complete, I'll leave feeling more upbeat than when I arrived. A feeling which continues until the next week, 'the weak after.' That's when I'll feel the same kind of emotional jitters I experienced during 'the weak before.'

So, as I begin 'the weak of,' I begin it with hope and humor, my stock-in-trade. Hope for all the obvious reasons and humor because whatever happens, I'll likely make some joke about it and try to lighten the weight of it all with as light a touch as I can muster.

But for the time/'weak' being, I will enjoy the not-knowing the results and bask in the presumptive naivete. Because, if and when there is confirmation that my ship has sailed or that it's beginning to take on water, there might not be too much funny that I can say or do at that point to turn the tide.

Nevertheless, I'd like to think I'll be up to the challenge. One never knows. These three 'weak's' I can manage. We'll see about the next one.

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





**Katie Cannon at Frying Pan Farm Park demonstrates how to shear a sheep, safely laying Elle on her right side ensuring that none of Elle's feet or legs touch the floor as she might struggle if she senses she can regain her footing.**



**The BIG FUN Bluegrass band performs during Spring Farm Day at Frying Pan Farm Park on Saturday, May 11.**

PHOTOS BY MERCIA HOBSON/THE CONNECTION

# ‘Shear’ Delight

## Spring Farm Day at Frying Pan Farm Parks attracts more than 1,000 attendees.

BY MERCIA HOBSON  
THE CONNECTION

**O**n the Saturday of Mother's Day weekend 2019, families and individuals across Northern Virginia visited Frying Pan Farm Park in Herndon to celebrate Spring Farm Days, 1930s style. The event featured down-home activities, many involving the farm's herd of sheep. Net proceeds from ticket sales helped support the mission of Friends of Frying Pan Park, a 501(c) 3 charitable organization.

"The Friends of Frying Pan Park use the funds to support the costs for food and vet care for the farm animals," said Yvonne Johnson, Park Manager at Fairfax County Park Authority Frying Pan Farm Park.

A posted Schedule of Activities allowed the estimated 1,200 ticketed attendees to choose hands-on opportunities and step back in time to spring on a farm, and enjoy an acoustic jam of bluegrass music performed on the Kidwell Farmhouse porch. Musicians Sam Chessman of Reston on Bass, John Zulcen on Guitar, Nancy Miller of Herndon on autoharp, Terry Miller of Herndon on guitar, Lacy Hazlewood of Herndon on guitar, Randy Ihara, of South Riding on banjo and Debbie Billodeaux of Oak Hill on guitar, performed for event attendees.

**CHILDREN AND ADULTS** churned ice cream, milked a cow, made cheese and got up-close and personal to the farm's baby animals especially the young lambs and



**Families enjoy a Spring Farm Day at Frying Pan Farm Park on Saturday, May 11.**

pigs. Ongoing opportunities presented chances to watch the art and craft of smithy Nicholas Kimball in the Moffett Blacksmith Shop and demonstrations of antique farm equipment and wood stove cooking.

In the front paddock, Patrick McNamara, Naturalist/Historian Senior Interpreter at Frying Pan Farm Park narrated as professional sheep shearer Katie Cannon kept Elie the sheep safe and comfortable.

Cannon moved through different positions making long cuts of fleece along the sheep's side and back, holding the wool back with her leg.



**Families gather on the Kidwell Farm porch at Frying Pan Farm Park to listen to an afternoon set of acoustic jam by local musicians.**

The Linus family, formerly of Burke, dad Abe and children Ingrid, 9, and Linus, 5, stood nearby on the farmhouse porch overlooking the paddock.

They discovered another part of the processing wool from sheep to shawl experience, taking carded rovings and spinning the fleece into yarn. Jason Buchanan, Frying Pan Farm Park Maintenance, instructed Ingrid.

"Let it slip through your fingers," Buchanan said to Linus who watched the wool fibers twist together between her

pinched fingers and thumb to form a string of yarn.

Abe Linus said his family always returns to Herndon for Spring on the Farm and wouldn't miss it. "We come every year," Linus said.

The Mai family of Fairfax sat on the Kidwell farmhouse porch beside the Linus' eating their lunch and enjoying the bluegrass music by "Frying Pan Farm Park Acoustic Farm."

"We are out here on weekdays and came today for the animals," said dad TG.

**NEAR THE OLD** Middleton barn, Jennifer Shipley lifted daughter Natalie, 2, onto a toy tractor. For her, the event proved an excellent chance to have fun with others. "We came with friends," she said, glancing over at Luke Browning, 4, and Brooke Browning, 2. Beside her Sue Neff and the BIG FUN, bluegrass band performed.

"It's wonderful to see the community come together to support this fundraising event while learning about agriculture and sharing memorable experiences," said Johnson.

Fairfax County Park Authority operates Frying Pan Farm Park, which preserves and interprets farm life of the 1920s to 1950s using appropriate tools and methods to produce an immersive experience. Located at 2709 West Ox Road, Herndon, the park also offers its Acoustic Farm, acoustic jams held semi-monthly on the first and third Sundays from 1 to 4 p.m., classes, camps, equestrian events and more. Visit [www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park) for more information.