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# Oak Hill Herndon CONNECTION



During Dog Tales, a reading program for children held at Herndon Fortnightly Library, Deetya Dulam, 7, of Herndon shows the book she selected to read to Copper, a certified therapy dog as his handler, Julie Galton of Oakton, adjusts his bandana.

## Dog Tales

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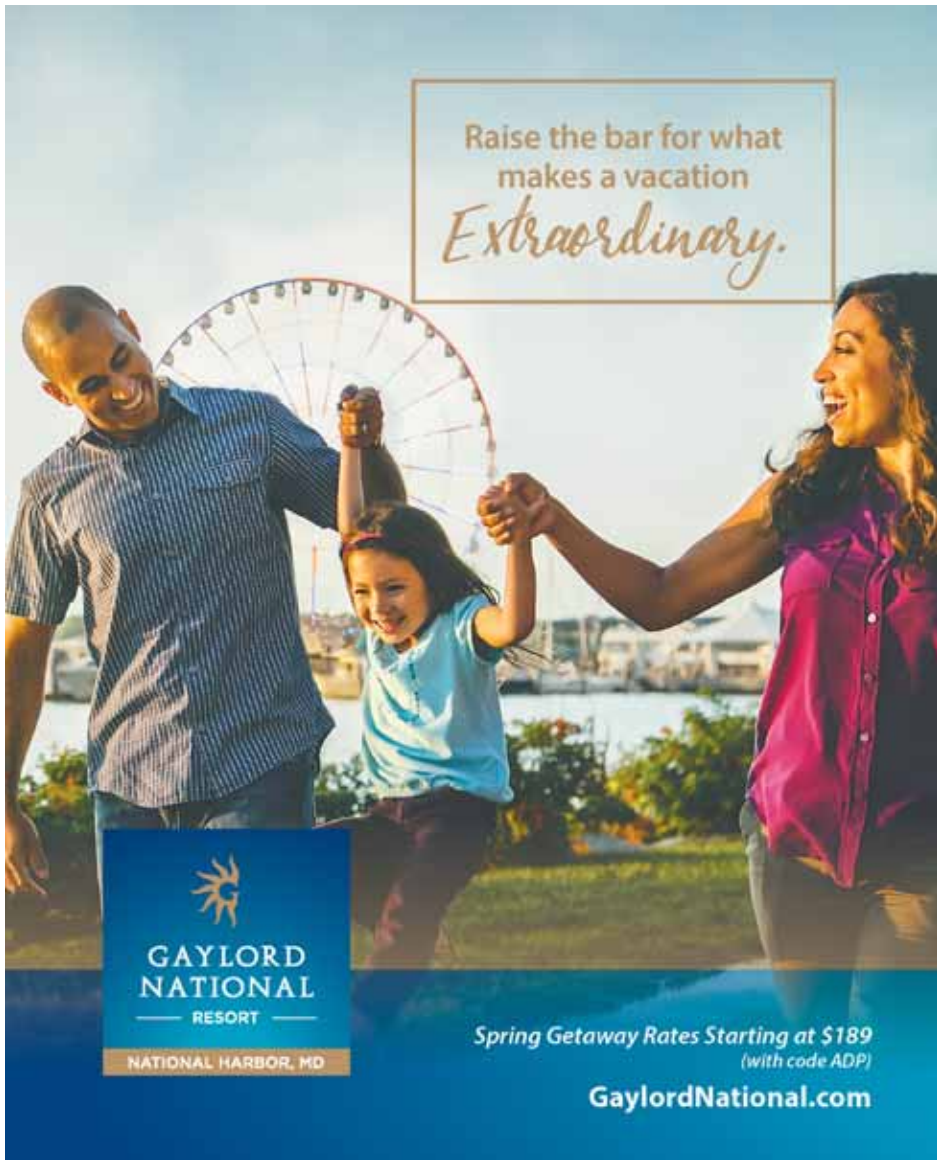
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# Dog Tales

## Therapy dog listens to young readers in Herndon.

BY MERCIA HOBSON  
THE CONNECTION

**T**he Herndon Fortnightly Library operated by Fairfax County offers children ages 5-12 a chance to practice their reading skills through its program, Dog Tales. Reston Regional Library offers a similar program called, Read to the Dog. At both locations, children can bring a book or choose one from the library and share it with a specially trained, tail wagging, reading buddy and its handler during a 15-minute session. A parent or guardian must accompany the child.

On Saturday, March 23, handler Julie Galton of Oakton visited the library with her golden retriever, Copper. Dog and handler belong to Therapy Dogs International, nonprofit organization dedicated to regulating, testing and registering of therapy dogs.

Ava Robertson, 9 of Herndon, was the first reader who walked into the quiet meeting room, separate from the library buzz on the busy Saturday morning. Robertson walked over to a display table filled with books. "I haven't read this book yet," Robertson said as she selected one she thought Copper would like.

Before Robertson began, handler Galton introduced her to Copper. "Close your fist like this and hold it near his nose, so he knows you. Then turn your hand over, and you can pet him if you want," Galton said. She explained that Copper was a "therapy or comfort dog," not a service dog that assists people. After Robertson settled in the beanbag chair, Galton and Copper sat beside her. Robertson read her book and turned it around so Copper could see the pictures too.

Dog Tales provides a non-judgmental listener, a furry friend to read to who won't laugh at the children if they make a mistake but rather lies next to them and enjoys the story.

"The program allows children who are reluctant readers to be excited about reading and it allows children who want to improve their reading skills to



**Ava Robertson, 9, of Herndon reads her book, "Everyone Loves Cupcake" to Copper and his handler Julie Galton of Oakton during Dog Tales, a reading program at Herndon Fortnightly Library.**

practice in a comfortable environment. Part of the library's mission is to foster a lifelong love of reading," said Jenna Kirkhart, Youth Services Assistant at Herndon Fortnightly Library.

Deetya Dulam, 7, of Herndon read her book, "New Neighbors" to Copper during the second session. "I chose this book because it's short fiction, and I thought it would be good for a dog," Dulam said.

For information about Dog Tales and Read to a Dog, visit, [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov).



**Ava Robertson, 9, of Herndon snuggles into a beanbag chair as she prepares to read her book to Copper a therapy dog, but not before she and Copper's handler, Julie Galton of Oakton pet him.**



**Deetya Dulam, 7, of Herndon gets ready to read, "New Neighbors," a selection she thought Copper the therapy dog would like to hear during Dog Tales, a reading program for children of all abilities at Herndon Fortnightly Library.**



**Police Officer First Class Chris Parker and Lieutenant Si Ahmad of the Town of Herndon Police Department stand together after receiving their Lifesaving Awards from the Fairfax County Chamber of Commerce during its 41st Annual Valor Awards.**

## Herndon Officers Honored

### Public safety heroes in Fairfax County communities receive Valor Awards.

BY MERCIA HOBSON  
THE CONNECTION

**D**uring the 41st Annual Valor Awards held Friday, March 22 at the Hilton McLean Tysons Corner, the Northern Virginia Chamber of Commerce recognized more than a hundred public service heroes for rising above and beyond the call of duty. Among those honored were two members of the Town of Herndon Police Department, Lieutenant Si Ahmad and Police Officer First Class Chris Parker.

"Honestly, I feel like I did what any other officer would have done. In our line of work, we are put in a position to be able to help people. And that's what we try to do," said Lt. Ahmad. The Chamber awarded

Lifesaving Certificates to PFC Parker and Lt. Ahmad.

"PFC Parker responded to a report of an unresponsive subject and immediately began chest compressions. Lt. Ahmad arrived moments later and assisted with administering life-saving measures. The two assisted until Fairfax County Fire & Rescue transported the victim to Reston Hospital. Even though the victim passed away, PFC Parker and Lt. Ahmad's quick actions and composure under pressure provided the victim the best chance of survival," stated Herndon Police Department.

"Fundamentally, it is every officer's hope that they can help in a difficult set of circumstances. We train to be prepared for situations like this in an effort to achieve the best possible outcome," said PFC Parker.

Leon Harris, News Anchor at NBC4, acted as emcee during the Valor Awards. Many state and local officials sent their congratulations or attended the event in person among them U.S. Representative Jennifer Wexton (D-10) and Fairfax County Board of Supervisors Chairman Sharon Bulova.



**Emcee of the 41st Annual Valor Awards, Leon Harris, News Anchor at NBC4 (third left), stands with members of the Herndon Police Department, Colonel Maggie A. DeBoard, Chief of Police; Lieutenant Si Ahmad; Police Officer First Class Chris Parker; Captain Ron Thunman; and Captain Brad Anzengruber after Ahmad and Parker are awarded Lifesaving Certificates.**



# OPINION

## Every Year Is Election Year; in 2019 Twice

Primary Election Day, June 11, will determine the outcome of many races in Fairfax County.

First, go to [vote.elections.virginia.gov/VoterInformation](http://vote.elections.virginia.gov/VoterInformation) and check that you are registered at your current address. Deadline to register to vote, or update an existing registration, is Monday, May 20, 2019.

On Tuesday, June 11, 2019, Primary Election Day for party candidates in Virginia, there will be an astonishing array of candidates on the ballot in Fairfax County. One reason is that many incumbents in local offices are retiring, and that causes a domino effect because incumbents in other offices will step down to run for something different. Change is coming. Voters must pay attention in the primary, so much will be determined.

### EDITORIAL

On the ballot: Chairman of the Board of Supervisors; Sharon Bulova is retiring and there are four candidates in the Democratic primary. (We will miss Bulova, but that is a discussion for another day.)

All nine members of the Board of Supervisors are on the ballot, and in addition to Bulova, Cathy Hudgins, John Cook and Linda Smyth will be stepping down, and Jeff McKay will give up his seat as he is running for chairman. That is guaranteed change for five of nine seats, and more is possible.

All 12 members of Fairfax County School Board are on the ballot, three at-large and nine District members. Several school board mem-

bers will give up their seats to run for other offices. (4-year term)

All 40 seats in the Virginia Senate (4-year term) are on the ballot, nine in Fairfax County.

All 100 seats in the Virginia House of Delegates (2-year term) are on the ballot, 17 seats in Fairfax County.

There is a rare challenge to the Fairfax County Commonwealth's Attorney on the primary ballot. (4-year term)

Fairfax County Sheriff is also on the ballot. (4-year term)

Parties control information on primary candidates. See Fairfax County Republican Committee at <https://fairfaxgop.org/voter-toolkit/>; Fairfax County Democratic Committee at <https://fairfaxdemocrats.org/2019/01/14/candidates-running-for-office-in-2019/>.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Budget Equity

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

Increases in budget revenues as a result of federal tax changes and the ability to tax sales on goods purchased on the internet put Virginia in an unusual position to increase its budgeted funds mid-year of a biennial budget while at the same time providing many taxpayers with refunds.

As the fall elections approach the actions on the state budget will receive many different "spins." Certainly taxpayers like getting money refunded. At the same time they recognize when programs to meet needs are underfunded, they may over a period of time become even more underfunded. It is more than mathematics and accounting to approve a budget when revenues have increased—it is also very much an expression of values on the part of decision makers.

An example of values affecting budgetary decisions came during the Great Recession of 2008. State revenues dipped at the greatest rate in modern times just as many businesses faltered and failed. A great bail-out went to businesses from the federal government as did



Only now has the Virginia economy recovered such that the funding of education today is exceeding that of pre-2008 levels.

### COMMENTARY

major funding to state government. The feds did not match the private losses, but they did provide relief for some greater cuts for programs like education. Only now has the Virginia economy recovered such that the funding of

education today is exceeding that of pre-2008 levels.

Beyond simply funding programs and services with more money next year than last year are the equity issues involved in distributing money across programs. My trip to Prince Edward County as I described in my column last week reminded me just how inequitable funding can be. There was no pretense of equity among black and white schools. The whites went to a brick school that was modern for its time; the black children went to school in a tar-paper shanty. With many federal court decisions we have gotten beyond the inequities of segregated services and programs, but inequities still exist.

The budget presented to the General Assem-

bly by Governor Ralph Northam represented the greatest attempt at resolving equity issues that I have seen. Funding for schools was increased but with those who had the greatest needs receiving the most money. Programs for students with special needs were enhanced as was funding for historically black institutions of higher education. The Governor found himself with a major problem pushing his agenda as he got himself in political hot water for his behavior many years ago. Whatever way that situation is resolved, it need not take attention from the basic problem of increasing equity among school divisions, mental health programs and criminal justice programs.

There is ample evidence gleaned from numerous studies that document inequities that exist in the state's budget. These facts will be manipulated among candidates this election season to gain advantage, but candidates need to acknowledge that inequities exist and must be dealt with fairly. I understand that most regions feel that they do not get a fair shake. There are metrics that can be used to find the inequities; once resolved the state will be stronger because of it.

### LETTERS TO THE EDITOR

## Our Founders' Wisdom

To the Editor:

Our Democracy is being tested. Will we be strong enough to stand up to protect it? Our Founders advised us:

At the close of the Constitutional Convention of 1787 a lady asked Benjamin Franklin, "Well, Doctor, what have we got—a Republic or a Monarchy?" Franklin responded, "A Republic, if you can keep it."

George Washington, in his 1796

farewell address, warned us about the dangers of animosity between political parties, despotism and foreign influence. He said: "The alternate domination of one faction over another, sharpened by the spirit of revenge, natural to party dissension, which in different ages and countries has perpetrated the most horrid enormities, is itself a frightful despotism. But this leads at length to a more formal and permanent despotism. The disorders and miseries which result gradually incline the minds of men to seek security and repose in the absolute

power of an individual; and sooner or later the chief of some prevailing faction, more able or more fortunate than his competitors, turns this disposition to the purposes of his own elevation, on the ruins of public liberty." It serves always to distract the public councils and enfeeble the public administration.

It agitates the community with ill-founded jealousies and false alarms, kindles the animosity of one part against another, [and] foments occasionally riot and insurrection. It opens the door to foreign influence and corruption,

which finds a facilitated access to the government itself through the channels of party passions."

In 1838 Abraham Lincoln counseled us that America will never be destroyed from the outside but if we lose our freedoms it will be because we destroyed ourselves. He said, "If destruction be our lot, we must ourselves be its author and finisher. As a nation of free-men, we must live through all time or die by suicide."

Barbara Glakas  
Herndon

Oak Hill & Herndon  
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PHOTO CONTRIBUTED

The Nysmith School MATHCOUNTS team includes, from left: Zani Xu, Jeffrey Chen, Abhinav Angirekula and Matthew Li.

## Nysmith School MATHCOUNTS Team Wins Second Place in State

Four local students from The Nysmith School captured second place in the MATHCOUNTS state competition held in Richmond.

The Nysmith team consists of the following students:

♦ Jeffrey Chen, Grade 8 (from Oakton); Matthew Li, Grade 8 (McLean); Abhinav Angirekula, Grade 8 (Ashburn) and Zani Xu,

Grade 7 (Fairfax). The MATHCOUNTS competition is for sixth to eighth graders and encourages students of all ability levels to build confidence and improve attitudes about math and problem solving. More than a quarter million students participate in this and other programs—and take advantage of the resources—of the MATHCOUNTS Foundation.

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**News**



PHOTOS CONTRIBUTED

**Dementia Friendly America - Herndon Chapter Action Team (from left): Paul Nasto, Matrona Busch, Toni Reinhart, Nicole McMonigle Knight, Laura Smothers-Chu, Tracy McClaren, Cheryl Rodakowski, Christi Clark and Robin McGlothlin**

## Dementia Friendly Herndon Shares Experiences

Insight Memory Care Center hosted the first Dementia Friendly America Symposium in Northern Virginia on March 12 from 5:30-7:30 p.m. More than 50 people were in attendance including Supervisors John Foust (D-Dranesville), Cathy Hudgins (D-Hunter Mill) and Jeff McKay (D-Lee District), Chair of the Commission on Aging Carolyn Sutterfield, and Springfield district representative of the Commission on Aging Tom Bash. Community members in attendance included executives from continuing care communities, healthcare professionals and first responders from Arlington, Alexandria, Fairfax County, Loudoun County, Prince William County, Nottoway County and Warren County. This group of professionals gathered to learn about establishing Dementia Friendly Communities in their locales and to explore opportunities for involvement in currently established DFA communities.

The symposium began with opening remarks by Christi Clark, Insight Memory Care Center's Executive Director. Clark stated, "Insight is working to support all dementia friendly communities in our area and hopes that one day soon we can see a lot more communities on the Dementia Friendly America website that have been established as Dementia Friendly communities."

Toni Reinhart, founder of Dementia Friendly America - Herndon, PAC Certified Independent Trainer and owner of Positive Dementia Care Training, LLC shared what it means to be a Dementia Friendly community as well as her work to establish the Dementia Friendly America Herndon community. "It really hit home when my father got dementia and I spent more time out in the community with him. I realized it was not a good situation for most people with dementia and their care partners. I thought this has to change," said Reinhart. "Our goal is to make the community aware of what dementia is and what it looks like and make changes to make them and their care partners feel more welcome."

Dementia Friendly America is a grassroots movement to help communities become aware of the issues and opportunities when dealing with people with dementia. In 2016, Reinhart founded Dementia Friendly America Herndon as the first local De-



**Toni Reinhart, founder of Dementia Friendly America - Herndon Chapter, shared what it means to be a Dementia Friendly community as well as her work to establish the DFA Herndon community.**

## Dancing for Dementia

Dementia Friendly America Herndon will be hosting a Dancing for Dementia fundraising event on Thursday, April 4, 2019, from 5-8:30 p.m. at the NOVA Adult Day Care Center, 45940 Horseshoe Dr, Suite 100, Sterling. Tickets are \$45 in advance and \$55 at the door. There will be dancing, appetizers, live music, and a silent auction!

mentia Friendly America community in Virginia. It is the pilot project for the Commonwealth of Virginia. DFA Herndon has grown to become an effective organization bringing education and training to people dealing with dementia and an integral part of the fabric of Herndon.

The first initiative was to focus on the Faith-Based sector. DFA Herndon has successfully educated more than 300 people from local churches and religious organizations. The second initiative was working with first responders to help them understand how to interact with people with dementia. In 2018, DFA Herndon became a program under Insight Memory Care Center.

In 2019, DFA Herndon will be working with the restaurant sector to educate and train staff members of local Herndon restaurants on how to interact with people with dementia patronizing their restaurant.

This team, led by Peggy Breda, a DFA-Herndon Action Team member, will be contacting local restaurants and enlisting them to participate in becoming dementia friendly restaurants.

For more information on DFA Herndon or about starting up your own Dementia Friendly Community, please contact Nicole McMonigle Knight at [DFAHerndon@gmail.com](mailto:DFAHerndon@gmail.com).



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**Greater Reston Arts Center's** (GRACE) Northern Virginia Fine Arts Festival returns for its 28th year May 17-19. Support the Northern Virginia Fine Arts Festival by signing-up to volunteer. Volunteer opportunities include Family Art Park, Artist Hospitality, Festival Ambassador, and more. All volunteers receive a 2019 Festival t-shirt, a Festival program with restaurant coupons, and water throughout the day. Credit for community service hours is available; middle school volunteers are welcome with a guardian. Visit [restonarts.org/fineartsfestival/volunteer/](http://restonarts.org/fineartsfestival/volunteer/) to register.

## WEDNESDAY/MARCH 27

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## THURSDAY/MARCH 28

**Fairfax County and Franconia-Springfield Parkways Alternatives Public Meeting.** 7 p.m. at Armstrong Elementary School, 11900 Lake Newport Road, Reston. The Fairfax County Department of Transportation (FCDOT) is inviting the public to attend a second round of public meetings on the Fairfax County and Franconia-Springfield Parkways Alternatives Analysis and Long Term Planning Study, and provide feedback to help further refine potential improvements to the corridor. The meetings will begin with a formal presentation at 7 p.m., followed by a question and answer period. Participants will then have the opportunity to provide feedback to the FCDOT study team. FCDOT will upload the meeting presentation to the study webpage by April 4 and invite feedback via an online survey. Visit [www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway](http://www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway).

## FRIDAY/MARCH 29

**State of Children's Health Legislative Update Breakfast.** 8:30-10 a.m. at Northern Virginia Community College - Medical Education Campus, Springfield. Join the MCCP Foundation to hear the latest on the state of healthcare for children locally, across Virginia, and at the Federal level. Meet with legislators, health professionals, business leaders, and community advocates to discuss current news and updates from experts in the field. \$25-\$35. Visit [mccpfoundation.org/event/legislative-update-breakfast-march-29-2019/](http://mccpfoundation.org/event/legislative-update-breakfast-march-29-2019/) to register.

**Teen Depression: What Parents Need to Know.** 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. This workshop presented by Dr. Kathryn DeLonga, PsyD, a Licensed Clinical Psychologist and Director of the Mood Brain and Development Unit Psychological Treatment Program at the National Institute for Mental Health, will highlight the prevalence of major depressive disorder and how to identify depression in teenagers. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

**Language Immersion Lottery Registration.** Immersion lottery registration will close on March 29 for kindergarten. A SIS parent account is required to register. More information about Immersion programs and information meetings can be found at [www.fcps.edu](http://www.fcps.edu).

## SATURDAY/MARCH 30

**Northern Virginia Housing Expo.** 10 a.m.-3 p.m. at Washington-Lee High School, 1301 N. Stafford St., Arlington. Dozens of exhibits and workshops will provide all the information needed to rent an apartment or purchase a first home at the 2019 Northern Virginia Housing Expo, a regional housing fair. Free. Visit [www.novahousingexpo.org](http://www.novahousingexpo.org) for more.

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## Weight For It ... Wait ...



By KENNETH B. LOURIE

I don't like interacting with artificial intelligence. Nor do I like interacting with artificially-intelligent emailers.

And I especially don't like when there's an attempt by these "a.i.s" to modify my behavior by suggesting a pre-programmed, presumptive course of action – or inaction on my part, based on some survey I may have completed or some list that I've recently been added to – without my consent, or most likely due to a purchase or service I likewise recently paid for.

To that end, which does not justify their means, today I received an email that goes above and beyond the "a.i.'s" purview. And how this particular email came my way is "curious," as Spock from the original "Star Trek" might say.

On March 1, moments before my last infusion, I stepped on a scale which registered my "overweight," which along with taking my blood pressure, pulse and oxygen levels are part of the usual and customary vitals I provide each and every time I go for treatment. Other than my "overweight," my vitals are completely normal.

Treatment start-date to date, 10-plus years now, my "overweight" has never been a problem (truth be told, I'm hardly obese, just pleasingly plump), just a factor in determining how much medicine is dripped by my IV.

The oncologist and medical staff has seemed more concerned with a patient losing weight – which I rarely have. Although during the early days of six-plus hours of heavy-duty chemotherapy, I did lose weight and it was a concern and can portend a serious complication.

Fortunately for me, whatever weight I did lose did not portend anything other than I wasn't eating. Eventually, that lost weight – and more – was definitely found.

A few days later, I received an email from my health care provider; not my doctor, not a nurse and not personalized by any medical professional, but rather sent from some artificially-intelligent thing offering me information on varying diets and their respective benefits. At first I laughed at its location – in my inbox, and then I began to question its legitimacy and then I got mad at its presumptive intent.

Was this a coincidence? Was this merely a continuing outreach to the HMO's patients like its colon-rectal screening program, sent to patients of a certain age, seems to be? Or was it something more insidious like "Hal" nearly became in the movie "2001: A Space Odyssey"?

The nerve. The bypassing of protocols. The attempt to circumvent the human element. Is this what medicine has become?

Not calls or personalized messages from your doctor/medical staff but instead an electronic missive emailed with the cold, insensitive precision of Pentium chips?

Putting aside the obvious fact that I do need to lose weight, even though as my brother Richard says so often when he sees me: "The weight looks good on you," I am not doing so because a computer told me to.

In fact, I may not do so at all just to spite that computer, and by association, the system that exists/was put in place (presumably by some human) that believes that communicating with its members electronically is the wave of the future rather than the bane of my present. I cannot, I will not be a pawn in this game of clones where the same messages get sent to millions of semi unsuspecting patients by uncensored non-professionals as a matter of some coarse level of routine.

If you want me to change my behavior, or at least consider changing my behavior, you have to try a little harder than by sending pre-programmed message to patients who meet/exceed a certain threshold.

And how did my personal information actually get known anyway? Is there a system in place that automatically reviews patient's private histories by cross-referencing who had appointments and what the new details were? Was the scale and blood pressure machine in on it? If so, is my medical care becoming more automated and less individualized?

I realize I'm just a number but I didn't think they'd take it literally.

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



# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday.

## ONGOING

**Art Exhibit: Looming Connections.** Through April 6, gallery hours at Arts Herndon, 750 Center St., Herndon. Looming Connections is a solo show focusing on the artwork of Maryland artist Alyssa Imes. The sculptures and drawings reference the formation of relationships and the interconnectedness of culture. Visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org) or call 703-956-6590.

## SATURDAY/MARCH 30

**K-12 STEM Symposium.** 9 a.m.-3 p.m. at The Nysmith School, 13625 EDS Drive, Herndon. The 2019 symposium, which was built around the theme of “The Power of Curiosity,” will feature interactive exhibits like flight simulators and 3D printers, along with top science fair projects from more than 20 local students preparing for regional competition. The symposium is open to the public. Free, advance registration is required via the event website. Food and beverages will be available for purchase on-site. Call 703-533-4840 or visit [stemsymposium.com](http://stemsymposium.com).

**NoVaTEEN Book Festival.** 9:30 a.m. at Marshall High School, 7731 Leesburg Pike, Falls Church. The NoVaTEEN Book Festival is back with a day full of panels, games, and signings with over 30 bestselling and emerging Young Adult authors. Learn more on the official festival website. The event is free and open to the public; tickets and a full schedule are available at [novateenbookfestival.com](http://novateenbookfestival.com).

**Formal Dress Giveaway.** 11 a.m.-3 p.m. at RCC Lake Anne, 1609-A Washington Plaza, Reston. Reston Community Center will host its annual Diva Central dress giveaway. This one-day event is the perfect shopping experience for any current Reston-area high school or middle school student who is in need of a dress, shoes, jewelry and other accessories. Everything is absolutely free. Limit one dress per person. Contact LaTanja Jones, RCC Collaboration and Outreach Director, at 703-390-6158 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

## SUNDAY/MARCH 31

**Herndon Ice Breaker 5K Race.** 8 a.m. at Northwest Federal Credit Union, 200 Spring St., Herndon. Walk or run the 5K course which will take you through a scenic section of town, around the Herndon Parkway and through parts of Sugarland Run Trail. All runners will receive a



sapling tree to grow and enjoy for years to come. After the race, at 9:15 a.m. there will be a community planting and celebration of the Town of Herndon’s 30th Anniversary of Arbor Day/Earth Day at the Herndon Police Station. Pre-registration is \$20 adult/\$10 youth (12 & under) through midnight, March 29. Regular registration is \$30 adult/\$10 youth (12 & under). Register at [Herndon-va.gov/recreation](http://Herndon-va.gov/recreation), at the Herndon Community Center, or at [www.active.com](http://www.active.com).

**Centreville CROP Walk.** 2 p.m. Meet at Centreville Presbyterian Church to register at 1:30, or register and donate online [www.crophungerwalk.org/centrevilleva](http://www.crophungerwalk.org/centrevilleva). A group of local churches, including Centreville Presbyterian Church, Wellspring United Church of Christ, and St. Andrew Lutheran Church, joined together with Western Fairfax Christian Ministries to encourage folks to come together in taking steps to end hunger.

**Women’s Choral Festival.** 4-6 p.m. at Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Capital Harmonia hosts their 4th Annual Women’s Choral Festival, featuring a repertoire of music by women composers. Free. Call 202-684-0839 or visit [capitalharmonia.org](http://capitalharmonia.org).

**MONDAYS STARTING APRIL 1 Program for Homeschoolers.** 1-2:30 p.m. At E.C. Lawrence Park,

## Kids’ Trout Fishing Derby

The Town of Herndon Parks and Recreation Department will host the 16th Annual Kids’ Trout Fishing Derby. The stream will be stocked with Rainbow Trout just for this event. Limited fishing poles and bait will be available for use. Trout Unlimited will be on site to help clean and store kids’ catch. Teens and adults, age 16 and older, must have a valid Virginia State Fishing License if they wish to fish after the event. Saturday, March 30, 8 a.m.-noon behind the Herndon Police Station, 397 Herndon Parkway at the Sugarland Run Trail Stream. Pre-registration through Friday, March 29 until 4:45 p.m. is \$8 per child. Day of event registration, on site is \$12 per child (bring cash or check). Contact Tim Lander, Recreation Supervisor, Herndon Parks and Recreation Department, at 703-435-6800, ext. 2106 or [Tim.Lander@herndon-va.gov](mailto:Tim.Lander@herndon-va.gov).

5040 Walney Road, Chantilly. Flock to Ellanor C. Lawrence Park for Homeschool Biology-Birds where students receive hands-on instruction in wild bird identification, migration, habitats and conservation through citizen science. Instructors use preserved species, and wild birds to illustrate the concepts. All lessons are structured around the Virginia Standards of Learning. The program meets every Monday from 1-2:30 p.m. except April 15. This program is geared for students ages 8-15. Call 703-631-0013 or visit [fairfaxcounty.gov/parks/eclawrence](http://fairfaxcounty.gov/parks/eclawrence).

## WEDNESDAY/APRIL 3

**Surviving Disasters and Emergencies.** 6-8 p.m. at Reston Lake House, 11450 Baron Cameron Ave., Reston. Leave this event with everything you need to know to keep your family safe. Discuss active shooter situations, pandemics, floods, blizzards, extreme weather, and disaster and evacuation planning. Presented by Kathleen Koch, Former CNN Correspondent and Founder of the Disaster Preparedness Nonprofit “LeadersLink.” Free and open to the public. Chef-prepared appetizers provided. Space is limited. RSVP to 703-834-9800 or email [RSVP@talloaksal.com](mailto:RSVP@talloaksal.com).

## THURSDAY/APRIL 4

**Explore “Spy Craft.”** 1-2 p.m. at Ellanor C. Lawrence Park is located at 5040 Walney Road, Chantilly.

Spies don’t exist just in the movies. Some have been active in local parks. Learn about the lives of the men and women who passed along secrets and information in dangerous times. Participants can try their hand at a little spy craft to take home, too. Designed for age 7-adult. \$8 per person. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

**Fundraiser: Dancing for Dementia.** 5-8:30 p.m. at NOVA Adult Day Care Center, 45940 Horseshoe Drive, Suite 100, Sterling. Dementia Friendly America is a grass-roots movement to ensure communities are equipped to support people living with dementia and their caregivers. Dementia Friendly America Herndon will be hosting a Dancing for Dementia fundraising event. There will be dancing, appetizers, live music, and a silent auction. \$45. Visit [eventbright.com](http://eventbright.com) and search Dancing for Dementia

## THURSDAYS STARTING APRIL 4

**Program for Homeschoolers.** 2-3:30 p.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Take a page out of an old book and become a Homeschool Historian. Explore Fairfax County history with hands-on activities and games in this four-week course. Week 1: Textiles: Staying Warm and Cool. Week 2: Technology of food production for the Native Americans and Machens. Week 3: Life of a soldier. Week 4: Digging the Past. The program begins on April 4 and meets Thursdays from 2-3:30 p.m. This program is appropriate for children ages 7-13. Call 703-631-0013 or visit [www.fairfaxcounty.gov/parks/eclawrence](http://www.fairfaxcounty.gov/parks/eclawrence).

## FRIDAY/APRIL 5

**Open Mic and Poetry with Mike.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. The first hour is features poets Sid Gold and Sally Zakairya. The second hour is open to anyone. Call 703-956-6590 or visit [www.artspaceherndon.org](http://www.artspaceherndon.org).

## FRIDAY-SATURDAY/APRIL 5-6

**Genealogy Conference/Expo.** Friday, 9 a.m.-8 p.m.; Saturday, 9 a.m.-3:45 p.m. at Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Fairfax Genealogical Society’s two-day spring conference and expo. Lectures, workshops, individual consultations, vendors with items. FxGS member, \$100; non-member, \$120. Visit [fxgs.org](http://fxgs.org).

## SATURDAY/APRIL 6

**Celebrate National Grilled Cheese Month.** 11 a.m.-2 p.m. at Frying Pan Farm Park, 2739 West Ox Road,

Herndon. Experience the cheesiest event of the year at Frying Pan Farm as the park celebrates National Grilled Cheese month. “You Gouda Brie Kidding!” will feature cooks frying up sandwiches. Learn about the diverse cultural takes on the favorite melted cheese treat, too. There will be a variety of cheeses to sample and demonstrations. Designed for participants age 3-adult. \$3 per person. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park).

**Kwame Alexander & Randy Preston: Poetry and Performance.** 4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Reston Regional Library partners with Scrawl Books to welcome Newbery award-winning author Kwame Alexander and musician Randy Preston for a performance celebrating the paperback release of *Booked* and *The Crossover* as well as the release of Kwame’s new picture book *The Undeclared*. Books will be available for purchase. Ages 6 and up. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

## SUNDAY/APRIL 7

**Casey’s Car Show.** 12:30-3:30 p.m. at Casey’s Automotive, 4260A Entre Court, Chantilly. The 3rd Annual Casey’s Car Show & Spring Fest is an effort to support a good cause while enjoying music, food, ice cream, and lots of cool cars and trucks. Proceeds from this event go directly to Ellie’s Hats. The family-friendly event will be boasting a free bounce house and free face paintings, and Star Wars characters for children to take pictures with. Free admission. Visit [www.caseysautomotive.com/2019-car-show-spring-fest/](http://www.caseysautomotive.com/2019-car-show-spring-fest/) or call 703-802-6300.

**History of World War II.** 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Harry Butowsky of George Mason University presents Part 4 of his 6-part lecture series on World War II – Wolf Pack: U-Boats in the Atlantic 1939-1944. Visit [librarycalendar.fairfaxcounty.gov](http://librarycalendar.fairfaxcounty.gov) or call 703-689-2700.

## TUESDAY/APRIL 9

**Design and Wine: Felting Critters.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Learn how to turn wool into fun creations through Needle Felting. Andy Black will guide participants through the steps to create a bunny just in time for spring. \$40 per person which covers wine, light snacks and supplies. No prior experience necessary. Call 703-956-6590 or visit [artspaceherndon.org](http://artspaceherndon.org).



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