

CONNECTION

Reston ♦ Herndon ♦ ^{Oak Hill} Chantilly ♦ CENTRE VIEW

Reston Farmers Market Is Back

PAGE 6-7

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY MERCIA HOBSON/THE CONNECTION

Centreville Student Wins \$70K in Scholarships

PAGE 2

Casey's Car Show Raises Funds

PAGE 8

Shoppers visit the vendor booths at the Reston Farmers Market on opening day.

MAY 4-10, 2022

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

'I Just Treated Problem Solving Like a Fun Game'

Centreville teen wins prestigious science award.

BY BONNIE HOBBS
THE CONNECTION

Centreville's Pravalika Putalapattu was just 11 when her 14-year-old cousin Sirisha died from a preventable surgical mistake, she said, by a "tired, overworked, underpaid surgeon in India. My grandparents are doctors, and I remember my parents talking about it."

Now 17 and a senior at Thomas Jefferson High School for Science and Technology, Pravalika used that tragedy to fuel her creation of a video-assisted, workflow-recognition program to monitor laparoscopic gall bladder surgeries in real-time.

Not only does it verify a surgeon's actions, it also instantly flags any errors so immediate, corrective action may be taken. And it earned her a \$70,000 prize in the recent Regeneration Science Talent Search.

It's the nation's oldest and most prestigious science and mathematics competition – attracting nearly 1,900 participants submitting original research in critically important, scientific fields of study. Via online applications, high school seniors had to submit 20-page papers explaining their projects and also provide some details about themselves.

"My family was really excited and emotional about my project – knowing that my cousin didn't have to die," said Pravalika. "One of the biggest reasons I worked on it was to give a reason for her death. I was then able to talk to my relatives about it and help them process it."

Although her cousin had brain surgery, she decided to investigate gall-bladder surgery instead. "Because my project involves machine-learning, I needed a large data set," Pravalika explained. "And the only surgeries publicly available are of gall-bladder removals." Besides, she added, "It's a pretty big problem because more than 300,000 Americans suffer from gallstones each year."

Her sister, Vootha, 23, a medical student in Australia, also figured into her decision. "She told me how, during the pandemic, she got less face time with her teachers and started feeling less sure of her own abilities," said Pravalika. "So she said it would be nice to doublecheck and make sure she was doing everything correctly."

Pravalika then realized she wanted to create a system that could monitor surgeons' work in the operating room and make sure they're doing things correctly. "I think that saving people's lives would outweigh any fears of repercussions if they made a mistake," she said. "I'd hope that people in the healthcare industry have their patients' best interests at heart. And if there are recordings of a surgeon's honest mistake, I'd hope they wouldn't get in trouble because they were trying to save their patient."

"My program monitors live-surgery video taken straight from the operating room," said Pravalika. "The laparoscopic surgeon makes a few, keyhole incisions in the patient's stomach and inserts a video camera



Pravalika Putalapattu explains her project during the competition.

and several surgical tools. This lets the surgeon look at what's going on inside the patient on a video screen. The surgeon controls the tools robotically via a da Vinci machine. And that's where the video feed in my program comes from – that same camera."

Her program can process this feed without any other humans seeing it. "It works by identifying surgical procedures the surgeon's doing wrong and interacting with him at the same time," she said. "He'd be looking at his own video, but my digital program would display a banner at the top of his screen if it saw an error being made."

Her new system is five times faster than similar ones currently used. Pravalika started developing it in summer 2020, and it took her 18 months to complete. She had some help – virtually – from her teachers and from the director of her school's computer lab.

"I wasn't familiar with machine-learning before this program," she said. "It's a type of computer program in which the program tries to understand and find patterns within a large body of data." So she had to learn about it before she could create her program.

Pravalika noted that other surgeries using the da Vinci machine – such as appendix removals – could also use her program because they use the same tools. "My program would see them and their movements in each frame of the video."

"It might not be 100 percent transferable to other surgeries," she added. "But a lot of the hard work making it possible would already have been done. I gave my program a funny name; I call it the DORC – Dynamic

Operating Room Companion."

Pravalika didn't expect to win an award but had actually followed the Regeneration competition for years. The 40 top finalists go to Washington, D.C., and share their projects with each other and the public. And starting when she was in first or second grade, her mother would take her to their exhibits.

"There were profile cards of each participant, with their names and the details of

their projects," said Pravalika. "And I'd collect them all like Pokémon cards. So when I got the call that I was going to be a finalist, my first thought was, 'Oh, my gosh, I'm going to be one of those people on the cards.'"

Her mom, Sreevani, does code testing, and her dad, Sobhan, develops software. But Pravalika credits her interest in math and science to her sister. "She's six years older than me, but I'd always compete with her and try to do her math homework," said Pravalika. "It was like, 'Ha, ha, I'm better than you.' And then I realized I actually liked math. I just treated problem solving like a fun, little game."

"I understand that people don't see math the same way I do, but I've never had a fear of it," she continued. "So I can get to the actual meat of a problem and think of it as a puzzle – just written into more complicated language. And not everyone has the vocabulary to understand this language. But people like solving hard things, such as figuring out how to rise to a higher level of a video game."

This year's Regeneration contest results were announced March 15. Pravalika finished seventh, garnering a hefty \$70,000 scholarship award. "I was blown away," she said. "The money will help my parents and [me] not to have to pay as much for college."

In addition, she said, "It was a powerful moment because my parents are immigrants from India who came here with nothing. And now, a generation later, I was able to succeed – and that goes to show the power of education. They studied and got their degrees here and were also able to give me the tools I needed for success."

Pravalika has already been accepted into MIT early and is waiting to hear from Stanford and Harvard. She plans to double major in computer science and physics and hopes to one day work in quantum computing.

"A big concern today is that, for example, bank and medical record systems are encrypted using classic methods of quantum computing, which makes them vulnerable to cyberattacks," she said. "So developing a cybersecurity defense for quantum computing systems is of great importance to our country."

In her spare time, Pravalika enjoys drawing, hiking and walking in E.C. Lawrence Park. She also teaches math to girls for nonprofit called Integirls (a play on the word, integrals). "It's trying to bridge the gender divide in math," she said. "I write problems for their competitions."

Regarding advice to others, she said, "Don't worry if you don't have enough background knowledge about a problem you want to solve. Just dive in. Don't count yourself out, and you'll gain the knowledge as you go."



Pravalika Putalapattu at the awards ceremony.

NEWS

PHOTOS CONTRIBUTED



Mayor Sheila Olem and Distinguished Service Award recipient, Renee Maxwell.



Distinguished Service Award recipient Angie Wantz and Mayor Sheila Olem.

Herndon Mayor Holds Volunteer Appreciation Event

On Sunday, May 1, over 200 volunteers were honored for their service to the Town of Herndon from sixteen different service organizations and groups. Each of these honorees contributed 100 hours or more of volunteer service in the community last year. The 36th Annual Mayor's Volunteer Appreciation Reception was held at the Herndon Community Center.

Citizens joined Herndon's Mayor, Sheila Olem, and members of the Town Council, Naila Alam, Signe Friedrichs, and Jasbinder Singh in celebrating the spirit of volunteerism, and the theme, "Shining a light on the people and causes that inspire us to serve." The keynote speaker was Barbara Glakas, Herndon Historical Society Historian, and author of the book, "Hidden History of Herndon."

The first Distinguished Service Award was presented to Angie Wantz who has volunteered with The Closet, Sterling Volunteer Fire Department, and Dranesville Church of the Brethren. She has volunteered as a caregiver to homebound individuals and serves LINK as the Assistant Pantry Manager.

The second Distinguished Service Award was presented to Renee Maxwell. Maxwell's volunteer work includes serving as the Herndon Village Network's Media/Publicity Coordinator, food delivery for LINK, liaison for the partnership between Herndon Elemen-

tary School and Trinity Presbyterian, board member of both NJROTC and the drama boosters at Herndon High School, a scout leader, volunteer with Kingston Chase Swim Team, and helped canvass for voter registration preceding the presidential elections.

Nominated by Food For Neighbors, Maxwell is credited with helping the organization grow to serving over 1,500 students a week at twenty-five schools in Northern Virginia.

The Mayor's Volunteer Appreciation Reception is held annually in recognition of

National Volunteer Week (April 17-23), which has been celebrated for 48 years and is sponsored nationwide by the Points of Light Foundation & Volunteer Center National Network. (#NVW)

The Town of Herndon Parks and Recreation Department is a three-time National Gold Medal Award winner for excellence in park and recreation management presented by the American Academy for Park and Recreation Administration.

The Town of Herndon was incorporated

by the General Assembly of the Commonwealth of Virginia on January 14, 1879. The Town of Herndon is the third largest town in the Commonwealth, and is home to more than 23,000 citizens. Businesses located within the Town of Herndon, which range from high-tech enterprises to entrepreneurially owned establishments, employ approximately 23,500 people.

For more information, visit the Town's website at www.herndon-va.gov/recreation, or call 703-787-7300.

BULLETIN BOARD

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

VRE TO CONTINUE TO ALLOW BICYCLES ON ALL TRAINS

The Virginia Railway Express Operations Board has made permanent a policy implemented during the COVID-19 pandemic to allow full-size bicycles on every VRE railcar each weekday. VRE's bicycle policy has several requirements to protect the safety of passengers and crew. Cyclists must tether their bike to a railcar's south end bench seats with a bungee cord and may not ride the bicycle on platforms or trains. Learn more at www.vre.org.

SHEPHERD'S CENTER SEEKS NEW VOLUNTEER DRIVERS

Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), an all-volunteer organization, is seeking volunteers to drive

seniors to medical and dental appointments or run errands to grocery stores and pharmacies. In addition to driving volunteers, Shepherd's Center is also seeking volunteers to assist with event planning, recruiting, and marketing (newsletter, website and social media) as well as administrative tasks. To apply for services, you have to be over 50 years old and live in the McLean, Arlington, or Falls Church area. There are three ways to apply: Online: scmafc.org/contact; email: contact@scmafc.org; or phone: 703-506-2199. Visit scmafc.org or call 703-506-2199.

PUBLIC INVITED TO REVIEW FLOOD MAPS

FEMA is proposing updates to the Flood Insurance Rate Map (FIRM) for Fairfax County. Community partners are invited to participate in a

90-day appeal and comment period. The updated maps were produced in coordination with local, state and FEMA officials. Significant community review of the maps has already taken place, but before the maps become final, community partners can identify any corrections or questions about the information provided and submit appeals or comments.

The 90-day appeal period will begin on or around April 22, 2022. Residents, business owners and other community partners are encouraged to review the updated maps to learn about local flood risks and potential future flood insurance requirements. They may submit an appeal if they perceive that modeling or data used to create the map is technically or scientifically incorrect.

Keeping an Eye on Government

BY DEL. KENNETH R. "KEN"
PLUM



The Joint Legislative Audit and Review Commission (JLARC) is the oversight agency of the Virginia General Assembly charged with the responsibility of reviewing and evaluating the operation and operations of state agencies and programs. The Commission consists of 14 legislative members and a staff of nonpolitical professional researchers, analysts, lawyers, and auditors who conduct studies and make recommendations for Commission approval. Some of the most professional work of the legislature is done by the JLARC staff. A high percentage of JLARC recommendations become bills that are introduced into and passed by the General Assembly.

For the past two years I was chair of the Commission but with the loss of a majority of Democrats in the House and the rotation of the chair between the two houses, I will be continuing as a member but not chair. My colleague and friend Senator Janet Howell will be serving as chair.

Each year JLARC adopts a work plan guiding its activities for the year. Topics for its work come from the Commission and from resolutions that are passed by the legislature. At its meeting this week JLARC will announce its work plans for this year with most of the activities planned already underway. It takes on the most difficult issues facing the legislature to define in a well-researched and factual way the substance of the issues and a well-defined range of policy recommendations for the General Assembly to consider.

Among the topics to be studied this year include the level of need for more affordable housing in the state and the effectiveness of the current efforts to stimulate the growth of more affordable housing. In another study JLARC will look at the progressivity of Virginia's individual income tax. There is a debate going on in the current conference committee on the budget on taxes and a possible doubling of the standard deduction. Most people acknowledge that the income tax, while structured to be somewhat progressive, in reality is regressive, and current tax proposals may make it even more regres-

sive. The study results, if followed by the General Assembly, could make a significant change in a tax that produces about seventy percent of general fund revenue.

Legalized gambling, referred to as "gaming," generates at least \$8.9 billion in sales and wagering. JLARC staff will take a close look at existing laws to see if they are adequate to protect the public and look at the current regulations to determine their effectiveness. This study comes about just as the state has legalized gambling casinos in several parts of the Commonwealth.

On education issues, the staff will undertake a study this year of higher education financial aid and dual enrollment funding. An equally important and challenging study will be the K-12 Standards of Quality funding formula for public schools. A long-needed study will be undertaken this year to evaluate the Community Services Boards system for community mental health services to determine if it meets the needs of the citizens who have behavioral, developmental, and mental health services needs.

There are other studies that will be undertaken this year along with the oversight responsibilities JLARC is assigned. For more information and to review past study results go to <http://jlarc.virginia.gov>.

TEACHER APPRECIATION

The Teacher who Taught Me That Teaching Matters

BY HELEN MONDLOCH

As another school year approaches its close, capped by the annual standardized testing season that hijacks the reasons any teacher teaches, I do what most teachers do: I ponder how I can get a better handle on things next year. Don't tell anyone, but there are moments when I also wonder if I can muster the energy to do it all again. This feeling has been heightened after a year of pandemic-induced learning setbacks, a spike in discipline issues at my school and many others, not to mention the culture wars that have landed at our doorstep, making education a frustratingly tricky business.

I've spent most of my adult life -- close to 30 years -- teaching high school English in Fairfax County schools. I've also moonlighted as a local journalist. On both fronts, I have always had a silent but indelible mentor in Patrick Welsh, my old English teacher at T.C. Williams, now Alexandria City High School, where he taught for 43 consecutive years before retiring in 2013.

After a typical day of teaching--the usual push-pull trajectory of explaining, expounding, prompting, teasing, and (to reference

sentiments once expressed by Mr. Welsh) feeling like I'm a good teacher, feeling like I'm a lousy teacher-- I often think of him.

I think of him as I'm walking to my car, feeling a little weary and weighed down by the papers lurking in my laptop. (Until last year's technology revolution in education, those papers filled my briefcase.) The trek has always conjured up the image of Mr. Welsh back in the late 70s: It's about 3pm on a weekday, and he is descending the steps outside the west end of the old T.C. Williams building. His neck is slightly craned to one side as he hauls his leather bag full of papers. If it's winter, he's wearing his tan overcoat, unbuttoned. If he sees you, his blue eyes cast a smile your way as he walks past. "See ya later," he says unassumingly.

Like the soul-searching characters of literature, we humans crave affirmation. My effervescent image of the thirty-something Mr. Welsh is more than a fond memory; it's a regular reminder that what I do matters. I serve as a foot-soldier in a campaign that never really ends, but I must never surrender to the idea that I am endlessly repeating the same tasks day after day, year after year, to no great end, as my jaded moments sometimes suggest. Mr. Welsh's prolific

career affirms the dignity of my profession and reminds me that a teacher's influence is ever-expanding. Touching the next generation, as Pat once said, is a miraculous privilege.

Of course, it's my memories of Mr. Welsh in action-- poised before the class, looking at us intently while expounding some passage in Macbeth, or Joseph Andrews, or one of those foggy Faulkner novels that so enthralled his fancy-- that stand out the most. I recall that on occasion, his own youthful memories seemed to rise to the surface during his lessons, like the time he

read us a poem by James Dickey, pausing with a passionate glimmer when he got to the last line: "Wild to be wreckage forever."

Then there were the times, and they occurred regularly, when he tried to make sense of our adolescent world by peering into it and asking in earnest what we were all about. He marveled over the music we listened to. I'll never forget our fourth-period class of seniors erupting in laughter the time he remarked, "'I wanna kiss you all over?' That's a normal song lyric?"

SEE TEACHER, PAGE 5

Let Us Know Your View

Connection Newspapers welcomes views on any public issue. Letters must be signed. Include home address and home and business numbers; we will only print your name and town name. Letters are routinely edited for length, libel, grammar, good taste, civility and factual errors.

Send letters

Online www.connectionnewspapers.com/contact/letter/
By email: editors@connectionnewspapers.com

By mail to: Letters to the Editor The Connection
1606 King St., Alexandria VA 22314

You can comment on our Facebook page or find us on Twitter
www.facebook.com/connectionnewspapers
<https://twitter.com/alexgazette>
<https://twitter.com/mtvernongazette>
<https://twitter.com/followfairfax>

Never miss an issue, get a free digital subscription,
<http://www.connectionnewspapers.com/subscribe/>

www.ConnectionNewspapers.com

Twitter @followfairfax

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Mercia Hobson
Staff Reporter
mhobson@connectionnewspapers.com

Bonnie Hobbs
Community Reporter, 703-778-9415
bhobbs@connectionnewspapers.com

Ken Moore
Contributing Writer
kmoore@connectionnewspapers.com

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

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

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

Classified & Employment
Advertising
703-778-9431

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

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

In Memoriam
Managing Editor
Kemal Kurspahic

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



NEWS

Two New People in Key Positions at RCC

Reston Community Center has filled two key senior management positions.

Lorna Campbell Clarke is RCC's new Director of Communications, effective April 26. She comes to RCC from Volunteer Fairfax, where she had served as director of communications since early 2019.

With a long career leading communications for nonprofit and business organizations such as the American Red Cross, Loudoun County Chamber of Commerce, and Christian Service Charities, Lorna is well suited to assume marketing responsibility for RCC's programs and services. She has been featured and recognized in Loudoun Business magazine as a "Business Woman to Watch," and in 2021 she was interviewed on surviving the COVID-19 pandemic and dealing with racial inequalities facing our country by the organization UnoSouls. Most recently, Lorna was nominated by Governor Ralph Northam to the Virginia Governor's Advisory Board of Service and Volunteerism. She replaces BeBe Nguyen, who became RCC's Deputy Director in January 2022.

"We interviewed a highly-qualified group of candidates for this critical position and are thrilled to have Lorna with us," said RCC Board of Governors Chair Beverly Cosham. "She greatly impressed us with her breadth of knowledge and understanding of the communications field. We look forward to her becoming acquainted with our civic partners and furthering our collective impact."



Lorna Campbell Clarke



Kevin Danaher

Kevin Danaher, a longtime RCC program director, will be RCC's new Director of Leisure and Learning.

Kevin has been an employee of RCC since 1999, most recently serving as the center's community events director, managing large RCC events such as the Reston Multicultural Festival and the Thanksgiving Food Drive, as well as RCC's multiple summer concert series in various Reston settings. He served as the assistant technical director for the CenterStage from 1990-1992 and 1999-2008. Kevin holds a BFA in Theatre Production and Design from Catholic University of America and has lived in Reston since 1990. Kevin will begin his new position May 23. He replaces Karen Brutsché, who retired from RCC in February.

"Kevin has an unparalleled understanding of how our community partners support Reston's leisure time aspirations and deep knowledge of both RCC and Fairfax County government systems and values. He will hit the ground running in this new capacity leading our outstanding recreation professionals," said RCC Executive Director Leila Gordon. "I have complete confidence that he will succeed in growing RCC's programs and services for Reston in the tradition of excellence he's established."

Ode to Joy, Saturday/May 14

Beethoven's Magnificent "Ode to Joy" The stars are aligned for a grand season finale performance of Beethoven's Symphony No. 9, featuring the Fairfax Symphony Orchestra with soprano Danielle Talamantes, mezzo-soprano Daryl Freedman, tenor Cameron Schutzta, and bass-baritone Mark Doss. Enhance Your

FSO Experience - Join at 7pm as Maestro Zimmerman and special guests share insight behind the music you will hear. The Pre-concert Talk is located on the stage in the Concert Hall. The program includes Leshnoff: Symphony No. 4 "Heichalos;" and Beethoven: Symphony No. 9. Visit FairfaxSymphony.org.

Teacher Appreciation

FROM PAGE 4

And I'll never forget the way Mr. Welsh would clench his jaw and punch the air with his fist to convey the tautness in a piece of writing. On one glorious occasion, the writing was an essay I had written. Thanks, Mr. Welsh.

And speaking of writing: what a treat, over the years, to unfold the Washington Post and find a Pat Welsh article. His essays on the issues facing educators still have all the elements that any writer would want to emulate -- vivid, sometimes searing imagery; spot-on analysis; passionate conviction; the very tautness he always touted; and not least, the courage to challenge conventional thinking. He once opined that education theories "come and go like viruses" -- a phrase that has played out in my head time and again throughout my career.

A few years ago, when I had the privilege of writing a profile article on Pat for Northern Virginia Magazine, I spent weeks poring over

articles he had written for the Post and other publications over the course of more than twenty-five years—and also his 1987 book Tales Out of School—all of which affirmed the opinion of Post commentator Jay Matthews, who once called Pat "one of the best teachers and most deft essayists I know."

Sometimes when I'm up late agonizing over a story, not quite getting it right, there's another Pat Welsh-ism from high school that rises up and motivates me: "Sometimes, you just gotta get it written," he once said. Just get it written—what a priceless piece of wisdom for anyone who has ever wrangled with a sentence.

So thanks again, Mr. Welsh, for the memories and unending inspiration. I'll think of you in August as I'm mustering the energy to do it all again.

Helen Mondloch is a veteran teacher in Fairfax County Schools, currently at Westfield High School, and a freelance journalist of many years.

Let us know about an upcoming event
www.connectionnewspapers.com/Calendar

Get surprisingly great Home & Auto rates.



Kyle Knight Ins Agcy Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Reston, VA 20190

ACROSS FROM RESTON TOWN CTR
WWW.KYLEKNIGHT.ORG
703-435-2300

Here's the deal, our Home and Auto rates are already great. But when you combine with State Farm®, you can save even more. Call me to discover your surprisingly great rates on Home and Auto today.

Like a good neighbor,
State Farm is there.®

Individual premiums will vary by customer. All applicants subject to State Farm underwriting requirements.



Past issues of

THE CONNECTION
NEWSPAPERS

back to 2008
are available at

<http://connectionarchives.com/PDF>

2nd Annual ALEXANDRIA OLD TOWN Springtime Art festival

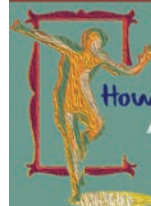
May 14th - 15th
Sat./Sun. 10am - 5pm

Outdoors at John Carlyle Square
100 John Carlyle St.
in Alexandria, VA

FREE ADMISSION



Annie Simcoe



Howard Alan Events
ArtFestival.com
561-746-6615



Mark your calendar for the fall show!
September 17th - 18th, 2022



Center, William (Bill) G. Bouie, chairman of the Fairfax County Park Authority Board of Directors, rings the opening bell at the Reston Farmers Market on April 30 while (far left) Market Managers John and Fran Lovaas and (far right) Market Managers Anne and Keith Strange look on.



From left, Korinne Wills, market volunteer; Keith Strange, market manager; Fran Lovaas, market manager; Molly Cullen, FCPA Farmers Market outreach specialist; John Lovaas, founder, and market manager; William (Bill) G. Bouie, chairman of the Fairfax County Park Authority Board of Directors and honorary bell ringer; Anne Strange, market manager, and Kaitlyn Pineda Mendoza, Market volunteer.

Reston Farmers Market Opens for a New Season

Market celebrates its 25th Anniversary.

BY MERCIA HOBSON
THE CONNECTION

On Saturday, April 30, the large, locavore Reston Farmers Market (RFM) reopened for its 25th season, bringing fruits, vegetables, sweets, seafood, meats, flowers, and more. From the farmer to the shopper, everything was direct.

William (Bill) G. Bouie, Chairman of the Fairfax County Park Authority Board of Directors, and Market Managers John and Fran Lovaas, as well as Keith and Anne Strange, were on hand that morning right at 8 o'clock to ring the ceremonial bell and yell out, "The market is open."

"I am so happy to be here. This is the official opening of spring," said Bouie. John Lovaas was quick to add, "Well, Bill forgot to mention this is the number one Farmers Market in Fairfax County according to Northern Virginia and Virginia Living magazines, to name a couple, and by the Fairfax County Park Authority chairman who represents the Hunter Mill District."

"Me," piped in Bouie.

When asked what he intended to purchase at the market, Bouie said he would look for



Shoppers visit the vendor booths, including a variety of pickled veggies, at the Reston Farmers Market.

"bacon and apples."

Lovaas said, "Strawberries are number one. Fish is second, and bakeries are third, and we will go from there."

Later in the day local community leaders stopped by to join the 25th anniversary

celebration: Del. Ken Plum (D-36), Reston Association President Sarah Selvaraj and Lake Anne Condo President George Hadjikyriakou.

SEE RESTON FARMERS MARKET, PAGE 7



Microgreens at the Reston Farmers Market.



Shoppers visit the vendor booths at the Reston Farmers Market.

COMMUNITY

PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS



Shoppers check out the baked goods at the Reston Farmers Market.

Reston Farmers Market

FROM PAGE 6

When the market closed, John Lovaas reported that approximately 2,500 people had visited the Reston Farmers Market on its opening day. The Fairfax County Park Authority sponsors the Reston Farmers Market, which is open Saturdays from 8 a.m. to noon in the parking lot adjacent to the Historic Lake Anne Center, 1609-A Washington Plaza N. Reston.

The market features 31 vendors selling

various locally-grown and producer-only items. All farmers and producers are located within a 125-mile radius of Fairfax County, except a few who offer hard-to-find items. Vendors may sell only products raised on their farms or made from scratch.

The market also offers a master gardener's booth, where experts are available to answer horticultural inquiries. SNAP participants are eligible for a match of up to \$20 at Reston Farmers Market.



Come meet your friends at the Reston Farmers Market.



PHOTO BY KORINNE WILLS

Cameron Adams, Reston Association covenants chief; John Lovaas, founder, and market manager; Sarah Selvaraj, Reston Association board president; George Hadjikyriakou, Lake Anne Condo president; Laurie Dodd, Reston Association North Point director; and Fran Lovaas, market manager.

WWW.CONNECTIONNEWSPAPERS.COM

Property Management Experts Serving Northern Virginia

Make More. Worry Less.

Protections & Guarantees

- Rent Advance up to 1 year
- Rent Default Protection up to 2 Mo.
- Property Protection up to \$2500
- Tenant Warranty up to 6 Months
- Results Guarantee
- Pet Damage Guarantee up to \$1,000

1521 Westbranch Dr, Mclean, Virginia, 22102

571-489-8134

renterswarehousecnova
RWDCNOVA



Sign up for FREE DIGITAL SUBSCRIPTION to all of our papers

www.connectionnewspapers.com/subscribe

Life is short. **Don't make it shorter.**

Choose life. Make sure your kids get their HPV vaccine and protect them against cancer.

@vaccinatevirginia

Protect the ones you love, **get vaccinated now.**

VDH VIRGINIA DEPARTMENT OF HEALTH

FUN TIMES

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Ken and Sandra Merritt and daughter Isabella, 9, beside a Chevy Camaro SS.



AJ Aviles with daughter Mia, 5, striking a pose by a 1923 Model T Ford.

Fun Times at Casey's Car Show in Chantilly

Casey Automotive's Fifth Annual Car Show & Spring Fest was Sunday, April 24, in Chantilly. It raised \$10,000 for local nonprofit Ellie's Hats, which provides hats to children with cancer, plus assistance to their families.



Ron Maharaj looks under the hood of a 1967 Ford Mustang.



Manning the Ellie's Hats booth are (from left) Kinsley McCormack (an Ellie's Hats recipient); organization founder Jay Coakley; and volunteers, Avery Kerns and dad Alex Kerns.



From left are Carolina Vasquez and children Joshua and Astrid by a 1968 Pontiac Firebird.



Angel Brito displaying his 1955 Chevrolet 210 in the car show.



Jason McCormack and daughter Kinsley, 10, in front of a Camaro convertible.

CALENDAR

NOW THRU MAY 8

"The Mamalogues." Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 and 8 p.m., Sundays at 2 p.m. At 1st Stage, 1524 Spring Hill Road, Tysons. In this satirical comedy, three friends share the joys, challenges, and anxieties of being middle class single Black mothers in predominantly white suburbs. The story celebrates motherhood and community while exploring racial profiling on the playground and supporting your kid who is perpetually the Only Black Child (OBC). Follow their journey as they lean in and steer their children from pampers to college while navigating their own road toward retirement. Visit www.1ststage.org.

NOW THRU MAY 7

"Death of a Salesman." Presented by Vienna Theatre Company. At 120 Cherry Street, SE, Vienna. Show times are: 8 p.m.: Fridays and Saturdays: April 29, 30; May 6, 7, 2022; 2 p.m.: Sundays: May 1, May 8, 2022. Arthur Miller's 1949 Pulitzer Prize-winning drama about the tragic shortcomings of an American dreamer, is widely considered to be one of the greatest plays of the 20th century. Purchase tickets at viennava.gov/webtrac, in person at the Vienna Community Center, 120 Cherry St. SE during open hours, or before each performance if available. Visit www.viennatheatrecompany.org.

THROUGH MAY 7

"A Year with Frog and Toad." At George C. Marshall High School, Falls Church. The play is a warm



Lee Lessack and Johnny Rogers will appear at The Alden in McLean on Friday, May 13.

and funny musical based on Arnold Lobel's beloved Frog & Toad children's books. Performances are Thursday, April 28 @ 7:30 p.m.; Friday, April 29 @ 4 p.m. and 7:30 p.m.; Friday, May 6 @ 7:30 p.m.; and Saturday, May 7 @ 4 p.m. and 7:30 p.m.. The box office opens at 3 p.m. for the matinees and 6 p.m. for evening shows. Tickets can be purchased online at www.statmentheatre.org

REGISTER FOR MAY 14

It's only a month away from a great opportunity to enjoy scenic bike routes through Hunter Mill District in the 2022 Tour de Hunter Mill sponsored by @WalterAlcornFFX,

@BikeFairfax, and others. Register for May 14 ride here: <https://www.eventbrite.com/e/second-annual-tour-de-hunter-mill-tickets-293139206257>

NOW THRU MAY 25

Watercolor Exhibition. At Great Falls Library, 9830 Georgetown Pike, Great Falls. Celebrating a Lifetime of Catharine Noland (1920-2020). A reception will be held Saturday, May 14, from 2-4 p.m. Event start and stop times correspond to normal library hours, which are available at:

<https://www.fairfaxcounty.gov/library/branches/great-falls>

WEDNESDAY/MAY 4

Ed Begley Jr. 8 p.m. As part of RCC's Professional Touring Artists Series, Ed Begley Jr. will bring his program Living Simply So Others Might Simply Live to the CenterStage Tickets are \$15 (Reston)/\$20 (Non-Reston) and are available at the RCC Box Office or online. All ticket holders will be given a packet of wildflower seeds, and copies of Begley's book Guide to Sustainable Living will be available for sale at RCC. At 5 p.m. on May 4, Begley will join RCC and Reston Association for the dedication of a new pollinator garden adjacent to Hunters Woods Village Center.

MAY 5-6

Big Truck Days. 9 a.m. to 3 p.m. May 5; 9 a.m. to 7 p.m. May 6. At the Town of Herndon Public Works Maintenance Complex, 1479 Sterling Road, Herndon. Big Truck Days is an opportunity for children – and their parents – to see the town's big trucks and heavy equipment on display. Large groups should call ahead. Visit the website: www.herndon-va.gov/PublicWorks

FRIDAY/MAY 6

Daniel Tiger's Neighborhood Live! 2 p.m. and 6 p.m. At Tysons' Capital One Hall, 7750 Capital One Tower Road, Tysons. In this whimsical, family-friendly theatrical event, Daniel Tiger and his family and friends take audiences on an interactive and exciting adventure to the Neighborhood of Make-Believe, sharing stories of friendship, helping others, and celebrating

new experiences. Visit www.ticketmaster.com.

MAY 6-7

J.A.M. Broadway Revue. At Fredgren Studio Theatre at Ballet Nova, 3443 Carlin Springs Road, Falls Church. J.A.M. the Revue is a crowd-thrilling dance spectacular musical revue of songs from your favorite musicals. The show starts its journey by paying tribute to some of the rocking musicals set in the '60s the '70s, high kicking its way to the sexy songs of Broadway, and ending with an electrifying finale featuring songs from Broadway's hottest modern musicals. Times: Friday, May 6 at 8 p.m.; Saturday, May 7 at 8 p.m.; Sunday, May 8 at 5 p.m. Cost is \$25. Visit the website: <http://jambroadway.bpt.me>

SATURDAY/MAY 7

Spring Pottery Show. 12:30-5 p.m. At Vienna Community Center, 120 Cherry Street, SE, Vienna. Over 25 area artists will bring their ceramic wares to Vienna. From functional to sculptural - everything is uniquely made by hand. Sponsored by The Kiln Club of Washington, D.C. More details: www.kilnclub-wdc.com/events

SATURDAY/MAY 7

Celebrate Pilates Day. At RTR Pilates, 9849 Georgetown Pike, Great Falls. Register for one of three free trial reformer classes at RTRPilates.com/PilatesDay. Check out the studio, shop great retail, sip champagne and meet our community.

SEE CALENDAR, PAGE 11

THE CONNECTION

Newspapers & Online

Special Connections Calendar 2022

Advertising Deadlines are the previous Thursdays unless noted.

MAY

5/4/2022.....Wellbeing
5/11/2022.....HomeLifeStyle
5/18/2022.....A+ Camps & Schools
5/25/2022.....Senior Living

JUNE

6/1/2022.....Wellbeing
6/8/2022.....HomeLifeStyle
6/15/2022.....A+ Camps & Schools
6/22/2022.....Senior Living
6/29/2022.....Summer Fun

For Print & Digital Advertising Information:
Please Call 703.778.9431 or email
advertising@connectionnewspapers.com

THE CONNECTION | Alexandria Gazette Packet | Mount Vernon Gazette | Potomac ALMANAC

Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



- Electrical (ELE)
- Gas Fitting (GFC)
- Heating Ventilation and Air Conditioning (HVA)
- Plumbing (PLB)
- Residential Building (RBC)

Fully Insured & Class A Licensed
Since 1999



Free Estimates **703-999-2929**

Check if your contractor is licensed at the state level
<http://www.DPOR.virginia.gov>

Visit our website: www.twopoorteachers.com

Upgrade Your Home with a
NEW METAL ROOF
Guaranteed to Last a Lifetime!

LIMITED TIME OFFER
60% off
YOUR INSTALLATION
+
TAKE AN ADDITIONAL
10% off
Install for Military, Health
Workers and First Responders



Call today to schedule your
FREE ESTIMATE
1-844-902-4611

ERIC Metal Roofs
New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Eric Construction Mid-West, Inc. ("Eric"). Offer terms and conditions may apply and the offer may not be available in your area. Offer expires June 30, 2022. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Eric or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservices.compliance.com. All rights reserved.

Announcements

Vow to learn to sew. It will open your brain to new possibilities. Saves you money, helps you see better 3 dimensionally. It is a lifelong skill. Must own your own machine. Cost is \$50/hr. in your home, \$45/hr. in mine. All levels. Call 703 368 7152, lm on vm.

Announcements

Does your child need a tutor? Is he/she struggling and getting more frustrated? Have they been referred for Sp. Ed.? Former special education teacher. Will teach strategies for getting unstuck in school. Cost is \$50/hr. in your home, \$45/hr. in mine. Call 703 368 7152, lm on vm.

Services

Affordable Quality Roofing & Gutters
Repair • Replace
Thousands of references • Over 25 years
(Licensed and Insured)
703-794-8513

Legals

ABC LICENSE
RB Chantilly, Inc. trading as Kare Bar Curry & More, 13912 Metrotech Drive, Chantilly, Fairfax County, Virginia 20151-3238. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer & Wine and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Jung Im Kang, President.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals

ABC LICENSE
DND ENTERPRISE VA, LLC trading as The Counter VA, 11922 Democracy Dr Reston, VA 20190-5624. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a ALCOHOLIC RETAIL license to sell or manufacture alcoholic beverages. KARANDEEP SINGH, MEMBER. Date notice posted at establishment: 05/02/2022.
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or (800) 552-3200.

Prepare for Power Outages & Save Money
REQUEST A FREE QUOTE!
ACT NOW TO RECEIVE A \$300 SPECIAL OFFER!*
| (833) 688-1378

GENERAC PWRCELL
SOLAR • BATTERY STORAGE SYSTEM

*Offer value when purchased at retail. Solar panels sold separately.

Prepare for power outages today
WITH A HOME STANDBY GENERATOR

GENERAC

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

Contact a Generac dealer for full terms and conditions

REQUEST A FREE QUOTE
CALL NOW BEFORE THE NEXT POWER OUTAGE
(844) 947-1479

FREE 7-Year Extended Warranty*
- A \$695 Value!

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.

TRUGREEN
Get the most out of your lawn this spring.

Save now with **50% OFF***
Your First Application

SCHEDULE YOUR APPOINTMENT TODAY! 1-855-942-6217

*Requires purchase of annual plan. Special price is for first Lawn application only. Requires purchase of annual plan, for new residential EasyPay or PrePay customers only. Valid at participating TruGreen locations. Availability of services may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Purchase of annual lawn plan required for Healthy Lawn Analysis, which is performed at the first visit. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

The Bath or Shower You've Always Wanted IN AS LITTLE AS 1 DAY

\$500 OFF* OR **No Payments & No Interest for 18 Months****
Military & Senior Discounts Available
OFFER EXPIRES June 30, 2022

BCI BATH & SHOWER
CALL NOW! (844) 945-1631

*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 6/30/2022. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2022 BCI Acrylic Inc.

Leaf Filter GUTTER PROTECTION
BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

15% OFF YOUR ENTIRE PURCHASE*
10% OFF SENIORS & MILITARY!
+ 5% OFF TO THE FIRST 50 CALLERS ONLY! **

WE INSTALL YEAR-ROUND!

FINANCING THAT FITS YOUR BUDGET!*
Promo Code: 285
*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE 1-877-614-6667
Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSL# 1035795 DGPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA UBI# 603 233 977 License# 2102212986 License# 2106212946 License# 2705182153A License# LEAFFNW822J License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registrations# 126849 Registrations# HIC.0649905 Registrations# C127229 Registrations# C127230 Registrations# 366920918 Registrations# PC6275 Registrations# RZ731804 Registrations# 13VH0953900 Registrations# PA069383 Suffolk HIC License# S2229-H License# 2205169445 License# 262000022 License# 262000403 License# 0086990 Registrations# H-19114

Be a part of our:

Wellbeing pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.

Senior Living, fourth week of every month.

Questions?
E-mail sales@connectionnewspapers.com or call 703-778-9431

THE CONNECTION NEWSPAPERS

CALENDAR

FROM PAGE 9

SATURDAY/MAY 7

Spring Festival. 1-5 p.m. At Walker Nature Center in Reston. There is more outdoor fun to be found at Reston Association's Spring Festival at Walker Nature Center. The festival includes live animals, fishing activities, boat rentals, crafts and booths by environmental groups. Family-friendly entertainment is provided by Reston Community Center.

SATURDAY/MAY 7

Annual Plant Sale. 8 a.m. to noon. At Falls Church Community Center, 223 Little Falls Street, Falls Church. Everything for your garden: unusual and standard plants, pots, tools, floral arrangements, gifts, décor. Visit <https://www.fallschurchgardenclub.org/> for the discount coupon and additional information about Falls Church Garden Club.

SATURDAY/MAY 7

CGC Plant Sale. 9 a.m. to noon. Outside the Virginia Bagel Shop, Stone Road Village Center, Centreville. Centreville Garden Club annual plant sale at the Stone Road Giant Shopping Center. Potted spring bulbs, various perennials and deer resistant plants. Need gardening advice... lots of experts to talk with. Come purchase some beautiful healthy plants for your spring garden.

SATURDAY/MAY 7

Author Pu-Chin Waide. 10:30-11:30 a.m. At Patrick Henry Library, 101 Maple Ave. East, Vienna. Pu-Chin Waide was born in China, and moved to India with her parents, where she lived until she was 18. Writing was always a joy to her and she recently completed two collections of short stories. These stories give glimpses of the places in Asia and elsewhere where she has lived: stories which she embellished, recreated, and made 'magical.' Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/8927366>

SATURDAY/MAY 7

Improvison of Northern Virginia. 7 p.m. At The Alden at McLean Community Center, McLean. Improvison of Northern Virginia is a friendly competition among several Northern Virginia-based improvisation companies. Presented by Dark Horse Theatre Company and the Alden's own (the) Unruly Theatre Project, this show will feature host Pete Bergen. Tickets are \$20, \$15 for MCC tax district residents. The Pundemics, Home Improv Mints, (the) Unruly Theatre Project and Calamity Improv are scheduled to perform. Visit: www.aldentheatre.org or call 703-790-0123.

MAY 7-8

Great Falls Studios Spring ArtFest. 10 a.m. to 5 p.m. At The Grange and Old Schoolhouse, 9818 Georgetown Pike, and three art studios at the Village Center, Great Falls. Join them as they share their creativity with the community at the first event to be held at The Grange and Old Schoolhouse after The Great Falls Grange Foundation signed the agreement with the Fairfax Parks Authority to operate the venue. Great Falls Studios is a unique and diverse group of painters, potters, photographers, fiber artists, sculptors, printers-lithographers, and jewelry makers, all represented at the ArtFest. Visit www.greatfallsstudios.com

SUNDAY/MAY 8

Sporting Goods Charity Drive. 1 to 3 p.m. At Marshall High School. Boy Scouts Troop 345 and "Leveling the Playing Field" are collecting new and gently used sporting goods equipment to help local at-need athletes realize their dreams to play competitive sports. How to Help: 1. Bring your donations to Marshall High School on Sunday, May 8 between 1-3 p.m. 3. Too much to haul? Send an email to sportsdrive2022@gmail.com and they'll arrange to have a volunteer pick up your donation.

SUNDAY/MAY 8

Master Singers of Virginia. 7 p.m. At Herndon United Methodist Church, 701 Bennett Street, Herndon. The Master Singers of Virginia, Northern Virginia's premier mixed cappella ensemble under the direction of Dr. Erik Reid Jones will present Of Heaven and Earth. This concert features Herbert Howells' "Requiem, Arise My Love" by Stephen Paulus and Poulenc's "Chansons Francaises" that are charming, snappy and short. Tickets are \$25 for Adults, \$20 for Seniors (65+) and \$15 for Students. Visit <https://www.msva.org/spring>

MONDAY/MAY 9

Planning Committee CD22. 7-8:30 p.m. At Sully District Government Center, 4900 Stonecroft Blvd., Chantilly. The 30th annual Centreville Day is Saturday, Oct. 15, 2022. Join in the fun of planning the event with the Planning Committee on second Mondays. Email: centrevilleFHC@gmail.com. Website: www.historiccentrevilleva.org

FRIDAY/MAY 13

Lee Lessack and Johnny Rogers. 7 p.m. At The Alden at McLean Community Center, 1234 Ingleside Ave., McLean. Lee Lessack and Johnny Rodgers perform "Live in Central Park [Revisited]: James Taylor," a concert based on Taylor's 1979 concert in Central Park. Tickets are \$40 for the public, \$30 for MCC district residents. Visit: www.aldentheatre.org or call 703-790-0123.

MAY 13-15

"An Officer and a Gentleman." Fridays at 8 p.m.; Saturdays at 2 p.m. and 8 p.m. At Capital One Hall, 7750 Capital One Tower Road, Tysons. "An Officer and a Gentleman" celebrates triumph over adversity and includes one of the most iconic and romantic endings ever portrayed on screen. Featuring 'Up Where We Belong', and a score based on the 1980's catalogue of music that gave voice to a generation, the live stage production is a new adaptation by Dick Scanlan. Visit the website: capitalonehall.com.

MAY 13-15

Art A Fair. At Walker Chapel United Methodist Church Fellowship Hall, 4102 N. Glebe Road, Arlington. The McLean Art Society is sponsoring a three-day art exhibit and sale, ART A FAIR, featuring original work in multiple styles and a variety of subjects. Many exhibitors are award-winning artists. The opening reception will take place Friday, May 13, 5-8 p.m. The show continues at this site Saturday, May 14, 10 a.m.-4 p.m. and Sunday, May 15, 10 a.m.-2 p.m. Admission is free. Call 703-538-5200.

SATURDAY/MAY 14

Sully 2 Community Yard Sale. 9 a.m. to noon. At 5501 Sully Park Drive, Centreville. There will be some great yard and garage sales happening at and/or around 5501 Sully Park Drive. This large community holds a community yard sale every year, you are sure to find something you need or always wanted. Rain date is May 21st, same time, same place.

MAY 21-22

Girls on the Run Spring Registration. GOTR NOVA will be offering an in-person, 10-week curriculum for the Spring 2022 season. Two in-person 5Ks presented by Cigna will be held on May 21st and 22nd in Sterling and Ballston, respectively. Teams will continue to be school and community-based to further our outreach efforts in being accessible to every girl across Northern Virginia. Currently, 105 teams throughout Alexandria, Arlington, Fairfax, Falls Church, Loudoun, Manassas, Manassas Park, and Prince William are open for Spring 2022 registration through March 1, 2022. For more information about spring registration and sites for Girls on the Run of NOVA, visit www.gotrnova.org.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004

FOR ADVERTISING INFORMATION

ELECTRICAL	
K & D ELECTRIC	
COMMERCIAL / RESIDENTIAL SERVICE	
Family Owned & Operated	
Recessed Lighting	Licensed/Bonded/Insured
Ceiling Fans	Office 703-335-0654
Phone/CATV	Mobile 703-499-0522
Computer Network Cabling	lektrkman28@gmail.com
Service Upgrades	
Hot Tubs, etc...	

LANDSCAPING	
Quality Tree Service & Landscaping	
Reasonable prices. Licensed & insured.	
	Expert Tree Work
	Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.
25 years of experience - Free estimates	
703-868-5358	
24 Hour Emergency Tree Service	

Landscape Drainage	Landscape Drainage
	
A JES Services, Inc Company	
Eco-Friendly Landscape Drainage Experts	
Drainage, Erosion, Landscaping, Hardscaping, Patios, Retaining Walls & More	
Your Neighborhood Company since 1987!	
703-772-0500 www.ProDrainage.com	
VA. Licensed Class A Contractor	



Sign up for **FREE DIGITAL SUBSCRIPTION** to any or all of our 15 papers

WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE



Compartmentalize This



By KENNETH B. LOURIE

With all the physical problems and emotional challenges, a typical cancer patient undergoing treatment experiences, one's attitude is a significant contributor to the eventual outcome. My approach has been to never let the mental anguish and disappointment in my presumptive adjusted life expectancy (I was originally diagnosed as "terminal." Now I'm not really classified since I'm in a rather unique situation. My current diagnosis of papillary thyroid cancer stage IV is not usually a "terminal" condition. However, due to a misdiagnosis, my thyroid cancer has progressed to the point where it's not nearly as "friendly" as it could have been. And by 'friendly,' I mean curable as papillary thyroid cancer is often called "the friendly cancer" due to its positive prognosis. Right now, I would say I'm precarious more than "terminal" though life goes on without too much ado/negative effect) overwhelm me. In short, I still believe (certainly hope) I'm in it for the long haul.

And being a cancer patient with or without non-small cell lung cancer stage IV (my original diagnosis) is indeed a long haul. As discussed in a previous column: "The Cancer Effect," there are innumerable and ongoing appointments and conditions making it difficult for one to ignore the very real fact that I have cancer and one that, due to years of mistreatment, the cancer has imbedded itself in my collarbone and as such, turned a curable form of cancer into an incurable one. Moreover, one whose treatment is simple enough (after having a thyroidectomy), one pill a day and no infusions. But a pill whose window of effectiveness ends in Sept. '23, three years after I started the regimen for papillary thyroid cancer (according to current medical data) and for which there's no better available medication waiting in the wings. Granted, medicine isn't arithmetic, and my window may be open longer - or shorter. Nevertheless, if I allow myself to think about it, I don't likely have left nearly as much life as I had long anticipated. But I don't think about it, and that's the point of this column.

Obviously, one can't ignore the fact that he or she has cancer. There are constant reminders; in how you feel, how you think, how you look, how you're reacted to by others and how you integrate all your cancer demons into something like a manageable routine. Somehow, it all must become normal and no big deal, and just another day at that. If you let its abnormality define and/or control your life, then cancer wins and maybe even makes you sicker than your physical condition would otherwise warrant.

Respecting that cancer is in and of itself, bad enough (physically), I'm not going to make it worse mentally by "woeing" is me and therein likely exacerbate my symptoms, further weaken my immune system, and much sooner rather than later, suffer severe consequences as a result.

My enduring philosophy: "I have cancer. So what?!"

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

END ALZHEIMER'S



Riding to end Alzheimer's, Carol Stone of Oakton.

Register for the Ride to End ALZ at alz.org/ride



Carol Stone with her mother and two sisters.

Oakton Woman Rides to End Alzheimer's

Ride to End ALZ - Nation's Capital joins cycling fundraising program to support Alzheimer's, dementia research.

The Alzheimer's Association will hold its first ever Ride to End ALZ in the Nation's Capital on Sunday, May 15. To date, more than 200 riders from Maryland, Virginia and the District of Columbia, as well as from states as far away as Texas, Minnesota and Hawaii, have registered for the inaugural cycling event, which joins a growing list of Ride to End ALZ events held across the country to raise funds and awareness to advance research toward the first survivor of Alzheimer's.

Oakton resident Carol Stone is the co-chair of the local volunteer Community Engagement Committee responsible for planning and promoting the new event. Stone has participated in Ride to End ALZ events in Colorado and Texas, as well as other Alzheimer's Association cycling events, including the South Carolina Chapter's multi-day Ride to Remember, which is now part of the Ride to End ALZ family of events.

"After participating in the South Carolina ride, I knew that the passion, fundraising success and experience of such an event needed to be shared with others – so I set a goal of creating an Alzheimer's Association cycling event in my state," said Stone. "I am passionate about the Ride to End ALZ because I have witnessed firsthand the positive impact these events can have on the participants, volunteers, supporters, spectators and communities and on the fight against dementia."

Stone's paternal grandmother was diagnosed with senility in the 1960s, a time when little was known about Alzheimer's disease. Years later, her mother was diagnosed with Alzheimer's after she began to exhibit symp-



Riding to end Alzheimer's, Carol Stone of Oakton.

toms in her mid-70s. Stone's mother-in-law then developed the disease, living with the family for three years. "Like too many, my involvement with Alzheimer's is personal," said Stone. "My family and I have experienced the devastation of this disease and the difficulties faced by caregivers, whether family members or professionals dedicated to providing care. I have also witnessed their incredible kindness, compassion and sacrifice. While caring for my mother-in-law we were fortunate to have the support of the local community, including the Alzheimer's Association."

The Ride to End ALZ will take place in Loudoun County, with the start and finish at



Carol Stone of Oakton with her mother. Stone is riding to end Alzheimer's.



Carol Stone's mother as a child in 1925.

Morven Park in Leesburg. Check in opens at 6 a.m., with the ride starting at 7 a.m. Participants can choose a 25-mile, 45-mile, 70-mile, or 100-mile route with breathtaking views. The fully supported event will have rest stops along every route, as well as mechanics, SAG (support and gear), breakfast, lunch and live entertainment.

People can register for the Ride to End ALZ at alz.org/ride. Select the Nation's Capital option to register for the event. All participants must be 13 years of age or older. Riders are required to make a registration

donation to get started and agree to raise the fundraising minimum of \$500 in order to participate. The registration donation will be counted towards that minimum.

One hundred percent of proceeds from the Ride will support Alzheimer's research. As the largest nonprofit funder of Alzheimer's research, the Alzheimer's Association is committed to accelerating the global progress of new treatments, preventions and, ultimately, a cure. Learn more about research at alz.org/research.

While the Ride's purpose is to raise funds to support critical dementia research, Stone notes there is an important personal aspect to the event: "Meeting the volunteers and participating in the Ride is incredibly inspiring. Hearing their stories is emotional yet heartwarming. The connection to the mission and the support for each other is profound. It is magical! Build a team, donate, volunteer, spread awareness, advocate. You will be glad you did. There is so much we can and will accomplish together."

For more information on Ride to End ALZ Nation's Capital, visit alz.org/ride or contact Brenda Buchanan, director of the Ride at 512-572-0153 or at bbuchanan@alz.org.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia. Visit alz.org or call 800-272-3900.

WWW.CONNECTIONNEWSPAPERS.COM