

CONNECTION

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

Sully Officer
Still the Best

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Coding 3rd Grader
Creates an App

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Honoring on
Memorial Day

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On Memorial Day 2022, Rock Ryles, a former Marine Corps sergeant who served in Iraq, Liberia and Albania (2000-2005), holds Ava Ryles, 2, with Kara Stith beside him. They came to pay respects to Stith's "Pop" Joseph L. Brooks, U.S. Army Tec 4, who died in January and is buried at Chestnut Grove Cemetery.

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JUNE 1-7, 2022

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NEWS

Virginia Reports First Case of Monkeypox

VDH: Northern Virginia resident with recent travel history to African country where the disease is known to occur.

The Virginia Department of Health has identified the first presumed monkeypox case in a Virginia resident. The initial testing was completed at the Department of General Services Division of Consolidated Laboratory Services. Confirmatory test results will come from the Centers for Disease Control and Prevention.

According to the report from the Virginia Department of Health:

The patient is an adult female resident of Northern Virginia with recent travel history to an African country where the disease is known to occur. She was not infectious during travel. She did not require hospitalization and is isolating at home to monitor her health. To protect patient privacy, no further information will be provided. The health department is identifying and monitoring the patient's close contacts. No additional cases have been detected in Virginia at this time.

"Monkeypox is a very rare disease in the United States," said State Health Commissioner Colin M. Greene, MD, MPH. "The patient is currently isolating and does not pose a risk to the public. ... Transmission requires close contact with someone with symptomatic monkeypox, and this virus has not shown the ability to spread rapidly in the general population. VDH is monitoring national and international trends and has notified medical providers in Virginia to watch for monkeypox cases and report them to their local health district as soon as possible. Based on the limited information currently available about the evolving multi-country outbreak, the risk to the public appears to be very low."

Although rare, monkeypox is a potentially serious viral illness that is transmitted when someone has close contact with an infected person or animal. Person-to-person spread occurs with prolonged close contact or with direct contact with body fluids or contact

with contaminated materials such as clothing or linens. The illness typically begins with fever, headache, muscle aches, exhaustion and swelling of the lymph nodes. After a few days, a specific type of rash appears, often starting on the face and then spreading to other parts of the body. Symptoms generally appear seven to 14 days after exposure and, for most people, clear up within two to four weeks. Some people can have severe illness and die. As with many viral illnesses, treatment mainly involves supportive care and relief of symptoms. <https://www.cdc.gov/poxvirus/monkeypox/clinicians/clinical-recognition.html>

Virginia Department of Health advises that if you are sick and have symptoms consistent with monkeypox, you should seek medical care from your healthcare provider, especially if you are in one of the following groups:

Those who traveled to central or west African countries, or parts of Europe where monkeypox cases have been reported, or other areas with confirmed cases of monkeypox during the month before their symptoms began,

Those who have had contact with a person with confirmed or suspected monkeypox, or

Men who regularly have close or intimate contact with other men.

<https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON385>

If you need to seek care, call your healthcare provider first, according to the Department of Health. Let them know you are concerned about possible monkeypox infection so they can take precautions to ensure that others are not exposed.

On May 20, 2022, VDH distributed a Clinician Letter to medical professionals reminding them to report any suspected cases of monkeypox to their local health department as soon as possible and implement appropriate infection prevention precautions

Public Safety Day at London Towne Elementary

Fairfax County's Communities of Trust Committee will host a Public Safety Day at London Towne Elementary School, 6100 Stone Road in Centreville. The event is slated for

Saturday, June 11, from 11 a.m. to 2 p.m., and will feature food and games plus various police vehicles on display. For more information, email fairfax-COTC@gmail.com.

NEWS

Neighbors Helping Neighbors One Ride at a Time

Herndon Village Network Celebrates Volunteer Drivers.

Herndon Village Network (HVN) celebrated the many volunteers who provide Herndon senior citizens with free transportation for doctor appointments, prescription pickups, shopping, social visits, and more. With this friendly service, seniors are able to age in place and remain connected with the community they love. To date, Herndon Village Network volunteers have given over 7,300 rides.

“I really enjoy meeting all of the interesting folks in the Herndon area that we assist,” said Brendan Toner, who has been volunteering since August 2021. “They have so many great stories to tell, and their lives are so interesting. The Herndon Village Network is a great way to volunteer for the community while also having enriching one-on-one conversations with new people.”

Driving for Herndon Village Network is not only rewarding, but it also is easy. Using an application that reflects current rides requests, drivers choose which,



Some of Herndon Village Network's 52 volunteer drivers who have given more than 7,300 rides since the nonprofit's founding seven years ago.

if any, they would like to support. This gives them the flexibility to determine their volunteer time and schedules.

Frank Fico has found volunteering easy. He and several of Herndon Village Network's 52 drivers have been volunteering since the nonprofit's founding seven years ago. Fico helped his first Herndon Village Network client in September 2017, and, to date, he has provided 347 rides.

Another long-time driver is Penny Halpern, who, with the help of the Board of Directors, also spends time raising funds to support Herndon Village Network's programming. “I'm honored to be President of Herndon Village Network,” said Halpern. “The true work, however, is done by our dedicated team of drivers who provide rides to our senior members. We thank each and every driver, past and present, for allowing us to continue this important work.”

Herndon Village Network invites additional volunteers to join the team. To learn more, visit <https://herndonvillagenetwork.org>

Fleetwood Receives 2022 Katherine K. Hanley Award

On May 26, Leadership Fairfax presented its 2022 Katherine K. Hanley Award for Public Service to Tom Fleetwood, Director of the Fairfax County Department of Housing and Community Development. The award recognizes individuals who have left an indelible mark on Fairfax County through public services as an employee or volunteer.

Fleetwood, joined by his family and colleagues from HCD and the Fairfax County Redevelopment and Housing Authority (FCRHA), received the award from Kevin Greenlief, a former FCRHA commissioner, and Katherine Hanley, former chairman of the Fairfax County Board of Supervisors for whom the award was named. The pair paid tribute to Fleetwood's focused commitment to public service. Fleetwood has “transformed the way the department works with nonprofits and the community” in finding new and innovative ways to provide housing opportunities for low- and moderate-income households.

“There is simply no way that Fairfax County would be where it is today in terms of affordable housing without Tom Fleetwood at the helm,” said Melissa McKenna, chairman of the Fairfax County Redevelopment and Housing Authority. “It is such a pleasure to work



Tom Fleetwood with Kevin Greenlief, former FCRHA commissioner, and Katherine Hanley, former chairman of the Fairfax County Board of Supervisors for whom the award was named.

alongside him.”

“Tom Fleetwood is a tireless advocate on behalf of the most vulnerable in Fairfax County. His constant work to grow and expand access to affordable housing is a driving force in the doubling of our commitment to build 10,000 net affordable units in the County by 2034,” said Jeff McKay, chairman

of the Fairfax County Board of Supervisors. “I can think of no person more deserving of the Hanley Public Service Award than Tom. He is a leader for those in need and I am proud to call him my colleague and my friend.”

Under Fleetwood's leadership, the FCRHA, HCD, and development partners

have created a development pipeline that includes more than 3,000 units with many more on the way within just the first three years since establishing the county's housing goal. Fairfax County has also become a recognized leader in the development of affordable housing on dedicated public land through public-private partnerships.

“One of the reasons we are making so much progress at this point in time is Tom Fleetwood,” said Dranesville Supervisor John Foust. “We don't miss opportunities — an opportunity comes up and we strike, and we make it happen.”

Fleetwood recognized the unwavering support of his family, the Fairfax County Board of Supervisors and the Fairfax County Department of Housing and Community Development. He also recognized the outstanding contributions of Housing and Community Development staff and the county's network of development partners in tackling the issue of affordable housing.

“Affordable housing is a team sport that can only be accomplished with ... a great team of dedicated professionals, and a strong network of partners who share a common vision. Together we are making miracles every day and I am proud to lead such a distinguished group,”

Fleetwood said.



The Town of Herndon celebrates its 33rd year as a Tree City USA in 2022. The flag will be displayed in front of the Old Town Hall to remind the community that the town cherishes its tree canopy for aesthetics, health, and economic benefit.



Employees of Serco, Inc., headquartered in Herndon, are armed with litter grabbers to clean up Runnymede Park's woodlands and wetlands as part of the Town of Herndon's Earth Day 2022 celebrations.



From left, Lindsey Long, community forest specialist with the Virginia Department of Forestry; Sheila Olem, mayor of the Town of Herndon; and John Dudzinsky, community forester of the Town of Herndon, plant an Eastern Redbud, prized for its purple-pink blossoms, as part of the town's Arbor Day 2022 celebration.

PHOTOS BY MERCIA HOBSON/THE CONNECTION

Earth Day 2022-April 22 & Arbor Day 2022- April 29

Invest in our planet & hope for the future.

BY MERCIA HOBSON
THE CONNECTION

The Town of Herndon celebrated Earth Day 2022 and Arbor Day 2022 at Runnymede Park on Saturday, April 23. For the town's community forester, John Dudzinsky, supervising cleanup activities

and planting an Eastern Redbud are one of his last official roles. Dudzinsky retired the following week.

"My thought is that trees are the answer," Dudzinsky said. He has always been partial to the 58-acre woodland park along Sugarland Run open to the public for hiking, birdwatching, and nature research.

According to Kathleen Rogers, president of Earth Day.org, the theme for Earth Day 2022 was Invest in Our Planet. Individuals, businesses, entrepreneurs, inventors, and governments have a role in building the future. "People,

governments, and businesses all fear change. ... But the status quo, the way we live today, is changing before our eyes, said Rogers. "We need to act individually and together."

About a dozen employees of Serco, Inc., headquartered in Herndon, stood ready with litter grabbers at Runnymede Park to clear trash from the woodlands, meadow, and the stream's watershed. Tom Watson is Serco's senior vice president of Defense Services Business and executive director of the company's environmental group.

Why were they out there on

Earth Day? Watson responded, "It is the right thing to do for our community. We are a responsible corporate citizen, and we like to encourage activity among our employees that creates a positive impact to our environment."

Before departing, Serco employees attended the Arbor Day ceremony conducted by Dudzinsky and attended by Lindsey Long, community forest specialist, Virginia Department of Forestry, and Sheila Olem, mayor of the Town of Herndon.

"If you have the opportunity, plant a tree, even hug a tree. I walk

through the town regularly, and I always stop and hug one or two," Dudzinsky said. "I look around to see if anybody's watching me, though."

Olem said, "Today, we celebrate our 33rd year as a Tree City USA."

According to the Arbor Day Foundation, Arbor Day represents hope for the future. "The simple act of planting a tree represents a belief that the tree will grow to provide us with clean air and water, cooling shade, habitat for wildlife, healthier communities, and endless natural beauty — all for a better tomorrow."

Helping Children Cope with Tragedies

Local therapists offer suggestions for easing fears around recent school shootings.

BY MARILYN CAMPBELL
THE CONNECTION

Compassion, exploratory dialogue and honesty are among the suggestions that psychologist Robyn Mehlenbeck, PhD, director of the George Mason University Center for Psychological Services, offers to her patients who are struggling to ease the fears of their children after the tragic school shooting in Texas.

WELLBEING While it occurred far from her Fairfax office, parents are still facing the complicated task of helping their children process their emotions.

"I always encourage being direct, although developmentally appropriate," said Mehlenbeck who is also a professor in the Department of Psychology at George Mason University. "For example, starting with a question is always good. 'I know you have been talking about what happened in Texas. What do you think about it?'"



Robyn Mehlenbeck, PhD, GMU Center for Psychological Services.

Did anyone talk about it in school today?"

Because each child processes tragic events differently, Mehlenbeck says that there are a variety of ways in which a child can express their emotions. "Some of the signs are fear or anxiety around going to school, not wanting to sleep alone, worrying about parents going to work," she said. There can be physical complaints

like stomach aches or headaches."

When beginning a discussion about a child's fears and emotions, ask open-ended questions and listen without judgment, advises therapist Caroline Fenkel, Ph.D., LCSW. "Your answers should always validate their feelings in these situations," she said. "Sometimes it might be helpful to guide your kid toward being able to name their emotions. Try your best to limit their consumption of the news. There's no net positive to continuing to take in footage of police swarming or photos of victims."

It is important, says Fenkel, "that parents check in with their own emotions before starting a dialogue with their kids. It's important to make sure that you're in a safe headspace and emotionally regulated enough to have this type of conversation. Think about what the purpose of the conversation is. Is it to explain what happened? Help them process emotions? Be

clear and prepared."

Parents can explore a child's emotions while engaging in pleasurable activities or hobbies, says Bethesda therapist Keisha Ranson, LPC. "Children and teens often communicate best through play. Watch them as they play," she said. "If they seem to be playing out scenes of people getting hurt, it is perfectly fine to ask them how they are feeling in that moment. If they continue to play out scenes of violence, a trained professional may be needed to help them feel safe again."

A parent's response to devastating events will have a significant impact on a child's response, said Ranson. "If a parent is calm, that will communicate safety more than the words that are being spoken," she said. "Parents should get themselves grounded first and then find fun, safe activities. Nature can be a big help. Go for a walk. Play games that are easy and rhythmic such as catch."

Teens are able to understand the role they play in their own safety, says Ranson. "Remind them of where they can get support," she said. "Review safety procedures like what they should do in the case of an emergency."

"Children feel a sense of safety when parents remind them that no matter what is going on in the world, they are safe," said Ranson. "Maintain normal routines such as riding the bus to school, doing their homework and going to sports practices," suggested Ranson.

"Whatever the state of the world, your family is safe right now and that needs to be communicated," continued Ranson. "Nurture healthy coping skills, by encouraging your child to do things that they enjoy doing. This distracts them from the crisis and allows them to focus their attention on activities that bring them joy. Acknowledge the sadness but then move on and distract with life-affirming activities."



BONNIE HOBBS/THE CONNECTION

From left are CAC Chairman Tom Pickett, Lt. John Lieb, PFC Kory Pfeiffer, Station Cmdr. Rachel Levy and Station Asst. Cmdr. Matt Dehler.

‘Pfeiffer Continues to Show Exemplary Performance’

Neighborhood Patrol member honored by Sully police.

BY BONNIE HOBBS
THE CONNECTION

PFC Kory Pfeiffer has been selected as the Sully District Police Station’s Officer of the Quarter for the first quarter of this year. He was honored at the May 11 meeting of the station’s Citizens Advisory Committee (CAC).

While presenting him with the award, Lt. John Lieb, the station’s then assistant commander, said Pfeiffer has spent all seven of his years as a Fairfax County police officer at the Sully police station. “He made eight, felony arrests in this year’s first quarter,” said Lieb. “And he’s just an all-around, outstanding officer.”

In his write-up nominating Pfeiffer for this honor, Lt. Joseph Ankers called Pfeiffer “an exceptional officer in several roles throughout his career here at the Sully Station. Currently, he’s assigned to the Neighborhood Patrol Unit, where he’s the senior officer and actively takes on an informal, leadership role.”

During the fall of 2021, Pfeiffer was temporarily assigned to patrol because of staffing needs. During this time, wrote Ankers, “His work ethic did not change, as he continued to be proactive and a supportive team member, while still addressing criminal activity in the community.”

Later, as further need developed in the beginning of the year, Pfeiffer was sent to the Criminal Investigation Section where he was assigned many cases. Ankers said they were successfully investigated, thereby bringing closure to several victims of crimes.

As staffing improved, Pfeiffer came back to the Neighborhood Patrol Unit to continue his proactive efforts. In his first week, he and his team members worked on several cases, including crimes that involved prostitution, narcotics and weapons. For example:

❖ Pfeiffer and the Neighborhood Patrol Unit observed an individual acting suspiciously in a parking lot of a hotel. Upon making a consensual encounter with that person, wrote Ankers, “They learned the individual was there to answer a social-media advertisement for a massage. Pfeiffer then contacted the individual in one of the hotel rooms, and that person admitted to engaging in prostitution. This individual was arrested and charged with prostitution.”

❖ Pfeiffer and his unit stopped a vehicle for a traffic violation and noted that the vehicle was occupied by multiple people. “One of the individuals was observed attempting to conceal narcotics,” wrote Ankers. “Seeing this, Pfeiffer conducted a search which yielded narcotics and drug paraphernalia. [As a result], the individual was charged with possession of schedule I & II narcotics.”

❖ Pfeiffer was on routine patrol with the Neighborhood Patrol Unit when he noticed a suspicious vehicle. After seeing the driver make a traffic violation, a stop was attempted. But instead of complying, wrote Ankers, “The driver and lone occupant of the vehicle pulled into a parking lot and fled on foot from the vehicle.”

“However, the individuals were apprehended after a short foot pursuit and were identified and interviewed. One person admitted to possessing narcotics and a loaded firearm. Further investigation yielded more narcotics and another firearm. The individual was charged with possession of schedule I & II narcotics, as well as possession of a firearm while in possession of [those] narcotics.”

All in all, wrote Ankers, “Pfeiffer continues to show exemplary performance in the multiple roles he has been assigned to. He has been responsible for removing illegal narcotics and illegal firearms from the hands of individuals involved in criminal activity.”

Furthermore, stated Ankers, “Pfeiffer maintains a positive attitude, no matter what situation he encounters, and is an asset to his team, the Sully District Police Station and the Fairfax County Police Department. It is a pleasure having PFC Kory Pfeiffer serving in the Sully District, and he is well deserving of the recognition as Officer of the Quarter.”

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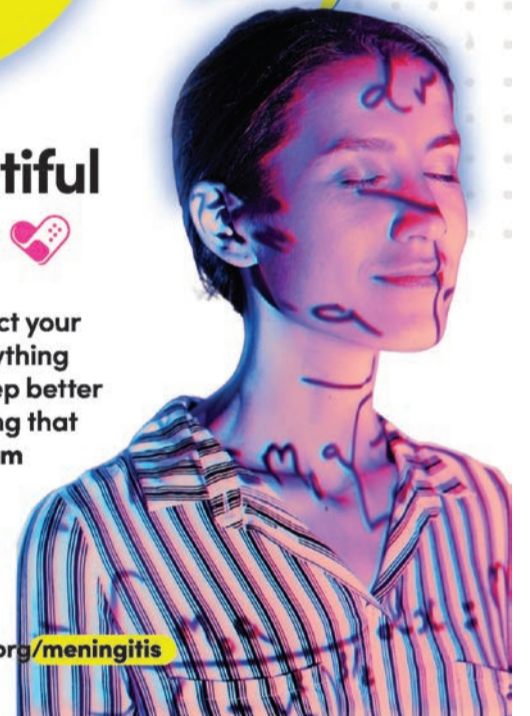
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Passing Budget in Nick of Time

BY DELEGATE KENNETH R. "KEN" PLUM

I am at the State Capitol in Richmond today to consider and no doubt pass a conference committee report on the budget year for the biennium beginning July 1, 2022. If that seems close, it truly is. Historically the budget bill has been passed in March or April in time for local governments and state agencies to ready their plans for the coming fiscal year. There was never really a concern that the General Assembly would not pass a budget in time that would have shut down the government. The elongated process this year resulted from differences between the House and Senate and a new governor that needed to be resolved before a budget could be passed.

Unique to this year and to every year after an election for governor is the fact that the outgoing governor in his last act in office presents a budget for the next two years that will be presided over by the incoming governor. Governor Northam presented a budget that may have

been the best I have seen since being in office. He was advantaged by having some of the strongest revenue projections in recent years with the economic bounce back from the pandemic and with the billions in pandemic relief from the federal government. He proposed to spend these monies on increased spending on education, mental health programs, environmental protection, and other progressive programs while fully funding the rainy-day fund and substantial reserves before the fund.

Governor Youngkin came into office with promises to cut several different taxes. Virginia being a balanced budget state had to reconcile the differences in the two positions with the State Senate largely following the Northam budget and the House of Delegates Republican majority agreeing with many of the tax cutting proposals of the new governor. The differences have been the subject of study by a conference committee working since early March to work out the differences.

While the details of the conference committee

report are not available to me as I write this column, there are several basic principles that the report represents. The legislative action on the report will signal the direction of the Commonwealth for the next couple of years and for the coming decades. Will Virginia invest in its future with excellent education and health programs or will the state be willing to follow in the back of the line to more progressive states? It would not be prudent to fund new programs in years when revenues are flush that could not be sustained in years that are economically harder. The opposite situation isn't prudent either—cutting taxes in years when tax revenues are high but not be able to afford those cuts when revenues decline.

The session today will produce a budget that nods in both these directions. Schools and teachers will get more funding as will mental health programs. The governor will get some tax cuts that he made speeches about although not to the level he sought. Once again the state will be funded for the next two years even if it is just in the nick of time!

Change

JOHN LOVAAS



For me, the recent massacre in Texas called to mind an incident that occurred in nearby Laurel, Md. almost exactly fifty years ago. George Wallace, a Donald Trump-type conservative "populist" antecedent running for President, was the target of an assassination attempt during a rally. He was shot five times with a .38 caliber revolver, yet survived and lived for 26 years.

Most of the nineteen 8-10 year-old children shot dead in Uvalde, Texas not only didn't survive, but their little bodies had to be identified by DNA tests because of the damage done to them by the AR-15 assault rifle instrument of their deaths.

As President Biden said, "Why are we willing to live with this carnage?"

A. Because Republicans, and a few Democrats, think doing so enhances their chances of re-election. What should be done to curtail, if not end, the carnage? It's not as the NRA and their Republican apologists posit — taking guns from owners. Not at all. Just implement 3 policies: 1) universal background checks with no loopholes; 2) require a license to own a gun — requiring only passing a gun safety test (like a license to drive a car) and no record of criminal violence; and, 3) ban sale of assault-style weapons. Guaranteed to sharply reduce massacres in our

INDEPENDENT PROGRESSIVE

schools and elsewhere. Second amendment remains intact.

New subject: I must be getting old because I can remember times

in Reston when going out for a nice lunch or dinner meant you were going to leave Reston to eat. Even after the initial building of Reston Town Center, there really wasn't much selection from which to choose. In fact, I have one very special memory of an evening where two of us actually tested the limits of our choices ... in the environs of Town Center at the time.

The year was 2000 or 2001 and two of us on the Board of Directors of the Reston Association decided, after an uneventful (boring?) Board meeting, to count all the establishments serving drinks as well as minimal food offerings in the new Town Center. Our intention was to have a bite to eat or something to drink in each place. My now hazy recollection is that we could only spend minutes in each place and, because it was a Thursday night, they were not open very late. We spent two and a half hours making the rounds of them all, barely succeeding in sampling their food and/or drink. Total establishments visited: 11.

Fast forward to May 2022. Fran, my bride of some 55 years, and I decided two weeks ago to see how many restaurants we now have to

choose from in our beloved Reston. We took part of two afternoons to drive through all of Reston, every nook and cranny — including a couple we discovered for the first time. We ruled out coffee shops (hence, skipping seven Starbucks) and a brew house which doesn't serve cooked food.

What did we find? Let's start with Town Center. It's grown a lot in 20 years, despite the recent decline in business due to the great parking fiasco leading to 30-some business departures, including several of our favorites (e.g., Big Bowl, McCormick & Schmick's, Clyde's). We counted twenty-four in today's Reston Town Center ... more than double what Robert Simon, my fellow RA Board member, and I found that night after a board meeting.

Two areas not yet built when he

and I did our survey, Reston Town Center West (between RTC and Target) and Plaza America account for nearly as many as Town Center itself after twenty years. We counted fifteen eating establishments in RTC/West and eight in little old Plaza America. Beyond the 47 accounted for in RTC, RTC/W and Plaza America, we found fifty-seven more in the four village centers (Hunters Woods, Lake Anne, North Point and South Lakes) plus those elusive nooks and crannies. Our total for Reston: 104 eating establishments!

But, that was two weeks ago. Since then, one has been closed (Local VA at Lake Anne) and another we thought about to open has not. Total Reston eating establishments as of this writing is 102. I will likely put our list on Facebook for anyone who is interested.

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Frisch Recognized by Capital Pride

Capital Pride Alliance has announced the individuals, leaders, and activists it will recognize as part of Capital Pride Honors at Penn Social, on Friday, June 3, at 7pm. The event kicks off LGBTQ+ Pride Month celebrations in the National Capital Region.

Among the honorees is Fairfax County School Board member Karl Frisch (Providence District) who will receive a "Heroes Award," which recognizes individuals who have furthered causes important to the LGBTQ+ community and brought about positive change in the lives of LGBTQ+ people in the region. Frisch is the first openly LGBTQ+ local elected official in Fairfax County, and the only out school board member in Virginia.

"The progress our school board is making in the fight to protect and affirm LGBTQ+ students is long overdue. I am humbled by this recognition, but the real heroes are our LGBTQ+ students who show up at school each day with remarkable authenticity demanding respect for who they are, and our LGBTQ+ educators who serve as incredible role models at a time when their simple existence is under attack," said Frisch.

Since joining the School Board in 2020, Frisch has led efforts to protect LGBTQ+ students and staff, successfully sponsoring Virginia's strongest protections for transgender and other gender-expansive students. He also spearheaded successful efforts to affirm LGBTQ+ students by making family life education more inclusive, providing updated transcripts and diplomas reflecting a student's correct names, and prohibiting malicious outing, deadnaming, and misgendering. Additionally, Frisch is currently sponsoring a proposal to provide LGBTQ+ school system

employees with the same family planning benefits enjoyed by their heterosexual coworkers.

Upcoming Regional Pride Events:

June 3 - Capital Pride Honors: Friday, June 3 from 7-10 p.m., Penn Social, 801 E St NW, Washington, DC 20004 <https://www.capitalpride.org/event/honors/>

June 4 - Reston Pride: Saturday, June 4 from 12-6pm, Lake Anne Plaza, 1609 Washington Plaza N, Reston, VA 20190 <https://www.restonpride.org/reston-pride-2022/>

June 7 - Fairfax County Board of Supervisors Pride Month Resolution: Tuesday, June 7 at 9:30am, 12000 Government Center Pkwy, Fairfax, VA 22035

June 11 - Capital Pride Parade: Saturday, June 11 from 3-7:30pm, Logan and Dupont Circle Neighborhoods, Washington, DC <https://www.capitalpride.org/event/parade/>

June 12 - Capital Pride Festival: Sunday, June 12 from 12-10pm, America's Mainstreet, Pennsylvania Avenue NW, Washington, DC <https://www.capitalpride.org/event/festival/>

June 16 - Fairfax County Public Schools Pride Month Resolution: Thursday, June 16 at 7pm, Luther Jackson Middle School, 3020 Gallows Rd, Falls Church, VA 22042

June 24 - Northern Virginia Pride Prom: Friday, June 24 at 7pm, The St. James, 6805 Industrial Rd, Springfield, VA 22151 <http://safespacenoVA.org/once-upon-a-prom/>

June 25 - Mosaic Pride: Saturday, June 25 at 1pm, Mosaic District, 2910 District Ave, Fairfax, VA 22031

June 26 - Loudoun County Pride: Sunday, June 26 from 1-8pm, Heritage Farm Museum, 21668 Heritage Farm Ln, Sterling, VA 20164

Reston Pride, Saturday, June 4

Noon-6 p.m.

Lake Anne Plaza, Reston

A full day of live performances from talented members of the LGBTQIA+ community in Reston and Northern Virginia, featuring:

A spoken word performance from Filipino-American Queer Poet, Regie Cabico

DJ Performances by C Squared Entertainment

Drag Performances presented by Friends of

Lake Anne

Frieda Poussay

India Larelle Houston

Xavier Bottoms

Muffy Blake Stephyns

Ophelia Bottoms

<https://www.restonpride.org/reston-pride-2022/>

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<https://www.facebook.com/RestonPride>

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.

TUESDAY/JUNE 7

Hope for the Warriors Workshop. 12-1 p.m. Virtual. Hope For The Warriors will be presenting a free virtual employee readiness workshop to help active-duty service members, veterans and military spouses in their search for employment.

As a part of the nonprofit's Warrior's Compass transition program, the Employee Readiness Workshop series will provide training to help prepare those in the military landscape for a job search in today's civilian climate. The workshop will offer tools and tips as well as opportunities to network with other service members, military spouses, and companies committed to hiring those with military backgrounds.

The presenter for the June workshop is a representative from Stantec, an international professional services company in the design and consulting industry with experience in the dedicate hiring initiatives within the veteran community.

To register for the free workshop, visit hopeforthewarriors.org.

SHEPHERD'S CENTER OF NORTHERN VIRGINIA SPRING 2022 SCHEDULE OF EVENTS

The Shepherd's Center of Northern Virginia continues to offer educational, health and wellness and entertaining programming to our Senior Community. The programming includes Adventures In Learning, Active Wellness Classes,

Great Discussions Book Club, Caregivers' Support Group and much more.

The Adventures In Learning program began in April and repeats every Thursday for 8 weeks. There is ongoing AIL programming all year long. Topics this session include Health & Wellness, Arts & Entertainment & Travel as well as World Affairs Past & Present.

The Active Aging and Wellness Program is an Exercise Class to improve strength, balance and mobility for older adults. This class is held on Wednesdays (via Zoom) from 10:45-11:45 a.m. for eight week schedules. The cost is \$50/session and you can learn more about it and register on the website.

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'We're Extremely Proud of What Kingsley's Done'

Centreville third grader creates scheduling app.

BY BONNIE HOBBS
THE CONNECTION

Kingsley Thach, a third grader at Willow Springs Elementary, is proving that no one is too young to make a difference. He created an app to help parents monitor their children's schedules and school assignments.

"I heard on the news that, during the COVID-19 lockdown, students were having trouble with their schoolwork and keeping track of their assignments," said Kingsley, 8. "And there was also a lack of communication between students, parents and teachers. So I came up with this idea so students' daily activities could be tracked better by them and their parents and teachers."

He also had another motivation – a contest. Because Kingsley hopes to someday become a professional coder and a game developer, he's been taking virtual coding classes at BYJU'S FutureSchool (<https://www.byjusfutureschool.com/>) since August 2020. It's an online learning platform that teaches math, coding and music via one-on-one instruction.

So when Kingsley's mentor at BYJU'S told him about the prestigious Silicon Valley Challenge – a global coding competition – he was excited to enter. The contest required the students to identify a problem that could be solved via technology, so he decided to create an app to help solve communication issues between parents and children, and between teachers, students and students' families.

"I started working on this app in October 2021," said Kingsley, of Centreville's Hampton Chase community. "I like BYJU'S FutureSchool because it teaches me coding, and I like the one-on-one class experience with my coding teacher. And after each class, the school assigns quizzes and projects so they can see what I've learned."

"Once he submitted his idea, the Challenge assigned him a mentor to work with him for about a month," said Kingsley's mom, Julia Yu. "Then he went to the next level of the challenge and is currently a finalist. He's competing with people from all over the world."

Kingsley became a finalist after presenting the prototype of his "Student Parent Scheduler" app to a panel of judges via video. To use it, children must sign up and input their email address, plus a list of their activities and assignments, under a student task list for each calendar date.

They may then check their progress, read any remarks about their tasks and check off each one as it's completed. Likewise, parents sign up and input each of their children's information into the app, assign tasks to each child, monitor their progress and check off these tasks once they're finished.

That way, students will remember their assignments' due dates, and their parents will be aware of them, as well. The app also enables parents to keep track of their children's extracurricular activities, and Yu uses it for both Kingsley and his brother Wesley, 5.

"It helps tremendously to manage my own schedule because I know what they're doing when," she said. "The school has lots of activities for both boys." Kingsley, for example, plays piano, studies Chinese and plays



Kingsley Thach at the piano.



Kingsley Thach



Parents Julia Yu and Peter Thach with (from left) sons Wesley and Kingsley.

PHOTOS COURTESY OF CAROLYN KAMII

soccer and chess, so he has a full plate.

"The app is available now at the Google Play store," he said. "And it's free – you just have to install it." To get it, go to <https://play.google.com/store/apps/details?id=com.gmail.studentparentscheduler>.

It took Kingsley four months to develop the app, and he's currently working on adding more features to it, such as:

- ❖ Creating a reward program for students so that their parents can reward them with an emoji or other items when they complete each task;

- ❖ Allowing parents to provide feedback to children for their hard work; and

- ❖ Adding teachers as users so they can sign in and connect with their students (and parents) and assign their students tasks.

In the Silicon Valley Challenge, Kingsley competed against beginner and intermediate-level coding students worldwide. The contest result is tentatively expected to be announced in July, with the winner receiving a trip to California's Silicon Valley to learn further coding skills at Google head-

quarters.

Kingsley said the toughest part of coding is "understanding how it works and the purpose of the code blocks – which is to understand the logic of a problem and then to solve it. I also learned debugging the issue, which means troubleshooting a problem."

The best part, he explained, is that "Coding is a computer language that helps me solve real-life problems, such as filling the communication gap between parents, students and teachers. And it can also be used for playing computer games such as Roblox and Minecraft."

Kingsley said doing the challenge also taught him "how to think and how to solve problems by being creative." His favorite class in school is math, and he's happy to be in Willow Springs's math club because "we got introduced to pi, fractions, sudoku and algebra."

His mom said she and his dad, Peter Thach, are "extremely proud of what Kingsley has done so far, and we want to see him continue with coding and enhance his skill set. I feel like that's the trend, so coding has a bright future and, hopefully, so will he."

Juneteenth Art Exhibit Chronicling the African American Journey

Leidos, science and technology leader, announced that it will sponsor and host "The Journey to Equity Excellence" art exhibition showcasing the work of African American artist Ted T. Ellis. This exhibit will be on display at its Global Headquarters in Reston, VA throughout the month of June in honor of Juneteenth and as part of the company's continued commitment to Diversity, Equity and Inclusion.

Ted Ellis is one of the most impactful African American artists of his time. He has often been compared to Jacob Lawrence, widely recognized as the Dean of African American Art. Ellis has been pictorially documenting African American history and culture for over 30

years, and his work has been displayed around the world.

A trained chemist and Army veteran, Ted Ellis is the director of the Southern University at New Orleans Museum of Art. His powerful paintings invoke a deep emotional response and uplifting messages of faith, perseverance and hope. His art has been exhibited at Smithsonian sponsored events and his painting, Obama, the 44th President, was presented in honor of the 2009 Presidential Inauguration.

Ellis also recently completed a painting that captured the essence of Leidos-sponsored NASCAR driver Bubba Wallace, breaking down racial barriers as he became the second African American to win



Artist Ted T. Ellis.

a NASCAR Cup Series race. (That portrait is currently on loan with a NASCAR patron and could not be included in the Leidos exhibition.)

The "Journey to Equity Excellence" art exhibition showcases key historical milestones and challenges faced by African Americans throughout American history. The exhibit includes portraits of icons such as Rosa Parks and Leidos intern/US Olympian Gabby Thomas and covers themes of diversity, inclusion, and accessibility. In his own words, "I paint Subjects that are representative of the many facets of American life, particularly, African American culture and history, as I know it. I like to think of myself as a creative historian. I was put here to record history... all aspects of American culture and heritage. My sole purpose has always been to educate through my art."

PHOTO FROM WWW.FACEBOOK.COM/TED.ELLIS.96

CALENDAR

SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on Fridays at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through Nov. 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/>

HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfaxcounty.gov/parks/farmers-markets/herndon>

GREAT FALLS FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmersmarket.org/>

NOW THRU JUNE 19

HomeAid Diaper Drive. At HomeAid Office, 3684 Centerview Drive, Suite 110B, Chantilly. HomeAid Northern Virginia is currently hosting their annual Builders for Babies diaper drive. With the drive closing on Father's Day (June 19th) they encourage everyone to get involved to reach our collection goal of 50,000 diapers and wipes. Then, on June 24th, they will be distributing to roughly 20+ of our nonprofit partners in need in Northern Virginia and Winchester. Contact Georgeanne Harter at gharter@homeaidnova.org or 703-953-3529. Visit the website: <https://homeaidnova.org/>

JUNE 2-19

"Under the Sea." At 1st Stage in Tysons, 1524 Spring Hill Road Tysons. Thursdays at 7:30 p.m., Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m., and Sundays at 2 p.m. Tickets: \$50 general admission, \$47 seniors (65+), \$15 students, educators, and military. Purchase online at www.1ststage.org.

JUNE 2-5

Herndon Carnival. At Northwest Federal Credit Union, 200 Spring Street,

Herndon. The Carnival will feature 22 rides, games, strolling entertainers, an assortment of food vendors, a Run Into Summer 5K Race (Sunday, June 5 at 7:30 a.m.), free shuttle bus service, and free admission. The Herndon Carnival is produced by the Town of Herndon Parks and Recreation Department with assistance from local civic organizations and businesses. Northwest Federal Credit Union is proud to serve as the title sponsor for the 2022 Herndon Carnival. Event attendees can learn about all the Carnival at herndoncarnival.net. Register for the race at www.herndoncarnival.net/10k-5k-races.html.

STARTING THURSDAY, JUNE 2

RCC Take a Break Concerts. 7-8:30 p.m. At Reston Station, adjacent to Wiehle-Reston Metro Station, Reston. Reston Community Center will present their free Thursday evening summer concerts at Reston Station in summer 2022. Previously held on Lake Anne Plaza, these concerts offer a variety of musical styles with monthly "dance night" instruction on Thursday evenings from 7:00 p.m. to 8:30 p.m.

JUNE 3-5

Tysons Library Booksale. 10 a.m. to 5 p.m. At Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Bag sale on Sunday, June 5. \$10 for a full grocery sack or half price if less. Visit the website: <https://booksa-lefinder.com/VA.html#X2291>

FRIDAY/JUNE 3

Memoir Writing Workshop. 2-3 p.m. Virtual Event. Series of four workshops, 6/3, 6/10, 6/24 and 7/1. Led by Shabnam Curtis, published memoirist of My Persian Paradox. Adults. Visit the website: <https://librarycalendar.fairfaxcounty.gov/event/9166657>

SATURDAY/JUNE 4

Reston Gardens of Note. 10 a.m. to 5 p.m. At various residential gardens in Reston. Explore residential gardens in Reston on the 2022 Gardens of Note tour, including musical performances. Presented by The Reston Chorale in partnership with the Reston Garden Club and Hidden Lane Residential Landscapes. Cost: \$20 in advance, \$25 day of event. Visit the website: <https://restonchorale.networkforgood.com/events/42499-gardens-of-note-2022>

SATURDAY/JUNE 4

Art Sale. 10 a.m. to 3 p.m. at 3124 Fox Mill Road, Oakton. Vale Club is having an Art Sale featuring original artwork by several local Artists. All mediums and sizes. All proceeds benefit the preservation of the Historic Vale School House. Don't miss this special one day event. (Cash, Check and Credit Cards Accepted)

SATURDAY/JUNE 4

Goat Yoga. 8:15-9:45 a.m. At Roer's Zoofari, 1228 Hunter Mill Rd., Vienna. Roer's Zoofari is hosting four Saturday-morning sessions of goat yoga this summer. For \$40 (\$30 for members), guests can enjoy a

playful, hour-long workout with goats. This event will be outdoors and socially distanced. Guests can participate on the grass or bring their own yoga mat or towel. After the workout, there will be 15 minutes for cuddling with the goats. Visit the website: <https://www.roerszoofari.com/goat-yoga/>

SATURDAY/JUNE 4

Bubble Fun Run. 10 a.m. to 12 noon. At McLean Community Center, 1234 Ingleside Ave., McLean. This fitness event is for children ages 3 to 9 with a bubble course and unlimited time playing in the bubbles. Cost: \$20 out of district / \$15 in district. Visit the website: <https://mclean-center.org/events-calendar/icalrepeat.detail/2022/06/04/13064/-/bubble-fun-run>

SATURDAY/JUNE 4

The Kinsey Sicks. 8 p.m. At Reston Community Theater's CenterStage. America's favorite Dragapella Beautyshop Quartet will serve up a feast of a cappella music and comedy. Cost: \$20 Reston/\$30 Non-Reston. Visit www.restoncommunitycenter.com.

SATURDAY/JUNE 4

Clifton 5K Run. 6 p.m. to 9:30 p.m. At 7139 Main Street, Clifton. Area residents looking for a fun weekend activity won't want to miss the Clifton Caboose Twilight Run, a 5K run and a one-mile run/walk held just outside the scenic town of Clifton. A post-race party

SEE CALENDAR, PAGE 11

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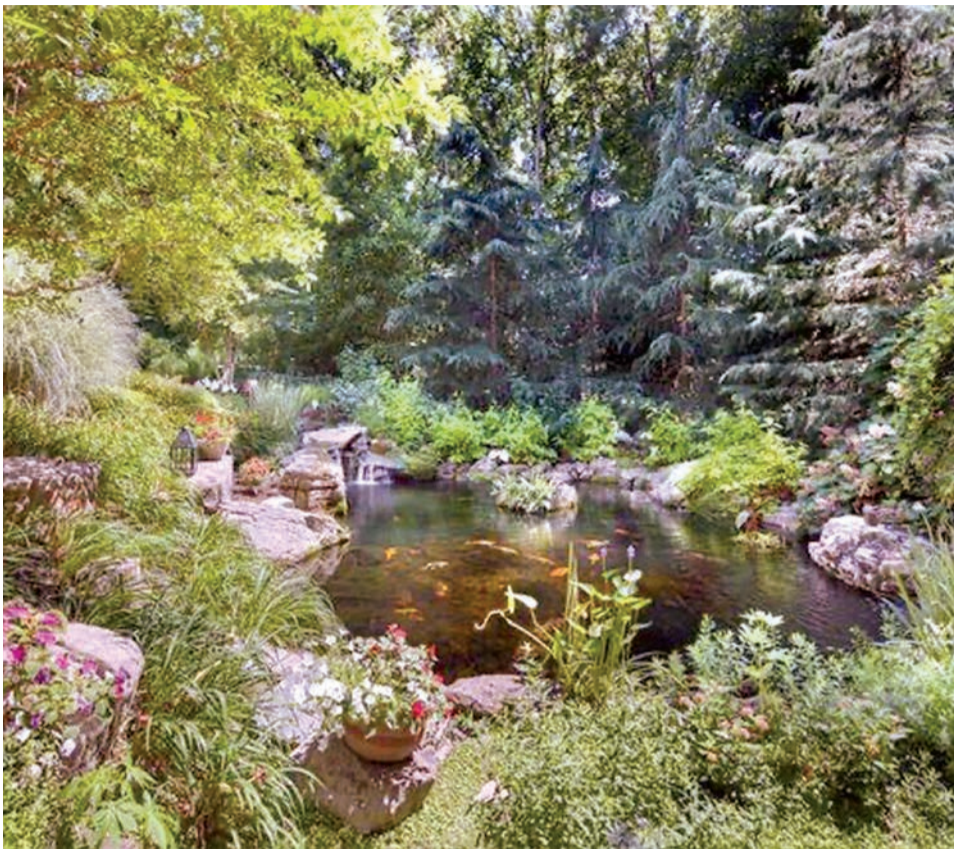
CALENDAR

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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 Great Falls Garden Tour will take place on Saturday, June 4 in Great Falls.

FROM PAGE 9

with refreshments, live music, and an awards ceremony will take place at the Red Barn near Clifton's Main Street area. Cost: 5K Run - \$25, One-Mile Fun Run/Walk - \$20. Visit the website:

<https://potomac.enmotive.com/events/register/2022-clifton-caboose-run-5k>

SATURDAY/JUNE 4

Reston Pride Festival. 12-6 p.m. At Lake Anne Plaza, Reston. The event includes a full day of musical and community performers, over 60 local businesses and organizations, and plenty of fun activities for all. Reston Pride is a local grassroots non-profit operating under the CORE Foundation, and serves to support and celebrate members of the LGBTQIA+ community in Reston and its surrounding area., Visit www.restonpride.org.

SATURDAY/JUNE 4

Sacred Self Love. 7:30-9 p.m. At Honest Soul Yoga. 7505 Leesburg Pike, Falls Church. Join Johanna for a 90 minute exploration of self love with a Sacred Cacao Ceremony, guided breathwork, meditation and a soothing sound journey. Visit the website: <https://www.eventvesta.com/events/16962/t/tickets>

SATURDAY/JUNE 4

Great Falls Garden Tour. 10 a.m. to 3 p.m. At 9830 Georgetown Pike, Great Falls. The Great Falls Garden Club tour will include eight gardens all located in Great Falls ranging from a large cutting garden to a five-acre property including hundreds of perennials, a small orchard; a "secret garden" backyard with a waterfall and koi pond. Cost is \$30. Contact: <https://www.eventbrite.com/e/great-falls-garden-tour-tickets-295387220127>

SATURDAY/JUNE 4

Paws on the Plaza: A Pet Event. 11 a.m. - 3 p.m. At The Plaza at Tysons Corner Center, McLean. Paws on the Plaza invites the Tysons community out to celebrate a day devoted to their furry friends. Event activities include a dog park and doggie splash pad, beer garden (for the humans), pet vendors, free caricatures of your pet, a DJ, a photo booth, giveaways, and more. Some participating vendors: Becky's Pet Care, Artful Paws Photography, Bow Wow Designs, Operation Paws for Homes, Lucky Dog Animal Rescue, Homeward Trails, Pet-O-Bed, Citizen K-9, and more.

SUNDAY/JUNE 5

The 16th Annual Reston Sprint Triathlon will take place on Sunday, June 5 at Lake Newport Pool, Reston, and registration is open. RST has added a team relay and virtual event for those who would like additional options this year. We welcome all to join our amazing community event and are grateful for the support of our loyal volunteers, sponsors, and athlete participants that have helped us remain vibrant through the years. Visit the website: <https://restonsprinttri.org/>

SUNDAY/JUNE 5

Concerts on the Green. 6-8 p.m. At the Village Centre Green, Great Falls. Featuring Anglee with special guest Eric Sayles - Passionate singer-songwriter with a clear, strong voice. Hosted by Great Paws Mobile Veterinary Service. Come relax at the Village Centre Green and enjoy laid-back evenings of good music and good times with your neighbors.

WEDNESDAY/JUNE 8

Mary Gauthier with Special Guest Jaimee Harris. 7:30 p.m. At Jammin Java, 227 Maple Ave. E, Vienna. Visit www.jamminjava.com

WEDNESDAY/JUNE 8

Princess Diana: Accredited Access Exhibition. At Tysons Corner Center, 1961 Chain Bridge Road, McLean. This exhibition features photos and never-before-heard stories of the People's Princess from her Official Royal Photographer, Anwar Hussein, and his sons, Samir and Zak, who are now Official Royal Photographers for the next generation of Royals. Tickets are available here: www.PrincessDianaExhibit.com/Washington.

THURSDAY/JUNE 9

Get to Know. 5-7 p.m. At Brightview Great Falls, 10200 Colvin Run Road, Great Falls. Explore the community, enjoy cocktails and hors d'oeuvres and meet the team at Brightview Great Falls.

SATURDAY, JUNE 11

Fairfax County's Communities of Trust Committee will host a Public Safety Day at London Towne Elementary School, 6100 Stone Road in Centreville. The event is slated for Saturday, June 11, from 11 a.m. to 2 p.m., and will feature food and games plus various police vehicles on display. For more information, email fairfaxCOTC@gmail.com.

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Time is What I'll Make of It



By KENNETH B. LOURIE

As I sit here and wonder about tomorrow/ the future, I try not to wonder about it too much. Since I have cancer, and at present a type of papillary cancer which, due to some unusual circumstances/dare I say, missteps, is characterized as "terminal." 'Terminal' in that currently there is no medicine, other than my present daily pill, that can sustain me beyond three years, give or take, from date of this most recent diagnosis. (Although, I'd like to believe that end date is not prescribed in stone.) I had been treated for non-small cell lung cancer, stage IV for the preceding 10 years or so until a biopsy revealed the tumors were thyroid cancer which had moved to the lung. A subsequent surgical removal of my thyroid glands didn't exactly solve the problem due to some persistent cancer that remained embedded under my collarbone. And soon thereafter, I officially became a thyroid cancer patient, for which I take a 10mg pill daily called lenvima. The side effects are modest, but unfortunately, the cancer is considered incurable.

In summary, I'm sort of taking a long walk off a short pier. And given that there are no guarantees/alternatives to my present protocol, and furthermore, given that the cancer is beyond anybody's control - aside from taking all my supplements and drinking alkaline water, I don't worry about what I can't control. As an example: I can't worry about the Red Sox bullpen. As much as it matters to me, as a life-long member of Red Sox Nation, that Boston's relievers are ordinary at best and disastrous at worst (see game one of the most recent Orioles/Red Sox series when the bullpen gave up two six-run leads), I have zero influence or input and/or control over any of it. And unlike the cancer, it's not exactly my problem, if you know what I mean? Now if the Red Sox wanted to pay me for my opinion, then perhaps it might be my problem. However, given the unlikely occurrence of yours truly getting paid for his baseball opinions, I'll have to narrow my focus and worry about my own problems. Cancer is enough of a problem that I don't need to look elsewhere for additional problems/challenges (and the Red Sox bullpen is most certainly a 'problem'/challenge).

Obviously, I can't ignore any symptoms or neglect my health. And even though my life expectancy has been shortened, I don't have a death wish. On the contrary, I have a life wish. And that 'life wish' consists of this cancer patient navigating through the ongoing demands without letting any of take me down emotionally. My intention/philosophy is, now in my 14th year post cancer diagnosis, to somehow rise above the inevitable downward pressure and try not to get dragged down by the sheer weight of the diagnosis. As my close friend and fellow cancer patient, Lynne said to me at the beginning of my diagnosis: "this is going to be the toughest thing you'll ever have to do." And of course, she was right. Consequently, I don't need to make matters worse. They're already bad enough on their own. If pretending, disconnecting, and laughing in the face of all this adversity gets me to the promised land (a normal life expectancy), then I promise to keep laughing and stay positive about the negative. "Rome wasn't built in a day, and neither was Milwaukee." I'm in this fight for the long haul. Besides, I'd like to live long enough to see how it all ends.

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Memorial Day Observance in the Town of Herndon

Honoring our nation's heroic war dead who sacrificed their lives.

MERCIA HOBSON
THE CONNECTION

On Monday, May 30, the Wayne M. Kidwell American Legion Post 184 Herndon-Reston led the Memorial Day Observance at Chestnut Grove Cemetery with Mayor Sheila Olem and Town Council members Signe Friedrichs, Jasbinder Singh, and Sean Regan in attendance. Over 75 people gathered in the shaded grove to honor the United States war dead, service members in the U.S. Armed Forces who lost the fight and sacrificed their lives to protect our freedom.

Sixty-six casket flags raised on towering flagpoles lined both sides of the cemetery's main road, erected by Post members and volunteers. They ascended over a small hill and dropped out of sight, providing a dramatic, patriotic backdrop to the observance. Families of service members who had died lent the flags on their loved ones' coffins so that they could be displayed along the Avenue of Flags.

David Womack, Post Commander, thanked everyone for taking time out of their Memorial Day to be at the cemetery in person to honor and remember those who have gone before them. "These service members are the people who make our lives possible as it is today," he said. Mayor Olem reiterated the point. Post Chaplin Donna Pence gave the invocation, saying, "Holy One, help us to remember that freedom is not free. There are times when its cost is indeed dear. Never let us forget those who paid so a terrible price."

Herndon High School Navy JROTC and the South Lakes High School Army JROTC presented the colors, followed by the Reston Chorale singing the national anthem.

Womack said his mother taught him to say the names on tombstones aloud as he walks by. "It helps us to remember; it reminds the Universe that we have not forgotten that man or that woman who sacrificed a portion of or the eternity of their lives in defense of freedom," he said.

Guest speaker Captain James O'Keefe of the U.S. Coast Guard finished his active duty career with over 7800 hours of military flight time, two Distinguished Flying Crosses, four Meritorious Service Medals, the Armed Forces Expeditionary Medal, and numerous other personal and unit awards. He said that Memorial Day means



David R. Womack, commander of the American Legion Wayne M. Kidwell, Post 184 Herndon/Reston.



From left, Sheila Olem, mayor of the Town of Herndon, and Town Councilmembers Signe Friedrichs, Jasbinder Singh, and Sean Regan.



Sheila Olem, mayor of the Town of Herndon.



Guest speaker Captain James O'Keefe of the U.S. Coast Guard.

barbecues, sales at the car dealership, or a baseball game for many Americans. Maybe the neighborhood pool is open. It is the unofficial beginning of summer. "But for those who have served and those who support those who have served, you know it's something incredibly different," O'Keefe said. That is what we are commemorating today."

At the conclusion of the obser-

vance, Post Commander Womack thanked the Color Guard, BSA Troop 1570, and the Reston Chorale. He said, "Throughout the weekend, you have likely seen American Legion Post 184 members in front of local Giant Stores handing out poppies. This is to



On Memorial Day 2022, Rock Ryles, a former Marine Corps sergeant who served in Iraq, Liberia and Albania (2000-2005), holds Ava Ryles, 2, with Kara Stith beside him. They came to pay respects to Stith's "Pop" Joseph L. Brooks, U.S. Army Tec 4, who died in January and is buried at Chestnut Grove Cemetery.

both remember the fallen and collect donations for our relief funds which we use throughout the year to assist veterans in need. Please consider donating."

Following tradition, many guests at the observance wore red poppies, the official flower of The American Legion Family. It is a nationally recognized symbol of sacrifice worn by Americans since World War I. With the observance ending, a man could be seen walking down the Avenue of Flags alone. He paused to stop at the name card below each casket flag. Affixed to his white shirt, he wore the red poppy that memorializes the soldiers who fought and died during World War I.

According to Legion.org, "After World War I, the poppy flourished in Europe. Scientists attributed the

growth to soils in France and Belgium becoming enriched with lime from the rubble left by the war. The red poppy came to symbolize the blood shed during battle."



Al Torzilli of Reston wears a red poppy, symbol of sacrifice worn by Americans on Memorial Day since World War I. He walks the Avenue of Flags at Chestnut Grove Cemetery in Herndon.

PHOTOS BY MERCIA HOBSON/THE CONNECTION