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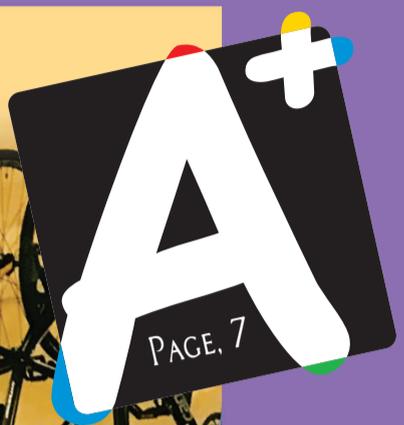
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Oak Hill Herndon CONNECTION



Green Lizard Celebrates Fifth Anniversary

NEWS, PAGE 12

Students Earn Peace Awards
NEWS, PAGE 3

Anti-Scam Campaign Helps Seniors in Herndon
NEWS, PAGE 6

Lindsay Winthers of Herndon holds her daughter Tori, 2, while Mackenzie Winthers takes a lick of frosting from the Green Lizard's 5th Anniversary party cake. Kim Phillips, Cindy Hajost and Al Rickard enjoy the moment.



PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

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NEWS

Blood Donation Opportunities

Though spring has officially arrived, the American Red Cross blood supply is still recovering from severe winter storms in March. Donors of all blood types are urged to roll up a sleeve and help save lives. Volunteer blood donors from across the country are needed to help ensure lifesaving blood products are available for patients this spring. Make an appointment to donate blood by downloading the free Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities in the area, March 20 to April 15

Herndon
4/4/2018: 9 a.m. - 2:30 p.m., Amazon Web Services, 12900 Worldgate Dr, Suite 800

4/9/2018: 2 p.m. - 7 p.m., St. Timothy's Episcopal Church, 432 Van Buren St.

4/11/2018: 1:30 p.m. - 7 p.m., ArtSpace Herndon, 750 Center St

Reston
3/28/2018: 10 a.m. - 3:30 p.m., Reston Library, 11925 Bowman Towne Dr.

4/4/2018: 3 p.m. - 8 p.m., St Thomas a Becket RCC, 1421 Wiehle Ave

4/6/2018: 8 a.m. - 1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Dr

4/6/2018: 9 a.m. - 2 p.m., Extended Stay America, 12190 Sunset Hills Rd

Burke
4/2/2018: 3 p.m. - 7 p.m., Abiding Presence Lutheran Church, 6304 Lee Chapel Rd

Fairfax
3/20/2018: 10:45 a.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/21/2018: 12:45 p.m. - 8 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/22/2018: 12:45 p.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/23/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/24/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/25/2018: 7:45 a.m. - 2:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/26/2018: 1:15 p.m. - 8:30 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/27/2018: 10:45 a.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/28/2018: 12:45 p.m. - 8 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/29/2018: 12:45 p.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/30/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

3/31/2018: 7:45 a.m. - 3 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/1/2018: 7:45 a.m. - 2:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/2/2018: 1:15 p.m. - 8:30 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/3/2018: 10:45 a.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/4/2018: 12:45 p.m. - 8 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

4/5/2018: 12:45 p.m. - 5:45 p.m., Fairfax Blood Donation Center, 2720 Prosperity Avenue, Suite 200

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2018 Student Peace Awards

Students from 23 Fairfax County schools recognized for promoting peace and conflict resolution.

BY STEVE HIBBARD
THE CONNECTION

Students from 23 Fairfax County Public Schools were named recipients of the 2018 Student Peace Awards of Fairfax County, which were handed out in a reception held Sunday, March 11, at the Sherwood Community Center in Fairfax.

Since 2006, the awards have recognized youth who introduce programs in their schools on many different issues that promote peace and conflict resolution throughout the county. In the 2017-2018 school year, the recipients each received \$200, plus another \$100 to be given to any nonprofit organization of his or her choice.

"It's an honor to be here to help recognize you today for your outstanding work to promote peace throughout Fairfax County and beyond. Your areas of focus cover a wide range of topics and methods, but all unite in one common goal, and that is to encourage and to strengthen peace and unity among all of us," said Sharon Bulova, Board of Supervisors chairman. "In Fairfax County, we consider our diversity to be our greatest asset. It is what makes us special."

Special guests included Bulova; U.S. Rep Gerry Connolly (D-11); state Del. Ken Plum (D-36); School Board Member Ilryong Moon; School Board Chair Jane Strauss; School Board Member Ryan McElveen; and Guest Speaker Janessa Gans Wilder, founder and CEO of the Euphrates Institute, who flew in from California for the event. The host and organizer was Margaret Fisher.

Bryce Liquerman, 16, of McLean, a Jun-



PHOTOS BY STEVE HIBBARD/THE CONNECTION

A group photo of the recipients of the 2018 Student Peace Awards from 23 Fairfax County schools.

ior at McLean High School, worked with Special Olympic athletes by coaching softball and soccer teams. "I help spread the word in the community that people shouldn't be awkward around them and people should be very accepting of people who are different mentally and physically," he said. "We're all people; it doesn't really matter, we're all the same I've led a lot of activities like doing tournaments and team events with many different Special Olympic athletes who have partnered a lot with other kids in our community."

Arnaz Carter-Newman, 17, of Reston, who attends Cedar Lane High School, worked with a Positivity Project. "We just hope to pass on the message that no one should be having a bad day. Everyone

should be having a better day; everyone should be in a better mood," he said. "When you produce negative energy, then other people around you want to produce negative energy. When you produce positive energy, you start spreading positive energy and then everyone around you gets more happy."

Janan Iranbomy, 17, of Falls Church, who attends Marshall High School, served on the Fairfax County Student Human Rights Commission and was president of Marshall's Amnesty International group.

"I started a Fairfax County campaign called the 'Embrace Diversity Campaign' where we involved all students from Marshall and other Fairfax County high schools to have a campaign to unite the di-

verse community that we have in Fairfax County and just celebrate the unity in the community," she said.

Katie Oliveira, 18, of Vienna, who attends James Madison High School, is one of the presidents of Madison's Amnesty International group along with Allison Janowski. "We worked really hard this year to do a 'Write for Rights Campaign' at our school, which is one of Amnesty International campaigns to get prisoners of conscience released from prison internationally," she said. "And we also led some debate days which we tried to promote healthy discussion within our school from many different groups of people in the school to create a healthy debate and a safe space for people to speak their mind."



Herndon High School: Joyce Lee was honored for her volunteer work with Jill's House and her participation in Young Musicians Inspiring Change. She is with U.S. Rep Gerry Connolly (D-11).



South Lakes High School: Zhiyi Wang was honored for sharing the story of her father, a Chinese dissident, and working with media and conference attendees to explain how to help fight for human rights and democracy in China. She is with U.S. Rep Gerry Connolly (D-11).



Oakton High School: Kinda Callas was honored for her work with Oakton's Best Buddies Club to create a video to "Spread the Word to End the Word" and her work to help the homeless in the community. She is with U.S. Rep Gerry Connolly (D-11).

When Is Passover Supposed to Be?

BY RABBI LEIBEL FAJNLAND
DIRECTOR CHABAD OF RESTON-
HERNDON



This was the question recently asked of me by a close friend who is not Jewish. I, of course, was totally caught off guard by the question. I had no idea what he was asking. So, I asked him what he meant.

He replied: "Well, I have lots of Jewish friends. And over the last nearly two decades I have attended many Passover Seders. Almost every year, the conversation turns to either how 'early or late' Passover is that particular year. So, if every year Passover is either 'early or late', when is Passover supposed to be?"

For the uninitiated, the ancient Hebrews were enslaved to Pharaoh, king of Egypt, a little over 3,300 years ago. Passover commemorates the miraculous redemption from this slavery and the birth of the Jewish nation. Though the events took place a very long time ago, we believe that not only do they provide us with eternal lessons and instructions on how to live our lives, even in the most modern of times. We believe that they are also events that are to be relived and re-experienced by every one of us, in every time and place. So, to me, the question runs deeper:

LETTERS TO THE EDITOR

Costs and Benefits of Arming the Teachers

To the Editor:

The lead editorial by Monte F. Bourjaily, IV ("No Guns in the Classroom," Connection March 7-13, 2018) warns of many ills that would attend the arming of school personnel. Whether that is a good idea or not, it bears consideration that hundreds of U.S. school districts have done so for some years, apparently without untoward consequence (at least so far), as detailed by a recent New York Times news article (available at <http://nyti.ms/2oLEem0>). That experience should not be overlooked in forming a necessarily probabilistic judgment as to whether the benefits (such as more rapid response to active shooters and general deterrence) are likely to outweigh the costs (such as the potential for accidental shootings and general unease).

As for the supposed "gag rule," the Dickey Amendment does not prohibit research into the effects of gun violence, only CDC advocacy for gun control, reading in relevant

part: "none of the funds made available for injury prevention and control at the Centers for Disease Control and Prevention (CDC) may be used to advocate or promote gun control" (available at <http://bit.ly/22zCqKD>, pdf page 245).

Griselda Farthing
Great Falls

Alzheimer's Is a Growing Public Health Crisis

To the Editor:

According to the Alzheimer's Association, 140,000 Virginians over the age of 65 live with Alzheimer's. Additionally, Latinos are at one and a half times greater risk of Alzheimer's than older whites. Alzheimer's is the most expensive disease in the United States. Alzheimer's costs the country more than \$259 billion a year.

My grandfather, my "Abuelito" in Spanish, was an outgoing, social, and active man and a caring grandfather. One day, he was wandering nearby on surrounding streets, unable to find his way home after one of his daily walks. Luckily, a neighbor recognized him and knew where we lived. She brought

him back to our house. My parents could not afford the increasing care he needed as a person living with Alzheimer's. My family decided he would return to Peru, where my aunts served as his caregivers.

I remember Abuelito sometimes picked me up from school. Every once in a while, we walked to McDonald's to get his favorite Big Mac meal and he would buy me a Happy Meal, too. We used to go trick-or-treating together every Halloween. He gladly held my plastic pumpkin filled with candy. Due to Alzheimer's, I was unable to spend more quality time with my grandfather. We could not take day trips together to Luray Caverns or to the National Aquarium. I missed out on listening to him tell stories about his life experiences and family history.

Please join me in calling on U.S. Rep. Don Beyer to support an additional \$425 million for Alzheimer's research funding at the National Institutes of Health, with the goal of achieving breakthroughs in prevention and treatment. Together, we can end Alzheimer's. Visit www.alz.org/nca for more information.

Jacqueline Calderon
Alzheimer's advocate
Falls Church

Herndon-Reston Community Seder

This year, join friends and family at the Chabad Community Passover Seder. Relive the exodus, discover the eternal meaning of the Haggadah, and enjoy a community Seder complete with hand-baked Matzah, wine, and a wonderful dinner spiced with songs & insights.

First Seder Night Friday, March 30, 2018 at 7:30 p.m.
In the Herndon Kmart Center, 396 Elden St. Herndon 20170
For more information or to reserve (a must) call 703-476-1829 email rabbi@chabadrh.org. or visit www.chabadrh.org

"When, indeed is Passover supposed to be?"

Well, it turns out, the Hebrew word for Egypt, Mitzrayim, comes from the same root as the word for "limitations or boundaries." Read this way, we can experience an "Exodus from Egypt" by "emancipating ourselves from our limitations and boundaries."

Every day we are faced with self, or societal-imposed limitations. It may be as big as some world-changing cause with which we would like to get involved, but feel like it is "beyond us." Or, it may be something as simple as a smile and a "hello" to someone next to us in line at the market, or in an elevator. Irrespective of the deed, it is our "limitations" which hold us back from a myriad of acts of goodness and kindness. And yet, it is precisely these acts which can change the world forever, and usher in an era of humanity, understanding and peace, exceeding our wildest dreams.

So, it seems that the correct answer to the question is: Passover is supposed to be every

minute, of every day. And, one certainly does not have to be Jewish, or celebrating Passover to experience their own "Exodus."

How about we start right now? Think of something noble and great you have hesitated to do, and do it. And watch the world change around you, for good!

Happy Passover to all!



Passover observances include conducting a Seder. The Seder is a fifteen step, family oriented, tradition and ritual packed feast.

The focal points of the Seder are:

- ❖ Eating Matzah.
- ❖ Eating bitter herbs to commemorate the bitter slavery endured by the Israelites.
- ❖ Drinking four cups of wine or grape juice, a royal drink, to celebrate the newfound freedom.
- ❖ The recitation of the Haggadah, a liturgy that describes in detail the story of the Exodus from Egypt. The Haggadah is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

Change in Richmond Brings Metro Funding

To the Editor:

As a long-term resident of Northern Virginia, I have been frustrated year after year to hear of a funding crisis for Metro or breakdowns affecting safety and reliability. In Virginia we were always faced with a hostile legislature that was controlled by downstate interests who did not see value in supporting mass transit. Meanwhile Metro suffered from the lack of a secure funding source.

This year we see a different picture with the results of last November's election which found the Democrats just one vote short of winning control of the House of Delegates. Elections matter and now we see the real impact of an election that empowers the Northern Virginia delegation to deliver support for Metro funding.

I was pleased to see the Northern Virginia delegation in the House and Senate take leadership on the Metro funding issue.

Sue Boucher
Falls Church

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PHOTO BY MERCIA HOBSON/THE CONNECTION

Elizabeth Vosseller drops one of her origami cranes into a box. Vosseller and her clients at Growing Kids Therapy Center in Herndon need 1000 cranes to create a work of art in support of autism acceptance and awareness.

Community Folds 600 'Wish Cranes'

Project supports an upcoming installation at the "Autism, Art and Acceptance" exhibition at ArtSpace Herndon.

BY MERCIA HOBSON
THE CONNECTION

Put out a call for help in the Town of Herndon and citizens respond. On Saturday, March 17, nearly 125 individuals of all ages and abilities showed up at ArtSpace Herndon located at 750 Center St. They were there to assist with a challenge put forth by Growing Kids Therapy Center in Herndon (GKTC) as the center teams up with ArtSpace Herndon for their participation in the upcoming "Autism, Art and Acceptance" exhibition due to open in the Post Gallery, ArtSpace Herndon on April 3.

The challenge? Help GKTC, owned and operated by local Herndon resident Elizabeth Vosseller, fold 1000 small square sheets of colored paper into origami cranes. The cranes would become part of an interactively-created dimensional work of art

originated by GKTC to support National Autism Awareness Month.

"The 1000 Crane Challenge" and its culminating artwork are based on a variation of two ancient Japanese legends. One promises that anyone who folds 1000 cranes will have their wish granted. The other states if the 1000 origami cranes are suspended by string, called 'senbazuru,' it will lead to eternal good luck.

During the challenge, adults, youth and children, some with autism and some not, worked together in the inclusive environment. They helped each other follow the complicated 20-step directions to fold what a couple of adults were overheard lovingly calling, "these darn cranes."

As some individuals struggled, others naturally turned to them and offered help. Cell phones with video directions slid across the

SEE W, PAGE 12

CALENDAR

			1	2	3
4	5	6	7	8	9 10
11	12	13	14	15	16 17
18	19	20	21	22	23 24
25	26	27	28	29	30 31

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OAK HILL/HERNDON CONNECTION ♦ MARCH 21-27, 2018 ♦ 5

Anti-Scam Campaign Presented in Herndon

Experts provide tips to protect seniors from fraud.

BY MERCIA HOBSON
THE CONNECTION

Every day, con artists swindle senior citizens in Fairfax County taking their hard-earned savings or stealing their identities. Once duped, seniors may be targeted again. So how and why does this happen and what can be done to prevent a vulnerable segment of our adult population from being victimized?

According to Fairfax County Department of Family Services-Older Adults, Fairfax County is home to thousands of retirees with pensions and retirement savings. Many seniors also have time on their hands. Even though the multi-generational American family is staging a comeback according to Pew Research Center, there remains a need for socialization.

Some seniors tend to be more willing to invite door-to-door salespeople into their homes and to talk at length on the phone with solicitors they do not know. Seniors can then fall prey to fake sales schemes and the friendly telemarketer on the phone can become relentless and scary.

TO STRIKE BACK against fraud and protect older adults by sharing critical information to help them avoid being scammed, Fairfax County Government hosted a presentation of its Silver Shield Anti-Scamming Program on Wednesday, March 7 at the

Herndon Senior Center, 873 Grace Street.

On hand at the meeting was Supervisor John Foust (D-Dranesville). "We are excited about this program and how important it is to have a program like this," Foust said. "Recently, I received a message on my phone to go to a website and deal with a lawsuit against me. False. This program will give you the tools to deal with shady characters like this."

Fairfax County's Code Enforcement Investigator, Scott Hagerty and Melissa Smarr, Chief Code Development and Compliance stood at the microphone armed with possible suggestions created for the Silver Shield Anti-Scamming Program.

The duo shared with the crowd of nearly 75 seniors how best to think through multiple scenarios such as a phone call that turns frightening or threatening, someone at the door, or what to do if they have released personal information.

Hagerty and Smarr suggested to the seniors to just hang up the phone or ask for the caller's information and call back after they check them out.

They suggested that if someone comes to the door and the senior does not know the person, not to answer it. If they do answer the door and the person "has a deal," ask that person for copies of their solicitor and contractor's licenses.

If the senior thinks he or she may have given someone an opening

into their personal information, Hagerty and Smarr recommended they notify the bank, credit card, or other company to inform them of the breach and to keep an eye out for suspicious activity.

According to AARP and reiterated by Hagerty and Smarr, false lottery scams and the new grandparent ruses bait the elderly. "Grandma, I'm in jail, help! Don't tell Mom and Dad. Please send a \$1000 to this account, and I can get out," are on the rise as scammers pose as a family member in need.

While these stratagems pull at the heartstrings of grandparents trying to help their families, other dubious schemes in the form of letters, investment schemes, and prescription discount programs procure an older adult's personal and private information and threaten older people's retirement income as fraudsters prey upon the vulnerable population. If it's too good to be true, it probably isn't.

CON ARTISTS target older citizens because they realize seniors may be less likely to report a fraud. Seniors may be embarrassed about being exploited or afraid of being considered incompetent by their loved ones and then losing control of their finances. Also, an extended period may occur before the realization of the fraud sets in, making it difficult for seniors to recall accurate investigative details. Ruth Junkins, Executive Di-



PHOTO BY MERCIA HOBSON/THE CONNECTION

Melissa Smarr, Chief Code Development and Compliance at Fairfax County Government and Scott Hagerty, Code Enforcement Investigator at Fairfax County Government provide fraud-fighting suggestions to seniors during the Silver Shield Anti-Scam Presentation held Wednesday, March 7 at the Herndon Senior Center, 873 Grace Street.

rector, Herndon Senior Center said: "The information Silver Shield brings to Herndon Senior Center is so important. No one ever wants to feel taken advantage of. Silver Shield gives us the knowledge, tools, and gumption we need not to be scammed."

AREA ROUNDUPS

Comstock Announces 2018 Congressional Art Competition

U.S. Rep. Barbara Comstock (R-10) announced the 2018 Congressional Art Competition for Virginia's 10th Congressional District. The competition is open to all high school students who reside in the District. The Best in Show winner of the competition will have their piece of art displayed in the United States Capitol. Congresswoman Comstock is a member of the Congressional Art Caucus and started the House Arts Caucus in the Virginia General Assembly.

"I always look forward to the Congressional Art Competition so we can experience the creativity of the Virginia's 10th Congressional District students. Every year we see exceptional works of art, as the students compete for Best In Show. The winners will have their artwork displayed at the U.S. Capitol in a high traffic area where lawmakers, staff, and visitors can enjoy it. I want to thank the dedicated art teachers in our community who encourage students to enter their artwork so their artistic talent can be seen and celebrated."

Students should drop-off their completed artwork on April 2, 2-5 p.m. at Enterprise Hall on the George Washington Virginia Science & Technology Campus. Art submitted must be ready to hang and entries are limited to two per student. For information and guidelines about the 2018 Congressional Art Competition go to <https://comstock.house.gov/services/art-competition>. Students and teachers can also contact Amanda Gray Bailey in the Congresswoman's office at 703-404-6903 or by email at AmandaGray.Bailey@mail.house.gov.

Man Sentenced for Threats To CIA and State Department Officials

A Herndon man was sentenced March 16 to 57 months in prison for threatening to murder officials and employees of the Central Intelligence Agency (CIA) and the U.S. State Department.

According to court documents, William Lewis Weaver, II, 36, posted multiple messages to Twitter and Pastebin in August and September 2017 regarding his intent to "shotgun" and bomb the CIA and the U.S. State Department. Weaver's communications indicate that his threats were motivated by his anger toward the CIA and the State Department. On or about Sept. 11, 2017, Weaver sent his landlord a text message that his "focus" was on "shotguns

and bombs," and a few days later, on or about Sept. 15, 2017, Weaver attempted to purchase a shotgun from a store in Sterling. Law enforcement arrested Weaver the next day. Tracy Doherty-McCormick, Acting U.S. Attorney for the Eastern District of Virginia, Andrew W. Vale, Assistant Director in Charge of the FBI's Washington Field Office, and Bartle B. Gorman, Deputy Assistant Secretary for the U.S. Department of State's Diplomatic Security Service, made the announcement after sentencing by Senior U.S. District Judge Claude M. Hilton. Assistant U.S. Attorneys Alexander P. Berrang and Nathaniel Smith III prosecuted the case.

Manners in the Tech Age

Etiquette classes aim to teach lost art of manners.

By MARILYN CAMPBELL

On a sunny, autumn day a group of 10-year-old children sat around an a formal dining room table at a home in Arlington. The boys wore blazers, pressed khakis and shiny loafers, while the girls have donned festive dresses, nude stockings and wore grosgrain ribbons in their neatly combed hair. They had arrived at the home for a lesson in etiquette, but most of them would have rather been someplace else. “I have to leave early for a soccer game,” said Jimmy, who didn’t bother hiding his glee over missing part of the class.

In an era when it’s commonplace to order pizza on a smartphone and coordinate play dates by text, old-fashioned etiquette can appear obsolete. A recent survey of teachers shows that 73 percent of instructors believe that students are less polite than when the teachers themselves were students. In the age high-tech conveniences, children can become over scheduled and under socialized, which has led to an uptick in the number of parents who are enrolling their children in etiquette classes, say protocol instructors.

“Parents have a tremendous interest in etiquette classes because so many parents realize that they don’t have that knowledge themselves, said Dorothea Johnson, who founded the Protocol School of Washington and is the author of the book “Modern Manners: Tools to Take You to the Top,” which she co-authored with her granddaughter actress Liv Tyler.

“I think most parents know that good manners and etiquette will be important to their [children’s] future,” added Henryette Neal who teaches etiquette classes for children through the Fairfax County Park Authority. “Young people will be educated, but without proper social skills they will not be able to present themselves properly.” Neal is also the owner of Steppin Out Charm and Imaging Studio.

The result of fast-paced lifestyles combined with overloaded schedules is a generation of children who place more value on social media savvy than on knowledge of social graces. Family dinners are replaced by fast food, says one parent. “Who needs good manners to gobble down a slice of pizza,” said Carole Mincey of Alexandria, whose 14-year old daughter and 11-year old son have taken etiquette and ballroom dance from Mrs. Simpson’s Classes, one of the area’s invitation-only etiquette schools. “Because everyone is so busy and technology is so advanced, reality television shows are setting standards of behavior and handwritten thank you notes have been replaced by emails and texts.”

Good manners are as important to a child’s future success as academics, says another parent. “I feel like if people know what do to do in social situations it empowers them,” said Sarah Henry of Chevy Chase, mother of a 10-year old daughter and a 12-year old son. “If you’re unsure of what to do it can make you feel intimidated. So it’s all about empowering chil-



PHOTO COURTESY OF FAIRFAX COUNTY

Henryette Neal teaches etiquette classes for children.

dren with knowledge. And it’s good for them to be exposed to proper etiquette in case they’re not getting it at home. And if they are getting it at home, etiquette classes can reinforce it.”

Interactive class sessions help keep their children engaged in the etiquette lessons. “They key is to keep the children occupied,” said Johnson. “For example, when teaching proper introductions, I would call two children up to the front of the room and have them introduce themselves to each other.”

In addition to learning such common courtesies such as saying “Please,” “Thank you” and “You’re welcome,” children learn to write thank-you notes and introduce themselves to others by making direct eye contact and offering a firm handshake.

“Knowing how to give a proper handshake is important. When I took my seven-year-old granddaughter Liv to formal events, her little hand went out as she was being introduced to someone,” said Johnson. “I could take her anywhere because she had impeccable manners.”

Henry says that in a class that she coordinated for her daughter’s Girl Scout troop, part of the curriculum included having the children form a receiving

line with parents where they practiced handshakes and eye contact.

“We also printed proper table setting samples online and give the girls n plastic forks spoons, knives, napkins and a copy of the place setting,” said Henry. “We talked about how to talked about the placement of the utensils, how to hold a knife and fork properly. One of my pet peeves is watching people hold a knife like it’s a stick.”

These are good life lessons, says Neal. “Etiquette classes are important because people still need to be respectful of others, and it starts with our children,” she said. “A simple please and thank you is important.”

“Young people will be educated, but without good social skills they will not be able to present themselves properly.”

— Henryette Neal, etiquette instructor

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ENTERTAINMENT

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

ONGOING

“RPS Clicks @ USGS.” Through March 29 at the U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. This show will feature photos of the environment and natural resources, in keeping with the US Geological Survey’s mission. Visit www.leagueofrestonartists.org.

“Godspell.” Thursdays through Sundays, through April 1, at NextStop Theatre Company, 269 Sunset Park Drive, Herndon. NextStop opens “Godspell” with a modern twist to the musical, setting the new production in a coffee shop. Tickets, \$35-\$65, available online at www.NextStopTheatre.org or by calling 866-811-4111.

Exhibit: Reston Student Artists. Monday-Saturday, 9 a.m.-9 p.m.; Sunday, 9 a.m.-8 p.m. at RCC Lake Anne, 1609-A Washington Plaza and RCC Hunters Woods, 2310 Colts Neck Road. Nine Reston schools have created an art exhibit featuring work by students in kindergarten through eighth grade in a variety of mediums, including watercolor, chalk and oil pastels. Works by students from Aldrin, Armstrong, Dogwood, Forest Edge, Hunters Woods, Lake Anne, Terraset and Sunrise Valley Elementary Schools will be on display at RCC Lake Anne through April 2 in the Jo Ann Rose Gallery and 3D Gallery. Student ceramic and other three-dimensional pieces will be on display in RCC Lake Anne’s 3D gallery through mid-April. This year’s exhibits also include works from Langston Hughes Middle School students at RCC Hunters Woods through March 31. Call 703-390-6175 or email Cheri.Danaher@fairfaxcounty.gov.

All-comers’ Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

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

THURSDAY/MARCH 22

Storytime For Three To Fives. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Early literacy with stories and fun. Age 3-5 with adult. Register at 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Pianist Evelyn Mo. 2:15-3:30 p.m. at Reston Community Center’s Hunters Woods, The CenterStage, 2310 Colts Neck Road, Reston. Free. Now a junior at Harvard, Mo competes in major international competitions at home and abroad. Visit www.restoncommunitycenter.net or call 703-476-4500.

Thea Stilton Book Club. 4:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join the Thea Sisters in “Thea Stilton and the Lost Letters”, where they visit Russia for a figure skating championship. Join them as they solve another mystery. Age 8-10. Register at 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Jazz Night. 6:30-9:30 p.m. at Lake Anne Coffee House/Wine Bar, 1612 Washington Plaza N., Reston. Patrons may enjoy Mykle Lyons and company as they wine and dine in the cozy second floor wine bar. Admission is free. Call 703-501-6289 or email maurisapotts@gmail.com.

FRIDAY/MARCH 23

Gymboree Music 1. 10 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by the Friends of Reston Regional Library. Age 6-16 months with adult. Register at 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Gymboree Music 2. 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock ‘n’ Roll and Classical. Cosponsored by the Friends of Reston Regional Library. Age 16-24 months with adult. Register at 703-689-2700 or visit



PHOTO COURTESY OF RESTON COMMUNITY PLAYERS
Jonathan Bansfield as Brick and Susan Smyth Robertson as Maggie in the Reston Community Players production of “Cat on a Hot Tin Roof.”

“Cat on a Hot Tin Roof” at Reston’s CenterStage

Reston Community Players present “Cat on a Hot Tin Roof” at Reston Community Center CenterStage, Hunter’s Wood Village Center, 2310 Colts Neck Road, Reston. Performances March 9-24, 2018. Friday and Saturday at 8 p.m., Sunday 2 p.m. matinee on March 18. Tickets, call 703-476-4500 or visit online at www.restonplayers.org. Note: Due to adult themes and brief nudity, this production is recommended for ages 16 and up. CenterStage is accessible and offers listening devices for the hearing impaired.



Aqua Egg Hunt

Children will collect as many floating and sinking eggs as possible in the time allowed. Hunt Times: Ages 6 & under – 1:30-1:40 p.m., 2:30-2:40 p.m., and 3:30-3:40 p.m.; Ages 7-10 – 1:50-2:00 p.m., 2:50-3:00 p.m., and 3:50-4:00 p.m.; Ages 11 & up – 2:10-2:20 p.m., 3:10-3:20 p.m., and 4:10-4:20 p.m. After the hunt, families may stay for open swim at 4:30 p.m. After the hunt, families may stay for open swim at 4:30 p.m. Cost is \$10 for one child and one parent. Saturday, March 24, 1:30-4:30 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Visit herndon-va.gov/recreation or call 703-435-6800, ext. 2128.

librarycalendar.fairfaxcounty.gov.
Open Mic Poetry Night. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Featured members of the Poetry Society of Virginia will be present to share their poetry. An open mic will follow, allowing for anyone attending to have a moment on stage. Free and open to the public. Visit www.artspaceherndon.org.

FRIDAY-SATURDAY/MARCH 23-24

Cat on a Hot Tin Roof. 8 p.m. at Reston Community Center’s CenterStage, 2310 Colts Neck Road, Reston. Tennessee Williams’ Pulitzer Prize winning, “Cat On A Hot Tin Roof” is an American classic. As the hot summer evening unfolds, painful secrets and desperate longings are revealed while the family desperately

attempts to secure their share of Big Daddy’s estate. Don’t miss this intense drama that sizzles with passion and greed like you’ve never experienced before. \$20-\$23. Visit restonplayers.org or call 703-476-4500.

SATURDAY/MARCH 24

Diva Central Dress Giveaway. Noon-6 p.m. at RCC Lake Anne, 1609-A Washington Plaza, Reston. All local middle and high school students are invited to attend and “shop” for dresses, shoes and other accessories for free. Registration is not required. For further information, or to become involved as a volunteer or business partner, contact LaTanja Jones, at 703-390-6158 or LaTanja.Jones@fairfaxcounty.gov.

Aqua Egg Hunt. 1:30-4:30 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon. Cost is \$10 for one child and one parent. Children will collect as many floating and sinking eggs as possible in the time allowed. Hunt Times: Ages 6 & under – 1:30-1:40 p.m., 2:30-2:40 p.m., and 3:30-3:40 p.m.; Ages 7-10 – 1:50-2:00 p.m., 2:50-3:00 p.m., and 3:50-4:00 p.m.; Ages 11 & up – 2:10-2:20 p.m., 3:10-3:20 p.m., and 4:10-4:20 p.m. After the hunt, families may stay for open swim at 4:30 p.m. Visit herndon-va.gov/recreation or call 703-435-6800, ext. 2128.

Clara Burton : A Life. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Park Ranger Kevin Patti from the Clara Barton National Historic Site in Glen Echo will present this program on the life of the “Angel of the Battlefield,” Clara Barton. Adults, teens. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Live Music. 6:30-10 p.m. at Lake Anne Coffee House & Wine Bar, 1612 Washington Plaza N., Reston. Live music in the 2nd Floor Wine Bar. Admission is free. Visit lakeannecoffeehouse.com.

Billy & Bob Classic Country Show. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. As the DC area’s premiere vintage country/western band, The Billy & Bob Classic Country Show delivers an authentic sound and appearance. \$20. Visit www.artspaceherndon.org.

SATURDAY-SATURDAY/MARCH 24-31

Fairfax County Parks. Egg-citing activities are breaking out at parks throughout Fairfax County in March. Visit www.fairfaxcounty.gov/parks/park-news/2018/psa055.

On Saturday, March 24 – Children age 1-6 are invited to the Easter Eggstravaganza at **Frying Pan Park** to hunt for eggs that contain treats and prizes and visit with farm animals. \$8 per child. Add a wagon ride for \$2 per person. **Sully Historic Site** is offering an egg hunt, egg-related games and an Easter craft for children age 1-8. \$8 per child. Wagon rides cost another \$2 per person.

On Sunday, March 25 – Stop by the Easter Egg Hunt at **Sully Historic Site**. The historic site is offering an egg hunt, egg-related games and an Easter craft for children age 1-8. \$8 per child. Wagon rides cost another \$2 per person. **Lake Fairfax Park** will be hosting an Easter Egg Hunt for children age 1-6. \$8 per child.

Hidden Oaks Nature Center is running a Dinosaur Egg Hunt on March 25, 29, 30, 31 and April 1.

Enjoy a dinosaur-themed program and outdoor egg hunt while visiting Dinoland in Nature Playce. The program is for children age 2-8. \$8 per child.

Clemyjontri Park is offering an Easter Egg Hunt, crafts and photo ops with the Easter Bunny for children age one to nine. \$7 per child. Add a carousel ride for \$2. There’s also an Egg Hunt that day at **Nottoway Park**. Register at the picnic shelter for egg hunts for children age 1-9. Registration begins at 9:30 a.m. Schedule: ages 1-2, 10:30 a.m.; ages 3-4, 11 a.m.; ages 5-6, 11:30 a.m.; ages 7-9, 12 p.m. \$10 per child, registration 9:30-11:45 a.m. \$10 per child – cash only at registration.

MONDAY/MARCH 26

Toddler Storytime. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join for stories, songs and finger plays. Age 2 with adult. Register at 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Restaurant Fundraiser. 11 a.m.-10 p.m. at Not Your Average Joe’s, 1845 Fountain Drive, Reston. Every Monday during March 2018, Not Your Average Joe’s in Reston will donate 15 percent of the bill to Assistance League of Northern Virginia. Diners must mention the organization when checking in at the restaurant. Visit www.notyouraveragejoes.com/locations/virginia/reston. Contact karenamster@aol.com about the fundraiser or visit www.northernvirginia.assistanceleague.org.

WEDNESDAY/MARCH 28

Puppets Have the World on a String. 10 a.m. and 11:30 a.m. at Frying Pan Park, 2709 West Ox Road, Herndon. Bob Brown brings his cast of characters to Frying Pan Farm Park Visitor Center. Cost is \$5 and children must be accompanied by a registered adult. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

Herndon Rotary Honors Citizen of the Year, Volunteers

Event Honors Susan Ungerer of Reston and 19 Outstanding Volunteers.

BY MERCIA HOBSON
THE CONNECTION

The Rotary Club of Herndon honored 20 individuals, unsung heroes who had spent their time and energies helping to make the local community a better place to live, at their 52nd Annual Herndon Citizen of the Year & School Volunteer Recognition Banquet. The event was held Wednesday, March 7, at the Crowne Plaza Dulles Airport, 2200 Centreville Road, Herndon.

Dee Casio, President of the Herndon Rotary Club, said in her opening remarks, “Researchers who’ve studied volunteers who give of their time, skills, and funds have found they’re happier, more optimistic, about their life and outlive their peers. ... Acknowledgment is so important in reinforcing volunteer efforts, and we are proud and privileged to do that this evening.”

Susan Ungerer, Founder and President of Kids R First (KRF) received recognition as the 52nd recipient of Citizen of the Year.

Kurt Rose, Emcee, Rotarian and friend of Ungerer told how Ungerer began collecting school supplies and backpacks for 450 children in two elementary schools in Reston and Herndon in 1998 when she saw the need. “These students were from families struggling financially and often forced to choose between putting food on the table and purchasing the necessary supplies, often costing over \$100, needed to start school.” In 2017, KRF ordered enough supplies for 32,000 students in need and distributed them to 100 schools in the area.

Herndon Rotary also recognized 19 outstanding school volunteers for 2018. Rose said, “Capital One provided sixteen employ-



Kurt Rose, Member Herndon Rotary Club and Dee Casio, President Herndon Rotary Club congratulate Susan Ungerer of Reston, named the 2018 Citizen of the Year at the 52nd Annual Herndon Rotary Club Citizen of the Year and School Volunteer Recognition Banquet.

ees who spent ten weeks volunteering at Herndon Middle School teaching students to code creating computer programs.”

The honored volunteers were Megha Agrawal, Josh Bauzon, John Clements, Adan Cortez, Nagaraju Gaddigopula, Megan Gerstbauer, Joseph Goelz, Safkat Islam, David Jaco, Khaled Khalil, Robert Liebowitz, Alex Park, Michael Ross, Archana Santhiraj, Solomon Shockley, and Jessica Ya.

Two other honored volunteers were Tiffany Nguyen and her father, Timothy Nguyen. Tiffany, a Herndon High School student noticed her fellow high school students in need did not have fresh bread available to them on the weekends. With the help of her father and donations from Great

Harvest Bread Company in Herndon, every Friday, Tiffany provides students in need at the school with bread to take home to their families.

Karen Joseph, a Herndon High School parent, was the 19th Outstanding School Volunteer to be recognized. Joseph created “Food for Neighbors” when she realized there were people in the community who were hungry. She formed an organization to address the lack of food for these individuals. Joseph and her large crew hand out red bags with the pick up months and days written boldly on tags hanging from the handle. They distribute the bags to individuals and families who want to help by donating food. On the given dates, the bags are picked up, the food sorted into bins and



The Rotary Club of Herndon honored Tiffany Nguyen and her father Timothy as Outstanding Volunteers at the 52nd Annual Herndon Rotary Club Citizen of the Year and School Volunteer Recognition Banquet. With them are Kurt Rose, Emcee/Member Herndon Rotary Club and Dee Casio, President Herndon Rotary Club.

delivered to the high school for needy families. Casio also recognized the Ruth and Hal Lauenders Charitable Trust, a significant contributor to the Rotary Dolly Parton Library that provides a free book every month to registered children ages birth to age five living in zip codes 20170 and 20171.

Casio concluded her remarks and said, “Some people serve by donating their time, others by making contributions and many do both. All types of service are of tremendous value. The Rotary Club of Herndon extends its deep gratitude to the many individuals and organizations whose contributions do so much to help our club meet community and global needs.”

Looking to make a difference, visit herndonrotary.org

Kiddar Capital Acquires Herndon Property

The property is on the landing site of the new Silver Line Station.

BY MERCIA HOBSON
THE CONNECTION

Private equity firm Kiddar Capital, founded by Washington, D.C. investor Todd Hitt, announced on Feb. 24 that it has acquired 575 Herndon Parkway, the landing site for the platform of the WMATA Herndon Silver Line station. The 4.8-acre property is improved by a 135,102 square foot office building primarily occupied by Booz Allen Hamilton. The acquisition by Kiddar’s Real Estate Group was financed by Eagle Bank and brokered by Colliers International.

“This site is at the center of a vibrant community with local leaders committed to bringing new jobs and investment to their jurisdiction. Herndon’s leadership and larger community understand that good infrastructure drives develop-

ment and economic growth,” said Kiddar Capital founder and CEO Todd Hitt. “We look to invest in new infrastructure whenever possible, and are thrilled about this opportunity to steward the ownership of a metro-centric site in the town of Herndon.”

Incorporated in 1879, Herndon includes a downtown Historic District listed on the National Register of Historic Places with shops, restaurants, and plans for a new arts center. Hitt noted that Kiddar Capital is looking forward to contributing to the local economy and community through ownership of the metro site.

“We invest with an eye toward doing good things with our capital in the communities where we own and develop real estate and other asset classes,” he said.

“The metro landing site at [575 Herndon Parkway](http://www.575herndonparkway.com) is a cornerstone of the planned Transit-Oriented Core, a 38-acre urban-style district which takes advantage of the new

Silver Line infrastructure with mixed-use locations, open spaces, and a retail and entertainment core along a wide pedestrian promenade bordering the property at 575 Herndon.

“The WMATA Herndon Silver Line station is scheduled to be finished in the first quarter of 2020. Kiddar Capital intends to hold the property for a term of no less than three and no more than 10 years before redeveloping the site. The firm also plans to integrate built world technology – a category which includes smart city tech – in the redevelopment, much of it from the companies in the Kiddar Capital Venture Portfolio,” according to the company.

Town of Herndon provided this statement: “The town congratulates Kiddar Capital and we look forward to working with them on this key development, as we prepare for the arrival of Metrorail to Herndon in 2020.”



Kiddar Capital acquired 575 Herndon Parkway in Herndon. The location is the landing site for the platform of the WMATA Herndon Silver Line station. The 4.8-acre property is improved by a 135,102 square foot office building primarily occupied by Booz Allen Hamilton.

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2310 Colts Neck Road, Reston. Satur-
day, March 31, at 8 p.m. Tickets: \$15;
for non-Reston Ticket Price: \$20. Call
703-476-4500 or visit
www.restoncommunitycenter.com.
Note: Recommended for adults ages 18
and older; younger audience members
must be accompanied by a parent or
guardian.

BY DAVID SIEGEL
THE CONNECTION

Maysoon Zayid has per-
formed in top New
York clubs and toured
extensively. She has been an hono-
ree of United Cerebral Palsy of
New York City's Women Who Care
Awards and given a TED Talk titled
"I've got 99 problems ... palsy is
just one of them." Zayid has also
appeared in the documentary "The
Muslims are Coming!" Soon she
will be appearing at CenterStage.

"I saw Maysoon Zayid in New
York and was taken by her delight-
ful humor, sharp perspective on
the world and charming person-
ality. Laugh with me as we see the
world through this amazing
comedian's eyes," said Paul
Mischewicz, director, arts and
events, Reston Community Center.

"I love taking situations that
frustrate me and spinning them
into comedy. My number one goal
is to make people laugh," said
Zayid. "I never approach a joke

**Comedian, actress and
advocate Maysoon Zayid
performing at Reston
Community Center.**

thinking, 'How can I change
people's perceptions about disabil-
ity?' or 'How can I make them stop
being bigots?'"

Zayid has a range of self-descrip-
tions beyond comedian, including
tap dancer. "Tap dancing is my life.
I don't believe I'd be living this
dream if I hadn't grown up danc-
ing. It not only strengthened my
body in my battle with Cerebral
Palsy, but it also instilled in me the
confidence to get on stage with no
fear. I consider myself an advocate.
I am extremely passionate about
equality for all and ending bully-
ing.

Responding to a question about
being the embodiment of diversity,
"I joke that in the 'Oppression
Olympics' I would win a gold

medal because I am a Palestinian,
a Muslim, a woman of color, a per-
son with a disability and I live in
New Jersey," said Zayid. She fur-
ther noted that 20 percent of the
American population is disabled,
but only two percent of the images
seen on the movie screen are of
the disabled. "Of those two per-
cent, 95 percent are played by
non-disabled actors," said Zayid.

"I've always been a political co-
median," said Zayid. "I don't just
do politics, but it is one of my fa-
vorite subjects. I have always been
edgy, but this is the first time in
my career that I have felt being
outspoken might get me killed. I
get threats online all the time be-
cause I voice my opinion politi-
cally.

"I am very much looking for-
ward to performing at Reston
CenterStage. It is a comedian's
dream to be able to do a solo
show," added Zayid.

WEEK IN HERNDON

Town to Conduct Satisfaction Survey

In an effort to gauge viewpoints on its services and pro-
grams and to identify areas in which services may be
improved, the Town of Herndon has engaged Priority
Metrics Group (PMG) to conduct comprehensive opinion
surveys of its citizens and businesses.

The citizen survey, which begins this month and will
conclude in April, asks for opinions on a range of topics
including the condition of town streets and parks, satis-

faction with special events and amenities, and satisfaction
with the level of service provided at town facilities. Citi-
zens are randomly selected to participate in the telephone
survey; PMG will be contacting citizens on cell phones and
on landlines, and a total of 300 responses will be analyzed.
Survey results will be presented to the Herndon Town
Council at a work session and will be posted on the town's
website, www.herndon-va.gov.

Employment

Employment



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BULLETIN

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

FRIDAY/MARCH 23

Great Decisions Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Watch the film produced by the Foreign Policy Association and participate in the roundtable discussion on current events and U.S. foreign policy options. The topic for this month is "China and America: the New Geopolitical Equation". Discussion materials will be available at the Info Desk two weeks before the event. Light refreshments will be served. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

SATURDAY/MARCH 24

New Member Orientation. 1 p.m. online. To RSVP for the next New Member Orientation for Fairfax County NAACP, email membership@fairfaxnaacp.org.

International Easter Banquet. 4-7 p.m. at Ekklesia USA, 11979 North Shore Drive, Reston. Come, taste and see what Easter is all about. Join the celebration of a very important holiday in America and all over the world. Bring family and friends. Childcare provided. RSVP to Pastor James Cha (jamestcha@gmail.com) or Mrs. Faith Cha (703-801-5880).

MONDAY/MARCH 26

NARFE Dulles Chapter Meeting. 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. Speaker: NARFE President Richard Thissen; special guest: VFC President Leslie Ravenell. Topic: Update on Major Changes in NARFE. \$18 which includes tax and a small gratuity. Make reservation and choice of entree to Shirley Boning at 571-442-8910 or e-mail Shirley.boning@comcast.net no later than Thursday, March 22.

Understanding Medicare. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Confused about Medicare coverage? What's covered what's not? Supplemental insurance plans? How to deal with the costs of catastrophic illness? Let a Medicare expert answer questions. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

THURSDAY/MARCH 29

Dollars And Sense. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. We will be discussing "Stay Mad for Life" by Jim Cramer. The event is free and open to the public. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

MONDAY/APRIL 2

Scholarship Deadline. Scholarship for research of local Civil War history — The Bull Run Civil War Round Table in Centreville, a 501 (3) c organization, offers a \$2,000 scholarship to a public or private high school senior who resides either in Fairfax County. Applicants should plan to attend college in the fall of 2018. Information and application instructions can be found at bullrunwrt.org.

WEDNESDAY/APRIL 4

First Wednesday with Supervisor Hudgins. 4-6 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stop in and talk with Supervisor Cathy Hudgins one-on-one. No appointment necessary. Call 703-478-0283, email huntermill@fairfaxcounty.gov or visit fairfaxcounty.gov/huntermill.

FRIDAY/APRIL 6

Scholarship Nomination Deadline. The National Capital Region Chapter of the National Football Foundation is accepting nominations for their 2018 Scholar-Athlete banquet. The Chapter awards five \$1000 scholarships annually to deserving high school senior scholar athletes who played high school football. Nominees are evaluated on academic and athletic excellence, as well as contributions to their school and community. Nomination packets have been mailed to each high school head coach in the National Capital Region.

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Almost Exactly Four Days ...



By KENNETH B. LOURIE

... was the length of time during which we were powerless a few weeks back when the wind nearly brought down the house; yet it was no laughing matter. I might have written this column sooner but until Tuesday, March 6 – when the power finally came back on, we were semi-frozen to the bone. The old-fashioned thermostat in our living room indicated 42 degrees at its most frigid.

Aside from the obvious physical discomfort – made a bit more bearable while wearing hats, gloves, coats and scarfs – inside, the toll the cold took on my mental acuity was much less manageable. My brain still worked, but not overtime. It was, to invoke a "Star Trek" reference: "On impulse power," somewhere between barely functioning and imminent danger.

This power outage was the most significant we had experienced at "Belly Acres" in the 26 years since we took ownership in late May 1992. And though this four-day non-sojourn was difficult, it was for us not a return down power-outage lane. We have been lucky in our time here; very little has upset the apple cart. Considering the hundreds of trees that surround our house, and the many thuds they all made as they fell and hit the ground that extremely late Friday night/early Saturday morning, the miracle is that not one of them hit the house, or either of our two cars parked in the driveway.

I wouldn't say I woke up in the morning to find our house relatively unscathed because as of 3:30 a.m. when I felt the house shudder for the first time, I never was able to fall back asleep as I kept bracing myself for incoming trees and limbs. Given the potential damage and hassle a direct hit likely would have caused, a power outage seemed a minor inconvenience, all things considered.

As it happened, when the power came back on, I was not at home. I was en route to the Glenmont Metro station in Wheaton to pick up Dina. When I came to a stop at "Kiss and Ride," I looked at my cell phone and noticed a "missed call" from one of my neighbors. I immediately called back and soon heard my neighbor, Helene, singing "We're in heaven, ..." with the explanation – not in verse – that power had returned to New Birmingham Manor (the official name of our 10-home dead-end street). BG&E, our utility company, had finally come by to cut/trim the tree that had been uprooted in the storm and fallen across the power line which electrifies our neighborhood.

As difficult as it had been for some of us, it had not been nearly as difficult for the four neighbors who had generators and thus were prepared and able to keep the lights on and the heat circulating. One of whom was kind enough to call around the neighborhood and offer hot showers as well as refrigerator and freezer storage to anyone interested. Given that the previous week was a post-chemotherapy week for me when I'm not eating much and shopping at supermarkets even less, we had minimal food in the freezer - all of which ended up being a loss, and a bit less than usual in the refrigerator which, after putting the contents into two coolers filled with ice, ended up being a gain.

Oddly enough, I haven't re-inventoried the refrigerator/freezer as yet. I don't know if I'm being paranoid or just plain lazy, but I haven't felt inclined to stop and shop, not even at the Giant. I imagine the feeling will pass because after eating out every night; some fast, some slow, over the last week or so, I'm probably way over our imaginary budget and way under prepared for the next go around. But as is often heard on basketball courts on playgrounds all over America: "No harm. No foul."

The four days without power weren't particularly pleasant but we survived the ordeal nonetheless and may have even learned something in the process: our long underwear still fits.

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

Green Lizard Cycling, LLC Celebrates Fifth Anniversary

Three-day event draws hundreds of enthusiasts.

By MERCIA HOBSON
THE CONNECTION

Green Lizard Cycling, LLC in downtown Herndon celebrated its fifth anniversary with a three-day party, Friday, March 16-Sunday, March 18. Events included Friday's top-notch cycling seminars, a Saturday ribbon cutting by Mayor of Herndon Lisa C. Merkel to mark the signing of a new five-year lease and, on Sunday, a free bike raffle.

Green Lizard Cycling is not your ordinary bike shop. First, it is located just feet from the W&OD Trail, 45-mile paved cycling/running trail between Purcellville, Va. to the west and Shirlington, Va. to the east on outskirts of the District of Columbia. Second, it offers bikes of all kinds — road, mountain, cyclocross, urban, fitness and more. Parts, accessories, clothing, shoes and helmets are fully stocked. Bike and equipment rentals are available on an hourly, daily, or weekly basis.

There is also the Green Lizard Coffee Shop to keep riders, and non-cycling patrons fueled at all times. The store serves Kaladi Coffee and locally sourced baked goods, soups, and sandwiches from other businesses in Herndon. Since biking and beer is often a perfect match, the Lizard has a regular selection of Pils, Goses, Belgians, Wheat beers, and even local beers.

Patrons of the "Lizard," as it is affectionately called by nearly everyone after they walk through its doors for the first time, are drawn to return because the owners,



Mayor of Herndon Lisa C. Merkel cuts the red ribbon in celebration of Green Lizard's Fifth Anniversary and signing of a new 5-year lease on the property. Dave Meyer and Beth Meyer, owners of the Lizard, stand on each side of Merkel as patrons and friends gather to join in the festivities.



Lila Merkel won the children's Cannondale Cujo mountain bike presented by Vaughan O'Brien Cannondale distributor. The company will exchange the bike shown with one that will properly fit her.

Dave and Beth Meyer live their philosophy and business model. The Meyers' vision for the "Lizard" when they first opened in March of 2013 and now remains the same as written on their website: "To treat everyone with respect, treat people as we would like to be treated, be part of the local community, and add value to everything you do. We feel we have created an environment that everyone feels welcome, whether you're stopping by for a cup of coffee, looking for a new bike, needing some sort of an accessory or service, or just want-

ing to stop in and say hello."

The store remained packed the entire weekend with well-wishers and friends stopping by to congratulate the Meyers. Among the many visitors was Cindy Hajost of Great Falls. "Green Lizard is my second home. I love the community they have created," Hajost said. Mark Schultz of Reston said, "Love the bikes, beer, and coffee."

Erin Schultz added: "We always run into someone we know. Our neighborhood stop."

Lindsay Withers was there with her daughter Tori. 2. "This place is what makes

Herndon, Herndon," Withers said.

"I love The Lizard because it's like Cheers. Everyone knows your name, and it's a fun place to hang out," said Celeste Peterson of Centreville. Anne Pastorkovich of Fairfax added, "Green Lizard supports the community and is a great bike shop. Congratulations on five years." Michael Bradley of Herndon summed it up: "The Green Lizard is one of the cornerstones of Herndon's community. As a new resident in 2016, Beth, Dave and crew welcomed me in and helped me know everyone."

Wish Cranes

FROM PAGE 5
tables shared from one person to another. Individuals huddled together; heads close while they studied the provided direction sheets. There was much pointing, explaining and refolding of the papers.

Vosseller's practice, GKTC, specializes in supporting the communication challenges for non-speaking and minimally speaking individuals. According to Vosseller, for some individuals, autism can affect their ability to communicate via speech. Speech may not be their primary means of communication. GKTC teaches their clients the purposeful motor skills to "spell to communicate" their thoughts and ideas.

Vosseller noted that art too provides a vehicle for commu-

nication. "Art is a beautiful means of communication for all individuals," she said. "(It) is a wonderful medium for autistic individuals to express their thoughts, emotions and individuality."

As more and more cranes filled the baskets, Vosseller invited those present to write their wishes on slips of paper. By the end of the afternoon, not only had participants folded a reported 600 beautiful cranes and written wishes on slips of paper, but they experienced a newfound or enhanced camaraderie and acceptance. Together, the jointly created cranes and penned hopes and dreams will be combined into an original work of art by GKTC in support of autism acceptance.

A few weeks earlier, one of the first wishes had been shared, typed by Joshua Dantinne, mini-



Ben McGann and Berta McGann fold origami cranes at the 'Origami Community Project' held Saturday, March 17. The cranes will be used in an upcoming exhibit at ArtSpace Herndon, 750 Center St. in the Town of Herndon.

mally speaking autistic teen. He had learned of "The 1000 Crane Project" during an afternoon session at Growing Kids Therapy Center.

Dantinne's therapist had asked him, "What would your wish be?" Dantinne typed back, "That everyone in the world could stop fighting over trivial issues."

Charles Mats of Herndon studies the instructions on how to fold an origami crane. People from all walks of life came together in an inclusive environment to support the "1000 Crane Project," part of the April "Autism, Art, and Acceptance" exhibit produced by ArtSpace Herndon.