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# Reston CONNECTION



# Birding in Reston

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PRC Zoning  
Amendment Dies

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Birders during the March 17 birding event organized by Reston Association.

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MARCH 20-26, 2019

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

# PRC Zoning Amendment Dies

## Major increase in population on hold.

**A**fter the Fairfax County Planning Commission voted 12-0 at its Feb. 13, 2019 meeting to recommend that the Board of Supervisors deny approval of the controversial PRC Zoning Amendment, a surprise move occurred during the Supervisors meeting on March 5, 2019. The action would have increased the number of people per acre allowed, increasing density.

Although the agenda called for a public hearing on the Proposed Zoning Ordinance Amendment Re: Article 6 – Density Provisions for the Reston PRC District, Catherine M. Hudgins, Supervisor Hunter Mill District addressed the amendment earlier in the meeting.

Hudgins stated, “Madame Chairman, I move that the Board of Supervisors indefinitely defer consideration of the proposed Zoning Amendment for the Reston PRC District Regulations.” According to Robert’s Rules of Order, a motion to “indefinitely defer” essentially kills the motion or consideration, in this case, the proposed Zoning Ordinance Amendment. Hudgins has announced she will not seek reelection in

November.

**IN HER REMARKS**, Hudgins said, “The Reston Plan, which had broad community support, strategically focused almost all potential future growth within the Town Center and the other two Metro station areas. New plan language was also added to protect Reston’s existing residential neighborhoods and its two golf courses and to establish a more stringent policy should future redevelopment of the Village Centers be considered.” Hudgins noted that the 13 persons per acre maximum density allowed in the entire Reston PRC District would need to be monitored and revisited in the future to implement the plan for Reston fully.

Hudgins said that a proposed solution of the Planning Commission was to “reexamine the plan for the village centers and then reconsider the PRC amendment. ... This will take time, and I will be working with staff and community representatives to outline



**Supervisor M. Catherine Hudgins, (D-Hunter Mill).**



**Chairman Sharon Bulova, Fairfax County Board of Supervisors.**

a process and timeframe for this to happen.”

Hudgins praised staff saying they had been dedicated to the project for a year and a half. She reminded all that respect and engagement with the staff must move to a higher level.

“I know this has been difficult for

you and the Reston community,” said Board of Supervisors Chairman Sharon Bulova to Hudgins. She too thanked the staff who as Bulova said, “Worked very, very hard to respond to questions asked and information that has been requested. But this is not easy, and I know that folks have asked for the opportunity to maybe step back and try to revisit a process that will allow things to move forward in a way where there is more community engagement and support for the path forward.” After the motion passed, the public hearing was canceled.

**RESPONSES** immediately poured in from the Reston community. The Coalition for a Planned Reston, stated, “[We] appreciate the decision of the Fairfax County Board of Supervisors to indefinitely defer the proposal to raise the population cap of Reston’s Planned Residential Community.” Coalition for a Planned Reston concurred with Hudgins that it was in the community’s best interest to “re-examine the plan for village centers and other community areas and is-

sues, and then reconsider the PRC.” Coalition for a Planned Reston acknowledged much work lay ahead to ensure residents’ voices would be heard and “that the guiding principles of Reston are not pushed aside for short-term, self-interested gain.”

Lynne Mulston, Reston Citizens Association Vice President and Chair North Course Committee, Rescue Reston, said, “The Reston community is thankful to Supervisor Hudgins for indefinitely deferring the Reston PRC ZOA. We are continuing to monitor any activity that would threaten our existing golf courses and open space.”

Reston Association stated, “Representatives from Reston Association and local citizens groups who oppose the PRC proposal were planning to address the county supervisors during the public hearing portion of Tuesday’s meeting. RAs stated position is that any potential change to the density cap must be done concurrently with the next review of the Reston Master Plan, which is due in the near future.”

Mark S. Ingrao, president of Greater Reston Chamber of Commerce said, “We are obviously disappointed that the Board has not fully implemented the goals of the Reston Master Plan that was passed after multiple years of involvement by representatives of the entire community. We will continue to work within the existing framework to ensure that Reston continues to be a thriving and accommodating community for all people who want to live, work and recreate here.”

Supervisor Hudgins stated that she would be working with staff and community representatives to outline a process and timeframe to move forward. The Chamber will monitor that process.”

## BULLETIN BOARD

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

### 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/) to register.

### 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

SEE BULLETIN, PAGE 11

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**Congressman Gerry Connolly (D-11) welcomes his VIP guests to his 25<sup>th</sup> Annual St. Patrick's Day Celebration and Straw Poll event.**



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Too many candidates to fit in one frame. Candidates for every local office available in 2019 crowded the stage and the space in front during Congressman Connolly's 25<sup>th</sup> Annual St. Patrick's Day event.**

# Biden, McKay Win Dems Straw Poll

More than 50 Democrats will vie for Fairfax County offices on June 11, Primary Election Day.

BY ANDREA WORKER  
THE CONNECTION

**E**qual parts fundraiser and fundraiser, U.S. Rep. Gerry Connolly (D-11) hosted a packed house at his 25th Annual St. Patrick's Day Bash at the Northern Virginia Community College's Ernst Cultural Center in Annandale on Friday night, March 15.

What started as an intimate gathering at Connolly's Fairfax home when he was first elected to the Fairfax County Board of Supervisors in 1995 has evolved to become the largest Democratic gathering in the Commonwealth.

"We've been coming to this event for years," said Marvin Solberg of Fairfax. "We love the energy, being around people who are interested in, and working to help, the community and for the country."

There was definitely a lot of energy in the room, as people mixed and mingled and enjoyed the corn beef and cabbage fare.

"I promise, we've gotten special dispensation to eat meat tonight," joked Connolly, referring to the Catholic tradition of abstinence from meat during the Fridays of the Lenten season. In case there were attendees of that religion who did not quite believe the Congressman's declaration and wanted to keep the faith in this regard, salmon was also on the menu, along with plenty of desserts and beverages to keep the high spirits flowing.

**AMID THE CROWD** of Connolly's constituents, friends and family, the greater majority of Democratic candidates running for local offices in 2019 were on hand, as well. From incumbents to opponents, the diverse mix of locals seeking seats for Fairfax County Board of Supervisors, State Senators and Delegates, Fairfax County Commonwealth Attorney, Fairfax County Public School Board and Sheriff worked the room, spreading their messages and just



**The winner – at least according to the Straw Poll. Lee District Supervisor Jeff McKay "won" his election to Chairman of the Fairfax County Board of Supervisors with 57.5 percent of the 500 ballots cast at Connolly's St. Pat's Day Bash. "But it's a great start," he said.**

"getting to know people and letting them get to know us," said one candidate.

After the welcoming speech, Connolly gave equal air time to the four candidates running for the Board of Supervisors chairmanship – a seat long held by Sharon Bulova who will retire after her 10<sup>th</sup> year in the position and more than 30 years in service to the county.

Vying to head the Board are Jeff McKay, currently the Lee District Supervisor and the candidate endorsed by both Connolly and Bulova, Ryan McElveen, the At-Large FCPS Board member, Alicia Plerhoples, a law professor at Georgetown and co-founder of progressive grassroots organization Virginia Democracy Forward, and Tim Chapman, a Fairfax businessman who has served on the Virginia Housing and Development Authority, initially as an appointee by former Governor Terry McAuliffe.

Part of the evening's action was a Straw Poll for both the position of Board of Su-

perisors Chair, and for the attendees' choice for President of the United States in the 2020 election. More than 500 "ballots" were cast at the bash – "Now let's see this kind of turn out for the local June 11 primaries, the Nov. 5 elections, and definitely for next year's Presidential selection!" urged Connolly. As the ballots were being counted, Connolly and Bulova took to the stage and began reading the names of all of the candidates from Fairfax County and even Prince William.

"Come on up!" Connolly instructed, as Bulova kept reading the impressively long list of candidates. The assembled group challenged even the widest-angle lens when it was time to snap the photo.

**TO CHEERS** from his supporters, Jeff McKay was the clear winner among the party-goers for the Chairman's post with 57.5 percent of the votes. Plerhoples took second place with 29.4 percent. McElveen



**A poignant moment as Fairfax County Board of Supervisors chair Sharon Bulova listens to the campaign speeches of the candidates who are seeking her seat. After more than 30 years of service to the county and 10 years as the Chairman, Bulova will be retiring at the end of the year.**

and Chapman came in third and fourth respectively, but McElveen said he wasn't concerned. As an At-Large School Board member, McElveen says he is the only candidate for the position who has run for a county-wide office. "I have support from all parts of Fairfax County."

As for the "election" for United States President, former Vice President Joe Biden was shown the love, defeating his closest opponent, Sen. Kamala Harris (D-CA), by a margin of 38.3 percent to 17 percent. Newly declared candidate Beto O'Rourke of Texas came in third in the Straw Poll.

Sadly, "no luck of the Irish tonight for O'Rourke," laughed a Bernie Sanders supporter, whose preferred candidate finished sixth in the shortened-to-eight field.

Connolly is serving his sixth term representing Virginia's 11<sup>th</sup> District, "but there is still so much to do, and with more Democrats, and more new energy, I know we can accomplish so much more."

# OPINION

## Fairfax Board of Supervisors — Steady as She Goes or Time for Change?

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

The 2019 election cycle will bring major change to the Fairfax County Board of Supervisors ... at least half of the 10 seats will change hands, including the Chairmanship. There is potential for a real shift in direction after a long time with the current incumbents. Many argue the time for change is overdue.

Our own Hunter Mill District Supervisor, Catherine Hudgins, is retiring after 20 years of service. The Party establishment favorite, among four candidates to replace her, himself has served 16 years as an appointed Planning Commissioner. Another aspirant to replace Hudgins is a newcomer attorney and progressive woman leading the charge for genuine change.

However, turnover at the Chairman slot is key. Sharon Bulova, the master of consensus with the steady hand on the tiller, is retiring after 10 years as Chair and another 20 as a supervisor. She and the Democratic Party establishment have tapped 12-year incumbent, Lee District Supervisor Jeff McKay as the heir to the Chair

over a promising field of three progressive challengers: affordable housing developer Tim Chapman, School Board member Ryan McElveen, and Georgetown University law professor and small business adviser Alicia Plerhoples.

So far, no Republicans have filed for Chairman. Unless that changes, the Democratic June 11 Primary could lead directly to the Chairmanship.

Jeff McKay is a second-generation Democratic Party stalwart. His grandmother was a Party activist and district treasurer for nearly 50 years.

McKay worked as Chief of Staff for 10 years to his predecessor as Lee District Supervisor before being elected in his own right and re-elected twice. McKay has been reluctant to curtail the FCPD and the Sheriff's voluntary cooperation with ICE in tracking down undocumented immigrants among Fairfax's large immigrant population (16 percent of total). In fact, I understand that McKay has been one of those behind an initiative



INDEPENDENT PROGRESSIVE

targeting, among others, immigrants who are effectively forced to title vehicles in Maryland in order to work because Virginia blocks driving privileges without proof of legal status.

This is a matter of great concern in our large immigrant community. The issue of treatment of undocumented immigrant residents indeed may be pivotal in the race for Chairman.

Tim Chapman and Alicia Plerhoples both have signed (on Reston Impact!) the Pledge to support implementation of the "Ordinance to Protect Equal Justice for All" which would end Fairfax County voluntary cooperation with ICE.

Candidate Ryan McElveen also signed the Pledge, back in February. As this goes to press, I do not know if Jeff McKay has signed or will sign the Pledge.

Tim Chapman, an advocate for schools and greater funding for affordable housing, has injected over \$700,000 of his own money into the campaign to give himself an edge over McKay and other

challengers. He is a developer of affordable housing in Washington, DC, and is well regarded among affordable housing activists. I interviewed him on Reston Impact (see YouTube) and was impressed with this successful, progressive businessman.

Alicia Plerhoples also impressed as a source of progressive energy among the challengers. A Georgetown law professor with strong academic credentials, Harvard, Yale, and Princeton, she is also an articulate advocate for affordable housing, who, *inter alia*, provides support and legal advice to small businesses and social networking organizations.

Ryan McElveen is an up and comer, whom I've not yet interviewed.

But, as a two-term, progressive At-Large School Board member, McElveen enters this race with favorable name recognition in the education community. It remains to be seen how he and Ms. Plerhoples will compete in fundraising. However, a shortened campaign, possibly effectively ending with the June 11 Primary, could diminish—can you believe it?—the significance of cold cash in the race!

## Crossroads

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

Last week I attended the annual meeting of the Virginia Forum, "an organization for scholars, teachers, writers, museum curators, historic site interpreters, activists, librarians, and all those interested in Virginia history and culture to share their

knowledge, research, and experiences." I have attended the Forum many of its 14 years because of my interest in Virginia history and because so many of the issues on which I work in the legislature can best be understood in their historic context. Furthermore, many of the experiences at the Forum including the papers that are presented are fascinating and stimulating.

The Forum meets at a different location each year with most meetings being held at a college or university and takes advantage of the uniqueness of the region where the meeting is held. While the meeting this year was held at

Longwood University, the opening session was next door at the Robert Russell Moton Museum, the National Historic Landmark Robert Russell Moton High School, the site of a 1951 student strike led by sixteen-year-old Barbara

Johns which became one of the cases decided in the 1954 Supreme Court decision *Brown v. Board of Education* to end school segregation. Just being at the site was meaningful, but having a session feature a panel of adults who were living in Prince Edward County during the five-year period (1959-1964) that Prince Edward County closed its public schools to resist desegregation was even more telling to understand the depths to which racism dominated the region. There were many other incidents of racial bigotry and hate throughout the Southside region and other parts of the state that linger in the background of dealing with the racism of today.



Recommended reading from the Forum is the 2005 book by Professor Marvin Patrick Ely of William and Mary that won the Bancroft Prize and was featured in the *New York Times Book Review* and *Atlantic Monthly* Editors' Choice, *Israel on the Appomattox*, the story of liberated blacks and the community they formed, called Israel Hill, in Prince Edward County, Virginia. There, ex-slaves established farms, navigated the Appomattox River, and became entrepreneurs. Free blacks and whites did business with one another, sued each other, worked side by side for equal wages, joined forces to found a Baptist congregation, moved west together, and occasionally settled down as husband and wife. Slavery cast its grim shadow, even over the lives of the free. Israel Hill is a moving story of hardship and hope that defies what many expected of the Old South, yet the

forces of racism and white supremacy overcame their efforts and continued to perpetuate the beliefs of the day that black people could not succeed on their own. These ideas continue to cast a shadow on racial issues today.

A realistic understanding of the challenges of today is best considered within some historic context—not the romantic visions of the Old South that have been perpetuated in Virginia and other places for too long. How we got to where we are can help us live together without the myths of race from the past.

### 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.

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# NEWS

## A Sea of Runners in Green

Keira D'Amato places first overall in the 2019 Lucky Leprechaun 5K Race.

Nine hundred runners in the 2019 Lucky Leprechaun 5K Race sponsored by Potomac River Running and held at Reston Town Center (RTC) Sunday, March 17, ran like they had the luck of the Irish in their pocket. The 5K course looped around the Reston Town Center area.

The top three overall female and male finishers received awards.

Keira D'Amato of Midlothian, Va., formerly of Oakton, ranked first with a time of 16:38, pace of 5:22. Travis Boltjes of Washington, D.C. was second with a time of 16:45, pace 5:24. Results are posted on [www.prraces.com](http://www.prraces.com).

— MERCIA HOBSON

**Oakton High School grad and current Midlothian, Va., resident, Keira D'Amato places first overall in the 2019 Lucky Leprechaun 5K Race produced by Potomac River Running and held at Reston Town Center on Sunday, March 17.**



PHOTO BY MERCIA HOBSON/THE CONNECTION

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# Explaining Death to Children

Breaking down a difficult topic and helping children grieve.

BY MARILYN CAMPBELL

**R**osalie 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.

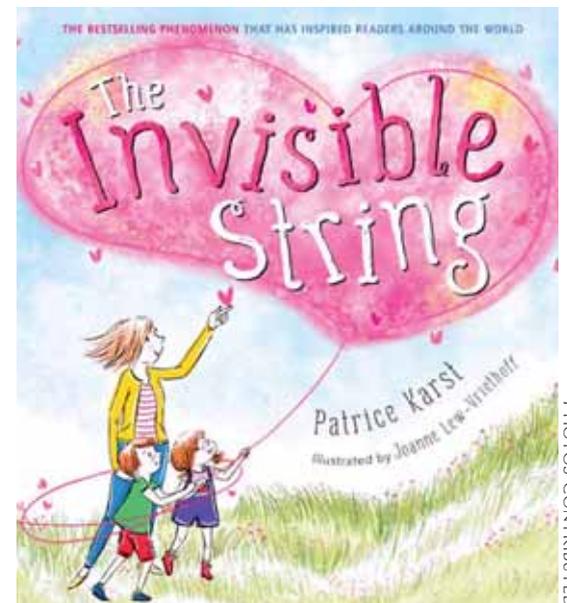
“Whether you’re talking about a family pet or a grandparent, it’s important that parents or caregivers understand that children grieve too and that death has to be discussed,” said Ward, who is a family therapist in Reston.

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.”

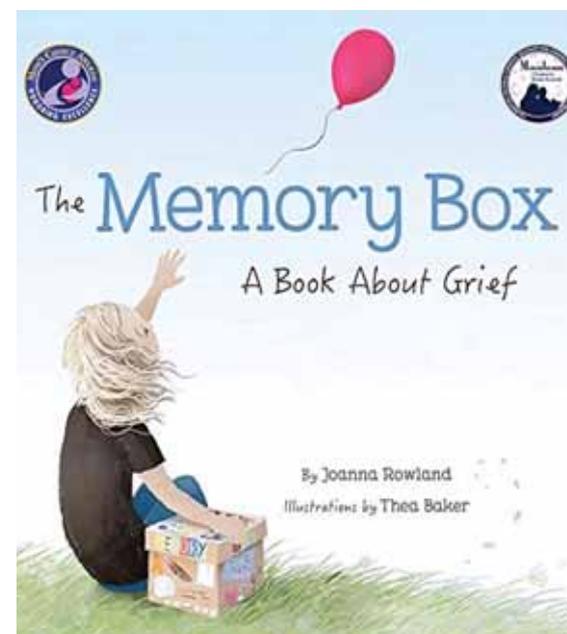
Helping a child to understand they didn’t cause the death could be an important part of the conversation, suggests Carol Barnaby, LCSW-C, a therapist in Bethesda. “Children often see the world as revolving around them,” she said. “Reassure them that their loved one dying was not their fault and that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

# Talent on Display at Regional Science Fair

670 students from 27 high schools compete for nine Grand Prizes to go to International Fair in Phoenix, Ariz.

BY STEVE HIBBARD  
THE CONNECTION

The gym at Robinson Secondary School resembled a mini version of the United Nations. At the 64<sup>th</sup> Annual Fairfax County Regional Science and Engineering Fair held Sunday, March 17, some 670 students from 27 high schools competed for nine Grand Prize slots and the chance to go to the International Science and Engineering Fair sponsored by Intel in Phoenix, Ariz. later this year.

The categories ranged from chemistry to robotics, intelligent systems to mathematics, earth and environmental sciences, biomedical and health sciences, to STEM disciplines and engineering.

After a public viewing from 1-3 p.m., they held an awards program with members of the Fairfax County School Board and Region Superintendents where prizes were awarded to the Grand Prize winners and Corporate and Professional Organization award winners.

The students' 428 projects were judged three times Saturday by 200 category judges. About 250 students won awards from 50 corporate and professional organizations that were sponsored by government agencies, nonprofits and think tanks. Prizes ranged from \$1,000 cash awards to scholarships and internships, gift cards and even a Raspberry Pi Zero Starter Kit. One project on Cystic Fibrosis Wearable Technology from Madison High students Thaissa Peixoto and Alex Gurski won a patent preparation and filing from the law firm Hunton and Williams LLP in the District.

**FOR THE GRAND PRIZES**, nine projects were allotted slots in the International Science and Engineering Fair sponsored by Intel Corporation in Phoenix, Ariz. Because of the size and reputation of Fairfax County, those projects can go straight to the International Fair without having to go through state competition. This includes an all-expense paid trip for students to compete for up to \$4 million in prize money.

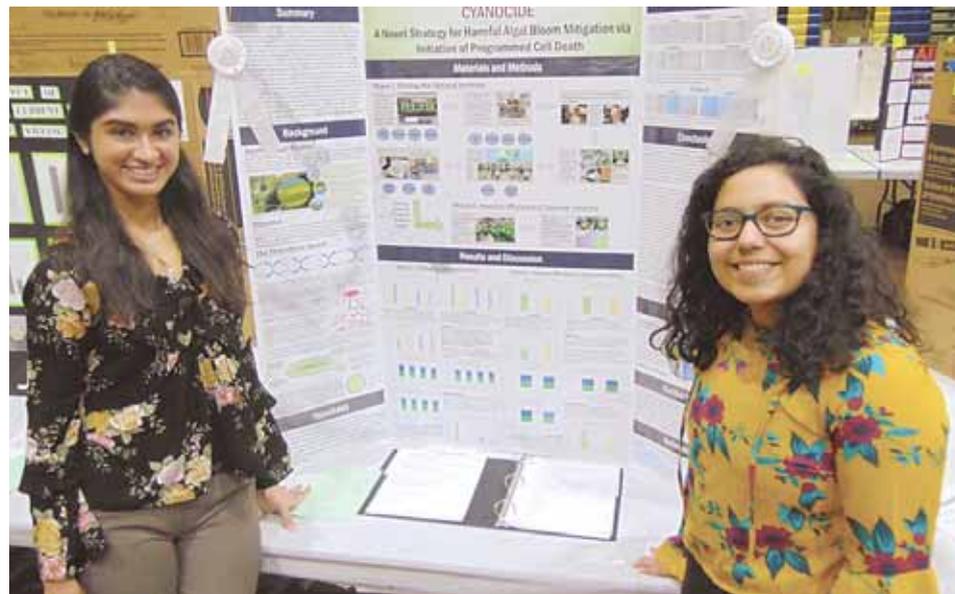
According to Dr. Jenay Sharp Leach, fair director and Pre-K-12 Science Coordinator: "In Fairfax County Public Schools, we pride ourselves on providing students with a rich, inquiry-based science experience in the classroom so all of our students have the opportunity to experience science as real scientists where they are asking questions, they are collecting data and analyzing that data and forming their own conclusions. And Science Fair is a really beautiful mani-



Visitors flock to the 64<sup>th</sup> Annual Fairfax County Regional Science and Engineering Fair, which was held Sunday, March 17, at Robinson Secondary School.



South Lakes High School students Ryan Ferzoco and Spencer Harris won first place in Material Science and were grand prize nominees. Their project was "The Effect of Microgravity on Self-Healing Concrete."



## 2019 Grand Prize Winners

Computational Biology & Bioinformatics – David Toomer, Hayfield Secondary School;  
Embedded Systems — Rachel Naidich, Thomas Jefferson High School;  
Embedded Systems — Rishabh Misra and Divjot Bedi, Thomas Jefferson High School;  
Energy: Chemical — Kaien Yang, Thomas Jefferson High School;  
Microbiology: Sarah Syed, Miamar Burgos-Rosario and Saijai Supanklang, Hayfield Secondary;  
Physics and Astronomy — Luke Mrini, Lake Braddock Secondary;  
Physics and Astronomy — Justin Wang, Chantilly High School;  
Robotics and Intelligent Machines — Jerry Wei, Oakton High School;  
Biomedical Engineering — Justin Hu, Madison High School.

festation of this inquiry process in that the students truly have access to open inquiry and can explore what they want to explore."

She added: "So, the students who come to the fair represent the best of the best from all of our high schools as well as our private schools in Fairfax County. And they are the elite level of scientific investigation."

**DR. SHARP LEACH** said one of their traditions is to choose a quote from a famous scientist or engineer to inspire the work of the fair. This year's quote comes from Stephen Hawking who said, "Scientists have become the bearers of the torch of discovery in our quest for knowledge."

She continued: "There are cancer cures in this room right now, there are climate change advocates who are going to stop climate change in this room right now and it's very inspirational."

Added Tim Harazin, Elementary Science Specialist with Fairfax County Public Schools who helped coordinate the fair: "At our Regional Science Fair we are proud to have so many professional organizations and companies provide judges and awards. The benefit is, first, there is an award for the students, many times monetary, but other options, but I think the bigger issues is these organization judges are role models for the students. They show the students that a science fair is not just a one-shot deal, but it could lead to a career in science, engineering or related fields, and I think it's really great that the students get to see the people who are living those careers and get advice from those people."

So, that's what I see is the really big advantage. That's why I'm not as concerned that every organization gives us money because I know they're giving us time and they're giving us role models."

**Hayfield Secondary School students Sarah Syed, Miamar Burgos-Rosario of Alexandria and (not present) Saijai Supanklang won first place in Microbiology and are grand prize nominees. Their project was "Cyanocide: A Novel Strategy for Harmful Algal Bloom Mitigation via Initiation of Programmed Cell Death."**

# 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.

# Birding in Reston More than a walk in the park.

BY MERCIA HOBSON  
THE CONNECTION

**A** bird walk in Reston on March 17, offered by Reston Association and organized by Audubon Society of Northern Virginia and The Bird Feeder store provided participants the opportunity to further their knowledge and enjoyment of birding while also offering exercise and social connections. The activity also produced critical site-specific information needed for research, conservation and education on a global scale.

The free morning event took the nineteen registered participants along the edge of Lake Newport and the brushy woods around Brown's Chapel grounds. "While some hardcore birders travel near and far to compile long "life lists" of birds ... others delight in just knowing the feathered friends around their homes and neighborhoods ... Reston's bird checklist includes more than 180 species," said Katie Shaw, Nature Center manager before the event led by Linda Fuller of the Audubon Society.

"Fall, winter and early spring are the best times," said Carol Hadlock of The Bird Feeder as the walk began. Hadlock said the likelihood of a spotting a species depended on the season, time of day, location and weather. "Winter birds are leaving; early spring migrants are arriving," she said.

Hadlock explained that the Reston area is on a migratory route. "Birds tend to follow the coastline and the mountains, a highway from Central and South America and they fly through here.

Some nest locally, some continue north toward New England and Canada. Then in the fall, we'll get the stream in reverse," Hadlock said.

Michael Piper of Reston was a casual birder at the event. As he walked along the path beside Lake New-



**Birders help provide critical information through sightings, which provide data on abundances, range boundaries, habitats and trends.**



**Jay Hadlock uses a spotting scope to view the nest of two Red-shouldered Hawks during "Birding in Reston/Brown's Chapel: Lake Newport, Reston" on March 17.**

port, he said, "I enjoy the nature around Reston and the opportunity to learn more about the birds in the area so I can spot them." Just then birder Jay Hadlock, who opted for a spotting telescope on a sturdy tripod, called out, "Red-shouldered Hawk."

"The walks are also a great way to become familiar with all the open space and natural resources available to Restonians," said birder John Farrell of Reston. According to Reston Association, Reston offers more than 1,300 acres of protected open space with four lakes, wetlands, 20 miles of streams, three ponds, 50 meadows and 700+ acres of forests.

After the walk, Carol Hadlock submitted sighting documentation to eBird, the world's largest biodiversity-related citizen science project. It is managed by Cornell University.

The report read: "Lake Newport, Fairfax County, Virginia, US, Mar 17, 2019. Party size: 19, Duration: 2 hours 31 minutes; Distance: 2.54 miles; Species: 34 total; 2 adult Red-shouldered Hawks nest building."

PHOTOS BY MERCIA HOBSON/THE CONNECTION

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-Werner Heisenberg

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## NEWS



**Chef Lewis Gilbert of Sunrise at Countryside flips the shrimp for his bold, spicy Mardi Gras-style Gumbo.**



**Chef Daniel Yupanqui of Sunrise at Reston Town Center plates his Maryland crab cakes and crinkle-cut potato slices and grilled asparagus hoping to wow judges.**

PHOTOS BY  
MERCIA HOBSON  
THE CONNECTION

# Heated Iron-chef Cook Off

## Sunrise at Reston sizzles for Mardi Gras.

BY MERCIA HOBSON  
THE CONNECTION

Mardi Gras rolled in Tuesday, March 5 and to celebrate, Sunrise at Reston Town Center hosted its Iron Chef-style Cook-off competition, Wednesday, March 6. Residents from both Sunrise at Reston Town Center and Sunrise at Countryside gathered in the activity room decorated with beads, masks and balloons.

Chef Daniel Yupanqui of Sunrise at Reston with thirteen years of experience challenged his opponent, visiting Chef Lewis Gilbert, Dining Services Coordinator, Sunrise at Countryside with six years experience. Together they prepared to wow residents, staff and the judges with their Mardi Gras Party food.

Chef Gilbert prepared a classic bold Gumbo with chicken, smoked beef sausage and shrimp. "Love making the milk chocolate-colored roux. This is a different spin on my regular recipe," said Gilbert. "A little more spice." And for dessert, bread pudding.

Across the room Chef Yupanqui assembled ingredients for his Maryland crab cakes. "The secret to making great crab cakes is not to use bread, but use Ritz crackers," confided Yupanqui. To his side rested a bowl of fresh crinkle-cut white and sweet potato slices. Carefully Yupanqui dipped each in a mixture

of butter, flour, eggs, seasoning and the special ingredient, mayo. Then he quickly sauteed them, creating delicate golden crusts on each slice.

Judges Maggie Parker, Comstock Companies in Reston, Ashleigh Soloff, Reston Association and Ben Donnelly, Alzheimer's Association sat at the judges' table ready for their plates. Charged to rate each entree and dessert by presentation, creativity, and flavor, the judges knew it would be a challenging job.

As the chefs completed their cooking and judges scored the dishes, residents tried out the Mardi Gras specialties.

Ann Falconi said, "Awesome crab cakes."

Her husband, Bob preferred Gilbert's entree. "Delicious gumbo," he said.

Anna Anderson voted for the crab cake too. "I thought it was smooth," she said.

Her husband disagreed. "Gumbo's my favorite. Extra spicy."

As the judges tallied their scores, residents and staff continued to eat, enjoying bread pudding and the essential Mardi Gras tradition, King Cake decorated with green, purple and gold.

In the end, it was a close call, but clean sweep wins to Chef Daniel Yupanqui, Sunrise at Reston Town Center. That is, until next year.

## Announcements

## Announcements

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

# BULLETIN

FROM PAGE 2

Fairfax County Department of Transportation (FCDOT) is inviting the public to attend a second round of public meetings on the Fairfax County and Franconia-Springfield Parkways Alternatives Analysis and Long Term Planning Study, and provide feedback to help further refine potential improvements to the corridor. The meetings will begin with a formal presentation at 7 p.m., followed by a question and answer period. Participants will then have the opportunity to provide feedback to the FCDOT study team. For residents who cannot attend the public meetings, FCDOT will upload the meeting presentation to the study webpage by April 4 and invite feedback via an online survey. Visit [www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway](http://www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway).

## FRIDAY/MARCH 29

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

**Teen Depression: What Parents Need to Know.** 10 a.m.-noon at the Dunn Loring Center for Parent Services, 2334 Gallows Road, Dunn Loring, Entrance 1, Room 100. This workshop presented by Dr. Kathryn DeLonga, PsyD, a Licensed Clinical Psychologist and Director of the Mood Brain and Development Unit Psychological Treatment Program at the National Institute for Mental Health, will highlight the prevalence of major depressive disorder and how to identify depression in teenagers. 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 [bullruncvrt.org](http://bullruncvrt.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.cfnova.org/scholarships](http://www.cfnova.org/scholarships) and apply.

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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've 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.

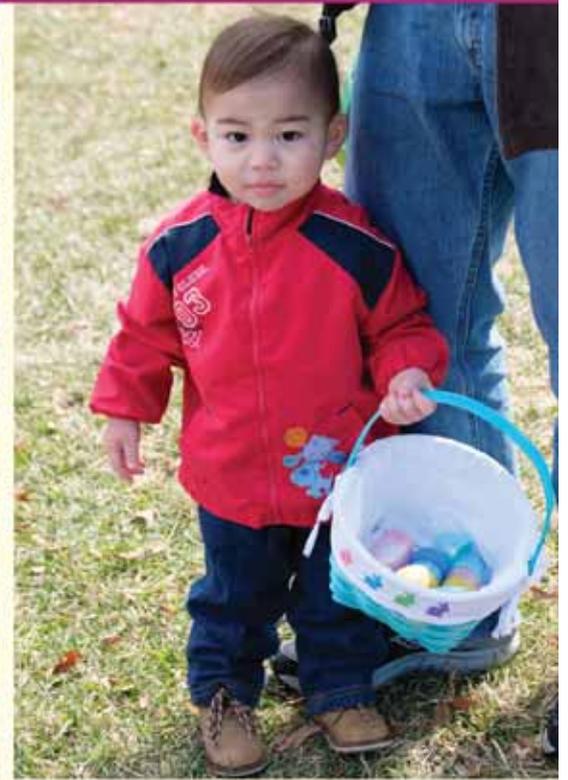
Each of the four days/four events itself would be stressful and thought-provoking enough. Having them occur one right after the other, simultaneously almost, is like adding insult to injury. It's bad enough to begin with and it's potentially even worse how it might end with - really bad news.

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.

# Reston Community Center Presents



## EGGNORMOUS EGG HUNT

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**Saturday, April 13**

Rain Date: April 20

10:00 a.m. – 11:30 a.m.

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The egg hunt starts at 10:30 a.m. sharp.

Come enjoy a great community tradition at Sunrise Valley Elementary School, located at 10824 Cross School Road (corner of Cross School Road and Sunrise Valley Drive). There will be entertainment by a strolling magician and multiple moon bounces, along with our ever-popular egg hunt. The egg hunt starts at 10:30 a.m. sharp. Many photo opportunities abound, so remember to bring a camera and a favorite basket to carry goodies. Please bring water or pack a picnic to enjoy while outdoors.

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