



Herndon High School graduate Jeff Sevilla, Class of 1969, his wife, Jessica and their daughters Caroline, Class of 2019, Izzie, Class of 2022 and Faith, Class of 2027 try out the green screen photo area at the Herndon Gym Good-bye Party held March 7. Son Blake, Class of 2031 could not attend.

Saying Goodbye To Herndon High Gym

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OPINION

2020 General Assembly: 39 Surovell Bills Passed

BY SCOTT SUROVELL
STATE SENATOR (D-36)



The 2020 General Assembly finished work on all legislation this past Sunday, except we did not pass a final state budget or elect new judges to fill vacancies. We will return to Richmond on Thursday, March 13, to complete that work and adjourn for this year.

This was my most successful session in passing bills in my eleven years in the General Assembly. The legislature sent 39 of my bills to Governor Ralph Northam. We carried over nine bills and referred them to study commissions. The legislature also carried over my legislation to abolish the death penalty to be potentially considered over the summer.

I will highlight some of the other major bills we passed and discuss more bills and the budget in future columns.

I carried a bill with Norfolk Delegate Jay Jones to authorize Virginia to join 20 other states that allow community net metering for electricity. This bill, which passed both chambers with large bipartisan majorities, opens the door to solar energy for Virginians who live in communities with heavy tree cover, apartments, condominiums or for businesses that do not own their roofs. It will enable them to purchase solar power and net the energy against their home meters, while reducing car-

bon-generated energy usage and purchasing a share of the energy generated by a solar project.

Both bodies sent my bill banning hydraulic fracturing or “fracking” for natural gas east of Interstate 95 to Governor Northam for signature. Both chambers also finalized my legislation requiring each state agency to designate an energy manager and energy reduction goals to help coordinate a reduction in energy usage by state agencies. Thank you to my constituent Elizabeth Beardsley with the Green Buildings Council for the concept.

The House also passed my bill to authorize the State Corporation Commission to approve 2,700 megawatts of energy storage, enough to power 2.7 million homes. As we transition to a clean energy economy, we must also develop technology for night-time storage of energy generated during the day. This requires significant advances in energy storage. My legislation is a first step.

Virginia will become the seventeenth state plus the District of Columbia to authorize temporary driver privilege cards for undocumented immigrants. The legislation I carried with Senator Jennifer Boysko and Delegate Kathy Tran passed with a bipartisan vote in both chambers. It will pay for itself and likely generate significant long-term benefits for taxpayers, in addition to simply fostering a better quality of life for our newest Virginians and their families. This legislation is projected to help about 240,000 drivers plus their children.

The Majority Leader asked me to help negotiate the final minimum wage legislation with Mount Vernon Delegate Paul Krizek as mem-

bers of the joint, six-person conference committee. The final bill raises Virginia’s minimum wage to \$9.50 per hour effective January 1 and up to \$12.50 by January 1, 2023 in annual \$1/hr steps. The wage can rise to \$15.00 per hour in 2026 with an additional vote, narrows exemptions for disabled individuals while preserving exemptions for high school and seasonal workers. The bill also requires various agencies to conduct a study to determine whether Virginia should enact regional minimum wage rates before moving wages to \$15/hour. A \$15-per-hour wage would be nearly 90 percent of median family income in nearly two dozen Virginia localities.

My legislation to authorize Fairfax and Arlington Counties to adopt ordinances to address retailers who fail to control their shopping carts passed both bodies with bipartisan majorities. I have now removed over 230 shopping carts from Little Hunting Creek itself since 2014. Residents in Springfield and Crystal City also reached out to me about their ongoing challenges when they heard of our problems in Hybla Valley. Local governments will now be able to act.

The House approved my bill to allow people to expunge public records relating to dismissed evictions. There are over 200,000 dismissed eviction cases in Virginia each year. Since most tenant application screenings are now done by automation and most algorithms do not distinguish between dismissed evictions and actual evictions, this will help potential tenants to clear their records.

I encourage you to email me at scott@scottsurovell.org with your comments.

COMMENTARY

LETTERS TO THE EDITOR

Supporting \$15 Minimum Wage

To the Editor:

I am writing in response to the article titled, “Opinion: We Both Deserve \$15. Why Don’t Our Senators Think So?”, published in your newspaper on February 28, 2020. I agree with that the minimum hourly wage in Virginia should be

raised to \$15/hour. Northern Virginia is an expensive area to live and the wage you receive often determines the choices you are able to make.

Oftentimes, people are constrained by their education in what job they are able to acquire. Rais-

ing the minimum wage will help those who may start out further behind everyone else due to socioeconomic status. If we take a step back from individuals, and look at our community as a whole, we will see that amongst many well-off families, there are some families

in poverty. Raising the minimum wage to \$15/hour, will allow families in lower socioeconomic statuses to “catch up” to other people in their community.

Hannah Johnson
Centreville

Deserve \$15?

Nick Riviere’s and Tony Hedgepeth’s op-ed insisting that all Virginia workers deserve a \$15/hour minimum wage, regardless of cost-of-living in their locale, fails to factor in economic reality. In high-cost locales such as ours, employers should be able to afford \$15, but in low cost ones, such a minimum wage might put too many out of business. The final minimum wage, once it is fully phased in, not only should be inflation-adjusted, but should be based on cost-of-living in the locale where the job is located. This would be a proper model for the federal government to consider.

The \$15/hour minimum wage’s advocates fail to fully understand the drawbacks. The \$15/hour

minimum wage is really a “living wage” designed to lift full-time workers out of poverty, different in concept from the traditional minimum wage which was a wage floor that put a moral limit on how little an employer could pay and still maintain a worker’s dignity. \$15/hour minimum wage advocates are engaging in a bit of deception in that they are trying to change the underlying understanding of what minimum wage means. In this respect, the \$15/hour minimum wage is a radical notion which moderate Democrats rightly would insist be phased in more carefully than advocates desire.

Even moderate Democrats are engaging in abuse of language

when they call doubling minimum wage in barely a decade “gradual” when it is really radical. That it is not radical enough for some could create a backlash even redistricting (thought to add four House of Delegate seats to blue Northern Virginia) cannot overcome. Because ten percent is sometimes

considered the limit of de minimis, smaller annual increases of 50-70 cents per year would make more sense. This would take even high-cost Northern Virginia until 2032 to reach the “living wage” threshold.

Dino Drudi
Alexandria

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 libel, grammar, good taste and factual errors. Send to:

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The Reston Hospital Center Trauma II team, (Front row, from left): Frances Hughes RN; Dr. Jae Lim; Dr. Peter Dougherty; Dr. Mary Boggs; Dr. Ranjit Pullarkat; Jessica Fuerstinger (Back row, from left) Dr. Brad Ryan; Dr. Brett Sachse; Lyle Ritch, PA; Dr. Anil Maliyekkel; Luther Surface, RN; Ruben Perez, NP; Dallas Taylor, RN.



CONTRIBUTED BY RESTON HOSPITAL CENTER

Reston Hospital Center Designated Level II Trauma Center

Crashes to gunshot wounds: Trained staff and equipment have you covered 24/7.

BY MERCIA HOBSON
THE CONNECTION

Reston Hospital Center, owned by Nashville, Tennessee-based HCA Holdings Inc. (NYSE: HCA) once again secured a Level II trauma designation, a rigorous process that must be approved by the Commonwealth of Virginia. "All licensed hospitals are required by the Code of Virginia to submit data on their trauma cases to the Virginia Statewide Trauma Registry. Of those 94 licensed hospitals, 17 have been designated as a trauma center," according to the Virginia Department of Health.

There are only three designated trauma centers in the region. Reston Hospital Center, a Level II trauma center, Inova Loudoun Hospital, a Level III trauma center and Inova Fairfax Medical Campus, a Level I trauma center.

Trauma patients from the "Northern Virginia area...Fairfax County, Loudoun County (and) West Virginia," arrive at Reston Hospital Center according to Mary Boggs, M.D. one of Reston Hospital Center's trauma team leaders. She brings eight years of experience to the position. While Virginia Hospital Center began operating as a trauma surgery service on Jan. 8, 2020 and is staffed as a Level II, it is working this year to achieve the designation.

BOGGS is part of the Reston Hospital Center trauma team. According to Virginia Health Information, the team consists of a "Surgeon/Team Leader, Emergency Physician, Critical Care Nurse, Hospital Administrator and OEMS (Office of Emergency Medical Services) Trauma Coordinator. Boggs said Trauma Medical Director, Dr. Ranjit Pullarkat and Trauma Program Director, Dallas Taylor, lead the Reston Hospital Trauma team. "We also have a support staff within the trauma service department that consists of a Trauma Process Improvement (PI) Manager, Trauma PI Coordinator, Trauma Educator, and Trauma Registrars," she said.

Boggs said she wanted to be in a field where she was challenged and could utilize her critical thinking skills. "Further, as a trauma surgeon, I can intervene in a patient's care and make an immediate impact in a patient's life, hopefully allowing a better outcome and successful recovery," she said.

The number of trauma cases is trending upwards, "increasing" at Reston Hospital Center as the population in the area is increasing according to Boggs. When the Metro Silver Line is completed and local stations open beyond Reston, populated skylines, particularly around the Metro stops, are expected to have higher density and increased populations. Having short transport times to the Level II Reston Hospital Center will benefit patients in need of care and reduce transportation time for emergency medical services.

Virginia Trauma Triage Guidelines and EMS Agency protocols guide EMS providers as to where a patient should go based on patient vital signs and mechanism of injury Boggs said. Trauma, she said, "Is any traumatic injury that a patient sustains. Mechanism of injury can be from falls, auto crashes, assaults, gunshot wounds, etc." The golden hour, which is an old term, references that a patient who is severely injured needs to seek "definitive treatment" for their injuries within an hour or the patient's probability for mortality would increase, according to Boggs. "The quickest you can get a patient to a trauma center, the better off the patient is," she said.

According to Boggs, Level I and II trauma centers would be considered tertiary care centers as they can provide specialized "definitive care" to patients with a multitude of injuries. These would be, Boggs said, "injuries that would require a neurosurgeon, plastic surgeons, orthopedic traumatologists, maxillofacial surgeons, etc."

AS FOR BEST PRACTICES, Boggs highlighted that many of Reston Hospital Center's trauma protocols are a direct result of published best practices. "Isolated hip fractures repaired in the operating room within 24 hours. Midshaft femur fracture repair within 24 hours; TBI (traumatic brain injury) treatment guidelines."

Afterward, as trauma patients rebuild their lives, Boggs said that it "takes time," support from others and the belief that life will continue. "There are support groups such as trauma survivor groups as well," she said.

May is National Trauma Center Month. Reston Hospital Center's comprehensive Trauma Care List cites education. Boggs said that the hospital has numerous "Stop the Bleed" education events at schools, industries and such. She added: "We are also partnering up with Rebuilding Together for a pilot program assisting citizens with construction needs, handles, etc. within their homes." The pilot program is scheduled for June 2020.

For more information about Reston Hospital Center, visit Restonhospital.com.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Allison C. Richter, PMP Transportation & Land Use Director Arlington & Fairfax Counties.

2020 Hunter Mill District Paving and Restriping

Pedestrians, cyclists, drivers voice concern over road conditions.

BY MERCIA HOBSON
THE CONNECTION

The Virginia Department of Transportation (VDOT) and the Fairfax County Department of Transportation (FCDOT) held a public meeting on proposed paving and restriping changes in the Hunter Mill District on Tuesday, Feb. 25, 6:30 p.m., in the cafeteria of Terraset Elementary School in Reston.

According to fairfaxcounty.gov: "VDOT and the Fairfax County Department of Transportation use this program as an opportunity to increase driver, bicyclist and pedestrian safety with road and crosswalk improvements while minimizing the financial investment in restriping work."

Kelly Westenhoff of Reston was one of approximately 40 people who attended the meeting to learn about VDOT's repaving and proposed striping changes and give feedback. "As a cyclist, driver and pedestrian, I'm interested in how restriping will serve to make travel in Reston safer for all," she said.

Presenter Claudia H. Liana, P.E., Assistant Director, Transportation & Land Use Fairfax & Arlington provided an overview of primary and secondary roads in the area. Primary roads she said have conditions rated ev-

ery year. In contrast, secondary roads, which are anything from a very small neighborhood cul de sac to up to road such as Braddock Road or Reston Parkway, all of those are included in the secondary system. "Those are the ones that people are typically concerned about," she said.

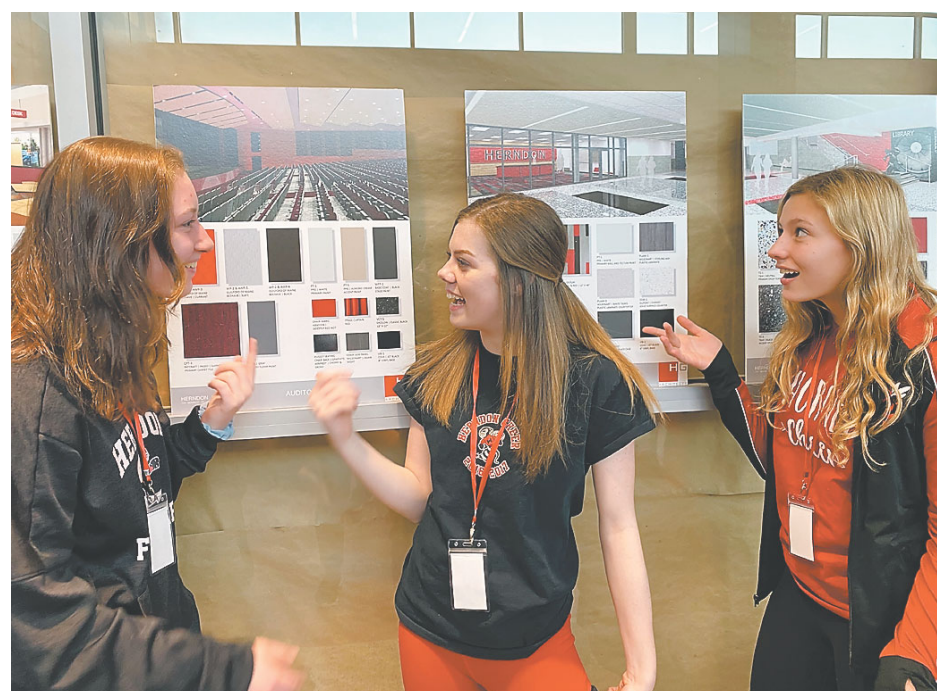
According to Liana, funding picked up for 11,000 miles of secondary roads in 2018 to \$140 mil. "And our numbers are pretty much still up there," she said. "We are now at the point with the fusion of the extra funds, we've gotten up to the point where 48 percent of our (secondary roads) are in good shape...It still means more than half of our roadways are in need of paving...We just can't do everything in one year," Liana said.

Laura Robinson of Reston said, "I'm at this meeting due to my interest in Glade Drive. I would very much like to see the narrowing of all of Glade Drive rather than piecemeal bike lanes and shared car/bike stretches."

"Paving-related comments (e.g., drainage issues, missing signage, signal repair, walkway repair and sight distance issues due to vegetation overgrowth) should be submitted through the myVDOT portal: <https://my.vdot.virginia.gov/>. If you would like to request road repairs, follow the "I need a road repaired" link on the VDOT portal or call 1-800-FOR-ROAD (1-800-367-7623). Unfortunately, no additional roads can be added to the preliminary 2020 paving schedule at this point: "according to fairfaxcounty.gov.



Hornet supporters check out raffle items at the Goodbye Herndon Gym Party. Proceeds will go to outfit the newly renovated athletic facilities at the school.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Herndon Hornets: Cailley Graham, 15, of Herndon, Hannah Clements, 16, of Reston and Kate LaRosa, 16, of Reston take note of three renderings depicting plans of different renovations/additions for their school.

Saying Goodbye to Herndon High Gym

Hornets' Sports Boosters held a Goodbye Gym Party Saturday, March 7.

BY MERCIA HOBSON
THE CONNECTION

It's down and out for the Herndon High School gym. Herndon High is entering Phase 2 of its major four-phase addition and modification construction. To wish the gym a fine farewell, the Herndon High School Sports Boosters held a Goodbye Gym Party Saturday, March 7. "All proceeds will go to outfit the newly renovated athletic facilities," said Herndon High School Sports Booster President Amy Emmatty.

Phase 2 includes the renovation of the locker rooms, art rooms and Gourmet Foods room; expansion of the main gym and renovation of the auxiliary gym according to Fairfax County Public Schools. When all four phases of work are completed, the school will increase to 431,000 square feet with a capacity for 2,500 students allowing it to reflect current district standards and add green building technology and stormwater facilities to the existing school. The project was approved as part of the Fairfax County Public Schools Fiscal Year 2017-2021 Capital Improvement Program.

DURING THE GOODBYE PARTY, former and current Herndon High Hornets, family members and fans sought each other out to share memories and hopes for the school's future. Many, like Jeff Sevilla, Class of '91 sported their classic piece of high school fashion, the red Herndon High letterman jacket emblazoned with sports, music and



From right: unidentified, Todd Cerino, Tammy (Gibson) Edgemond, Christine (Dalton) Dean, Roger Cole, Ben Farmery and Charlie Rembert rekindle memories at the Goodbye Herndon Gym Party.

academic pins. Sevilla said he lettered in football and baseball. As for his memories, he recalled his most embarrassing moment. "Getting caught throwing Super Balls at the South Lakes High School Cheerleaders when they took the court in 1990. We were all called down and had to write an apology letter to the SLHS cheerleaders," he said.

For Sevilla, Herndon High is not just his memory; it is family history, past, present and future. Sevilla brought wife Jessica and Herndon High daughters Caroline, Class of 2019; Izzie, Class of 2022; and Faith Class of 2027. Son Blake, Class of 2031, could



During the Herndon Gym Goodbye Party held March 7, Herndon High alumna Christine (Dalton) Dean, Class of '86 is all eyes for Hornet, Herndon's mascot. She was the original Hornet mascot and introduced Hornet to crowds at a football game.

not attend. Sevilla said his parents graduated from Herndon High in 1966, and his mother's parents graduated in 1946.

Seeing the iconic bronze Herndon Hornet statue, relocated to "Main Street" at the school's front doors triggered fond memories for Christine "Dalton" Dean, Class of '86. "I was the first Herndon Hornet mascot and made my debut coming out of an ambulance that was driven on the football field," she said.

Ben Farmery, Class of '88, was quick to recall not necessarily his "fondest memory." It involved the annual Homecoming Parade, a Herndon tradition. "Dee Dalton and I were on our Homecoming float. I fell through the

cake display and was so embarrassed," he said.

The party featured a silent disco, silent auction, food, raffle and tours of some of the new spaces completed under Phase 1 of the construction, such as the addition to the front of the building and the upper-level light-filled, state of the art science classrooms. According to Emmatty, 200 people attended the event with funds raised of approximately \$7000 as of Monday, March 9. "It was an amazing night, which brought the community together, Herndon grads along with current and future Hornets," said Emmatty.

THE RENOVATION AND ADDITION project for the school, which began in earnest early 2018, is to include 138,558 square feet of additions and modifications that will expand the school to 431,000 square feet with a capacity for 2,500 students.

Phase 1: Add an additional wing to the rear of the building. Add an addition to the front of the building where the new library, main office and administrative and counseling offices will be situated.

Phase 2: Renovate locker rooms, art rooms and Gourmet Foods room. Expand the main gym and renovate the auxiliary gym.

Phase 3: Create a new wrestling/gymnastics room; renovate music rooms and the auditorium. Update baseball and softball structures.

Phase 4: Modify the cafeteria, creating a "food court" design, renovate the stadium press box and complete tennis courts.

To purchase an authentic piece of the court from Herndon High School, visit www.memberplanet.com/s/herndonsportsboosters/hhsgymfloor. Each piece is approximately 2.25 x 8 inches; only 200 pieces will be available.

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ASPIRE HOUSE McLEAN DESIGNER SHOW HOUSE

To Benefit
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COMMUNITY

Aspire Design Home in McLean will be open to the public from May 9 through June 7.

Local Designers Donate Talent for a Cause

A home in McLean Gets a Makeover to Benefit Cancer Support Community.

BY MARILYN CAMPBELL
THE CONNECTION

Some local interior design gurus are joining tastemakers from around the country to revamp the Aspire Design Home in McLean, Virginia, as part of an effort to raise money for charity.

The effort will give visitors a chance to see the latest trends in home design while supporting the Cancer Support Community, the largest professionally led, nonprofit network of cancer support worldwide dedicated to providing emotional support and navigation for individuals impacted by cancer, including their families and friends.

"I have had the enormous privilege of working with many of the talented creatives whose submissions and design work were selected to complete the interiors of this remarkable house," said Mary Douglas Drysdale, design chair of the McLean 2020 Design House.

"The final show house will be exceptional."

The makeover event has drawn 31 designers from around the world and local designers including Allie Mann of Case Design/Remodeling in Bethesda, MD and Falls Church, VA, Michael Winn of Winn Design + Build in Falls Church, Maria Galiani of Galiani McLean, Josh Hildreth of Josh Hildreth Interiors in Reston, Jonas Carnemark of Konst Siematic in Bethesda, MD, Paul Lobkovich of Lobkovich in Tysons, Federica Asack of Masseria Chic in McLean, and Pamela Harvey of Pamela Harvey Interiors in Oak Hill, Va.

The home itself is described as an innovative marriage of classical Monticello elements and on-trend materials and design techniques. Among those materials is a whimsical green hue, cheetah pattern wall covering created by Allie Mann of Case of Design/Remodeling for the upper level bathroom.

"Bathrooms in general are these little gems that

can be both public and private where great design can live," she said. "In this show house bathroom, the tile is the biggest part of the space where I'll incorporate materials that are a little edgier or unexpected in terms of color or saturation and that will really create a dramatic space. I also love the different play with the pattern of the tile."

It was a personal connection that influenced the upper level bedroom created by Josh Hildreth of Josh Hildreth Interiors.

"Our bedroom is dedicated to my inspiring mother and all of those who fight or have fought the brave fight against cancer," he said. "This enchanted aerie creates a quiet respite that exists for relaxation and renewal inside of a large and sprawling home."

He says that his design process is often instigated by the discovery of what he describes as animating objects. "For instance, in January I traveled to Paris and uncovered some wonderful items from some favorite sources," said Hildreth. "Our retreat reflects a love for the beauty of France and artfully mixes French and other design elements across the centuries into a jewel box space that delights the eye and promises hope for a better tomorrow."

While guest bedrooms often accommodate one's in-laws, Annie Elliott of Annie Elliott Design says that the space she is re-imagining doesn't fit that mold. "This isn't 'granny chic,' she said. "It's 'uncle chic,' with masculine furnishings paired with traditionally feminine elements to create a warm and inviting retreat."

Wallpaper made of subtle pink grasscloth encompasses masculine, modern elements such as the quasi-industrial étagère, which has tiny brass rivets on metal strapping and a black-caned bench at the foot of the bed, says Elliott. "The bed is canopied, but in Cowtan & Tout's Rutland – a sophisticated woodland scene in browns, greens, and blues – to counter the sweetness of the pink walls," she said. "We repeat the fabric on the drapes, layering it over woven wood shades for depth and texture. The room is a mix of vintage, and vintage-look furnishings."

To Go

The designer show house will open with a Preview Gala on May 8, 2020 and remain open to the public from May 9 through June 7, 2020. May 9-June 7, 2020, Wed.-Fri. 10 a.m. to 3 p.m., Sat.-Sun. 11 a.m. to 5 p.m. The cost is \$35 and the proceeds benefit the Cancer Support Community. For more information, visit www.aspireshowhouse.com/mclean.

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NEWS

Mobile Forensic Lab Expedates Crime Scene Investigation

The Fairfax County Police Department's Mobile Forensic Lab was debuted by Major Christian Quinn, Commander of the Cyber and Forensics Bureau. The mobile lab is a state-of-the-art vehicle that brings forensic capabilities previously only available in a lab environment to actual crime scenes.

To date, the lab has been deployed to four crime scenes – each of them a homicide case. Evidence recovered at those scenes included firearms, blood, and electronics. The lab allowed for those items to be examined and preserved immediately which expedited the ability of detectives to forensically link suspects with the scene.

The advantage of bringing tools from the lab environment to crime scenes can't be overstated. Major Quinn noted that Fairfax County is a very safe place with relatively low instances of serious crime. But tragic cases do occur and the Cyber and Forensics bureau is pleased to now be able to leverage the best tools and technology available to serve Fairfax County.

"Forensic Science speaks for homicide victims who can't tell their story. It corroborates information from marginalized community members when an imperfect society doesn't believe them. And sometimes it gives families and victims closure after more than 20 years when new technology and methods emerge to solve crimes today that we couldn't solve when they were first investigated," said Quinn.



PHOTO COURTESY FCPD

Major Christian Quinn, Commander of the Cyber and Forensics Bureau discusses advantages of having Mobile Forensic Lab on the crime scene.

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

MONDAY/MARCH 23

DMV2Go at the Pavilion. 9 a.m.-4 p.m. at 11900 Market St., Reston Town Center. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

SUPPORT GROUPS

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

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Now Where Was I Again?



By KENNETH B. LOURIE

And here I was thinking I was such a big shot, a thyroidectomy patient with nary a blemish on his body 30 days out from surgery. Metabolic balance? Ha! What metabolic balance! I was having none of it. A month into my post-surgical recovery and all I had to show for my troubles was one extra lab visit to measure/adjust my calcium and magnesium levels. Other than that, as Brooks said in "Shawshank Redemption" to Andy DuFresne about delivering library books to their fellow inmates: "Easy peasy." No fuss, with no muss whatsoever. Famous last words, or in my case, infamous first words.

It all began innocently enough with some bilateral shaking of my arms and some associated dropsies: items seemed to just slip from my grasp with no apparent reason - or awareness on my part. Then I began experiencing some "wicked," as we say in New England, pain in my lower back by my kidneys. Next came some forgetfulness and bouts of confusion. I knew who I was and I knew where I was but I definitely knew something had happened to me. I just didn't know if I was simply a victim of my own circumstances, so to speak, or had something more insidious taken root. I mean, I am a cancer patient with two types of cancer now.

I decided to email some of my doctors and share these new symptoms. My oncologist, in conjunction with my otolaryngologist responded. He arranged for me to see a neurologist which I did so the next day. The neurologist gave me the once over twice and ordered some additional lab work which I completed the next day after a 12-hour fast. Later that same day, Friday, Feb. 28, I received a call from my oncology nurse. She had received my lab results and after discussing them with my oncologist, advised me to go to Urgent Care immediately as I was at risk of a possible heart attack. My calcium levels, a previously well balanced component of a functioning thyroid gland had levels nearly off the chart, literally, 40% above normal. And since we couldn't exactly put my thyroid back in, off to Urgent care I went.

After excusing myself to the front of the waiting line, I was led back to an examining room where I was treated pending transportation - or not, to somewhere else. After spending an awkward night on site, I was eventually transported by ambulance to a local hospital where I would spend the next four and a half days trying to wean my body off its own elevated calcium. Finally, on Tuesday, I was pronounced fit enough to be released. My ordeal seemed nearly over. By late Tuesday afternoon, I arrived back home where I collapsed in my own bed for the first time in nearly a week and began to recover once again. The rest of the story consists of bits and pieces, fragments of recollections and words-to-the-wise in an attempt to prevent a recurrence.

I can't really say that I've learned my lesson because I did nothing wrong. I was simply following doctor's orders. Adjusting one's calcium and magnesium levels is a proactive part of life without a thyroid gland, though it's hardly a matter of routine, and I have no doubt there's still some tinkering yet to occur. Nevertheless, onward and upward I go. with hopes that future episodes will be met with similar vigilance.

Now, back to the previous cancer-themed column. I'm meeting with the endocrinologist on Tuesday to determine a course of action to eliminate the remaining 10% or so thyroid cancer embedded under my collarbone. Once we get that process straightened out then we can get back to treating my underlying non small cell lung cancer.

I imagine I'll live to write about it, but I'd be lying if I didn't admit to being a bit scared. When one treatment is delayed due to the treatment of another, I can't help thinking there should be penalty called for piling on. I don't mind carrying my share but two cancers is hardly share and share alike. Too much of a bad thing is just plain bad.

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

ENTERTAINMENT

Editor's Note: Be aware that some events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events.

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

ONGOING

AARP Tax-Aide Program. Now thru 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. www.NextStopTheatre.org

SUNDAYS IN MARCH

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. Featuring a new activity each month. Ages 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.

Reston: Community Building Since 1966. 7-9 p.m. At Jo Ann Rose Gallery, Reston Community Center, Reston. The Reston Historic Trust & Museum will host a panel discussion bringing together several community organizations who have been a pillar of Reston's community for over 40 years. Panelists include leaders of Reston Community Center, Cornerstones, the Walker Nature Center, Reston Chorale, Reston Garden Club, Herndon-Reston FISH, and Reston Community Players. They will share how their organizations began, how they have evolved over the years and the impact they have had on the community. Reston Historic Trust & Museum board member Lisa Sechrest-Ehrhardt will facilitate the discussion.

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 an 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



"Ordinary Days" will be produced by NextStop Theatre from now thru March 15.

"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



Lesson Zero performs Saturday, March 14 at PJ Mulligans in Herndon.

Lesson Zero Live

Saturday/March 14, 6-10 p.m. At PJ Mulligans, 2310 Woodland Crossing Dr., Herndon. P J Mulligans presents an evening with Oasis recording artist LESSON ZERO. More information available on www.youtube.com/lessonzero and www.reverbnation.com/lessonzero.

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.

Stuffed Animal Sleepover. 6:30-8 p.m. At Herndon Community Center, 814 Ferndale Ave., Herndon. Bring your favorite stuffed friend and drop in for crafts, cookies, and a bedtime story. Make sure to wear your pajamas. When it's time for you to head home, you can leave your fluffy friend for their very own sleepover at the Herndon Community Center. Pick them up the next morning to see what adventures they had. Advance registration required. Parents must attend activities with children. Pick-up your fluffy friend Saturday, March 14 from 9 a.m.-3 p.m. Cost is \$6/child. Register using code 451000.60, www.herndonwebtrac.com

ages. Sponsored by Reston Community Center. Call 703-471-9242 or visit www.restonarts.org

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.

Intermediate Digital Photography. 12:30-5:30 p.m. At ArtSpace Gallery, 750 Center Street, Herndon. This "beyond the basics" class is for alumni of Mary Louise's Digital Photography Essentials class or those who currently use Aperture and Shutter Priority shooting modes and want to learn how to successfully shoot in full manual shooting mode for complete control of image exposure. It will also teach more advanced skills relevant to the intermediate photographer such as whether to shoot in RAW vs jpeg format, controlling the flash - including using it for fill, using a custom white balance, and using typical filters in outdoor photography. Cost is \$125. Visit www.artsherdon.org.

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.

MARCH 14-15

St. Patrick's Day Fest. At Lake Anne Plaza, Reston. Kalypto's, along with fellow merchants of Lake Anne, will have a lineup everything Green. Feast on tasty traditional Irish dishes: Corned Beef and Cabbage; Guinness Lamb Irish Stew; Shepherd's Pie, and other classics. And don't forget a pint of Guinness. Bring the family to Lake Anne Plaza for Irish-inspired activities, including photo opportunities with the Lake Anne Leprechaun, face painting, and Irish Dance demonstrations. Kalypto's will feature live music; Dogma Dog Bakery is doing Lucky Dog cookie packages; Café Montmartre offering Shepherd's Pie and Cabbage Salad; Top Style by Kate Noda offering special St. Patrick Day makeup and green hair painting; Zen Nails offering Shamrock nail specials; LocalVa offering St. Patty's Day surprise menu items and Kiln and Custard offering \$1 mint kid's scoop of mint custard.

Saturday, March 14: Kalypto's Event Lineup
Noon — Lake Anne Leprechaun arrives by Pontoon boat;

12-2 p.m. — Lucky Dog Animal Rescue on-sight with dogs ready for adoption;

2-4 p.m. — Live Music by Fourth Electric;

2-5 p.m. — Face Painting;

4:30-7:30 p.m. — Live Music by Tom & Trey Band;

Sunday, March 15: Kalypto's Event Lineup

Noon — Lake Anne Leprechaun arrives by pontoon boat;

12-7 p.m. — DJ CrisPanic;

2-5 p.m. — Face Painting;

5 p.m. — Irish Dance Demonstrations from Folley's Irish Dance.

MARCH 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. Nibble on s'mores while enjoying story time with books by Dr. Seuss. Fridays, March 6 and March 27, and Saturdays, March 14 and March 21. Cost is \$9 per person. Call 703-471-5414.

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.

National Council of Negro Women Meeting. 3-5 p.m. At Fulton Bank conference room, 625 Elden Street, Herndon. Special Presentation – "Unlock the Power Within" – Part One of Three, One-hour Coaching Sessions. Guests are invited to attend three one-hour Coaching Sessions immediately following the Reston-Dulles Section's Monthly Business Meetings on March 15, April 19 and May 17.

Spats n' Chaps. 4-5:30 p.m. At Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. At the RCO concert you will hear two pairs of wildly contrasting symphonic dances, plus a Beethoven masterpiece interpreted by a talented young violinist. Admission is free. Visit the website: <http://www.restoncommunityorchestra.org>

Chris Jones & the Night Drivers. 7 p.m. At Frying Pan Park, 2739 West Ox Road, Herndon. Award-winning bluegrass stars Chris Jones & The Night Drivers will be in concert as part of the Bluegrass Barn series at Frying Pan Farm Park in Herndon. Band members have recorded one dozen No. 1 songs on the Bluegrass Today chart. Tickets are \$18 in advance and \$20 at the door. They're available at 703-437-9101.