

CONNECTION

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Front row, Supervisor John Foust and Town of Herndon Mayor Sheila Olem ring the bell officially opening the 2022 Herndon Farmers Market on April 31. Back row left, John Dudzinsky, the town’s forester, managed the market since 1989 and was preparing to retire. He shakes hands with his successor, Market Manager Fadrique Iglesias, community planner for the Town of Herndon.

PHOTO SCREENSHOT
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NEWS

Herndon Farmers Market Open for Business

Reconnects people with local food in a fun community setting.

By MERCIA HOBSON
THE CONNECTION

The Herndon Farmers Market, located in the 700 block of Lynn Street beside the Red Caboose in Old Town Herndon, is open every Thursday from 8 a.m. to 12:30 p.m. through Nov. 2, 2022. Some of the market's 15 vendors provide on-line ordering with pick-up at the market. For further information, check the individual vendor listings found online. <https://www.fairfaxcounty.gov/parks/farmersmarkets/herndon>

The Park Authority operates ten farmers markets around Fairfax County, including the Herndon Market. The Farmers Market's mission is to provide residents with access to locally grown products while also providing local farmers and food producers with market opportunities. Farmers and producers may only sell what they raise on their farms or produce from scratch.

Herndon's new market manager is Fadrique Iglesias, the community planner for the Town of Herndon. He follows in the footsteps of town forester and market manager John Dudzinsky. He had been the market manager since 1989 and recently retired.

PHOTOS BY MERCIA HOBSON
THE CONNECTION



Locally grown produce.



Reconnect with friends.



Adult and Community Education English for Speakers of Other Languages students from Fairfax County Public Schools on their field trip to the Herndon Farmers Market. Accompanied by their teacher, Pavithra Rajesh, they practiced speaking conversational English at the market.

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STARS Study for Route 50

VDOT plans to improve Route 50 intersections in Chantilly.

BY BONNIE HOBBS
THE CONNECTION

Based on 2019 data, the two-mile section of Route 50 in Chantilly between Route 28 and Stringfellow Road averages 71,000 vehicles a day and has a high number of crashes. So VDOT's doing a STARS (Strategically Targeted Affordable Roadway Solutions) study to determine how to make this stretch of highway operate safer and more efficiently.

After receiving community feedback following a virtual, Phase 1 public-information meeting in September 2021, VDOT held a second such meeting, March 30 about the study's Phase II. The Phase II study area is Route 50 from Chantilly Plaza to Plaza Lane. The intersections involved are Chantilly Plaza, Galesbury Lane, Lees Corner, Stringfellow and Plaza Lane.

Earlier, residents had responded to a survey focused on potential improvements at Lees Corner Road, Stringfellow Road and side-street intersections along the Route 50 service road. Their Phase II suggestions were unveiled during the recent meeting; but first, the Phase I study recommendations were recapped.

Phase I

- At Route 50 at Lees Corner:
 - ❖ Install southbound, right-turn lane from Lees Corner onto Route 50;
 - ❖ Upgrade pedestrian crossings at Route 50 and across Lees Corner.
- At Route 50 and Stringfellow:
 - ❖ Extend the westbound Route 50 left-turn lane from 435 feet to 650 feet.

Phase II

The Phase II study recommendations included adding partial median U-turns at Lees Corner Road and Stringfellow Road; re-



The Phase II study area is Route 50 in Chantilly between Chantilly Plaza and Plaza Lane.

stricting left turns at the Route 50 intersections with Lees Corner and Stringfellow; adding a second westbound Route 50 left-turn lane at Lees Corner; and improving the service-road intersection at Route 50 and Lees Corner.

Dana Trone, VDOT's consultant project manager, showed several slides and discussed the Phase II alternatives under consideration. They are as follows:

- Route 50 at Lees Corner:
 - ❖ Alternate 1: Prohibit left turns from westbound Route 50 to Lees Corner. Doing so:
 - ❖ Allocates more green traffic-signal time to eastbound Route 50;
 - ❖ Reduces eastbound Route 50 delays at Lees Corner;
 - ❖ Eliminates the potential for crashes involving westbound, left turns and rear-end crashes;
 - ❖ Minimizes cut-through traffic on the service road;
 - ❖ Diverts traffic to alternate routes – left turns and U-turns at new signal at Galesbury Lane, plus taking Stringfellow to Poplar Tree Road.
 - ❖ Alternate 2: Create double, westbound, left-turn lanes and prohibit westbound access to the service road. Doing so:
 - ❖ Improves operation of westbound left turn to Lees Corner and allocates more green time to eastbound Route 50;
 - ❖ Eliminates westbound,

Route 50 left-turn queues from extending beyond the turn lane;

- ❖ Reduces conflicts at the service road;
- ❖ Minimizes cut-through traffic on the service road;
- ❖ Requires minor widening along Lees Corner and impacts parking.

Route 50 at Stringfellow:

- ❖ Alternate 1: Prohibit left turns from eastbound Route 50 to Stringfellow. Doing so:
 - ❖ Allocates more green time to westbound Route 50;
 - ❖ Reduces westbound Route 50 delays at Stringfellow;
 - ❖ Eliminates the potential for crashes involving eastbound left turns and rear-end crashes;
 - ❖ Diverts traffic to alternate routes – U-turns at Plaza Drive, left turns at Lees Corner, and left turns at Fairfax County Parkway. (Only one alternative was given).

Community Questions

During the question-and-answer period, resident Dennis Smith asked, "Are they not doing any U-turns at Galesbury and at Lees Corner?"

"The people who took the survey didn't want U-turns there," replied Trone. "Some 17,000 Lees Corner-area residents take that road

at Route 50; and having U-turns there would add an extra 4 minutes to the drive for each of them – and that equates to 68 minutes a day."

A man named Ethan, who didn't give his last name, asked how the timing of the new traffic signals would affect drivers on Route 50. Trone answered that "eliminating a left-turn phase at Lees Corner and Stringfellow allows us to add more green time to Route 50."

Regarding alternate 1 at Lees Corner, a man named Paul asked if it would close access to the service road. Trone said it wouldn't because "so many people make that left turn from Route 50 and then a right turn onto the service road."

"You're only talking about restricting left turns eastbound on Route 50 at Lees Corner and Stringfellow," said Smith. "Most of the community likes this part. But they don't want to lose all the left turns from [the residential communities] onto Route 50."

"We haven't selected a preferred option coming out of Lees Corner," said Andy Beacher, VDOT's preliminary-engineering manager for Fairfax County. "It sounds like you favor the second alternative at the Lees Corner intersection."

Ethan then asked if there's any plan for Route 50 to be upgraded to a freeway in the future, similar to parts of Route 28 northbound. "No," replied Beacher. "Just an

interchange at the Stringfellow Road intersection – but there are currently no plans to do that."

Gregg Steverson, deputy director of Fairfax County's Department of Transportation, agreed. "I don't see Route 50 going in that direction," he said.

Resident Mark Proctor asked, "Regarding the westbound, Route 50 left turn into the shopping center at Galesbury, what was the recommendation?"

"The traffic signal there at the shopping center would be removed and the median opening there would be closed," said Trone.

"We'd make a median opening at Galesbury so people could turn directly to and from Galesbury, without having to drive through the shopping center to get to their homes off Galesbury."

A woman named Beverly said, "What's been proposed for Galesbury seems unreasonable."

But Trone told her, "The traffic signal would be shifted from the shopping center to Galesbury Lane." She then advised Beverly to take another look at the study. Beverly also asked how diverting traffic from Lees Corner would affect Galesbury. "In the morning, about 65 vehicles turn onto Lees Corner from Route 50, and 180 in the afternoon," replied Trone. "A lot of Galesbury traffic is neighborhood traffic, and some people use Galesbury to get back to Lees Corner."

Regina Moore, VDOT's Phase II study project manager, then went through the next steps. She said the study is expected to be completed sometime this summer.

"Right now, we have no funding [to build this project]," said Beacher. "Once we finish the study and choose alternatives, we'll have cost studies done and then work with Fairfax County to identify funding opportunities. And it would then be a number of years to finish the design, acquire the necessary right-of-way and implement the improvements."

Outdoor Band Concert under the Stars

Centreville High presents 'Bandemonium!' plus food trucks.

BY BONNIE HOBBS
THE CONNECTION

Live music and tasty food under a warm, spring sky – that's what is in store for those attending Centreville High's upcoming outdoor band concert. The Wildcat Band Under the Stars "Bandemonium!" show is set to wow the crowd Friday, May 20, at 7 p.m., in the school's bus loop.

Opening acts will be the Centreville Area Elementary Honor Band and the Liberty Middle School Jazz Band, who'll be playing at 6:30 p.m.

Then the CVHS JazzCats, Percussion Ensemble, Concert Band, Symphonic Band and Wind Ensemble will each perform. After them will be an awards ceremony; and rounding out the evening will be music by a professional group, The Steve Lovecchio Jazz Band.

And throughout the entire event, food trucks (Village Café and Two Smooth Dudes for dinner, plus ice cream and Kona Ice for dessert) will be there for families to purchase dinner and enjoy the ambience of food and music together. Village Café offers sandwiches including Philly cheese steaks, plus Greek salads, kabobs and baklava. Two Smooth Dudes serves gourmet tater tots, wraps, salads and pineapple smoothies.



PHOTO COURTESY OF MELISSA HALL

Centreville High's Concert Band will be performing in the upcoming "Bandemonium!"

"The students have been working towards this concert for the past six weeks," said Band Director Melissa Hall. "It is such a joy for students and director alike to be able to play a live event together again, after so much time away due to Covid. The spark for this concert came about from last year's inaugural, 'Under the Stars'

event, where the virtual band performances were shown on a large screen and livestreamed for those who could not attend."

Wanting to invent new traditions since returning to school, Hall came up with the "Bandemonium!" idea to keep the outdoor aspect and have a fresh, new take on the end-of-the-year concert. "In

the 15 years I've been the band director at CVHS, we have never performed live outside," she said. "An outdoor concert under the stars is long overdue."

The performers will entertain on two stages, and there'll be chairs set up so audience members may sit during the concert. In case of rain, the concert will be moved

indoors into the Skip Maiden Auditorium.

For its portion of the show, Centreville High's Percussion Ensemble will lead off, playing two pieces – "Drums Galore" and "What's Up?" The students in this ensemble also perform with the Concert Band, but have this opportunity to play on their own, since percussionists are often relegated to the back row. Said Hall: "Percussion Ensemble gives them a chance to shine from up front."

The next group will be the JazzCats. Its concert theme is "In Living Color" and will feature the songs, "On Green Dolphin Street," "Blue Willow," "Honeysuckle Rose," "Somewhere Over the Rainbow" and "Chameleon."

"It promises to be a spectacular set," said Hall. "The JazzCats bring together students from all disciplines of the CVHS music department – band, orchestra, guitar and choir."

Then will come the Concert Band, performing three pieces, including two newer works, "The Codebreakers" by Mollie Budiansky and "Dystopia" by Jay Coles. "Since their last concert in late February, the students have grown tremendously and have worked hard to get to this level," said Hall. "The audience will surely enjoy

SEE OUTDOOR, PAGE 7

Justin Constantine: Local Kid, American Hero

Dear Friends, Virginians, Citizens of Fairfax:

This is a melancholy newsletter, based upon news this week of the passing of Lt. Col. Justin Constantine of prostate cancer. A decorated veteran of the Iraq War, Justin was 51 when he died on Wednesday [May 4]. He was a friend and an inspiration to many of us.

REMEMBRANCE

Like me, Justin grew up on the mean streets of Fairfax City. He attended J.C. Wood Elementary and Fairfax High School in 1980's. (I played soccer with his older brother at FHS). He graduated a couple years after me and we ran in the same circles. It was that kind of small town.

Years later, I was back in northern Virginia as a young lawyer. Justin had just gradu-

ated from JMU and, like me, played for NOVA Rugby. He was a happy-go-lucky young man and strong as an ox. When he ran the ball, he knocked over tacklers like bowling pins. We immediately reconnected and became friends.

In 1997, Justin was attending law school out West but home during the summer. After work, we played "sevens rugby" at a local school. Justin told us he was joining the Marines and becoming a JAG officer. After law school, he served a five-year tour with the USMC, then took a reserve billet. During the Iraq War, he volunteered for deployment as a civil affairs officer, bringing stability to Iraqi communities torn apart by war.

In 2006, we heard the shocking news that Justin had been shot in the back of the head by a hostile sniper in Anbar province. The bul-



Justin Constantine

let exited his mouth and effectively destroyed his face. A Navy corpsman saved his life by performing an impromptu tracheotomy. He was rushed to a field hospital and

eventually to an Army hospital in Germany where 20 operations were performed to put his face back together. He told us how the hospital staff in Germany put towels over the mirror so he could not see his own face.

In October 2006, after Justin returned stateside, I stopped by his parents' house in Fairfax City to see him. Somehow, he was still upbeat, despite the horrific injuries, and talking about plans to resume work. Months later, I joined a caravan from Fairfax City to attend Justin's Purple Heart ceremony at the Marine Corps Museum in Quantico. The Fairfax Rebels were in the house that day, representing one of our own.

Over the years, I would see Justin and his wife Dahlia (their courtship is another inspiring story), socially or in the community.

In 2010, a group of ruggers hosted a happy hour for him before his marriage to Dahlia. After years of rehab, he worked for a few years at DOJ, then decided to make his career as a motivational speaker.

He became the national face of the Wounded Warrior community and was recognized by Senator Scott Surovell, his JMU classmate, in an emotional presentation to the House of Delegates in 2012. Everything in his life seemed like it was on track. Every time I saw him, he told me he was lifting weights and could still kick my butt on the rugby pitch.

I heard a couple months ago that Justin had cancer and it was not good. (You learn to dread "GoFundMe" pages). I didn't have a chance to speak with him again and I have no

SEE JUSTIN, PAGE 7

OPINION

Back to School Again

BY DELEGATE KENNETH R. "KEN" PLUM



Plum

Last Saturday I returned to the building from which I graduated high school, Shenandoah High School, in 1960. The building was a high school from 1911 to 1961 with few changes. The building is now Shenandoah Elementary School. The Alumni Association that honors graduates at an annual banquet may be the oldest in the state, recognizing graduates of the classes of 1939 to 1961. Of the 1,117 graduates from the high school, there are approximately 270 who are still living.

The Alumni Banquet is one of the big social events in the town of Shenandoah. It has been held every year except for the years during World War II and two years during the Covid pandemic. A modern-day high school gymnasium would hold three or four of the small gymnasiums in which the banquet is held.

I was honored to be the banquet speaker this year. Preparing for my speech during Teacher Appreciation Week brought back many wonderful memories, some of which I told in stories at the banquet. By modern-day standards my family would have been termed poor although we did not think of ourselves as being poor. My father had no formal education and could not write except for his signature, and my mother had a couple of years of elementary school and could read and write. As I look back on my education I have come to recognize the importance of my parents as my first teachers. The lessons they taught by words and by example have been most important to me: Give every person who pays you a full day of work; treat others as you want to be treated; be kind

and respectful, among others.

My days at Grove Hill Elementary School for the first seven years and my remaining five years at Shenandoah High School opened exciting vistas for me to history and the world. Among my favorite subjects were Latin and Plane Geometry as they demonstrated the structure of language and reasoning. I was an excellent speller, and I can still outline a sentence.

My teachers were caring. Mrs. Lena Kite who was the first guidance counselor made what I thought at the time was an outlandish suggestion that I should apply to go to college. I told her I did not think I could go to college, questioning my own abilities and knowing that no one in my family had ever been to college. Mr. Kite encouraged my interest in history, and it was in his class that I reduced Harry Strickler's 442-page book, A Short History of Page County, to six pages that I still have. Mrs. Boozer taught the government class in which I could never learn enough.

Probably fewer than half the children who started school with me actually graduated. By today's standards the schools were poor. My teachers were inspirational and pointed me in the right direction. That is why I told my fellow alumni at our annual banquet how much I continue to appreciate my teachers not just one week of the year but always! Teachers made a huge difference in my life as they do in the lives of our children every day!

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.

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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



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Trisha Brown Dance To Perform at Tephra Art Festival

Tephra Institute of Contemporary Art (Tephra ICA) and Reston Community Center announce the critically-acclaimed Trisha Brown Dance Company (TBDC) as the headlining performers at the Tephra ICA Festival, formerly the Northern Virginia Fine Arts Festival. TBDC will present a series of performances on May 21 and 22, 2022 in Reston Town Square Park.

TBDC is a contemporary dance company dedicated to the performance and preservation of the work of Founding Artistic Director and Choreographer, Trisha Brown. Brown is a founding figure of the American dance movement who challenged the status quo idea of performance, and her work has inspired generations of dance creators. Throughout her career, she collaborated with leaders in music, theatre, and the visual arts – including visual artists Robert Rauschenberg, Donald Judd, and Elizabeth Murray, and musicians Laurie Anderson, John Cage, and Alvin Curran, among others.

“I believe this to be a major moment for the arts community in this region – visual, performing, and interdisciplinary arts; and we are grateful to have Reston Community Center as our partner in bringing this all to life,” says Tephra ICA’s Executive Director and Curator Jaynelle Hazard. “The dancers will perform in the heart of the Festival – on Market Street and in Reston Town Square Park. So as the audience, we will watch their movements in shared space, not



separated by a stage or proscenium. This invites us to see the dancers as fellow human beings as they fully embody the choreography.”

TBDC will present Trisha Brown: In Plain Site, a site-specific performance that places special focus on audience engagement, breaks down access barriers, and provides an intimate experience for families and those less familiar with contemporary dance. This program will restage early works from Brown’s repertoire, situating the movement dynamically within

Performance Times and Locations

Trisha Brown: In Plain Site
Reston Town Square Park
11900 Market St, Reston, VA
Saturday, May 21, 1:00pm and 4:00pm
Sunday, May 22, 11:00am

Sky Map

Tephra Institute of Contemporary Art
12001 Market St, Suite 103, Reston, VA
Saturday, May 21, 12:15pm, 2:15, and 5:15pm
Sunday, May 22, 12:15pm, 2:15pm, and 5:15pm
RSVP to participate in Sky Map here.

the architecture and landscape of Reston Town Center.

“Reston Community Center is so pleased with this tradition of providing beautiful and thought-provoking performances to complement the artistic bounty of the Festival each year,” said RCC Board Chair Bev Cosham. “Our talented Arts and Events team connects with the world’s most acclaimed artists and companies to share them with our community. It’s just one of reasons the Festival is such a great experience for artists and arts lovers alike.”

Tephra ICA will also present Trisha Brown’s Sky Map, an immersive performance work taking place at their main gallery. As audience members lie down on the floor, a recording of Trisha Brown’s voice will inform the audience “how to mentally construct an overhead map.”

About the Tephra ICA Festival

Now in its 31st year, the Tephra ICA Festival (formerly Northern Virginia Fine Arts Festival) will take place on May 20–22, 2022 and will highlight more than 200 artists who are creating unique, handmade works in the fields of fine art and craft. Drawing upon a robust exhibitor and collector base coupled with Tephra ICA’s contemporary art foundation, the Festival has become one of the region’s most anticipated events, attracting approximately 30,000 people to the unique, outdoor environment of Reston Town Center. To learn more please visit tephraica.org/festival.

Reston Small Business Voted Big Win **Nordic-Knot edges out over 4,700 entries.**

BY MERCIA HOBSON
THE CONNECTION

Nordic-Knot, a production bakery situated at 11412 Washington Plaza West at Lake Anne Plaza in Reston, won the \$40,000, second-place award from Barclays U.S. Consumer Bank’s ‘Small Business Big Wins’ promotion. Nordic-Knot makes all-natural, freshly baked, and hand-crafted pretzels using a traditional Nordic dough. The company collaborates with local brewers to develop pretzels that pair with their distinctive brews.

Melissa Romano’s Nordic-Knot submission to the contest triumphed over 4,750 other small companies in a nationwide vote on April 13-22.

Romano’s “twisted story” begins with a pretzel and a note by Eric Lundberg left in a brown bag on the doorstep of the nano-brewery she and her husband, Jason, co-own. It led her and Lundberg to establish Nordic-Knot as the premier manufacturer and distributor of hand-made soft pretzels for wholesale resale. That is, until the COVID-19 pandemic strikes, according to the entry, “causing most of our reseller



A sample catering tray by Nordic-Knot.

partners to shutter doors, either temporarily or permanently.”

“At Barclays, we know that small businesses are the economic engine of their local communities,” said Nancy Parnella, Director of U.S. Business Cards at Barclays. “We are honored to share their stories of perseverance and provide them with financial support to help them continue to thrive.”

Romano and Lundberg bring “pretzels to the people” in innovative ways. Lundberg crafts a vending cart that becomes a Saturday morning attraction in front of the wholesale bakery, which does not operate a retail storefront. Then he makes a cabinet where people pick up their pre-ordered pretzels, pretzel dogs, and pretzel croissants in a contact-free space.

Romano says that Nordic-Knot grew its customer base in a way that the community liked and supported. The company continued to help local charities and groups in 2021 by giving them wholesale prices, gifts-in-kind, and financial donations.

Melissa Romano in the Nordic-Knot, a production bakery.



Outdoor Band Concert under the Stars

FROM PAGE 5

their exciting program.”

During one of the Symphonic Band's three pieces, “The Ankh of Eternity,” the students will take attendees on an epic journey through ancient lands to find a mythical amulet. This number will also feature student soloists improvising melodies over rhythmic, hand percussion.

“The Symphonic Band will also perform an exciting, new work called ‘Rider of the Mountain’ by the young composer, D.I.D. Choi,” said Hall. “While listening, audience

members will envision that they're on a beautiful, mountain pass.”

The Wind Ensemble will then play four pieces. And, said Hall, “The variety is sure to please.” These musicians will premiere a new work by composer Randall Standridge called “(not)Alone,” which is part of his “un-Broken” project. Centreville's band was part of a special consortium to write this piece to help raise awareness of mental-health problems.

“This work deals directly with the struggles and emotions of individuals who live

with these issues,” explained Hall. “The goal is to spark conversations and tear down the taboo of discussing mental health.” The band will end the night with its traditional, end-of-year performance of “The Stars and Stripes Forever” by John Philip Sousa.

“This is a free, family-friendly event that we hope will bring in many guests from the Centreville community,” said Hall. “Come celebrate a tremendous year of in-person music making, along with the Centreville High Wildcat Band family. We hope to see everyone there.”

Justin Constantine: Local Kid, American Hero

FROM PAGE 5

idea if the cancer was related to his battlefield injury. Regardless, his service as a Marine, his advocacy for veterans, and his upbeat nature -- still doing daily PT to his final days -- marked him as a man who lived

a full life.

We live in a world where courage and optimism are in short supply. Justin Constantine had every reason to be depressed or bitter. He was neither. He was an American hero and a Fairfax City kid (and true rugger)

all the way.

We need more people like him in America today.

—SEN. CHAP PETERSEN (D-34TH)

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.

SHEPHERD'S CENTER SPRING CLASSES

The Shepherd's Center of Northern Virginia will hold Spring classes from now thru June 9, 2022. All Classes will be held virtually on Zoom and in person at the Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Registration: April 4-19, 2022. The Spring 2022 semester schedule includes 40-plus classes with a wide range of subjects -- from a Health and Wellness series to National and World Affairs.

The following classes are but a few of the classes to choose from:

- ❖ May 19 – “Whale Watching in Baja” – Paul Wormeli
- ❖ May 26 – “Vienna African American Trailblazers and Liberty Amendments – Gloria Runyon/Sylvia/DeeDee

Students may attend one or all of the all spring classes for a \$55 fee and are encouraged to create their own schedule – attend classes all day or attend only one class. For a complete listing of classes or to register, visit the ALL page on the SCNOVA website at SCNOVA Adventures in Learning Spring 2022 or call the office at 703-281-0538. Visit www.scnova.org or contact the Office at 703-281-0538.

JUNE 8 TO JULY 14

Chronic Disease Self-Management. 10:30 to 12:30 p.m. At Centreville Regional Library, 14200 Saint Germain Drive, Centreville. Learn strategies to manage pain, fatigue, eat better, stay active and more in this free 6-week workshop. Register for this free event with the Fairfax County Agency on Aging by calling (703) 324-7721 or going to <https://tinyurl.com/CDSMP123>.

WALKING/RUNNING PROGRAM

Calling women – need a fun program to start or restart your walking and/or running program? Check out the Women's Training Program with Reston Runners <https://restonrunners.redpodium.com/2022-womens-training-program>. It is an 8-week program meeting each Monday evening at 6:30 p.m. at South Lakes High School to complete a 3 mile course by walking, walk/ run or running. All coached by a great group of women.

KINDERGARTEN REGISTRATION AT COLIN POWELL

Now Thru May 31, 2022. 8 a.m. to 4 p.m. At Colin Powell Elementary School, 13340 Leland Road, Centreville. Colin Powell Elementary School in Centreville has begun kindergarten registration for the 2022 -2023 school year. Children must be 5 years of age by September 30, 2022, to qualify for enrollment. Parents may call or email the registrar at 571-522-6008 / Rljohnson2@fcps.edu for more information and to schedule an appointment. Forms and other information are available online at: <https://www.fcps.edu/registration/kindergarten-registration>.

KINDERGARTEN REGISTRATION AT UNION MILL

Union Mill Elementary is currently registering new students for the 2022-23 school year. If your child will reach his or her 5th birthday on or before September 30, 2022, he or she is eligible to attend kindergarten in the Fairfax County Public School that serves your address. Follow the following steps to register your child:

1. Find your neighborhood school by entering your address at <http://boundary.fcps.edu/boundary/>
2. Complete a packet of registration forms on the Union Mill Elementary School website or by calling Union Mill's registrar at 703 322 8500.
3. Gather your supporting documents—proof of residence in the Union Mill boundary, a certified copy of your child's birth certificate, parent/guardian photo ID, and any custody orders. Certificate of physical exam and immunization will be required before the student may start school.
4. Save the date for our virtual Kindergarten Orientation on Tuesday evening, March 1st. We will also have an open house, by invitation only, on March 3rd. Reach out to the school for more information on both. Parents who choose to delay enrollment in kindergarten by one year are required to notify the school in writing of their intent.

VIRGINIA STATE PARKS HIRING

There are numerous opportunities to join the team at one of Virginia's 41 state parks. Whether you enjoy working outdoors, sharing your educational or historical expertise, or planning events and programs, there are plenty of choices for fun jobs this year. The

experience, knowledge and skills that you will gain are unique and valuable. Utilize your technical, historical, educational, organizational, communication or customer service skills while connecting to nature. Daily duties will vary for each job and there are different needs at each park location. For example, you may have the opportunity to present nature, culture, and history programs for all ages; provide friendly customer service at a park contact station, camp store or visitor center; perform the routine grounds care, maintenance, light construction, and cleaning tasks necessary to operate State Park facilities. Visit <https://www.dcr.virginia.gov/state-parks/jobs>

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/healthy-minds/fairfax 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 non-profit organization that feeds, clothes and provides reading assistance and books to children in need. Assistance League's programs touch the lives of hundreds of children 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. To learn more, email info@alnv.org, or visit www.alnv.org.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriend-A-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.

ROUNDUPS

Car Seat Inspections, May 19

Parents may get their children's car seats inspected on Thursday, May 19, from 5-8:30 p.m., outside the Sully District Police Station. It's at 4900 Stonecroft Blvd. in Chantilly. Inspections are done on a first-come, first-served basis. Participants are asked to wear a mask and adhere to social-distancing and safety precautions.

They should also install the child safety seat, themselves, so the inspection can be performed. The seat will be properly re-installed, if necessary, and parents will be taught how to install the seat properly, in the future. Another car-seat inspection is scheduled for June 2, at the same place and time.

Protect Car Catalytic Converters from Theft

Catalytic converters are being stolen at an increasingly high rate because of the valuable metals they contain. Thieves target converters because they're easy to remove and hard to trace once stolen. It can cost \$1,000-2,500 to replace one. But now, residents may do something about it.

The Crime Prevention Unit from the Sully District Police Station has partnered with G&C Tire and Auto Service, at 14008 Willard Road in Chantilly, to apply free CATETCH/CATGUARD anti-theft labels to people's catalytic converters.

G&C will install these ultra-destruct labels, laser cut with a unique code and the URL of a secure, accredited database - the International Security Register (ISR) – on to the CAT. It will break into pieces if an attempt is made to remove them. In addition, a fluid that etches into metal is applied to the labels so that, even if they are removed, the code and URL will remain clearly readable. Read more on how it works at <https://www.mastergard.com/catetch-labels>.

Prius, Tacoma, Lexus SUVs, Accords and vans are some of the most targeted cars for catalytic-converter thefts. People wanting to protect their vehicles may visit G & C to have these labels applied, this Sunday, May 15, from 9 a.m.-3 p.m. First come, first served; no appointment is necessary.

Local Media Connection Wins Multiple Awards

Top writing prize; in depth/investigative; column writing; combination photos and story; education writing; ongoing coverage all garner praise.

The Alexandria Gazette Packet, the Mount Vernon Gazette, the Arlington Connection and Fairfax County editions of the Connection Newspapers won multiple Virginia Press Association awards, announced last week for work produced in 2021.

The Pennsylvania NewsMedia Association judged the entries.

Michael Lee Pope won the top writing award for nondaily publications with his entry for Government Writing which also won first place for the Alexandria Gazette Packet in that category.

"2021 was an especially difficult year for Local Media Connection and these papers, continuing to

benefit the community in the face of the pandemic, economic crisis and an onslaught of challenges for local news, said Editor and Publisher Mary Kimm. "Our ability to have an impact in the communities we cover was dependent entirely on the quality and commitment of our writers and photographers, and I am grateful for their amazing work."

In the words of the judge on Michael Lee Pope's Best in Show writing award, "Virginia is blessed to have such excellent community journalism and talented writers."

(We won't say 2021 was the most difficult year ever because in 1862 the Alexandria Gazette Packet building was burned down by the U.S. Army.)

Alexandria Gazette Packet

SERVING ALEXANDRIA FOR OVER 200 YEARS • A CONNECTION NEWSPAPER DECEMBER 9, 2021



Campaign Center president and CEO Tammy Mann, Alexandria Mayor Justin Wilson and his wife Alex on the reviewing stand with Jeanne Warner and Grand Marshal Sen. Mark Warner, Alexandria Acting Chief of Police Don Hayes, Sheriff Dana Lawhorne and Fire Chief Cory Smolley enjoy the parade with Lawhorne's granddaughter Harper, Parade Grand Marshal Sen. Mark Warner, right, waves to the crowd as he walks alongside Jeanne Warner, widow of former Sen. John Warner.

Plaid Tidings Scottish Walk returns to celebrate 50th anniversary.

The sound of bagpipes returned to the streets of Old Town as the annual Scottish Walk Parade returned to celebrate its 50th anniversary Dec. 4 following last year's pandemic-induced hiatus.

Janet Barnett and Jeanne Theismann won second place for combination picture and story for their coverage of "Scottish Walk Returns."

ENTERTAINMENT

St. Elmo's Comes to Old Town (with Cocktails)

By Hope Nelson

Just in time for a January cold snap, Old Town North has gotten a little bit warmer. Del Ray staple St. Elmo's opened its doors at 529 Montgomery Street earlier this month - a moment of celebration after more than a year of planning. "We go back awhile here, in April or May of 2019," said co-owner Larry Hunt. "We started talking and ended up signing a lease by November of 2019. We were moving forward, we were in the architectural design phase, and submitted for permits in February - and then when we



Some sandwich favorites from @market2market-delray are featured at St. Elmo's Old Town North. For instance the 116: prosciutto di parma, genoa

"We'll share the successes of each location and hopefully end up with a final menu." And about those cocktails: The new St. Elmo's has a full bar and intends to use it. "We've developed some fantastic cocktails. I highly recommend the espresso martini and the old fashioned," Christine Ponzani said. As the cafe continues to evolve over the coming months, look for a mimosa program with all juices made in-house. To be sure, opening amid a pandemic brings some interesting challenges. Gone is the business-as-usual style of lingering about the coffee house for hours on end. In its place: Grab and go. "We do have some people that will sit down, zoom their laptops

Hope Nelson won third place for Column Writing for her food column, "Appetite."

Absentee Minded Lawmakers consider bill to assign ballots to precincts where voter

By Michael Lee Pope

On election night, Democrats were shocked by how well Donald Trump was performing in Alexandria. As returns were posted online, concerns were rising among supporters of Joe Biden as the incumbent was outperforming expectations at precinct after precinct. Trump was within striking distance of winning George Mason and Lyles Crouch. Ladrey Senior Building was tied. The Republican vote share at City Hall broke a new record of 59 percent. Trump got a higher percentage of the vote in 2020 at City Hall than Ronald Reagan did in 1980 or 1984.



Michael Lee Pope won Best in Show for nondaily writing and first place for Governmental Writing for his stories in the Alexandria Gazette Packet.

The Arlington Connection Why We Rescue



Ashley Claire Simpson won first place for her animal columns in the Arlington Connection, "ArPets."

Alexandria Gazette Packet SENIOR LIVING

Earl Lloyd Statue Unveiled Trailblazer broke the color barrier of the NBA.



Jeanne Theismann won second place for sports writing in the Alexandria Gazette Packet.

Snakeheads Are Thriving in Area Waters

They lurk in the murky, sluggish backwaters, their diamond-shaped bodies and scales shimmering in the sun. In addition to their effects on the environment, snakeheads are also a major pest for anglers. They are voracious predators that can grow up to 4 feet long and weigh 15 pounds. They are known for their ability to breathe air, allowing them to survive out of water for long periods. In Virginia, snakeheads are found in the Potomac River, the Rappahannock River, and the James River. They are also found in the Chesapeake Bay and the Pamlico River. Snakeheads are a threat to native fish species and can cause significant damage to aquatic ecosystems. They are also a threat to humans, as they can bite and cause severe pain. Snakeheads are a highly invasive species and are considered one of the most dangerous fish in the world. They are a major pest for anglers and can cause significant damage to aquatic ecosystems. They are also a threat to humans, as they can bite and cause severe pain. Snakeheads are a highly invasive species and are considered one of the most dangerous fish in the world.

Glenda Booth won third place in Health, Science and Environmental writing for her reporting in the Mount Vernon Gazette.

Spring Brings Fresh Produce to Arlington Needy

Spring vegetables most needed right now include beets, lettuce, spinach, collards, kale, carrots and radishes. The produce from the growing season is being distributed to those in need. The program is a partnership between the local food bank and the community. It aims to provide fresh produce to those who are food insecure. The produce is being distributed to community centers, churches, and other organizations. The program is a success and has helped many people in need. It is a great example of how the community can come together to help those in need. The program is a success and has helped many people in need. It is a great example of how the community can come together to help those in need.

Shirley Ruhe won third place for her coverage in the Arlington Connection of food and feeding the hungry during the pandemic.

An Afghan Family Struggles here, and the family left behind.

By Shirley Ruhe

Ahmed and his wife Suraya and their two sons came to the U.S. from Afghanistan in August 2017 on a special immigrant visa program for Afghans who worked for the American government. "I couldn't go see my parents and had received threats but I didn't take them seriously until my uncle was very brutally murdered when he was shot in the back."

Ahmed and Suraya have both worked for the U.S. government. But their parents and siblings didn't qualify for the program at the time. They are still in Afghanistan and desperate to get out. "They are in hiding. Everyone in the neighborhood knows we live in the U.S." Ahmed says his parents are retired and not in good health and are barely able to feed themselves. "My relatives are in serious danger."

Shirley Ruhe won first place for in-depth, investigative writing in the Alexandria Gazette Packet for her extensive coverage of refugees from Afghanistan.



School Buses and Sites Provide Free Grab and Go 7-day Meal Kits

No questions asked, no IDs needed - County children under 18 and all FCXO students eligible. The program provides meal kits to children and students in need. The kits are distributed through school buses and sites. The program is a success and has helped many children and students in need. It is a great example of how the community can come together to help those in need.

Mercia Hobson won second place for education writing in the Fairfax County Connection newspapers.

Memorial to Suffragist Women Dedicated

To educate, inspire, empower present and future generations. The memorial is a tribute to the women who fought for the right to vote. It is a symbol of the progress that has been made and a reminder of the challenges that remain. The memorial is a success and has helped many people in need. It is a great example of how the community can come together to help those in need.

Susan Laume won third place for her ongoing coverage in the Fairfax County Connection of the creation of the The Turning Point Suffragist Memorial.

CALENDAR

NOW THRU MAY 15

"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 25

Watercolor Exhibition. At Great Falls Library, 9830 Georgetown Pike, Great Falls. Celebrating a Lifetime of Art showcases the watercolors 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>

MCLEAN FARMERS MARKET OPENS

The McLean Farmers Market has opened for the 2022 season on Friday, May 6th, at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through November 11. Local farmers and

producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats: herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. Visit: <https://www.fairfaxcounty.gov/parks/farmers-markets/>

WEDNESDAY/MAY 11

Spring Solos Virtual Artist Talk. 7 p.m. MPA Curator and Artistic Director Nancy Sausser will speak with artists Melanie Kehoss, Matt Pinney, and James Stephen Terrell about the thoughts and processes behind their work and current exhibitions, Labor and Leisure: Lightboxes by Melanie Kehoss, Where Do We Go From Here: New Paintings by Matt Pinney, and Collide of Scope: Paintings by James Stephen Terrell. The Virtual Artist Talk is free and open to the public. Visit <https://tinyurl.com/zoomartisttalk> to receive the Zoom link.

FRIDAY/MAY 13

Family Trivia Night. 7-9 p.m. At the Old Firehouse, 1440 Chain Bridge Road, McLean. Gather the whole family and come test your trivia knowledge at the Old Firehouse Family Trivia Night. Participants will enjoy unlimited popcorn with the chance to win delicious prizes.

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

SEE CALENDAR, PAGE 11



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

| Jurisdiction | Fed Struc Id | Route # | Route Name | Crossing | Posted Date |
|--------------|--------------|---------|----------------------|-------------------------|-------------|
| NORTON | 22454 | 58 | EBL/ROUTE 58A | BEAR CREEK | 4/28/2022 |
| NORTON | 22455 | 58 | WBL/ROUTE 0058 | BEAR CREEK | 4/28/2022 |
| ALLEGHANY | 1199 | 710 | STONEWALL LANE | DUNLAP CREEK | 4/27/2022 |
| BUCHANAN | 4003 | 1020 | GREAT OAKS RD | LEVISA FORK | 4/26/2022 |
| SCOTT | 16808 | 670 | HALES SPRING RD | VALLEY CREEK | 4/26/2022 |
| SCOTT | 16698 | 623 | SPEERS VALLEY RD | N FORK CLINCH RIVER | 4/20/2022 |
| HALIFAX | 9317 | 716 | DRYBURG RD | DIFFICULT CREEK | 4/16/2022 |
| SMYTH | 17552 | 633 | BEAVER CREEK RD | BEAVER CREEK | 4/12/2022 |
| BLAND | 3045 | 602 | SPUR BRANCH RD | SPUR BRANCH #1 | 4/8/2022 |
| FRANKLIN | 7951 | 739 | GAP GATE RD/ROUTE739 | GREEN CREEK | 4/7/2022 |
| BLAND | 3111 | 625 | CERES SCHOOL RD | N FORK HOLSTON RIVER #1 | 4/5/2022 |
| RICHMOND | 21310 | 7542 | GROVE AVE | ROUTE 195 & CSX RR | 4/1/2022 |

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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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

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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.

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.

Yard Sale

MCLEAN HAMLET NEIGHBORHOOD YARD SALE

Saturday, 5/14, 8am-12pm

(rain date 5/21).

Conveniently located near Tysons Corner, just miles from DC and accessible from 495, 66 and 267. Tons of items from multiple houses! Furniture, household items, toys, bikes, books, car seats and more!

CALENDAR

| | | | | | |
|----|----|----|----|----|----|
| | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | |

Let us know about an upcoming event

connectionnewspapers.com/Calendar

CALENDAR



The Nai-Ni Chen Dance and Ahn Trio will take place on Wednesday, May 18 at Center-Stage in Reston.

FROM PAGE 9

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 1980s catalog 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

Beethoven's Magnificent "Ode to Joy." 7 p.m. At GMU Center for the Arts, Fairfax. The stars are aligned for a grand season finale performance of Beethoven's Symphony No. 9, featuring soprano Danielle Talamantes, mezzo-soprano Daryl Freedman, tenor Cameron Schutza, and bass-baritone Mark Doss. Enhance Your FSO Experience - Join at 7 p.m. 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.

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.

SATURDAY/MAY 14

Ken and Brad Kolodnar Concert. 7:15 p.m. At Amphora Diner, 1151 Elden Street, Herndon. The father-son team Ken and Brad Kolodnar weave together a captivating soundscape on hammered dulcimer and clawhammer banjo, blurring the lines of Old-Time, Bluegrass and American Roots music. They are joined by

dynamic multi-instrumentalist Rachel Eddy on fiddle and guitar.

SUNDAY/MAY 15

Family Orchestra Concert. 4 p.m. At Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Symphonic celebration of America's great musical heritage featuring the Reston Community Orchestra and you, the audience. Cost: \$25 adults, \$18 seniors (60+), Free, youth, military, first responders. Visit the website: www.restoncommunityorchestra.org

SUNDAY/MAY 15

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Radio Vinyl - Cover tunes from the '60s to '90s. Hosted by Roz Drayer, TTR Sotheby's International Realty. Celebrate Great Falls Foundation is kicking off its Concert on the Green series. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

MONDAY/MAY 16

Emelia Earhart: Pioneering Feminist. 8 p.m. At Steven F. Udvar-Hazy Center, Chantilly. Explore the life and legacy of Amelia Earhart through a feminist lens. For over 100 years aviation pioneers like Charles Lindbergh and Amelia Earhart have pushed to go higher, faster, and farther, inspiring the American public through their boundary-pushing flight. While these accomplishments made them household names, their influence stretches far beyond aviation. This year's Amelia Earhart Lecture in Aviation History will explore Amelia Earhart's legacy from leading feminist biographer Susan Ware.

WEDNESDAY/MAY 18

Nai-Ni Chen Dance and Ahn Trio. 8 p.m. At Reston Community Center's CenterStage, Reston. Nai-Ni Chen Dance Company and the Ahn Trio will perform A Quest for Freedom at RCC's the CenterStage as part of RCC's Professional Touring Artist Series. Tickets (\$20 Reston/ \$30 Non-Reston) are available at www.restoncommunitycenter.com or call 703-476-4500.

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.

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An Uncomfortable Month



By KENNETH B. LOURIE

In an odd juxtaposition of events/months, I find myself adrift, sort of, with no medical appointments whatsoever on the previous or future horizon; compared to the previous month when I had a medical something-or-other practically every other day. And I can't help fearing that this calm is ahead of some storm. I mean, I have cancer. Shouldn't I be doing something (other than taking my daily thyroid cancer pill), going somewhere, being tested, being scanned, having my blood drawn and/or having a telephone or video appointment with one of my doctors? I'm not exactly unsettled by this lack of activity, but I can't help thinking, to quote Shakespeare: "something is rotten in the state of Denmark."

Not that I have any symptoms that are new or have persisted for three weeks (the advisory timeframe I was given for such cause/concern). But how do I go about my daily business (life) without any substantial cancer-related activity/inquiry, other than my daily lenvima? Cancer is a very serious situation, maybe more serious than a heart attack (as the old expression says), yet here I am unsupervised - sort of, and untethered (to quote one of my late father's Sid Caesar references) as if I don't have a care in the world. Not having any cancer-centric activity or preoccupation; it's almost as if I'm on holiday from my disease, and I'm not expected back for another few weeks. Moreover, given the rarity of this emotional interval I can't help wondering: "What's wrong with this picture?" I have an incurable form of thyroid cancer, shouldn't there be more hands on me?

The juxtaposition is that instead of worrying/planning for all the cancer activity ahead, I'm worrying/not-having-to-plan since I have no cancer activity ahead. Somehow, it feels wrong, or at least something is missing somewhere. I'm used to having lots of cancer stuff on my schedule. That's my normal. It's abnormal - now when I don't have to schedule anything. Not that I'm paranoid (which to quote Major Frank Burns from M*A*S*H: "I wouldn't be if everybody wasn't looking at me"), but this silence is not golden.

I can't imagine any medical professional on my quasi team is assuming anything about my health/status (after all, we know what assuming does). And cancer is hardly best left unattended. As my oncologist said years ago in response to my question about what happens if I stop the medication: "I know what happens. The cancer grows." Is it really the process that I take a pill every morning and then call the doctor in the morning, three months hence? Granted, I have been on this thyroid cancer track going on two years since I was re-diagnosed and I do know the drill, but as I felt in the early days of being a non-small cell lung cancer "diagnossee," am I closer to the beginning or the end?

I don't feel neglected, exactly. I feel like I'm not doing something I - or someone else, should be doing. Cancer is rarely better left to its own devices. My dilemma is, I just don't know if the devices I'm left with and/or which are being left on my behalf, are enough to meet the challenges ahead because cancer never takes any days off, so I shouldn't be taking any days (certainly not months) off either, right?

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

FCPS Students Join Statewide Day of Action for Abortion Access

Students protest to demand federal and state measures to codify *Roe v. Wade*.

BY MERCIA HOBSON
THE CONNECTION

On Monday, May 9, students from 12 Fairfax County public high schools joined Generation Ratify Virginia's statewide call to action and participated in its Student Day of Action for Abortion Access, according to organizers. Generation Ratify Virginia is the official chapter of Generation Ratify, a youth-led movement to pass the Equal Rights Amendment.

After Supreme Court draft documents detailing intentions to overturn *Roe v. Wade* leaked, on May 2, Generation Ratify Virginia posted on Facebook, "This news is debilitating, but we will continue to push back."

Some local public high school students stood in solidarity with other students from 32 Virginia high schools and James Madison University. Students at FCPS' Chantilly, Herndon, James Madison, John R. Lewis, Langley, Marshall, McLean, Oakton, South Lakes, Thomas Jefferson H.S. for Science and Technology, Westfield, and Woodson high schools were among those who participated in walkouts and protests on Monday, May 9. Students at Wakefield and



Students protested for abortion access at Marshall High School on Monday, May 9.

Washington-Liberty, two Arlington County public high schools, reportedly also took part.

The students staged walkouts and demonstrations, waving placards and yelling loudly. Youth voices are often ignored in abortion discussions, and they want to be heard, organizers said. According to McLean HS student Rosa Kwon,



Students protested for abortion access at John R. Lewis High School on Monday, May 9.

an overturn of *Roe v. Wade* indicates "a cold, disconsolate trend: the heightened rollback on all people's rights."

"The truth of the matter is trans men, cisgender, bisexual, and lesbian women, all people with uteruses have to live with the possibility of becoming pregnant. The issue of repro rights doesn't simply involve women's rights. It subsumes the rights of oppressed minorities across all spectrums of gender and

sexual orientation. And by ignoring the layers that the overturn of *Roe v. Wade* entails, SCOTUS refuses to acknowledge that people like us exist," Kwon said.

Felix Hedberg is the policy director for Generation Ratify Virginia. Hedberg says he participated in numerous meetings with students around the state to push for reproductive rights. "Virginia was the 38th state to ratify the ERA, shining the spotlight on Virginia in

the movement for gender equality and reproductive justice," Hedberg said. "Generation Z is ready to capitalize on that attention to ensure Youngkin and Virginia listen."

Makenzie Hymes is a student at Marshall High School. She said that thanks to the support from Generation Ratify Virginia, student leaders from Marshall were able to amass hundreds of students in protest, "energized to demonstrate the necessity of access to abortion reproductive freedoms. ... Students showed up and showed out with signs and spirit. ... Speakers encouraged students to ask their legislators to codify *Roe*, ratify the Equal Rights Amendment, and pass the Women's Health Protection Act," said Hymes.

Anabelle Lombard attends Wakefield High School in Arlington. Rallying for *Roe* was essential for her in safeguarding future rights.

"We are going to defend our access to abortion and preserve our rights to reproductive healthcare. We have made it clear that we need these rights supported by a strong legal backing of gender equality that enshrining the Equal Rights Amendment in our constitution would provide. We have made it clear that Gen-Z will not stand idly by as a few conservative judges strip away our right to choose."

Organizers expected that 1,000 students around the Commonwealth would join the demonstrations, with many more wearing green in support. Green is the international pro-choice color. Because of the mass engagement, some students at some schools decided to stage protests on Monday and Thursday.

FCPS's civic activity policy for students in grades 7 through 12 was revised in December 2019. The policy permits students to miss a half-day of school per year to protest, rally, or participate in civic engagement, sharing their voices and perspectives outside of required FCPS activities. Regulation 2234 states, "Students and parents/guardians must complete the appropriate prearranged absence form and include documented evidence of participation in an organized event or activity." Civic engagement outside of activities required by the FCPS course curriculum is optional and not supervised by FCPS staff.



Students protested for abortion access at Herndon High School on Monday, May 9.