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Oak Hill Herndon

CONNECTION

HomeLifeStyle
PAGE 4



Athlete Dylan Joseph "Joey" Roney of Herndon, pictured at Washington International Airport en route to the Special Olympics World Games in Abu Dhabi.

Local Talent On Global Stage

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Herndon, Reston Students
Win Peace Awards

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History Bowl Team
Makes National Finals

NEWS, PAGE 6

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OPINION

A+ Primer for Our Neighborhoods

County Community Emergency Response Guide strengthens community, builds local resiliency, and mitigates potential risks.

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR (R)

Our Fairfax County government is well prepared to deal with emergencies, both large and small, from large storms to disease outbreaks to criminal and even terrorist events. But our communities are not so prepared. In the first 72 hours after a major emergency event, governmental services may not be available. Power may be out, transportation blocked, medical services overwhelmed, and food, gas, and even money difficult to find.

In those first few days, communities would need to come together so neighbors can help each other. And even during those lesser emergency events which occur with some regularity — snowstorms, serious thunderstorms, and the like — neighbors need to help each other out.

That's why I am so thrilled that Fairfax County has published its first ever Community Emergency Response Guide from the Office of Emergency Management. The publication of this document, and the plan behind it, fulfills a goal of mine that even predates my election to the board. When I served as president of the Kings Park Civic Association I recognized the great need for a citizen-focused emergency planning tool. As a supervisor I have pushed for this program for years. Now the Office of Emergency Management made this idea a reality. The end result is a comprehensive planning tool that will strengthen community, build local resiliency, and mitigate potential risks.

Community coordination is needed in making a successful community emergency plan. It requires citizens to take initiative, reach out to their peers, and work together to identify local risks and assets. The Community Emergency Response Guide breaks down emergency planning into easy-to-follow steps. These in-

cluding defining your area, recruiting leaders, knowing your area, building an emergency response team, and planning your approach. Everything is laid out in this step-by-step guide, including how to organize an emergency team, creating a family emergency kit, and adding disabled residents to a functional needs registry. It even lists the most likely emergencies and explains how to prepare for, respond to, and recover from them. Users can also find information on local volunteer groups who can assist in these emergencies, such as the Community Emergency Response Team (CERT). By filling out the Community Emergency Response Guide will give you a never-before-seen view of your own neighborhood.

You can find the Community Emergency Response Guide online at <https://www.fairfaxcounty.gov/emergencymanagement/cerg>. The Office of Emergency Management offers community workshops to those who would like extra help in creating their emergency response plan. The request form can be found on the Office of Emergency Management website.

I encourage all residents to work within their particular communities to create an emergency response program appropriate for your neighborhood. We are here to help.

Women's History Month

Eleven new women members were elected to the Virginia House of Delegates in 2017, all of whom ousted male incumbents.

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

March is Women's History Month. Before women had the whole month, the U.S. recognized Women's History Week; before that, a single International Women's Day. Dedicating the whole month of March in honor of women's achievements was seen "as a way to revise a written and social American history that had largely ignored women's contributions," according to an article in Time magazine. The first Women's Day took place on Feb. 28, 1909 to honor the one-year anniversary of the garment workers strikes in New York, when thousands of women marched for economic rights and to honor an earlier 1857 march when garment workers rallied for equal rights and a 10-hour day, according to the article.

Recognizing the achievement of Virginia women goes beyond naming a month. A monument is under construction on Capitol Square, "Voices from the Garden," which will be the first monument of its kind in the nation. Representative of the state's regions, the monument recognizes the 400-year history and the diversity of achievement, ethnicity and thought that women have made to the Commonwealth.



Even more significant in recognizing women in Virginia is the fact that there is historic representation of women in the Virginia House of Delegates, including the election of 11 new women members in 2017, all of whom ousted male incumbents. The House Democratic Caucus is almost 45 percent women, including 11 women of color. The House Republican Caucus is less than 10 percent women. Caucus Chair Charniele Herring is the first woman to chair a caucus in the House of Delegates throughout its 400-year history. Leader Eileen Filler-Corn is the first woman to be elected leader of a caucus in the General Assembly.

Recently I served on a panel, "Can Women Save Democracy? We're counting on it!" at the Schar School of Policy and Government at George Mason University along with Charniele Herring, Eileen Filler-Corn, and Congresswoman Jennifer Wexton. There was a clear consensus in the room that women will play a pivotal role in getting our country back on the right track. Witness this year's state and local elections when there are record-breaking numbers of women lining up to run in primaries and the general elections.

Not only are women running and winning races, but they are determining the outcome

of elections with their tireless work in making calls, knocking on doors, and working on behalf of the candidates they support. Organizations like Indivisibles, with Herndon-Reston Indivisibles being a model organization, and Moms Demand Action among others are making their influence felt on policy issues like ending the epidemic of gun violence.

The big disappointment in celebrating women in history is the refusal of the Virginia House of Delegates to ratify the Equal Rights Amendment. Ratification failed on a tied vote on a procedural matter that makes it even more frustrating that the amendment was not allowed to be debated on the floor of the House of Delegates. There is more women's history to be written in Virginia, and I suspect the next step will be election of even more women this fall and ratification of the ERA next year!

Write

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

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Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
north@connectionnewspapers.com

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Students Who Work for Peace Honored

BY ANDREA WORKER
THE CONNECTION

It's not easy to be the peace maker. Sometimes it is really hard, especially when you make those around you, even friends, angry when you speak out and stand up for what is right. And sometimes it can be dangerous. But in all instances, being the peacemaker "requires courage and commitment," U.S. Rep. Gerry Connolly (D-11) told the crowd gathered at the Sherwood Community Center in Fairfax on Sunday, March 9.

Connolly, along with a host of sponsors, elected officials and a cheering collection of family and friends, had come together to honor the 23 young recipients of the 2019 Student Fairfax Peace Awards at a ceremony led by Margaret Fisher of program-founder Herndon Friends Meeting.

In addition to garnering kudos from the congressman, state Del. Ken Plum (D-36), Fairfax County Supervisor Penny Gross (Mason District), Scott Brabrand, Fairfax County Public Schools superintendent, and Karen Corbett Sanders, Mount Vernon District representative and vice chair of the FCPS board also officially offered their congratulations and admiration for the young activists.

Ryan McElveen and Ilryong Moon, members-at-large of the FCPS board, and Tamara Denerak Kaufax, FCPS board Lee District representative were also on hand to show their support.

THE EVENT'S KEYNOTE SPEAKER was David Swanson, an author, activist, journalist, radio host and co-founder and director of World Beyond War, a "global nonviolent movement to end war and establish a just and sustainable peace."

Swanson, a 1987 graduate of Herndon High School who identifies as a "world citizen," presented his argument of "no justification for war, ever," while admitting that his remarks could make his audiences uncomfortable, but asserted that they were words that need to be said and a conversation that needs to happen.

The Fairfax Student Peace Awards started in 2006 as one school, Herndon High School, and one sponsor, the Herndon Friends Meeting, but has grown to 19 sponsors and is now offered to every public high school in Fairfax County, as well as two private schools.

The goal of the program is to encourage young people to think more about peace "both as a means and as an end" and to recognize their achievements when they turn those peace-making thoughts into actions in their schools, their communities, and even around the world.

The program is open to area high school juniors and seniors. In October, each school is invited to choose either an individual or a group recipient with the guidelines that the students have worked "spe-



The winners of the 2019 Fairfax Student Peace Awards. The students from all around the county are honored for the work they do to sow the seeds of peace, resolve conflict, and promote understanding among the diverse people of Fairfax County, in their schools and in the community.

PHOTOS BY ANDREA WORKER/THE CONNECTION



U.S. Rep. Gerry Connolly (D-11) offered his congratulations to the winners of the 2019 Fairfax Student Peace Awards at their reception on March 10. "Standing up for peace takes courage and commitment."

cifically for peace or to identify and resolve conflicts ... demonstrating commitment to peace by engaging in activities that strive to end conflict ... seeking to bridge language, ethnic, racial, religious, gender, sexual orientation, or class differences ... and/or assist to resolve conflicts among students or members of the community who feel isolated or alienated."

THE WINNERS received certificates of achievement, a monetary gift and an additional \$100 to be donated to any nonprofit organization of the student's choice that operates in a spirit that is in keeping with the Peace Awards and this year, an autographed copy of the book, "Sweet Fruits From The Bitter Tree" by Mark Andreas, stories of "creative and compassionate ways out of conflict."

Read more about the Peace Awards and the recipients at www.fairfax.studentpeaceawards.org.



A senior at Herndon High School, Lydia Goff is the president of her school's Best Buddies Chapter and works hard to foster real friendships between people with and without intellectual disabilities.

Herndon, Reston Peace Awards Winners

Herndon and Reston both saw students achieve the Peace Awards honor.

❖ **Lydia Goff**, a Senior at Herndon High School, is the president of her school's Best Buddies chapter, in which volunteers seek to foster genuine, one-on-one friendships between people with and without intellectual disabilities. With 90 students registered in the program, Lydia stays busy organizing monthly social events, after-school meetings and one-on-one get togethers. Last year, Herndon Best Buddies was selected as the Most Outstanding High School chapter in the Capital Region and Lydia was awarded the D.C. United Community Star Award in recognition of her service.

❖ **Kamila Elyazgi** is a Senior at King Abdullah Academy, a private school in Herndon. She formed a global charity club at her school called Project Humanity. A participant in the George Mason University Con-

flict Resolution Youth Summit and in the Capital Region Leadership Academy, Kamila has organized projects to raise funds and collect needed items for Sudanese children, Syrian child refugees, and victims of Hurricane Irma and the earthquake in Indonesia.

Last summer, Kamila met with the staffs of U.S. Sen. Mark Warner and U.S. Rep. Gerry Connolly to advocate for U.S. border policy reform.

❖ **Sophia Liao**, a senior at South Lakes High School in Reston, where she founded the Young Democrats Club, served on the Student Council, and represents South Lakes on the Superintendent's Student Advisory Council.

Her organizational skills must be legendary, as she took the reins on a trip for 12 students to China to volunteer at a panda center. She also organized South Lakes' participation in the National Walkout Day against gun violence last year.



Kamila Elyazgi, Peace Award recipient and senior at private King Abdullah Academy formed a global charity club at her school and has been active in Conflict Resolution and leadership workshops.



Sophia Liao is a senior at South Lakes where she founded the Young Democrats Club. Sophia has taken her peace-maker efforts global, organizing a trip to China for 12 students to volunteer at a panda center.



PHOTO COURTESY OF THE NEST EGG

Pet owners should look for stain-resistant and durable upholstery fabrics when creating a stylish and animal-friendly interior.

Pet-Friendly Decor

Pet-owning designers offer advice on practical design choices that don't sacrifice style.

BY MARILYN CAMPBELL

For pet owners, creating a home décor that's both aesthetically appealing and pet-friendly can be a delicate balance. From muddy paw prints on an heirloom area rug to a velvet sofa covered in cat hair, three local designers — all of whom own pets — share their best advice for addressing animal dilemmas and styling a chic interior that accommodates both man and his best friend.

"There are so many ways that pets enhance our quality of life in the same way that a serene, well-designed home might be a sanctuary for relaxation after a long day," said Karen McBride of Inspired Spaces. "The good news is that you really don't have to choose one or the other. The key is to make sure everything is durable and easily cleaned."

Flooring that can withstand paws with claws top the list of considerations for McBride. "Hardwood floors are beautiful, but they're easily scratched and dinged," she said. "Stone or ceramic tile flooring are ideal for pet owners. You can wipe up puddles and mop up muddy paw prints easily. Hardwood requires immediate cleaning because they absorb liquids and odor."

Rugs with patterns that can hide pet stains are what designer Rochelle Clark uses in the Fairfax home that she shares with her two Italian Greyhounds, Lola and Fiona. "My dogs are not housebroken, so I have to use indoor-outdoor rugs made of polypropylene because I can just hose them down when they get dirty,

which is often," she said. "Rugs made from sisal are also good choices if you have pets. I encourage my pet-owning clients to purchase inexpensive rugs because if you have dogs or cats, rug stains are inevitable. It's just a waste of money to invest in a high-end rug if you have pets. There are so many ways that they can be ruined and there are plenty of rugs that don't cost a lot, but have a high-end look to them."

When choosing fabrics for furniture or throw pillows, pet owners should steer clear of textures like velvet or chenille, which can be magnets for pet hair, advises designer and corgi owner, Tami Evers of The Simply Elegant Home. "You also want to avoid silk and other delicate fabrics that could tear easily," she said. "There are so many options now for durable, stain resistant upholstery fabric that's as elegant and tasteful as its more traditional counterparts. Believe it or not, I finished a project for a client who had two giant labradoodles, and her living room furniture is entirely of Sunbrella fabric."

Other durable and easy to clean options that Evers recommends include leather and Crypton. "The only issue with leather is that it will scratch easily if you have pets with sharp nails, but some people think scratched leather has character," she said. "Crypton can withstand almost anything. If you have a dog or cat that barfs a lot or has lots of accidents, Crypton is the way to go. It's stain-proof, tear-proof and comes in a wide range of patterns and colors."

Built-in eating spaces and pet beds for her two Bichon Frises are ways that personal home organizer Becca Anderson of The Organized Life streamlines her pet spaces to maintain her home's aesthetic.

"Pet owners love their animals, but no one wants their home to look and smell like it's been overrun with animals," she said. "I advised one of my clients to add a custom, built-in litter box space to her laundry room for her three cats. She even invested in a self-cleaning litter box, and those two features were transformative."

"Rugs made from sisal are also good choices if you have pets."

— Rochelle Clark

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ENTERTAINMENT

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

WEDNESDAY/MARCH 13

Senior Social: St. Patrick's Day

Style. 12-2:30 p.m. At RCC at Hunters Woods, 2310 Colts Neck Road, Reston. Celebrate St. Patrick's Day with friends while enjoying traditional Irish fare and beautiful Irish music and entertainment. Plan your social calendar while you learn about upcoming 55+ trips, classes and events. Registration required. Cost is \$8/RA members; \$15/non-members. Register through RestonWebTrac account or email Ashleigh@reston.org or call 703-435-6577.

Panel Discussion: Women Playing in Reston

7 p.m. at the Jo Ann Rose Gallery RCC Lake Anne the Reston Historic Trust & Museum. Reston Historic Trust & Museum will host a panel discussion titled "Women Playing in Reston: The Effect of Title IX on Women's Sports." Panelists Vicky Wingert, Skye Eddy Bruce, Valerie Lister, and Jennifer Volgenau Wiley will bring their personal experiences with a variety of athletic programs. Free, open to the public. Visit www.facebook.com/events/1979425375503721/.

Bingo Fundraiser

7 and 9 p.m. At Crooked Run Brewery, 22455 Davis Drive, Suite 120, Sterlington. All proceeds from purchased Bingo sheets will go towards helping to further the arts in Herndon. Come grab a beer and some tacos and have fun while you help raise funds for Arts Herndon.

THURSDAY/MARCH 14

National Pi Day Celebration

Amphora Bakeries celebrate National Pi Day with iconic pies in their Vienna and Herndon locations. Call 703-964-0500 to pre-order or visit amphorabakery.com/pie-landing-page.

SATURDAY/MARCH 16

GRACE Family Art Day

11 a.m.-3 p.m. At GRACE, 12001 Market Street, #103, Reston. Celebrating Youth Art Month on St. Francis Street and in the gallery featuring student artwork from the GRACE Art program and art-making activities for the whole family. Free. Call 703-471-9242 or visit www.restonarts.org.

Open Mic: Emerging Visions

2-4 p.m. at GRACE, 12001 Market Street #103, Reston. The Greater Reston Arts Center presents Emerging Visions, a group exhibition featuring select artwork by students participating in the Center's signature education program, Emerging Visions. The exhibition will be on

view March 2-30, 2018 at the gallery located at the Reston Town Center. Visit www.restonarts.org.

St. Patrick's Day / St. Joseph's Day Party

6-9:30 p.m. at St. Veronica's Church parish hall, 3460 Centreville Road, Chantilly. This is a family event that includes food, drink, sing-alongs, Irish dancers and plenty of smiling Irish eyes. Adults \$8, Children \$6, drinks extra. Visit stveronica.net/ or call 703-773-2000.

Common Ground Concert

7 and 9 p.m. At ArtSpace, 750 Center St., Herndon. Featuring Candice Bostwick & Friends. Four friends coming together and finding common ground in music. You can expect an array of music including jazz and pop from these talented local musicians. Visit www.artspaceherndon.org.

SATURDAY-SUNDAY/MARCH 16-17

St. Patrick's Day at Lake Anne

Bring the whole family to Reston's Lake Anne Plaza for Irish-inspired activities, including photo opportunities with the Lake Anne Leprechaun, face painting, and Irish Dance demonstrations. Kalypso's will feature live music both Saturday and Sunday. Lucky Dog Animal Rescue will be on-site noon-2 p.m. Saturday with dogs ready for adoption. Free admission. Rain or shine. Visit www.kalypsosportstavern.com.

SUNDAY/MARCH 17

Lucky Leprechaun 5K

8 a.m. At Reston Town Center, Reston. Run like you've got the luck of the Irish on your side! Enjoy a fun-filled celebration at the finish line. Kids Fun Run at 9 a.m. Presented by Potomac River Running. Visit Prraces.com/luckyleprechaun.

Purim Palooza

Noon-2 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Congregation Beth Emeth's "World-Famous" Purim Carnival and more. Opens at 11:15 a.m. for preschool-1st grade and families. Carnival games, inflatables, crafts and more. Lunch with hamentaschen, costume contest, raffle with prizes. \$15-\$25 includes children's lunch. Call 703 860 4515, ext 101, or visit bethemeth.org/purim.

History of WWII

2-4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Harry Butowsky of George Mason University presents part 1 of his 6-part lecture series on World War II: On Our Way, USA 1939-1942. Adults, Teens. Free. Call 703-689-2700 or email fairfaxcounty.gov/library/events.

Princesses & Lollipops

4-5:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. A concert for the royal young ladies in the kingdom. Dress in



Connected Stories, Knitted Souls (detail) by Alyssa Imes.

Art Exhibit: Looming Connections

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. The artist sees the yarn as time and life, and the knots as shared experiences we share. The looms are the places we meet people. The pieces of fabric are knitted from the sculptures themselves so the iron looms create support and help mechanically weave fabric from an individual strand of string. Sculptures will be made from cast iron and other metals with knitted fabric on them will fill the gallery. The exhibit runs March 5-April 6. An exhibit reception is planned for Saturday, March 9, 7-9 p.m. Visit www.ArtSpaceHerndon.org or call 703-956-6590.

glittering gowns and tiara's, come enjoy an afternoon of Disney movie and theater favorites including a parade of Princesses. Admission is free; donations are appreciated. Visit www.restoncommunityorchestra.org.

MONDAY/MARCH 18

Reston Photographic Society

7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. Share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit www.leagueofrestonartists.org.

TUESDAY/MARCH 19

Fundraiser: Helping Hungry Kids

11 a.m.-7 p.m. at Not Your Average

Joes Restaurant, 1845 Fountain Drive, Reston. Tuesdays in March Helping Hungry Kids of Northern Virginia is holding a fundraiser. NYAJ will donate 15 percent of a bill from lunch or dinner to HHK. Diners need to tell their server they are there to support HHK. Visit helpinghungrykids.org.

Live Music: Ryanhood

7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Acoustic duo Ryanhood got their first break more than a decade ago as street performers at Boston's Quincy Market. Ryanhood is on tour promoting their latest album, Early Best. Suggested donation is \$10 for members of the Folk Club of Reston/Herndon and \$11 for non-members. Visit www.restonherndonfolkclub.com.

WEDNESDAY/MARCH 20

Bingo Fundraiser

7 and 9 p.m. At Crooked Run Brewery, 22455 Davis Drive, Suite 120, Sterling. All proceeds from purchased Bingo sheets will go towards helping to further the arts in Herndon. Come grab a beer and some tacos and have fun while you help raise funds for Arts Herndon. Visit www.artspaceherndon.org.

THURSDAY/MARCH 21

Weekend Food for Kids

10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Chantilly. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William Counties and the City of Alexandria. May arrive at 9:30 to help with setup. Free. Visit www.alnv.org.

It's Not You, It's Me - The Second City

6:45-10:45 p.m. with bus pickup at RA Headquarters. Bus trip to the Barns at Wolf Trap for an evening full of live and in-your-face entertainment. This comedy performance takes shots at heartbreak, missed connections and the mire of human relationships. Show begins at 8 p.m. Ages 18 and older. \$45 RA members; \$55 non-members. Register through RestonWebTrac account or email Ashleigh@reston.org or call 703-435-6577.

SUNDAY/MARCH 24

Live Music: Valerie Smith & Liberty Pike

7 p.m. (doors open at 6) at Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. Make plans to "hitch up the team" and head to Frying Pan Farm Park this season for Bluegrass Barn. Food and beverages available for purchase. \$18 in advance, \$20 at the door. Purchase tickets online at www.fairfaxcounty.gov/parks/frying-pan-park/bluegrass-barn or by phone at 703-222-4664 or 703-437-9101.

TUESDAY/MARCH 26

Fundraiser: Helping Hungry Kids

11 a.m.-7 p.m. at Not Your Average Joes Restaurant, 1845 Fountain Drive, Reston. Tuesdays in March Helping Hungry Kids of Northern Virginia is holding a fundraiser. NYAJ will donate 15 percent of a bill from lunch or dinner to HHK. Diners need to tell their server they are there to support HHK. Visit www.helpinghungrykids.org.

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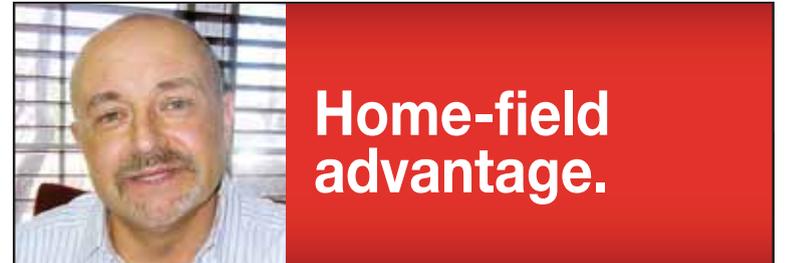
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NEWS



Nysmith School History Bowl Team, from left: William Strong, Raed Mirza, Henry Pan, Neeraj Madamalla, Andy Rataul and Amal Wooldridge.

PHOTO CONTRIBUTED

Nysmith School History Bowl Team Makes National Finals

The Nysmith School History Bowl team placed fifth in the 2019 Capital Region Championship Tournament held March 2 at Centennial High School in Ellicott City, Md., securing the school's first award in the annual competition and earning a trip to the National Finals in Chicago later this spring.

The team comprises sixth graders William Strong (McLean) and Henry Pan (Reston), seventh graders Neeraj Madamalla (Chantilly) and Amal Wooldridge

(Ashburn) and eighth graders Raed Mirza and Andy Rataul, both from Great Falls. The squad is coached by Nysmith Social Studies teachers Philip Baselice and Brian Schrembs.

The History Bowl is a team-based (4-6 students) buzzer competition featuring different types of questions covering a broad range of history. Students study together and help each other prepare throughout the school year.

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Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431



BULLETIN

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

SOBER-RIDE FOR ST. PATRICK'S DAY

Free Sober Rides. Sunday, March 17, 4 p.m. through Monday, March 18, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. WRAP's St. Patrick's Day SoberRide promo code will be posted at 3 p.m. on March 17 on www.SoberRide.com.

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

VOLUNTEERS WANTED

Greater Reston Arts Center's (GRACE) Northern Virginia Fine Arts Festival returns for its 28th year. 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/ to register.

WEDNESDAY/MARCH 13

Legislative Update. 8-10 a.m. at the Hyatt Regency, Reston Town Center, 1800 Presidents St., Reston. The Greater Reston Chamber of Commerce, along with regional business partners, present Dr. Stephen Farnsworth, Speaker Kirk Cox and Minority Leader Eileen Filler-Corn speaking on the upcoming elections in November, the cascading scandals in the executive branch and other issues including redistricting, minimum wage, economic development, and transportation that will effect local businesses both large and small. A breakfast buffet will be served prior to the debate. Purchase tickets at RestonChamber.org.

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. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

FRIDAY/MARCH 15

Technology Fridays in March. 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. Join the Parent Resource Center for this series of technology workshops presented by FCPS Assistive Technology Services. Register for one or all of the workshops. Explore a variety of technology tools to support student success and independence with reading and writing in the digital classroom and at home. Register at www.fcps.edu/index.php/resources/family-engagement/parent-resource-center. Call 703-204-3941 or email prc@fcps.edu for more.

- March 15 - Technology Tools to Support Executive Functioning
- March 22 - Assistive Technology to Support Communication

SATURDAY/MARCH 16

Power Up Women's Conference. 8 a.m.-2 p.m. at the Westfields Marriott Washington Dulles, 14750 Conference Center Drive, Chantilly. The Power Up Women's Conference attracts attendees from all over the United States and Canada. This year, Daphne Maxwell Reid, iconic TV mom of "The Fresh Prince of Bel Air" and the first woman of color to appear on the cover of Glamour Magazine will be the conference headliner. Registration is \$99 and includes access to the conference, meals and all conference materials. Visit www.powerupwomensconference.com/register.

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Talk About Wishful Thinking



By KENNETH B. LOURIE

Every morning, at the very least, I look into the bathroom mirror to brush my teeth and shave my stubble. And there, right below my Adam's apple, in plain site, is the tumor we're attempting to stabilize, and in a perfect scenario: shrink.

As I've said many times before during my 10 years of treatment: "I can live with 'stable,'" and/or "Stable is my new favorite word." But the only way I find out if my lung cancer tumors are stable/have shrunk/grown is when my oncologist tells me/I read the radiologist's report.

During this quarterly interval between scans, I'm like Sergeant Schultz from "Hogan's Heroes": "I see nothing." The tumors in my lungs are "like weeds," (meaning they're everywhere), said my oncologist at the initial Team Lourie meeting in response to one of my wife, Dina's, questions about whether surgery was an option; "no" was that answer. But obviously, I can't see them and what feelings I've experienced in my mediastinum have likely been scar tissue forming (according to my oncologist) and not indicative of too much too often.

So, I've learned to not overreact to any discomfort I might experience. It might mean something or it might mean nothing. I've been to both places already.

However, the "Adam's apple" tumor is front and center. When I brush my teeth, I see it. When I shave I have to nearly shave over it. It's impossible to miss. It's not exactly a goiter but it's more than a lump.

It's not painful, but it's completely opposite to the tumors in my lungs; they're out of sight and because of that, occasionally out of mind. The "Adam's apple" tumor is totally in sight and because of that, is always on my mind. It's how I start my day and how I finish my evening. And in the hours between, I'm touching my throat to feel what I can feel and hope what I can hope. The effect is I'm reinforcing a negative every time I touch the tumor.

If I can't see the tumor (like the ones in my lungs), and I can't touch the tumors (like I can the "Adam's apple" tumor), I can delude myself more easily into not thinking/remembering I even have cancer; and more importantly, not thinking that I'm "terminal" as my oncologist characterized me all those years ago when he gave me a "13 month to two year" prognosis - on Feb. 27, 2009. Then I can pretend to live life as if the Sword of Damocles is not hanging over my head.

But, being able to touch the very thing that might be shortening my life makes it more real than it's ever been. And it's that reality that is making Kenny a very dull boy (no comments from the peanut gallery, please?).

I'll know something definitive on March 18, five days after my March 13 CT scan, the first scan I will have had since I began the immunotherapy. That's when we'll have our usual post-scan appointment with my oncologist to learn results and discuss alternatives, if necessary.

Surgery, as we've inquired about previously is out of the question. Therefore, we'll either continue to do what we've been doing, or start doing something we've never done before (you have to keep the cancer guessing).

On my most recent appointment, when asked by yours truly, my oncologist said we have lots of non-surgical options should change be warranted. (There was a time in the past when I asked my oncologist a similar question and he was not nearly so encouraging. In fact, he was downright discouraging when he told me that the drug he was giving me at the time was the last drug he had for me.) Having been dangling previously at a near end, I'm sure you can appreciate how a patient knowing there are other choices available should a drug fail to stop the growth, is very reassuring.

Nevertheless, facing off with this tumor every day and being able to touch it morning, noon and night, presents a real problem: how do I avoid thinking I have cancer?

It's always been my goal to try and assimilate the facts and hope not to be overwhelmed by the feelings. But how do I think it's nothing when it's obviously something?

I mean, it wouldn't be there if it was just minding its own business, would it?

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

Local Talent on Global Stage

USA Special Olympic Team heads to Abu Dhabi, United Arab Emirates for World Games 2019.

BY MERCIA HOBSON
THE CONNECTION

With many hugs, high-fives and applause, five of the seven Special Olympics Virginia athletes and a coach boarded a United flight out of Dulles International Airport on Wednesday, March 6. The athletes would be part of the 215-athletes in the Special Olympics USA delegation headed to World Games Abu Dhabi 2019. Opening Ceremony is March 14 followed by six days of competition for the reportedly 7,000 plus participating athletes from 190 delegations competing in World Games 2019. Closing Ceremony is Thursday, March 21. Of the five Virginia athletes who departed Dulles, four came from the Northern Virginia area and one from Fredericksburg.

❖ Dylan Joseph "Joey" Roney, 21, of Herndon, will compete on the world stage in swimming, the 100m freestyle, 4x100m freestyle relay and 200m freestyle. Roney currently swims with the Oakton Swim Club that practices alongside the Oakton High School swim team. "This is an incredible opportunity for Joey," said his grandfather, Chuck Roney, as team members met up at Dulles International Airport. "None of this would be possible without Special Olympics and the thousands of volunteers," he said. Although athlete Roney said he was excited, he confided, "I'm feeling a little nervous and scared because this is my first time."

❖ Victoria "Tori" Martin, 24, of Woodbridge, swam before she could walk. Through swimming, Martin reportedly found purpose, routine and stability according to Special Olympics. "In preparation for this event, she has worked out six days a week in addition to practicing with her coaches three times a week," said, Bob Martin, her grandfather. "She is the most dedicated athlete I have ever seen," he said. "I'm feeling nervous, anxious and pressured," athlete Martin said. She added that she couldn't wait to explore Abu Dhabi.

❖ Karen Dickerson, 33, of Springfield, will run the Half marathon, the 10,000m and the 4x100m relay at the Special Olympics World Games in Abu Dhabi. Athlete Dickerson has run 27 marathons across the globe. "I cannot say enough about Karen's determination and dedication," said her mother, Ernestine Dickerson. "It is amazing what she has accomplished not only through sports but in life." Athlete Dickerson provided guidance to her fellow Special Olympics Virginia athletes while waiting to leave Dulles. "You don't have to have a good or a bad competition or race. Just know you did the best you could. All athletes go through ups and downs. Don't



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Special Olympic Athletes Grace Anne Braxton of Fredericksburg, Dylan Joseph "Joey" Roney of Herndon, Jenny Mitchell of Alexandria, Karen Dickerson of Springfield and Victoria "Tori" Martin of Woodbridge prepare to depart Dulles International Airport to head to the Special Olympic World Games Abu Dhabi 2019.

put yourself down," she said.

❖ Jenny Mitchell, 39, of Alexandria, is a Special Olympics USA swimmer and one-time silver and two-times bronze medalist at Special Olympics World Games in Shanghai and a participant in Special Olympics World Aquatics Invitational in Puerto Rico. Athlete Mitchell will compete in 1600m open water swimming and 800m freestyle at the Special Olympics World Games in Abu Dhabi. "She has been training hard for this," said her father, Terry Mitchell. "She is the first Special Olympian athlete to swim across the Potomac from Jones Point to National Harbor," he said. "I'm ready to go," said Jenny Mitchell.

❖ Grace Anne Braxton, 43 of Fredericksburg, Va., is looking for a top spot

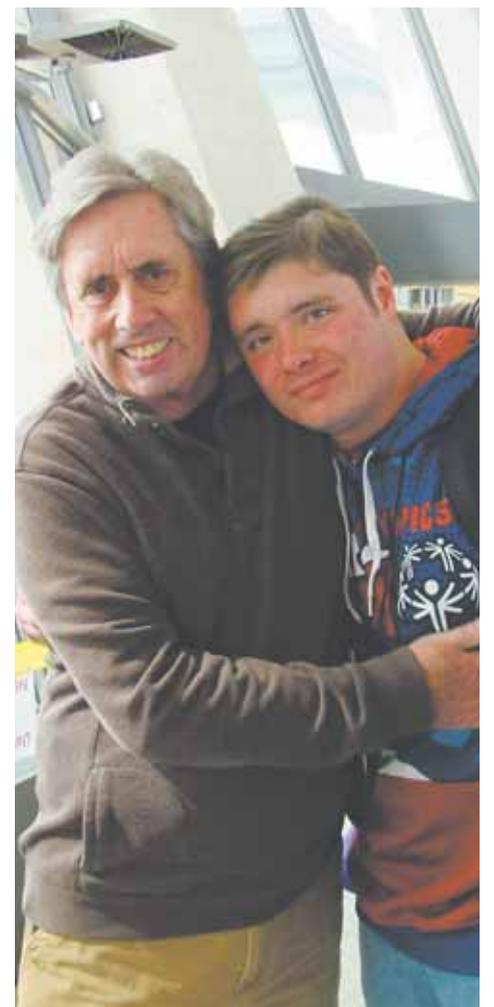
on the Special Olympics podium in Abu Dhabi as she was the top-rated female Special Olympics golfer in the world 2007 and 2001 according to Special Olympics. "Special Olympics has helped me become an active person in my community. I help out as a volunteer with Basketball Championships and as a volunteer with new local golfers," Grace Anne Braxton wrote in her Special Olympics profile. "I'm expecting a new adventure," she said at Dulles International Airport.

The Joseph P. Kennedy Jr. Foundation created Special Olympics. Special Olympics Team USA is authorized and accredited by Special Olympics, Inc. for the benefit of persons with intellectual disabilities.

Keep up-to-date on all of the information

Schedule

(USA- EST is 8 hours behind Abu Dhabi)
HERNDON-Dylan Joseph "Joey" Roney-
Swimming
Sunday, March 17, 9 a.m., 200m freestyle
Tuesday, March 19, 3: p.m., 100m freestyle
Wednesday, March 20, 3:40 p.m., 4x100m
freestyle relay
WOODBIDGE-Victoria Martin- Swimming
Saturday, March 16, 3:20 p.m., 100m
individual medley
Wednesday, March 20, 3:40 p.m., 4x100m
freestyle relay
Wednesday, March 20, 10:10 a.m., 100m
breaststroke
Sunday, March 17, 9 a.m., 200m freestyle
SPRINGFIELD-Karen Dickerson- Athletics
Saturday, March 16, 6:30 a.m., Half
marathon
Wednesday, March 20, 8 a.m. 10000 m run
Wednesday, March, 20, 4 p.m., 4x100m relay
ALEXANDRIA-Jennifer Mitchell- Open Water
Swimming
Saturday, March 16, 10 a.m. 1500m Open
Water Swimming
Tuesday, March 19, 9:20 a.m. 800m freestyle
FREDERICKSBURG- Grace Braxton- Golf
Sunday, March 17, 8:50 a.m., Level 5 -
Individual Stroke Play



Athlete Dylan Joseph "Joey" Roney of Herndon gets a good luck hug from his grandfather, Chuck Roney, before he departs to Abu Dhabi, United Arab Emirates to represent the USA in the Special Olympic World Games 2019.

about the Special Olympics World Games with televised schedule and results by visiting, www.abudhabi2019.org.

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