

HOMELIFESTYLE

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Reston
CONNECTION

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Dr. Mary Boggs is one of Reston Hospital Center's trauma team leaders.

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CALENDAR

Editor's Note: Be aware that many events could be cancelled as precaution to the spread of COVID-19. Please check before heading to events.

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

ONGOING

AARP Tax-Aide Program. Now thru April 14. At RCC Hunters Woods, 2310 Colts Neck Road, Reston. Tuesdays: 9 a.m. – 2 p.m.; Thursdays: 4:30 p.m./– 8:30 p.m.; and Saturdays: 9 a.m./– 3 p.m. Free. For taxpayers with low and moderate incomes with special attention to those 60 and older. AARP's Tax-Aide program was created nearly 40 years ago to assist older adults as well as persons with low and middle incomes in successfully navigating the tax code. All tax preparation is free and confidential. For more information, contact the Lifelong Learning Program Director, Casmera Lebron at 703-390-6157.

SUNDAYS IN MARCH

Sunday Fun-Day. 1-4 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Drop by the Children's desk on any Sunday for a fun independent activity. Perhaps you will create a flannel board, or play Book Bingo, or explore the library with a scavenger hunt. Featuring a new activity each month. Ages 5-11.

WEDNESDAY/MARCH 11

Memory Depot Orientation. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Memory Depot station is a do-it-yourself location for scanning your slides, negatives and photos and to transfer your VHS or audio cassettes to digital formats!

Wednesday Morning Book Club. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. March's title is "Defending Jacob" by William Landay and some copies are reserved at the circulation desk for checkout.

Digital Literacy: Keeping Up with Your



"Ordinary Days"

"Ordinary Days" will be produced by NextStop Theatre from now thru March 15.

NOW THRU MARCH 15

"Ordinary Days." At NextStop Theatre, 269 Sunset Park Drive, Herndon. "Ordinary Days" is an intimate musical about four young New Yorkers searching for love, beauty, and purpose in a big and unforgiving world. Performances are Thursday-Sunday and tickets start at \$40. This production is directed by Jay Brock, who previously directed Eurydice and Assassins for NextStop, and features Bobby Libby, Sarah Anne Sillers, Carl Williams, and Anna Phillips-Brown. Visit the website www.NextStopTheatre.org

Smart Home. 6:30 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. The Fairfax County Department of Cable and Consumer Services will help you stay smarter than your home by exploring Smart Home devices and services, including their history and the policy concerns.

Reston: Community Building Since 1966. 7-9 p.m. At Jo Ann Rose Gallery, Reston Community Center, Reston. The Reston Historic Trust & Museum will host a panel discussion bringing together several community

organizations who have been a pillar of Reston's community for over 40 years. Panelists include leaders of Reston Community Center, Cornerstones, the Walker Nature Center, Reston Chorale, Reston Garden Club, Herndon-Reston FISH, and Reston Community Players. They will share how their organizations began, how they have evolved over the years and the impact they have had on the community. Reston Historic Trust & Museum board member Lisa Sechrest-Ehrhardt will facilitate the discussion.

THURSDAY/MARCH 12

All Ages Storytime—Painting On Ice. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Come enjoy the classic tale, A Snowy Day, and engage your artistic abilities by painting with soft watercolors. All ages.

Teen Advisory Board (TAB). 7 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Join TAB to gain leadership and volunteer experience and share your ideas about how to make the library a wonderful place for teens! Volunteer hours granted. Age 13-18.

FRIDAY/MARCH 13

Gymboree Music I. 10:30 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by FRRL. Age 6-18 months with an adult.

Gymboree Music II. 11:15 a.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Cosponsored by FRRL. Age 18-24 months with adult.

DIY Club: Glass Magnet. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Make and take home glass magnets of your own design. Adults.

Stuffed Animal Sleepover. 6:30-8 p.m. At Herndon Community Center, 814 Ferndale Ave., Herndon. Bring your favorite stuffed friend and drop in for crafts, cookies, and a bedtime story. Make sure to wear your pajamas. When it's time for you to head home, you can leave your fluffy friend for their very own sleepover at the Herndon Community Center. Pick them up the next morning to see what adventures they had. Advance registration required. Parents must attend activities with children. Pick-up your fluffy friend Saturday, March 14 from 9 a.m.-3 p.m. Cost is \$6/child. Register using code 451000.60, www.herndonwebtrac.com

SATURDAY/MARCH 14

Craft Show. 10 a.m. to 3 p.m. At Park View High School, 400 West Laurel Ave., Sterling. Featuring 75 vendors in the school's gym with a

SEE CALENDAR, PAGE 6

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The Reston Hospital Center Trauma II team, (Front row, from left): Frances Hughes RN; Dr. Jae Lim; Dr. Peter Dougherty; Dr. Mary Boggs; Dr. Ranjit Pullarkat; Jessica Fuerstinger (Back row, from left) Dr. Brad Ryan; Dr. Brett Sachse; Lyle Ritch, PA; Dr. Anil Maliyekkel; Luther Surface, RN; Ruben Perez, NP; Dallas Taylor, RN.



CONTRIBUTED BY RESTON HOSPITAL CENTER

Reston Hospital Center Designated Level II Trauma Center

Crashes to gunshot wounds: Trained staff and equipment have you covered 24/7.

BY MERCIA HOBSON
THE CONNECTION

Reston Hospital Center, owned by Nashville, Tennessee-based HCA Holdings Inc. (NYSE: HCA) once again secured a Level II trauma designation, a rigorous process that must be approved by the Commonwealth of Virginia. “All licensed hospitals are required by the Code of Virginia to submit data on their trauma cases to the Virginia Statewide Trauma Registry. Of those 94 licensed hospitals, 17 have been designated as a trauma center,” according to the Virginia Department of Health.

There are only three designated trauma centers in the region. Reston Hospital Center, a Level II trauma center, Inova Loudoun Hospital, a Level III trauma center and Inova Fairfax Medical Campus, a Level I trauma center.

Trauma patients from the “Northern Virginia area...Fairfax County, Loudoun County (and) West Virginia,” arrive at Reston Hospital Center according to Mary Boggs, M.D. one of Reston Hospital Center’s trauma team leaders. She brings eight years of experience to the position. While Virginia Hospital Center began operating as a trauma surgery service on Jan. 8, 2020 and is staffed as a Level II, it is working this year to achieve the designation.

BOGGS is part of the Reston Hospital Center trauma team. According to Virginia Health Information, the team consists of a “Surgeon/Team Leader, Emergency Physician, Critical Care Nurse, Hospital Administrator and OEMS (Office of Emergency Medical Services) Trauma Coordinator. Boggs said Trauma Medical Director, Dr. Ranjit Pullarkat and Trauma Program Director, Dallas Taylor, lead the Reston Hospital Trauma team. “We also have a support staff within the trauma service department that consists of a Trauma Process Improvement (PI) Manager, Trauma PI Coordinator, Trauma Educator, and Trauma Registrars,” she said.

Boggs said she wanted to be in a field where she was challenged and could utilize her critical thinking skills. “Further, as a trauma surgeon, I can intervene in a patient’s care and make an immediate impact in a patient’s life, hopefully allowing a better outcome and successful recovery,” she said.

The number of trauma cases is trending upwards, “increasing” at Reston Hospital Center as the population in the area is increasing according to Boggs. When the Metro Silver Line is completed and local stations open beyond Reston, populated skylines, particularly around the Metro stops, are expected to have higher density and increased populations. Having short transport times to the Level II Reston Hospital Center will benefit patients in need of care and reduce transportation time for emergency medical services.

Virginia Trauma Triage Guidelines and EMS Agency protocols guide EMS providers as to where a patient should go based on patient vital signs and mechanism of injury Boggs said. Trauma, she said, “Is any traumatic injury that a patient sustains. Mechanism of injury can be from falls, auto crashes, assaults, gunshot wounds, etc.” The golden hour, which is an old term, references that a patient who is severely injured needs to seek “definitive treatment” for their injuries within an hour or the patient’s probability for mortality would increase, according to Boggs. “The quickest you can get a patient to a trauma center, the better off the patient is,” she said.

According to Boggs, Level I and II trauma centers would be considered tertiary care centers as they can provide specialized “definitive care” to patients with a multitude of injuries. These would be, Boggs said, “injuries that would require a neurosurgeon, plastic surgeons, orthopedic traumatologists, maxillofacial surgeons, etc.”

AS FOR BEST PRACTICES, Boggs highlighted that many of Reston Hospital Center’s trauma protocols are a direct result of published best practices. “Isolated hip fractures repaired in the operating room within 24 hours. Midshaft femur fracture repair within 24 hours; TBI (traumatic brain injury) treatment guidelines.”

Afterward, as trauma patients rebuild their lives, Boggs said that it “takes time,” support from others and the belief that life will continue. “There are support groups such as trauma survivor groups as well,” she said.

May is National Trauma Center Month. Reston Hospital Center’s comprehensive Trauma Care List cites education. Boggs said that the hospital has numerous “Stop the Bleed” education events at schools, industries and such. She added: “We are also partnering up with Rebuilding Together for a pilot program assisting citizens with construction needs, handles, etc. within their homes.” The pilot program is scheduled for June 2020.

For more information about Reston Hospital Center, visit Restonhospital.com.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Allison C. Richter, PMP Transportation & Land Use Director Arlington & Fairfax Counties.

2020 Hunter Mill District Paving and Restriping

Pedestrians, cyclists, drivers voice concern over road conditions.

BY MERCIA HOBSON
THE CONNECTION

The Virginia Department of Transportation (VDOT) and the Fairfax County Department of Transportation (FCDOT) held a public meeting on proposed paving and restriping changes in the Hunter Mill District on Tuesday, Feb. 25, 6:30 p.m., in the cafeteria of Terraset Elementary School in Reston.

According to fairfaxcounty.gov: “VDOT and the Fairfax County Department of Transportation use this program as an opportunity to increase driver, bicyclist and pedestrian safety with road and crosswalk improvements while minimizing the financial investment in restriping work.”

Kelly Westenhoff of Reston was one of approximately 40 people who attended the meeting to learn about VDOT’s repaving and proposed striping changes and give feedback. “As a cyclist, driver and pedestrian, I’m interested in how restriping will serve to make travel in Reston safer for all,” she said.

Presenter Claudia H. Liana, PE., Assistant Director, Transportation & Land Use Fairfax & Arlington provided an overview of primary and secondary roads in the area. Primary roads she said have conditions rated ev-

ery year. In contrast, secondary roads, which are anything from a very small neighborhood cul de sac to up to road such as Braddock Road or Reston Parkway, all of those are included in the secondary system. “Those are the ones that people are typically concerned about,” she said.

According to Liana, funding picked up for 11,000 miles of secondary roads in 2018 to \$140 mil. “And our numbers are pretty much still up there,” she said. “We are now at the point with the fusion of the extra funds, we’ve gotten up to the point where 48 percent of our (secondary roads) are in good shape...It still means more than half of our roadways are in need of paving...We just can’t do everything in one year,” Liana said.

Laura Robinson of Reston said, “I’m at this meeting due to my interest in Glade Drive. I would very much like to see the narrowing of all of Glade Drive rather than piecemeal bike lanes and shared car/bike stretches.”

“Paving-related comments (e.g., drainage issues, missing signage, signal repair, walkway repair and sight distance issues due to vegetation overgrowth) should be submitted through the myVDOT portal: <https://my.vdot.virginia.gov/>. If you would like to request road repairs, follow the “I need a road repaired” link on the VDOT portal or call 1-800-FOR-ROAD (1-800-367-7623). Unfortunately, no additional roads can be added to the preliminary 2020 paving schedule at this point: “according to fairfaxcounty.gov.

Institutional History Made in Richmond

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



COMMENTARY

In the closing days of the session that has been marked by historic firsts and transformative changes, the General Assembly took another step that may if approved by the voters put Virginia into the leadership of democratic government. The General Assembly passed for the second time as required for constitutional amendments a proposed amendment establishing a Virginia Redistricting Commission. The proposed amendment will be on the ballot in November for the voters in the Commonwealth to decide if it should be added to the Constitution. The most commonly expressed purpose of the amendment is "to have voters choose their elected representatives rather than to have elected officials choose their voters." Said another way, its purpose is to get rid of gerrymandering.

I believe it is accurate to say that Virginia will, if the amendment is approved by the voters, be the first state to take such a giant step to get partisan politics out of its redistricting without being required to by court decision or ballot initiative. The partisan grip of one party over the redistricting process has dictated the

legislative outcome of so many issues over the decades first by Democrats and more recently in the last two decades by Republicans. This abuse of political power increased in the public mind the need for a change in the process of drawing legislative boundary lines.

The old way of doing business also resulted in overt racial discrimination in the business of government. The new amendment addresses that concern directly: *Every electoral district shall be drawn in accordance with the requirements of federal and state laws that address racial and ethnic fairness, including the Equal Protection Clause of the Fourteenth Amendment to the Constitution of the United States and provisions of the Voting Rights Act of 1965, as amended, and judicial decisions interpreting such laws. Districts shall provide, where practicable, opportunities for racial and ethnic communities to elect candidates of their choice.*

A unique circumstance brought about what the *New York Times* described as "a blue-moon step...to largely strip themselves of the power to draw new political maps next year." When

the amendment was first proposed Democrats were in the minority and campaigned aggressively for redistricting reform as it presented a possible avenue for gaining additional legislative seats. Republicans who were suffering decline in political power having lost several elections saw their dominance slipping away. Both parties apparently saw the amendment to their advantage as it passed both houses of the General Assembly overwhelmingly last year. The intervening election resulted in a shift of power as the General Assembly turned from red to blue. No longer do many Democrats feel the need for protection; Republicans no doubt fear Democratically-controlled redistricting when the new census numbers come available. Some in the Democratic majority offered a different approach to the amendment by proposing to redistrict in 2021 with a promise that independent redistricting would be considered for the next decade.

Establishing a fairer way to redistrict has been one of my goals from the time I introduced a bill on the subject in 1982. While my vote to support the amendment in the face of intense lobbying against it has disappointed some people, I remain true to my belief that partisanship needs to be removed as the controlling factor in drawing legislative lines. Ultimately, however, the people will decide the outcome in the election in November.

March -The Lion Is Here, RA Elections Too!

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

March, the month that comes in "like a lion," is upon us. But, to date the only roaring is in the political scene, not in our weather. By Super Tuesday, the roaring was coming from a presidential candidate who just a week earlier was quite lamb-like. Joe Biden opened March by chasing off five of his six opponents and driving the sixth, my favorite democratic socialist, to the edge of the precipice.

Meanwhile, in local politics, our annual Reston Association Board of Directors elections have gotten underway, stumbling out of the gate as usual. RA had barely announced the opening of the balloting than errors by RA and its usual contractor, Intelliscan, had scrambled addresses and codes for ballots of hundreds of would-be early voters. An RA spokesman assures us the situation has been corrected. As they did last year. Isn't it time to competitively rebid that contract?

The Board slots up for election this year are: the Hunters Woods/Dogwood Director; two At-Large Directors, one a full 3-year term, the other a one-year replacement; and the Apartments Director class B post!

Incumbent Caren Anton is running unopposed in Hunters Woods. Two candidates are running for each of the At-Large seats. We had

a chance to see them go head-to-head last week at the RA Candidates Forum (available on YouTube). The At-Large contests are the most mismatched I have ever seen. Reston newcomer Paul Berry is vying with Sarah Selvaraj, a 12-year Reston resident and small business owner for the one-year At-Large seat. Berry has lived here for less than a year. Not surprisingly, he has a lot to learn, both about his new community and the Association. He was unaware, for example, that Reston Town Center is not part of RA. Ms. Selvaraj has a much better understanding of the community. She follows the Association in action. She clearly understands RA's relationship with Fairfax County on land-use issues, for example. For a one-year term, we need someone prepared to give us a full year of effective service. Ms. Selvaraj is ready.

For the three-year At-Large post, the experience and readiness gap is even greater. Bob Petrino is a 40-year resident of Reston and a student of the RA's history and its operations. A retired financial professional, Mr. Petrino brings exactly the skill set RA desperately needs at present. His opponent, Kerrie Bouie, is a promising young newcomer returned recently to Reston where she grew up. In the forum, she was likeable and refreshingly honest about

her inexperience with Reston governance and RA operations. She answered key questions with a frank admission that she knew little about the subject. I'd say she's a future prospect.

There are two candidates for the Apartments Director-Mike Collins and Jennifer Sunshine Jushchuk. To be elected to this post, one must get a majority vote of 23 apartment complex owners in Reston. No one else. One major owner is Fairfax County whose vote is cast by Hunter Mill Supervisor Walter Alcorn. Tradition, or is it legend, has it that the Supervisor decides who is Apartments Director by making known his choice. Then, other owners usually follow suit in order to curry favor with the Supervisor who wields power in land-use planning and zoning matters. It remains to be seen if Mr. Alcorn will wield this power. His pick is Mr. Collins, a former RA Board member defeated in a race for another RA seat. Ms. Jushchuk, a bright, involved Reston resident, has reached out to all apartment owners to consider her for the seat. I'm guessing the owners will follow the lead of the new Supervisor, seeing their interests dovetailing with Mr. Alcorn's.

Update on the situation at Lake Anne where a forensic audit of prior Board of Directors' activities and an investigation by the Commonwealth Attorney are underway. The audit is turning up evidence of numerous irregularities. A preliminary report is expected in a few weeks. No information is yet available on the investigation itself.

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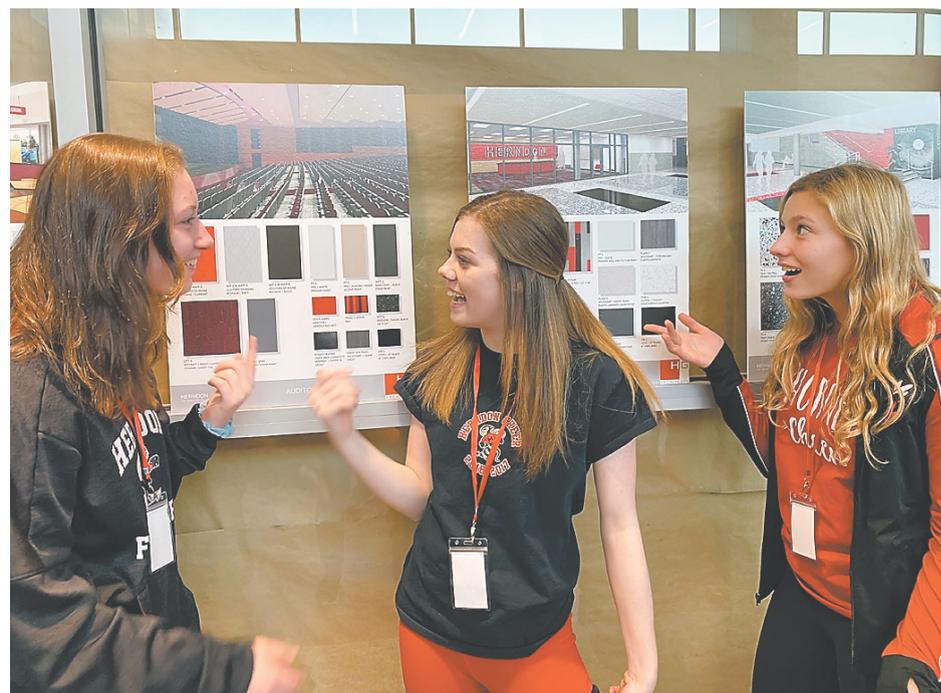
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Hornet supporters check out raffle items at the Goodbye Herndon Gym Party. Proceeds will go to outfit the newly renovated athletic facilities at the school.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Herndon Hornets: Cailley Graham, 15, of Herndon, Hannah Clements, 16, of Reston and Kate LaRosa, 16, of Reston take note of three renderings depicting plans of different renovations/additions for their school.

Saying Goodbye to Herndon High Gym

Hornets' Sports Boosters held a Goodbye Gym Party Saturday, March 7.

BY MERCIA HOBSON
THE CONNECTION

It's down and out for the Herndon High School gym. Herndon High is entering Phase 2 of its major four-phase addition and modification construction. To wish the gym a fine farewell, the Herndon High School Sports Boosters held a Goodbye Gym Party Saturday, March 7. "All proceeds will go to outfit the newly renovated athletic facilities," said Herndon High School Sports Booster President Amy Emmatty.

Phase 2 includes the renovation of the locker rooms, art rooms and Gourmet Foods room; expansion of the main gym and renovation of the auxiliary gym according to Fairfax County Public Schools. When all four phases of work are completed, the school will increase to 431,000 square feet with a capacity for 2,500 students allowing it to reflect current district standards and add green building technology and stormwater facilities to the existing school. The project was approved as part of the Fairfax County Public Schools Fiscal Year 2017-2021 Capital Improvement Program.

DURING THE GOODBYE PARTY, former and current Herndon High Hornets, family members and fans sought each other out to share memories and hopes for the school's future. Many, like Jeff Sevila, Class of '91 sported their classic piece of high school fashion, the red Herndon High letterman jacket emblazoned with sports, music and

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From right: unidentified, Todd Cerino, Tammy (Gibson) Edgemond, Christine (Dalton) Dean, Roger Cole, Ben Farmery and Charlie Rembert rekindle memories at the Goodbye Herndon Gym Party.

academic pins. Sevila said he lettered in football and baseball. As for his memories, he recalled his most embarrassing moment. "Getting caught throwing Super Balls at the South Lakes High School Cheerleaders when they took the court in 1990. We were all called down and had to write an apology letter to the SLHS cheerleaders," he said.

For Sevila, Herndon High is not just his memory; it is family history, past, present and future. Sevila brought wife Jessica and Herndon High daughters Caroline, Class of 2019; Izzie, Class of 2022; and Faith Class of 2027. Son Blake, Class of 2031, could



During the Herndon Gym Goodbye Party held March 7, Herndon High alumna Christine (Dalton) Dean, Class of '86 is all eyes for Hornet, Herndon's mascot. She was the original Hornet mascot and introduced Hornet to crowds at a football game.

not attend. Sevila said his parents graduated from Herndon High in 1966, and his mother's parents graduated in 1946.

Seeing the iconic bronze Herndon Hornet statue, relocated to "Main Street" at the school's front doors triggered fond memories for Christine "Dalton" Dean, Class of '86. "I was the first Herndon Hornet mascot and made my debut coming out of an ambulance that was driven on the football field," she said.

Ben Farmery, Class of '88, was quick to recall not necessarily his "fondest memory." It involved the annual Homecoming Parade, a Herndon tradition. "Dee Dalton and I were on our Homecoming float. I fell through the

cake display and was so embarrassed," he said.

The party featured a silent disco, silent auction, food, raffle and tours of some of the new spaces completed under Phase 1 of the construction, such as the addition to the front of the building and the upper-level light-filled, state of the art science classrooms. According to Emmatty, 200 people attended the event with funds raised of approximately \$7000 as of Monday, March 9. "It was an amazing night, which brought the community together, Herndon grads along with current and future Hornets," said Emmatty.

THE RENOVATION AND ADDITION project for the school, which began in earnest early 2018, is to include 138,558 square feet of additions and modifications that will expand the school to 431,000 square feet with a capacity for 2,500 students.

Phase 1: Add an additional wing to the rear of the building. Add an addition to the front of the building where the new library, main office and administrative and counseling offices will be situated.

Phase 2: Renovate locker rooms, art rooms and Gourmet Foods room. Expand the main gym and renovate the auxiliary gym.

Phase 3: Create a new wrestling/gymnastics room; renovate music rooms and the auditorium. Update baseball and softball structures.

Phase 4: Modify the cafeteria, creating a "food court" design, renovate the stadium press box and complete tennis courts.

To purchase an authentic piece of the court from Herndon High School, visit www.memberplanet.com/s/herndonsportsboosters/hhsgymfloor. Each piece is approximately 2.25 x 8 inches; only 200 pieces will be available.

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CALENDAR

FROM PAGE 2

variety of jewelry, accessories, soaps, candles, wreaths, pet treats, and more. There is something for everyone. Proceeds from vendor fees benefit Park View's Project Graduation. Visit the website: <https://www.facebook.com/ParkViewCraftShow/>

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

Family Day at GRACE. 12-3 p.m. At GRACE at Reston Town Center. Enjoy family art making and exploration in the gallery and park celebrating the Moira Dryer exhibition. Free, all ages. Sponsored by Reston Community Center. Call 703-471-9242 or visit www.restonarts.org

St. Patrick's Day Irish Dance Performance. 12 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Dancers from the Foley Academy of Irish Dance will perform the teach an Irish dancing lesson. All ages.

Intermediate Digital Photography. 12:30-5:30 p.m. At ArtSpace Gallery, 750 Center Street, Herndon. This "beyond the basics" class is for alumni of Mary Louise's Digital Photography Essentials class or those who currently use Aperture and Shutter Priority shooting modes and want to learn how to successfully shoot in full manual shooting mode for complete control of image exposure. Cost is \$125. Visit www.artsherdon.org.

Learn How to Read Braille. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Our

Access Services staff will teach an elementary class in Braille. Adults, Teens.

LESSON ZERO. 6-10 p.m. At PJ Mulligans, 2310 Woodland Crossing Dr., Herndon. P J Mulligans presents an evening with Oasis recording artist LESSON ZERO. More information available on www.youtube.com/lessonzero and www.reverbnation.com/lessonzero.

MARCH 14-15

St. Patrick's Day Fest. At Lake Anne Plaza, Reston. Kalypso's, along with fellow merchants of Lake Anne, will have a lineup everything Green. Feast on tasty traditional Irish dishes: Corned Beef and Cabbage; Guinness Lamb Irish Stew; Shepherd's Pie, and other classics. And don't forget a pint of Guinness. Bring the family to Lake Anne Plaza for Irish-inspired activities, including photo opportunities with the Lake Anne Leprechaun, face painting, and Irish Dance demonstrations. Kalypso's will feature live music; Dogma Dog Bakery is doing Lucky Dog cookie packages; Café Montmartre offering Shepherd's Pie and Cabbage Salad; Top Style by Kate Noda offering special St. Patrick Day makeup and green hair painting; Zen Nails offering Shamrock nail specials; LocalVa offering St. Patty's Day surprise menu items and Kiln and Custard offering \$1 mint kid's scoop of mint custard.

Saturday, March 14: Kalypso's Event Lineup

Noon — Lake Anne Leprechaun arrives by Pontoon boat;

12-2 p.m. — Lucky Dog Animal Rescue on-sight with dogs ready for adoption;

2-4 p.m. — Live Music by Fourth Electric;

2-5 p.m. — Face Painting;

4:30-7:30 p.m. — Live Music by Tom & Trey Band;

Sunday, March 15: Kalypso's Event Lineup

Noon — Lake Anne Leprechaun arrives

by pontoon boat;
12-7 p.m. — DJ CrisPanic;
2-5 p.m. — Face Painting;
5 p.m. — Irish Dance Demonstrations from Folley's Irish Dance.

MARCH 14, 21, 27

Explore Dr. Seuss and S'Mores. 7-9 p.m. At Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Enjoy both of these things by a crackling fire at a "Dr. Seuss Campfire and S'mores" evening at Lake Fairfax Park. Nibble on s'mores while enjoying story time with books by Dr. Seuss. Fridays, March 6 and March 27, and Saturdays, March 14 and March 21. Cost is \$9 per person. 703-471-5414.

SUNDAY/MARCH 15.

Chess Club For Kids. 2 p.m. At Reston Regional Library, 11925 Bowman Towne Dr., Reston. Learn openings, tactics and end game strategies. Players will be able to play against players at their strength. All Ages.

National Council of Negro Women Meeting. 3-5 p.m. At Fulton Bank conference room, 625 Elden Street, Herndon. Special Presentation — "Unlock the Power Within" — Part One of Three, One-hour Coaching Sessions. Guests are invited to attend three one-hour Coaching Sessions immediately following the Reston-Dulles Section's Monthly Business Meetings on March 15, April 19 and May 17.

Spats n' Chaps. 4-5:30 p.m. At Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. At the RCO concert you will hear two pairs of wildly contrasting symphonic dances, plus a Beethoven masterpiece interpreted by a talented young violinist. Admission is free. Visit the website: <http://www.restoncommunityorchestra.org>

Chris Jones & the Night Drivers. 7 p.m. At Frying Pan Park, 2739 West Ox Road, Herndon. Award-winning bluegrass stars Chris Jones & The Night Drivers will be in concert as

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Announcements

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BULLETIN

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

MONDAY/MARCH 23

DMV2Go at the Pavilion. 9 a.m.-4 p.m. at 11900 Market St., Reston Town Center. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. 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.

RSVP, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

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Now Where Was I Again?



By KENNETH B. LOURIE

And here I was thinking I was such a big shot, a thyroidectomy patient with nary a blemish on his body 30 days out from surgery. Metabolic balance? Ha! What metabolic balance! I was having none of it. A month into my post-surgical recovery and all I had to show for my troubles was one extra lab visit to measure/adjust my calcium and magnesium levels. Other than that, as Brooks said in "Shawshank Redemption" to Andy DuFresne about delivering library books to their fellow inmates: "Easy peasy." No fuss, with no muss whatsoever. Famous last words, or in my case, infamous first words.

It all began innocently enough with some bilateral shaking of my arms and some associated drowsies: items seemed to just slip from my grasp with no apparent reason - or awareness on my part. Then I began experiencing some "wicked," as we say in New England, pain in my lower back by my kidneys. Next came some forgetfulness and bouts of confusion. I knew who I was and I knew where I was but I definitely knew something had happened to me. I just didn't know if I was simply a victim of my own circumstances, so to speak, or had something more insidious taken root. I mean, I am a cancer patient with two types of cancer now.

I decided to email some of my doctors and share these new symptoms. My oncologist, in conjunction with my otolaryngologist responded. He arranged for me to see a neurologist which I did so the next day. The neurologist gave me the once over twice and ordered some additional lab work which I completed the next day after a 12-hour fast. Later that same day, Friday, Feb. 28, I received a call from my oncology nurse. She had received my lab results and after discussing them with my oncologist, advised me to go to Urgent Care immediately as I was at risk of a possible heart attack. My calcium levels, a previously well balanced component of a functioning thyroid gland had levels nearly off the chart, literally, 40% above normal. And since we couldn't exactly put my thyroid back in, off to Urgent care I went.

After excusing myself to the front of the waiting line, I was led back to an examining room where I was treated pending transportation - or not, to somewhere else. After spending an awkward night on site, I was eventually transported by ambulance to a local hospital where I would spend the next four and a half days trying to wean my body off its own elevated calcium. Finally, on Tuesday, I was pronounced fit enough to be released. My ordeal seemed nearly over. By late Tuesday afternoon, I arrived back home where I collapsed in my own bed for the first time in nearly a week and began to recover once again. The rest of the story consists of bits and pieces, fragments of recollections and words-to-the-wise in an attempt to prevent a recurrence.

I can't really say that I've learned my lesson because I did nothing wrong. I was simply following doctor's orders. Adjusting one's calcium and magnesium levels is a proactive part of life without a thyroid gland, though it's hardly a matter of routine, and I have no doubt there's still some tinkering yet to occur. Nevertheless, onward and upward I go. with hopes that future episodes will be met with similar vigilance.

Now, back to the previous cancer-themed column. I'm meeting with the endocrinologist on Tuesday to determine a course of action to eliminate the remaining 10% or so thyroid cancer embedded under my collarbone. Once we get that process straightened out then we can get back to treating my underlying non small cell lung cancer.

I imagine I'll live to write about it, but I'd be lying if I didn't admit to being a bit scared. When one treatment is delayed due to the treatment of another, I can't help thinking there should be penalty called for piling on. I don't mind carrying my share but two cancers is hardly share and share alike. Too much of a bad thing is just plain bad.

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



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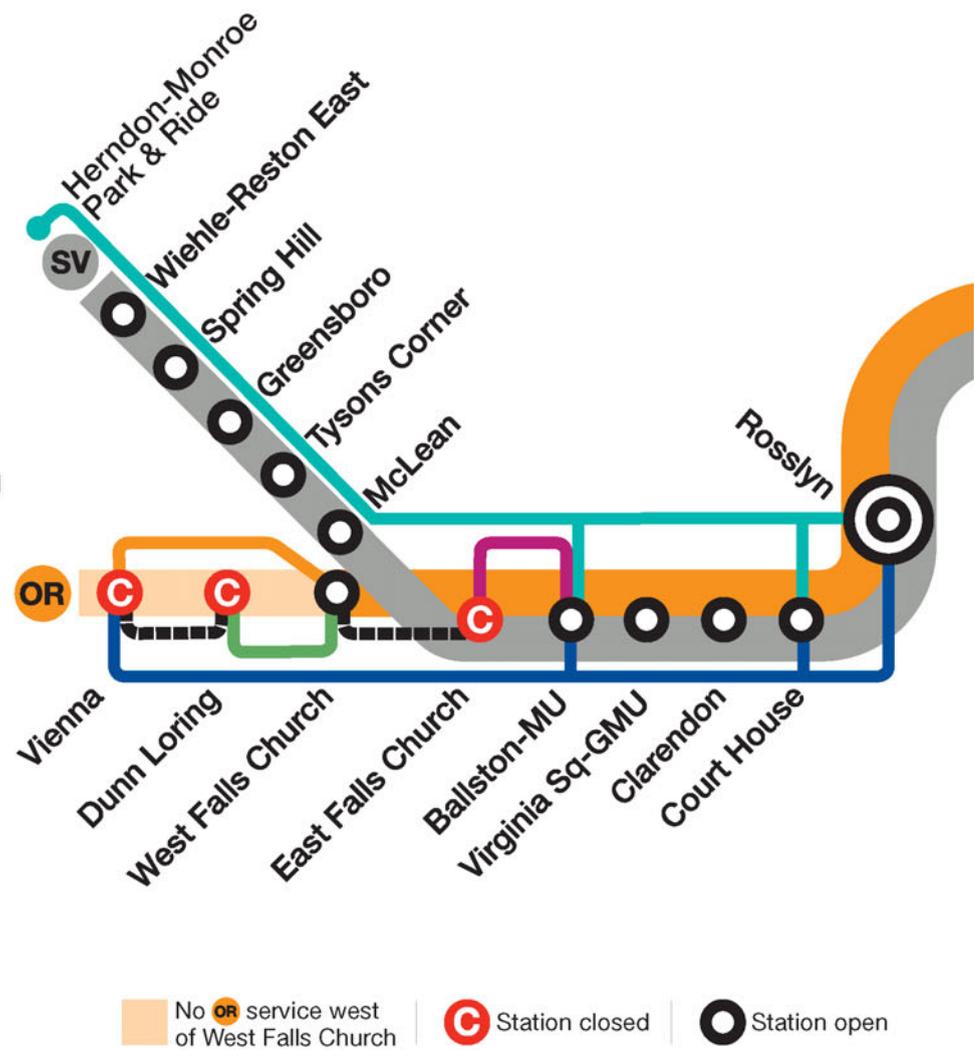
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