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Penelope Harr, 4, holds her first catch of the day after Sergeant Hank Ruffin of the Town of Herndon Police Department helped her hook the Rainbow Trout during the 2019 Kids Trout Fishing Derby produced by Herndon Parks and Recreation.

Oak Hill Herndon CONNECTION

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



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More Public Input Sought On Parkway Studies

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It's Gold and Silver For Special Olympians

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Historic Garden Tour Comes to McLean

History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary.

PHOTOS BY DONNA MOULTON/FAIRFAX GARDEN CLUB

The Garden Club of Fairfax will host this year's House & Garden Tour, part of the 86th Historic Garden Week in Virginia. McLean is the site for this year's tour hosted by The Garden Club of Fairfax.

Visitors to the McLean Tour will explore five picturesque gardens and four private homes spanning four centuries. History buffs and garden enthusiasts will delight in the mix of historic, traditional and contemporary properties.

The McLean tour on Tuesday, April 30, from 10 a.m. to 4 p.m. showcases exciting gardens, creative flower arrangements, and unusual private homes, each with intriguing stories behind them.

The tour includes a mix of historic, traditional and contemporary homes ranging from a home built in the 1750s with ties to the Revolution and used as a hospital during the Civil War, to a contemporary Japanese-influenced home built on a hillside with terraced gardens, a pool and patio that are perfect for entertaining.

BIENVENUE, CHURCHILL ROAD,



Bienvenue on Churchill Road in McLean was built in 1754 using sandstone from a nearby quarry. A new wing was added in 1929 to include indoor water.

McLean. Previously called "Benvenue," the name of this 18th century Colonial home was reportedly changed when General

Charles de Gaulle visited and said that the correct spelling was "Bienvenue."

Built in 1754 using sandstone from a nearby quarry. Furnishings and decorative art throughout the home combine historic, contemporary and whimsical pieces collected by the homeowner from travels and local and international sources. Union troops occupied the property during the Civil War when the house served as a field hospital. Bullets and a cannonball were found in the walls, while medicine bottles, surgical instruments and horseshoes were discovered under the carriage house floor during renovation. A massive sycamore tree next to the house is believed to be the oldest and largest in Fairfax County. Dr. Karen L. Kierce, owner.

OLD LANGLEY ORDINARY 1101 Chain Bridge Road, McLean. Built shortly before the Civil War, this Federal Farmhouse style building served as headquarters for Union Gen. George McCall. After the war it became an ordinary, a tavern or meeting-house. Located just a few miles from the Potomac River crossing at Chain Bridge, it was an important stopping-place for travelers and for farmers transporting livestock and wagons to merchants across the river in Georgetown. The homeowner's extensive collection of traditional Americana is displayed throughout. Wraparound porch with outdoor living space includes a kitchen and double-sided outdoor fireplace. The original carriage house is now a guest-house with American flags, painted by the homeowner, displayed on an exterior wall. Garden beds surrounding the home feature indigenous Virginia plantings with roses, sedum, hydrangea and 900 tulips.

OLD CHESTERBROOK ROAD, McLean. Built on a hillside, the long, clean horizon-

HISTORIC GARDEN WEEK IN MCLEAN

April 30 10 A.M. to 4 P.M.

Visitors to the McLean portion of the Virginia Historic Garden Week will explore five picturesque gardens and four private homes spanning four centuries.

- ❖ Headquarters – Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Complimentary refreshments served from 10 a.m. to 3 p.m.
- ❖ Tickets: Advance tickets - \$40 online at www.vagardenweek.org, or by mail, until April 20, 2019. Tickets Day of Tour - \$50 at Headquarters or Tour Homes
- ❖ Questions? Google Garden Club of Fairfax or email fairfax@vagardenweek.org. For more information on this tour or to see the Historic Garden Week statewide schedule of tours, go to www.vagardenweek.org.

PHOTOS BY DONNA MOULTON

tal lines of natural stone, wood and glass in this contemporary home reflect Japanese influence. In addition to subtle indirect lighting throughout the home, a paper chandelier by artist Oh Mei Ma is suspended from a soaring ceiling above the dining area and the sitting room has a red Italian Murano glass chandelier. The focal point at the top of the hill is a children's playhouse complete with Dutch doors, kitchen and skylight. Additional points of interest are a Japanese gate (Torii) built by the homeowner's parents, a standing stone Buddha and a stone birdbath in the shape of a bird in flight.

WOODLEY MILL ROAD, McLean. Built in 2000, this Italianate villa with yellow stucco has a traditional orange clay barrel-tile roof. The front features European sculptured gardens with boxwood parterres, three arched doorways, balconies and veranda. Two fountains greet guests as they enter the front property. The home's gallery-like foyer features marble floors, a 20-foot ceiling and walls displaying large scale paintings, Belgian tapestries and a metallic finish bas-relief. From the pavilion, a wide Tennessee buff flagstone path lined on both sides with carefully maintained topiaries in Tuscan style pots leads to a large bronze fountain. Extensive hardscaping with mature evergreens, roses, hydrangeas, crepe myrtles and other plantings creates multiple garden rooms surrounding the home.

DAVISWOOD DRIVE, McLean. (Garden only) More than 40 mature 'Green Giant' arborvitae provide the background, shading and privacy for this garden oasis. This formal garden features multiple garden rooms showcasing crepe myrtles, hostas, hollies, boxwood, hydrangeas, rhododendrons and ninebarks with water features, statuary, travertine walkways and a hidden putting green. The garden's centerpiece is the saltwater swimming pool.

Historic Garden Week in McLean is Tuesday, April 30, 10 a.m. to 4 p.m. with headquarters at Trinity United Methodist Church, 1205 Dolley Madison Boulevard, McLean. Advance tickets are \$40 per person online at www.vagardenweek.org, or by mail, until April 20. Tickets on the day of tour are \$50 at headquarters or tour homes.

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More Public Input Sought on Parkway Studies

Fairfax County and Franconia-Springfield Parkways study moves to next phase.

BY ANDREA WORKER
THE CONNECTION

It's time for the public to weigh in again on improvements to the Fairfax County and Franconia-Springfield parkways.

Last fall, Fairfax County Department of Transportation (FCDOT) took their show on the road for three public outreach meetings, seeking input from residents as they conduct the "Alternatives Analysis and Long Term Planning Study" of the two major thoroughfares.

The study aims to review the deficiencies along the 31-mile corridor that starts at Route 7 (Leesburg Pike) in the north and runs to Route 1 (Richmond Highway) in the south and includes 17 interchanges and 83 intersections. Ultimately studies will lead to recommendations to improve the often-congested roadways in the near-term, and as far into the future as 2040.

Some improvements are already underway, as FCDOT representatives told attendees at the 2018 meetings.

Resulting from an "Existing Conditions" study conducted by the Virginia Department of Transportation (VDOT) in 2017, 49 of more than 350 road improvement recommendations have already been implemented, are underway, or are funded, as state and county work together on the project. Many actions are possible without changes to the county's Comprehensive Plan, but others require amendments to the Plan and passage by the Board of Supervisors.

"Public input is critical in making such changes and in considering improvements from all angles," FCDOT Planner Thomas Burke said at the fall outreach sessions.

During the October meetings, and for 45 days after, residents were given the opportunity to provide their own suggestions on how best to improve travel conditions on the parkways. FCDOT solicited the public's ideas via a number of on-line, interactive exercises and comment forums.

Expecting participation by 3,000-to-4,000 county residents, FCDOT instead received 15,150 responses through the survey, another 108 responses via emails and the website comment form, and another 71 comments came through on FCDOT's Facebook page.

THE BIGGEST TAKE-AWAY from the survey – overwhelming opposition from imposing tolls on either road – already made headlines, and Burke assures that the message was received.



Supervisor Pat Herry (Springfield) welcomes residents to the Fairfax County Department of Transportation's public outreach session to discuss improvement to the Fairfax County and Franconia-Springfield Parkways.

"There is no plan that includes tolls on either the Fairfax County or Franconia-Springfield Parkways."

After presenting an update on the study and the analysis of the public's response at a Board of Supervisors Transportation Committee meeting in February, Burke and his FCDOT colleagues held the first session in the second round of public engagement at the Willow Springs Elementary School in Fairfax on March 27 with opening remarks by Supervisor Pat Herry.

Updated "story" boards were displayed around the school's cafeteria, reflecting a few changes made based on the feedback already received and on requests from Supervisors John Cook (Braddock) and Pat Herry (Springfield) that FCDOT take a more regional outlook, rather than micro-focusing on the roadways.

Burke used graphs and charts to illustrate analysis of the public's preferences.

Several general themes emerged, which Burke discussed, before summarizing the public's responses by surveyed roadway segments.

After taking toll lanes out of the equation, general support was shown for widening the parkways, although there was concern expressed about homes and businesses that might be lost in the process. There was significant approval for the addition of interchanges to replace signalized intersections.

HOV-3+ lanes were not much appreciated by the respondents, although there was more interest in HOV-2+ lanes. High Occupancy Vehicle lanes drew some criticism from residents who worried that their addition would divert solo-driver parkway traffic onto neighborhood roads.

Burke responded that in the first place, the parkways would always include "gen-

eral purpose" lanes and not be converted to strictly HOV, even during peak times. He also assured that test models would be vigorously employed before any recommendations became final.

"But, I think it's clear that an HOV lane is necessary for successful enhanced transit," he added.

Enhanced transit was a winner in the public's opinion, with many residents asking for more high-capacity options. Several attendees championed transit, saying the plans should go further than just adding express buses. Suggestions included bus routes that intersected – allowing parkway commuters to change to buses travelling east or to Metro stations. One audience member even recommended light rail transportation to run in the center of the parkways.

PUBLIC OPINION HIGHLIGHTS by segment:

Route 7 to Franklin Farm Road

- ❖ Interest in connecting the gaps in McLearen Road

- ❖ Concern regarding congestion at intersections, interest in interchanges, particularly at the Dulles Toll Road and south (i.e. FC Pkwy. at Sunrise Valley)

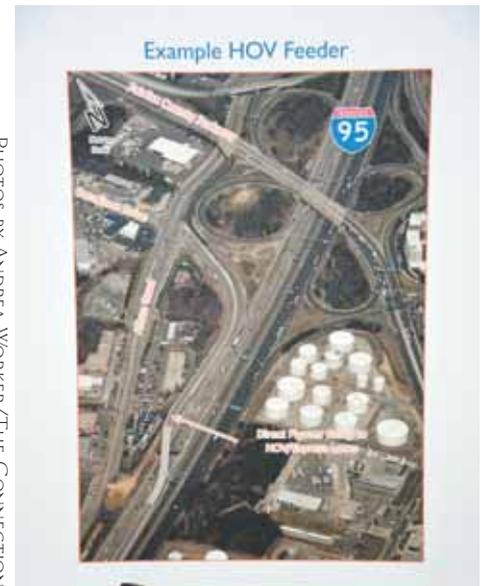
Franklin Farm to Route 123 – this section includes the VDOT projects widening projects

- ❖ Strong support for widening and addition of over or under pass at intersections like Pope's Head Road.

Route 123 – Rolling Road– split with Franconia-Springfield Parkway

- ❖ Concerns at Huntsman and Lee Chapel
- ❖ Congestion at intersections

- ❖ Concern for tree preservation and environmental impacts, particularly near Burke Lake and South Run parks



FCDOT has boards displayed around the meeting hall like this one, illustrating a possible HOV "feeder" to provide better access and exit from proposed HOV lanes on the parkways.

Fairfax County parkway from parkway split to Richmond Highway

- ❖ General approval for the Comprehensive Plan as is with interest in improved signage for ramps

Franconia-Springfield Parkway from split to Beulah

- ❖ General satisfaction with the current plan to widen to 8 lanes

Two more general meetings are scheduled, but FCDOT hopes for the same level of participation in the new online survey, launching on March 27 at www.fairfaxcounty.gov/transportation/study/fairfax-county-parkway.

A Baseline Improvements Map is available on the department's website. The Baseline is assumed to be in place, but FCDOT wants the public to provide feedback on five strategies to build on the baseline assumptions. The strategies are:

1. Expanded Bike and Pedestrian Facilities
2. Capacity improvements – intersections/interchanges
3. Capacity improvements – widening without HOV
4. HOV Feeder
5. HOV-2+

The strategies are further explained on the website.

Residents can choose whether to provide input for the entire length of both the Fairfax County and Franconia-Springfield Parkways, or for specific segments. A forum for general comments and other suggestions is also available in the survey.

The survey will be open until May 6. Burke will come back to the public with the new results in late summer of 2019, anticipating recommendations and prioritization by early 2020 and Board consideration later in that year.

PHOTOS BY ANDREA WORKER/THE CONNECTION

OPINION

Back in Richmond

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

The House of Delegates and the State Senate are in session today (April 3) for the annual reconvened session as required by the constitution. Often referred to as the veto session, part of its business is to consider bills vetoed or with amendments proposed by the Governor. During the regular odd-numbered short session that adjourned on Feb. 24 after 46 days, there were 3,128 bills and resolutions considered. Setting aside resolutions that do not have the force of law of bills, there were 883 bills that passed the legislature all of which must have the signature of the Governor in order to become law. The Governor's veto can be overturned by a vote of two-thirds of the members of both houses.

The governor in Virginia has the unique ability among executive officials to propose amendments to bills that previously passed but then must be approved by the General Assem-



COMMENTARY

bly in the reconvened session with the amendments proposed. This ability for the governor to make corrections or to change the provisions of a bill gives the governor important legislative powers and enhances the importance of the reconvened session that typically lasts for a single day but can go up to three days.

Among the bills on the docket for this reconvened session is a bill that had passed both houses of the legislature but died at the last moment of the regular session. The dispute was over legal language to prohibit the use of cell phones that are not hands-free. The bill will be back before the legislature thanks to an amendment by the Governor, and it is likely to finally pass.

I expect to support the Governor in his vetoes of bills. One bill that he vetoed would limit his authority to involve Virginia in the Regional Greenhouse Gas Initiative, a cap-and-trade program among Northeastern and Mid-Atlantic states that mandates emission reduction in

the power sector. Virginia's involvement in this program is among the most important steps the state can take in reducing greenhouse gases and tackling climate change.

Governor Northam has also vetoed a bill that I had opposed during the regular session that would force law enforcement agencies to use precious resources to perform functions of federal immigration law that are part of the current immigration hysteria. He also vetoed a bill that would have limited the ability of local governments in making decisions about their local employment and pay consideration.

Included among the bills that passed are bills that passed in identical form but were only introduced in one house. Some advocates and legislators believe that there is more certainty that a bill will finally pass if it moves through the legislature on two separate tracks. The governor signs both identical bills to keep from choosing among competing bill sponsors. No one that I know has taken the time to count these bills, but I believe that more than half fall into this category. I question that approach—it seems like unnecessary duplication in an already complex system.

Bald Eagle Over Lake Newport

Bald eagle spotted over Lake Newport in Reston at around 5 p.m. on Friday, March 29, 2019.



SUBMITTED BY LOGAN KLEINWAKS

LETTERS TO THE EDITOR

A Welcome 'Green New Deal'

To the Editor:

As we look back on the recently concluded General Assembly session in Richmond, there is not much to mark as progress on environmental issues.

Only because they are a very visible and present danger, did coal ash pits get dealt with. We are left to rely on vetoes from Governor Northam in order for any regional coordination efforts on reducing greenhouse gases to have a chance to proceed.

Sensible solar bills? Common

sense community controlled single-use plastics legislation? A moratorium on new fossil fuel infrastructure? Good things were proposed, but we got nothing through our representation in Richmond.

Which is why the timing of some good news from our Virginia delegation in Congress on climate and related social justice issues is so welcome.

Rep. Gerry Connolly co-sponsored the 'Green New Deal' House Resolution - an aspirational set of

goals for sure, but he has now followed it up with co-sponsorship of a piece of detailed climate legislation - the Energy Innovation and Carbon Dividend Act (H.R. 763). Following all the dire climate projections, global experts concur that pricing carbon (CO2) is the best first step to address emissions causing climate instability. Returning all net revenues, in form of a monthly dividend, protects families and ensures support for the transition to renewables at the household level. Border adjust-

ments ensure an equal playing field for international trade. Thank you, Rep. Connolly, and may the rest of the Virginia delegation pick up the call.

While the climate threat is not so visible and measurable as that from a coal ash pit, nor the solution so engineerable, it must be treated at an emergency scale of effort and urgency.

Meredith Haines
Vienna

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment
Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
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BULLETIN

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

VOLUNTEERS WANTED

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

FRIDAY/APRIL 5

Sibshops. 9 a.m.-noon at Providence Community Center, 3001 Vaden Drive, Fairfax. The Sibshop workshops are for children in grades 2-5 who have siblings with special needs enrolled in Fairfax County Public Schools. Meet other siblings in a fun, recreational setting; celebrate siblings; share sibling experiences and receive peer support; play games and more. A snack will be provided. Registration is free, donations will be accepted to support the cost of materials and food. Visit www.fcps.edu/resources/family-engagement/parent-resource-center or call the FCPS Parent Resource Center at 703-204-3941 to register.

SATURDAY/APRIL 6

2019 Special Education

Conference. 7:45 a.m.-1:30 p.m. at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. FCPS will hold its 14th Annual Special Education Conference with a focus on building inclusive and post-secondary practices to support the development of 21st Century skills and Portrait of a Graduate (POG) attributes. Visit www.fcps.edu/spedconference2019 for details, a list of workshops, exhibitor information and to register.

Caregiver Bootcamp. 9:30 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Join IMCC for a day-long training event covering many essential caregiving topics. A continental breakfast and lunch will be provided free of charge. Sessions include: Dementia 101 & Clinical Trials; Understanding Veterans Benefits; Practical Tools for Caregivers; and A Person-Centered Approach. Register online at www.insightmcc.org, or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.

Dementia Care Support. 10-11 a.m. at Hunters Woods at Trails Edge Showroom, 2254B Nunters Woods Plaza, Reston. Dementia Care Support Group - 1st Saturday of the month. Distinguish between normal aging and dementia, understand different types of dementia, the impact of changes to the brain and how family caregivers can best cope with these changes. Free. Call 703-708-4047 or visit www.integracare.com.

Money Matters 2.0. 10 a.m.-1 p.m. at Heritage Fellowship Church in Reston. The Reston (VA) Chapter of the Links, Incorporated, in partnership with AARP, are hosting

SEE BULLETIN, PAGE 7

REMODELED HOME TOUR FOR A GROWING FAMILY SATURDAY, APRIL 6TH, 2019 12-4PM

Come see how redesigning existing and adding space created better function, flow, and light in this home. Showcasing a gourmet kitchen addition, heated screened porch, and more!



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Local Youth Win Sons of the American Revolution Annual Awards

Lauren Bradshaw of Chantilly and Matthew Lawley of Herndon both had to win their respective contests sponsored by the Fairfax Resolves Chapter of the Virginia Society of the Sons of the American Revolution (VASSAR) before moving on to the 2019 annual state-wide competition. Having earned that achievement, they faced entrants from the 28 eligible Virginia SAR chapters before they were declared the winners.

In February, Bradshaw and Lawley travelled to Richmond to compete, and were then awarded medals, certificates and \$1,000 in prizes each when they emerged victorious among many worthy young competitors.

BRADSHAW is a homeschooled ninth grader and was only 13 when she competed for the Joseph S. Rumbaugh Historical Oration Award, delivering from memory a six-minute discourse regarding the need to maintain history as a critical component of our educational curriculum.

While recognizing the importance of STEM-focused education, Bradshaw still makes a case for learning about our nation's founding and cautions against de-prioritizing history studies. She sees them as necessary to a well-rounded education.

The confident young winner says she "always liked public speaking," finding it "easier to pass on a message because in writing you can't put in a personal tone, emphasis, or inflection on things like you can in oratory."

The judges of the contest which is open to students from the 9 – 12th grades, must have agreed and appreciated her use of those elements in her speech.

Bradshaw doesn't just let history remain in books or bring it out only for competitive purposes. To truly demonstrate her interest, she led an effort to restore an overgrown cemetery in her own neighborhood that contained the graves of Revolutionary War Virginians.

Herndon High School graduate and current Northern Virginia Community College freshman Matthew Lawley also had to make it through the local round of competition before he won the nationally-sponsored



Matthew Lawley, a Herndon High School graduate and current freshman at Northern Virginia Community College was awarded the 2019 Arthur M. and Berdena King Eagle Scout Award by the Virginia Sons of the American Revolution. Matthew is pictured with Virginia SAR Eagles Scouts Chair on the left, and Bill Denk of McLean, Fairfax Resolves Eagle Scouts Chair.

Arthur M. and Berdena King Eagle Scout top honors. The award is open to all Eagle Scouts interested in the American Revolution who are registered in an active scouting unit and under the age of 19 during the year of application.

SAR gives extra credit to applicants that have secured the American Heritage, Law or Genealogy merit badges. Among the impressive 101 merit badges that Lawley has earned during his scouting career are included all three of these distinctions most-prized by the competition judges.

LAWLEY met the contest requirements preparing a four generation genealogy chart of his family and highlighting his leadership roles through scouting, through his church, and in his community. For the essay portion of the competition, Lawley crafted an essay that presented a persuasive argument on the need for a monument to John Adams in Washington, D.C. Adams is one of the few founding presidents to not be so memorialized.

"It would be amazing," said Lawley, to be able to someday "join SAR and see a monument built to John Adams in Washington."

Lawley also expressed his gratitude for the opportunity to compete, and for the recognition of scouting programs by SAR, and the Virginia and local chapters.

Both Bradshaw and Lawley are now eligible to move on to the national competition, to be held this summer, where top awards take home up to \$10,000.

Among their mission objectives, the National Society of the Sons of the American Revolution, the VASSAR, and local chapters like Fairfax Resolves exist to "inspire...the community at large with a more profound reverence for the principles of the government founded by our forefathers; to foster true patriotism; to maintain and extend the institutions of American freedom."

Together they sponsor a range of competitive educational programs for youth from fourth through 12th grades, with no requirements for Revolutionary War ancestry in order to compete.

For more information, see their websites at www.sar.org/education/youth-contests-and-award, www.virginia-sar.org and www.fairfaxresolvessar.org.

—ANDREA WORKER



Ninth grader Lauren Bradshaw receives the top honors for the 2019 Joseph S. Rumbaugh Historical Oration contest, sponsored by the Sons of the American Revolution, Virginia state and local chapters, presented by Tim Dioquino, president of the Fairfax Resolves Chapter of the SAR.

WEEK IN HERNDON

Registration Opens for Herndon Youth Police Academy

The Town of Herndon Police Department announced on its Facebook page it opened registration for its 2019 Youth Police Academy that will meet June 24-28, from 9 a.m.-1 p.m. Youth ages 13-17 may enroll. Class limit is 20 students and will be filled on a first-come-first-served basis. Applications must be submitted by June 3, 2019.

According to the registration form, "except for sickness, emergencies and pre-

approved absences, participants should not be absent from any of the training sessions. ... Some of the topics covered include traffic enforcement and drunk driving, K-9 Units, forensics and evidence collection, polygraph examinations (and) careers in law enforcement. ...The goal of the Academy is to eliminate misconceptions between young people and police, promote a greater sense of unity and encourage youth to enter the field of law enforcement."

For more information or a registration packet, contact: SPO Michael Murn Herndon Police Department– Youth Resource Officer at Michael.Murn@herndonva.gov.

— MERCIA HOBSON

Spring Clean-up Week Is April 8-12

The annual spring clean-up will take place throughout the Town of Herndon during the week of April 8-12. Spring clean-up provides an opportunity for residents to place large or bulky items curbside for pick-up on their scheduled trash collection day. Items can include:

Appliances (remove doors); Furniture; Vehicle parts and plumbing fixtures (all under 50 lbs.); Tires (maximum 2 per household); Limited amount of building materials (approximately one cubic yard, lengths not to exceed 4 feet)

Loose yard waste, auto parts in excess of 50 lbs., large quantities of building materials, brick & block, electronics (including televisions, stereos, computers & peripheral) and household hazardous waste will not be picked up.

Items should be placed curbside by 7 a.m. on your trash day only, but no earlier than 24 hours prior to pick-up.

Residents may contact the Department of Public Works at 703-435-6853 or emailpublic.works@herndon-va.gov for more information, or visit the town's website at herndon-va.gov/RefuseandRecycling.

NEWS

Fox Mill House Fire Displaces Three

On Tuesday, March 26 at 4:06 p.m., units responded to a reported house fire in the 12700 block of Bradwell Drive in the Fox Mill area of Fairfax County.

Units arrived on the scene of a two-story, single family home with significant fire visible throughout the attached garage and roof. There was some extension into the attic and first floor areas of the home. Crews quickly brought the fire under control. Three occupants were transported to an area hospital for a check-up. There were no reported firefighter injuries.

Three occupants were home at the time of the fire. A neighbor alerted the occupants of the fire within the attached garage and



Damages as a result of the fire were approximately \$107,500.

called 9-1-1. Working smoke alarms were present, however it is unknown if they activated due to the location of the fire.

Fire Investigators determined the fire started in the attached garage.

The cause of the fire is under investigation.

Three people were displaced because of the fire. Red Cross assistance was offered and accepted. Damages as a result of the fire were approximately \$107,500.

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Northwest Federal employees speak with Community Partner organizations.

Northwest Federal Holds First Community Partners Fair

On March 20th Northwest Federal held its first Community Partners Fair where local partner organizations were able to speak with employees about their missions and volunteer opportunities. The organizations included groups from the credit union's four paths

of community service — health and wellness, animal welfare, children and special needs, and environment and the arts.

Last year Northwest Federal employees volunteered more than 7,800 hours at nonprofit organizations.

BULLETIN BOARD

FROM PAGE 5
Money Matters 2.0 - A Blueprint to Achieve Financial Wellness and Entrepreneurial Success. Financial awareness, literacy, and education are major areas of need in the African American community. Finance experts share knowledge in two tracks: adults and youth/teens (focused on ages 13-20). Free. Visit www.RestonLinks.org to register.

SUNDAY/APRIL 7
Low Cost Rabies Vaccine Clinic. 9-11 a.m. at Fairfax County Animal Shelter, 4500 West Ox Road, Fairfax. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a

3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

MONDAY/APRIL 8
 SEE BULLETIN, PAGE 11

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ENTERTAINMENT

Submit entertainment announcements at 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 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 for more.

Founder's Day Show at Lake Anne. Through April 29, 9 a.m.-8 p.m. at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. The League of Reston Artists presents their annual Founder's Day exhibit in honor of the group's founder, Patricia MacIntyre. MacIntyre will judge the painted and mixed media entries that illustrate the theme of "Fine Lines." A reception will be held Sunday, April 7, 2-5 p.m. at the gallery. Visit www.leagueofrestonartists.org for more.

FRIDAY/APRIL 5

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

FRIDAY-SATURDAY/APRIL 5-6

Genealogy Conference/Expo. Friday, 9 a.m.-8 p.m.; Saturday, 9 a.m.-3:45 p.m. at Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Fairfax Genealogical Society's two-day spring conference and expo. Lectures, workshops, individual consultations, vendors with items/services of interest to family researchers. Topics include: Beginning and intermediate DNA; African American Research; Land Platting; Colonial Law and Religion; Southern Migration, and more. FxGS member, \$100; non-member, \$120. Details at www.fxgs.org.

MONDAY/APRIL 8

Northern Virginia Positive Aging and Wellness Fair. 8:45 a.m.-4 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. In collaboration with Fairfax County and community partners, the Northern Virginia Positive Aging and Wellness Fair will offer tools, workshops, exhibits and information to educate and inspire adults to achieve a fulfilling and healthy lifestyle as they age. Pat Collins, an award-winning NBC News4 reporter, will be the keynote speaker. Free and open to the public. To register and for more information, visit positiveagingfair.com. For county services for older adults and caregivers, go to www.fairfaxcounty.gov/OlderAdults.

Toddler Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join us for fun stories, songs and finger plays. Age 2 with adult. Registration



Reston native and South Lakes High School alumni, playwright Amy Dellagiario returns to the area to see Dark Horse Theatre Company's production of her play, 'The Value of Moscow.'



From left, Catherine Gilbert (Clara), Sarah Akers (Emily), Jessie Burns (Rose) and Andrew Farms (Cliff) rehearse 'The Value of Moscow,' a new comedy by Reston native and Playwright Amy Dellagiario.

PHOTOS BY ARIANNE WARNER

Reston Natives Bring Home Comedy

Dark Horse Theatre Company presents "The Value of Moscow."

BY MERCIA HOBSON
THE CONNECTION

Dark Horse Theatre Company presents the regional premiere of the dark comedy, "The Value of Moscow," by Playwright Amy Dellagiario, April 12-27 at ArtSpace Herndon, 750 Center Street located in the Herndon Arts District. "This is a unique opportunity to have a play written by a Reston-Herndon native, now successful LA playwright and Dark Horse return

to Herndon," said Natasha Parnian, Managing Artistic Director.

Both Dellagiario and Parnian were originally from Reston and graduated from South Lakes High School in the early 2000s.

According to the production preview, "Three grown 'adult' sisters are thrust back into living together as a last resort after their various lives have fallen apart. This trio can't even agree on how to unpack their stuff much less their relationships and pasts. And before they can finish the bottle of vodka they

found in the kitchen, everything goes from bad to worse, to a lot, LOT worse. Can they set aside their grievances long enough to work together and save themselves? Probably not. But with acerbic wit and an encounter with the pizza man, these three sisters aim to find out." Parnian cautioned that the play is recommended for an adult audience. "It contains strong language and comedic violence," she said.

"ArtsHerndon is delighted to partner with Dark Horse Theatre," said Joanna Ormesher, President

& CEO Arts Herndon. The opportunity for modern theatre writers and performers to have black box space to produce new works is invaluable. Artspace allows just that prospect. Later in the season, we will be collaborating on a similar project with NextStop Theatre Company. These are new and groundbreaking opportunities for the Arts in Herndon."

For tickets and information, visit www.darkhorseva.com or call 703-537-1071. Limited engagement and seating.

now open. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

E-book Help. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Those who need assistance downloading library e-books onto an electronic device can come on by and get help. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

SATURDAY/APRIL 6

Runnymede Park and Sugarland Run Watershed Cleanup Day. 8 a.m.-noon at Runnymede Park, 195 Herndon Parkway between Elden and Queens Row streets. Join community members and help clean-up park and stream locations. Volunteers should dress for the weather, wear boots with sturdy soles, and bring work gloves. Interested groups or individuals can sign-up by contacting John Dudzinsky, Community Forester at 703-435-6800, ext. 2014, or by email at john.dudzinsky@herndonva.gov. There will be a free secure document shred truck at Runnymede Park, 9 a.m.-noon.

Explore Lake Fairfax Park with a Naturalist. 10-11:30 a.m. at Lake Fairfax Park, 1400 Lake Fairfax

Drive, Reston. Learn about the flora and fauna that give Lake Fairfax Park its character. Designed for participants 3-adult. \$8 per person. Dress for the weather. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

Otto the Auto. 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Otto the talking car engages children in fun and memorable traffic safety exercises. Age 3-6 with adult. Registration now open. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Celebrate National Grilled Cheese Month. 11 a.m.-2 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Experience the cheesiest event of the year at Frying Pan Farm as the park celebrates National Grilled Cheese month. "You Gouda Brie Kidding!" will feature cooks frying up sandwiches. Learn about the diverse cultural takes on the favorite melted cheese treat, too. There will be a variety of cheeses to sample and demonstrations. Designed for participants age 3-adult. \$3 per person. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

Founder's Day. Noon-4 p.m. at Lake Anne Plaza. Join the Reston Historic Trust & Museum (RHT) as it celebrates Founder's Day. Remember founder Robert E. Simon Jr. and celebrate the 55th anniversary of Reston with a full slate of family-friendly activities at Lake Anne Plaza. Visit www.restonmuseum.org/foundersday or call 703-709-7700.

Life Lessons from Mt. Kilimanjaro. 1:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local author Robert Perry will share the inspiring story of his trek to the highest peak in Africa. He will sign copies of his book "Taking the 12 Steps Up- and Down-Kilimanjaro". Adults, Teens. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Kwame Alexander & Randy Preston: Poetry and Performance. 4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Reston Regional Library partners with Scrawl Books to welcome Newbery award-winning author Kwame Alexander and musician Randy Preston for a performance celebrating the paperback release of *Booked* and *The Crossover* as well as the release

of Kwame's new picture book *The Undeclared*. Books will be available for purchase. Ages 6 and up. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

SUNDAY/APRIL 7

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

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



Families enjoy a warm spring morning along the stream banks of Sugarland Run in Herndon during the 2019 Kids Trout Fishing Derby.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Carys Dahlin, 6 of Herndon, casts her line baited with a worm with a little help from her mom during the Kids Trout Fishing Derby hoping to land a trout for dinner.

Kids Hooked on Fishing Trout Derby stocked for success in Herndon.

BY MERCIA HOBSON
THE CONNECTION

For families who wanted to introduce their children to trout fishing and perhaps provide them with a deeper understanding of the environment, the 2019 Kids Trout Fishing Derby held at Sugarland Run Stream located behind the Herndon Police Station offered the perfect opportunities.

Organized by Herndon Parks and Recreation Department and supported by many organizations and volunteers, the half-day event held Saturday, March 31 afforded local youth ages of 2-15 a chance to get out in nature, and access Rainbow Trout fishing close to home, said Tim Lander of Herndon Parks and Recreation.

"They learn a little about how to fish, about the trout species and conservation," added John L. Dudzinsky, Community Forester, Town of Herndon who was on hand to support the derby.

Since Northern Virginia lacks cold freshwater streams where wild trout can survive and spawn, the day before the derby the Department of Parks and Recreation accepted the delivery of three hundred Rainbow Trout purchased by the Herndon Fraternal Order of Police Lodge # 64 from Laurel Hill Trout Farm, Inc. The Department of Public Works assisted in transferring the trout to the stream, said Lander.

With the stream stocked for success, more than one hundred children arrived for the exciting springtime angling experience, said Lander. Veteran youth anglers brought their tackle boxes and rods. They quickly cast their lines trying to outsmart the crafty sport fish. Those who did triggered exciting reaction strikes from the Rainbow Trout as

they thrashed wildly about often leaping out of the water some getting away in the process.

NOVICE ANGLERS like Zhion Fabian, 10 of Centreville, borrowed one of the provided rods. Shortly into the second hour, Fabian pitched his line into a high-percentage area of pocket water where trout hid. One struck, and Fabian hauled in his catch. He hurried to the cleaning table staffed by NVATU.

Since the fish was not a catch and release, Tim Quinn of NVATU showed Fabian how to hold the trout by the gill for a photo. "This is the first fish I've ever caught," Fabian excitedly said as he held it up. Asked what it felt like to hold the fish, Fabian said, "It's the weirdest thing, rubbery."

Logan Harr and his daughters Penelope, 4, and Genevieve, 3, fished from the shoreline. Standing nearby, Sergeant Hank Ruffin of the Herndon Police Department showed a group of children how to spot Rainbow Trout in the deeper shady water and drift their lines to ensure success. When a trout showed interest, Ruffin quickly handed the rod to Penelope Harr. Together they reeled in the catch.

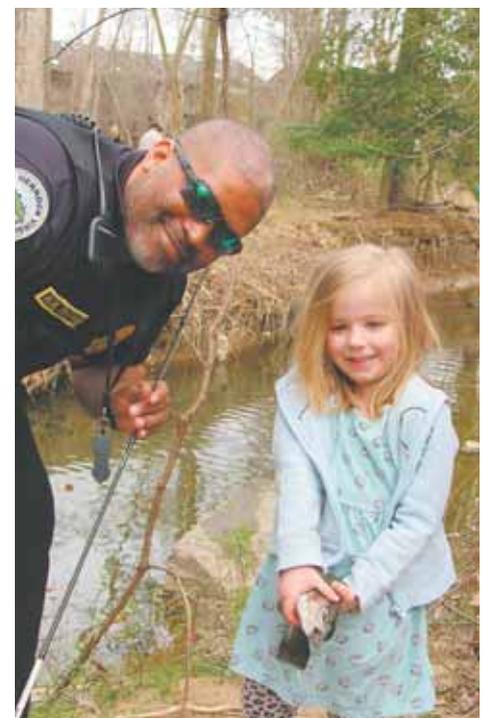
Sgt. Ruffin admitted he is a man stoked for sharing his joy and thrill of fishing with others.

"I have a passion for fishing," he said. Ruffin said he, his police friends and other volunteers were there to teach children how to fish, hopefully sparking a life-long love affair with the sport. "The whole point of the Kids Fishing Derby is to get the next generation of anglers for Herndon," Ruffin said.

LANDER said that the Herndon Fraternal Order of Police Lodge #64 donated prizes



Zhion Fabian, 10 of Centreville, gingerly holds the first fish he's ever caught in his life. Fabian participated in the 2019 Kids Trout Fishing Derby put on by Herndon Parks and Recreation.



Penelope Harr, 4, holds her first catch of the day after Sergeant Hank Ruffin of the Town of Herndon Police Department helped her hook the rainbow trout during the 2019 Kids Trout Fishing Derby produced by Herndon Parks and Recreation.

for the children such as rod/reel combos, drawstring backpacks, polarized fishing sunglasses and quick measuring tapes. "The event is a multi-departmental collaboration between Parks and Recreation, Herndon Police Department, Community Development and Department of Public Works. Northern Virginia Chapter of Trout Unlimited, the Herndon Fraternal Order of Police

Lodge #64 and volunteers from Longfellow Middle School in McLean supported the derby," said Lander.

George Paine, Secretary, NVATU praised the town for its efforts and called attention to Town Forester John Dudzinsky who Paine said, "helps introduce young people to fishing ... the window to the environment around us."

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NEWS

Egg hunts will be hatching at parks throughout Fairfax County in the month of April.



COURTESY PHOTO

Hunting for Eggs in County Parks

Grab a basket and hunt for eggs at parks throughout Fairfax County.

Egg hunts will be hatching at parks throughout Fairfax County in the month of April, and the Easter Bunny will be making some appearances, too. Contact the sites directly or visit Eggcellent Events for a full list of egg hunts and programs.

Things kick off on Sunday, April 7, with the "Easter Eggstravaganza" at the Frying Pan Farm Park Visitor Center. Children ages one to six can hunt for eggs filled with treats and prizes and visit animals outdoors. Hunts are scheduled by age from 10 a.m. to 3 p.m. The cost is \$8 per child.

On that same afternoon Hidden Oaks Nature Center hosts a "Woodland Wildlife Egg Hunt" for children age three to eight. Enjoy an easy walk to meet costumed woodland characters and collect 10 eggs with non-candy treats. See live frog eggs and meet some spring critters. Programs begin at 1 and 1:30 p.m., and the cost is \$9 per child.

On five days in April, go on a "Dinosaur Egg Hunt" at Hidden Oaks. Enjoy a dinosaur-themed program and outdoor egg hunt and make a dino craft. The program for children ages two to eight runs on April 13, 14, 19, 20 and 21 at various times. The cost is \$10 per child.

The "Easter Egg Hunt at Sully" takes place the weekend of April 13 through 14. Children ages one to eight can bring baskets and go on an egg hunt like the Noltings had at Sully in the early 1950s and participate in an egg roll and egg carry. The Easter

Bunny will be there, too. The cost is \$8 per child.

Children age two to nine can join the Easter Egg Hunt at Colvin Run Mill on Saturday, April 13. Hunt for eggs and make crafts to take home. Hunts are scheduled by age from 10 a.m. to 12:15 p.m., and the cost is \$8 per child.

On Sunday, April 14, register for the Easter Egg Hunt at Lake Fairfax Park for children age one to four and hunt for eggs filled with treats and treasures. Hunts are scheduled by age from 11 a.m. to 2 p.m., and the cost is \$8 per child.

Saturday, April 20, is also a big day for egg-citing events.

Burke Lake Park hosts its annual "Baskets & Bunnies" celebration featuring egg hunts, rides, mini-golf, vendors and other activities from 10 a.m. to 5 p.m. Purchase a pass in advance for \$12 to save money. This event is for family members of all ages.

The Easter Egg Hunt at Clemyjontri Park gives children ages one to nine a chance to enjoy egg hunts, crafts, photo opportunities with the Easter Bunny and more. Egg hunts are split by age and run every 30 minutes from 10 a.m. to 3:30 p.m. The cost is \$7 per child. Carousel rides are available for \$3 per child.

Bring your own basket and hunt for candy and eggs filled with treats at the Easter Egg Hunt at Nottoway Park for children ages one to nine. Hunts are scheduled by age from 10:30 a.m. to noon. The cost is \$10 per child (cash only).

For the science-minded, don't miss The Egg Challenge at Riverbend Park. All ages are invited to join a classic STEM design challenge — the Egg Drop. Build a structure that will protect your egg in a 10-foot-plus drop, then participate in a fun egg hunt for children age one to nine by the Potomac River. The program runs from 1 to 3 p.m., and the cost is \$10 per person.

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**Let us know
about an
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BULLETIN

FROM PAGE 7

DMV2Go at the Pavilion. 9 a.m.-4 p.m. at Reston Town Center. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Visit dmv.virginia.gov/general/#dmv_2go.

TUESDAY/APRIL 9

Park Authority Summer Jobs. 5-8 p.m. at Fairhill Elementary School, 3001 Chichester Lane, Fairfax. This year the Fairfax County Park Authority's Rec-PAC summer camp program will operate at 45 elementary school locations around Fairfax County on weekdays from July 1-Aug. 8, 8:15 a.m.-3:45 p.m. Applicants are required to bring an original Social Security Card and a DMV photo ID. Only those who are 18 years of age and older will be considered. Visit www.fairfaxcounty.gov/parks/rec-pac/jobs or email Recpac@fairfaxcounty.gov.

WEDNESDAY/APRIL 10

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

THURSDAY-FRIDAY/APRIL 11-12

Fairfax County Job Fair. 4-7 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Come attend the 2019 Fairfax County Job Fair. Learn about a variety of careers with various county agencies. Representatives of SkillsSource and DARS will also be on site. Free. Email Debra.Prica@fairfaxcounty.gov or visit www.fairfaxcounty.gov/hr/sites/hr/files/assets/documents/jobfair2019flyer.pdf for more.

FRIDAY/APRIL 19

Application Deadline. Leadership Fairfax is now accepting applications for its premier professional leadership development programs – Leadership Fairfax Institute and Emerging Leaders Institute. The 10-month programs begin September 2019. Classes meet once a month and participants work outside of class with a cohort to plan and implement projects. The programs build participant knowledge of community topics, legislative processes, leadership assessments, and strategic interactions. Limited scholarships available. Applications are due April 19. Call 703-752-7555 or visit leadershipfairfax.org.

SATURDAY/APRIL 27

Reston Community Yard Sale. 8:30 a.m.-noon at 1900 Campus Commons Drive, Reston. Eighty families will be selling a variety of items. No early birds as gates open at 8:30 a.m. Vendor space is sold out. For a recorded, weather related message, call 703-435-6577 the morning of the event. Email Ashleigh@reston.org for more.

SATURDAY/MAY 4

Dementia Care Support. 10-11 a.m. at Hunters Woods at Trails Edge Showroom, 2254B Nunters Woods Plaza, Reston. Dementia Care Support Group - 1st Saturday of the month. Distinguish between normal aging and dementia, understand different types of dementia, the impact of changes to the brain and how family caregivers can best cope with these changes. Free. Call 703-708-4047 or visit www.integracare.com.

SUNDAY/MAY 5

Low Cost Rabies Vaccine Clinic. Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets must be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10 per license. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

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It's Not As If My Life Depends On It



By KENNETH B. LOURIE

Being totally honest with my oncologist, that is. I mean, it's not as if being diagnosed with non small cell lung cancer, stage IV isn't a "terminal" disease.

Oh wait, it is.

As my oncologist said to me at the initial Team Lourie meeting: "I can treat you, but I can't cure you."

Huh? Followed fairly soon after by the equally distressing prognosis: "13 months to two years." Wait. WHAT!? (As Curly Howard of The Three Stooges said years ago while looking into a mirror: "I'm too young to die, too handsome, well, too young anyway.")

That prognosis – as you regular readers know – is old news, as I recently passed my 10-year anniversary; my oncologist's "third miracle," as he characterizes me. And as life goes on, so too do the studies and research and clinical trials.

As much progress as has been realized, still there are few guarantees for lung cancer patients. Although there are many more of us living beyond the years our respective oncologists initially gave us (our wildest dreams, I often say).

Living as a cancer patient/survivor, especially one still undergoing treatment, requires regular sit-downs with one's oncologist to discuss and/or assess lab work, results from diagnostic scans and side effects – or as I refer to them: "straight-on effects." At these sit-downs, the oncologist will sit down behind his computer and review my past and inquire about the present, typing away as I respond.

The questions are all too familiar.

My answers, maybe familiar as well. Because if they're not, they may catch the attention of the doctor. And if they do catch his attention, he likely will probe further into their occurrence; their frequency, their location, their pain, their intensity, etc. And in so doing, he may learn things that could possibly alter/maybe even stop your treatment.

The doctor may become so worried about the symptoms you're describing, he may focus on the symptom, not the cause. And that's my fear in being honest: he may stop the treatment. I realize it might be counter-intuitive, but cancer scares the hell out of me. As a direct consequence, dishonesty sometimes becomes one's best policy.

Granted, being dishonest, or rather not totally forthcoming, with the person entrusted in extending your life, doesn't exactly win one the patient-of-the-year award. But when that same one is diagnosed with a "terminal" disease at age 54 and a half, there's a certain amount of clear thinking that quickly dissipates.

And if that same one is "ambalanced" to the hospital (in August 2013) for a week long stay in SICU (surgical intensive care), the fear of God is officially invoked which further clouds your judgment.

If you live long enough, your judgment improves but so too does your chance of dying. As I find myself saying: "I just can't keep on living with this thing, can I? I mean, I was diagnosed with a 'terminal' disease. They don't call it 'terminal' for nothing." But here I am, 10 years, post diagnosis, and living the dream, so to speak.

So how do I answer the doctor's questions when doing so honestly might lead to a gruesome outcome: hospitalization, and then, well, you know.

Let me be clear then about my answers. Maybe I'm not so certain about the "straight-on" effects? Maybe, they're not that bad and continuing the treatment will moderate the effects somehow while continuing to keep the cancer in its current place – without growing or moving?

I don't mean to understate my condition, but neither do I want to overrate it. Perhaps this mental anguish I'm describing makes no sense. But that's what cancer seems to do.

Nevertheless, I realize being honest with one's doctors is kind of important. Still, I may be too afraid of the consequences to be so inclined.

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



Special Olympics USA team athlete Jennifer Mitchell of Alexandria learns she takes the gold in the 1500m Open Water Swimming competition with a time 00:41:27.00.

It's Gold and Silver!

Local athletes return from Special Olympic World Games Abu Dhabi 2019.

By MERCIA HOBSON
THE CONNECTION

“Local Special Olympics athletes have proudly returned home from Abu Dhabi with an impressive amount of hardware to show off and even more memories to share,” announced Special Olympics Virginia.

Four athletes from Northern Virginia competed in the Special Olympics World Games Abu Dhabi 2019 held March 14–25.

Together the athletes picked up a total of eight medals, three golds and five silvers.

Two days after a crushing technical disqualification in the 200m freestyle, Joey Roney of Herndon earned a silver medal in the 100m freestyle finishing with a time of 00:01:20.72. “I appreciate the silver medal from the World Games more than my gold from the USA games because I competed against the best in the world. It was the experience of a lifetime,” said Roney.

Jennifer Mitchell of Alexandria set her sights high and dominated the 1500m Open Water Swimming competition capturing gold with a time of 00:41:27.00.

Victoria Martin of Woodbridge took two silvers, one in the 100m individual medley and another in the 200m freestyle. Martin ultimately captured gold during her last day of competition as she blazed through the water in the 100m breaststroke with a winning time of 01:35.99.

Runner, Karen Dickerson of Springfield took home gold in her first of three events with a time of 1:50:12 in the half marathon. Dickerson also earned silver in the 10,000m run. “I’m just doing my best to represent the USA and doing it for a long hard run ... Always start strong, finish strong, because that is what counts,” said Dickerson. The USA Special Olympics delegation included 215 athletes, 65 coaches and 34 delegation members who supported team operations. More than 7,000 athletes from 170 countries competed in the event held across the seven Emirates. Special Olympics described it as “the world’s largest humanitarian sporting event and a global movement which focuses on the empowerment of People of Determination with intellectual disabilities through the power of sport.”



Special Olympics USA team athlete, swimmer Dylan Joseph “Joey” Roney of Herndon after he earns a silver medal for his win in the 100m freestyle.

PHOTOS COURTESY OF SPECIAL OLYMPICS VIRGINIA



Special Olympics USA team athlete, Karen Dickerson of Springfield shows off her gold after she swept the half-marathon with a time of 01:50:12.



Special Olympics USA team athlete, swimmer Victoria “Tori” Martin of Woodbridge poses with her silver and gold medals.