

Back-to-School & Upcoming Transportation Projects

Through Friday, August 16th, I am hosting a Back-to-School supply drive to assist children and families in the Sterling community by alleviating the burden of back-to-school shopping as much as possible. Items collected will be donated to schools in the Sterling District before the school year begins. Items needed include: backpacks; writing and coloring utensils; paper items: loose-leaf paper, notebooks, index cards, construction paper, etc.; glue and tape; rulers; erasers; binders and folders; safety scissors; cleaning supplies.

Drop-off locations for items:

Sweet Signatures -- 22446 Davis Dr. #174, Sterling, VA

Sterling Library -- 22330 S. Sterling Blvd., Suite A117, Sterling, VA 20164

Daybreak Kitchen & Biscuit Company/Nectar Cocktail Bar -- 22455 Davis Dr., Suite 133, Sterling, VA 20164

Joe's Pizzeria -- 22360 S. Sterling Blvd., #103, Sterling, VA 20164

Sterling Community Center -- 120 Enterprise St, Sterling, VA 20164

Regarding the completion of the West Poplar Road project, I would like to reiterate that on-street parking between South Sterling Boulevard and South Greenthorn Avenue will be removed, and that section of West Poplar Road will become one-way northbound. Roadway improvements began at the end of July and the project is expected to reach substantial completion by Wednesday, August 14, 2019. Please be mindful of signage posted in the area to regulate parking. The project contractor will begin towing vehicles that are not in compliance with the new no parking signs as needed later this week to place the yellow curb markings along the east side of West Poplar Road.



Loudoun PRCS Indoor Yard Sale

Loudoun County Parks, Recreation, and Community Services will hold their Second Saturday of the month Indoor Yard Sale on Saturday, August 10th from 8:00 am to 12:00 pm at the Sterling Community Center, located at 120 Enterprise Street, Sterling, VA 20164.

Admission for shoppers is free. Vendors for the sale must register and pay in advance. Registration includes a 10' x 10' site space, a 6-foot table, and 1 chair. Registration also includes a general advertisement in the local classified section of the newspaper.

Register online at www.webtrac.loudoun.gov for activity 403709-03.

For questions or more information, call 703-430-9480.

INOVA Loudoun Mobile Health Services



Inova Loudoun Hospital Mobile Health Services will be providing countywide blood pressure screenings at a variety of locations during the month of August. For further information including additional locations, call the Mobile Health hotline at 703-858-8801 or visit www.inova.org/mobilehealth

Tuesday, August 13, 9:00 am-12:00 pm

Cascades Senior Center
21060 Whitfield Place, Sterling, VA

Monday, August 19, 9:00 am– 11:00 am

William Watters House
22365 Enterprise Street, Sterling

Tuesday, August 27, 9:00 am-12:00 pm

Cascades Senior Center
21060 Whitfield Place, Sterling



Trivia Night with the Sterling Foundation

Join the Sterling Foundation on Thursday, August 15th at Joe's Pizzeria (22360 Sterling Blvd, Sterling, Virginia 20164) for fun and trivia about sports, movies, and Sterling!

Bring the whole family for more chances to win lots of prizes!

A dine-in fundraiser will be held from 5:00-9:00 pm, with trivia games running from 6:00-8:00 pm.

Ryan Bartel Foundation FORT

The Ryan Bartel Foundation's FORT is a community space where young people can connect with each other, share, have fun and grow strong together. It will be held at the Sterling Community Center on Sunday, August 18th from 2:00-5:00pm.

The logo for the Ryan Bartel Foundation features the name "Ryan Bartel Foundation" in a white, sans-serif font. The text is set against a dark, textured background that resembles a field of grass or a similar natural setting.

Therapeutic workshop experiences include Dogs: Building Confidence and Calm; Music: Soundtrack to your Life; and Art: Expressive Portraits.

Ideal for ages 13-18. Sign up required. Free admission and donations are welcome.

Sign up at www.ryanbartelfoundation.org/the-fort



Loudoun County Sheriff's Office Quarterly Meeting

The Loudoun County Sheriff's Office will hold public safety meetings at each of the agency's four service area stations and residents are encouraged to attend.

The Eastern Loudoun Station quarterly meeting will be held August 21, 2019, at 7:00 pm at the Eastern Loudoun Station, located at 46620 E. Frederick Drive, Sterling, VA.

Items to be discussed are recent crime and crime trends in your area, traffic safety concerns, and other public safety-related issues. The meetings will be led by a Loudoun County Sheriff's Office Captain who represents your service area. Sheriff Mike Chapman or a member of his leadership team will also be in attendance.

Loudoun Sponsors Upcoming Trainings on Reversing Opioid Overdoses

Loudoun County continues to host training sessions on how to recognize and respond to an opioid overdose. The next Revive! sessions are scheduled for:

- Thursday, August 22, 2019
- Thursday, September 26, 2019
- Thursday, October 24, 2019



All classes will be held from 5:30 to 7:30 p.m. at the offices of the Loudoun County Department of Mental Health, Substance Abuse and Developmental Services (MHSADS) at 906 Trailview Boulevard in Leesburg.

The free, one-hour training covers:

Signs of opioid overdose

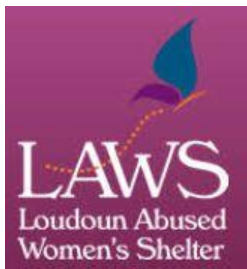
- How to respond to an opioid overdose emergency with the administration of naloxone, a drug that can be used to treat narcotic overdoses in emergency situations.
- Any registered participant completing the training will be eligible to receive free naloxone nasal spray that evening from the Loudoun County Health Department.

The training is open to the public; however, classroom space is limited and advanced registration is required. Anyone who uses opioids or knows someone who is using opioids is encouraged to attend. Pre-registration is first come, first served. Those interested in attending may register online at loudoun.gov/revive.

The trainings are part of the REVIVE! program, which is the Opioid Overdose and Naloxone Education program for the Commonwealth of Virginia. The Loudoun County Community Services Board, MHSADS and the Loudoun County Health Department are sponsoring the local training session.

For more information about the opioid overdose reversal training, contact the MHSADS Prevention and Intervention Program at 571-258-3365 or by email at LCMHFirstAid@loudoun.gov

Those interested in attending may register online at www.loudoun.gov/revive.



LAWS Charity Golf Tournament

Registration is now open for the 4th Annual Loudoun Abused Women's Shelter (LAWS) Charity Golf Tournament at Raspberry Falls Golf Club (41601 Raspberry Dr., Leesburg, VA). The tournament will take place on September 30th—registration will open at 11:30 am with a 1:00 pm Shotgun start.

Proceeds help fund the multitude of free programs and services LAWS offers to those who suffer from domestic violence and sexual abuse.

Enjoy free beer, a Pig Pickin' BBQ dinner after the tournament, and prizes and awards while supporting a great cause.

To sponsor and register to play, click [here](#).

AART Halloween Horseshoe Showdown



Grab your boots and hat for another unforgettable evening of good ole' country fun! Live music, dancing, country style BBQ, drinks, games (horseshoe and corn hole tournaments), mechanical bull and family friendly fun!

All Ages Read Together (AART) will host their 9th annual Horseshoe Hoedown on Saturday, October 26th at River Farm Stables (16009 River Farm Ln, Leesburg, VA 20176) from 4:00 pm-11:00 pm.

For more information and to purchase tickets, click [here](#) or contact Lauren Wilczynski at 540-277-3135.



Upcoming Activities at Claude Moore Park

Back to School Campfire

Friday, August 16th 7:00 pm-8:15 pm

Animals need to learn too! Find out how they learn and adapt to things in the wild and then take some time to relax around a campfire enjoying marshmallows (provided, Halal available). All ages; ages 3 and under free but must be accompanied by a registered adult.

- \$5. Register online by 8/14 at www.loudoun.gov/webtrac for activity 461731.

Free Monthly Open Houses

Saturday, August 3rd 1:00 pm – 3:00 pm

- Frogshackle Nature Cabin, the 1880s Bridges Schoolhouse, and the 1779 Lanesville House
- No registration need

Saturday, August 20th 1:00 pm – 3:00 pm

- Frogshackle Nature Cabin
- No registration need

Events & Activities at the Sterling Library



ESOL: English Conversation Group

An informal conversation group for non-native speakers to practice speaking English. For adults.

- Every Monday from 2:00-3:00 pm in the Conference Room
- Every Thursday from 6:30-7:30pm in the Conference Room

Crossroads Jobs Inc.

Crossroads Jobs provides individually focused employment services to Loudoun area residents who are unemployed or underemployed. They offer a source of ready-to-work applicants for local businesses and their services are free to job seekers.

- Monday, August 5 and 19 at 6:00 pm in the Conference Room

Cooking on a Budget

From beginners to veteran cooks, this cooking series will have everyone whipping up quick, delicious, nutritious family meals in no time. Loudoun County Master Food Volunteers will teach the basics of knife skills, menu planning, make ahead strategies and cooking techniques with this four-part series. Best of all, you'll get to eat everything you make in the class. Each class will have a different focus. Registration required. Max 16 participants for 4 part series.

- Wednesday, August 7, 14, 21, and 28 from 6:00-7:30 pm in Meeting Room A+B

How Hospice Can Help

Capital Caring explains hospice and its services, including the structure of its teams and volunteer offerings.

- Monday, August 26 from 7:00-8:00 pm in Meeting Room A+B

Meditation for Stress Relief

Explore and practice different types of mindfulness and breathing techniques to reduce stress. Gretchen Schutte is a certified Vinyasa Yoga teacher and has been teaching meditation for six years. Mat or blanket suggested.

- Tuesday, August 27 from 7:00-8:00 pm in Meeting Room A+B



Upcoming Events

August 6 & 13: Popsicles in the Park hosted by St. Matthew's Episcopal Church will be held every Tuesday through August 13th from 12:00pm-1:00pm at Briar Patch Park (1400 N Sterling Blvd, Sterling, VA). Join the Sterling community for a fun way to cool off this summer with free popsicles and play!

August 13: Sterling Foundation Monthly Meeting 7:00-9:00 pm at the Sterling Community Center at 120 Enterprise Street in Sterling. The public is invited to attend and learn about the Sterling Foundation's upcoming efforts and activities.

Supervisor Koran T. Saines
Loudoun County Board of Supervisors
www.loudoun.gov/Sterling
[703-777-0204](tel:703-777-0204)

STAY CONNECTED



Sterling District | 1 Harrison Street, S.E., 5th Floor, Leesburg, VA 20177

[About Constant Contact](#)

Sent by koran.saines@loudoun.gov in collaboration with



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