

CONNECTION

Reston ♦ Oak Hill Herndon ♦ Chantilly ♦ CENTRE VIEW

Reston Fishing Day

PAGE 3

One hour after Kids Fishing Day 2022 begins in Reston, the Farley boys, Wesley, 4, and James, 8, have yet to be out-fished.

Students Sought for Summer Jobs

PAGE 3

Town of Herndon Breaks Ground

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OPINION, PAGE 4 ♦ CALENDAR, PAGE 8 ♦ CLASSIFIED, PAGE 10

PHOTO BY MERCIA HOBSON/THE CONNECTION

Dr. Whyte's New Book

Released March 8, 2022

TAKE CONTROL
OF YOUR
DIABETES
RISK

JOHN WHYTE, MD

Chief Medical Officer of WebMD



From the Chief Medical Officer at WebMD, the world's largest provider of trusted health information, learn how to reduce your diabetes risk and change your mindset from I hope I don't get diabetes to I can prevent diabetes.

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- Knowing the causes of the different types of diabetes
- Learning the role food, exercise, and sleep play
- Understanding the relationship between diabetes, heart disease, and cancer
- You have the power to reclaim your life after a prediabetes or diabetes diagnosis.

NEWS



PHOTOS COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT
From left, are Capt. John Streeter, with his medal and certificate, and Bill Collier outside Fire Station 38.

Fire Capt. John Streeter Receives EMS Award

Bill Collier, chairman of the Sons of the American Revolution (SAR) Safety Committee, recently presented Capt. John Streeter with the SAR Emergency Medical Services Award. Streeter is a member of West Centreville Fire Station 38, and he was given this honor in front of the members of his EMS403 A-Shift.

With nearly 25 years of service to the community under his belt, Streeter currently serves Fairfax County residents and the county Fire and Rescue Department as an EMS Supervisor.

Battalion Chief James Masiello wrote the letter nominating him for the award. In it, he explained that Streeter "far exceeds the qualifications for this award with his continued commitment to excellence as a leader, mentor and provider."

Streeter "trains one on one with the advanced life support interns assigned to the battalions, provides continuing education to all

personnel in his assigned stations and leads the battalion in my absence," wrote Masiello.

He also noted that the captain is a liaison with the local hospitals, serves on the department's Emergency Medical Services Review Committee and teaches other paramedics at the county's Fire and Rescue Academy.

"It is truly difficult to pick one topic to highlight regarding Capt. Streeter, as he is extremely committed to every aspect of the job," wrote Masiello. "John is, without question, one of the highest-quality paramedics I have had the pleasure to work with. He most certainly is second to none."

Streeter received a medal, plus a certificate "in recognition of dedication to the preservation of life and health under emergency conditions and/or performing beyond the duties normally called for within the Emergency Medical Services profession."

— BONNIE HOBBS

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ROUNDUPS

Car Seat Inspections, April 7

Parents may get their children's car seats inspected on Thursday, April 7, from 5-8:30 p.m., outside the Sully District Police Station. It's at 4900 Stonecroft Blvd. in Chantilly. Inspections are done on a first-come, first-served basis. Participants are asked to wear a mask and adhere to social-distancing and safety precautions.

They should also install the child safety seat, themselves, so the inspection can be performed. The seat will be properly re-installed, if necessary, and parents will be taught how to install the seat properly, in the future. Another car-seat inspection is scheduled for April 21, at the same place and time.

SEE ROUNDUPS, PAGE 4

NEWS

'It's Daunting, Wondering Where to Look for Jobs'

Career fair at Chantilly High proves big success.

BY BONNIE HOBBS
THE CONNECTION

Leaving Chantilly High on a Saturday morning, freshman Anjali Addagarla said attending the job fair there was time well spent. After all, she got to see what local employers have to offer teens like her.

The in-person event was held March 19 and sponsored by Supervisor Pat Herry (R-Springfield), in partnership with the Connection Newspapers, Fairfax County Public Schools (FCPS) and local chambers of commerce. And the available jobs included full time, after-school, seasonal and volunteer positions, as well as opportunities for internships.

"I was browsing for a summer job to see what's out there," said Addagarla, 15. "I found three places that interested me – Rita's Italian Ice near the Dulles Expo Center; Escapology, the escape room at Fairfax Corner; and Little Kickers, where I could be a soccer coach for younger kids."

"They all seem pretty fun," she said. "I'm going to put in my application and see what I get. This job fair is a good place to see my options, because this would be my first job. And it's neat to see what's available for 15-year-olds because, for lots of jobs, you have to be 16."

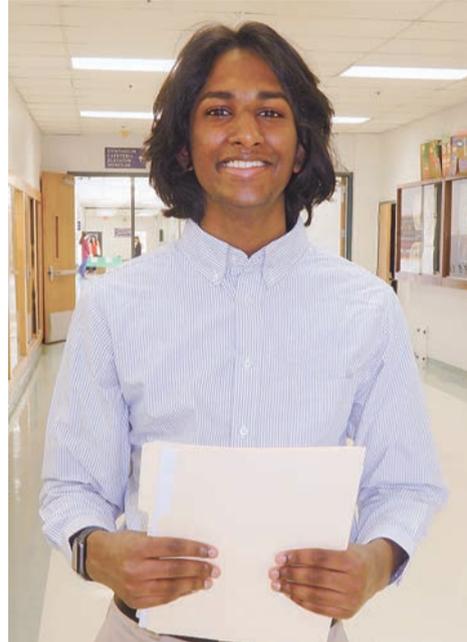
A sophomore, Sahaj Kasturi said he was searching for a job to "add more structure to my schedule and get money for college and a car." He also wanted to learn about volunteer opportunities, for either year-round or summertime.

"I saw community-focused things like volunteering in the fire department or in county parks, and they interested me," he said. "And some other jobs, like the escape room, looked like fun. I'll probably apply for the community-volunteer ones or the escape room, so I could volunteer and also have a weekday job."

Kasturi said the job fair was a good idea because "It gives that little push you need. It's a little daunting on your own, wondering where to look for jobs. But when they're all here in one place, it's easier."

Classmate Kushan Gupta said his dad saw an ad about the event and brought him to it. "They have a list of all the businesses here, and I looked at the ones that interest me," he said. "I talked to Tech Skills Partner, a non-profit that helps teens who can't afford four-year colleges, to learn the necessary skills to apply for jobs."

He said even Amazon was there, with some positions for those 18 and older. "I didn't know there were that many companies that wanted teenagers to work for them," said Gupta. "So it was good to see



Chantilly student Sahaj Kasturi holds job information and application folders.



James Vanhale and Maria Boehk of Wegmans.

which ones I could think about."

Angela Pham, a junior, was also pleased with her experience. "It was easy to access a lot of job opportunities at one time," she said. "And they're all meant for teens to sign up, and are less intimidating, because they're entry-level. I'm interested in working at Chick-fil-A." She also enjoyed collecting all the giveaways at the job fair, such as candy, samples of Rita's Italian Ice, sunglasses, flashlights and pens.

Among the many employers there were Nicki Miller and Peter McClintock of Sideburn Run Pool, near GMU in Fairfax. McClintock stressed that it's an individual pool, not part of a chain.

"We're looking for about 20 lifeguards and a pool manager," he said. "The pool manager would supervise the lifeguards, test the water's chemicals and keep the pool area neat and clean. It's the perfect job for high-school and college students because it's during the summer, when they're off."

"They have a lot of responsibility because they have to keep people safe," continued

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Representing Sideburn Run Pool, (from left) Nicki Miller talks to a student while Peter McClintock looks on.



At far left, Daniil Gomenyuk of DreamHome eagerly tells students what his company has to offer.



Students and prospective employers chat with each other during the job fair.

McClintock. "And they learn how to schedule their time, supervise others and interact with a lot of people."

Daniil Gomenyuk of DreamHome was delighted to be at the job fair. "We do exterior

home remodeling and have been in business more than 20 years," he said. "We work all over the DMV and Northern Virginia area."

SEE CAREER FAIR, PAGE 4

Gun Violence Still With Us

BY DEL. KENNETH R. "KEN" PLUM



Mass murders have not made the front pages of newspapers recently even as the pace of gun violence continues to be a menace to our society. Keeping many incidents of gun violence off the front pages of newspapers is in part related to the Federal Bureau of Investigation definition of a mass murder being the killing of four or more persons in a single event. That is a horrific event without a doubt, but the amount of violence in occurrences just below that definition has to be equally as alarming.

Virginia is no stranger to mass murders. One of the deadliest mass murders in our country occurred on the campus of Virginia Tech when a mentally deranged student in 2007 killed 32 students and staff and wounded 24 others. As recently as 2019 a Virginia Beach city employee killed 12 people at his workplace and

wounded four others.

Every day in Virginia and throughout the country news media are reporting on the inside pages of newspapers and in other news accounts the daily occurrence of gun violence that is less than a mass murder but bringing trauma to thousands and disrupting the safety and quality of life for many thousands more. There is a legitimate concern that the public has become numb to the bad news and may shut it out

as something we do not want to recognize or know about because there is no known solution for it.

Virginia is no stranger to gun violence. According to Everytown for Gun Safety, in an average year in Virginia 1,019 people die and 2,050 are wounded by guns. Virginia has the 29th highest rate of gun violence in the United States. In Virginia, 65% of gun deaths are suicides and 32% are homicides. Guns are the leading cause of death among children and teens. An average of 85 children and teens in

Virginia die by guns every year, and 55% of these deaths are homicides. (EveryStat.org)

Beyond the statistics are the stories of what happens to individuals, families, and communities because of gun violence. In July of last year a three year old was killed by a stray bullet in Richmond. In the same city in April a shootout at an apartment complex left a woman and her three-month-old baby dead. In November in Norfolk last year three women died and two were wounded from gun shots in a domestic dispute. In March of this year a 25-year-old newspaper reporter and her friend were caught in crossfire from a shootout in downtown Norfolk and were killed. There are dozens of similar stories of what some have described as an epidemic of gun shootings in the Commonwealth.

Citizens need to continue to speak out on gun violence and help give a voice to the victims. The 2020 session of the General Assembly made important reforms related to gun safety including my universal background check bill. We need to hold onto these reforms without backsliding while electing candidates who will support further reform.

Career fair at Chantilly High Big Success

FROM PAGE 3

And after the pandemic, we're trying to grow again."

He was trying to recruit people "who have energy and are ambitious. People who don't just want to make money, but also develop skills that they can use on the job or in the community. They build professionalism and entrepreneurship and learn financial skills, such as money management. They also participate in team-building and mentorship activities and learn business development, plus sales and marketing skills."

Gomenyuk said students would be hanging advertising flyers and knocking on doors as a group to do face-to-face marketing – encouraging prospective customers to sign

up for free home inspections. "A lot of kids gave me their names and emails and expressed interest. They liked that it's outside work; and when they hear the competitive salary of \$15/hour, plus commissions and bonuses, their eyes light up. And that's the bare minimum."

Representing the Civil Air Patrol (CAP) were Airman 1st Class Kyle Morrison and Cadet 2nd Lt. Sarah Sitoula. "We're the auxiliary of the Air Force, and our cadets get to help people," said Morrison. "We're a volunteer organization, and teens can learn lots of skills they can use, such as leadership."

A nonprofit, the CAP performs 90 percent of U.S. inland search-and-rescue missions. Volunteers age 18 and above may also help

provide disaster-relief efforts and mentor youth.

"It's for people who want to serve their communities and learn about aerospace education and leadership," said Sitoula. "They'd also help the Air Force search for missing persons and planes. And we want to provide this opportunity to others. We've learned a lot from this program and want to share it with as many people as we can."

Meanwhile, James Vanhalle and Maria Boehk told students about what Wegmans could offer them. "We'd like to get as many part-time employees as possible, age 16 and

up," said Boehk. "They could work as cashiers, stock shelves and do food prep."

"We offer scholarships and internship programs, and we have a lot of growth opportunities," Boehk continued. "For example, you can start as a part-time cashier and work your way up to corporate positions, like marketing."

Happy to have participated in the job fair, Boehk said the attendees expressed interest in working for Wegmans. "A lot of students are looking for summer jobs and liked the availability of our internships and scholarships," she said. "Overall, it was a success."

ROUNDUPS

FROM PAGE 2

Donate Coats, Blankets, Hats for Ukrainian Refugees

Elected leaders from Northern Virginia have launched an aid program to collect coats, blankets, heavy socks and gloves for the more than 3 million refugees who've had to flee from their homes in Ukraine. Residents and businesses may drop off donations until April 15 at the Sully District Governmental Center, 4900 Stonecroft Blvd. in Chantilly.

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

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PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

State and town officials at the Friday, March 25 groundbreaking for the Van Buren Complete Street and Herndon Parkway Intersection project.

Town Holds Groundbreaking for \$10.9 Million Street & Intersection Project

BY MERCIA HOBSON
THE CONNECTION

On Monday, March 28, eight state and local officials sank their gold ceremonial shovels into the dirt in the Town of Herndon to mark the groundbreaking of the Van Buren Complete Street and Herndon Parkway Intersection project. The multi-modal improvement project will make major changes to the intersection providing regional access to and from Monroe Street (Route 666), Sunrise Valley Drive and Herndon-Monroe Park & Ride Garage in Fairfax County for the Herndon Metrorail Station,

In addition, the Van Buren Complete Street and Herndon Parkway Intersection project will improve vehicular and pedestrian safety. It will reduce congestion and lengthy peak hour delays. The project is needed because the close-by Herndon Metrorail Station, part of Phase 2 of the Silver Line extension to Dulles Airport and Loudoun County, is expected to open this summer.

Virginia Delegate Irene Shin (D-86); Herndon Mayor Sheila Olem; Herndon Councilmember Naila Alam; Bill Ashton, town manager, Town of Herndon; Scott Robinson, director, Public Works, Town of Herndon; Richard Smith, senior civil engineer, Town of Herndon; former Herndon Mayor Lisa Merkel; and Brian Glover, vice president, A & M Concrete Corporation were among those in attendance.

While the entire cost of this project is \$10.9 million, Olem said at the groundbreaking that \$8 million had been raised via federal, regional, and local funds. Grants were applied for and secured by the town. The Herndon Parkway intersection cost \$4.5 million, while the Van Buren complete street portion totals \$6.4 million.

“I want to give a big shout out to the Northern Virginia Transportation Authority for also partnering with us on this major project. What’s going to happen when this is done? It’s going to make it much



SCREENSHOT

Herndon Metro Station

easier for people to walk, bike, wheelchair, or stroller around town,” Olem said.

According to Smith, the Project is two major projects the town was able to award to one contractor, A&M Concrete Corporation. That adds efficiency to the schedule and budget. Brian Glover, vice president of A&M Concrete Corporation, said that the project’s construction phase will last one year with completion expected in the spring 2023.

The project will provide access to the Herndon Transit-Oriented Core areas, concentrating on the North Entrance of the Herndon Metro Station, and continues initiatives to have through traffic use the Herndon Parkway instead of the town’s internal streets. It also provides connectivity to Fairfax County.

Some of the improvements include widening the travel lanes to 11 feet so that major intersection traffic capacity can be increased, adding curb and gutter, on-and-off-road bike lanes in each direction, five-foot-wide sidewalks with streetlights, and crosswalks, and traffic signalization at Alabama Drive. A turn lane for northbound Van Buren Street at Herndon Parkway will also be added.

Additionally, the project will provide improved pedestrian crosswalks with ADA signals and stormwater management facilities, and overhead utility line relocations. Dedicated turn lanes, bike, and pedestrian enhancements, and storm drainage improvements are among the intersection improvements.

“We are so looking forward to this,” Olem said.

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RESTON ASSOCIATION

ANNUAL MEMBERS' MEETING

Join Zoom Meeting: **April 12, 2022, 7 p.m.**
Log in at <https://bit.ly/RA-AMM22>

Learn about the state of the association and what lies ahead for RA. Election results will be announced.



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Spring Outdoor Theater in Reston

Outdoor theater comes to Reston this spring. William Shakespeare's "A Midsummer Night's Dream" is reimaged by NextStop Theatre and presented by Reston Community Center and Reston Town Center Association in Reston Town Square Park on April 29, 30 and May 1 at 7 p.m. This free production of Shakespeare's beloved and hilarious comedy, with a contemporary spin, will be Reston's first professional Theatre in the Park event.

The shows will take place on a stage especially designed for the production and are free and open to all ages. There are no rain dates.

"NextStop Theatre is beyond excited to be collaborating with Reston Town Center Association and Reston Community Center on A Midsummer Night's Dream," said NextStop Theatre Producing Director Evan Hoffmann. "Together we are going to create a beautiful, magical, and incredibly unique experience that will remind everyone why community and great art go hand in hand."

Theatre in the Park will join this year's lineup of exciting, diverse and free out-

door performing arts events at Reston Town Center

- ❖ Thursdays with the Arts at Mason, Thursdays, 5 – 6 p.m. beginning May 26

- ❖ Family Fun Entertainment Series, Saturdays, 10:45 a.m. beginning June 18

- ❖ Darden and Friends jazz series, Thursdays, 5 – 6:15 p.m. beginning Sept. 8

- ❖ Sunday Art in the Park with Shenandoah Conservatory, Sundays, 7 – 8 p.m. beginning June 12. Reston Community Center teams with Reston Town Center Association to fill summers with the magic of the arts.

"RCC believes wholeheartedly in the power of collaboration to create memorable arts experiences for our community," said RCC Executive Director Leila Gordon. "Combining the talents of NextStop Theatre with the beauty of Reston Town Square Park is a perfect example."

Robert Goudie, executive director of Reston Town Center Association, notes, "Adding Theatre in the Park to the RTCA cultural calendar is something our Board has wanted to do for some time."



PHOTO COURTESY OF FAIRFAX COUNTY FIRE & RESCUE DEPARTMENT

Firefighters remain on scene after extinguishing the blaze at this commercial building in Centreville.

Mechanical Failure Causes Centreville Building Fire

The afternoon of March 10, firefighters from both the Fairfax County and Prince William fire and rescue departments battled a building fire in the 14600 block of Lee Highway in Centreville. And investigators have now determined that the blaze was accidental.

First-arriving units discovered a two-story, commercial building with smoke showing from the roof in front. Crews at the back of the structure reported fire evident from a second-floor window, and a second alarm was struck. Firefighters quickly extinguished the flames on the second floor and were able to confine the fire to one unit.

Four people were in the unit at the time of the fire but escaped unharmed. Fire officials say the unit was not equipped with smoke alarms or a fire sprinkler system. An employee who saw the smoke and flames called 9-1-1.

Fire investigators determined that the fire started in the back of the second-floor unit. They say it was caused by a mechanical failure within the motor of an air compressor. No one was displaced because of the incident, but damages were estimated at approximately \$200,000.

— BONNIE HOBBS

Drug Trafficker Sentenced for Role in 2011 Reston Murder

A Honduran national, formerly of Reston, Virginia, was sentenced earlier in March to 20 years in prison for aiding and abetting a drug-related murder over a decade ago.

According to court documents, Saul Pacheco Mejia, 55, arranged to sell cocaine to individuals in Reston on Dec. 12, 2011. On that date, Mejia and two associates arrived at an apartment in Reston in anticipation of the cocaine transaction. Instead of purchasing the cocaine, the intended customer attempted to steal the cocaine and flee. Mejia's associates chased, shot, and killed the man. Mejia did not have a firearm, but knew the two other individuals did have firearms. Me-

Mejia and the others fled to Honduras shortly after the crime. In late 2019, Mejia was located in the United States and arrested in Texas.

Mejia pleaded guilty on July 15, 2021, to aiding and abetting the use of a firearm in furtherance of a drug trafficking conspiracy, causing death, and abetting the use of a firearm in connection with a drug conspiracy resulting in death.

Jessica D. Aber, U.S. Attorney for the Eastern District of Virginia, and Kevin Davis, Fairfax County Chief of Police, made the announcement after sentencing by U.S. District Judge Rossie D. Alston, Jr. Assistant U.S. Attorney Michael P. Ben'ary is prosecuting the case



PHOTO COURTESY OF FCFRD

From left are Bill Collier and Lt. Jason Kim with his certificate.

Station 40 Firefighter Receives SAR Award

Lt. Jason Kim of Fire Station 40 in Fairfax Center was honored last Thursday, March 17, with the Sons of the American Revolution (SAR) Fire Safety Commendation Award. Bill Collier, of the SAR's Col. William Grayson Chapter, presented him with the award. He did so during the station's A-shift, with Kim's proud family and shift mates in attendance.

According to the Fairfax County Fire and Rescue Department, "Kim is a newly promoted officer who goes out of his way to learn more about his new position. As a relief officer in the 7th Battalion, his assignments range from rural Clifton to urban

Fair Oaks.

"Wherever he is, Kim explores, asks questions and sets expectations for his crew. He is also a member of the Hazardous Materials Response Team and is training to ride in command of the Hazardous Materials Unit at Station 40. As a paramedic, Lt. Kim is a true, all-hazards officer and takes all his roles very seriously, to include being a mentor to newer members. Congratulations to him and thank you,

SAR, for your continued support of the FCFRD firefighters and paramedics."

— BONNIE HOBBS

Veg Fest Coming April 24

The fourth annual Fairfax Veg Fest will again take place in Herndon, Va. on April 24, 2022, with more than 80 exhibitors focused on healthy food, wellness programs, green products, and animal welfare.

Speakers include:

T. Colin Campbell, PhD – best-selling author of *The China Study*, *Whole*, and *The Low Carb Fraud*; and star of the documentary *Forks Over Knives*

Neal Barnard, MD -- President of the Physician's Committee for Responsible Medicine (PCRM), author of 18 books detailing the benefits of the plant-based diet

Gene Baur -- expert on the abuses of industrialized factory farming, called "the conscience of the food movement" by Time magazine

Jim Loomis, MD -- Director of the Barnard Medical Center and former team internist for the St. Louis Rams football team and the St. Louis Cardinals baseball team

Gwyn Whittaker – CEO of the educational GreenFare Organic Café, and GreenFare Health and Wellness

Baxter Montgomery, MD – Houston Cardiologist, Montgomery Heart and Wellness Director

James Wilks – Director of the most widely viewed documentary in the world *The Game Changers*, and Mixed Marshall artist

Courtland Milloy – Columnist at the Washington Post since 1975

Brian Clement, PhD – Co-Director Hippocrates Institute and author

In addition, plant-based cooking demonstrations

will be held by a variety of chefs including Pericles Silva of the GreenFare Organic Café in Herndon.

The purpose of this event is to give people an opportunity to learn from and ask questions of those who have already seen life-changing results from plant-based eating.

At every level from amateur weekend warriors to Olympians and world-record holders, plant-based athletes have experienced profound performance gains in strength, endurance, and mental clarity. The list is constantly growing, including NFL and NBA all-stars, professional boxers, weightlifters, bodybuilders, MMA fighters, runners of every distance, cyclists, auto racers, wrestlers, skiers, baseball, hockey, soccer, tennis, rugby players and many more.

Those attending the Fairfax Veg Fest will also find information that will help them and their friends and families make simple, easy changes to adopt a more heroic lifestyle that saves commoditized animals who cannot fight back when their lives are being taken.

For those interested in environmental issues, there will be information showing that reducing demand for animal-based products could have immensely positive benefits for our planet.

The Fairfax Veg Fest will take place on Sunday, April 24 from 10 a.m.-5 p.m. in the large parking lot of the Northwest Federal Credit Union at 200 Spring St., Herndon, VA 20170. Parking will be free. Thousands of people are expected to attend from all around the D.C. Metro area.

For more information about the event, and to apply to be a vendor or sponsor, go to <http://fairfaxvegfest.org/> or contact Gwyn Whittaker at gwyn@greenfare.org.



DOODLE POP

SATURDAY, APRIL 23, 4 P.M. | \$15/\$10 MCC DISTRICT RESIDENTS

A mischievous duo starts to doodle... and ends up creating a whole imaginative world! They invite us along on their sea adventure with a tiny little turtle. Created by BRUSH Theatre of South Korea, Doodle POP is a touching and playful nonverbal show. Live musicians perform the accompanying score and sound effects along with stunning interactive animation projections, live whiteboard drawings and an abundance of theatrical imagination.

The Alden at the McLean Community Center: 1234 Ingleside Ave., McLean Va. 22101
For tickets: aldentheatre.org or call 703-790-0123 | TTY: 711

Inmate Dies at Fairfax County Adult Detention Center

Detectives from Fairfax County Police Major Crimes Bureau are investigating the in-custody death of 65-year-old inmate George Redmond. The Sheriff's Office reported on March 28, 2022 at approximately 9:20 a.m., a Sheriff's deputy found Redmond unresponsive in his single cell in the Adult Detention Center (ADC). The deputy rendered aid until relieved by ADC medical personnel, according to the Sheriff's Office. Rescue arrived, continued lifesaving measures and transported Redmond to the hospital, where he was pronounced deceased. The Office of the Chief Medical Examiner will conduct an autopsy, but preliminarily, there are no signs of foul play, according to police.

Redmond had been in the custody of the Fairfax

County Sheriff's Office and incarcerated at the ADC since March 25. On that date, he was originally arrested by Alexandria City Police, FCPD said. Custody was transferred to FCPD officers, and Redmond was taken to the Fairfax County ADC.

He was arrested for a failure to appear warrant related to an original charge of trespassing and destruction of property. Our detectives are coordinating with the Fairfax County Sheriff's Office to gather the facts and circumstances surrounding this death.

Fairfax County Sheriff's Office policy dictates that an in-custody death must be investigated by the Fairfax County Police Department. The investigation is underway.

Help Feed Hungry Families in Fairfax County

Take action to help others.

Help support local food banks through Virtual Stuff the Bus. <https://www.volunteerfairfax.org/home/stuff-the-bus-virtual-food-drive/> Monetary donations allow organizations to distribute more food, feed diverse communities, provide fresh food, and keep shelves stocked when donations are low. Here are five reasons to donate virtually:

❖ More Meals – Nonprofits can turn a donated dollar into more meals by purchasing food in bulk or through special discounts from retailers.

❖ Feeding Diverse Communities – Monetary donations allow pantries to purchase culturally ap-

propriate foods, which better meet the needs of the diverse communities they serve.

❖ Fresh Food – Canned and dry food are a vital part of food pantries, but a healthy diet also requires fresh fruit and vegetables, low-fat dairy products and lean proteins – items that can't be collected through food drives.

❖ Less Labor – Nonprofits often rely on the work of volunteers to sort and shelve donations.

❖ Hunger Never Takes a Break – Having cash on hand helps food pantries keep their shelves stocked during times of the year when donations drop off.

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CALENDAR

NOW THRU APRIL 28

A collection of paintings by Layla Gray and Coty Dickson entitled "The Four Seasons" is on display at the Great Falls Library, 9830 Georgetown Pike, Great Falls, VA 22066. The public can view this collection of favorite seasonal paintings in the library's large meeting room from now through Thursday, April 28, 2022 during regular library hours. Contact Coty Dickson at coty dickson@gmail.com for additional information.

NOW THRU APRIL 16

Photos with the Easter Bunny. At Tysons Corner Center, McLean, Fashion Court, Level 1 near Nordstrom. Tysons Corner Center welcomes the Easter Bunny back on March 18th. Visit the Bunny for an unforgettable family photo experience. The option to pre-book your appointment is available and recommended to reduce wait time. Visitors can choose from a selection of photo packages as well as choose between a socially distanced experience or sitting with the Bunny, if permitted per local mandate. The Bunny will be available Monday - Saturday from 11 a.m. - 7 p.m. and Sunday from 12 p.m. - 6 p.m.

NOW THRU APRIL 30

The Friends of Frying Pan Farm Park invite the public to participate in its 2022 photo contest. Help celebrate all that is special about the farm with the second "Focus on the Farm" fundraiser. Open to photographers of all ages and abilities, capture the beauty and farm life at Frying Pan Farm Park. The categories include nature, landscape and scenery, and farm animals. Photos must be taken, and entries submitted between March 1 and April 30, 2022. You can enter up to 10 photos. The fee is \$7 per entry for adults, and \$5 per entry for children up to age 16. The fees will directly support the park and care and feeding of the animals at the farm. Go to the Friends of Frying Pan Farm Park website for detailed instructions and submission information; or email the Friends of Frying Pan Farm Park at friends@fryingpanpark.org. Frying Pan Park is located at 2709 West Ox Road, Herndon. Call 703-437-9101.

WEDNESDAY/MARCH 30

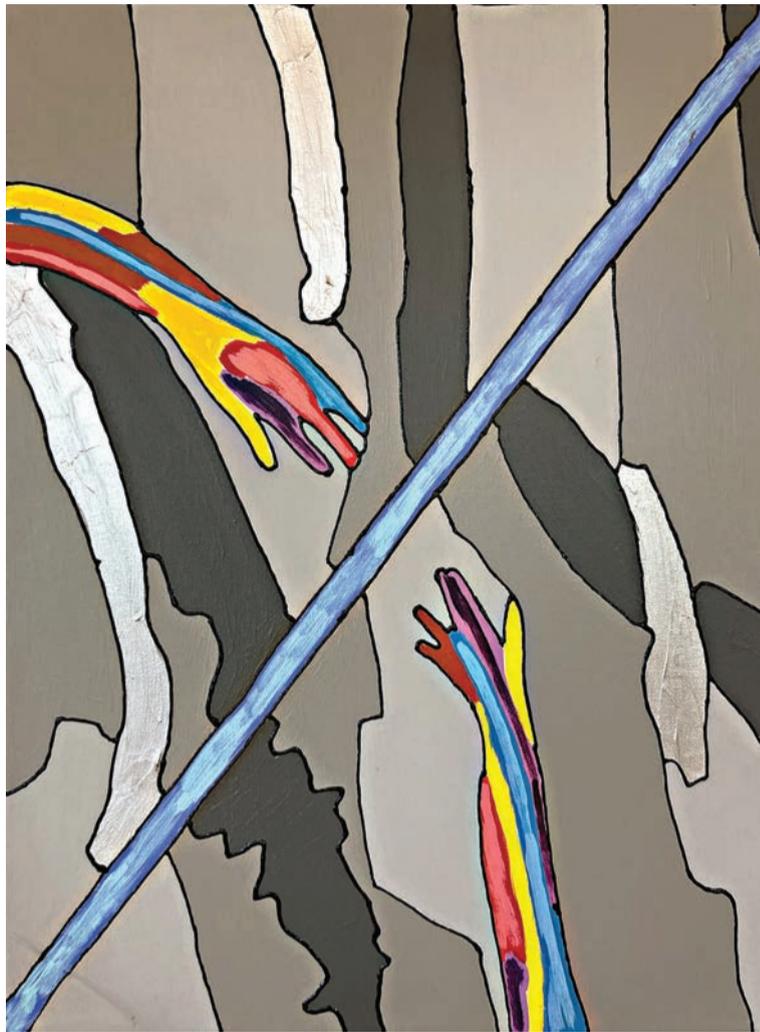
Michael Oppenheimer Speaks. 7:30 p.m. Via Zoom. Topic is: Climate Change: What You Need to Know. Sponsored by the Northern Virginia Hebrew Congregation. Visit the website: <https://nvhc.shulcloud.com/form/speaker-series-3/30/2022.html>

MARCH 30-APRIL 3

Used Book Sale. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sale of gently used books for children, young adults, and educators. Shop over 10,000 items. Hours are: Thursday, March 30 - 10 a.m. to 5 p.m.; Friday, April 1 - 10 a.m. to 5 p.m.; Saturday, April 2 - 10 a.m. to 5 p.m.; Sunday, April 3 - 10 a.m. to 3 p.m. Contact the Friends of the Reston Regional Library at 703-829-5467.

APRIL 1-17

"Nat Turner in Jerusalem." Friday and Saturday at 8 p.m., Sunday at 2 p.m. At NextStop Theatre Compa-



The opera "Zavala-Zavala" will be presented Friday, April 8, 2022 at The Alden Theatre in McLean.

ny, 269 Sunset Park Drive, Herndon. This powerful play delves into an important moment in American history, which has continued to shake the conscience of the nation for almost two centuries. Through powerful performances, audiences are invited to take part in a deep exploration of human morality and the grim reality of the past. Visit the website: <https://www.nextstoptheatre.org/nat-turner-in-jerusalem>

SATURDAY/APRIL 2

Mr. Vaudeville and Friends Present Mystery. 3 p.m. At Reston Community Theater's CenterStage. Bring the family and join an audience of unlikely sleuths for an afternoon of high crimes and high jinks. Visit www.restoncommunitycenter.com.

SATURDAY/APRIL 2

Sip, Stroll & Adult Easter Egg Roll. 8 - 10 p.m. At Tysons Corner Center, McLean. Check-in at Barrel + Bushel on The Plaza, egg roll will be held inside the mall This event allows the adults to get in on the Easter fun with an Adults-Only Egg Hunt. This free event will include cocktails, brunch snacks, live music, a visit from the Easter Bunny, and over \$5,000 in prizes from Tysons Corner Center retailers. Pre-registration is required. Participants must be at least 21 years of age.

SATURDAY/APRIL 2

Anglers with Autism. Noon to 3 p.m. At Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Anglers with Autism is for families to learn how to fish together and identify a variety of accessible fishing

opportunities the Park Authority has to offer. During this outdoor program, families will be provided with a basic fishing lesson and a guided fishing opportunity, with all equipment provided. This free event is for youth with autism, ages 6 to 21, and their families. All fishing participants ages 16 and older must have a valid Virginia fishing license.

WEDNESDAY/APRIL 6

Class: The Carla Perlo Story. 8 p.m. At Reston Community Theater's CenterStage. Experience a documentary film, interspersed with live performance, about dancer and choreographer Carla Perlo and her influence on her students, the field of dance, the communities in which she worked and her advocacy for property ownership by artists over the course of 48 years. Visit www.restoncommunitycenter.com.

FRIDAY/APRIL 8

Two Operas. 7:30 p.m. At The Alden, McLean Community Center, McLean. "Zavala-Zavala" by Composer Brian Arreola and Librettist Anna Deeny Morales, tells a story of family separation and survival at the U.S.-Mexican border—inspired by true events. The second opera, "Our Queer Mother, Gabriela," is an IN Series commission that sets the poems of Gabriela Mistral in her original Spanish, as well as in the luminescent English translations by Langston Hughes. Tickets are \$25, \$15 for McLean Community Center (MCC) district residents. The theater is located inside MCC at 1234 Ingleside Ave., McLean. Visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.

SATURDAY/APRIL 9

123 Andrés. 3 p.m. At Reston Community Theater's CenterStage, Reston. 123 Andrés is the award-winning duo of Andrés and Christina, who entertain with catchy songs and a high-energy show that gets kids and families singing and dancing in Spanish and English. Visit www.restoncommunitycenter.com.

SATURDAY/APRIL 9

Spring Bazaar and Craft Show. 10 a.m. to 4 p.m. At Vienna Volunteer Fire Department, 400 Center Street, South Vienna. The Auxiliary to the Vienna Volunteer Fire Department will hold their popular Spring Bazaar and Craft Show. Offered for sale will be crafts, holiday decorations, items for your home, clothing and gifts for that special someone. A delicious lunch menu is planned, as well as a bountiful homemade baked goods table. Looking for a unique find? Come shop at Vera's Attic table. Fire Department T shirts will be available for purchase. For information, or to reserve a space and request an application, call Carol at 703-309-3468 or email Dancers1023@aol.com, or Lisa at 703-981-4504 or email lisaemerson3@verizon.net. Admission is free.

APRIL 9-10

Native Plant Sale. The Friends of Riverbend Park's Native Plant Sale this year will be held to coincide with Riverbend Park's Bluebell Festival. To order native plants online, go to the FORB website at www.forb.wildapricot.org and click on the "2022 Native Plant Sale" tab. Twenty-eight different species of native plants are available for purchase at \$11 per quart-sized plant and \$13 per gallon-sized plant. All plants ordered and paid for online must be picked up at the Riverbend Park Educational Pavilion on Potomac Hills Street on April 9th or 10th between 10 a.m. and 4 p.m. Additional Bluebells will also be available for sale by cash, check or credit card at the Visitor Center during the Bluebell Festival. If there are any questions, contact Hugh Morrow at hughmorrowiii@gmail.com.

SUNDAY/APRIL 10

Mah Jongg. 10 a.m. to 4 p.m. At Temple Rodef Shalom, 2100 Westmoreland Street, Falls Church. Mah Jongg Fun Day with brunch and raffle (cash or checks). Questions?

Iva at wotrs@templeroodefshalom.org. Registration by March 25th, <https://adobe.ly/3mY7eWr>

SUNDAY/APRIL 10

Clifton Easter Egg Hunt. 11:30 a.m. - 1 p.m. At Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Fun and games, bake sale, craft sale, and ice cream. Main Street Pub - The Corned Beef and Cabbage Dinner is outstanding! Corned Beef brisket layered atop a wedge of cabbage and finished with sides of red skinned potatoes and carrots (available only in the month of March).

SUNDAY/APRIL 10

Spring Community Parking Lot Sale. 9 a.m. to 1 p.m. At MCC Parking Lot, 1234 Ingleside Ave., McLean. Featuring up to 50 adult and youth sellers, shoppers can find bargains galore at one of the area's biggest community sales of the spring season. The sale offers a wide variety of gently used household goods, electronics, furniture, clothes, appliances and other items. The Kids' Row is a special area of the sale where children ages three to 15 can use their math and entrepreneurial skills while selling toys, clothes, games and other items. Got stuff? A limited number of selling spaces are available. Residents selling household items are welcome as are commercial vendors or flea market dealers. To sell at the sale, register online at www.mcleancenter.org, in person or by phone by contacting the MCC Registrar at 703-744-9365, TTY: 711.

MAY 21-22

Girls on the Run Spring Registration. GOTR NOVA will be offering an in-person, 10-week curriculum for the Spring 2022 season. Two in-person 5Ks presented by Cigna will be held on May 21st and 22nd in Sterling and Ballston, respectively. Teams will continue to be school and community-based to further our outreach efforts in being accessible to every girl across Northern Virginia. Currently, 105 teams throughout Alexandria, Arlington, Fairfax, Falls Church, Loudoun, Manassas, Manassas Park, and Prince William are open for Spring 2022 registration through March 1, 2022. For more information about spring registration and sites for Girls on the Run of NOVA, visit www.gotrnova.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 the event.

WALKING/RUNNING PROGRAM

Calling women - need a fun program to start / restart your walking / running program? Check out the Women's Training Program with Reston Runners <https://restonrunners.redpodium.com/2022-womens-training-program>. It is an 8-week program meeting each Monday evening at 6:30 p.m. at South Lakes High School to complete a 3 mile course by walking, walk/ run or running. All coached by a great group of women.

DULLES AIRPORT BEGINS TRANSITION TO ELECTRIC BUSES

The Metropolitan Washington Airports Authority announced last week the purchase of five fully electric-powered buses from Proterra Operating Company Inc. for use in its fleet of parking shuttles at Washington Dulles International Airport. This purchase, which is being funded by a grant from the Virginia Department of Environmental Quality, is a major

SEE BULLETIN, PAGE 9

BULLETIN BOARD

FROM PAGE 8

step toward the Airports Authority's goal of a more sustainable fleet of low- or zero-emission ground transportation vehicles. The purchase includes ZX5+ buses, as well as three Proterra 150-kilowatt charging stations. Each Proterra ZX5+ transit bus features: A 450 kilowatt-hour battery that will deliver between 154 and 216 miles of service per charge, enabling drivers to complete their full shift on a single charge. Three 150-kW high-capacity chargers, capable of recharging of each bus in under four hours. The Airports Authority's 29-seat layout configuration, which is customized for airport service, with a spacious luggage rack for passenger convenience. Designated seats designed to fold upright to enable use of two wheelchair positions featuring four-point restraints, in compliance with the Americans with Disabilities Act.

SATURDAY/APRIL 23

Sen. Mark Warner will host his annual Academy Day on Saturday, April 23, from 10 a.m. to 12:30 p.m. This is a virtual event that will be hosted on Acelevents. The event will offer students, their parents or guardians, and school counselors a comprehensive overview of the United States service academies and their admission processes. Attendees will have the opportunity to join breakout sessions with representatives from the United States service academies for presentations and an interactive question and answer period. On the main stage, you will hear from representatives

from the Virginia congressional delegation about the application procedures for congressional nominations to the academies as well as speakers from the Department of Defense Medical Examination Review Board, the University of Virginia ROTC programs, the Virginia Military Institute, and the Virginia Women's Institute for Leadership at Mary Baldwin University. There will also be time to speak in more detail with many of these representatives at their virtual resource tables.

Information on the nomination process for the service academies is available on the Senator's website at www.warner.senate.gov. You may email academy_noms@warner.senate.gov with any questions.

KINDERGARTEN REGISTRATION AT COLIN POWELL

Now Thru May 31, 2022. 8 a.m. to 4 p.m. At Colin Powell Elementary School, 13340 Leland Road, Centreville. Colin Powell Elementary School in Centreville has begun kindergarten registration for the 2022 -2023 school year. Children must be 5 years of age by September 30, 2022, to qualify for enrollment. Parents may call or email the registrar at 571-522-6008 / Rljohnson2@fcps.edu for more information and to schedule an appointment.

Forms and other information are available online at: <https://www.fcps.edu/registration/kinder-garten-registration>.

KINDERGARTEN REGISTRATION AT UNION MILL

Union Mill Elementary is currently registering new students for the

2022-23 school year. If your child will reach his or her 5th birthday on or before September 30, 2022, he or she is eligible to attend kindergarten in the Fairfax County Public School that serves your address. Follow the following steps to register your child:

1. Find your neighborhood school by entering your address at <http://boundary.fcps.edu/boundary/>
2. Complete a packet of registration forms on the Union Mill Elementary School website or by calling Union Mill's registrar at 703 322 8500.
3. Gather your supporting documents—proof of residence in the Union Mill boundary, a certified copy of your child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school.
4. Save the date for our virtual Kindergarten Orientation on Tuesday evening, March 1st. We will also have an open house, by invitation only, on March 3rd. Reach out to the school for more information on both. Parents who choose to delay enrollment in kindergarten by one year are required to notify the school in writing of their intent.

SEEKING SOFTBALL PLAYERS

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. They play on Wednesday evenings and Saturday mornings in Vienna. For more information, visit the website www.goldengirls.org or call Marilyn at 571-261-9163.

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 donaledge@aol.com.

Assistance League of Northern Virginia is an all-volunteer non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children in Fairfax and Prince William Counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need. To learn more, 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 ne-

glected, 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. parkinsonfoundation.org. Call Natalie McCall nmccall@onlifefitness.com 703-904-7600 for more.

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3/16/2022.....A+ Camps & Schools
3/23/2022.....Senior Living
3/30/2022.....Spring Family Fun

APRIL
4/6/2022.....Wellbeing
4/13/2022.....HomeLifeStyle
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Legals

ABC LICENSE
Founding Farmers NOVA LLC trading as Founding Farmers, 1904 Reston Metro Plaza Reston, Fairfax County, Virginia 20190-5231. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Caterer license to sell or manufacture alcoholic beverages. Daniel Simmons, Officer/ The Veritas Law Firm. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Legals

ABC LICENSE
Deli Italiano Burke, Inc trading as Deli Italiano, 700 Lynn St Herndon, Fairfax County, Virginia 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for Retail On and Off Premises Wine and Beer applied for license to sell or manufacture alcoholic beverages. Yasser Baslios (Owner). Date notice posted at establishment: March 16, 2022. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

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ABC LICENSE
Sodexo Operations LLC trading as Sodexo Operations, LLC, 1950 Opportunity Way, Reston, Fairfax County, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Mixed Beverage Caterer license to sell or manufacture alcoholic beverages. Thomas Morse, Vice President. Date notice posted at establishment: 3/17/2022. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

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CALENDAR

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Let us know about an upcoming event
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Obituary

Katherine "Katy" Davis, 84, of Roanoke passed away Sunday, March 20, 2022. She was preceded in death by her parents, Harry and Delores Lough, and a brother, James "Dude" Lough.

Mrs. Davis was a 1959 graduate of Fairmont State College. She retired after 30 years of service with the Fairfax County, Virginia school system. Katy taught at Hunters Woods Elementary, and then focused on science and math classes at Langston Hughes Intermediate School and South Lakes High School.

Surviving is her husband of 65 years, Jack L. Davis; sons, John R. Davis (Irene), Thomas L. Davis (Mish) grandchildren, Noele, Natalie, and Meredith Aabye; and a great grandson, Gabriel Diaz.

In lieu of flowers the family suggests that memorials be made to REMS (Roanoke Emergency Medical Services) P O Box 1830 Roanoke, VA 24008.

A gathering of family and friends was held from 2:00 p.m. until 6:00 p.m. Friday, March 25, 2022 at the Electric Road Chapel of Simpson Funeral Home 3912 Electric Road Roanoke, VA 24018

Obituary

Joyce A. Southers



Joyce Ann Southers, 90, of Luray, Virginia, died Saturday, March 12, 2022 in Commonwealth Senior Living, Berryville, Virginia. Mrs. Southers was born June 18, 1931 in Altoona, Pennsylvania, daughter of the late Ralph Stewart Long, Sr. and Naomi Allegra Emes Long.

She was a homemaker and a Christian woman that was involved in the church and bible study all her life.

Her husband Herbert J. Southers preceded her in death on August 26, 2010.

Surviving are their children, Herbert J. Southers II (Sherry), Peggy Southers Brun, and Janie Foster (Jim); grandchildren, Emily Brun, Sara Southers-Brun, and Megan Foster; a great-grandson, Milo Flores; two sisters, Terrill Elaine Sessions, Peggy Louise Grella; and a brother, Ralph S. Long Jr. She was greatly loved by all.

A memorial service will be held 2:00 P. M. Sunday, May 15, 2022 at Enders & Shirley Funeral Home Chapel, Berryville, VA.

In lieu of flowers, please consider a donation to Salvation Army or Page One (www.vapageone.org).

Arrangements are being handled by Enders & Shirley Funeral Home, Berryville, VA. To view the obituary or send condolences online, please visit www.endersandshirley.com.

Obituary



Saratoga Springs - **Amy Ann Wehkoja Shimkus** was a caring mother, grandmother, sister, aunt and friend. She passed away on March 23, 2022 at the age of 77 after a courageous battle with Alzheimer's disease.

She was born to Bernhardt and Lillian Wehkoja on April 20, 1944 in Worcester, MA. Amy was raised in Worcester. After high school, she attended Memorial Hospital School of Nursing, graduating in 1964. She began her long career as a nurse first at Holden Hospital then Memorial Hospital. In 2002 she moved to Virginia and worked at INOVA Fairfax Hospital and then Virginia Heart in Fairfax, VA. She practiced nursing for 48 years before retiring. She loved spending time with family, traveling, going to concerts, watching her grandchildren perform in plays, musicals, band concerts, chorus concerts, baseball games, basketball games, football games - anything involving her grandchildren brought her so much joy. She also loved to spend time with her sisters watching movies, traveling and eating out. She enjoyed time with friends and loved playing Rummikub. She also adored her grand dog RBI aka "Ribby." He would take her for walks every day and sit in her lap all day long. She took care of him, and he took care of her.

Amy leaves behind three children, Todd Shimkus and wife Lisa, Tracy Cheifetz and husband Craig, Trisha Sperry and husband Rich Englund; two sisters, Betty Carlson and Joan LaForce; seven grandchildren, Katie Shimkus, Ben Shimkus, Jared Cheifetz, Joel Cheifetz, Jason Cheifetz, Tyler Sperry and Amanda Englund, and several nieces. She was predeceased by her parents, husband Herb Shimkus, brother Bruce Wehkoja, sister Debbie O'Malley and niece Jessica LaForce.

A private Celebration of Life will be held at a later date.

In lieu of flowers donations may be made to the Wesley Foundation or The Walk to End Alzheimer's for Team "Amy's Army" in Reston, VA on October 23, 2022. Additionally, Amy's children will be collecting stuffed animals to donate to residents at the Wesley Community.

Online remembrances may be made at www.burkefuneralhome.com.

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**Why Me?
 Why Now?**



By KENNETH B. LOURIE

I am not "woeing." I am wondering. Why am I getting messages from my primary care physician concerning the need for my having an "advanced directive?" For those of you who don't know what an 'advanced directive' is, the short answer is: it's a set of instructions you want a significant person/people to have in hand when push comes to shove; and as a formerly (perhaps still) "terminal" cancer patient, I could get shoved at any time. The question remains: When I no longer can speak for myself, literally, do I want a document in place which speaks for me? If I don't have such a document in place, my peaceful transition might be anything but.

Some of you may be more familiar with a less formal but nonetheless effective expression of your intent called a "D.N.R.," "do not resuscitate." An order to whomever: doctors, lawyers, family, friends, emergency medical personnel who might be summoned to your house/place of business, et cetera. It means no life-saving measures shall be performed on the patient. Let the patient succumb to his or her condition/affliction. An "advanced directive" ratches up this wish to an entirely new level. It clarifies for all interested parties exactly what the patient wants to happen to him when he's incapable of making his wishes known. No guessing. No disagreements. No equivocation whatsoever. Clarity and direction - from the dying patient.

Not that I think my doctor is prescient in some way or is reading my medical tea leaves per se, still; as prudent as having an "advanced directive" or a "D.N.R. or a Power of Attorney in place is, it does give one, especially this one, pause. Not that my doctor knows anything particularly time-sensitive/time-relevant about my condition, but he does know an awful lot more than I do about all things medical. And he also knows how it all fits together in ways that I certainly don't. What I know could fit on the diaphragm of a stethoscope. Moreover, he understands context and timing and the evolution of my health issues as they progress. I have no doubt that he'll know when I'm heading south before I do.

As I consider this underlying reality, what indication might I receive - from him, that my cancer has taken a turn for the worse? Oh, I don't know. What about multiple emails encouraging me to gather and complete documents that will assist Team Lourie when my final bell has rung. "For whom the bell tolls?" It tolls for thee, as in me. If it looks like a duck and quacks like a duck, it must be a duck. If I'm being advised - by my doctor no less, to get my things in order, which is pretty much what an "advanced directive" is, then perhaps I shouldn't duck my responsibilities and go ahead and advance my directives?

On the contrary, if this email about a directive was not directed at me specifically, but rather a courtesy advisory to an entire patient population of a certain age, then I can live with that. My question is though: for how long?

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



Memory made with family; William, 6, of Reston, catches his first fish ever.



Former Reston resident Eamon Robinson (left) waits with Laura Robinson of Reston (center) while an RA staff member outfits Lian Robinson, 6, with his initial fishing supplies.



Approximately 200 children and teenagers, aged 3 to 15, take part in Reston's Kids Fishing Day 2022 at Snakeden Branch stream.

Reston's Kids Fishing Day 2022

Pulling farmed trout out of an urban restored stream.

BY MERCIA HOBSON
THE CONNECTION

In the 1970s, fishers could catch brook trout in Difficult Run located in the north-central portion of Fairfax County. In 2022, the brook trout are gone, yet within the run's watershed is Lake Audubon on Snakeden Branch. Reston Association (RA) recently stocked the stream with hundreds of hatchery-raised rainbow trout.

On Saturday, March 26, children and youth 3-15 years of age accompanied by adults made their way to Snakeden Branch stream in Reston for a morning of recreational sport fishing for rainbow trout (*Oncorhynchus mykiss*).

According to the Virginia Stock Trout management Plan (2016-2025), urban fishing may attract new anglers. It provides opportunities children and youth may not otherwise experience. That was the case for William, 6, of Reston, who pulled in his first fish ever that morning.

Downstream, Wesley Farley, 4, and his brother James, 8, had yet to be out-fished. They showed off seven trout between them. James said his secret was the Trout Magnet™. It is a cone-shaped jig, fixed with a tiny, grub-shaped, soft-plastic body and a split tail. Rigged, the lure is 1¼-inches in length. "I cast my line into the riffles and caught four," James said. Wesley proudly held up the three trout he caught. Kyle Kidd, who accompanied the boys, said he planned to smoke the day's catch.



SCREENSHOT

February 2008 at Snakeden Branch in Reston: Northern Virginia Stream Restoration Bank comprises approximately 11 miles of streams, poised to be restored using a phased approach. By project end, restoration of the stream utilized so called "natural channel design," raising the bed to reconnect storm flows with the floodplain.

RA waived fees for program participants, thanks to the support of sponsors, and provided all the equipment, loaner rods, bait, and catch bags at no charge. Wetland Studies and Solutions, Inc. and Trout Unlimited members voluntarily cleaned the caught trout.

Cooler water is ideal for trout. Research suggests an optimal feeding range for rainbow trout is water temperatures ranging from 52 to 64 degrees. The warmer the water gets, though, the less oxygen it contains. Trout become physically stressed when the water temperature increases. Inevitably urban streams get too warm, and the trout die.

When the water begins to warm, trout migrate to the cooler waters of deep pools and areas with shade. They settle near turbulent riffles and behind waterfalls where the



Rainbow trout is one of the most well-known of the 11 trout species in North America, easily distinguished by the pink stripe that runs down its body and black spots.

water is oxygenated. The hatchery-raised rainbow trout introduced to the Snakeden Branch stream should survive until the water temperature rises above 75 to 77 degrees, according to Mark Headly, operations manager, Wetlands Studies and Solutions, Inc., a Davey Tree Company. Headly said the rainbow trout released into Snakeden Branch Stream could easily last until May or later. "They tend to go downstream. They could be in Lake Audubon and stay in the cooler water there," he said.

Headly recalled that when he moved to Northern Virginia in the 1970s, they were still monitoring native fish streams. "There were native brook trout in Difficult Run. Over time as the [Difficult Run] watershed developed further, whether you want to say climate change had something to do with it, the water became too warm for the trout. That is the biggest thing."

The Snakeden Branch stream did not look as it does in 2022 compared to the early 2000s. Erosion of the urban stream's bed and banks had exposed buried utility lines and



PHOTOS BY MERCIA HOBSON/
CONNECTION NEWSPAPERS

tree roots, causing healthy trees to topple. It damaged adjacent walking trails according to the Wetland Studies and Solutions, Inc., Stream Restoration in Fairfax County, VA.

According to RA Acting CEO Larry Butler, formal approvals for the Snakeden Stream restoration project came in 2006 with groundbreaking in 2008. Wetland Studies and Solutions, Inc. ultimately restored 11 miles of streambank using natural channel design techniques.

Headly said Snakeden Branch had been eroding because it could not get out of the channel. One of the benefits of the restoration is that it raised the water table. "We have actually increased the wetlands present in the floodplain since the stream restoration has been done," Headly said. According to Wetland Studies and Solutions, Inc, all reaches, given sections of the stream, have met and exceeded monitoring requirements.

"Like other trout species, the rainbow is an opportunistic feeder, readily consuming aquatic insects in the drifting water flow and terrestrial insects that fall into the stream. Larger individuals will include fish in their diets," according to the U.S. Park Service. Asked if the rainbow trout could affect the local aquatic ecosystem, the fish, aquatic invertebrates, and algae, Headly said no. "[The trout] basically cannot survive," he said, due to the rising water temperature.