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# Oak Hill Herndon CONNECTION



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Children in the "Putting the Animals to Bed" program at Frying Pan Park provide hay to goats as their bedtime snack.

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# Commonwealth's Attorney Candidates Face Off

**NAACP and partners question the contenders.**

BY ANDREA WORKER  
THE CONNECTION

**T**he two Democratic contenders for Fairfax County Commonwealth's Attorney traded barbs at a forum on Saturday, March 16, held at the Chantilly Baptist Church, presented by the Fairfax Branch of the NAACP with partners the ACLU People of Power Fairfax, the Northern Virginia Black Attorneys Association and OAR - Opportunities, Alternatives and Resources.

Incumbent Ray Morrogh has served in the County Commonwealth Attorney's Office since 1983 and has held the top spot since 2007. He is being challenged by Steve Descano who spent six years as a federal prosecutor under the Obama Administration, first as a Special Assistant to the U.S. Attorney for the Eastern District of Virginia and then as a trial attorney in both the Criminal Taxation Division and the Consumer Protection Branch. Descano also served on the Fairfax County Police Civilian Review Panel.

In the two-hour session moderated by attorney Vanessa Jordan, a member of the Northern Virginia Black Attorneys Association, Descano lost no time in categorizing Morrogh's office as a "black box" devoid of significant data that can be used to develop policies and inform the public.

"The people I talk to, even personnel in our local government, say they don't know how to get hold of anyone in that office," said Descano. "That's not leadership."

Descano prides himself on "always being out and about in the community," saying that the public needs to see their leaders' values in action, in their lives, on a daily basis.

Morrogh shot back with examples of his involvement on numerous committees and task forces and with a number of civic organizations.

"My door is always open," he said, and maintains that he and his department continue to educate themselves on issues and best practices while engaging the community to learn of their concerns.

**MORROGH HIGHLIGHTED** what he describes as a lack of "relevant, realistic experience" by his opponent.

"In our department we handle thousands of cases with often life-and-death consequences. We don't have the years [that a taxation prosecuting attorney has] to build a single case. Our work is more immediate."

Morrogh alluded that some of Descano's "pledges" about what cases to prosecute and how to address certain issues, cannot be met, either because they are not within the scope of the position's authority, or they are



**Vying for the top law enforcement slot in Fairfax County as the Commonwealth's Attorney, Steve Descano, the challenger and Ray Morrogh, the incumbent, face off at a forum hosted by the NAACP**



**Organizing a number of questions submitted by the audience for the candidates are Derwin Overton, executive director of OAR - Opportunities, Alternatives and Resources, and attorney Diane Alejandro with ACLU People Power of Fairfax.**

"simply not allowable under the law. And I am sworn to uphold that law for all citizens."

Moderator Jordan asked a series of questions on topics ranging from implicit bias in the criminal justice system and in local policing, dealing with undocumented persons, and those who come in contact with the courts with mental health and drug abuse issues, restoration of voting rights for convicted felons, cash bail inequities, the larceny dollar threshold, the handling of juvenile offenses in schools, and more. Each candidate was given 60 seconds to answer, and cautioned to stay on topic.

"Please don't use your time to present a rebuttal to your opponent's answer. The people here want to hear your answers to the questions we are posing," said Jordan.

Speaking on diversion programs aimed at keeping people out of jail, Morrogh insisted that his prosecutors work to do just that, but "I will not put violent offenders in such

programs." For those facing drug convictions, drug court is an option, but Morrogh noted that many choose not to enter the program and accept fines or jail sentences instead.

"That's understandable," responded Descano. "The program is hard. We need to offer incentives to people to help them choose the path of recovery instead of incarceration." Descano cites that lack of incentives as a reason why the numbers of offenders in such program is relatively low.

Descano also accused Morrogh of allowing offenders to languish in jails because they could not raise the cash bail imposed.

"People who have not been convicted of anything are kept from their families, their jobs, their lives, even though they have been declared eligible for pretrial release," he said. "Don't punt this ball. Don't ask for cash bail in those instances."

Morrogh countered: "We may ask for detention in serious instances where we be-

lieve the offender to be a danger, but I do not ask for cash bails and have not done so in 35 years."

Descano shot back that Morrogh had supported cash bail in a Washington Post article, to which the incumbent replied, "It's a complex issue, more so than you realize. We can't simply do away with cash bonds as you seem to suggest."

On the question of advocating to raise the dollar limit for which to prosecute a crime as a felony, Descano agreed to "take the pledge" that Jordan asked about.

"I will take that pledge, not to prosecute less than a \$1500 value as a felony."

While Morrogh says he has long advocated for raising the felony/larceny threshold, he declined to pledge to never prosecute below \$1500 as a felony.

"That would be a dangerous precedent," he warned, saying that from his many years of experience he can attest there are "people who steal, over and over again, or scam our elderly again and again. I cannot say that because of one instance of loss below \$1500 that it would not be appropriate to file charges as a felony offense."

The audience seemed to have no trouble following the arguments of the candidates on the question of Brady Material and discovery reform.

Brady Material comes from a 1963 Supreme Court ruling that says that "suppression by the prosecution of evidence favorable to a defendant who has requested it violates due process."

On this topic, again the two men differed and traded verbal jabs.

Once again, Descano made a pledge, saying that anyone on his staff who was caught failing to provide Brady Material for the defendant "would be gone."

Morrogh said "no system is perfect. We prepare Brady Material for the defense, but if there was an issue, I would investigate and weigh the circumstances before making a decision."

The two exhibited the most agreement during the "lightning round" of questions, most probably because Jordan allowed only a simple "yes" or "no" answer to less controversial questions and gave the candidates only one sentence to explain their responses. Both supported body cameras for police, decriminalization of marijuana, detox diversion for drunk in public; neither supported diversion for driving under the influence.

**THE LAST SECTION** of the forum posed written questions from the audience, and there were a lot of them.

The two tangled over the restoration of voting rights for felons. Descano accused Morrogh of being against the restoration, noting that the Commonwealth's Attorney had joined a lawsuit against then-Governor McAuliffe when he proposed such legislation.

"Read my remarks," countered Morrogh. He contends that he objected to the attachment of gun ownership rights to the legis-

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WWW.CONNECTIONNEWSPAPERS.COM

# Frying Pan Farm Park Awarded

**Northern Virginia Soil & Water Conservation District selects Frying Pan for award.**

By MERCIA HOBSON  
THE CONNECTION



PHOTOS BY MERCIA HOBSON/THE CONNECTION

**Frying Pan Farm Park received the 2018 Fairfax County Clean Water Farm Award for effective agricultural best management practices and diverse educational and outreach programs.**

Northern Virginia Soil & Water Conservation District (NVSWCD) presented the 2018 Fairfax County Clean Water Farm Award to Frying Pan Farm Park, operated by the Fairfax County Park Authority.

NVSWCD's board of directors and staff said it "wholeheartedly recognize(s) the Frying Pan Farm Park operations as the deserving recipient." NVSWCD chose Frying Pan Farm Park for "its implementation of effective agricultural best management practices and diverse educational and outreach programs, as well as its close interactions with NVSWCD. In addition, the park's Farm and Equine Operations management was "relentless in their efforts to comply with Fairfax County's Chesapeake Bay Preservation Program." The park maintained and implemented practices recommended in the district's approved Soil and Water Quality Conservation Plan, and praised managers and staff who "work tirelessly to ensure that the entire operation is run and maintained in an exemplary manner."

"The Park Authority is very pleased that Frying Pan Farm received this recognition," said Judy Pedersen, Public Information Officer, Fairfax County in a statement. "This site and its dedicated staff have always gone the distance, to ensure things were done right with the environmental impacts of farming in mind. We serve as a model for others," she said.

The "Putting the Animals to Bed," program is an example of one of its diverse educational programs and remains one of Frying Pan Park's long-standing traditions. Patrick McNamara, Naturalist/Historian Senior Interpreter, said, "Our program combines agricultural education with the enjoyment of observing farm animals as they begin to rest for the night..." Joseph Swingle 6, of Springfield and his brother, Andrew, 10, attended the Friday evening, March 15 program. "We're going to sing the lambs a lullaby I think," said

Joseph.

"Midnight snack and a blanket sound good to me," said Andrew.

During the program, Frying Pan Farm Park Interpreters, Marge Landis and Sheree Bracco conducted a 10-minute class overview to participants. Landis described how the children would "tuck the animals in for the night... We need to make them feel calm and safe," she said. She told the children how different animals at the park slept: birds on perches, horses sometimes stood up, and the baby lambs and piglets snuggled with their mothers. Then it was off to the farm stalls and fields to put the animals to bed. Fairfax County Park Authority operates Frying Pan Farm Park, which preserves and interprets farm life of the 1920s to 1950. It is one of the most popular parks in the county and offers a wide assortment of programs and activities. It is located at 2709 West Ox Road, Herndon.



**Frying Pan Farm Park interpreter Marge Landis conducts a 10-minute class overview of the park's long-standing program, "Putting the Animals to Bed."**



**Two children in the Putting the Animals to Bed program at Frying Pan Park provide a hay snack to a goat as his bedtime snack.**



PHOTOS BY SURESH MANIAM

**Virginia Regionals National Science Bowl winning team Carson Middle School.**

## Rachel Carson Middle Wins Virginia Science Bowl

Rachel Carson Middle School won the 2019 Virginia Regional Science Bowl, hosted by the Thomas Jefferson National Accelerator Facility (Jefferson Lab) in Newport News, Va.

Twenty schools participated from around the state. Rachel Carson Middle was undefeated in both the round robin tournament and the double elimination round before being crowned state champions. This is the second year in a row that Rachel Carson has won the Virginia title.

The tournament is a fast-paced question and answer buzzer format that tests teams on math, chemistry, biology, physics, and earth sciences.

Rachel Carson Middle School team members were Om Duggineni, Deccan Maniam, Srihan Kotnana, Ilanchezian Palpandian and Akshat Alok. They were coached by Sudhir

Duggineni.

The team will now travel to Washington, D.C. in late April to participate in the finals for a second year in a row. At the Finals, they will face off against the best teams from nearly every state in the nation in a grueling full day session of matches that will test both the knowledge and stamina of the teams.

"These kids worked very hard throughout the school year to prepare. Last year, at the Finals, they finished third in the nation. They were happy, but also a bit disappointed at being so close. This year, they are aiming to be national champions. I am very proud of their effort," said Coach Sudhir Duggineni.

The team took home a \$750 check for Rachel Carson and the first place trophy.

Longfellow Middle school finished second, Edlin School finished third and Poplar Tree Elementary finished fourth.



**Final match of the Virginia Regionals of the National Science Bowl between Carson Middle School and Longfellow Middle School.**

# OPINION

## Fairfax County's Bold Housing Agenda

BY MICHELLE KROCKER  
EXECUTIVE DIRECTOR  
NORTHERN VIRGINIA  
AFFORDABLE HOUSING ALLIANCE

Last month, a panel appointed by the Fairfax County Board of Supervisors representing a cross-section of community stakeholders and housing advocates finalized their recommendations for Phase II of the county's Community-wide Housing Strategic Plan. Not since 2005, when then Chairman Gerry Connolly convened the Affordable Housing Preservation Action Committee, has there been such a comprehensive analysis of the state of affordable housing in Fairfax County.

Over the last two years, advisory groups and ad-hoc committees have been engaged in a top-to-bottom review of administrative, land use and regulatory policies and programs that impact affordable housing preservation and production. The scope of the plan encompasses the entire continuum of housing needs from persons with disabilities, seniors on fixed incomes and formerly homeless households to affordable homeownership.

The Housing Strategic Plan process began in June 2017, when the Department of Housing and Community Development (HCD) conducted an online county-wide housing survey and four community outreach sessions. Phase I of the Plan, which was adopted by the board in June 2018, identified 25 strategies related to land-use and zoning policies, allocation of existing financial resources, and administrative processes that are outdated or in need of revision to expedite affordable housing approvals. A timeline for the work on these strategies shows a completion date of 2020.

In Phase II, the ad-hoc Affordable Housing Resources Panel focused on two board-defined objectives: identify an annual goal for the production of new affordable units; and recommend a source of funds for the financial resources needed to achieve that goal. When completed, the housing plan will be incorporated into one comprehensive county strategic plan that integrates multiple existing agency plans to chart a blueprint for the future of the county.

**RECOMMENDATIONS** include housing

### LETTER TO THE EDITOR

## Is a Tax and Spend Mindset Driving People Out of the Area?

To the Editor:

Why is the Fairfax County government competing with private business? Fairfax County Supervisor John Foust failed to answer this question and twisted the issue into one of customer satisfaction at the Great Falls budget meeting held March 14. For example, Fairfax County owns and maintains 8 golf courses with 80 people (FTEs) supporting them eligible for full pension benefits and other rich County employee benefits. Other examples

include owning multiple water theme parks and wedding venue facilities. However, the County points out that the taxes collected are not sufficient to fund all the programs to the level they desire. Fairfax County is plagued by a 40 percent shortfall in pension expense funding for Fairfax County employees. Therefore, an ongoing increase in property taxes is inevitable with another 33 FTEs in the planning and development budget stating they have an "ambitious agenda" ahead.

strategies that have been promoted for some time by advocates. They include:

- ❖ A goal to produce a minimum of 5,000 new homes, affordable to households earning no more than 60 percent of the area median income over the next 15 years. (It should be noted that the analysis identified the need for 15,000 units over the next 15 years);

- ❖ Dedicate the equivalent of an additional penny of the real estate tax (approximately \$24 million) to support public investment in these units beginning in FY2021, as well as retain the current funding of a half penny to support preservation strategies;

- ❖ Consider a countywide policy on commercial contributions to affordable housing production. Currently, this policy exists only for the Tysons redevelopment area;

- ❖ A commitment of "no net loss" of existing market affordable units (those serving households up to 60 percent of area median income);

- ❖ Promote opportunities to co-locate affordable housing with county capital facilities.

We especially applaud the recognition of the need for more robust preservation strategies.

**FORTHCOMING** recommendations from the EMBARK Housing Advisory Group provide additional strategies for preservation incentives in both redevelopment and new construction proposals which could be a template for preservation efforts countywide. The arrival of Amazon HQ2 should heighten concern among county leadership for vulnerable communities in Fairfax County that are located in close proximity to Pentagon City. Areas like Seven Corners and Baileys Crossroad, as well as the Richmond Highway corridor have all been approved in recent years for transit enhancements, mixed-use development and increased density. Amazon's announcement could be the catalyst that triggers investment in these areas that are home to thousands of low-income, minority households who live in the older, market-affordable housing located in these corridors. Recent Fairfax County Redevelopment and Housing Authority (RHA) investments in Parkwood and Murraygate that preserved over 400 units in the Lee and Mason Districts are steps in the right direction, but much more is needed.

**LOOKING AHEAD:** Currently, the county has over 650 affordable units in the pipeline with a development in the Dranesville District

in Herndon, a senior housing project in the Lee District, and a development at the Huntington Metro Station in the Mt. Vernon District. Two sizeable parcels of county-owned land located in Lee District and Springfield District are being processed for transfer to the RHA as sites for housing development. And plans to refinance the Crescent and Wedgewood apartments will result in additional funds for housing development, or expansion of Bridging Affordability, the County's local rental subsidy program.

All this bodes well for housing affordability in Fairfax County. For too long, the county's budget has shortchanged investments in new construction and preservation. An inventory developed by Virginia Tech's Center for Housing Research shows that only 9,000 market-affordable units, affordable to a family of four earning approximately \$66,000 annually, remain in the county. However, more than 68,000 households in the county earn no more than \$50,000 annually. Rents are rising faster than incomes, and families are experiencing rent burdens, overcrowding or are being priced out of the county.

**NEXT STEPS:** In March, recommendations from the Phase II Panel will be presented to the Board of Supervisors for their consideration and approval. Afterwards, the final package of housing recommendations will be given to the County Executive to be incorporated into the board's budget guidance for FY2021. This will occur when the Board adopts the FY2020 budget on May 7. Nothing is certain until board adoption. But advocates throughout the county feel that in this very consequential election year, when so many candidates for the Board of Supervisors have identified housing affordability as a priority issue, this is the year for significant housing wins. To be successful, housing advocates must build a coalition of support that encompasses the business community and anchor institutions like healthcare facilities, education advocates, supporters of coordinated multi-modal transit and land use planning, organizations promoting compact, mixed-use development and entities working for social justice and racial equity. This plan is bold and forward-thinking, and in this election year a community-wide campaign will be critical for adoption.

For more, see [www.fairfaxcounty.gov/housing/communitywideplan](http://www.fairfaxcounty.gov/housing/communitywideplan).

continue with the status quo and ride out the three-year State imposed moratorium so he can again push for the Meals Tax and other tax increases. Satisfaction surveys should ask: Are you willing to increase your Fairfax County property taxes to fund activities that could be transferred and delivered by a private business? I suggest we prioritize what taxpayers want after we fully fund the basics (what we need).

**Ethel Pascal**  
Great Falls

Oak Hill & Herndon  
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## 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/](http://restonarts.org/fineartsfestival/volunteer/)

## FRIDAY/MARCH 22

**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](http://www.fcps.edu/index.php/resources/family-engagement/parent-resource-center). Call 703-204-3941 or email [prc@fcps.edu](mailto:prc@fcps.edu) for more. March 22 - Assistive Technology to Support Communication

## SATURDAY/MARCH 23

**Preschool Open House.** 10 a.m.-1 p.m. at Chesterbrook Academy Preschool, 222 Spring St., or 2487 McNair Farms Drive, Herndon. Featuring opportunities for families to meet the schools' principals and teachers, explore classrooms and learn more about Chesterbrook Academy's curriculum. Visit [www.ChesterbrookAcademy.com](http://www.ChesterbrookAcademy.com) for more.

## MONDAY/MARCH 25

**NARFE Dulles Chapter 1241 Luncheon Program.** 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. State Sen. Janet Howell (D-32) and Del. Karrie Delaney (D-67) will present "A Report on the 2019 Virginia General Assembly Session." The cost of the luncheon is \$18 which includes tax and a small gratuity. Call for reservation to Shirley Boning at 571-442-8910 or email [Shirley.Boning@comcast.net](mailto:Shirley.Boning@comcast.net) by Thursday, March 21.

## WEDNESDAY/MARCH 27

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

## THURSDAY/MARCH 28

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

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1. To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit \$25,000 in new money (from sources outside of Wells Fargo Bank, N.A., or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of \$25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of \$0.01 to \$99,999.99 is 0.03% (0.03% APY) and with an account balance of \$100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. 2. Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A., or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer only and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. 3. The Portfolio by Wells Fargo program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the Portfolio by Wells Fargo relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the Portfolio by Wells Fargo relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

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# Explaining Death to Children

Breaking down a difficult topic and helping children grieve.

BY MARILYN CAMPBELL

Rosalie Ward, recalls a hot and sticky summer evening in 1975. She was watching reruns of the television show “Bewitched” with her twin sister in the living room while her mother cooked dinner in the kitchen. Ward remembers hearing the ring of the family’s rotary telephone. The next sound she heard was a shriek and then violent sobs from her mother.

“My mom had gotten a call that her brother, my uncle, had been killed in a car crash,” remembers Ward. “I was six at the time, but most of my memories of that evening are of my mother crying uncontrollably for the hour or so until my dad came home from work. The two of them disappeared behind closed doors. I just remember being terrified and feeling alone.”

Whether prolonged or sudden, unforeseen or expected, experiencing the death of a loved one is never easy. While grief can weigh heavy on adults, it can overwhelm and confuse young children. And although death is an inevitable part of life, finding the words to discuss or explain it to young children can challenge many parents.

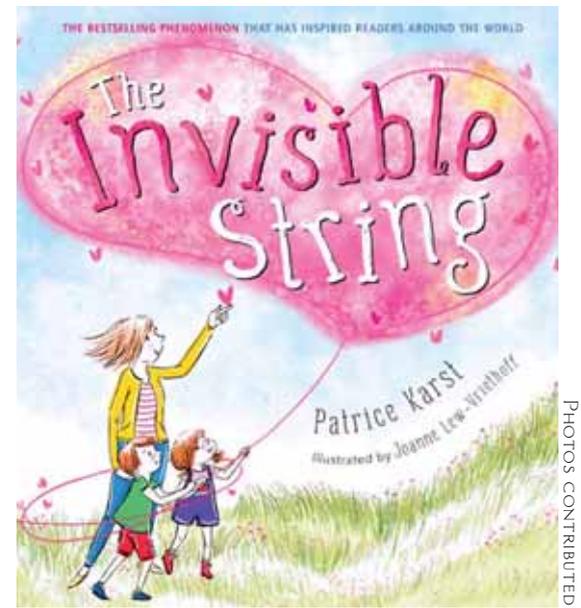
“Whether you’re talking about a family pet or a grandparent, it’s important that parents or caregivers understand that children grieve too and that death has to be discussed,” said Ward, who is a family therapist in Reston.

One of the most significant mistakes a parent or caregiver can make is not being honest with a child about death, said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College. “My biggest worry is when people hide the fact that a loved one died by saying that they went on a trip, and then the child sees the adult crying or being sad,” she said. “That doesn’t give the child a chance to process it, but by including them in a developmentally appropriate way, we are teaching that we can feel big feelings, and with the support of friends and family, we can still thrive.”

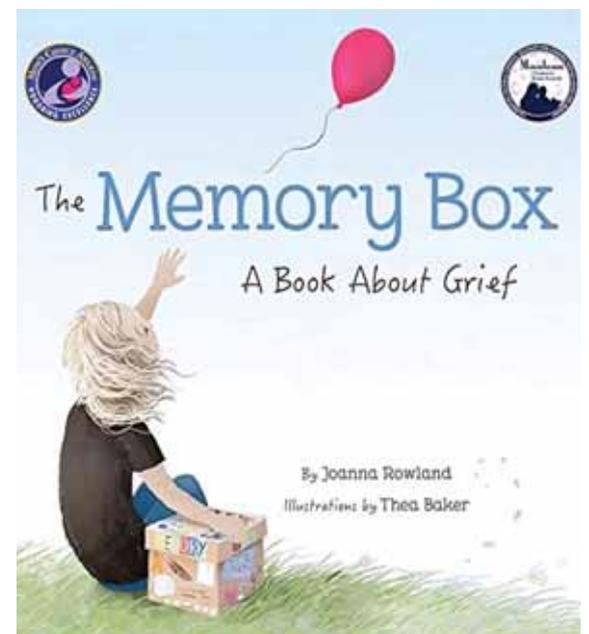
Helping a child to understand they didn’t cause the death could be an important part of the conversation, suggests Carol Barnaby, LCSW-C, a therapist in Bethesda. “Children often see the world as revolving around them,” she said. “Reassure them that their loved one dying was not their fault and that the death didn’t happen because they had a mean thought, misbehaved, or didn’t visit enough.”

“Death often brings anxiety in children and they wonder if they will die too,” added Barnaby. “Explaining that although the loved one has just died, death is not contagious and that the child will likely live a very long life.”

Clear, concise word usage is also important because young children might not have the language skills to discuss their feelings and emotions, adds Lorente. “Let the child engage in talking about fond memories of the deceased using pictures, making favorite recipes, or visiting a favorite place,” she said.



“The Invisible String” by Patrice Karst is a book that could help parents explain death to their children.



Bethesda-based therapist Carol Barnaby, LCSW-C suggests “The Memory Box” by Joanna Rowland as a tool to help children understand the concept of dying.

Use concrete and authentic terms when discussing it, continued Barnaby. “Avoid euphemisms like ‘Grandma is resting’ or ‘has gone away,’” she said.

“These sayings confuse children and may cause them anxiety over [the notion] that they could die if they fall asleep; or that other loved ones may not come back.” Use clear language like ‘Grandma has died.’”

Young children often believe death is reversible, advises Jerome Short, Ph.D., professor of psychology at George Mason University. “You could describe how a body stops working and the person who died isn’t coming back.”

Be open to having an honest conversation about it, continued Short.

“Encourage children to ask questions and tell them you will help them handle any bad feelings or problems that happen,” he said.

**“Death often brings anxiety in children and they wonder if they will die too.”**

— Carol Barnaby, LCSW-C



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# Arts Organization Requests \$150,000

**'Time for the Town to make a real commitment to the Arts,' said Mike O'Reilly, Chairman of Arts Herndon.**

BY MERCIA HOBSON  
THE CONNECTION

**D**uring the most recent Herndon Town Council work session held March 5, Town Manager Bill Ashton provided the Council with a request from Arts Herndon for \$150,000 submitted by Mike O'Reilly, Chairman of Arts Herndon to Mayor Lisa C. Merkel and copied to the Town Clerk and him. In the letter, O'Reilly requested funding be added "as a line item" in the proposed FY 2020 Budget, "or wherever would make the most sense from an accounting perspective, but it needs to be included."

Ashton said, "When I read [the letter] I saw two distinct asks, ... a functional ask ... which caused me a little queasiness, and that's why I sent the question to the Town Attorney about a line item, and then the financial aspect."

In his letter, O'Reilly explained why he requested the line item. "In years past, Arts Herndon (The Council for the Arts and the Foundation for Cultural Arts) requested and received grants under the town's grant program. That program has limited funds that are shared with HCTV, Next Stop Theatre, and various school band and other programs. This year needs to be different."

As for funding purpose and need, O'Reilly stated Arts Herndon would use the \$150,000 to expand programs and "help Arts Herndon overcome the hardships visited on our organization by the uncertainties we are facing about relocation and buildout of the new Herndon Art Center."

**A REVIEW** of the two most recent Town of Herndon approved budgets, FY 2019 and



**Arts Herndon operates ArtSpace Herndon, its local nonprofit gallery, performance and studio space. The organization requests \$150,000 from the town to fund programs and overcome hardships caused by uncertainties it faces due to pending relocation and buildout of the new Herndon Art Center, part of the proposed Downtown Redevelopment Project.**

FY 2018 agreed with O'Reilly's statement of limited funds in the grant pool. It also revealed a decline in the number of organizations, which received funding in FY19 compared to the previous year. Records show a total of five organizations out of fourteen received grant funding in FY 2019 compared to twelve organizations out of fourteen in FY 18, even though the total "adopted" cash for the two fiscal years increased from \$203,000 to \$218,000 respectively for the grant program.

Herndon Community Television (HCTV), another nonprofit organization based in the town, received the bulk of the available grant cash, \$97,000 in FY 18 and \$113,000 in FY 19. HCTV provides live broadcasts of Town meetings and special events in the chambers and covers community events.

Both Arts Herndon and Next Stop Theatre Company, a second nonprofit arts organization in the town, received similar grant funding amounts of \$45,000 in FY 18 and \$47,250 in FY 19.

In a request for clarification, Anne Curtis, Public Information Officer said, "[Ashton] did convey to the council the town attorney's advice that inclusion of Arts Herndon in the town's budget as a line item may run afoul of the Virginia Public Procurement Act, and therefore proposed that the council consider it as a grant request."

A review of the FY20 Requested Cash from its grant program as detailed in materials presented at the work session's proposed FY2020 discussion, showed HCTV requested \$99,770, Next Stop Theatre \$60,000, Arts Herndon \$75,000, and var-

ied requests from seven other organizations ranging from \$30,000- \$500 totaling in all \$278,770 for FY 20.

Town Councilmember Jennifer Baker said, "As for the grants, my suggestion is that we get back to the business of government." Baker said her suggestion is to fund HCTV as a grant item because there is not another line for funding it in the budget and because the organization provides a government service, filming town meetings and such. "Other than that... eliminate or dramatically scale back the other \$118K... potentially to zero ...as we look at things being tighter." Baker said if the council cut \$100K from grants, it could pay for a new risk manager or another police officer in the town. "We can focus on the business of government as opposed to grants."

O'Reilly said, when reached for comment after the work session, "Arts Herndon and its predecessor organizations have a very long history of working in and with the Town to support arts education and programming in the greater Herndon area. As our community moves forward with the downtown development, we are facing tremendous obstacles and opportunities. Recognizing the support we have received in the past from the Town Council, we decided to give the Town the opportunity to increase its support at a critical time for the arts in Herndon," said O'Reilly.

**FURTHER** council and staff discussion of the proposed budget is scheduled for the March 19 Work Session according to Curtis. Individuals can provide remarks during Comments from the Audience held during the Town Council Public Session or by contacting the town directly. "Curtis stated Ashton would formally present the proposed FY 2020 to Council as per law by April 1.

Town Council Public Hearings are webcast and are cablecast live on Herndon Community Television (HCTV). A video is not available for Town Council Work Sessions, but audio is available. All correspondence should be sent to the Town Clerk's Office at town.clerk@herndon-va.gov.

## Round and Round for House Concert Zoning

**Town of Herndon and aggrieved citizens file to reverse BZA's decision.**

BY MERCIA HOBSON  
THE CONNECTION

**T**he Town Council for the Town of Herndon and residents Richard Downer and Steven Mitchell filed in Fairfax County Circuit Court to appeal the Jan. 24, 2019 decision of the Board of Zoning Appeals of the Town of Herndon.

During the Jan. 24 proceedings, the BZA reversed the Zoning Administrator's decision that concert events were an In-

door Entertainment use and not a permitted use on property owned and occupied by Christopher William Devin, 759 Center Street, Herndon.

The Town of Herndon requested reversal of the decision by the Town of Herndon Board of Zoning Appeals and allowance of the Zoning Administrator's decision to stand. Downer and Mitchell's attorney, Michael L. O'Reilly, said "I was asked by two extremely knowledgeable lifetime Herndon residents (taxpayers) to file an appeal of the BZA decision which essentially allowed

a home based business without any of the required approvals. Their concern deals not only with the disruption such a business can cause to a neighborhood but also with the health and safety of all participants. This particular use could well be approved in certain zoning districts, but the proper procedure is to create an 'allowed use' through public hearings at the Planning Commission and Town Council. Then all Herndon residents will have a chance to voice their opinions."

Devine said, "I'm disappointed but not

surprised that there has been no attempt by the Town of Herndon to confer with me as an affected party in an effort to resolve this issue without court action... Litigation is expensive for everyone; this process will certainly be costly to me and the other taxpayers of the town."

"The town has no comment on pending litigation," said Anne Curtis, Chief Communications Officer at Town of Herndon. Court dates for the appeals are pending.

# ENTERTAINMENT

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

## ONGOING

### Art Exhibit: Looming Connections.

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

### Art Exhibition: IRL.

Through April 23, Tuesday-Saturday, 11 a.m.-5 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. IRL is a solo exhibition featuring work by painter and video artist Monica Stroik. Through a combination of video and paintings selected from her ongoing Cyber series, IRL (online shorthand for "in real life") investigates concepts of simultaneously being present and disconnected and how the natural world becomes entangled in digital lives. Free and open to the public. Visit [restonarts.org](http://restonarts.org).

## 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](http://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. May arrive at 9:30 to help with setup. Free. Visit [www.alnv.org](http://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. \$45 RA members; \$55 non-members. Register through RestonWebTrac or email [ashleigh@reston.org](mailto: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](http://www.fairfaxcounty.gov/parks/frying-pan-park/bluegrass-barn) or by phone at 703-222-4664 or 703-437-9101.

## MONDAY/MARCH 25

**40th Anniversary Celebration.** 6 a.m.-10 p.m. at Herndon Community Center, 814 Ferndale Ave., Herndon.



The Herndon Community Center (HCC) opened the first phase on March 25, 1979. To celebrate, the Herndon Community Center will host a 40th Anniversary celebration with free admission and special anniversary activities. All ages, open to the public. Learn more about the Town of Herndon Parks and Recreation Department at [herndonva.gov/recreation](http://herndonva.gov/recreation) or 703-787-7300.

## TUESDAY/MARCH 26

**Appraisal Roadshow.** 11 a.m.-1 p.m. at Reston Association Headquarters. The Appraisal Roadshow delivers a treasure hunt experience in a fun, educational forum. Bring one personal item such as jewelry, coins, timepieces, porcelain, artwork or other heirlooms, and the appraisal experts will educate the audience with interesting facts on what it is, what it's worth, and what can be done with it. Ages: 55+, \$15/RA members; \$18/non-members. RestonWebTrac account or email [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or call 703-435-6577.

### 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 at NYAJ Restaurant. They will donate 15 percent of your bill from lunch or dinner to HHK. Diners need to tell their server they are there to support HHK. Visit [helpinghungrykids.org](http://helpinghungrykids.org).

## TUESDAYS/MARCH 26-APRIL 30

**Tai Chi.** 7-8 p.m. in the Glade Room, 11550 Glade Drive (above the Glade Pool bathhouse). Practiced by millions the world over as a gentle, weight-bearing callisthenic or "moving meditation," Tai Chi is an ancient "internal" martial art and mind-body discipline rooted in Chinese tradition. Questions for this class can be directed to [dmerenick@reston.org](mailto:dmerenick@reston.org). Ages 55+. \$70 RA members; \$90 non-members. Visit [www.reston.org](http://www.reston.org), email [ashleigh@reston.org](mailto:ashleigh@reston.org) or 703-435-6577 to register.

## THURSDAY/MARCH 28

**Music and Video: IRL.** 7 p.m. at The Signature at Reston Town Center, 11850 Freedom Drive, Reston. IRL is a solo exhibition featuring work by painter and video artist Monica Stroik. Stroik collaborates with her husband, musician and composer

## Exhibition: "RPS Clicks @ USGS"

The Reston Photographic Society, a special-interest group of the League of Reston Artists, asked photographers to enter their work in the "RPS Clicks @ USGS" exhibit. The exhibit will hang through March 1-29 at the US Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Visit [leagueofrestonartists.org](http://leagueofrestonartists.org).

### "Fishing Buds," is one of Dawn Murphy's entries in the "RPS Clicks @ USGS" exhibit.

Doug Kallmeyer, and has mixed video for live musical performances at numerous venues. Exhibition runs through April 23, Tuesday-Saturday, 11 a.m.-5 p.m. Free and open to the public. Visit [restonarts.org](http://restonarts.org).

## SATURDAY/MARCH 30

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

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

## SUNDAY/MARCH 31

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

## MONDAYS STARTING APRIL 1

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



PHOTO BY JACOB BLICKENSTAFF/COURTESY RESTON COMMUNITY CENTER  
**Jazzmeia Horn appearing at Reston Community Center/CenterStage.**

# New Soulful Jazz Voice Jazzmeia Horn performing at Reston's CenterStage.

BY DAVID SIEGEL  
THE CONNECTION

## Where and When

Reston Community Center presents Jazzmeia Horn at Reston CenterStage, 2310 Colts Neck Road, Reston. Performance on Saturday, March 30, 2019 at 8 p.m. Ticket Price: \$20 Non-Reston Ticket Price: \$30. For tickets call 703-476-4500, [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

Jazzmeia Horn is one of the brightest lights in the jazz world today. Her vocal fireworks and delightful stage presence are thrilling," said Paul Douglas Michnewicz, director, Arts and Events, Reston Community Center. "Her new album, 'A Social Call,' is an important message of community building and the importance of joy."

Grammy-nominated Jazzmeia Horn is a singer with a growing reputation and critical acclaim. She described her musical tastes as "Jazz, with soulful influences of the African diaspora." She has a repertoire of jazz standards and other musical genres along with her very own creations.

Horn is especially known for her "scat" singing style. "Scatting is a form of improvisation and improvisation is a natural ability to adapt to life so it is essential for me to be able to improvise in this world and especially as a woman," said Horn. "As a black woman, improvisation is imperative for survival. This has been my experience with college and academia, in the workplace, as a mother, as a band leader, and as an artist."

"I love having the ability to express myself when needed. Music is essential for aiding in the healing process and improvisation becomes the source of healing for both myself and those in need in my audience," added Horn. "My intentions are to share this experience with others so that they might be

inspired to create their own experiences."

Asked about her album, "A Social Call," Horn said, "Firstly, it is important to me that the title of my album, 'A Social Call,' not be mistaken for A Social Change. A Social Call was intended to do just that - a call to raise awareness around social injustice.

Songs like 'People Make the World Go Round' are songs that were social calls during my mother's generation and those social issues are still issues today so it would only make sense to reiterate my reality with a different sound, hence my arrangements."

What can patrons expect at Horn's concert with musical accompaniment at Reston CenterStage? "The audience can expect an experience that they have not experienced before. This experience will also be one with a great deal of joy," said Horn. "We look forward to giving the audience a great show and co-creating a great experience!"

"Be open to learn, feel, express, and begin a new journey via the music," added Horn.

Reston Community Center presents Jazzmeia Horn at Reston CenterStage, 2310 Colts Neck Road, Reston. Performance on Saturday, March 30, 2019 at 8 p.m.

# Rare Primary Race for Fairfax Commonwealth's Attorney

FROM PAGE 10

lation.  
 "There are too many guns, and too many victims of gun violence ... and I am not hearing the word victim mentioned enough here today."

Morrogh cited examples of released felons, convicted of violent crimes or paedophilia who were able to purchase guns upon their release from prison.

"I support restoration of voting rights, 100 percent," he said. "In fact, I think those incarcerated should be allowed to vote. Treason should be the only reason a person should be barred from voting."

On the question of police involvement in juvenile issues in school, both men supported allowing school authorities to handle the situations wherever possible, though Descano charged that Murrogh has not been visible on this front, while he has. He also indicated that juveniles have been threatened with "certification as adults" in some instances.

Morrogh disagreed. "We never threaten adult certification. We act if so warranted."

Wrapping up, the two again enumerated their own strengths and fitness for the office that holds significant power over the citizens of the community. Descano continued to deprecate the incumbent's leadership, saying it was "time to move beyond the same old, same old," while Morrogh emphasized his own experience and his opponent's lack in this arena.

As NAACP President Kofi Annan urged, voters should take every opportunity to listen to them as they outline their visions and explain their approaches.



PHOTO BY ANDREA WORKER/THE CONNECTION

**The Commonwealth's Attorney forum was moderated by Vanessa Jordan, an attorney and member of forum co-sponsor the Northern Virginia Black Attorneys Association.**

"You may not know the real role of the Commonwealth's Attorney. I admit that once I did not really understand the role of this job, but I have come to understand its importance and its impact as the gatekeeper to protect our citizens and our rights."

## Increasing Access to Naloxone

BY SERENA FISCHER  
 CAPITAL NEWS SERVICE

Responding to the state's opioid epidemic, Virginia is expanding the number of people legally authorized to dispense and administer the overdose reversal medication naloxone.

Gov. Ralph Northam has signed into law bills allowing paramedics, school nurses and regional jail personnel to administer naloxone. The General Assembly passed the legislation during its 2019 session.

Northam signed:

❖ HB 2158, sponsored by Del. Kenneth Plum, D-Fairfax. It authorizes emergency medical services personnel and health care providers in hospital emergency rooms to dispense naloxone. The bill also allows organizations to charge a fee equal to the cost of obtaining the drug.

❖ HB 2318, filed by Del. John McGuire, R-Henrico. It allows school nurses, other school board employees and local health department employees assigned to public schools to possess and administer naloxone after they have been trained.

❖ HB 1878, introduced by Del. Scott Garrett, R-Lynchburg. It adds employees of regional jails to the list of individuals who may possess and administer naloxone, provided that they have completed a training program.

"It's imperative that we provide the proper tools to our public safety workers to deal with all aspects of the opioid crisis that Virginia is currently experiencing. Having naloxone in their possession could potentially save a life of one of their officers or an inmate in their care," Garrett said.

All three bills passed the House and Senate unanimously. Northam approved HB 2158 and HB 2318 on March 5 and HB 1878 on Feb. 22. The three measures take effect July 1.

Naloxone is an opioid antagonist used to reverse the effects of an opioid overdose, according to the Harm Reduction Coalition, an advocacy group for individuals and communities impacted by drug use. The medication allows an overdose victim to resume normal breathing by counteracting the depression of the respiratory and central nervous systems.

The substance is non-addictive and will work only on a person who has consumed opioids in some form. It can be injected like an EpiPen or administered via nasal spray, a form more commonly known as Narcan.

When dispensed correctly, the drug will immediately begin to take effect. Signs of an overdose include shallow breathing, unresponsiveness and a blue coloring of the lips and fingernails.

State officials estimate that last year, more than 1,200 Virginians died from overdoses of opioids, including heroin, fentanyl and prescription opioids. That number has doubled since 2011.

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# NEWS



## School Science Fair Explores Aviation

The Goddard School located in Herndon, along with 15 other greater Washington, D.C. area locations, hosted weeklong science fairs during which the students participated in hands-on activities based on the theme 'aviation' that included designing airplanes, creating mini-airports and learning about cities' different architecture. The

school also created a flight simulator for students and guests to enjoy. While The Goddard School's curriculum incorporates STEAM learning (science, technology, engineering, arts and mathematics) on a daily basis, the preschools' science fairs offer children an opportunity to further immerse themselves in these subjects with play-based lesson plans.

## Herndon Airman Completes Basic Military Training

U.S. Air Force Airman Raquel N. Ventura graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.



**Raquel N. Ventura**

PHOTO COURTESY OF JOINT HOMETOWN NEWS SERVICE

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Ventura is the daughter of Mike Brown, Jennifer B. Ventura, and Alana N. Ventura, and sister of Kaleb S. Ventura, all of Herndon. She is a 2018 graduate of South Lakes High School, Reston.

## WEEK IN HERNDON

## The Nysmith School to Host STEM Symposium

The K-12 STEM Symposium: The Power of Curiosity, presented by Riverside Research, will be held at the Nysmith School for the Gifted (13625 EDS Drive, Herndon) on Saturday, March 30 from 9 a.m.-3 p.m.

About 4,000 attendees are expected at the free symposium, the largest K-12 stem event in Northern Virginia. Head of the Nysmith School for the Gifted, Ken Nysmith will provide welcome remarks to open the event.

The event will include more than 50 exhibitors, including George Mason University School of Engineering (VEX Robo), Children's Science Center, Washington EXEC and Aerospace corporation, more than 20 students showcasing their prize-winning science fair projects and teachers demonstrating STEM lessons.

Speaker topics with include "Industry/Govt. Perspective: Workforce Needs & Solutions" and "How STEM Opportunities Shape Continued Interest in STEM." The free symposium is open to the public. Advance registration is requested: <http://www.stemsymposium.com>.

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**Let us know about an upcoming event**

[connectionnewspapers.com/Calendar](http://connectionnewspapers.com/Calendar)

FROM PAGE 5

## FRIDAY/MARCH 29

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

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

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

## SATURDAY/MARCH 30

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

## SUNDAY/MARCH 31

**Passover/Judaica Gift Pop-Up Shop.** 9 a.m.-12:30 p.m. at Temple Beth Torah, 4212 Technology Court, Chantilly. Temple Rodef Shalom will sponsor a Passover/Judaica Gift Pop-Up Shop at Temple Beth Torah. There will be a variety of Judaica including mah jong items, jewelry, books, assorted gift items, as well as Bar/Bat Mitzvah, Chanukah, Passover and Shabbat items. Contact Faith Abzug at [Faith.Abzug@gmail.com](mailto:Faith.Abzug@gmail.com) or call 319-329-9802 for more.

## MONDAY/APRIL 1

**Scholarship Application Deadline.** The Bull Run Civil War Roundtable in Centreville, Va., a 501 (3)c organization, offers a \$2,000 scholarship to a public or private high school senior who resides in Fairfax, City of Fairfax, Manassas, Manassas Park, or Prince William County. Applicants should plan to attend college in the fall of 2019. Information and application instructions can be found at [bullrunwrt.org](http://bullrunwrt.org).

## TUESDAY/APRIL 2

**Scholarship Application Deadline.** The Community Foundation for Northern Virginia has opened its scholarship applications for the 2019-2020 school year. The scholarships are open to graduating high school seniors in Northern Virginia. The applications managed by the Community Foundation for Northern Virginia are due by April 2. Additional scholarships are available, with deadlines throughout the spring. Visit [www.cnova.org/](http://www.cnova.org/) scholarships to review the list of scholarships available and apply.

## WEDNESDAY/APRIL 3

**Healthy Weight.** 6:30-7:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Kristen McGill, in-store nutritionist with Giant Foods, presents this fun workshop on achieving your healthy weight at any age. Adults, Teens. Free. Call 703-689-2700 or visit [www.fairfaxcounty.gov/library/events](http://www.fairfaxcounty.gov/library/events) for more.

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## Eight Daze and Seven Sleepless Nights



By KENNETH B. LOURIE

On Monday, I take one of our "Buff Boys" (beige-colored cats), "Chino," to the vet for his bi-weekly glucose-monitoring day. This is his new routine as "Chino" was recently diagnosed with diabetes. In addition, since his diagnosis, I've been injecting him with insulin twice a day, subcutaneously ("sub-q") going on six weeks now. Though he's eating well, he's lost weight; apparently, it's related.

Without getting too sad, too soon, he looks frail and the stares and meows he gives me seem to be pleas for help which, other than providing food, water and touch, I am clueless as to what else I can do. I'm not anticipating the worst yet, but when I pick him up at the vet later in the day, I'm not expecting the best either.

On Wednesday, I go for my first CT scan in eight weeks. More significantly, it will be my first "CT" since I began immunotherapy. I don't quite know what to expect; although I know what I hope.

The fact is I/we neglected to ask my oncologist what his expectations were: specifically relating to a time frame about the immunotherapy's effectiveness; and as we've moved on, we have a few other questions: Will the infusion have any effect after just eight weeks, generally? Is there a protocol/length of treatment which a patient is supposed to have before success or failure is determined? Are there any indications other than scan results which might contribute to an assessment of the drug's impact on my tumors? Is it possible that the tumors in my lungs might have a different reaction (shrink, stable, grow) than my "Adam's apple" tumor? If so, then what? Are there any side effects from my bi-weekly infusions which could cause my treatment to stop?

Beyond these types of questions, my oncologist prefers not to discuss scenarios. The short summary is: we're looking for some kind of clarity and/or guarantee. Unfortunately, for cancer patients, clarity and guarantees ended on the date of your diagnosis.

On Friday, I have my next scheduled infusion (with pre-infusion lab work on Wednesday). Door to door, depending on how busy the Infusion Center is, and depending how long it takes the pharmacy to mix/prepare my drug, it will be approximately three hours until I'm back home. The experience is not tedious nor is it torture.

Compared to the eight-hour days I had to endure in the early, heavy-duty days of chemotherapy, this time commitment is a breeze. And when one considers the relatively minor side effects - so far, the routine is quite bearable. (I just need the immunotherapy to be effective.)

On the following Monday, we see my oncologist. Typically, we don't see him until later in the week on Friday. In the 10-day interim, my oncologist will email results of the scan - with his assessment - and attach the radiologist's report so that when we see him, we're aware and prepared.

However, in this week's particular instance he had availability on Monday, five days post-scan, and not on Friday. As such, we are seeing him so soon after the scan occurs that he might not have any results to email us before our appointment.

This means that we'll be going into the appointment cold, so to speak. Which means we'll be extremely anxious as we sit in the examining room waiting for his knock asking if it's OKAY for him to come in. And then staring at his face as he enters looking for any kind of hopeful sign that the treatment has worked.

And that's what this week-plus-one-day will be: a struggle; about me, for my wife, about our life together and about one of our cats.

Each of the four days/four events itself would be stressful and thought-provoking enough. Having them occur one right after the other, simultaneously almost, is like adding insult to injury. It's bad enough to begin with and it's potentially even worse how it might end with - really bad news.

Through it all, somehow we must remain positive. There's no future in being negative.

To invoke the late Yogi Berra, who said in 1973 while managing the last-place New York Mets: "It ain't over 'till it's over." (And of course they went on to win the National League pennant.)

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



**Just waiting.** Democratic candidates for 2019 local elections crowd the reception area — and the staff kitchen, and the hallway — of the Fairfax County Democratic Committee headquarters in Fairfax, waiting for the clock to strike noon, the moment when they can officially present their “Declaration of Candidacy” packets.



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Time to file.** The Democratic candidates fill the intake room and start the official process of candidacy paperwork hand-in.

# And They're Off!

## Primary Election Day is June 11, 2019; Dems flood District Office to file for candidacy

BY ANDREA WORKER  
THE CONNECTION

**T**here are an unusually large number of elected seats up for grabs in this year's local and General Assembly elections. In Fairfax County alone, more than 50 offices are on the ballot, including nine State Senators, 17 House of Delegate members, nine Board of Supervisors members, Board of Supervisors Chairman, Commonwealth's Attorney, Sheriff, nine District and three At-Large School Board Members, and three Soil & Water Conservation District Directors.

If the list reads a bit like the ingredients for a recipe, then it's an apt analogy. The people whose names will eventually fill in the blanks of those local numbers after the Nov. 5 elections will combine to form the governing bodies for the 1.2 million or so residents of Fairfax County.

**THE DEMOCRATIC HOPEFULS** wishing to fill those legislative, constitutional and local office seats have to first emerge victorious from the June 11 primaries, the method chosen by the Democratic nominating committees.

Monday, March 11 at twelve noon was the first moment they could present their “Declaration of Candidacy” to their respective nominating committees, accompanied by the required petitions of support from residents of their districts and the receipt showing payment of their filing fee.

Some of the nominating committee chairs chose locations within their districts to begin the application acceptance process, particularly for State Senate and House of Delegates positions. Private homes and local coffee shops and restaurants became political hubs in Annandale, Falls Church, Springfield and Reston among others, but the big draw for the Board of Supervisors openings and the Constitutional offices of Sheriff and Commonwealth's Attorney, State Senate District 35 and House District 41 had the candidates lining up at the Fairfax County Democratic Committee (FCDC) headquar-

ters on Park Avenue in Fairfax.

The bell rung, literally, at high noon and while the applicants may be readying to square off in the political arena, the gong only produced a civilized rush to the filing “ring.” The atmosphere at this point was cordial. No “punches” of any kind, only polite chatter and a “best of luck” and a “here we go!” or two exchanged among them.

If the process to secure the coveted first place on the ballot hadn't been changed from “first at the table, first on the ballot” things might have been a bit more interesting, but these days a candidate's ballot placement is decided more by luck of the draw — with one major factor to either enhance their chances or guarantee their name will appear down the list.

“We used to have people practically camping out, or showing up at dawn,” said FCDC Executive Director Frank Anderson, who supervised the action. “Now, everyone who is here at 12 when we close the doors is clocked in at a simultaneous time and has an equal chance of being number one on the ballot.”

After those on-timers are processed, candidates' names are placed on the ballot in order of submission. Of course, if you are running unopposed, as is the case of Board of Supervisors Mason District Penny Gross (at least at press time), arriving after the rush had already dissipated is no problem — her name will still get the top spot.

As a testament to Anderson's organizational skills and the efficiency of the intake crew, by 12:15 p.m. the crowd had cleared and the FCDC crew were readying the candidate packets for stage 2 — submission to the State Board of Elections and Party Headquarters for review and validation of the petitions.

Peg Willingham had one of the smallest stacks to handle. The resident from the city of Falls Church is a first-time volunteer for this activity, although she has been an active member of the Party locally for a long time as is the current chair of the Falls Church (City) Democrats.



**Peg Willingham is active in the Democratic Party and chair of the Falls Church members. On March 11 she volunteered to in-take the candidacy filings for State Senate District 35. “It was time to see and learn this part of the process.”**

“Honestly, I just felt it was time to take my turn at this piece of the Democratic process puzzle,” she said.

**LUCKILY**, as she was in-taking for Virginia Senate District 35, which includes the city of Falls Church, Willingham only had to handle the candidacy application for incumbent Sen. Richard Saslaw whose paperwork was presented by a staff representative. Since that means a first-look to validate the petitions (for primary candidates that's 250 valid petitions for State Senate, 125 for the House of Delegates, and 125 each for Board of Supervisors and the Constitutional positions), Willingham and her Falls Church committee can count themselves fortunate on this first filing experience.

They could have had to review the candidacy paperwork for the Hunter Mill District supervisor's slot, with four candidates already declared, or the race for the Board Chair, also with four candidates vying for the spot.

“It's been a year of more, more, more,” noted Anderson. “More open positions (53), more candidates (an estimated 80) and more people joining the FCDC so they can be part of the process.” Anderson says they



**Todd Thurwachter, a volunteer from the Providence Magisterial District, and Janice Yohai, Vice Chair, Voter Registration and Education for the Democrats in the Braddock District were also in the office, strategizing and gathering materials ahead of several voter registration and education outreach events.**

have added 1,000 new members in just the last 90 days. “It's good for our Democracy. I'm glad to see so many people engaging.”

Some of the explosion of interest in running for office and in voter engagement is thanks, in large part, to the upcoming Fairfax County Board of Supervisors shuffle prompted by the retirement of long-time Chair Sharon Bulova, Supervisors Linda Smyth (Providence), Cathy Hudgins (Hunter Mill) and John Cook (Braddock) declining to seek re-election, and Jeff McKay looking to move from representing the Lee District to chairing the board as Bulova's successor.

“2020 will mark the biggest change in the makeup of the Fairfax County Board of Supervisors in recent history and we're seeing a great pool of dedicated citizens who want to actively work for our community,” said Anderson.

Potential candidates have until 5 p.m. on March 28 to submit their completed candidacy paperwork, so stay tuned. Future editions of the Connection will spotlight the candidates as they launch campaigns and participate in debates, forums and community events in hopes of claiming victory first in June, then ultimately in November.