

Oak Hill Herndon CONNECTION

From left: sixth-grade students at McNair Elementary School in Herndon, Venkata Srikakolapu, 12, Anika Badatala, 12, Ria Goel, 12, Zoe Rodriguez, 12, Adarsh Iruvanti, 11, and Aditya Nair, 11, point out their favorite squares in a completed Love Quilt.

Giving More Than Love

NEWS, PAGE 5



Town Solicits Budget Comments

NEWS, PAGE 3

Herndon High Presents 'Broadway Our Way'

CALENDAR, PAGE 8

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News

Herndon Village Network Reaches Out to Kendrick Court Apartments

Herndon Village Network (HVN) has announced an exciting expansion of its services. Senior citizens at Kendrick Court Apartments are now eligible to receive much-needed transportation for doctor appointments, shopping, social outings, and more.

"Thanks to growing community support, Herndon Village Network (HVN) has sufficient funding and volunteers to begin its much-needed expansion from Herndon 20170 into Herndon 20171, and Kendrick Court Apartments is the perfect beginning," said Penny Halpern, President of HVN's Board of Directors. "I would love to see even more neighbors volunteer to drive two or three times a month. That would allow HVN to offer services throughout 20171."

Herndon Village Network currently has 100 senior citizen members, who pay only \$20 per year for unlimited access to day and evening transportation on weekdays and weekends. In 2019, volunteer driv-

ers provided members 908 rides, totalling 19,578 miles. This more organized concept of neighbors helping neighbors encourages older residents to age in the Herndon community and allows them to maintain established routines and connections, which results in a higher quality of life.

Herndon Village Network (HVN) invites every senior citizen, age 55 or older, who no longer can drive—or who feels uncomfortable driving—to become a member this year. The only requirements are that members pay a \$20 annual fee, schedule transportation at least 48 hours in advance, and reside, permanently or temporarily, in the Herndon 20170 zip code or in Kendrick Court Apartments. HVN also invites volunteers interested in making a difference to join the driving team. For more information about becoming a member, volunteering as a driver, or making a donation, please send an email to herndonvillagenetworkinfo@gmail.com or visit HerndonVillageNetwork.org.

Confusing Headline

To the Editor:

When I got my recent edition, I was confused by the headline "Chronically the Past in Bronze". I thought maybe it was a typo. Then I opened the ar-

ticle and saw the same thing. Has the education system done so poorly that journalists don't understand the English language? What about editors... why didn't they catch this?

As a taxpayer of 30 years in Fairfax County, I would like to know how this happened.

Lenny Wolfe
Oak Hill



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Publishes:
Feb 26, 2020

Ads close:
Feb 20, 2020



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Town Solicits Budget Comments

Councilmembers and citizens speak out.

BY MERCIA HOBSON
THE CONNECTION

During a public hearing at the Tues., Feb. 11, Herndon Town Council Session, Council unanimously approved as presented Resolution 20-G-08, to solicit public comment for consideration during the development of the Town Manager's proposed budget for Fiscal Year 2021.

"Simply put, this is an opportunity for citizens and businesses to come here and offer up suggestions they would like to see in our annual budget," said Town Manager Bill Ashton. "We are getting our revenue projections back. We are starting to crunch through some of the departmental requests in those numbers, (and) we are prepping to meet with you all in the coming week or so," Ashton said.

Councilmembers strongly urged citizens to speak out either at the public hearings or via a comment form on the Town's website, <https://www.herndon-va.gov/>. "This will be a tough budget season," said Councilmember Jennifer K. Baker.

During comments, Town of Herndon resident Alexander Burke asked if the Town invested reserve funds in Wall Street or maybe overseas to raise more capital. Burke asked, "What direction do you think we should go in, investing our reserve money?"

TOWN OF HERNDON RESIDENT Ann Vayda acknowledged she appreciated the arts, the rich activities the Town offered and all the subset of interests in the Town. However, she thought it "dangerous when governments get involved in arts... making artistic decisions of funding or not funding," she said. "I think it's very important that all of our hobbies and interests be self-sustaining," Vayda said.

Councilmember Bill McKenna responded to Burke's comment about the Town investing its Reserve Fund in Wall Street and global funds. According to McKenna, there were rules and regulations, namely the Dillon Rule to consider as it is used in interpreting the law about whether or not a local government has a certain power. "We can't arbitrarily put money in an international fund and things of that nature. It has to (fall) within the construct of the Virginia



Bill Ashton,
Herndon Town
Manager.



Mayor Lisa
Merkel.



Town of
Herndon resi-
dent Alexander
Burke.



Town of
Herndon resi-
dent Ann Vayda.

SCREENSHOTS VIA TOWN WEBSITE

Budget Comments Received Through Feb. 11

Dana Bessey: It seems noteworthy the crime in the last year is a huge problem...Perhaps this means more officers.

Barbara Glakas: Oak Grove School (was) the last segregated school in Town for African American students...As much as I would like to say, "Save this historic/meaningful building," I also realize it may not be possible if the town employees who work there are working in unhealthy conditions due to bad HVAC, leaks, mold or whatever. This has been one of those "kick the can down the road" issues...I know we have some budget constraints in the near future, but I hope some decision about 1481 can be made soon. (Oak Grove School building is located at 1481 Sterling Blvd., part of the Herndon Public Works Complex.)

Robert McCollum: Herndon Metro Stop opens toward the end of the year, traffic, parking and life as we know it in Herndon will change...As such, has Herndon planned for this type of parking "invasion"...Does our budget account for the possible new parking signs needed and other pertinent resources needed? Does our budget account for possible additional parking enforcement resources needed to police and enforce this 24 x 7?

Charles Williams: Focus on reducing mailing costs for the Town...Eliminate the mailing of paper water bills...Eliminate the annual calendar's mass mailings...Calendars should not be discontinued...(Distribute) on an opt-in basis, copies available at locations as the Community Center...Establish a task force to use business practices such as Lean Six Sigma.

State Statutes," he said.

Councilmember Jennifer K. Baker said, "There's a lot of external factors at play (this budget season). There's a lot going on certainly with the Town and outside the Town that's going to impact our budget," said Baker. According to Baker, approximately 70 percent of the Town budget was for personnel. She stressed that for the Town to stay competitive and retain the great employees and the great customer service citizens had come to know and expect, Council wanted citizen input and involvement. "A budget represents your values; what you see as a town, a citizenry... We certainly

want the input from as many citizens as possible in what we collectively want to invest in," Baker said.

Vice Mayor Sheila A. Olem approached the budget conversation from a different angle. She recalled historical expenditures like money spent on the lighting on the W&OD Trail that makes it "a wonderful freeway to our downtown." "So the things that make Herndon awesome, if we take them all away, I don't think we will be, but we all need to sit down and have the talk at the table. I love our parks. It would be really easy for us to sell all those and just collect revenue because we don't collect taxes on

those because they're government-owned. But that is part of what makes Herndon absolutely awesome; having parks close enough for everyone in our Town to just take a walk...Please keep talking and sending us letters," she said.

Councilmember Pradip Dhakal said, "It's your money, and you decide how you want the money to be used." Dhakal's focus was the elimination of waste, making systems such as trash collection more efficient and labor through the reorganization of staff positions.

"I encourage us all to think bigger," said Councilmember Signe Friedrichs. "We can't achieve a healthy economy if people don't want to live here," she said. Friedrichs referenced words spoken by Victor Hoskins at a recent meeting she attended. Hoskins helped Arlington land Amazon and now is Fairfax County's economic chief. One of the most significant problems Fairfax County encounters right now said Friedrichs is that it has "the biggest brain drain in the country." "We train a lot of young people to be Cybersecurity experts; we train them to be computer whizzes... (And) they're leaving us. As soon as they graduate, they are going someplace else. And the main thing that they cite is the standard of living. It's more enjoyable to live somewhere that is beautiful, somewhere you can walk. Someplace where there is public transportation...Right now, we're in a good position, but I fear if this continues, Cybersecurity jobs are going to leave the area, and we will suffer a certain amount of pain from that... So please send us your comments," said Friedrichs.

ACCORDING TO MAYOR Lisa Merkel, the Manager's proposed budget for Fiscal Year 2021 will be released on Apr. 1, "...which I always find hilarious," she said. There will be two public hearings, April 14 and 28. "But please, don't wait until then to let us hear from you," said Mayor Merkel.

Town Councilmember Cesar del Aguila could not attend the Feb. 11. hearing. Afterward, del Aguila said, "In my humble opinion, predecessor councils did the town disservice by not positioning us for growth and the expanding demand for services. Not investing in the town's future has limited us concerning budget choices and projects. We need to transform our reactive ways to proactive investing for the benefit of our town in the years ahead."

The Town's FY 2021 budget must be adopted by June 30, 2020.

BULLETIN BOARD

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

MONDAY/FEB. 24
NARFE Dulles Chapter 1241 Luncheon. 11:30 a.m. At Amphora Diner, 1151 Elden

Street, Herndon. Featuring speaker Pete Kirby, Retired Fire Chief, Centreville Fire Department, who will speak on fire prevention and response. The cost of the luncheon is \$18.15 which includes tax and a small gratuity.

TUESDAY/FEB 25
INOVA Blood Drive. 1 - 5:30 p.m., beside the Pavilion at Reston Town Center, Reston. Schedule

Bloodmobile appointments at 1-866-256-6372 or inovablood.org.
Paving and Restriping Meeting. 6:30 p.m. At Terraset Elementary School, 11411 Ridge Heights Road, Reston. The Fairfax County Department of Transportation will hold community meetings in every district of the county this spring with the Virginia Department of Transportation (VDOT) to discuss proposed 2020 paving and restriping projects. The first meetings will be

held in the Hunter Mill and Springfield Districts in February. The meetings will begin at 6:30 p.m., with a formal presentation beginning at 6:45 p.m., followed by time for questions, feedback and comments. For residents who cannot attend the meetings in person, the meeting presentation will be available on the District paving and restriping webpages, and feedback may be submitted online for two weeks following the meeting. Visit the

Fairfax County 2020 Paving and Restriping Program: <https://www.fairfaxcounty.gov/transportation/2020-paving-and-restriping>.

WEDNESDAY/FEB. 26
DMV2Go at the Pavilion. 9 a.m. - 4 p.m. At the Pavilion at Reston Town Center, Reston. The

SEE BULLETIN BOARD. PAGE 7

OPINION

Black History Month 2020

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



A tradition in the House of Delegates that has come about in recent years is to have a speech at the beginning of each daily session during February about a Black person. Some speeches are about well-known historic figures; most are about lesser-known Black persons who have made contributions to their communities and to the state. After all, the point of Black History Month is to have all of us gain a greater knowledge and appreciation of Black persons' contributions to our history. The Legislative Black Caucus organizes the event, and I am pleased to have been invited to speak each year at one of the daily sessions. This year I spoke about the late Gwen Ifill of PBS NewsHour and Washington Week in Review who was the first Black woman to become a national news commentator. I always appreciated receiving the daily news from her in her calm and professional manner. Not all speeches are about historic figures; one delegate spoke

this year about his experiences of growing up Black.

I predict that in future years a speech will be made on the floor of the House of Delegates about the 2020 Virginia General Assembly being a transformative event in Black history. Black experience accounts for a major portion of the story in a state that unfortunately has been known for centuries for its racist policies. The first enslaved Africans were brought to Virginia in 1619, and the slave codes that were enacted to keep them subjected as slaves were inhumane. When the tobacco fields were no longer productive, Virginia's chief source of income became the selling of slaves into the deep South. Even the freeing of the slaves with the Civil War did not bring equal rights to Virginia's Black population. Slave codes were replaced by Jim Crow laws. Voting by Blacks was restricted. Their separate schools and other accommodations were not equal.

Supreme Court decisions and the Civil Rights Act of 1964 and the Voting Rights Act of 1965 brought about changes that started Black people on the way to greater freedom. A suc-

cessful lawsuit against gerrymandering in the state along with greater voter participation brought about a record number of Black candidates being elected to the General Assembly. Black legislators took on greater roles of responsibility in the 2020 session of the legislature. The first Black woman was elected Majority Leader of the House of Delegates, and the first Black woman was elected President of the State Senate. While there had been a few Black committee chairs over the years in the House of Delegates, half of the fourteen committee chairs are now Black. Vestiges of Jim Crow laws that remained in the Code even though they had been overturned by the courts are being stripped away. Localities are being given permission to deal with Confederate monuments that were the symbols of Jim Crowism. Laws that were unevenly applied to Black persons are being amended or repealed. Black cemeteries are being cared for as the Confederate cemeteries were for many years. A commission is going to look at the teaching of Black history in our schools to ensure that it tells the whole story. Major strides are being made in this month of Black history!

Arriving at Crossover with Many Bills Moving

Driver privilege, minimum wage, class action lawsuits, marijuana decriminalization ...

BY SEN. SCOTT SUROVELL
(D-36)



The sixth week of the General Assembly brought us to "crossover" – the day each chamber is required to cease work on their own bills and work on bills from the other chamber.

The last two days brought furious action on many major bills. Forty-three of my own bills crossed over to the House of Delegates. Last week, the Senate passed my legislation creating driver privilege cards for undocumented immigrants for the first time and on a bipartisan basis. We still have work to do in order to reconcile the House and Senate bills, but it will change the lives of over 100,000 Virginia residents.

We also passed my legislation authorizing state-level class action lawsuits. Forty-eight other states and the District of Columbia already allow similar lawsuits. The lack of such remedies in Virginia means that corporations can steal money from Virginians in smaller amounts and never face justice.

The Senate also approved my bill allowing people to expunge evictions that have been dismissed. Companies have begun to collect and disseminate eviction records to landlords and the existence of multiple dismissed and unfounded eviction cases can present a barrier to property rental. My bill will allow people to clear unfounded lawsuits from their third party data files.

We also passed my bill to create the Virginia

Efficient and Resilient Buildings Board. It requires each state agency to designate an energy manager to monitor and reduce energy consumption over time. Energy efficiency is America's cheapest energy resource to access and I appreciate the collaboration with my constituent Elizabeth Beardsley and the United States

Green Buildings Council who brought this concept to my attention.

The Senate also approved my bill I am carrying with Del. Kathleen Murphy to create two hundred \$4,000 college scholarships for children in families who receive Temporary Need for Families (TANF). The bill has passed the Senate four times but always dies in the House. This year will be different.

Beyond my own bills, we took action on majority legislation. Sen. Adam Ebbin's marijuana decriminalization bill passed with a large bipartisan majority. The bill is not perfect, but an appropriate first step as we move towards legalization.

I helped to negotiate the Senate's proposed minimum wage increase. The bill increases the state minimum wage to \$9.50/hour starting January 1, 2021. The wage then increases \$1/hour per year starting July 1, 2022 until it reaches \$15/hour and then increases with the Consumer Price Index. Other parts of Virginia would be divided into Wage Regions and the wage increased on a basis relative to their Median Family Income compared with Northern Virginia. We also created an exemption for training employees and students employed

part-time while in college or high school. The House approach is much different and must be reconciled.

Both chambers passed legislation allowing collective bargaining by public employees, ending Virginia's ban on project labor agreements, and allowing localities to require prevailing wages to be paid in public contracts. We also passed legislation creating private actions for worker misclassification, employer retaliation for reporting illegal conduct, and wage theft.

On the energy front, we passed bills endorsing a renewable energy portfolio standard or mandate that utilities shift to renewable energy by certain deadlines. We created a framework to authorize a \$2 billion investment in offshore wind that will make Virginia and Hampton Roads a national leader in technology deployment.

We also passed legislation to officially join the Regional Greenhouse Gas Initiative (RGGI) also known as "Reggie." Joining this compact will give the Commonwealth greater flexibility in reducing carbon emissions and net the Commonwealth \$100 million per year in revenue given the progress we have made this far relative to other compact states.

We also passed Senator Adam Ebbin's legislation authorizing a statewide tax on plastic bags of \$0.05 per bag. It only applies to bags in grocery, convenience, and drug stores, but not restaurants. The monies will go to the General Fund and retailers will be allowed to keep \$0.02 of the tax to defray the costs of collection.

Each chambers' proposed budgets will come out before this goes to print and we will also begin work on legislation from the opposite chamber and the state budget. Please send me any feedback at scott@scottsuovell.org.

Oak Hill & Herndon
CONNECTION

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunc@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



Giving More Than Love

McNair E.S. students participate in The Love Quilt Project.

By Mercia Hobson
The Connection

Approximately one hundred eighty sixth grade students at McNair Elementary School in Herndon did not know South African children are in crisis. HIV/AIDS has orphaned 2.3 million children, reported The Love Quilt Project on its website. The students did not know they could create cloth art squares with messages and images of love to be the center square within each block in a log cabin quilt design. Volunteers would sew the quilts to be distributed to South African children in foster homes for those orphaned, abandoned and HIV/AIDS impacted. They did not know the quilts could do more than keep the children warm, but wrap them in love by providing tangible emotional support and moments of joy. And the students did not know there was a non-profit organization based in Arlington, called

The Love Quilt Project that uses the power of love to change the lives of these South African children as well American children, many of them affected by HIV/AIDS.

TWO REPRESENTATIVES from the non-profit organization visited the sixth-grade students at McNair E.S. on Valentine's Day, 2020. At 9:30 that morning, the children entered the school cafeteria and met Gretchen Ginnerty, President of the organization and Sue Bentley, Secretary. The students discovered as Ginnerty said, "South Africa is beautiful." Together Bentley and Ginnerty presented a brief history of the country, the impact of apartheid and separate development, and the burden the HIV pandemic and AIDS epidemic put upon the citizens, especially the children. The students learned about the country's influential leaders, including Nelson Mandela, who said, "Education is the most powerful weapon which you can use to change the world." According to Ginnerty: "For every child in South Africa who receives a quilt, The Love Quilt Project makes a donation to purchase educational supplies such as books, shoes, uniforms and tuition to attend a fee-paying government school...Education is the key to successful adulthood.

"The loss cannot be changed," Ginnerty said, referencing the loss of the children's parents and their family homes. However, the students at McNair E.S. could make a difference to some of the South African children by creating the center of quilt blocks; their fabric art squares emblazed with personalized messages and images of hope. "The overall quilt pattern is the same, a log cabin pattern," said Bentley. It was meant to symbolize home. "You can see there is some dark fabric on one side of each square, and then you see there is lighter fabric on the other side. The darker side symbolizes the dark days of life. We all have those. And there's the lighter side, the fun days of life. And what holds it together is love, (the center square)," said Ginnerty. "We are trying



From left: Executive officers of The Love Quilt Project, Gretchen Ginnerty, President and Sue Bentley, Secretary tell sixth-grade students at McNair Elementary School in Herndon that the South African children who receive the Love Quilts continue to be inspired by the quilts long after the day they first receive them.



One hundred eighty students at McNair Elementary School in Herndon listen as Gretchen Ginnerty, President of The Love Quilt Project tells them the story behind the organization and its mission.



to teach the children they are loved. No matter what you look like or where you come from, you deserve love," Ginnerty said.

GINNERTY said that before the children receive their quilts, The Love Quilt Project asks "in a spirit of reciprocity," that they create a supportive message to a child in America who is affected by HIV/AIDS. According to a school representative, tentatively, the McNair E.S. students will draw their center squares the week of Feb. 24.

Visit <http://www.lovequiltproject.org/donatepage> to donate to The Love Quilt Project

McNair Students Reflect on Their Proposed Designs

Srikakolapu, 12: I will write, "A great path will come to you." The path will look like a rainbow or something colorful and a person walking on it.

Anika Badatala, 12: I will use half the square to draw a moon... the other half the sun. That will symbolize not all days are going to be sunshine and rainbows. Some days can be bad, and you have to push through the days and keep going.

Ria Goel, 12: I will draw a heart and write the words love and hope because I want the child who receives the quilt to feel hope and never forget... (he or she) is loved in this world.

Zoe Rodriguez, 12: Drawings-Heart for love, Wings for faith, and Peace Sign for hope. Don't let the darkness keep you down; let the love bring you up.

Adarsh Iruvanti, 11: My design will include two sides-one light, one dark to show the good and bad things in life. The center will have puzzle pieces shaping a heart...very colorful. Inside will state, 'We are all connected'... Underneath is a message, 'Even though we are all different, we all smile in the same language.' This shows that no matter what happens, love brings everyone together.

Aditya Nair, 11: I will draw a heart with the word 'LOVE' in bubble letters, with pink in it; then the heart in red...I will also write in bubble letters, 'HAVE HOPE' and color it in multiple light colors, and write near it, 'YOU HAVE OUR LOVE.' I'm doing this because the light colors will hopefully let them know a feeling of calm from all the pain and to just hold onto the love they are getting.

"You are a generation that never existed before; you can reach out across the world in a nanosecond," says Gretchen Ginnerty, President of Love Quilt Project.

Legals

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

-Werner Heisenberg

Obituary



Wallace William Farrar, Jr. 98 died peacefully on Wednesday, February 12, 2020 at Spring Arbor of Winchester. Beloved husband of the late Kathryn Farrar. Loving Father of Melinda (John) Russell and Bill Farrar. He is also survived by 5 grandchildren and 6 great grandchildren. Family will receive friends on Saturday, February 15, 2020 from 6 to 8 pm at Adams-Green Funeral Home. A funeral service will be held on Sunday, February 16, 2020 at 1 pm at Sterling United Methodist Church. Interment Chestnut Grove Cemetery. In lieu of flowers donations may be made to Blue Ridge Hospice Winchester, VA. Condolences may be made at www.adamsgreen.com.

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NEWS

Catholic Charities Gala Raises Funds to Help Those in Need

On Feb. 7, 2020, Catholic Charities of the Diocese of Arlington held its 38th Annual Ball at The Ritz-Carlton in Tysons Corner. The event was sold out with more than 1,000 attendees. It is the largest annual fundraiser for Catholic Charities, raising a significant portion of the resources needed to support 21 programs serving those in need throughout the 21 counties and seven cities of the Diocese. This year's theme was, "With Love and Charity."

"I am incredibly grateful for yet another successful Catholic Charities Ball, and for the sacrifices those in attendance made to support the many Catholic Charities ministries which uplift the needy and vulnerable in our Diocese," said Bishop Michael F. Burbidge, Catholic Diocese of Arlington. "It is inspiring to see so many people compelled to model Christ's own love for us through generosity and faith. They have shown tre-



PHOTO BY JENIFER MORRIS PHOTOGRAPHY.

Attendees Mr. and Mrs. Ray and Laura Bennett.

mendous compassion and opened their hearts to the light of Christ's message. The Catholic Charities Ball has a long tradition of helping those in need through the generosity of those who attend. I pledge my continued support for the Ball and pray that we only increase the number of people we serve in years to come."

For more information, visit www.cdda.net.

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Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

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BULLETIN

FROM PAGE 3

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.asp.

THURSDAY/FEB. 27

Affordable Housing For Seniors: Preservation Project Kick-off. 1:30 p.m. At Hunters Woods Fellowship House, 2231 Colts Neck Road, Reston. Join in a kick-off of a major renovation project on the 225-unit Hunters Woods Fellowship House. They are investing \$12 million to modernize and upgrade this important community landmark that helps so many seniors who otherwise could not afford to live in the Reston area. Hear from all the key stakeholders – including the residents – what this project means to them and to the community.

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.nami-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 1 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 through Weekend Food for Kids, tutoring programs and providing new clothing and layettes. To learn more, email: info@alnv.org, or visit www.alnv.org.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonsfoundation.org. Call Natalie McCall nmccall@onelifitness.com 703-904-7600 for more.

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One Step Forward, Hopefully Not Two Steps Backward



By KENNETH B. LOURIE

And so, what happens next? There's calm and then there's an eventual storm. The storm to which I refer is what will happen after the March 2nd meeting with my endocrinologist when she will assess and determine the next step in my post-thyroidectomy treatment. Presumably, in conjunction with my oncologist, a coordinated plan will be implemented for treating my two cancers. I can't imagine however, that being treated for two cancers, simultaneously, will be easier than being treated for one. And I doubt, although I don't know, that one medicine will be recommended for the treatment of both my non-small cell lung cancer and my thyroid cancer. We'll know soon enough.

In the interim, I intend to acknowledge and appreciate how easy these next few weeks will be. No appointments with doctors, no diagnostic scans, no procedures, no medicine - and no side effects, and no lab work other than as needed, to measure my calcium and magnesium levels and any other thyroid-related effects. Moreover, I am free to come and go as I please. And it does please me. Because I've earned it. I deserve it and I'm going to bask in it. You think being a cancer patient under constant treatment - for nearly 11 years is in any way amusing? Hardly. I make fun of it to make light of it. Otherwise, the weight of it would crush me. And even though my father always said I had broad shoulders, I'm always fearful that the next result will be the straw that finally breaks this camel's back. After all, I'm only human.

But for now, February 9, as I sit and write, I am three weeks and one day to my next reckoning. And since it's early days yet to know what life will be like after that March 2nd appointment (radiation and/or chemotherapy possibly), I will try to be blissfully ignorant and not think too much how easy and unencumbered my life is at the present. As a cancer patient, ceding control where you can and securing it where you thought you couldn't are keys to managing expectations and minimizing aggravation. Unfortunately, there is no one key that unlocks all doors. And there are plenty of doors, and plenty of doctors too, and plenty of fear waiting for one of your doctors to walk through any of these doors to deliver the results from your most recent cancer-related whatever.

None of which concerns me right now, or rather it shouldn't. And if there's any port in this storm where I can offload some anxiety and get in a little R&R, literally, figuratively, hypothetically, magically, unexpectedly, I should jump at the chance. I am reminded of a conversation I had with my oncologist years ago when I experienced a similar interval between treatment. The medicine I was on had stopped working so we needed to start another, another with unknown benefits and side effects. My oncologist suggested that since I felt good, perhaps we should delay the beginning of the next infusion and that I should take that trip I had always dreamed of because I might never feel this good again. I didn't then and I won't now. When I jump however, I can barely get off the ground.

I haven't exactly been presented this time, with this kind of do-before-you-die opportunity, but there is an erie familiarity to my circumstances. And though I've been down this road trying-to-find out before, I can't be at all certain to what kind of twists and turns await. The last thing a cancer diagnosis provides is a guarantee. Actually, that's wrong. A cancer diagnosis does provide a guarantee: that there are no guarantees. And so, as I prepare for the next phase of my life, the one that begins 11 years after being diagnosed with non-small cell lung cancer, stage IV and being given a 13 month to two-year prognosis to boot, I will quote the late, great Satchel Paige: "Don't look back. Something might be gaining on you."

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

AARP Tax-Aide Program. Feb. 1 to April 14. At RCC Hunters Woods, 2310 Colts Neck Road, Reston. Tuesdays: 9 a.m. – 2 p.m.; Thursdays: 4:30 p.m./– 8:30 p.m.; and Saturdays: 9 a.m./– 3 p.m. Free. For taxpayers with low and moderate incomes with special attention to those 60 and older. AARP's Tax-Aide program was created nearly 40 years ago to assist older adults as well as persons with low and middle incomes in successfully navigating the tax code. All tax preparation is free and confidential. For more information, contact the Lifelong Learning Program Director, Casmera Lebron at 703-390-6157.

RCC Collecting Dresses and Accessories. Feb. 1-29. Reston Community Center is accepting donations of gently used dresses and accessories for its 18th annual Diva Central Dress Drive. From Feb. 1 – 29, RCC will be collecting the items at its Hunters Woods and Lake Anne locations. In addition to dresses, RCC needs donations of shoes, jewelry, handbags and shawls. Donations are tax-deductible and may be dropped off Monday – Saturday, 9 a.m. to 9 p.m.; 9 a.m. to 8 p.m., Sundays. This year's dress and accessories giveaway event is planned for Saturday, March 28, from 11 a.m. to 3 p.m. at RCC Lake Anne, 1609-A Washington Plaza in Reston. All local middle and high school students are invited to attend and “shop” for dresses, shoes and other accessories for free.

WEDNESDAY/FEB. 19

Podcast Club. 6:30 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. If you enjoy bite-size stories that you can listen to, come discuss a monthly selection of podcasts. You can listen on a computer or a mobile device through any of several free apps. Every month listen to at least four episodes of your choosing of the podcast.

THURSDAY/FEB. 20

Weekend Food for Kids. 10-11:30 a.m. At Dominion Energy, 3072 Centreville Road, Herndon. Join in this fun event to support local children. Assistance League of Northern Virginia invites community members to the Weekend Food for Kids monthly packing. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals at local Title I elementary schools. Arrive at 9:30 a.m. if you would like to help with setup. Free. Visit the website www.alnv.org

Toddler Storytime. 10:30 a.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Featuring Elmer the Patchwork Elephant. Design your own “unique” elephant like Elmer. Age 2 with Adult. No registration required. Call: 703-689-2700.

Managing the Loss of a Loved One. 2-4 p.m. At RCC Hunters Woods, 2310 Colts Neck Rd, Reston. Participants will learn how to manage all of the practical and legal details that follow the death of a family member. Free; registration required, #500489-0A.

Magic Tree House Book Club. 4:30 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Read to Discuss: Day of the Dragon King by M.P. Osborne. Copies available at the Children's Desk. Grades 3-4. No registration required.

Creative Response at GRACE. 7 p.m. At GRACE, Reston. A short presentation by an expert is followed by open conversation responding to the gallery's Moira Dryer exhibit. Free. Sponsored by Reston Community Center. Call 703-471-9242; Visit www.restonarts.org

Race in Virginia – How We Got to Where We Are Now. 8-9:15 p.m. At Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Featuring Jennifer Ritterhouse, author of Growing Up Jim Crow: How Black and White Southern Children Learned Race and Discovering the South: One Man's Travels Through a Changing America in the 1930s. She is a professor at George Mason University. Visit www.nvhcreston.org

THURSDAYS, FEB. 20-MARCH 12

Introduction to Band Saw Box Making. 6:30-9:30 p.m. At RCC Hunters Woods, 2310 Colts



Herndon High School Broadway Cabaret

Herndon High School's Cabaret will take place Feb. 21-22 at Herndon High School.

FEB. 21-22

“Broadway Our Way” Cabaret. 7-9 p.m. At Herndon High School, 700 Bennett Street, Herndon. This year's theme is “Broadway Our Way.” Although the school is under construction, they are not letting that stop them from performing your favorite Broadway show tunes. This is a high-energy performance filled with singing, dancing, costumes, laughs, tears and quality entertainment. They will be performing songs from “Les Mis,” “Shrek,” “Beautiful,” “Pajama Game,” “Addams Family,” “Mary Poppins,” “Damn Yankees,” and many others. Directed by Dana Van Slyke and choreographed by Colby Dezelick. Tickets are \$10.

Neck Rd, Reston. Learn the skills necessary to make unique band saw boxes. Participants will develop basic woodworking skills and how to practice strict safety in the woodshop. Cost is \$95 (R)/\$76 (R55+)/\$143 (NR), #505963-0B

FEB. 20 TO MARCH 15

Ordinary Days. At NextStop Theatre, 269 Sunset Park Drive, Herndon. “Ordinary Days” is an intimate musical about four young New Yorkers searching for love, beauty, and purpose in a big and unforgiving world. Performances are Thursday-Sunday and tickets start at \$40. This production is directed by Jay Brock, who previously directed Eurydice and Assassins for NextStop, and features Bobby Libby, Sarah Anne Sillers, Carl Williams, and Anna Phillips-Brown. Visit the website www.NextStopTheatre.org

FRIDAY/FEB. 21

Family Yoga. 10:30 a.m. At Reston 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. Ages 2-4 with adult.

Pakistan Under Siege. 2 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. Featuring author Madiha Afzal. Participate in a roundtable discussion on current events and U.S. foreign policy options. The topic for February is “India and Pakistan.” Speaker Ahsan I. Butt, Associate Professor, Schar School of Policy and Government at George Mason University joins author Madiha Afzal from the Center for 21st Century Security and Intelligence, Center for Middle East Policy.

Kids at Hope Program. 6:30-9 p.m. At Herndon Community Center, 814 Ferndale Ave., Herndon. Join in a fun evening of game and activities and let your child experience he or she is “Capable of Success, No Exception.” Parents will be encouraged to become Treasure Hunters and seek the hidden talents, strengths, and abilities of their children and others around them. This event is designed for children to share the fun with a caring and significant adult in their life. Therefore, a caring adult must accompany each child. Be entertained and enjoy performances by Herndon students, Zumba, service project, arts and crafts projects, and bingo. Bring your bathing suit to play in the pool. Participants will be served a slice of pizza with additional available for sale. Cost is \$2 per person or \$10 per family. Visit herndon-va.gov/recreation, or call 703-787-7300.

NOW THRU FEB. 21

S.T.E.A.M. Learning. At the Goddard School, 2400 Dulles Town Blvd., Herndon. Little ones will participate in S.T.E.A.M.-centric activities

(science, technology, engineering, arts and mathematics) and take on the role of engineers for National Engineers Week. During this week, preschoolers will spend their time designing and building structures (mini bridges, buildings, roller coasters, etc.) from classroom materials like blocks, popsicle sticks and more. The fun, hands-on S.T.E.A.M activities promote creativity, imagination and the love of learning.

SATURDAY/FEB. 22

VIDI Space Film Festival. At Bow Tie Cinemas, Reston Town Center. See screenings of awarded paraworld films and guest speakers through the day including genre celebrities Chad Lindberg, Nick Groff, Kevin Tenney, and Jeffrey Reddick. Visit www.filmfreeway.com/VIDISPACE

Discover Stone Soup. 10-11:30 a.m. At Frying Pan Park, 2709 West Ox Road, Herndon. Nothing warms you up faster in winter than a hot bowl of soup, and making homemade soup from scratch can be easy. Your group will create a soup based on the children's story of “Stone Soup.” You will also learn the history and origins of several different ethnic soup styles and sample each style featured. For participants age 7 to adult. The cost is \$10 per person. Call 703-437-9101 or visit <https://www.fairfaxcounty.gov/parks/frying-pan-park>.

Stem Club: Spatial Surprises. 10:30 a.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Come navigate the exciting world of robotics and tangrams. Learn to program robots and play math games. Age 6-12. No registration required.

Self Defense for Women. 1-3:30 p.m. At RCC Lake Anne, 1609-A Washington Plaza N, Reston. This one-day workshop for women teaches avoidance, self-defense techniques and awareness skills. Cost is \$10 (R)/\$8 (R55+)/\$15 (NR), #301963-0C.

Afternoon Poetry with Amado Lascar. 2 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Mr. Lascar will read selections from his published works in Spanish.

Mardi Gras. 7-11 p.m. At ArtSpace Herndon, 750 Center Street, Herndon. Enjoy a Cajun feast, music, dancing, beads and a raffle. Sponsored by Arts Herndon. Cost is \$50/advance; \$60/door. RSVP at ArtsHendon.org. Call 703 956 6590 or email info@artsherndon.org

MONDAY/FEB. 24

Nose to Toes Yoga. 10:30 a.m. At Reston 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.

Diabetes Self-Management. 1:30-3:30 p.m. At

RCC Hunters Woods, 2310 Colts Neck Rd, Reston. The Diabetes Self-Management Program includes topics such as exercise, dealing with difficult emotions, monitoring blood sugar, meal planning and more. Free; registration required, #503547-0A.

Preschool Storytime — Love Stories. 2 p.m.

At Reston 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 relationships ... the different people (and pets) we love and who love us. Age 3-5 with adult.

TUESDAY/FEB. 25

Baby Play and Explore. 11 a.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Join an hour of unstructured play and social time for babies. Cosponsored by Friends of the Reston Regional Library (FRRL). Age birth-18 months with adult. No registration required. Call 703-689-2700.

INOVA Blood Drive. 1 - 5:30 p.m., beside the Reston Pavilion at Reston Town Center. Schedule Bloodmobile appointments at 1-866-256-6372 or inovablood.org. On-site registration.

Tai Chi. 2 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Join us for a fun Tai Chi fitness class led by local instructor Susan Shen. Adults. Call: 703-689-2700.

Spanchats. 7 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Join the ongoing Spanish conversation group. All levels from beginner to fluent are welcome. Adults.

WEDNESDAY/FEB. 26

DMV2Go at the Pavilion. 9 a.m. - 4 p.m. At Reston Town Center, Reston. 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.asp.

“Downton Abbey” Movie. 10 a.m. At Meet Me at the Movies – Senior Movie Day at Bow Tie Cinemas, Reston Town Center. Reston Association presents the feature film Downton Abbey. Refreshments and prizes provided prior to movie. Free to 55+. Information: Ashleigh@reston.org. Call 703-435-6577 or visit www.reston.org

Wednesday Morning Book Club. 10 a.m. At Scrawl Books, 11911 Freedom Drive, Reston. Featuring A Woman of No Importance. If you enjoy history, biography and memoir, this is the book club for you! Each month, club members choose a new non-fiction title highlighting someone who's experiences offer an interesting perspective on life in both the past and present.

Memory Depot Orientation. 6:30 p.m. At Reston Library, 11925 Bowman Towne Dr., 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!

Off-the-Shelf Trivia. 6:30 p.m. At Scrawl Books, 11911 Freedom Drive, Reston. Want to find out how much fun a bookstore can really be? They talk, laugh, wander off topic, compete, listen to music and play trivia. The professional trivia master picks a theme and writes the questions; the staff awards prizes; and the customers are hilarious (and smart).

THURSDAY/FEB. 27

Teen Advisory Board. 7 p.m. At Reston Library, 11925 Bowman Towne Dr., 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. Call 703-689-2700.

Dollars and Sense. 7 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Monthly group discussion focuses on business leaders and markets. We will be discussing “The Next Millionaire Next Door” Thomas J. Stanley. The event is free and open to the public. Adults.

FRIDAY/FEB. 28

Indian Cooking. 6-7:30 p.m. At RCC Hunters Woods, 2310 Colts Neck Road, Reston. Learn to cook healthy vegetarian food from different regions of India. This will be a demonstration with some hands-on opportunities. Students will be able to taste the results. Cost is \$20 (R)/\$15 (R55+)/\$30 (NR), #503590-0A.