

## Inside Sterling Newsletter: May - June Edition

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I hope you are enjoying the beautiful May weather and apologies for the slight delay in this month's newsletter. We have decided to consolidate the newsletter for May and June this time around. As always, if there are events my office may have missed, please reach out via email and I am happy to share it on my Facebook page.

Last month, I partnered with INMED Partnership nonprofit organization to host our **third annual Spring Job Fair** and it went very well. The job fair was held on Saturday, April 21st, serving 130 individuals within a two-hour window and was attended by 57 companies. If you could not attend and are still in need of a job, visit [INMED's website](#) and scroll down to find the list of companies that attended.

On April 28th, my staff and I attended the second annual **Health & Wellness Expo** at the Sterling Community Center, which was also a success. We had many wonderful organizations in attendance, providing information on their resources and some, free screenings and services. Thank you to the Ashburn Rotary for organizing the event and the YMCA Loudoun for your collaboration. Another big thank you to all of the organizations who took time out of their day on a Saturday to attend and serve our community.





## Mark Your Calendar! Upcoming Sterling District Town Hall



**Date:** Thursday, May 31, 2018  
**Time:** 6:30 p.m. – 8:00 p.m.  
**Place:** Sterling Library Meeting Room A & B

Come out to hear about projects my office has been working on and what's coming up in our district. Be sure to bring your questions, concerns or suggestions to the meeting. We will have staff members from

the Zoning and Animal Services departments.

## Last Series of Envision Loudoun Workshops

Envision Loudoun, our county's initiative to include Loudoun residents in the drafting of Loudoun's 2040 Comprehensive Plan, is coming to an end. The last series of open houses are taking place beginning mid-May. RSVP is not needed. I encourage you to review the draft plan posted [online](https://envision-loudoun.org/) at <https://envision-loudoun.org/> and attend the May 22nd open house to learn more about the draft plan and provide your feedback.

### Sterling's Open House

**Date:** Tuesday, May 22, 2018  
**Time:** 6:30-8:30 p.m.  
**Place:** Cascades Senior Center, 21060 Whitfield Pl, Sterling



## Community Resource Expo on May 23

The Loudoun Workforce Resource Center is hosting a free Community Resource Expo Wednesday, **May 23**, 2018, from 10:00 a.m. to 2:00 p.m. at Rust Library, 380 Old Waterford Road, NW in Leesburg.

Come learn about the many services provided by local agencies and organizations in the areas of childcare, education, employment, finance, housing, literacy, transportation and more. Visit <https://www.loudoun.gov/WRC> for more information.



## State of the County Address on May 23

Chair Randall invites you to her State of the County Address on May 23rd in the Board Room of the Loudoun County Government Center. Chair Randall will highlight our county's successes and challenges. Please RSVP at [elizabeth.bennis@loudoun.gov](mailto:elizabeth.bennis@loudoun.gov).

**Wednesday, May 23rd, 6:30 pm**  
**Loudoun County Government Center**  
**(1 Harrison St S.E., Leesburg, VA)**



## Help Amber Kerico Finish her LLS Campaign #SterlingStrong!

Amber Kerico, who is a Sterling native and is participating in the 2018 Woman of the Year campaign for Leukemia & Lymphoma Society (LLS) is holding these last few events to finish #SterlingStrong. She needs the support of all of you to help her achieve her goal of raising 100K in 10 weeks! You can help her by attending one or all of the following fundraisers or donating on her online page at <https://sterlingstrongcure.com/>.

### Attend the Stefan Carter Golf Tournament on May 12!

Join Amber Kerico and supporters at the Sterling Park Golf Club for raffles, dinner and Dixon Golf-hosted golf challenges! Shot gun starts at 1 pm. Register at [www.stefancartergolf.com](http://www.stefancartergolf.com).

### Attend the #SterlingStrong 5K Run/Walk on May 19!

Join me, Amber and supporters for a 5K run or walk! All fitness levels are welcome. This event is meant more to bring the Sterling Park community together and get active! There will be a DJ and coffee. Eat at Joe's and proceeds will of that day's breakfast will go towards Amber's campaign! Register at [www.sterlingstrongcure.com](http://www.sterlingstrongcure.com).

### Attend a Stand Up Comedy w Matt Bergman on May 26!

Come out to the French Quarter Brasserie in Fairfax for a stand up comedy show with Matt Berman! The show begins at 8 pm.



## Promoting Youth Health, Wellness and Resilience in Our County

At the May 1st BOS business meeting, Mental Health, Substance Abuse and Developmental Services (MHSADS) updated my colleagues and I on the Initiative to Promote Youth Health, Wellness, and Resilience.

The presentation highlighted the following:

- MHSADS hosted a training for community providers about Collaborative Assessment on the Management of Suicidality (CAMS) by Dr. David Jobes.
- MHSADS and the Loudoun County Community Services Board (CSB) sponsored a youth-led contest to create a public service announcement (PSA) focused on the prevention of youth suicide and the promotion of mental health awareness. **Two of the PSAs will be shown in the Regal and Cobb theaters in Loudoun for PG-13 movies from May 18-May 31, 2018.**
- MHSADS has identified the process to establish a Suicide Review Team. There will be additional information in future updates.
- As a lead agency in facilitating youth health and well-being and developing resilience, MHSADS has continued to encourage and participate in efforts throughout the County. Link to full presentation here.

## Free Bus Rides to Metro Stations & New I-66 Commuter Incentives!

Stop sitting in traffic and start sharing I-66! Our Transit Services is providing **free rides** to Wiehle-Reston and West Falls Church metro stations now through June 2! View more information at [www.loudoun.gov/bus-schedules](http://www.loudoun.gov/bus-schedules).

A **new Sterling bus route** is coming July 1st, which will provide a direct connection to the Wiehle-Reston metro station from Sterling Park. Currently, Sterling residents must bus to Dulles Town Center and from there, hop on another bus to get to the Wiehle-Reston metro station. View more info on the upcoming bus route at [www.loudoun.gov/buschanges](http://www.loudoun.gov/buschanges).

Commuters Traveling on I-66 Inside the Beltway from Loudoun County: It Pays to Share!

# I SHARE 66

**METRO CONNECT BUSES**  
**Free Rides**

Loudoun County Transit buses to Wiehle-Reston East (Silver Line) and West Falls Church (Orange Line)

Free Rides Effective: April 16 – June 2, 2018  
For Bus Schedule Information: [loudoun.gov/silverlinebuses](http://loudoun.gov/silverlinebuses)

Loudoun's I SHARE 66 Incentive program is funded through the Northern Virginia Transportation Commission's I-66 Commuter Choice program, which uses toll revenues to fund projects that benefit toll payers by improving travel in the I-66 corridor inside the Beltway.

Loudoun County Commuter Services | I-66 Commuter Choice | Learn More at [loudoun.gov/ishare66](http://loudoun.gov/ishare66)

Furthermore, our Transit Services is providing new **I-66 commuter incentives** to get people out of their single-occupancy vehicles. Incentives include:

- **\$100 smart trip card** for new commuters with the possibility of obtaining 2 more \$100 cards if you use up your first one.
- **\$500 assistance** to start a vanpool
- **\$100 gas card** for every new carpool rider

Learn more about the I-66 commuter incentives at [ishare66.org/](http://ishare66.org/).

## You're Invited to NVTAs Open House & Public Hearing

The Northern Virginia Transportation Authority (NVTA) has an open house and public hearing on May 10th where you can learn about the 60 projects under consideration for its [FY 2018-23 Six Year Program](#) and share your input. In addition, NVTA is accepting public comments on projects, now through midnight, May 20th. The Washington Metropolitan Area Transit Authority (WMATA) capital funding bill passed by the General Assembly last month significantly reduced funding to NVTA, which has a direct adverse impact on the County's six-year Capital Improvement Program (CIP) and how the County funds its road and transit projects. Because of the action taken by the General Assembly this year, the cut-off line for funding will probably be project #27 as opposed to the cut-off being project #35, had the bill failed. A final decision on the projects to be funded will be made by July.

**Thursday, May 10th, 5:30 pm**  
3040 Williams Dr, Ste 200, Fairfax, VA

### May 18th is Bike to Work Day!

New and experienced bicycle riders are encouraged to register for Bike to Work Day for Friday, May 18th at [www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org) or by calling 800-745-7433.

Loudoun County will host two pit stop celebrations where registrants can pick-up free T-shirts, receive giveaways, enjoy refreshments, and win prizes. The Loudoun County pit stops are adjacent to the Washington and Old Dominion (W&OD) Trail in:

- Leesburg at Raflo Park on Harrison Street, open from 6:00 a.m. to 9:00 a.m.; and
- **Sterling, just east of Route 28, at Ruritan Road behind Orbital ATK from 6:30 a.m. to 9:00 a.m.**

### Walk Like MADD 2018 on May 19

Sign up for the 5K Walk organized and hosted by Mother's Against Drunk Driving (MADD) on Saturday, May 19th. The Walk will take place from 10 am to 12:15 pm and start at Park View High School. If you can't walk the day of, you can also check out the Silent Auction, which is worth over \$15,700. Register or make a donation at [www.walklikemadd.org/sterling](http://www.walklikemadd.org/sterling).



**You're Invited to Our OPEN HOUSE & PUBLIC HEARING**

**May 10th** 5:30 p.m.—Open House  
7:00 p.m.—Presentation & Public Hearing  
3040 Williams Drive, Suite 200, Fairfax, VA 22031

Learn about the 60 candidate projects under consideration for our FY2018-2023 Six Year Program & share your input for transportation improvements in Northern Virginia.

Submit your comment now! [SYPComment@TheNoVaAuthority.org](mailto:SYPComment@TheNoVaAuthority.org)  
[www.TheNoVaAuthority.org](http://www.TheNoVaAuthority.org)

Follow us on Facebook: @TheNVTA  
Follow us on Twitter: @NVTAuthority



## Youth Mini Science Expo on May 19

INMED is holding a Mini Science Expo on Saturday, May 19th from 10 am to 2 pm at the INMED Opportunity Center, 21630 Ridgetop Circle, Suite 130 in Sterling.

Excitement and challenges await young minds where a variety of hands-on STEAM activities including LEGO robotics, 3D virtual goggle adventures, electronic circuits, coding activities for mini-bot challenges and more await!!

Admission is \$5 per person (2 & under are free). Learn more at: [bit.ly/INMEDMiniScienceExpo](http://bit.ly/INMEDMiniScienceExpo).



## Spring Farm Tour on May 19 & 20

On May 19th and 20th, the Loudoun Heritage Farm Museum will be participating in the county-wide, weekend long Spring Farm Tour event and will be open FREE to the public on both days. Live sheep and lambs on loan from Frying Pan Park in Herndon will be featured in our barn. In addition, Loudoun County Master Gardener program will present a talk on **Container Gardening** focusing on how to vegetable garden in containers at 1:00 pm on Saturday, May 19th.

Learn more about the [Spring Farm Tour](#) here.



## ELKS 2018 ENF Scholarship Golf Tournament Fundraiser on June 1

Register for the Golf Tournament Fundraiser and come to the Sterling Golf Club on June 1st! Proceeds are used to pay for College Scholarships for deserving high school seniors in Loudoun County. Find more information [here](#) or call 703-787-6820. You can also email [info@elks2406.com](mailto:info@elks2406.com) for questions.



## Training Futures Recruits for its Fall Program

An innovative professional job-training program, teaches marketable job skills to economically disadvantaged, unemployed or underemployed adults. Internships offered within the curriculum give trainees an opportunity to apply new skills and increase their confidence. The program is offered by Northern Virginia Family Service. [Learn more here](#).



## Learn about the County's Home Improvement Programs on June 13th

The county has home improvement programs, which can help many Loudoun residents with the cost of their home repairs and renovations. They have programs to assist homeowners have low-to-moderate income or are 62 years old or older or have a household member with a disability. If you qualify, grants are provided through this program, which are forgivable.

Attend a walk-in info session at the Sterling Library to learn more about the different programs:

- Wednesday, June 13th, 10:00 am-2:30 pm
- Wednesday, June 13th, 6:00 pm-7:00 pm



If you can't attend an info session, you may also call Robert McCarthy for more information at 703-777-0506 or email him at [Robert.McCarthy@loudoun.gov](mailto:Robert.McCarthy@loudoun.gov). Learn more about the programs [online](#).

## Sterling Business of the Month: Golden Health Pharmacy



Serving the Loudoun community for nearly three years, Golden Health Pharmacy is a compounding pharmacy specializing in integrative medicine, holistic care, and nutrition. Their advanced team of nutritionists works with clients to educate them about their health, inspire them to improve their wellness, and provide the ongoing support needed to make their journey a success. Golden Health Pharmacy specializes in compounding, nutritional counseling, diagnostic testing, natural supplements and vitamins, and also offers Infrared Sauna sessions. Read about their Thrive Wellness Program online at [www.goldenhealthpharmacy.com](http://www.goldenhealthpharmacy.com).

## Additional Events

**May 12: Kincora Fest 2018.** Join Kincora partners for the 7th Annual "Heronfest!" Experience programs for all ages from the Children's Science Center and Loudoun Water, live music, tractor rides, specialty catering and s'mores over the fire pits. Enjoy the opportunity to see our beloved herons as they return to their rookery at Kincora. Don't forget your mud boots and binoculars! [Register here](#).



**May 17: #ReclaimKindness** During Do More 24. Join over 600 D.C., Maryland and Virginia nonprofits for **Do More 24**, the region's largest online day of giving, powered by [United Way of the National Capital Area](#) (United Way NCA) and give! Visit [www.domore24.org](http://www.domore24.org) for more info.

**May 19: Walk for Hope.** Join Friends of Loudoun Mental Health in their Walk for Hope at 9 am at Raflo Park in Leesburg and help end the stigma that surrounds mental illness. [Register here](#).

**May 24: Dine out at Joe's Pizzeria from 5-9 pm!** Partial proceeds will support the [Sterling Foundation](#).

**June 12: [Sterling Foundation](#) Meeting**, 7 pm at the Sterling Community Center

**June 28: SterlingFest Meeting**, 7:30 pm at the Sterling Community Center. Join the [SterlingFest](#) committee to help plan the largest annual festival in Sterling, which takes place on the 1st Saturday of October every year.

## Summer Youth Camps & Opportunities

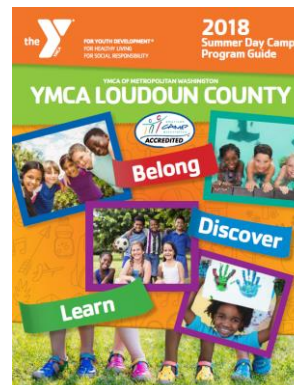
### INMED Summer Day Camp Programs

INMED is offering a six-week summer camp session from June 18th-August 3rd, Monday-Friday from 2:00-6:00 pm and welcomes ages 5-12 at their center at 21630 Ridgetop Circle, Suite 130 in Sterling. Each week offers a unique experience, including STEAM-related activities, hands-on projects in cooking, music, life sciences, computer coding and more. Weekly fees are \$100 per child. Contact Yahaira Hanon for more information or to register at [yhanon@inmed.org](mailto:yhanon@inmed.org) or 571-465-5996.



### YMCA Summer Day Camp

The YMCA offers a variety of exciting programs that blend skill development, fun activities and great games! YMCA's camp curriculum is constructed with specific age level, allowing for campers of all ages to receive instruction perfectly built for them! Whether it is exploring nature or learning robotics, our campers enjoy a packed day of specialized activities that help them learn values and positive behaviors, practice healthy habits, develop leadership skills. The YMCA strives to help their campers discover their talents, and realize their potential while they develop a sense of responsibility for themselves and others. You can learn more about the camp in this [brochure](#) or by visiting the Youth Development Center in Sterling (624 W Church Rd). *Financial assistance is available for those who qualify.*



### GMU Outdoor Experiential Learning Opportunities

The EDGE, George Mason University's Center for Outdoor Experiential Learning, is located on the Science and Technology Campus in Manassas, Virginia. The Center provides hands-on experiential learning programs that offer thought-provoking, yet fun, team development activities. Learning takes place on 35 low-elements and three high-elements, plus a variety of portable activities. Programs are designed to meet the specific needs of each group. Phone: (703) 993-3761; Web: [edge.gmu.edu](http://edge.gmu.edu)



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STAY CONNECTED



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[About our service provider](#)

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