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Honoring Outstanding Volunteers

Oak Hill Herndon CONNECTION

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Claire Jones receives the Distinguished Teen Volunteer Award for her 400 hours of service since 2017 in the community crossing various organizations and needs.



Big Impact in a Short Time
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Veg Fest Is Coming to Town
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PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 4 ENTERTAINMENT, PAGE 8 CLASSIFIEDS, PAGE 10

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NEWS

Veg Fest Is Coming to Town

Earth-friendly and free event expected to draw thousands.

BY MERCIA HOBSON
THE CONNECTION

The first-ever Fairfax Veg Fest takes place Sunday, April 14 from 10 a.m.- 5 p.m. in the parking lot of the Northwest Federal Credit Union located at 250 Spring Street, Herndon.

The free event showcases 60 exhibitors focused on the benefits and education of a plant-based lifestyle for health and benefits to animals. With live music, cooking demonstrations and a line-up of seven world-famous speakers there is something for everyone.

Speakers Dr. T. Colin Campbell, the best-selling author and star of the documentary,

"Forks Over Knives," Dr. Jim Loomis, Director of the Barnard Medical Center, former team internist for the St. Louis Rams football team and the St. Louis Cardinals baseball team and others will be on hand.

"The purpose of this event is to give people an opportunity to learn from and ask questions of those who have already seen life-changing results from plant-based eating...Those attending the Fairfax Veg Fest will also find information that will help them É make simple, easy changes to adopt a more heroic lifestyle that saves commoditized animals who cannot fight back when their lives are being taken. For those interested in environmental issues, there will be information showing that reducing demand for animal-based products could have immensely positive benefits for our planet," stated event organizers.

For more information and vendor sponsor applications, visit <http://fairfaxvegfest.org/> or contact Mike Young at a PlantBasedDiet.org@gmail.com.

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PHOTOS BY MERCIA HOBSON/THE CONNECTION



More than 350 volunteers enjoy the 35th Annual Volunteer Appreciation Night in the Town of Herndon.



Carl Vassar receives the Distinguished Service Award for his volunteer efforts at LINK.

Honoring 330 Outstanding Volunteers

BY MERCIA HOBSON
THE CONNECTION

Mayor Lisa C. Merkel welcomed more than 350 volunteers to the 35th annual Mayor's Volunteer Appreciation Reception, a night where the Herndon Town Council recognized and celebrated volunteers for their outstanding service to Herndon and its community. In a special tribute, Merkel dedicated this year's event to former Town of Herndon Councilmember Jeffrey L. Davidson who died a year ago to the date following an automobile accident.

"Our volunteers and their remarkable commitment to service epitomize one key reason why our Town is such a special place, and why we all continue every year to give more of ourselves to continue that tradition," said Merkel.

This year's theme for National Volunteer Week, April 7- 13 was Celebrate Service. Merkel said volunteers could encourage others to "discover their own power to make a difference."

The evening's guest speaker, Debra Bressler, Manager of Volunteer Engagement for Loudoun County Parks, Recreation and Community Services- Aging Services outlined five key reasons people volunteer - to help others, learn a new skill, bolster job opportunities, meet new people and keep busy. "When you serve, you inspire others," she said.

Bressler reported that 1-in-3 Virginians volunteer and the best encouragement to volunteer was to be asked by someone you know. "Volunteering tends to be an extension of one's family, work and social life, rather than something apart from it," said Bressler. She spoke about other benefits



Naila Alam receives the Distinguished Service Award for helping immigrant families faced by financial hardships, language barriers and more.

such as reduced depression, less chronic pain and longer life. "Bottom line, doing good is good for you."

The Distinguished Corporate Service Award went to Griffin Owens Insurance Group for their outstanding commitment to the town for the greater good of Herndon. "More than ten years ago, this corporate citizen took over all the deliveries of LINK during the month of December. This is a four day per week commitment all month long," said Merkel.

Claire Jones earned the Distinguished Teen Volunteer Award for her "positive, can-do attitude, (one) who steps out of her com-

fort zone to lend her assistance when she sees a need," said Merkel. Jones contributed more than 400 volunteer hours since 2017, said Merkel.

The first of the three Distinguished Service Awards, the highest level recognition awarded in the Town went to Carl Vassar of LINK who, Merkel said, "ensures all deliveries are made, the shelves are restocked, recycling is properly disposed and volunteers are welcomed with a smile."

The second Distinguished Service Award was presented to Naila Alam who Merkel said, "dedicated herself to assisting others, especially immigrant families, women and



Margaret Jamborsky receives the Distinguished Service Award for helping to build connections between Herndon High School students and World War II veterans and their families as the school's band members prepare to perform at the 75th Anniversary of D-Day in Normandy spring 2019.

widows who were struggling with language barriers, financial hardships, and unfamiliarity in a new country."

The third recipient, Margaret Jamborsky, connected Herndon High School students with the story of the U.S.S. Herndon and World War II veterans. "She found the original muster rolls, contacted 290 families of the 301 men serving aboard the ship... (and) paired students to crew members," Merkel said.

Claire Jones, the recipient of the Distinguished Teen Volunteer Award, said, "It's important to volunteer because you are able to grow closer to your community."

OPINION

Empowering Victims of Sexual Assault

Sexual assault awareness and prevention in Fairfax County.

BY SUPERVISOR JOHN C. COOK
BRADDOCK DISTRICT



April is sexual assault awareness month. This awareness month is especially relevant with the recent high-profile cases of sexual assault. These stories have taught us that anyone can be a victim of sexual assault. The crime does not discriminate against race, education, status, age or gender. This has started an important conversation among all of us about sexual assault and listening to victims. Fairfax County seeks to empower victims of sexual assault, prevent sexual assault through education, and provide comprehensive services to survivors.

Statistics vary, but many studies show as many as 1 in 4 women and 1 in 6 men will experience sexual violence in their lifetime. Sadly, only one third of these crimes are reported to law enforcement according to the Bureau of Justice Statistics. While Fairfax County is the safest jurisdiction of its size in the country, sexual violence is still an issue we face. The Fairfax County Police Department re-

ceived 289 reports of sexual assault in 2017. Aside from prevention, Fairfax County is dedicated to encouraging victims to report the crimes committed against them so justice can be served.

The Department of Family Services' Domestic and Sexual Violence Services (DSVS) 24/7 Hotline (703-360-7273) is one of the resources that provides a safe place for victims of sexual assault. The confidential hotline connects victims or concerned bystanders with trained volunteers. The callers can speak openly to the volunteers who can give them crisis support and point them to the next best step. DSVS also provides counseling services, hospital accompaniment, advocacy services, housing and financial assistance. The hotline is separate from the police department, but they may encourage the victims to contact the police department and guide them through the process of reporting the crime.

The Fairfax County Police Department is highly trained to carefully interview victims and investigate the crime as thoroughly as

possible to help them get justice. In fact, the department is co-hosting the second annual Northern Virginia Sex Crimes Investigators Conference this year to offer additional specialized training in sexual assault cases to local officers. Victims services are also provided by department staff to give "immediate and direct support and assistance to crime victims, their families and witnesses suffering emotionally, financially and physically."

There are several programs geared toward education, awareness, and sexual assault prevention. The County's Community and Engagement Services team offers several different informational courses and presentations on sexual assault awareness and prevention. One of these classes, called the HYPE (Healthy Youth Prevention Education) Project, teaches teens about intimate partner violence, sexual assault prevention, and healthy relationship skills through hands-on activities, multimedia, role-play exercises and facilitated discussions. Through programs like these we can comprehensively address the issue of sexual assault and come closer to ridding it from our society for good.

Need for Affordable Housing: 'Raging Five-alarm Fire'

BY KOFI ANNAN
PRESIDENT, FAIRFAX COUNTY NAACP



Transcript of planned testimony before the Fairfax County Board of Supervisors Tuesday, April 9, 2019 at budget hearings.

Fairfax County is one of the most attractive places to live and work, not only in Northern Virginia, but throughout the region, and a big reason for that is our rich diversity. However, that diversity is being increasingly threatened by rising home prices and the lack of affordable housing in the region. The situation will be exacerbated by the arrival of Amazon, which is projected to bring an additional 25,000 employees — most of whom will make six-figure salaries. Demand is already increasing dramatically, which is pushing the almost 70,000 poor and working class people out of Fairfax County. According to the Northern Virginia Association of Realtors, the number of homes under contract rose by 70 percent over the last year. This means that fewer and fewer of our teachers, county staff, hospitality industry workers, nurses, and public safety officials will be able to live in the communities they serve. This means that the fewer and fewer of our young people will be able to leave the nest once they graduate high school or college. That means that fewer and fewer of our elderly population will be able to age in place without having to make unconscionable choices of paying to keep a roof over their heads or paying to put food on the table or purchasing medication. Up to 20,000 senior households and 10,000 disabled households are making these choices everyday as we speak. And this means that many people of color will also be forced

to abandon their homes as our communities experience gentrification. Fifty percent of the county's African American community are currently categorized as housing insecure; and 50% of the County's homeless population are African American.

While the NAACP voted in favor of the Housing Commission's recommendation to add a minimum of 5,000 units over the next fifteen years, this problem cannot wait fifteen years, and 5,000 units would not come close to addressing the actual current need which is 30,000 units, much less the projected need fifteen years from now. The problem of affordable housing is becoming similar to a raging five-alarm fire, but unfortunately the county's approach has been to tackle it with a garden hose instead of giving it the priority attention it truly deserves.

Therefore, we strongly urges the Board of Supervisors to increase funding for the Housing Trust Fund in the 2020 Budget by exploring inefficiencies in other programs and/or include an additional half-penny real estate tax in this year's budget. These funds should be used to stimulate new investment in new market affordable units, and preserve existing ones. Also, beginning in FY2021, approve an annual appropriation of \$50 million for the County's Housing Trust Fund. The argument that there is already unused money in the Trust Fund is also unacceptable, and the county should address this immediately to encourage more private investment.

In a related matter, we applaud the county for funding efforts to investigate real estate steering and discrimination. The 2017 Office of Human Rights and Equity Programs report

found that because of past discriminatory practices in housing, Fairfax County does not have the racial distribution in housing that would be present in a free housing market. These studies should begin to address this issue.

Next we would like to revisit the issue of early childhood education. There are more than 17,000 children from low-income families eligible for county-subsidized pre-K education who are not receiving it with over 4,000 currently wait-listed. Last year the county only provided funding for an additional 36 children; but in response to our requests to do more, the county claimed it would conduct a study to learn the full scope of the problem and cost to implement universal pre-K. Unfortunately, as of today the county has neither followed-through with the promised study nor funded a meaningful increase for the known children. This year the county is funding the exact same increase as it did last year - 36. Therefore we are reiterating our call for the county to commit necessary resources to enroll at least 300 low-income children in pre-K in 2020 and to devise a long-term plan to provide for at least 2,000 children over the next five years.

We applaud and support the plan to fund the purchase and implementation of police body worn cameras using the funds that were set aside to implement the recommendations of the Ad-Hoc Police Practices and Review Commission. This would be a significant step towards bringing the Fairfax County Police Department on par with other local and regional departments. As one of the largest in the country, it's important that our department remains a leader in innovation, transparency, and public accountability.

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WEEK IN HERNDON

Death in Herndon Investigated

On April 5, 2019, at approximately 1 a.m., Herndon Police officers responded to the 600 block of Clearwater Court for a report of an unresponsive male victim with trauma to his upper body. The 45-year-old victim was transported to Reston Hospital where he was pronounced dead at approximately 2 a.m. This investigation is ongoing. There is no known threat to public safety.

Anyone with information regarding this incident should contact Detective Miranda at 703-435-6843.

Registration Opens for Herndon Youth Police Academy

The Town of Herndon Police Department opened registration for its 2019 Youth Po-

lice 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@herndon-va.gov.

— MERCIA HOBSON

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PHOTOS BY GREG HADLEY

Even in cooler months, guests can find a warm spot outdoors — whether it's soaking in the sunken hot tub or cozying up to the wood burning fireplace flanked by gas torches.

Stylish Outdoor Living Wins 'Contractor of the Year'

Dreaming of making the most of outdoor living? Look at this.

BY JOHN BYRD

An outdoor living addition to Chateau-style residence in Oakton has won a "Contractor of the Year" grand award for Sun Design Remodeling Specialists.

The comprehensive design — which combines a screened porch, an outdoor kitchen and dining area, a hot tub and a stone fireplace in a cleverly integrated, multi-level layout— completes the rear elevation of the 9,500 square foot custom home the owners had built in 2001. The remodel to the home of Larry and Lisa Rice was named best "Residential Design/Outdoor Living Solution for \$60,000 and over" by the National Association of the Remodeling Industry (NARI) metro DC chapter.

"We wanted an indoor/outdoor gathering place that would bring the whole family together," says Lisa, 56, a retired mother of teenage twins. "The rear of the house was originally conceived as a walk-out, but I realized later that I didn't want high decks. Once I saw the design problem more clearly, I was simply looking for a better set of options — albeit, ones I couldn't fully envision." Rice credits Craig Durosko, chairman and founder of Sun Design, with re-awakening her enthusiasm for the project by identifying and prioritizing its primary components.

"Craig got our vision" Lisa says. "It was his attention to our goals that revived my interest in moving forward."

In the end, the plan appreciably responds to the Rice family's passion for indoor-outdoor living.

❖ A 437-square-foot screened porch linked to the kitchen via a folding glass window provides a cozy, insect-free gathering spot. An eight-foot counter abut-



Best Outdoor Living Solution. A multi-component, multi-level rear elevation addition to a home in Oakton recently garnered a "Contractor of the Year" Grand Award for Sun Design Remodeling.

ting the "pass-thru" inside the porch facilitates service and dining. With a gas fireplace clad in stone and a flat screen TV, the porch can be fully used as an entertainment mecca nine months of the year;

❖ A formal dining area situated under a cedar pergola incorporates retractable awnings for shade;

❖ The 21-by-21-foot outdoor kitchen includes a built-in Wolf gas grill, a beverage center with refrigerator, an ice maker, a sink, and a stainless oval grill;

❖ Three steps down, the open air deck (22-by-28 feet) features a wood-burning hearth and a hot tub set-off by planters and gas torches — an inviting spot to deeply relax, even in cooler weather.

❖ A ground-level patio (16-by-19-feet) just outside the fully-appointed lower level family room offers a fire pit, and a quiet perch for stargazing.

"I always thought of the lower patio as a place where the kids could get away from the adults if they wanted," Lisa says. "On the other hand, Larry and I like it too."

Sun Design Remodeling is headquartered in Burke, Va. and also maintains an office in McLean. For More Information Visit: www.SunDesign.com or call 703-425-5588

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PHOTO BY MERCIA HOBSON/THE CONNECTION

For the second year, the LED Exchange Program is underway at designated Fairfax County Libraries through May 2019.

Free LEDs

Fairfax County lights the way to savings and energy efficiency.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County government announced that while supplies last, up to five LED light bulbs per household will be given away at designated Fairfax County Libraries on six given dates in April and May. “You could save \$75 a year by replacing your five most frequently used, traditional, incandescent bulbs with LEDs,” stated Fairfax County referencing findings by the U.S. Department of Energy.

The LED Exchange program, now in its second year, is a part-

nership between Energy Action Fairfax and the library. Last year the county handed out a reported 8,000 light bulbs. The county held its first 2019 exchange on Saturday, April 6. The second is Tuesday, April 23, 6:30–8:30 p.m. at the Reston Regional Library, 11925 Bowman Towne Drive, Reston.

“Get a free LED-and if you bring in up to four of your incandescent or compact fluorescent light bulbs, we’ll exchange them for LEDs. The ENERGY STAR™-certified LEDs we’re giving away offer a warm white light that’s equivalent to a 60-watt incandescent light bulb,” stated Fairfax County.

Dates and locations:

- Wednesday, April 10, 10 a.m.–noon, Pohick Regional Library, 6450 Sydenstricker Road, Burke
- Thursday, May 2, noon–2 p.m., Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church
- Monday, May 13, 4-6 p.m., Centreville Regional Library, 14200 St. Germain Drive, Centreville
- Saturday, May 18, 10 a.m.–noon, George Mason Regional Library, 7001 Little River Turnpike, Annandale

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Public Meetings

Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2020-2025 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. Hearings held in Northern Virginia and Fredericksburg will also provide opportunity for input on the I-95 Corridor Improvement Plan. The Commonwealth Transportation Board (CTB) will consider your comments as it develops the FY2020-2025 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian, and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds. Meeting materials will be available at <http://www.ctb.virginia.gov/planning/springmeetings/default.asp> beginning April 11, 2019.

**Public hearings begin at 4 p.m. in each of the locations except as noted below:
A formal comment period will be held at these meetings.**

Thursday, April 11, 2019 Lynchburg District Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504	Monday, April 15, 2019 Hampton Roads District Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435	Monday, April 22, 2019 Staunton District Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486
Tuesday, April 23, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Thursday, April 25, 2019 Richmond District Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060	Monday, May 6, 2019 Culpeper District Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
Tuesday, May 7, 2019 Salem District Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018	Thursday, May 9, 2019 Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Monday, May 13, 2019 NOVA District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.

*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

Beginning at 3 p.m. (except in Northern Virginia and Fredericksburg, which will begin at 5 p.m.), there will also be an open house with information and opportunities for public feedback on the statewide, multimodal transportation plan, known as VTrans. This open house will be the first of four for the new plan update and will cover the vision and goals for the plan as well as information on the required statewide multimodal Needs Assessment. More information can be found at www.VTrans.org or via email at comment@vtrans.org. There is no formal hearing for the VTrans open house.

You can also submit your comments via email or mail by May 27, 2019, to:

For roads and highways: Six-YearProgram@VDOT.Virginia.gov, or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: DRPTPR@drpt.virginia.gov, Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of, its services on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).

CALENDAR

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

ONGOING

Art Exhibit: Herndon Pyramid Schools.

Through April 20, at ArtSpace Herndon, 750 Center St., Herndon. The exhibit is open to the community and will feature artwork by students from Aldrin Elementary, Armstrong Elementary, Clearview Elementary, Dranesville Elementary, Herndon Elementary, Hutchison Elementary, Herndon Middle, and Herndon High School. Some art available for purchase. Call 703-956-6590 or visit www.artspaceherndon.org.

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.

THURSDAY/APRIL 11

Storytime For Three To Fives. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program with stories and activities. Age 3-5 with adult. No registration required. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Teen Advisory Board. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join TAB to gain leadership and volunteer experience and share ideas about how to make the library a wonderful place for teens. Volunteer hours granted. Age 13-18. No registration required. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Poetry Slam. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. April is National Poetry Month, the largest literary celebration in the world. Adults, teens. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

FRIDAY/APRIL 12

Gymboree Music I. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Age 6-18 months with adult. Register beginning March 29. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Gymboree Music II. 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Age 18-24 months with adult. Register beginning March 29. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

SATURDAY/APRIL 13

Easter Egg Hunt and Party. 10 a.m. at Reston Presbyterian Church, 10610 Sunset Hills Road, Reston. Fifth grade and younger. Free. Rain or shine. Visit www.restonpres.org.

EGGnormous Egg Hunt. 10 a.m.-11:30 a.m. at Sunrise Valley Elementary School, 10824 Cross School Road, Reston. A community tradition. Enjoy entertainment by a strolling magician, games and multiple moon bounces along. Bring a camera and a basket to carry goodies. Bring water or pack a picnic to enjoy while outdoors. The egg hunt starts at 10:30 a.m. sharp. Infants - 8 years old. Free. Call 703-390-6163.

Sing! Books With Miss Emily. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne



COURTESY OF THE HERNDON PARKS AND RECREATION DEPARTMENT

Fun with the Easter Bunny at the Herndon Easter Egg Hunt.

Herndon Easter Egg Hunt

The Town of Herndon Parks and Recreation Department will host our annual traditional Easter Egg Hunt, featuring: an egg hunt, craft projects, story time in the library, instrument petting zoo, a petting zoo, coloring mural, potting station, and photos with the Easter Bunny. Bring a basket or bag to collect eggs. For children, ages walking up to 7. Saturday, April 20, 9:30-11:15 a.m. (hunt times by age) at Herndon Municipal Center Town Green, 777 Lynn St., Herndon. Advance registration is \$9 per child; onsite registration is \$10 per child (bring cash or check). Visit herndon-va.gov/recreation or call 703-787-7300.

Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. All ages. No registration required. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Hike & Tea. 11 a.m.-1:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Frying Pan Farm Park joins in the National Cherry Blossom Festival this spring with a nature hike and Japanese tea. Begin the adventure at the Indoor Arena to pick up a map and instructions. Volunteers will guide participants to the starting point of the park's nature trails. Follow the signs to visit stations where you can build a fairy house, help tally migratory and resident birds, and search for critters in the soil and water. End the journey at the 1790's Meeting House to enjoy Japanese teas. Free. Open to all ages. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

Aqua Egg Hunt. 1:30-4:30 p.m. (times by age) at Herndon Community Center, 814 Ferndale Ave., Herndon. Herndon's 10th Annual Aqua Egg Hunt. Children will collect as many floating and sinking eggs as possible in the time allowed. After the hunt, families may stay for open swim. Swim attire is required. Children 6 years and under must be accompanied by a parent in the water. \$10 for one child and one parent. Register online until noon on Saturday. After that, all registrations must be completed at the front desk. Visit herndon-va.gov/Recreation, or call 703-787-7300.

SATURDAY-SUNDAY/APRIL 13-14

Fundraiser: Famous Toastery. 9 a.m.-2 p.m. in the Reston Town Center West Shopping Center, 12100 Sunset Hills Road, Reston. Famous Toastery will open its 35th restaurant, and donate 100 percent of the proceeds during its two-day soft opening, open to the public, to benefit Reston-based charity Cornerstones. The Famous Toastery Reston Grand Opening is set for Monday, April 15 with normal operating hours, 7 a.m.-3 p.m. Visit www.famoustoastery.com.

SUNDAY/APRIL 14

Fairfax Veg Fest. 10 a.m.-5 p.m. in the large parking lot of the Northwest Federal Credit Union, 200 Spring St., Herndon. The Fairfax Veg Fest will host vendors with plant-based food (no meat or dairy products), vendors that provide fitness and wellness services, green products, animal compassion nonprofits, and more. Visit fairfaxvegfest.org/ for more.

Live Music: Becky Buller Band. 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



Live Music: Shawna Caspi

Toronto-based singer-songwriter and fingerstyle guitarist Shawna Caspi performs live. Thursday, April 25, 6:30 p.m. at Lake Anne Coffee House, Lake Anne Village Center, 1612 Washington Plaza, Reston. Free. Call 703-481-9766 or visit lakeannecoffeehouse.com.

in advance, \$20 at the door. Purchase tickets online at www.fairfaxcounty.gov/parks/frying-pan-park/bluegrass-barn or by phone at 703-222-4664 or 703-437-9101.

MONDAY/APRIL 15

Baby Lapsit. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Enjoy nursery rhymes and songs while building early literacy skills for your child. Age Birth to 11 months with adult. Registration begins April 1. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Reston Photographic Society Meeting. 7:30-9:30 p.m. at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts to join fellow photographers. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit www.leagueofrestonartists.org for more.

TUESDAY/APRIL 16

SpanChats. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Ongoing Spanish conversation group. All levels from beginner to fluent are welcome. Adults. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Sam's Book Club. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join former FCPL director Sam Clay for a lively book discussion. This month's title is "A year in Provence" by Pater Mayle. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Live Music: April Mae & the June Bugs. 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. April Mae and the June Bugs was founded by April Iorio, lead vocalist and songwriter from the group South Saturn Delta. They specialize in an eclectic mix of Americana under the influence of Jump Blues, Swing, & Rockabilly. Suggested donation is \$10 for members of the Folk Club of Reston/Herndon and \$11 for non-members. Visit www.restonherndonfolkclub.com for more.

WEDNESDAY/APRIL 17

Bollywood Dance Fitness. 6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join in for a fun Bollywood Dance Fitness, led by local instructor Aparna Rao. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Basic Knitting. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn the only two stitches needed to knit anything. For 16 years and older. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

THURSDAY/APRIL 18

Messy Minis. 10-10:45 a.m. at ArtSpace Herndon, 750 Center St., Herndon. Messy Minis Class with Megan Hunter Scarmazzi is a four-week series for toddlers who love getting into everything and making a mess, or a budding artist who loves to paint and draw all over everything they're not supposed to. For ages is 1-3 years, but flexible. Parents who have a toddler and a baby (under 1) are welcome to bring the baby along for free. \$100 per child. Register with Megan Hunter Scarmazzi, Messy Bee Studio at messybeestudio@gmail.com.

Baby Steps Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An interactive storytime for parent/caregiver and child. Age 12-23 months with adult. No registration required. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

FRIDAY/APRIL 19

Baby & Me Yoga. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A nurturing yoga workshop is designed for the two of you. No experience needed. Please bring a towel or yoga mat. Age 6 weeks - 16 months with adult. Registration begins April 5. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

Great Decisions Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Watch the film produced by the Foreign Policy Association and participate in the roundtable discussion on current events and U.S. foreign policy options. The topic for April is "The Rise of Populism in Europe." Discussion materials are available at the Info Desk. Light refreshments will be served. Adults. Visit librarycalendar.fairfaxcounty.gov or call 703-689-2700.

SATURDAY/APRIL 20

Herndon Easter Egg Hunt. 9:30-11:15 a.m. (hunt times by age) at Herndon Municipal Center Town Green, 777 Lynn St., Herndon. The Town of Herndon Parks and Recreation Department will host our annual traditional Easter Egg Hunt, featuring: an egg hunt, craft projects, story time in the library, instrument petting zoo, a petting zoo, coloring mural, potting station, and photos with the Easter Bunny. Bring a basket or bag to collect eggs. For children, ages walking up to 7. Advance registration is \$9 per child; onsite registration is \$10 per child (bring cash or check). Visit herndon-va.gov/recreation or call 703-787-7300.

Hub Theatre Opens New Season with 'The Burn'

Performing at new venue, Herndon's NextStop Theatre.

BY DAVID SIEGEL
THE CONNECTION

Northern Virginia's The Hub Theatre specializes "in new plays that highlight our common humanity," said Matt Bassett, Hub Artistic Director. "We are excited to present the regional premiere of 'The Burn' by playwright Philip Dawkins. This Burn explores what happens to a teacher and his students when a classroom conflict turns into an online witch-hunt."

"The Burn' is a contemporary examination of 'The Crucible' using social media as its lens," said Bassett. A high school production of "The Crucible' tensions escalate into acts of bullying – both online and IRL' (n real life).

"That anonymity, which is such a huge part of our modern life, brings great responsibility. Dawkins' play does a great job of



PHOTO COURTESY THE HUB THEATRE

Matt Bassett, artistic director, The Hub Theatre, and director, "The Burn" by Philip Dawkins.

illustrating how much power one person can have in the life of another and challenges each of us to use that power to help,"

Where and When

The Hub Theatre presents "The Burn," performing at NextStop Theatre, 269 Sunset Park Drive, Herndon. Performances: April 26 to May 11, 2019. April 26, 27, May 2, 3, 4, 9, 10, 11 at 8 p.m., April 27, 28, May 4, 5, 11 at 2 p.m. and April 28 and May 5 at 7 p.m. Tickets: \$32 adults, \$22 seniors and \$20 for students. Tickets can be purchased online at: www.thehubtheatre.org or at the door on the day of the performance.

said Bassett.

In directing "The Burn," Bassett has cast a cast of local performers, each making their official Hub Theatre debut. The cast includes: Gabby Wolfe, Chloe Mikala, Christina Day, Rae Venna and Elliott Kashner.

As for the scenic design, the audience will find themselves in a classroom, a courtroom, a living social media platform, and the Internet all in one place. The creative design team includes a number of returning Hub collaborators, Elizabeth Zuck as set designer, Catherine Girardi as lighting designer, Reid May as sound designer, Amy Kellett as props designer and Hub newcomer Grace Mitchell as costume designer.

Bassett was clear about why he wanted to direct "The Burn."

"Dawkins' depth of character, dexterity with setting and sparkling dialogue attracted me to it as a full production. His work always plays well for us due to its meshing with Hub's sensibilities: tell a simple story with complexity of character and bold theatrical opportunity."

"The Burn" is the first full production of Hub's Season 11 in its temporary venue at the NextStop Theatre performance space in Herndon. "NextStop has been a friend to The Hub. We are thrilled to play in their house for this production," said Bassett. "The NextStop space itself is our flavor: simple, effective with lots of staging opportunity."

"I am so excited and honored to be hosting The Hub at NextStop. I have long been a huge fan of their work and it's a pleasure to have the opportunity to support our fellow local theater-makers," said Evan Hoffmann, producing artistic director, NextStop Theatre.

The Hub Theatre presents "The Burn," at NextStop Theatre, 269 Sunset Park Drive, Herndon, April 26 to May 11. Tickets at www.thehubtheatre.org or at the door on the day of the performance.

BULLETIN BOARD

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

THURSDAY/APRIL 11

Weekend Food for Kids. 9:30-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. 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 area Title I schools. Free. Visit www.alnv.org for more.

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.

TUESDAY/APRIL 23

Supervisor Candidates' Forum. 7-9 p.m. at Reston Community Center Lake Anne, 1609-A Washington Plaza N., Reston. Supervisor

Cathy Hudgins is retiring at the end of this term. This forum will allow Hunter Mill District residents to hear their potential supervisor's positions and plans first-hand. Moderators and audience members will ask questions of the candidates. Free. Call 703-662-1687 or visit RCareston.com for more.

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 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.

SEE BULLETIN, PAGE 15

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Announcements

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NEWS

Allstate Volunteers, Assistance League Join Forces to Provide Food for Kids

PHOTO CONTRIBUTED

Allstate Insurance Company recently held its first Capital Regional Advisory Board meeting of 2019. Assistance League of Northern Virginia was pleased that its Weekend Food for Kids program was once again featured as Allstate's volunteer service activity.

Lynn Barron and Karen Amster, board members from the Assistance League, an all-volunteer nonprofit, were invited to speak about Assistance League's program that decreases childhood hunger and other philanthropic programs that benefit low-income children in Northern Virginia. Sharee Merenov, Allstate Capital Region division manager, corporate relations, coordinated the resources and purchased the nonperishable food items to support The Allstate Foundation Helping Hands in the Community group activity.

A team of 40 Allstate volunteers and seven Assistance League volunteers packed nearly 500 bags of food for children who might otherwise go hungry on weekends.

Partnering with Allstate allowed Assistance League to satisfy an immediate need for food assistance at two Title I elementary schools not currently supported by the food program.

Thanks go to Shaundra Turner Jones, Allstate Capital Region senior corporate relations manager, Robert Becker, Allstate Capital Region field senior vice



A team of 40 Allstate volunteers and seven Assistance League volunteers packed nearly 500 bags of food for children.

president and Christine Angles, Manassas Allstate exclusive agent, for supporting the Assistance League mission to transform the lives of children and strengthen community.

See www.alnv.org for further information on Assistance League programs.

Fairfax Parks Announce Poetry Contest Winners

Young poets will get their Game On with readings of their award-winning poetry during Springfest at Sully Historic Site on Saturday, April 27, 2019.

To honor National Poetry Month in April, the Park Authority asked young people in grades K-8 to submit poems inspired by the fun, joy and excitement found in Fairfax parks.

In response to an increase in submissions of outstanding poetry, the Fairfax County Park Authority and the Fairfax County Park Foundation awarded three winners in each category instead of two. The winners in each grade category of the poetry contest are:

- Grades K-2
- ❖ Emma Davis of Alexandria, a

kindergarten student at Mount Eagle Elementary School

- ❖ Lauren Miller of Chantilly, a first-grader at Lees Corner Elementary School

- ❖ Zoya Quraishi of Ashburn, a kindergarten homeschool student

- Grades 3-5
- ❖ Elias Rhee of Fairfax, a fifth-grader at Mantua Elementary School

- ❖ Naomi Rucker of Springfield, a fifth-grader at West Springfield Elementary School

- ❖ Bianca Volociuc of Fairfax, a fourth-grader at Fairhill Elementary School

- Grades 6-8
- ❖ Ashley Chon of Vienna, a sixth-grader at Colvin Run Elementary School

- ❖ Aabaq Gaffar of Vienna, a sixth-

grader at Mosby Woods Elementary School

- ❖ Betty Schlageter-Prettyman of Vienna, a sixth-grader at Fairhill Elementary School

Stop by to hear these poets share their works at the Springfest Poetry Showcase at 10:30 a.m. April 27. The award winners will receive a \$50 Park Authority gift card to allow them to continue exploring Fairfax parks all year long. This contest is sponsored by the Fairfax County Park Authority and the Fairfax County Park Foundation. Sully Historic Site is located at 3650 Historic Sully Way, Chantilly. For more information, email parkmail@fairfaxcounty.gov or call the Public Information Office at 703-324-8662.

Announcements

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Announcements



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BULLETIN

FROM PAGE 9

WEDNESDAY/MAY 8

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

FRIDAY/MAY 10

Nomination Deadline. The Greater Reston Chamber of Commerce is seeking nominations for their annual Awards for Chamber Excellence (ACE). These awards are given to those members who demonstrate excellence in their business practices, are leaders in their industry, and support the mission of the Chamber. Visit www.restonchamber.org for more.

SATURDAY/MAY 11

Family Caregiver Expo. 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as free massages. Contact Amy Shields at ashields@capitalcaring.org or call 703-531-6095

Performers Wanted. The NVFAF is once again bringing thought-provoking performance art to the three-day festival at Reston Town Center. *ON DISPLAY/RESTON*, a movement installation by Heidi Latsky, will celebrate the beauty of differences. The artist is looking for men and women 18 and older to participate. No formal dance experience is required, and diversity and the most inclusive range of ability are welcome. The movement installations will involve focus, stillness and structured improvisation. The events will take place Saturday, May 18 at 7 p.m. and Sunday, May 19 at 11 a.m. and 2 p.m. Email Kevin.Danaher@Fairfaxcounty.gov or call 703-390-6166 for more.

WEDNESDAY/MAY 22

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.

SATURDAY/JUNE 1

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.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

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As It Has So Happened



By KENNETH B. LOURIE

So far, four bi-weekly immunotherapy-infusions into my initial non-chemotherapy experience, per the encouraging results from my CT scan in mid March, I remain optimistic but cautiously neutral as I prepare to infuse three more times before my next scan in mid May.

However I feel, and however I've felt, ultimately the CT scan – and to a lesser degree – my lab results, will do the talking, so to speak. What it will say will be interpreted by my oncologist who in turn will explain/summarize it to us in person a week or so after the scan.

That's when I'll know how I'm doing. And how I'm doing of course means how much longer I'll be living. A more stressful appointment you can't imagine.

What I'm sure you can imagine is how high my blood pressure will be as we sit in the examining room waiting for my oncologist to knock on the door asking if it's OK to come in.

And when he comes in, he usually smiles and shakes our hands and then immediately sits behind the computer where he proceeds to ask the standard health- and fitness-type questions. Then he might even examine me (not all the time – as he has said, the scan tells him most of what he needs to know) before he addresses the elephant in the room (metaphorically speaking, although I have gained a few pounds).

Dina and I don't exactly hold hands but we are holding our collective breath as we prepare to hang on his every syllable. This exchange of pleasantries happens every eight weeks or so. In the interim, I am encouraged to email my oncologist with any questions or concerns, particularly if new symptoms develop and persist for two to three weeks.

Well, I did have something happening to me the other Saturday, the day after my last immunotherapy infusion which, treatment-to-date, had not happened.

When I awoke that morning, I was unable to summon up the strength/energy to get out of bed. It felt similar to my early days of heavy-duty chemotherapy, when due to the destruction of your red blood cells (and white cells, too), you can barely move. There was no pain, but neither was there any energy.

Simply put: the tank was empty. I could barely roll over in bed, let alone get up, walk downstairs and feed the cats. This kind of extreme post-immunotherapy fatigue was a first. All previous post-immunotherapy Saturdays were not the least bit similar or different than any other day.

I did not, nor have I since, emailed my oncologist with any of these details. At this juncture, I consider it an aberration and not worthy of an overreaction.

For all I know, to invoke an old punchline, my underwear was too tight.

As such, I will wait until my next infusions and see if the following morning follows an old or new pattern. If it's new, I will email my oncologist.

It's ironic that this situation occurred a few days after last week's column "It's Not As If My Life Depends On It" published. The content of which was my anxiety concerning emailing my oncologist about new symptoms/side effects for fear that in so doing, my oncologist would be for stopping my treatment. And in stopping my treatment, there is then nothing stopping the cancer.

This is some of what I've heard over the years; it's not so much the cancer that gets you as it is the side effects which cause the treatment to have to stop which then enables the cancer to then do what it most horrifyingly does (you'll note I didn't say inevitably).

But I'm not an alarmist, nor an "overreactionist," (to make up a word as I so often do). I've survived 10+ years by being neither.

I try to go about my cancer business as any other and live life as normally – for me – as possible. I am not gloom and doom and for me, the glass is always half full. And even though I'm in the middle of a big negative, I'm still positive.

After all, I'm a member of Red Sox Nation; hope forever springs eternal.

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

Big Impact in a Short Time

Herndon holds Parks and Stream Clean-Up and Shred Event.

BY MERCIA HOBSON
THE CONNECTION

One by one and in groups the volunteers came, people like Bill Wilde of Herndon, Christine Westbrook of Vienna, Crystal Reyna of Bristow and April Eubank, a new Town of Herndon resident. They and others met at the main entrance of Runnymede Park in Herndon early Saturday morning April 6 to participate in the annual Parks & Stream Clean-Up Event sponsored by the Friends of Runnymede Park, Town of Herndon Parks & Recreation and Community Development departments.

"Runnymede is a beautiful passive park, open to the public for nature walks, bird watching, and enjoying the native plants and flowers," said Sandra Browning, member of the Board of Directors Runnymede Park.

"Nobody really likes to look at the litter," said John Dudzinsky, Community Forester for the Town of Herndon. "People like a clean environment and the effort we are doing here is beneficial to our people, wildlife and our watershed," he said.

Dudzinsky explained that watersheds slow stormwater runoff and help in settlement of particulate matter. Watersheds support habitat for plants and animals and provide drinking water for people and wildlife. "A watershed is where water collects in a specific area and then flows to a stream, to a river, to the bay and the ocean. Watersheds are important not only for wildlife, but they provide us with our drinking water. The reason why we are doing our cleanup is to collect all the litter, so it doesn't flow downstream from the watershed into the Potomac River and the Chesapeake Bay."

Dudzinsky assigned one of the first groups with Wilde and Westbrook to the wooded perimeter of Haley Smith Park. The next group, with Reyna and her classmate Zenab Kabbara, he assigned to the Runnymede bio pond and trails. The third group, Boy Scout Troop #157 of Herndon, Dudzinsky directed to Trailside Park. On and on for a total of 13



Environmental heroes, Christine Westbrook, Bill Wilde, John Vierow, Matt Vierow and students Owen, Will, Emma and Thomas of South Lakes High School, arm themselves with black plastic bags ready to rid the Herndon's parks, trails and bio ponds from litter, so it doesn't flow downstream into the Potomac River and the Chesapeake Bay.



Crystal Reyna and Zenab Kabbara pick up litter in one of the Sugarland Run bio ponds near Runnymede Park in Herndon during the Parks and Stream Clean-Up Event.

cleanup locations, 13 crews of volunteers made a big difference in a short amount of time.

During the same morning, the Town of Herndon offered a free and secure document shredding service. "It's a great event where

you can bring documents and safely have them shredded. I can see them shredded," said Fermina Rochac.

Runnymede Park is located at 195 Herndon Parkway between Elden and Queens Row streets.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Northwest Federal Credit Union's global headquarters is in Herndon at 200 Spring Street.

New Merger Partner for Northwest Federal Credit Union

BY MERCIA HOBSON
THE CONNECTION

On April 1, 2019, Northwest Federal Credit Union announced the membership of Constellation Federal Credit Union (CFCU), "voted to approve merger partnership between the two credit unions effective July 1, 2019." The National Credit Union Administration approved the merger agreement in February.

According to NWFCU, "the combined credit union will operate under the Northwest Federal brand, headquartered in Herndon, Virginia. Northwest Federal's President and CEO Jeff Bentley will continue as CEO of the combined organization, and CFCU CEO Bobby Josephson will serve as a senior consultant. All CFCU employees will become a part of Northwest Federal's team, and its 8,000 members will join Northwest Federal's current membership base of 270,000."

Northwest Federal President and CEO Jeff Bentley stated, "Introducing CFCU as a merger partner will create new opportunities for growth and will help us to continue to offer the very best in financial services, including advanced technologies and superior member service," said Bentley. "The partnership was a natural one as our institutions share a commonality of membership and geographic footprint. We both understand and value the security needs of our many members who work for the federal government while also under-



Jeff Bentley President & CEO will continue as CEO of the combined organization after the merger partnership between Northwest Federal Credit Union and Constellation Federal Credit Union is effective July 1, 2019.

standing the importance of providing convenient and exceptional service. The merger will also introduce two new Northwest Federal branch locations."

CFCU lists two local branches on its website, one in Reston at 1810 Samuel Morse Drive Reston and one at 9500 MacArthur Blvd., Bldg. 20 Cabin John, Md.

"Merging with this strong and stable credit union will introduce expanded services, benefits, and new economies of scale. We're excited about the promise of greater operating efficiency, more convenience with additional branches, and being able to offer advanced information security to our existing membership," said Bobby Josephson, President and CEO, CFCU. According to CFCU, it selected Northwest Federal "...because of its successful, progressive growth and years of experience serving members with similar occupations to CFCU's."

PHOTO CONTRIBUTED BY NWFCU

SCREENSHOT: YELP.COM/BIZ