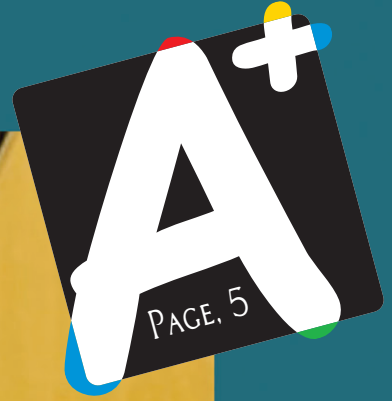


Oak Hill Herndon CONNECTION



With his brother Arthur beside him, Howard Nachman and Town of Herndon Mayor Lisa Merkel hold the Proclamation, to recognize Nachman Day, Jan. 14, 2020, in honor of the 100th Anniversary of the Nachman family in Herndon.



Proclamations and Resolutions, Board Matters and Votes

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Game-Changing Project for The Closet Of Greater Herndon

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OPINION

Siege of the Capital

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

This column is being written as news stories continue to increase that thousands of persons opposed to gun legislation will be coming to the Capitol grounds to protest. Increased citizen participation is usually a good thing, but in this case it is seeming more like a siege than a peaceful protest. Already the FBI has arrested three individuals in right-wing hate groups who apparently were planning to come with guns that would be fired from various locations to start a race riot. Three other persons were arrested from the same hate group but whose plans for the day were less specific. Law enforcement authorities had gathered enough credible evidence of a threat that the Governor barred any guns on Capitol grounds on Monday except for the police. Security fencing was installed on the grounds. Streets were closed.

The General Assembly had made plans to conduct business as usual as much as that is possible. I am hopeful that the news you have been reading is that the day passed without serious incident. I can assure you that I will be going forward with my bill to close the many loopholes in the current background checks system to ensure that people who have shown themselves to be a threat to themselves or others will not be able to purchase firearms. Recent polls indicate that about 80 percent of people support the bill as a good public safety measure.

Only twice before am I aware that the capital experienced a serious physical siege. The first occurred in 1676-1677 while Virginia was still a royal colony with its capital in Jamestown. Nathaniel Bacon led an armed rebellion against royal Governor William Ber-

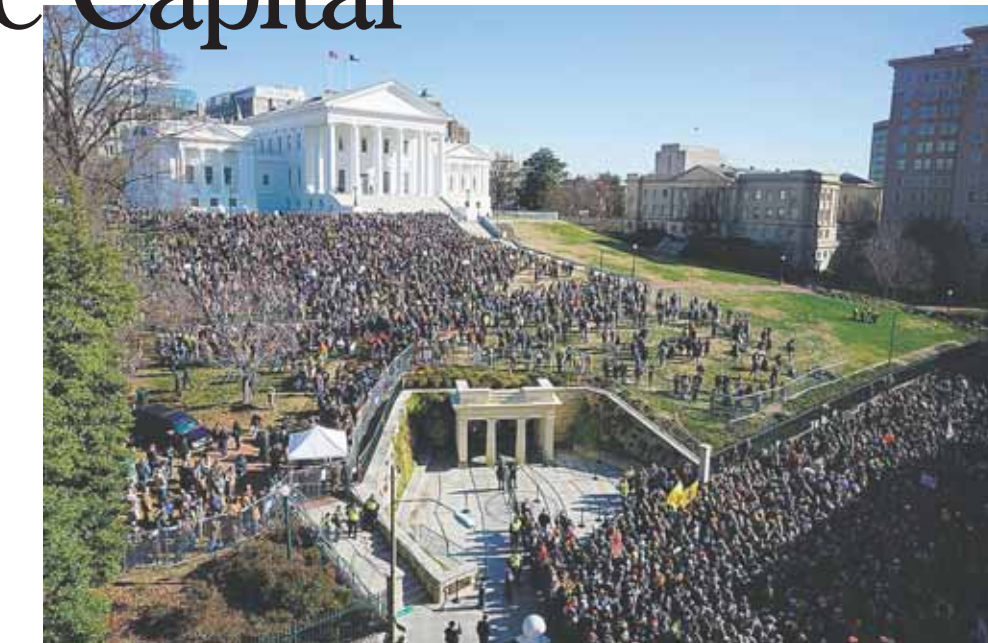


PHOTO BY JEFFREY KNIGHT/VCU CAPITAL NEWS SERVICE

Capitol Police estimated around 22,000 people attended gun rights rally in Richmond on Monday, Jan. 20, with 6,000 entering the secured area where weapons were not allowed.

keley who he contended did not provide adequate protection against Indian attacks for settlers on the western frontier. The story gets more complicated as there was a desire by the settlers to seize more land from the Indians and for Bacon to gain more power in the governance of the colony. His attack led to the capital being burned. You can still view the foundation of the capital if you visit Jamestown Island today.

The second siege of the capital came near the end of the Civil War after Virginia had been out of the Union for four years. Richmond was the capital of the Confederate States, and many skirmishes and battles occurred around it during the war. The city was key to mobilizing,

outfitting and feeding the Confederate army but did not fall to Union forces until April 1865. Confederate forces burned the city as they departed. Fortunately, the Capitol building was saved from the fire that otherwise destroyed the city. A week later the Confederates surrendered at Appomattox west of the city. The war was ended even though there are many who continue to debate who was to blame for the war and who won.

A well-regulated militia made up of state and local police will protect the Capitol building and its occupant legislators from those who would deny freedom to others through their misuse of firearms. We will not be bullied regardless of their siege.

LETTERS TO THE EDITOR

Making Alzheimer's a National Priority

To the Editor:

One in three seniors dies from Alzheimer's Disease. It is the only leading cause of death in the United States that cannot be prevented, cured or even slowed down. It is imperative that we have elected officials who are working to make Alzheimer's a national priority!

As an Alzheimer's Association Advocacy Ambassador I am fortunate to be able to work with Sen. Mark Warner to discuss the staggering impact of Alzheimer's Disease in Virginia and the Nation. I am grateful for his willingness to listen and work with us toward solutions for helping families with a diagnosis of dementia. We are proud Virginia is represented by a champion in Congress to the 150,000 Virginians living with Alzheimer's.

My young family was impacted by Alzheimer's when my 53 year old husband was diagnosed with the disease. Although he died 17 years ago, I am passionate about advocating to find a cure for this dreadful disease. I believe research at the NIH is an important necessity towards a cure so we can live in a world without Alzheimer's!. Please join the Alzheimer's Association and me in thanking Sen. Warner for his continued support in the fight to end Alzheimer's.

Sarah Jewell Harris
Fair Oaks

Dangerous Escalation

To the Editor:

Trump's blatantly illegal assassination of a military leader in a foreign country was a dangerous escalation of hostilities that will affect the whole Middle East region. Imagine if another country had done that to one of our

generals? Fortunately, there is growing bipartisan

support in the House and Senate to reassert Congress's constitutional war authority and prevent another disastrous and endless war. I encourage all citizens to take action by writing or calling their elected representatives and asking them to co-sponsor and vote for proposals that would prohibit the unauthorized use of military force in Iran or any other country. The President has the right to defend our country in a crisis, but we need to take away his ability to exercise arbitrary and unjust actions unilaterally.

Cathy Tunis
Reston

Help Prevent War

To the Editor:

So often I hear people say, "There is nothing I can do to work for a safer, more just world."

In recent days we have wit-

nessed the frightening deadly increase in hostilities between Iran and the United States.

There is something important you can do.

Over the last two years, I have heard from legislative staff that our legislators do not hear from many constituents weighing in on Foreign Policy.

Now you have an opportunity to do something to help prevent war with Iran.

Contact your US representative to support H.R. 5543, a bill to immediately defund military action in Iran. The Trump Administration can't make war without funding. Congress must retake its constitutional duty to decide when we go to war.

Don't know how to contact your Representative? Learn how here:

<https://www.usa.gov/elected-officials>. It's easy to write or call.

Make a difference. Speak out to your Representative.

Katherine Cole
Reston

Oak Hill & Herndon
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Proclamations and Resolutions, Board Matters and Votes

It's Day One; Take action for Fairfax County Board of Supervisors.

BY MERCIA HOBSON
THE CONNECTION

A new chapter of government began for citizens in Fairfax County when the 2020 Board of Supervisors convened for the first time Tuesday morning, Jan. 14. Led by Chairman Jeffrey C. McKay, the agenda kicked off with multiple presentations, among them a proclamation to designate January 2020 as Human Trafficking Awareness Month in Fairfax County.

McKay and Supervisor Patrick Herrity (R-Springfield) introduced the request. "I can't think of a crime worse than to hold someone in captivity and make them do awful things... I think raising awareness is critical to ending this crime," said Herrity.

Next on the agenda, the Board completed numerous housekeeping tasks beginning with the appointment of board members to various Inter-jurisdictional Committees and Intra-Governmental Boards and Committees. "I'm excited as we move forward to have every member of this board play a significant role both internally and externally as a region, as we move forward," said Chairman McKay. Unlike the naming of committee members, the position of vice-chairman required a vote by colleagues on the Board. Supervisor Kathy Smith (D-Sully) nominated Supervisor Penny Gross (D-Mason) Vice Chairman of the Board. The motion passed unanimously.

MOVING INTO ACTION ITEMS, the Board approved the resolution adopting a meeting schedule for calendar year 2020 and authorizing the chairman to reschedule in an emergency. The Board then approved a motion by Herrity for a fence height modification for the Police Heliport Project in the Springfield District. The fence would surround the secured police operations area of the Police Heliport.

McKay moved on an Information Item, the Fairfax-Falls Church Community Services board fee schedule. He said while this item did not require a motion, he asked if there were any questions for staff. There were none.

During Board Matters, before McKay presented his first resolution of the year, one with Supervisor James Walkinshaw (D-Braddock), he turned the gavel over to Vice-Chair Gross.

McKay said that the local tax structure in Virginia had become outdated, with limitations on the ability of counties to raise revenues from diverse sources. That resulted in an over-reliance on property taxes to fund core local government programs and services. Under the Code of Virginia, county government had less authority to raise revenues and meet responsibilities than did cities and towns, including meals, cigarette and transient occupancy and such. "This is



Chairman of the Fairfax County Board of Supervisors Jeffrey C. McKay



Vice Chairman of the Board Penny Gross (D-Mason)



Supervisor Kathy Smith (D-Sully)



Supervisor Walter Alcorn (D-Hunter Mill)



Supervisor John Foust (D-Dranesville)



Supervisor Rodney Lusk (D-Lee District)



Supervisor Daniel Storck (D-Mount Vernon District)



Supervisor Dalia Palchik (D-Providence)



Supervisor James Walkinshaw (D-Braddock)

true even though county governments have the same responsibilities as cities for funding core services such as K-12 education, public safety, social services and public health. ... Support for equal taxing authority between cities and counties has long been included in the County's legislative program for an appropriate mix of revenue sources to meet local needs...

The Virginia Association of Counties (VACO) has made support for equal taxing authority a top priority for the 2020 Gen-

eral Assembly Session that began last week," said McKay. He urged the Board to approve the resolution calling on the state to provide equal tax authority for counties and cities and direct staff to transmit the resolution to the Fairfax County General Assembly.

Herrity disagreed.

He said while there was support in "a lot of areas," he did not believe there was support in the Springfield District. "I think what we have is a spending problem more than

a revenue problem. In the last five years, our budget has gone up 20 percent. That's more per year than wages ... that's more a year than the cost of inflation ... I think what this means is Fairfax County is looking at the potential for a meals tax without a referendum, and that's something that our voters overwhelmingly rejected back in 2016 during a presidential election, so I'm going to be voting no," Supervisor Herrity said.

Walkinshaw concurred with McKay. He said that over the last year in Braddock District, there was much concern about over-reliance on the real estate tax to fund all of core services.

"We need to broaden the tax base, and that is a once in a generation opportunity that we have." The motion carried 9-1 with Herrity, sole Republican, voting nay.

McKay's next resolution, jointly co-sponsored with Vice Chair Gross, dealt with the importance of regionalism and the need to work alongside area localities. "Critical to achieving goals and planning for the future of Fairfax," said Chairman McKay. It also urged other jurisdictions in the national capital region to adopt similar resolutions. The motion carried.

Another of McKay's board matters dealt with supplementary notices for the 2020 Census. "Every member of this Board is getting an email today from my office asking you to appoint a staff member to work with the committee on the specific outreach issues in your district. This is really important, not only for political representation, but the estimates are for each uncounted person. We could be losing \$1,200 a year in the potential federal funding," for each uncounted person, he said.

Supervisor Dalia Palchik (D-Providence) said that since this was the first time the census was being done online, she appreciated the outreach efforts, especially for communities that have historically been under-represented. She mentioned increases in other outreach efforts such as through faith-based communities and physicians, members trusted by the community.

Tony Castrilli, Director of Public Affairs Fairfax County, encouraged Palchik to visit the site, Census 2020 Complete Count Committee Members at fairfax.gov/topics/census-2020. "It is a very diverse group of community leaders in different areas, including the hard to reach communities and faith-based leaders throughout the region."

Supervisor Walter Alcorn presented a motion to amend the Reston Comprehensive Plan that would focus, among other things, on projected population thresholds for Reston and land use in the village centers, "I am looking at 12-18 months from start to finish," Supervisor Alcorn said. The motion carried.

PALCHIK brought forward her first board matter relating to the Holmes Run Acres. "Over 70 percent of residents of the neigh-

SEE BOARD, PAGE 7

Game-Changing Project for The Closet of Greater Herndon

HomeAid and Richmond American lead construction.

By Mercia Hobson
The Connection

Volunteers and staff at The Closet of Greater Herndon met the news that construction for a long-awaited, climate-controlled space to accept donations was weeks away with enthusiasm and thankfulness. No more standing in the rain, snow, sleet, heat and bitter cold to accept the community's donations. "It'll mean everything to us to have the new space because of the inclement weather and because donations were being ruined," said worker Bob Mason of Reston.

On Monday, Jan. 13, Pat Rhoads manager at The Closet of Greater Herndon announced HomeAid Northern Virginia and Builder Captain Richmond American Homes anticipated construction to begin Feb. 1. The new space will address the need for a climate-controlled structure where staff and volunteers can receive and sort donations essential for The Closet's mission. The team will also address rear entrance concerns by installing an ADA accessibility ramp.

These are game-changing improvements according to Rhoads. "I started working here two years



Currently, The Closet of Greater Herndon accepts donations in an open-air environment and until sorted, remain outside. Project plans and permitting processes are finalized for the construction of a structure to provide climate-controlled protection from the elements and an ADA accessibility ramp.

ago, and ever since then, I've noticed the men and women out back...working in deplorable conditions...We don't have sufficient space inside... so we rely on our outdoor receiving area," she said.

"This is a different project than perhaps what is 'typical' for our work with HomeAid," said Jack Gallagher, division president, Mid-Atlantic region, for Richmond American Homes. "But The Closet is a partner organization in need of construction support, and their general mission is well aligned with the same community we serve. By helping streamline their ability to improve the lives of others through our project, we're also contributing and giving back to the

community at large."

According to the HomeAid website: "On paper, the project is a 600 square foot structure that will cover the facility's donation area, which is currently an uncovered, unprotected area...Richmond American will also install climate control features, such as heat and ceiling fans, for the donation area and replace a stairwell and hand-capped ramp so that the retail area will be ADA compliant for the first time since its opening."

To learn more, visit HomeAid Northern Virginia's newsletter via [HomeAid Northern Virginia Newsletter](#). For updates, visit The Closet's website and Facebook pages.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Keenan Peck of Herndon accepts a donation in the open-air receiving area behind The Closet of Greater Herndon.



Keenan Peck of Herndon, Bob Mason of Reston, Pat Rhoads, Manager of The Closet and Herndon resident, and Sam Dennis of Reston set about sorting donation items in the area behind the building. Construction on a new climate-controlled space is anticipated to begin Feb. 1



PHOTO BY MERCIA HOBSON/THE CONNECTION

Three generations of the Nachman family join Mayor Merkel and Town Council for the formal presentation of the Proclamation, to recognize "Nachman Day," Jan. 14, 2020, in honor of the 100th Anniversary of the Nachman family in Herndon.

Proclamation Recognizes Nachman Day

Honors 100th Anniversary of the family in the Town of Herndon.

By Mercia Hobson
The Connection

A century after Russian immigrant Julius Nachman bought an interest in a clothing store in the Town of Herndon, his descendants gathered at the Jan. 14, 2020, Town Council Public Session during which Mayor Lisa Merkel and Council proclaimed Jan. 14, 2020, Nachman Day in the Town.

Vice Mayor Sheila Olem read the Proclamation: "Throughout the past 100 years, the Nachmans have exhibited their ongoing dedication to Herndon through involvement in activities and organizations...The Nachmans have also made a profound impact on the lives of students in the Herndon community by providing musical instruments...and lessons to those who could not afford them." Council and the public expressed their appreciation. Councilmember Signe Friedrichs said, "The Nachman Building in town gives us all a sense of history and grandeur." The 1990 Registration Form of The United States Department of the Interior National Park Service, National Register of Historic Places, described the building as "the oldest continuous commercial establishment in Herndon." Currently, the second-floor houses offices where Arthur and Howard work side-by-side and an occupied apartment. On the first floor, Green Lizard Cycling with its coffee

bar occupies the space of the former Nachman's Department Store.

According to Mayor Merkel, the space has become a community gathering area. "It has ignited some energy in our downtown," Merkel said.

Councilmember Cesar del Aguila turned attention to the family. He said that while people can choose to live and invest anywhere, the Nachmans decided to do so in Herndon. That said much about them and their love for the Town. "From our hearts to yours, thank you for being here," he said. Dave Meyer, co-owner of Green Lizard Cycling, added: "What they do for the community, people don't understand or realize. It is super important."

Mayor Merkel invited Howard and Arthur forward. They thanked the Mayor and Council. Howard said, "One hundred years ago, our grandfather signed a piece of paper that would shape the history of the Nachman family and the Town of Herndon... Our grandparents taught... that in order to truly be part of a community, you must be a partner with the local government, other business people and its citizens... (Herndon) is more than just a place. It is a feeling, where everyone has the opportunity to belong. And to think, my family had a small part in helping Herndon become part of what it is today, is extremely rewarding and enormously humbling."



PHOTO COURTESY OF JUNIOR ACHIEVEMENT

The Junior Achievement students at Carl Sandburg Middle School in Mount Vernon are learning the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit.

The ABCs of Kids and Money

Teaching children how to budget, save and manage finances.

BY MARILYN CAMPBELL
THE CONNECTION

In an age when paying one's mortgage can be done from a smartphone, money smarts is an important part of navigating life. From saving to buy the latest video game to learning how to budget an allowance, financial literacy is one of the most important lessons for children, say financial experts.

"It's very important to teach tweens and teens about money," said Steve Pilloff, Ph.D., Associate Professor in the School of Business at George Mason University. "For many kids, this is the first time they are making independent financial decisions, such as whether to save a birthday gift or spend it on a video game."

In fact, Patti Senft, Manager of Program Engagement at Junior Achievement of Greater Washington in Fairfax, Virginia says that one of her organization's goals is to teach financial literacy to children. "Junior Achievement has determined that teaching the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit should begin with middle school students in 7th and 8th grade," she said.

"The knowledge that the students learn through the Junior Achievement gives students the skills they need to manage their expenses and budget wisely for a successful future," she said.

Helping children set financial goals, delay gratification, earn money and save it toward achieving those goals is one of the first steps that parents can take to teach smart money practices, said Pilloff. "The

habits, and even more critically, the decision-making process children develop early on will influence the way they approach financial matters throughout their lives," he said.

Students should be taught to make choices with the amount of money they have, suggests Senft. "It's important to teach children to distinguish between what you need versus what you want," she said. "It's important to teach children of all ages about money. It's never too soon to talk about the importance of savings."

"It's important because in any modern society, the one thing that people do almost every day is make money decisions, so knowing how to do it well is something that is going to be useful to every single one of us," added Laura Levine, president and CEO of the Jump\$tart Coalition for Personal Financial Literacy. "Knowing how to manage money is something that all consumers need to do so it's important that we teach that to our kids."

In fact, learning to manage a budget is one of the basic skills that Levine encourages parents to teach.

"Years ago, finance was basic, but today there are so many options and financial decisions that have to be made," she said. "Money is more self-directed than ever before. Finances are more complicated than ever before, so we need skills to manage it."

When it comes to managing money, one of the best ways to teach is leading by example, says Levine. "Like with anything else, kids learn by what they see at home," she said. "Even parents who haven't made the best financial decisions in the past can resolve to do it now in the New Year."

While some parents might find starting a dialog daunting, it's vital that parents have those conversations with their children, said Levine.

"Talk to your kids about money," she said. "It's important to distinguish between talk and teach. Parents who don't know about money can freak out when they're asked to teach their children about money. Instead, talk to them and say, 'Let's learn about this together.'"

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Employment

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-Werner Heisenberg

NEWS

New Action-packed Mystery Thriller by Local Author

A roller-coaster read set in the DC-NOVA area.

By **MERCIA HOBSON**
THE CONNECTION



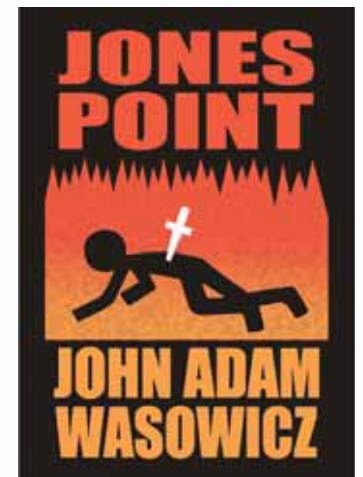
New legal thriller by local author John Adam Wasowicz released.

Scrawl Books at Reston Town Center will welcome Alexandria author John Adam Wasowicz on Saturday, Feb. 1, from 11 a.m.-3 p.m. Wasowicz will greet customers and sign copies of his newest legal thriller, “Jones Point” (2019), set in the D.C./Northern Virginia area.

“We love supporting local writers, and having them come to the store to meet their readers,” said Rachel Wood, owner, Scrawl Books. “It’s a unique opportunity to meet the author behind a favorite book, and we’re pleased to be the go-to place in Reston for connecting writers to their fans.”

The 236-page novel, the second in Wasowicz’s Mo Katz mystery series, reintroduces readers to

Katz, the main character the author featured in “Daingerfield Island” (2017). The novel also introduces a new character, Sheri Stone, an Alexandria police officer who tackles a terrorist threat on the Woodrow Wilson Bridge. In describing the book’s character development, Wasowicz said, “The Mo Katz mystery series is developing... characters with diverse backgrounds who work as a cohesive unit to stave off terrorist threats and bring bad guys to justice.” Wasowicz’s knowledge and insight as an attorney and service as an intelligence officer in the U.S. Naval Reserve are seen in the thriller. His familiarity with the District and surrounding Virginia communities results in a setting familiar to local readers. Reviews



PHOTOS CONTRIBUTED

The second book in author John Adam Wasowicz’s legal thriller.

posted on Amazon.com described “Jones Point” as “a real page-turner,” according to Dayna Wilkinson, Chapter Head Washington DC Harvardwood and “masterfully crafted, keeping even the protagonists guessing,” according to Thomas Lyons, owner and operator of New England Mobile Book Fair, Newton, Mass.

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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.

TUESDAY/FEB. 18

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. 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. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nam-northernvirginia.org/parent-peer-support.html.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year. Contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children, including those at 11 Title I elementary schools in Fairfax and Prince William counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, contact info@alnv.org, or visit www.alnv.org

Board

FROM PAGE 3
borhood have expressed interest in consideration of the establishment of a Historic Overlay District for Holmes Run Acres," she said. The district was listed on the National Registry of Historic Places in 2007. The motion carried.

Supervisor Rodney Lusk (D- Lee) requested confirmation of appointments to the Burgundy Village Community Center Operations Board after residents and homeowners in the community elected the candidates through a preference poll. Motion carried.

Supervisor John Foust (D- Dranesville) - in reference to the Cinder Bed Road Bus Garage in Lorton - requested that Metro share the agreement that "supposedly" provides bus transit service in the County. "It has been 80 days. This Board has made numerous requests...Metro has a contract with Transdev. It has not been apparent they have exercised any rights under that contract to bring Transdev to resolve this ... I don't know how someone can take \$159M from us and not share with us the agreement. I renew my request, and I expect Metro to fulfill and respond in a very timely manner." The motion carried. The workers voted to end the strike last week.

Supervisor Daniel G. Storck (D-Mount Vernon District) - in a board matter with McKay and Herrity, brought forward a resolution to recognize the South County Football team as State Champions. "They entered the championship game with a record of 14-0." The motion carried.

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Treat One, Get Two.



By KENNETH B. LOURIE

I'm sure you regular readers are waiting with bated breath for the confirmation of my updated health status. Unfortunately, for the moment anyway, we'll all have to wait a bit longer. Though the needle biopsy of my "Adam's Apple" tumor did indeed confirm thyroid cancer, stage 2, no such confirmation or clarification as to its origin was made, or whether it's been thyroid cancer that I've been living with all these years, instead of non small cell lung cancer, stage 4 or not. However, there is a path forward. Surgery to remove my thyroid gland, along with my "Adam's Apple" tumor, and possibly a lymph node is in the planning stage. As such, scheduled for next Friday is an appointment with a head and neck surgeon to determine my fitness for surgery. All we've been told so far is that the surgery is usually outpatient, arrive in the morning and leave that afternoon (maybe I'll bring along my dry cleaning). Apparently, this is the next step "on the road to find out" (Cat Stevens).

If I am indeed home that same evening, I've been told by my endocrinologist that the recovery period is approximately two weeks. At present I don't have any details of what 'recovery' exactly means/entails. If all goes according to the pre-surgical-actually-discussing- the-procedure-with-the-surgeon conversation, a month or so after the procedure, I will revisit my endocrinologist to have radioisotopes administered somehow. Once inside my body, I will be scanned by a machine looking exclusively for thyroid cancer. This will confirm, if I understand the process correctly, whether the tumors in my lungs are thyroid or lung cancer.

In the interim, I am to continue with my immunotherapy ("I. O.") and with any other appointments, scans, etc. I recall something that my oncologist said about my lung cancer tumors during his "exciting" phone call. He said that my tumors never really acted the way he anticipated, as if they weren't non small cell lung cancer at all. And sure enough, some of them, as confirmed by the first of my recent two biopsies were thyroid cancer. As I've been joking, this is what my oncologist gets excited about as opposed to what yours truly would get excited about: a World Series Championship. And also, as he said, thyroid tumors are more treatable, with more choices and better outcomes - which is exciting for me.

OKAY. So I have thyroid cancer and it's more treatable. Wonderful news. But do I still have lung cancer? If so, where's the future in that? Is it somehow no longer a "terminal" disease because I've outlived my original "13 month to two year" prognosis? Will I now be treated for thyroid cancer only to die of lung cancer? Moreover, am I now going to get treated twice, in two medical suites, one for each cancer? Have these multiple biopsies simply determined that the doctors were actually right - both times and I'm just the unfortunate patient to be so wronged?

For 10 or so years, until last January, I was treated for lung cancer - with chemotherapy. However, this past January, the Adam's Apple" tumor appeared and we switched to immunotherapy. The reason for the change: the lung cancer had spread, according to my oncologist. Now, a year later, the story/diagnosis has changed, thanks to my most recent biopsy. The tumor wasn't lung cancer that had spread, it was thyroid cancer that had spread. I didn't even know I had thyroid cancer. Now you're telling me it's spread? How lucky am I? Two cancers for the price of one. I guess this will make health insurance more affordable, sort of like buying in bulk at Costco.

The big question: did my lung cancer treatment inadvertently prevent my thyroid cancer from manifesting/metastasizing or did its non-diagnosis allow it to grow unimpeded and now present this quite unexpected/unanticipated complication? Explain though it may to my oncologist why I haven't succumbed to my original disease, it doesn't quite explain to me what the hell's been going on and why.

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

CALENDAR

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

ONGOING

Joshua's Hands Quilting Event. Now thru Jan. 26. At 38997 E. Colonial Hwy., Hamilton VA. Joshua's Hands is a non-profit in Loudoun County that hosts free quilting events to support wounded servicepeople. Joshua's Hands will host 10 days of quilting fun to make handmade quilts for servicemen and women wounded while serving our country. All are welcome. No sewing experience or registration needed. All materials are provided but donations are appreciated. Come for an hour or the day. Monday-Saturdays 9 a.m.-9 p.m.; Sundays 1-9 p.m. Purcellville. Check website for exact location. Info@JoshuasHands.org, or call 540-454-7827, or visit www.JoshuasHands.org.

Ken Ludwig's "The Game's Afoot." Now thru Feb. 1. 8 p.m. At Reston Community's CenterStage, 2310 Colts Neck Road, Reston. The Reston Community Players presents this murder-mystery comedy featuring real-life 1930s Broadway star William Gillette, admired the world over for playing Sherlock Holmes. Mystery and hilarity in equal parts ensue in this murderously funny whodunit production that will keep you guessing until the final curtain. Tickets: \$28/adult, \$24/seniors and students. Performance Dates: Jan. 17, 18, 24, 25, 26, 30, Feb. 1. Tickets at www.restonplayers.org.

"The Mountaintop." Now thru Feb. 2. At NextStop Theatre, 269 Sunset Park Drive, Herndon. "The Mountaintop" is a historical drama taking place in Dr. Martin Luther King, Jr.'s hotel room the night before his assassination. He meets a young maid who forces him to consider exactly who and what he is fighting for. Full of vivid theatricality, poetic language, and surprising twists, this drama takes us to the summit of a man's historic life and offers a stunning view of his dream for our nation. Visit the website: www.nextstoptheatre.org/shows/mountaintop

WEDNESDAY/JAN. 22

"Judy" Movie. 10 a.m. At Reston's Bow Tie Cinemas, Reston Town Center. The Reston Association, in cooperation with Reston Town Center Bow Tie Cinemas, and sponsored by Tall Oaks Assisted Living, presents Senior Movie Day on the fourth Wednesday of each month. Refreshments are provided, and door prizes are distributed prior to the movie. Registration is not required. Free for ages 55-plus.

Memory Depot Orientation. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about the Memory Depot station, a do-it-yourself location for scanning your slides, negatives and photos and to transfer your VHS or audio cassettes to digital formats. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Indoor Cycling for Teens. At New Trail Cycling Studio, Lake Anne, Reston. Classes will be offered every Wednesday at 4 p.m. for teens ages 12-17. Classes will be 50 minutes long but will include an extended 10 minute stretch and core workout at the end. Coaches are trained in working with teens and will provide an appropriate workout and playlist for the group. Teens must be ages 12-17 and at least 4-feet-11 to fit the bikes. Classes will be taught to all fitness levels and each teen will be set up before class starts to ensure a proper bike fit. To join the free class, teens should create their own account (or have their parents create their account if they're under 13) on www.newtrailcycling.com.

Home Selling Seminar. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Peggy Yee with Frankly Realty will present professional tips on selling your home. Adults. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

THURSDAY/JAN. 23

Toddler Storytime — Big Frog Can't Fit in! 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Come hear this vibrant and engaging pop-out story by Mo Willems. Age 2 with Adult. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Teen Advisory Board (TAB). 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr,



Virginia Polar Dip

Kalypso's Sports Tavern staff takes the plunge in the 2018 Virginia Polar Dip dressed as Power Rangers.

SATURDAY/FEB. 1

Freezin' for a Reason Polar Dip. 2 p.m. At Lake Anne Plaza, Reston. Registered participants will take the plunge either by canon-ball jump or a "Chicken Dip" – to raise funds for Camp Sunshine. The Virginia Polar Dip is a fundraiser for Camp Sunshine, a national year-round retreat for children with life-threatening illnesses and their families. This year's goal is to raise \$100,000, which will allow 40 families from the Mid-Atlantic area to attend Camp Sunshine. The event is sponsored by: Kalypso's Sports Tavern, David Madison Photography, Lake Anne Village Center, Reston Community Center, Salon Khouri, Ourisman Chantilly Toyota, Reston Association, Fairfax County Cold Water Dive Team, Manor Works Painting, Loebig Chiropractic & Rehab, and Onelife Fitness. Cost is \$100 minimum donation to plunge and is open to anyone willing to brave the elements for a good cause. Visit www.freezinforareason.com.



"The Mountaintop"

"The Mountaintop" will be presented Jan. 9 to Feb. 2 at NextStop Theatre in Herndon.

NOW THRU FEB. 2

"The Mountaintop." At NextStop Theatre, 269 Sunset Park Drive, Herndon. "The Mountaintop" is a historical drama taking place in Dr. Martin Luther King, Jr.'s hotel room the night before his assassination. He meets a young maid who forces him to consider exactly who and what he is fighting for. Full of vivid theatricality, poetic language, and surprising twists, this drama takes us to the summit of a man's historic life and offers a stunning view of his dream for our nation. Visit the website: www.nextstoptheatre.org/shows/mountaintop

Reston. Join TAB to gain leadership and volunteer experience and share your ideas about how to make the library a wonderful place for teens. Volunteer hours granted. Age 13-18. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

FRIDAY/JAN. 24

Family Yoga. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Enjoy playful yoga, stories and songs with a children's yoga instructor. Bring a mat or blanket. Cosponsored by FRRL. Are 2-4 with adult. Please register. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

SATURDAY/JAN. 25

Memoir Writing Workshop. 10 a.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover the power of writing your

story. Everyone, from beginners to published authors, will enjoy learning how to write their unique story in this workshop led by Shabnam Curtis, author of My Persian Paradox: Memories of an Iranian Girl. Adults, Teens. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

STEM Club. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Navigate and explore a series of challenging Sphero Ball Robot Mazes using iPads. Age 6-13. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

SUNDAY/JAN. 26

Sunday Funday. 1-4 p.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Drop by the Children's desk on any Sunday for a fun independent activity. Perhaps you will create a flannel board, or play Book Bingo, or explore the library with a scavenger hunt. We will have a new activity each month. Age 5-11.

No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

MONDAY/JAN. 27

Cook Up a Pot of Stone Soup. 10:30 a.m. to noon. At Floris Schoolhouse, Frying Pan Park, 2709 West Ox Road, Herndon. Learn how easy and satisfying it is to prepare home-cooked soups in winter and create your very own version of "Stone Soup." Hear the children's tale about "Stone Soup" and work with the group to cook up a pot of soup large enough for everyone to take home a serving. Participants will also learn the history and origins of several different ethnic soup styles and sample each style featured. Cost is \$10 per person. Call 703-437-9101 or visit <https://www.fairfaxcounty.gov/parks/frying-pan-park>.

Nose to Toes Yoga. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Explore yoga poses and movement while enjoying books and songs with a children's yoga instructor. No experience needed. Cosponsored by FRRL. Age 3-5 years with adult. Please register beginning Jan. 13. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Preschool Storytime — Fairy Tales. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. This month we will foster your little one's love of reading with stories, songs, and crafts focused on our favorite classic fairy tales! Age 3-5 with adult. NO Registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Librarians Review the Best Children's

Books. 7 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. Caldecott, Newbery, Coretta Scott King, Pura Belpre and Stonewall Medals will be awarded on Jan. 27 by the American Library Association. Join in that evening in-store or via Facebook Live as two of our favorite school librarians, Heather Brown and Kate Clark, review the winners, the contenders and some of the truly great books for kids written in 2019.

TUESDAY/JAN. 28

Baby Steps Storytime. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. An interactive storytime for you and your child. Age 12-23 months with adult. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Baby Play and Explore. 11 a.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Join in an hour of unstructured play and social time for babies. Cosponsored by Friends of the Reston Regional Library. Age birth-18 months with adult. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

Free Ice Skating Event. 3:30-5 p.m. At Ashburn Ice House, 21595 Smith Switch Road, Ashburn. The Ashburn Ice House is celebrating National Skating Month with a free skating event. Skates will be provided at no cost to all participants. Complimentary group skating lessons will be offered at 3:30 p.m., 4 p.m. and 4:30 p.m. All ages are welcome. Ice space is limited to 200, so come early. Visit <https://www.ashburnice.com> or call 703-858-0300.

Distinguished Speaker. 7:30 p.m. At Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. NVHC Distinguished Speaker Series presents Amir Tibon — "An Israeli Reporter in Trump's Washington: Another Year." Tibon is the Washington correspondent for the Haaretz Newspaper. Visit www.nvhcreston.org.

WEDNESDAY, JAN. 29

Memory Depot Orientation. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about the Memory Depot station, a do-it-yourself location for scanning your slides, negatives and photos and to transfer your VHS or audio cassettes to digital formats. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

THURSDAY, JAN. 30

Dollars and Sense. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. They will be discussing "Dollars and Sense" by Dan Ariely. The event is free and open to the public. Adults. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>