

Reston CONNECTION

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South Lakes Boys, Girls Win Region Championship

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Core IV Therapy Opens in Reston

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After sharing their hopes and dreams for Hunters Woods Fellowship House, residents and others turn out for the Hunters Woods Fellowship House Preservation Project Kick-off, Feb. 27.

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NEWS

Core IV Therapy is located at 1900 Campus Commons Drive on Reston.



PHOTO CONTRIBUTED

Core IV Therapy Opens in Reston

Greater Reston Chamber of Commerce President Charles Kapur helped cut the ribbon on Wednesday, Feb. 12, for the grand opening of a new Reston business called Core IV Therapy located at 1900 Campus Commons Drive.

"We're thrilled to have thriving new businesses such as Core IV Therapy actively involved in the Greater Reston Chamber of Commerce," said Kapur.

Made popular on the west coast, Core IV delivers hydration, electrolytes, vitamins, minerals, and amino acids directly into the bloodstream for 100 percent absorption and 100 percent bioavailability. Core IV drips are designed to help achieve increased energy, enhanced mood, improved stamina and muscle recovery, decreased stress and anxiety, better immunity, hydration, improved skin, and overall wellness. The new service helps anyone in the Reston

area looking to rehydrate, boost workout and/or recovery, help restore the body's balance from cold and flu symptoms, improve mental clarity, enhance skin and beauty, overcome exhaustion, reduce aging, and help with migraines, and even cure hangovers, just to name a few.

"We believe that the only thing that truly heals the body is the body itself," said Core IV's founder and CEO Ginger Delph, "but even the perfection that is our body needs assistance, especially considering all of the internal and external toxins it is exposed to everyday"

Core IV can also visit clients at home or work, for the utmost convenience. For more information or to schedule a consultation or appointment, call 1-866-4COREIV or visit www.coreivtherapy.com.

—STEVEN TOOLE

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Preserving and Improving Hunters Woods Fellowship House

Long term investment provides affordable housing.

BY MERCIA HOBSON
THE CONNECTION

After two years of planning, on Thursday, Feb. 27, the nonprofit organization Fellowship Square kicked off its \$12 Mil Preservation Project and renovation to improve its building and grounds at Hunters Woods Fellowship House, 2231 Colts Neck Road in Reston. Approximately 70 people attended the reception and program that featured guest speakers related to the project.

Hunters Woods is one of four Fellowship Square affordable housing properties in the region. The 41-year-old building in Reston offers 225 apartment units serving 300 residents aged 62 and older who live on minimum incomes of approximately \$12,000 a year. The preservation project envisioned by Miner Feinstein Architects based in Frederick, Md., will include modernization/upgrades of the building inside and out to bring it to contemporary standards of living and improvements in energy efficiency and sustainability, among other items according to Fellowship Square. At the same time, the renovation will respect the 1970s building.

Marc Feinstein, Principal at Miner Feinstein Architects, was one of the featured speakers at the Preservation Project Kick-off. "In the design of the building, our firm has sought to reorient the natural gathering spaces so that a front porch is created for the residents to utilize...Additionally, and just as importantly, we are looking to increase handicapped accessibility throughout and repair systems that have reached the end of their useful life (roof replacements, air handling unit, heating/cooling systems, overall building energy efficiency.) The second phase, the glitz and glamor...we are reimagining...what works with the building and what doesn't...We will be reorienting to the front with connectivity from the indoors to the outdoors, like a front porch to the building. The back will be transformed into community gardens and fitness, an active space. This area (the community gathering room) will have a movable wall...There will be ways to break it down for yoga (and) ping pong to meet. There will be 12 accessible units, updating the corridors and potentially doing upgrades in the units themselves. The whole process will take approximately two years or so. There will be a lot of positive energy," Feinstein said.

FELLOWSHIP SQUARE funded the project by taking advantage of the enhanced equity in their property. The organization recently refinanced and closed on a U.S. Federal Housing Administration loan, reinvesting in the property and their mission, according to Christy Zeitz, CEO of Fellowship Square. One of the values of the organization is "excellence," according to



Hunters Wood Housing Preservation & Renovation Rendering: subject to change. Renderings are, in fact, concepts pending approval from the Reston Association and pending final financial considerations.

RENDERING BY MINER FEINSTEIN ARCHITECTS, LLC



PHOTO BY MERCIA HOBSON/THE CONNECTION
Chief Operating Officer for Reston Association Larry Butler speaks at the Hunters Woods Fellowship House Preservation Project Kick-off celebration, Feb. 27.



PHOTO BY MERCIA HOBSON/THE CONNECTION
Marc Feinstein, Principal Miner Feinstein Architects based in Frederick, Maryland says they are looking to repair systems that have come to the end of their useful life.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Ms. Sadie McLemore, one of the featured speakers and a current resident of Hunters Woods Fellowship House chats with her friend, Mr. Bob at the Hunters Woods Fellowship House Preservation Project Kick-off.

Fellowshipsquare.org that states, "We strive to provide quality housing and service to Fellowship House residents."

During the preservation, remodeling and afterward, the building will be home for residents who choose to reside there. They will live and play as they have chosen to do, in the community. According to Larry Butler, COO, Reston Association, such reflected the second goal of Robert Simon, founder of Reston. "With its commitment to affordable senior housing, many residents may continue to live and play in this great community...providing greater opportunities for learning, healthy living, social and community connections... enabling them to make the most of Reston."

FEATURED SPEAKER, Supervisor Walter Alcorn (D- Hunter Mill) said, "In many ways, Reston has been a model for the rest of Fairfax County and actually for our country and beyond."

Ms. Sadie McLemore, a featured speaker and current resident of Hunters Woods Fellowship House said in closing, "We need more affordable housing for our seniors. When you guys finish this, I hope I'll be around to see what's still going on." Turning to the residents, McLemore added, "Be patient; be courteous, trust the Creator... I always say, a closed mouth never gets fed. So if you see something that you may think may be of help... come to them and discuss whatever... Maybe it will make it better for all of us... Hang tough...We will get through this."

Special thanks and recognition went to the team that made it possible to get this far among them: Southway Builders, Inc., JDC Management, CBRE Inc., Klein Hornig LLP, Miner Feinstein Architects, Gates Dunaway Group, Housing Opportunities Unlimited, S. L. Nusbaum Realty Co., the Board of Fellowship House and Executive Director Christy Zeitz, and the residents who shared their hopes and dreams.

OPINION

Work Is Not Yet Done

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



The General Assembly is in the final week of its scheduled 60-day annual session—scheduled to adjourn *sine die* on March 7. The session has already made history with the actions that have been taken, and that history will be added to in its last week. Resolution of remaining issues will determine just how historic the session will be and how strong the forces of “we have always done it this way” are.

A majority of both the House and the Senate members agree that the minimum wage should be increased—actually should have been increased years ago. The current minimum of \$7.25 is an embarrassment. But discussions continue to be held on how much the increase should be. Should there be incremental increases over time? Should increases be state-wide or regional? What jobs should the increase cover?

Almost every member ran for office with a

promise to clean up the environment. How should we get to a cleaner economy in the state? What should be the timeline on environmental legislation as experts advise us on the impending climate change crisis? Are consumers willing to pay more to get cleaner electricity?

How strict should background checks be for firearm transfers? A slim majority support my bill to require a background check on all firearm transfers. Others are vehement about having background checks for only firearm purchases. Should compromises be made on gun safety measures designed to reduce gun-related violence?

Should public employees be allowed to bargain with local governments on the conditions and compensation for employment? Or should they only be able to meet and discuss their wages and conditions with local governments with no power to bargain? Should all employees be required to pay dues to unions that are representing their interests?

How often should vehicles have a safety inspection? For many years the requirement was twice annually. Most recently it has been once

annually. Most states have dropped the requirement. Would every other year be adequate?

With gasoline tax revenues declining as automobiles get more mileage per gallon, should the gas tax be increased to make up for the loss? Or should cars be taxed on the distance they travel in a year? And what about electric vehicles that do not burn any gas? Should we be making a greater investment in our transportation infrastructure?

Should a constitutional amendment be approved setting up an independent redistricting commission or is there another way to try make sure districts can be drawn fairly without incumbents alone picking their voters?

I have made my views public on these and other issues over the years. In a legislative session all views must be considered: urban, suburban, rural; Democratic, Republican, Socialist (there is one); conservative, moderate, liberal; etc. In most instances a compromise can be reached in conference committees such as those that are now meeting. Other issues will be put off for another year. Regardless of what happens with remaining issues, the 2020 session will go down in history as truly a remarkable one with the many tough issues that have already been resolved.

LETTERS TO THE EDITOR

Coronavirus Update - Message from the Superintendent - March 2

Dear Parents and Staff,

FCPS is working closely with the Fairfax County Health Department to monitor the latest updates about the coronavirus (COVID-19). We are reinforcing the importance of ensuring students are following proper handwashing procedures before eating and after sneezing, coughing, or using the bathroom. We realize that time is a valuable commodity during the school day, and in today's environment, hand washing should be a priority, so we are encouraging staff to provide ample time for

students to wash their hands. We are reinforcing with our custodial teams the importance of following our standard cleaning protocols by using hospital-grade disinfectants on frequently-touched surfaces such as doorknobs, faucet handles, and handrails. Hand sanitizer is available in all schools and if a student is showing signs of a cold or the flu, they should stay home.

As indicated in my message to you last week, FCPS is in the process of reviewing and updating its existing pandemic influenza response plan. The plan addresses the specific activities necessary to

keep schools open and operating while providing a clean and safe environment during an outbreak and the essential functions that must be performed by FCPS if schools are closed. FCPS will continue to work closely with health officials to prepare for various scenarios that could develop.

Our overall goal would be to do all we can to maintain continuity of operations while minimizing student and staff exposure.

As of today, there are no confirmed COVID-19 cases in Fairfax County or the D.C. region. Updated information is being posted

to this webpage: FCPS coronavirus-update and additional information is available from the Fairfax County Health Department.

To date, FCPS has cancelled international field trips and short-term visitations to and from some countries, based on CDC guidelines.

We will continue to provide you regular updates as this situation continues to rapidly evolve.

Sincerely,

Scott Brabrand
Superintendent, Fairfax
County Public Schools

Making Virginia a Climate Leader

To the Editor:

We don't have time to waste in the face of the climate crisis. A recent climate report from the National Audubon Society revealed that two-thirds of North American bird species are vulnerable to extinction from climate change, including nearly 70 species found in Virginia.

From the coasts of the Chesapeake Bay to the forests of the Blue Ridge Mountains, birds like the Field Sparrow and Cerulean Warbler may lose nearly all of their seasonal habitat range. We need practical, ambitious climate solutions to protect our state's birds.

The Virginia Clean Economy Act
4 ♦ RESTON CONNECTION ♦ MARCH 4-10, 2020

(HB 1526 / SB 851) can help by leading our state on a path to achieve a 100 percent carbon-free economy that will help our birds, our environment, and our communities thrive.

This bill is not the only step Virginia should take to address climate change—but it's a great first step. I urge Senator Barker and the

General Assembly to make cutting carbon emissions a top priority. We must act now to make Virginia a climate leader and prevent another year of inaction.

Nikka De Mesa
National Audubon Society
Springfield

Write

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

Letters to the Editor
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1606 King St.
Alexandria VA 22314

By email: editors@connectionnewspapers.com

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SPORTS

South Lakes Boys, Girls Win Region Championship

South Lakes won both the boys and girls titles at the 6A Northern Region D Indoor Track and Field Championships Feb. 12 at the Prince George's Sports and Learning Complex in Landover, Md.

The Lady Seahawks were the two-time defending Northern Region champion going into the meet and scored 116 points to win a third consecutive title. The boys team scored 96 points to win its first Northern Region title since 2011.

It's the first time in school history that both teams have won the region championship in the same season.

Seniors led the way for both teams:

❖ Hannah Waller won the 55 meters with a region record time of 6.95. The previous mark of 6.96 was set by Alyssa Aiken of Chantilly on Feb. 26, 2000. Waller also won the 300 meters (40.05) and was second in the triple jump (38-08.25). Waller anchored the 4x200 meter relay team of freshman Julianna Byrd and sophomores Megan Luczko and Jillian Howard, that finished third (1:46.73).

❖ Emily Lannen, who was third in the 1,000 meters last year, won the event in 3:05.89 this season. She also teamed with senior Caitlyn Morris, sophomore Annika Yu and freshman Annalise Williams to win the 4x800 meter relay (9:43.68).

❖ Mary Gregory won her third consecutive 500 meters with a time of 1:16.57. She was also third in the 55 meters and 4x400 meter relay with teammates Lannen, Yu and Luczko (4:05.52).

❖ Jackson Cooley dominated the horizontal jump events winning the long jump (21-05.50) and triple jump (43-07.25). He also finished second the 55 meters (6.59).

❖ Mira Cuthill won the girls high jump (5-01.00) while Caleb Miller successfully defended his title in the boys shot put (50-08.50).

❖ David Ramirez was third in the 500 meters (1:09.13).

Sophomore Joshua Gregory led the contributions of the underclassmen to the championships.

Like his older sister, Mary, Joshua won the 500 meters with a time of 1:07.90. He was second in the 300 meters with a photo finish time of 36.77. Sophomore William Watson finished second in the 55 meter hurdles (8.08) as did Howard in the 55 meter dash (7.35). She was also third in the 300 meters (40.82). Juniors Tommy Allison and Amelia DiBiase had top three performances in the pole vault. Allison finished second in the boys competition, clearing 11-06.00 while DiBiase was third in the girls division with a clearance of 10-00.00.

At the 113th NYRR Millrose Games Feb. 8 at The Stadium Armory in New York City, Howard, Gregory, junior Juvannadean Mullings and Waller finished second in the 4x200 meter relay with a school record time of 1:39.65. Waller also finished fifth in the 60 meters (7.63).

SLHS will send 24 athletes to the 6A State Championship Feb. 28-29 at the Boo Williams Sportsplex in Hampton, Va.



SLHS Boys Win Northern Region Track Championship (Feb. 12, 2020)

PHOTOS BY DEBORAH LANNEN



SLHS Girls win third consecutive Northern Region Indoor Track Title (Feb.12, 2020)

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WEST VIRGINIA

WEEK IN RESTON

Assistance League Names Panda Stonewall 'Diamond Star' Sponsor

Assistance League of Northern Virginia has recognized Panda Stonewall, a company dedicated to producing clean energy, as a valued sponsor for its annual Spring Fundraiser, to be held on Friday, April 24, 2020. Debbie Shoffner, a former Assistance League member and currently the Administrative Manager at the Panda Stonewall Power Project, helped to orchestrate this partnership with her employer in 2018, and the nonprofit appreciates the management team's ongoing contributions to its

events and programs.

Panda Stonewall's "Diamond Star" Sponsorship will help Assistance League deliver critical programs to children whose families are not able financially to provide the basics for them. The company commits to supporting its community and focuses its efforts on where help is needed the most. As in past years, Panda Stonewall donated supplies to several local charities that help children, families and veterans as well as supporting those organizations' fundraising efforts.

For sponsorship opportunities, contact resourcedevelopment@alnv.org. www.alnv.org

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

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.

20 school year. Contact Don Rea at 571-551-2488 or donaledge@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.

SEE BULLETIN, PAGE 7

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BULLETIN BOARD

FROM PAGE 6

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. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

Hypothermia Prevention: An Emergency Program for the Homeless To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Habitat Heroes Project. The fourth Saturday of each month from 10 a.m. - noon. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

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Money For What, Exactly?



By KENNETH B. LOURIE

Kenny is currently out of the office. Please enjoy this previously written article from July 2019:

Presumably, most of you readers are aware that many supermarkets have a rack located somewhere near the rear of the store that is stocked with off-price merchandise: discontinued items, items with damaged packaging, out of season products, etc. Over the years, I have been a regular checker of this rack looking for such bargains. I have purchased breakfast cereal, soup, cookies, candy, and miscellaneous other non-perishables. I've even purchased two bags of Kingsford charcoal. In addition, I've seen household products, health and beauty, school supplies; and everything else you can imagine, running the gamut from "A" to "Z," for sale. Recently however, in this rack I saw a product I'm not sure I even thought was available to the general public, and if it was, would not have thought buying it from the discontinued merchandise rack at the supermarket would not have been the way to go. But what do I know? As has been proven many times: not much.

The item? A DNA Paternity Test Kit. I guess I thought, if this test was necessary, it would involve a physician or at least be administered by a health care professional and/or involve witnesses/legal representation (at least a notary). Going to the supermarket or even the drug store? And then testing yourself without necessarily knowing the precautions and proper procedures appropriate for the task at hand? There seems as if there's a bit more at stake here than an at-home pregnancy test, a test with which many of us are familiar. But DNA testing at home? What is this, the Maury Povich Show?

Having not traveled down this particular road myself, perhaps I'm unaware of the realities. All I know is what I've seen on television or read about in the papers. I guess I just assumed (generally a bad thing), that the steps one takes to verify/confirm/resolve paternity-type issues were a bit more involved than a visit to the supermarket. Apparently, this subject is just another where I know very little about, like tools and how to use them, automobile repair, home maintenance, lawn and garden, cooking, and on and on and on. But enough about me.

What about those wanting answers to extraordinarily important questions: Who's the father? And is that my child? Looks can be deceiving so a professional, or so I thought, incorrectly, is brought in to oversee the process. Nope. No professional need apply. Just go to your local "chemist," as they say in England. No need to visit "the surgery," as they also say over there. Just find a box with the right letters on it and go back to your home/work and swab, stick, pin-prick or whatever and the results will be known soon enough if you or someone else is whomever they claim to be or not to be. That is the question which begs an answer. Shakespeare notwithstanding

It seems only fair that one's birthright should be gotten wrong. And not that home-testing can't be trusted. Just the opposite. Nevertheless, some things, like circumcisions, though they can be performed at home (see "Shaky the mohel" from a long ago Seinfeld episode). I would have thought, a DNA Paternity test, given the need/want of a resolution/clarification which could possibly impact multiple individuals/families over generations, be similarly performed in the most careful of conditions. This kind of test has no margin for error - or humor. "Bought the kit in the discount rack at my local supermarket." Is that the answer you want to give when all eyes are on you? And saying how much you saved over regular price is unlikely to endear you to any and all of the interested parties on hand. After all, money really isn't the issue.

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

ENTERTAINMENT

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

ONGOING

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.

“Ordinary Days.” Now thru March 15. 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

SUNDAYS IN MARCH (BEGINNING MARCH 1)

Sunday Fun-Day. 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.

THURSDAY/MARCH 5

Millennial's Book Club. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. “Born a Crime” by Trevor Noah. Check out a library copy or pick up a copy of your own. Adults from early 20s to early 30s.

FRIDAY/MARCH 6

Baby & Me Yoga. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Bring your baby for a nurturing yoga workshop designed for the two of you. No experience needed. Bring a mat or blanket. Cosponsored FRRL. Age 6 weeks—16 months with adult.

MARCH 6, 14, 21, 27

Explore Dr. Seuss and S'Mores. 7-9 p.m. At Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Enjoy both of these things by a crackling fire at a “Dr. Seuss Campfire and S'mores” evening at Lake Fairfax Park. Bring family members of all ages along for an evening of outdoor fun. Nibble on s'mores while enjoying story time with books by Dr. Seuss. These special campfire programs will be taking place on four nights on Fridays, March 6 and March 27, and Saturdays, March 14 and March 21. Cost is \$9 per person. Call 703-471-5414.

SATURDAY/MARCH 7

Ukulele Junior Jam Session. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join us for an exciting musical performance by the Northern Virginia Ukulele Society! All ages.

Zumba Fitness. 12 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join us for an exciting new dance fitness class. Lose yourself in the music and find yourself in shape! Adults, Teens.

Harry Potter Trivia. 1:15 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Calling all Potterheads! Join us and show off your Quidditch knowledge, or just find other Hufflepuffs to study with. Snacks provided. Age 12-18.

HHS Gym Goodbye. 5-8 p.m. At Herndon High School, 700 Bennett Street, Herndon. HHS School renovation crews are taking over the gym at the end of basketball season. The event will



“Ordinary Days” will be produced by NextStop Theatre from Feb. 20 to March 15.

“Ordinary Days”

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include a silent disco and silent auction. The Boosters Club is accepting donations for the silent auction. All proceeds go to fund equipment for the newly renovated athletic facilities. Check out the Sports Boosters social channels for more details @hornetboosters @herndonsportsboosters. Cost is \$20 in Advance, \$25 at the door. Visit the website: <https://www.memberplanet.com/s/herndonsportsboosters/hhsgoodbyeegym>

SUNDAY/MARCH 8

Master Singers of Virginia. 4 p.m. At Epiphany Episcopal Church, 3301 Hidden Meadow Drive, Oak Hill. The Master Singers of Virginia (MSVA), Northern Virginia's premier mixed a cappella ensemble under the direction of Dr. Erik Reid Jones will present Civil War: The Human Journey. For this program, the MSVA will immerse the audience in a choral and dramatic presentation of the Civil War written by MSVA singer and author, Mary Ellen Connelly. Tickets are \$25 for Adults, \$20 for Seniors (65+) and \$15 for Students. The Take 4

package provides 4 tickets for \$60 or \$15 each. Visit the website: <https://www.eventbrite.com/o/master-singers-of-virginia-8547780534>

Women's Choral Festival. 4-6 p.m. At Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Join in an afternoon celebrating International Women's Day featuring the voices of Capital Harmonia and Freedom High School Bella Voce. Premiering local composer Lee Larson's “A Winter Dawn. Free. Visit the website Capitalharmonia.org.

Reston Choral. 4-6 p.m. At St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The Reston Choral presents Mendelssohn's “Elijah” featuring Baritone James Martin and Organ Virtuoso Adam Brakel. Cost: \$0-\$30. Tickets/information at restonchorale.org.

MONDAYS/MARCH 9

Baby Storytime. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Enjoy nursery rhymes and songs while building early literacy skills for your child. Age Birth to 17 months with adult.

Preschool Storytime — Making Music. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. This month we will foster your little one's love of all things noisy with stories, songs, and crafts focused on music. Age 3-5 with adult.

TUESDAY/MARCH 10

Yoga with Rupa. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Local yoga and wellness coach Rupa Shah will discuss the benefits and practice of yoga, and we will also practice these techniques. Please bring a mat or towel. Adults.

Bollywood Dance Fitness. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. A fun Bollywood dance fitness class inspired by music and movies of India. No experience necessary. Adults, Teens.

Read To The Dog. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Read aloud to a trained therapy dog. Bring your own book or choose one from the Library. First come, first served - one 15 minute session per child. Age 5-11.

WEDNESDAY/MARCH 11

Memory Depot Orientation. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Memory Depot station is a do-it-yourself location for scanning your slides, negatives and photos and to transfer your VHS or audio cassettes to digital formats!

Wednesday Morning Book Club. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston.

March's title is “Defending Jacob” by William Landay and some copies are reserved at the circulation desk for checkout.

Digital Literacy: Keeping Up with Your Smart Home. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. The Fairfax County Department of Cable and Consumer Services will help you stay smarter than your home by exploring Smart Home devices and services, including their history and the policy concerns.

THURSDAY/MARCH 12

All Ages Storytime—Painting On Ice. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Come enjoy the classic tale, A Snowy Day, and engage your artistic abilities by painting with soft watercolors. All ages.

Teen Advisory Board (TAB). 7 p.m. At Reston Regional 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.

FRIDAY/MARCH 13

Gymboree Music I. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by FRRL. Age 6-18 months with adult.

Gymboree Music II. 11:15 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Dance and sing to a new musical style each month, including Latin, Rock ‘n’ Roll and Classical. Cosponsored by FRRL. Age 18-24 months with adult.

DIY Club: Glass Magnet. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Make and take home glass magnets of your own design. Adults.

SATURDAY/MARCH 14

Sing! Books With Miss Emily. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join Miss Emily for singing storytime with illustrated songs. Cosponsored by the FRRL Age 2-5 with adult.

St. Patrick's Day Irish Dance Performance. 12 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Dancers from the Foley Academy of Irish Dance will perform the teach an Irish dancing lesson. All ages.

Learn How to Read Braille. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Our Access Services staff will teach an elementary class in Braille. Adults, Teens.

SUNDAY/MARCH 15.

Chess Club For Kids. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Learn openings, tactics and end game strategies. Players will be able to play against players at their strength. All Ages.

MONDAY/MARCH 16

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.

Preschool Storytime — Making Music. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. This month we will foster your little one's love of all things noisy with stories, songs, and crafts focused on music. Age 3-5 with adult.

Game On! For Readers. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join other readers for fun, book-related games. Age 9-11

TUESDAYS/MARCH 17

Toddler Storytime. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. An interactive, tot-tailored storytime for you and your child. Age 18 months to 2 years with adult.

Baby & Toddler Playtime. 11 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join us for an hour of unstructured play and social time for babies. Cosponsored by Friends of the Reston Regional Library (FRRL). Age birth-23 months with adult.

Sam's Book Club. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join former FCPL library director Sam Clay for a lively book discussion. This month's title is “City of Girls” by Elizabeth Gilbert. Adults.

WEDNESDAY/MARCH 18

Podcast Club. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. If you enjoy bite-size stories that you can listen to, come discuss a monthly selection of podcasts. Podcasts are growing across the globe. With selections of non-fiction, politics and poetry, there is much to talk about.

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. This month's podcast is The History Chicks - Discussion of famous women throughout history. Required listening: Introduction to the History Chicks. Recommended listening: Ella Fitzgerald, Alice in Wonderland, Frida Kahlo. Adults.