

Oak Hill Herndon CONNECTION

SENIOR LIVING

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Violinist Kayleigh Kim, 15, of Oak Hill practices for Menuhin Competition Richmond 2020 in anticipation of competing against the world's greatest young violinists in the 11-day event to be held May 14-24.

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SENIOR LIVING

Tax Season, Tax Scams

The most common tricks and have to avoid them.

BY MARILYN CAMPBELL
THE CONNECTION

Tax season and tax scams often go hand-in-hand. Scammers will try to steal tax documents, money and even a person's identity and seniors are often their prime target.

"Con artists will target anyone, but older adults are targeted at higher rates because criminals go where the money is, and older adults have the majority of wealth because of their years of hard work and savings," said Amy Nofziger, Director of Fraud Victim Support at the AARP. "Plus, older adults have not grown up with the technology of today, which has grown so fast."

"Older Adults are often targets because they are going through life transitions and scammers can be very convincing," added Rachel Coates, Director of the Arlington County Agency on Aging. "Awareness is critical."

While numerous scams abound, there are some that are currently more prevalent than others. "The complaints we hear...is the IRS phone scam," said Stacy Northrop of the Fairfax County Office of Public Affairs. "This is where the caller will state that a warrant of arrest has been issued for the victim."

"The crook will claim that the recipient in trouble for not paying enough in taxes or not filing properly," added Eric Friedman, Director of the Montgomery County Office of Consumer Protection. "Crooks instill a sense of fear and urgency, then they'll trick the consumer into wiring money or paying over the phone with a prepaid gift card. Consumers make quick decisions that they wouldn't make if there wasn't a sense of urgency."

Some of the features commonly thought to be safeguards may not be so, says Friedman. "You cannot trust Caller ID to tell you who's really on the other end of the phone," he said. "Caller ID is of no value because crooks can say anything over the phone. They can have IRS as the name that appears to make it look official."

Telephone calls and emails are two warning signs of a scam.

"This is not how the government actually operates," said Nofziger of AARP. "You would always first receive a letter from the IRS, and they would never threaten you with arrest or use foul language. If you receive this type of call, hang up the phone."

Fraudulent emails and websites can be created to look as though they are from a government agency.

"If anyone calls, mails, emails or texts you asking for money, that is a red flag. If they ask you for personal information such as your Medicare number, Social Security number or financial information, it's a huge red flag."

— Amy Nofziger, Director of Fraud Victim Support at the AARP

"Crooks instill a sense of fear and urgency. Consumers make quick decisions that they wouldn't make if there wasn't a sense of urgency."

— Eric Friedman, Montgomery County Office of Consumer Protection

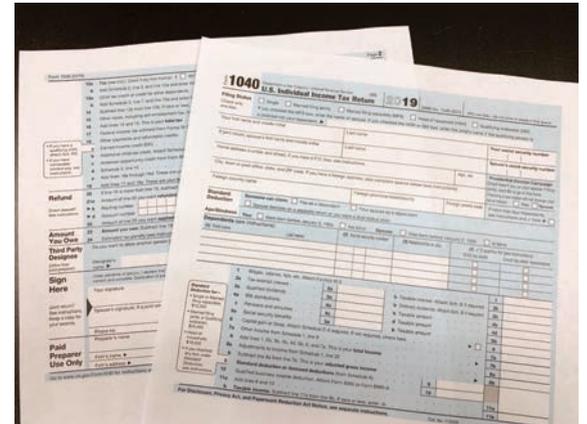


PHOTO BY MARILYN CAMPBELL

Know the warning signs to avoid scams this tax season.

For Help and More Information

- ❖ AARP Fraud Watch Network at www.aarp.org/FraudWatchNetwork. AARP Fraud Watch Network Helpline and our trained fraud specialists can help walk you through it: 877-908-3360.
- ❖ Free Help at Montgomery County Libraries: <https://www.montgomerycountymd.gov/volunteercenter/Resources/Files/taxaideflyer.pdf>
- ❖ Tax ID Theft Awareness Week: <https://www.idtheftcenter.org/tax-identity-theft-awareness-week-2020/>
- ❖ Arlington Adult Protective Services 703-228-1700
- ❖ Fairfax County Silver Shield Anti-Scam Campaign <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-county-silver-shield-anti-scam-campaign>

"Many older adults are unaware that criminals are lurking on what we consider innocent websites or apps, like 'Words with Friends,' Instagram or other social media platforms," said Nofziger. "This is why education and warning people about the red flags is crucial."

Identify theft is also prevalent during tax season, says Friedman of Montgomery County. "Crooks will steal someone's social security number and file [taxes] really early, like in January or February, before the consumer files their return," he said. "When the consumer really does file, the IRS rejects it. When the problem is reported, the IRS will

have to investigate which takes months to resolve, which is not good if you're getting a refund."

Scammers seek to obtain money from a victim often in the form of wire transfers or cash, says Nofziger. "It's important to know the red flags of

scams," she said. "Even though the scam tactics might vary, the criminals' demands never change. They want money or personal information. So if anyone calls, mails, emails or texts you asking for money, that is a red flag. If they ask you for personal information such as your Medicare number, Social Security number or financial information, it's a huge red flag."



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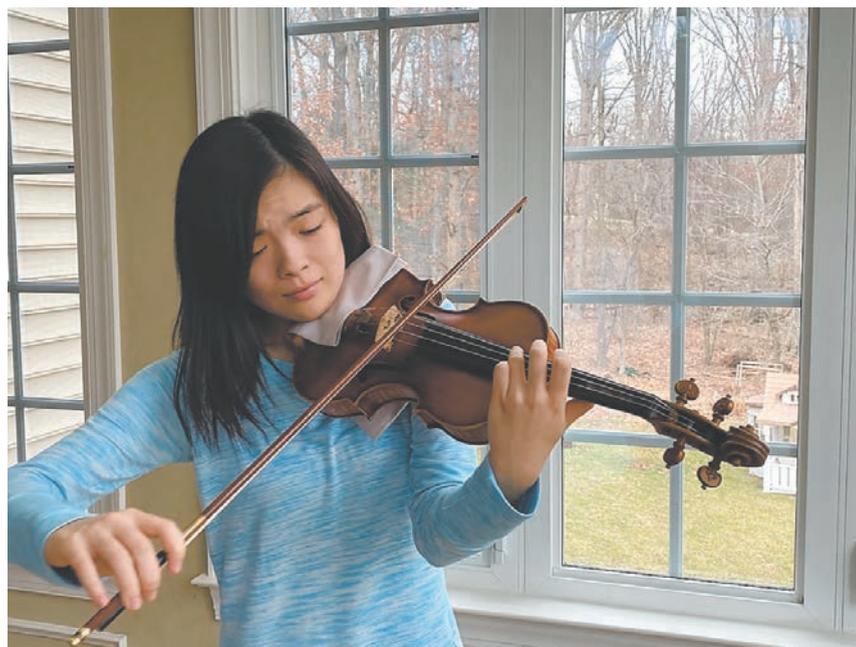
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Kayleigh Kim, 15, of Oak Hill always dreamed of participating in the prestigious Menuhin Competition, dubbed the “Olympics of the Violin.” Selected as a finalist, she is dedicated to practicing for the event.



PHOTOS BY MERCIA HOBSON/
THE CONNECTION

The ‘Olympics of the Violin’

Local teen takes to the stage at the Menuhin Competition Richmond 2020.

BY MERCIA HOBSON
THE CONNECTION

Fifteen-year-old Kayleigh Kim of Oak Hill, a student at Oakton High School in Vienna started playing the violin when she was five, but quickly lost interest and began focusing on other activities like sports. “I played on and off for about three years until I quit completely. My mom asked me when I was ten if I wanted to play the violin again, and I said yes, not thinking about it very much. It was only after playing for a few months that I realized I really did enjoy it.”

Since then, Kim has performed at Carnegie Hall, the Kennedy Center Millennium Stage, Merkin Concert Hall, and most recently with the Richmond Symphony Orchestra on Jan. 25. Kim always dreamed of participating in the prestigious Menuhin Competition, dubbed the “Olympics of the Violin.” This year, Kim will be in there alongside forty-three of the world’s greatest violinists, ages 8-21 representing eighteen different nationalities. Amidst the limelight and stimulating learning environment, Kim will take to the stage to compete in the Junior Section.

KIM’S TEACHER, Catherine Cho, Professor of Violin at The Juilliard School, said, “I am delighted to be working with Kayleigh who has been a wonderfully dedicated and compassionate member of my studio this year, and we are all excited about her participation in the Menuhin Competition this spring.”

Held in the United States for only the second time since Menuhin Competition’s inaugural event in 1983, Richmond, won the joint bid. They beat out London, England and Melbourne, Australia to host

the 11-day event held May 14-24, 2020. A coalition headed by the Richmond Symphony with co-hosts Commonwealth Public Broadcasting (WCVE), Virginia Commonwealth University, and University of Richmond, with an endorsement from the City of Richmond, submitted the bid.

The Menuhin Competition Trust organized the event. It is a UK registered charity. The competition brings the most outstanding violin talents together in a festival of music, education and cultural exchange. Such is a nod to founder Yehudi Menuhin; the New York City-born violin prodigy opened a violin school for gifted musicians ages 8 to 19 in England in 1963. According to the Trust: “Menuhin’s key to success was his excellent music education as a child and his ongoing dialogue and collaboration with fellow musicians.”



Violinist Kayleigh Kim, 15, of Oak Hill practices for Menuhin Competition Richmond 2020 in anticipation of competing against the world’s greatest young violinists in the 11-day event to be held May 14-24.

BEYOND THE COMPETITION, participation and learning are a unique aspect of the Menuhin Competition. Jurors perform during the event, and competitors participate in master classes and consultations with the jury. Peer-to-peer learning is equally impor-

tant. Also, as part of the 2020 Menuhin Competition, Kim will take part in events held throughout Richmond, including the Modlin Center for the Arts-University of Richmond, W. E. Singleton Center for the Performing Arts- Virginia Commonwealth University and Carpenter Theatre@ Dominion Energy Center. “Kayleigh has always been very focused on her work, and I am so proud of her for always accepting challenges that come her way,” said Kim’s mother, Sylvia.

The Menuhin Competition Trust aims to support its laureates as they develop and grow to help them establish their careers. Beyond the cash prizes and loans of violins, such as 1st Prize, Senior Section- USD 20,000 plus a 2-year loan of a Golden Period Stradivari violin from the private collection of Jonathan Moulds CBE and a bow made by Christopher Landon, the Trust offers prizewinners performance concert opportunities, scholarships and courses.

Meet New Supervisor

Supervisor Walter Alcorn (D-Hunter Mill) to host Town Hall Meeting Monday, Feb. 3.

BY HOBSON
THE CONNECTION

Walter Alcorn represents the residents of the Hunter Mill District on the Fairfax County Board of Supervisors. On Jan. 27, Alcorn (D-Hunter Mill) posted on Facebook, “As promised, I am scheduling town hall meetings so that we can have an engaged community discussion about priorities and how we want to move forward in the Hunter Mill District. Bring your questions.”

The first town hall meeting is scheduled for Monday, Feb. 3, from 7 to 9 p.m. at the Reston Community Center at Lake Anne, Jo Ann Rose Gallery, 1609-A Washington Plaza N, Reston. Supervisor Alcorn added, if possible, RSVP that you are attending with an email to huntermill@fairfaxcounty.gov. Put “February 3 town hall” in the subject line.

According to the Fairfaxcounty.gov: “Volunteers (are) needed to serve as Hunter Mill District Representatives on County Boards, Authorities and Commissions...Our county government has the most impact on our daily lives, including transportation, water quality, property taxes, public safety and many other critical services. Advisory groups play a very important role in our county government. If you are interested in serving on a county



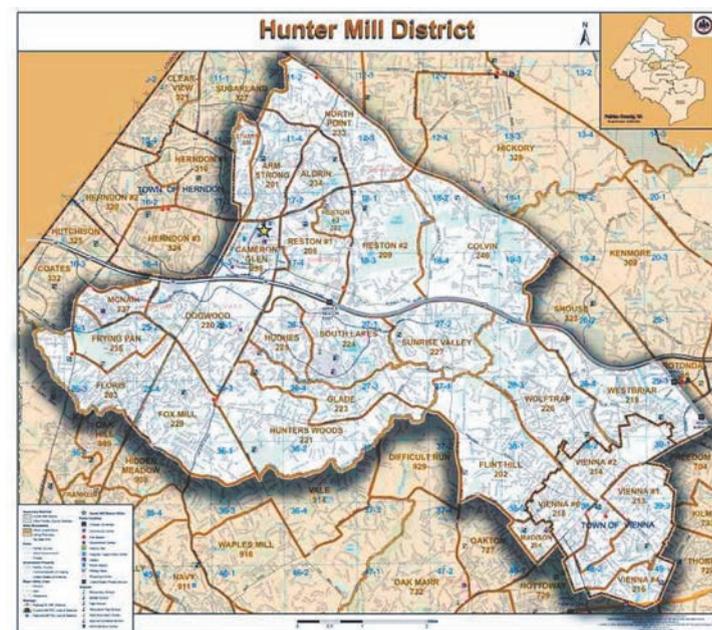
PHOTO COURTESY FAIRFAX COUNTY

Fairfax County Supervisor Walter Alcorn (D-Hunter Mill)

board, authority, commission or committee (“BAC”) as a Hunter Mill District representative, contact Supervisor Alcorn’s office.” Current openings include:

- ❖ Reston Transportation Service District Advisory Board
- ❖ Citizen Corps Council
- ❖ Civil Service Commission

For more information or to forward your resume for consideration, email Gwenn Minton at Gwendolyn.Minton@fairfaxcounty.gov or call 703-478-0283. Stay up to date on information about the Hunter Mill District by following Supervisor Alcorn on social media: Twitter, Facebook and Instagram.



COURTESY FAIRFAX COUNTY

Map of the Hunter Mill District in Fairfax County

The People's Business

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

The General Assembly has shifted into high gear to get through its agenda of thousands of bills in sixty days. The old saying that you cannot be in two places at one time is disproven every day as the 140 members of the House and Senate scurry among subcommittees and standing committees on which they serve and the subcommittees and committees before which they have to present their bills. By strategically placing an assistant or intern in one meeting while the member moves quickly among several meetings, it may even appear that a member is in more than even two places at one time. The legislature is not a place for lengthy contemplation but rather is a place for action. After all, we ran on a platform of what

we promised we were going to do, and the legislative session is the time of action to deliver on our promises.

With such a "meat grinder" approach can we trust the outcome of a legislative session? Consider that in order for a bill to become a law it must meet the approval of a subcommittee and full committee, passage twice in the full house on two different days, the same process in the other house of the legislature, and the signature of the governor.

All that time there are hundreds of advocates, constituents, lobbyists and others looking over your shoulder and providing comments on what you are doing. Bills get intense scrutiny before they are passed. It is easier to describe how a bill does not make it than it is to tell how a bill becomes a law. Fewer than half the bills intro-



duced become law.

Election outcomes do matter for to change the outcome of debate on important issues it may be easier to change the people in the legislature through the ballot box than it is to change the minds of

incumbent legislators. A case in point is ratification of the Equal Rights Amendment that was debated for decades but approved within a week in a General Assembly made up of new members supporting the rights of women. Those same new members, joining the progressives who were already there, have even now approved sweeping new common-sense gun safety laws such as my universal background check bill that had been defeated for two decades by previous members of a subcommittee of the House. Laws that put barriers in the way of women in making choices con-

cerning their own reproductive health are being repealed. Laws that disproportionately affected people of color are being repealed. The criminal justice system is undergoing a major shift to make it work more fairly for all people. Challenges to the environment are being met with meaningful legislation.

It is impossible to list in a short column the thousands of bills before the legislature. You can however review the full list with descriptions and status at lis.virginia.gov and for the first time this year you can see livestreaming of most full and subcommittee meetings at virginiageneralassembly.gov/house/chamber/chamberstream and virginia-senate.granicus.com/ViewPublisher.php?view_id=3. And you can visit the Capitol in Richmond; all meetings are open to the public. Some say the process is like making sausage. The important thing is it is doing the people's business.

After Virginia Ratification Of Equal Rights Amendment Beyer: 'Next Steps Depend On Congress'

Rep. Don Beyer (D-8), a longtime supporter of the Equal Rights Amendment (ERA), and cosponsor of legislation to extend the deadline for ratification, issued the following statement after the Virginia General Assembly voted to ratify the ERA: "Today, Virginia became the 38th state to ratify the Equal Rights Amendment, and I could not be more proud. Ratification of the ERA is long overdue, but it is wonderful that Virginia took the historic step today which brought the Amendment across the three-fourths threshold necessary for ratification.



Rep. Don Beyer (D-8)

"I congratulate and applaud everyone in the Virginia General Assembly, including Senator McClellan, Senator Locke, and Delegate Carroll Foy for making

this long-overdue legislation a top priority, and seeing it through successfully.

"The recent legal opinion issued by the Trump Administration via the Justice Department makes it clear that the next steps depend on Congress. I am determined to do everything I can in Congress to help pave the way for the final ratification of the Equal Rights Amendment. Equality, justice, and history demand nothing less."

Beyer is a cosponsor of House legislation to extend the deadline for ratification of the Equal Rights Amendment, sponsored by Rep. Jackie Speier (D-CA). The issue of

the deadline was raised most recently by a Trump Administration legal opinion arguing that the ERA could not be ratified because of the expiration of the original deadline. Beyer is also a cosponsor of new Equal Rights Amendment legislation introduced by Rep. Carolyn Maloney (D-NY).

Beyer's most recent Annual Women's Conference and Forum focused specifically on the need to pass the Equal Rights Amendment, with a panel discussion that featured speakers from VA Ratify ERA (Virginia's campaign to ratify the ERA) and the ERA Coalition.

Wexton: 'A Historic Moment'

In response to the final passage of the Equal Rights Amendment in the Virginia General Assembly, Rep. Jennifer Wexton (D-10) issued the following statement: "Today, Virginia sent a powerful message to the rest of the country — that 'Equal Justice Under Law' is a constitutional right for women.



Rep. Jennifer Wexton (D-10)

"I was a sponsor of the Equal Rights Amendment during my time in Richmond, and I am proud of my former colleagues in Richmond who made this issue a priority in this year's session.

"This is a historic moment nearly one hundred years in the making. Thanks to the tireless work of so

many trailblazers and activists over the years, women — finally — are one step closer to being included in our nation's founding document."

Write

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

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Proposed facade of the “Floris Conservatory For Arts & Music,” a Scimores Academy planned for 8.09 acres at the corner of Centreville Road and West Ox, adjacent to Fairfax County Frying Pan Park.



Scimores Academy LLC | 8250 Westpark Drive, #461, McLean, VA-22102 | Telephone: (732) 997-0766 | Email: hb01@scimores.com | www.scimores.com 14

Proposed development massing for “Floris Conservatory For Arts & Music,” a Scimores Academy.

SCREENSHOTS

Floris Conservatory For Arts & Music Construction Delayed

Board of Supervisors approves additional time for special exception.

BY MERCIA HOBSON
THE CONNECTION

When preparing to build a \$40-M, 48,000 square-foot arts and music conservatory in a sustainable design utilizing energy and green building techniques, with a minimum of 231 parking spaces to serve three shifts of 365 students a day and introduce traffic calming measures while retaining a historic place of worship and converting three historic homes to non-residential use in ultimate condition, an applicant may need a little more time than the initial approved special exemption allowed to establish the use.

The proposed “Floris Conservatory For Arts & Music” project in Herndon, located within the Hunter Mill District of Fairfax County, did not break ground within the period allowed associated with Special Exemption SE 2016-HM-007. Shovels in the ground could be upwards of two years given Fairfax County Board of Supervisors Jan. 14, 2020 approval of Additional Time to Establish Use or Commence Construction for Special Exception SE 2016-HM-007.

ACTING ON BEHALF of Scimores Academy, LCC, Andrew Painter Esq. wrote to Leslie B. Johnson, Zoning Administrator Fairfax County Department of Planning and Development, and requested additional time to “establish use” associated with Special Exception SE 2016-HM-007 that runs concurrently with the approved rezoning application RZ 2016-HM 010. The special exception was set to expire 30 months after the date of approval, on Dec. 6, 2019, unless construction of the improvement had commenced and been diligently pursued. While the expiration date did pass, the approved special exception would not expire pending the Board’s action on the request on behalf of the applicant for additional time.

Jan. 14, 2020, Fairfax County Board of



PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

Partial street view of the proposed “Floris Conservatory For Arts & Music,” a Scimores Academy planned for 8.06 acres at the intersection of Centreville Road and West Ox in Greater Herndon’s Hunter Mill District taken Mon., Jan. 20, 2020.

Supervisors Meeting, Agenda Item Administrative 2 read: “Additional Time to Establish Use or Commence Construction for Special Exception SE 2016-HM-007, Scimores Academy, LLC (Hunter Mill District).” Meeting Materials for Administrative Item 2 included a copy of Painter’s letter in which he said the Applicant had worked to secure financing for the project, diligently pursued the development of the Property and such. Also, the site plan for the site was in bonds and agreements, and the building permit application underway. Painter added that Scimores had closed on all portions of the Property, terminated outstanding leases, and stabilized and secured the three historic residential dwellings.

According to background supplied by County staff, they concurred the Applicant was diligently working through the processes, and it was clear that the additional

time of twenty-four months was necessary to ensure the special exception approval remained valid and would allow the requestor to establish use and commence construction. “Staff believes that approval of the request for twenty-four months additional time is in the public interest and recommends that it be approved,” was recorded in the staff presentation. The Board of Supervisors approved the request for additional time as stated.

THE FOLLOWING WEEK week Painter provided supplementary information about the project status and intent. “Scimores continues to raise funds for the project, and the support we have received thus far has been tremendous. The Conservatory will provide Fairfax County youth in the Oak Hill, Chantilly and south Herndon areas direct access to a community-based arts

educational facility. This is consistent with the broad policies adopted by the Board of Supervisors and the Arts Council of Fairfax County, which encourage new arts education opportunities and performing arts spaces,” he said.

“The Conservatory will facilitate the dispersion of fine arts education in an underserved area of the County and augment arts educational programs offered by Fairfax County Public Schools, private and parochial schools, the Fairfax County Park Authority and local arts organizations. Importantly, it is hoped that the Conservatory will provide experience and training for youth who will be prepared to move up to a higher skill level at the post-secondary education level and beyond,” Painter said.

The Floris Conservatory of Arts and Music Project

According to the Fairfax County Staff Report dated April 4, 2017, the Applicant seeks to construct a LEED-certified Conservatory at the northeastern quadrant of the intersection of Centreville Road and West Ox Road adjacent to Frying Pan Park. The subject property includes the Floris United Methodist Church and three Historic Structures all of which contribute to the Floris Register Historic District, not a Fairfax County Historic Overlay District. Located on approximately 8.07 acres, the Conservatory would offer classes in music, dance and movement, and creative and visual arts to students ages 4-18. On most days, the Conservatory would utilize a three-class session daily schedule, with approximately 365 pupils enrolled during each session and employ a maximum of 100 faculty and staff members, including faculty and administrative, support, maintenance, and transportation. Fairfax County Board of Supervisors approved a school up to 48,000 square feet, parking for 236 vehicles, private outdoor recreation areas and open space areas subject to proffers, special exception conditions and a Generalized Development Plan/ Special Exception/Special Exception Amendment Plat. The Building Permit application process was initiated in Nov. 2018.

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NEWS

Herndon Reston Youth Lacrosse Goes All-in for ADM

Herndon Reston Youth Lacrosse (HRYL), located in Northern Virginia, had a great Fall Ball program this year. We invited coaches and players from the two local High Schools (Herndon High School and South Lakes High School), to come in and do some coaching for HRYL.

Both the boys side and the girls side have had a lot of success with ADM small sided games. For Fall Ball program they started by conducting ADM training for only the High School coaches. About 14-15 coaches came out so this was great support of the program for about 40-50 boy players and 30-40 girl players of all ages.

Players did all the ADM drills: Messy Backyard, Penny tag, Cross the Pond, and 3X or 3By.

—CARL CASSANI,
HRYL BOYS COMMISSIONER



PHOTO BY JAN HANUS

About 40-50 boy players and 30-40 girl players of all ages participated in Herndon Reston Youth Lacrosse Fall Ball program

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NOW THRU FEB. 18

Herndon Accepting Arts Grants Proposals.

The Town of Herndon is accepting grant proposals up to \$4,500 through the Virginia Commission for the Arts (VCA) Creative Communities Partnership Grant for projects to be implemented in FY 2020. For information about this program and other grant opportunities, review the 2020 Guidelines for Funding which are available at http://www.arts.virginia.gov/grants_guidelines.html. Nonprofit arts organizations incorporated in the Town of Herndon must meet general policy guidelines as published by the VCA. The Commission's Guidelines for Funding and other resources are available on the website at www.arts.virginia.gov. Applicants should provide full documentation of projected budget, program planning, and a detailed description of the implementation of the project. Organizations who intend to apply for grant funding must submit their proposals by 5 p.m. on Tuesday, Feb. 18 to the Performing Arts Supervisor at the Town of Herndon Department of Parks and Recreation. Proposals may be mailed to Herndon Parks and Recreation Department, 777 Lynn Street, Herndon, VA 20170, hand delivered to the Herndon Community Center, 814 Ferndale Ave, Herndon, VA, 20170, or sent electronically to parksandrec@herndon-va.gov. Applicants are encouraged to confirm receipt by the department prior to the deadline. To learn more about the Town of Herndon Parks and Recreation Department, visit Herndon-va.gov/recreation or call 703-787-7300.

TUESDAY/FEB. 18

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. 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. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

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.

ONGOING

STEM Professionals Needed. Volunteers are needed to assist K-12 STEM teachers in northern Virginia as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2019-20 school year. Contact Don Rea at 571-551-2488 or donaldrea@aol.com.

Assistance League of Northern Virginia is an all-volunteer nonprofit organization that feeds, clothes and educates children in need. Assistance League's philanthropic programs touch the lives of thousands of children, including those at 11 Title 1 elementary schools in Fairfax and Prince William counties and the City of Alexandria. There are many volunteer opportunities for community members to contribute to helping those in need through Weekend Food for Kids, tutoring programs and providing new clothing and layettes. To learn more, email: info@alnv.org, or visit www.alnv.org

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

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Can You Spell Thyroidectomy? (Or Ice Cream?)



By KENNETH B. LOURIE

I couldn't before, Mr. Rogers, but now I can. And I even know what it means, which 10 days ago, in my neighborhood, I wouldn't have had a clue. Now, not only do I have a clue, I have a date for surgery: Jan. 27. Moreover, in addition to a date (and I don't mean my wife, Dina), I have a time and a place, a list of pre-surgical dos and don'ts, and a few items to buy: a post-surgical healing ointment and a special scrub to help minimize the risk of infection. And of course, I've been advised to wear loose-fitting clothing, perhaps a button down cardigan will do. If all goes well, I'll be home in my jammies around supper time when my recovery begins. Details of which are still a bit sketchy. I suppose I'll have to 'recover' to find out.

Let me amend that last sentence: I'll be on a soft-food diet for five days. What might not jump at you is that I don't eat many soft foods (M&Ms melting in one's mouth instead of their hands likely doesn't count). More significantly and quite out of my ordinary, my wife, Dina will be managing and controlling my menu. So far that menu includes eggs, pudding, apple sauce; all good but her last two items: spinach and kale, not good at all. I imagine I'll survive the surgery, but given how rarely Dina and I have shared meals together over the years, I may not survive the recovery. And though her heart and head might be in the right place, I'm afraid my knife and fork won't be. During the best of times, I'm challenging to feed. After my surgery, I'm likely going to be at my worst. Although I certainly don't look it, food has always been the bane of my existence.

But at that post-surgical point, aren't I entitled? I mean, when I was a little boy and had my tonsils removed, I remember being given ice cream to eat - in bed. That had never happened before - or since, quite frankly. Soft foods. What's softer than ice cream? Why should I be deprived? I have two types of cancer. Yet so far, I don't see ice cream on the list. Maybe Dina's waiting for confirmation from the surgeon that cold foods are just as soft as hot. If true, I think I'm going to need that in ALL CAPS to convince my wife to give in to my indulgences. After all, one's thyroid gland isn't extracted every day so shouldn't I scream (perhaps whisper would be advisable) for ice cream? Wouldn't it soothe the savage beast that I might be after surgery? Presumably there will be some pain or discomfort and/or side effects from prescription medications I'm obliged to take so why not humor me; I like to laugh.

Except there's really nothing funny about surgery, other than the old joke: it's minor surgery when it's someone else, when it's me, it's major. So even though I've been told on relatively good authority that a thyroidectomy is not exactly major surgery, it's still me that's being anesthetized and operated on for four hours. And though I'd rather it would be somebody else, I don't see how that would help remove my thyroid gland which apparently has spread cancer to my neck and a lymph node. I guess if it has to come out, it might as well come out of me. And then we can get on to the business of learning whether I have one cancer or two and perhaps get an updated assessment of my life expectancy. If I had my druthers, I'd just as soon have only one cancer. Two is too much.

That being said/vented, right now, I just want to wake up after surgery and get home. And when I get there, either that night or for breakfast the next day, there better be a pint or two of ice cream with my name on it. I think it's only fair, don't you?

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

CALENDAR

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

ONGOING

Ken Ludwig's "The Game's Afoot." Now thru Feb. 1. 8 p.m. At Reston Community's CenterStage, 2310 Colts Neck Road, Reston. The Reston Community Players presents this murder-mystery comedy featuring real-life 1930s Broadway star William Gillette, admired the world over for playing Sherlock Holmes. Mystery and hilarity in equal parts ensue in this murderously funny whodunit production that will keep you guessing until the final curtain. Tickets: \$28/adult, \$24/seniors and students. Performance Dates: Jan. 30, Feb. 1. Tickets at www.restonplayers.org.

"The Mountaintop." Now thru Feb. 2. At NextStop Theatre, 269 Sunset Park Drive, Herndon. "The Mountaintop" is a historical drama taking place in Dr. Martin Luther King, Jr.'s hotel room the night before his assassination. He meets a young maid who forces him to consider exactly who and what he is fighting for. Full of vivid theatricality, poetic language, and surprising twists, this drama takes us to the summit of a man's historic life and offers a stunning view of his dream for our nation. Visit the website: www.nextstoptheatre.org/shows/mountaintop

WEDNESDAY, JAN. 29

Memory Depot Orientation. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about the Memory Depot station, a do-it-yourself location for scanning your slides, negatives and photos and to transfer your VHS or audio cassettes to digital formats. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

THURSDAY, JAN. 30

Dollars and Sense. 7 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Monthly group discussion focuses on business leaders and markets. They will be discussing "Dollars and Sense" by Dan Ariely. The event is free and open to the public. Adults. Visit the website <https://www.fairfaxcounty.gov/library/branches/reston-regional>

JAN. 30 AND FEB. 1

Broadway Night 2020: Spirit of Disney. Friday at 7 p.m.; Saturday at 2 p.m. and 7 p.m. At South Lakes High School, 11400 South Lakes Drive, Reston. The show features songs from some of Disney's movies and musicals including numbers from Aladdin, The Jungle Book, Moana, Pete the Dragon, The Lion King, Coco, and more. It features more than 20 Broadway style numbers performed by more than 150 students from South Lakes High and its pyramid schools including Langston Hughes and Rachel Carson Middle Schools, and Crossfield, Dogwood, Forest Edge, Fox Mill, Hunters Woods, Lake Anne, Terraset and Sunrise Valley Elementary Schools. Tickets will be available at the door for \$18 for adults and \$15 for students (under 18) and seniors (65+). Advance tickets are \$15 for adults and \$13 for students and seniors. Tickets on sale at <https://southlakeschorus.org/tickets/>

FRIDAY, JAN. 31

Duplo Play. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr, Reston. Build and create using Duplo blocks. Age 2-5 with adult. No registration required. Visit <https://www.fairfaxcounty.gov/library/branches/reston-regional>

SATURDAY, FEB. 1

Ukulele Junior Jam Session. 10:30 a.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Join us for an exciting musical performance by the Northern Virginia Ukulele Society! All ages.

International Hijab Day. 11 a.m. to 4 p.m. At Reston Regional Library, 11925 Bowman Towne Drive, Reston. Try on a Hijab! Enjoy activities and treats. Learn about the symbolism of the Hijab. Free. Email adrienne.leo@fairfaxcounty.gov



Virginia Polar Dip

Kalypso's Sports Tavern staff takes the plunge in the 2018 Virginia Polar Dip dressed as Power Rangers.

SATURDAY, FEB. 1

Freezin' for a Reason Polar Dip. 2 p.m. At Lake Anne Plaza, Reston. Registered participants will take the plunge either by canon-ball jump or a "Chicken Dip" – to raise funds for Camp Sunshine. The Virginia Polar Dip is a fundraiser for Camp Sunshine, a national year-round retreat for children with life-threatening illnesses and their families. This year's goal is to raise \$100,000, which will allow 40 families from the Mid-Atlantic area to attend Camp Sunshine. The event is sponsored by: Kalypso's Sports Tavern, David Madison Photography, Lake Anne Village Center, Reston Community Center, Salon Khouri, Ourisman Chantilly Toyota, Reston Association, Fairfax County Cold Water Dive Team, Manor Works Painting, Loebig Chiropractic & Rehab, and Onelife Fitness. Cost is \$100 minimum donation to plunge and is open to anyone willing to brave the elements for a good cause. Visit www.freezinforareason.com.



Rocknoceros

Rocknoceros will appear at the Herndon Community Center on Monday, Feb. 17.

MONDAY, FEB. 17

Rocknoceros. 10:30-11:15 a.m. At Herndon Community Center, 814 Ferndale Ave., Herndon. Coach Cotton, Williebob, and Boogie Woogie Bennie perform wildly popular award-winning music for the whole family. Rocknoceros has dominated the DC children's music scene for many years. Visit herndonva.gov/recreation, or call 703-787-7300.

MONDAY, FEB. 3

Pokemon Club. 6:30 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Bring your Pokemon trading cards to trade or play. Poke-crafts and games, too. Age 6-12.

MONDAY, FEB. 3, 10

Baby Lapsit. 10:30 a.m. At Reston Library, 11925 Bowman Towne Dr., Reston. A cozy time to enjoy nursery rhymes and songs while building early literacy skills for your child. For age birth to 11 months with adult.

MONDAYS, FEB. 3, 10, 24

Preschool Storytime — Love Stories. 2 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. This month we will foster your little

one's love of reading with stories, songs, and crafts focused on relationships ... the different people (and pets) we love and who love us. Age 3-5 with adult.

TUESDAY, FEB. 4, 11, 18, 25

Spanchats. 7 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Join the ongoing Spanish conversation group. All levels from beginner to fluent are welcome. Adults.

WEDNESDAY, FEB. 5

DIY Club — Jewelry Making. 6:30 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Learn the basics of jewelry making and create an original piece in this hands-on workshop. Adults, Teens.

THURSDAY, FEB. 6

Millennials Book Club. 7 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Title is "The Satanic Verses", by Salman Rushdie. Check out a library copy or pick up a copy of your own. Adults from early 20s to early 30s.

FRIDAY, FEB. 7

Baby & Me Yoga. 10:30 a.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Bring your baby for a nurturing yoga workshop designed for the two of you. No experience needed. Bring a mat or blanket. Co-sponsored FRRL. Age 6 weeks—16 months with adult.

SATURDAY, FEB. 8

Sing! Books with Miss Emily. 10:30 a.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Join Miss Emily for singing storytime with illustrated songs. Co-sponsored by the FRRL. Age 2-5 with adult.

Aesop's Fables. 2 p.m. At Reston Library, 11925 Bowman Towne Dr., Reston. Aesop was an African storyteller whose famous fables are still celebrated today. Join us for a selection of fables performed by Bright Star Children's Theatre. Cosponsored by the FRRL. All Ages.

Old Fashioned Taffy Pull. 3-4:15 p.m. At Frying Pan Park, 2709 West Ox Road, Herndon. Make candy and sample refreshments from the olden days. Historic farm interpreters will lead a program that includes exhibits of an early 20th-century farmhouse, a brief history of candy-making, and an outdoor, wood-burning stove demonstration, weather permitting. This event is designed for participants ages 10 to adult. The cost is \$10 per person. The program is not recommended for those with allergies to nuts or dairy. Call 703-437-9101 or visit <https://www.fairfaxcounty.gov/parks/frying-pan-park>.

Geocaching Workshop. 3-5 p.m. At Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Set off on a search for hidden treasure at Lake Fairfax Park after learning how to put your Global Positioning System (GPS) unit to work. Students ages 8 to adult will learn how to enter latitude and longitude coordinates into a GPS. Treasure hunters will then follow the coordinates to find a hidden object, container or unique geological feature in the park. Cost is \$22 per person. Please bring your own GPS; a limited number will be available to borrow from the instructor at class. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

SUNDAY, FEB. 9

Gustafer Yellowgold. 11 a.m. and 2 p.m. At Reston Community Center, 2310 Colts Neck Road, Reston. Cost is \$10 Reston/\$20 Non-Reston

With pancake lunch. Since his creation by Morgan Taylor, Gustafer Yellowgold has become an international phenomenon. Take a ride with Yellowgold, who is living an explorer's life in a slightly psychedelic version of the Minnesota woods. Tickets include a "build your own" pancake lunch from 12 p.m. to 2 p.m.

Carolina Blue. 7 p.m. At Bluegrass Barn at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Cost is \$18/advance; \$20/door. New this season is the Half Season Pass — four shows and reserved seats for \$68. Food and drinks, including beer and wine, are available for purchase at the performances. Tickets can be purchased online at www.fairfaxcounty.gov/parks/frying-pan-park/ or by phone at 703-222-4664 or 703-437-9101.

MONDAY, FEB. 10

RCC's 40th Anniversary. 6:30 p.m. At RCC Hunters Woods, 2310 Colts Neck Road, Reston. Restonians are invited to mark Reston Community Center's 40th anniversary and plan for its future. The agenda of this special annual joint Community Relations and Program/Policy Committees meeting includes a screening of a short film about RCC's first 40 years; a presentation on the results of the 2019 RCC Community Survey; facilitated discussion on four important RCC strategic planning pillars (Facilities, Community Building, Programs and Communications); and a summary of those discussions. To encourage community attendance, RCC will be serving dinner, providing translation support (Chinese, Arabic, Spanish and Russian) and offering childcare support for busy families with children ages 6 to 12. RSVP at RCCcontact@fairfaxcounty.gov. To register, visit www.restoncommunitycenter.com.