



April: National County Government Month

With April being National County Government Month, I would like to reiterate my message from Wednesday's Town Hall. I am here to serve you and to make sure that Sterling continues to be a safe, inclusive and welcoming community for all who reside in it. Thank you to those who attended the Town Hall meeting held by school board member, Brenda Sheridan and me. I also want to thank Virginia House of Delegate member and friend, Jennifer Boysko, representing the 86th District for attending. Roughly 50 members of the community attended and expressed their varying concerns. If you were unable to attend, but have questions, please do send them my way.



On another note, this upcoming Tuesday evening, April 5th, my board colleagues and I will be deciding on the county budget for FY2017. Tuesday's meeting will take place from 5-9 p.m. If you have any last-minute concerns or questions, please contact my office.



If You See Something, Say Something

Remain Vigilant. Be Aware of Your Surroundings. It takes a community to protect a community. We all play a role in keeping our community safe. Whether you are

at home, at work, or in public places like a mall, stadium or restaurant, be vigilant and report suspicious activity.

Know What to Report

Suspicious activity is any observed behavior that could indicate terrorism or terrorism-related crime. Examples of suspicious activities can be found [here](#).

Know How to Report

- Report emergencies right away by calling 9-1-1.
- Loudoun County Sheriff's Office non-emergency line: 703-777-1021
- Download an app for your phone to easily report something suspicious to Virginia's Fusion Center.
- You can also report suspicious activity to the fusion center by calling 1-877-482-8477 or by submitting an online form.

Read the full Loudoun County article [here](#).

Community Wellness Week Starts Next Week (April 4-8th)



If you are currently uninsured and lack access to health services, or if you'd like to learn about Medicaid or Medicare, make sure to attend the Community Wellness Week at the Sterling Community Center from April 4-8th. Each day next week will feature a different area organization, which will either provide information on health topics (e.g., nutrition) or offer wellness screenings. All ages are welcome. Most programs are offered to the community members at little to no cost. If you have any questions, you may call 703-430-9480 or visit the [event flyer](#) for more details.



April is Also Child Sexual Abuse Prevention Month

Area organizations are holding events to help spread awareness in the community about child sexual abuse prevention. Next Friday, April 8th, INMED Opportunity Center is holding a presentation from 5-7 p.m. during the Community Wellness Week at the Sterling Community Center. The presentation will be in Spanish and will cover the topic of learning more about the signs of child abuse and neglect and important reporting guidelines.

On April 26, starting at 6:30 p.m., "Breaking the Silence," a TLC Documentary is being presented by SCAN and other steering committee members of the The Loudoun County Partnership for Resilient Children & Families. Come out to watch this documentary screening on child sexual abuse prevention at Briar Woods. Child care will be provided. View the Facebook event [here](#).

Lace Up and Go! Loudoun County Encourages Participation in National Walking Day (April 6th)



Loudoun County encourages people who live or work in Loudoun to participate in the American Heart Association's National Walking Day, Wednesday, April 6, 2016. Join Loudoun County Board of Supervisors Chair Phyllis J. Randall as she leads a "Walk About Leesburg" beginning at the Loudoun County Government Center, 1 Harrison Street, S.E. in Leesburg at 12:30 p.m., Wednesday, April 6. Among those joining Randall on the 1.7 mile walk will be Dr. David Goodfriend, the director of the Loudoun County Health Department, which plays a leading role in promoting health and wellness in the Loudoun community. [Read more](#) about what 30 minutes of walking can do to your health.



Volunteers Needed for Our First Annual Spring Job Fair!

The Spring Job Fair will be held on Saturday, May 14th from 10-2 p.m. at the Claude Moore Rec Center, in the gymnasium. My staff is working diligently to make our first spring job fair a successful event with numerous employers on May 14th. We are looking for volunteers as we approach the event as well as day-of helpers and greeters. To sign up as a volunteer, email our office.

Currently, we have more than 20 businesses signed up to recruit at the fair. Please help us spread the word. If you know of a friend, relative, teen or soon-to-be college graduate in need of employment, tell them about our event! RSVP is encouraged at: <http://springjobfair.rsvpify.com/>.



Loudoun County Offers 'Mental Health First Aid' Training, Open to the Public

Did you know that more than one in five Americans will have a mental health problem this year? Our county is offering a free Mental Health First Aid training to help members of the public better identify, understand and respond to signs of mental illnesses. The new program is available to any resident interested in learning more about mental illness or addiction. I encourage you to attend if you have a family member or friend suffering from a mental illness or addiction or if you fit within one of the following categories: public safety, businesses and primary care workers; school and college leadership; and faith communities. Learn more [here](#).

Registration Open for Bike to Work Day 2016!

Registration has opened for residents who want to participate in the 2016 Bike to Work Day, scheduled to take place on Friday, May 20th. If you're interested in participating, register [here](#) or by calling 800-745-RIDE (800-745-7433). There will be two local pit stops--one in

Sterling and one in Leesburg--where registrants can pick-up free T-shirts, receive giveaways, enjoy refreshments, and win prizes. The event is free. For details, [click here](#).



More Opportunities in April...

- **Earth Day at Claude Moore** - Help clean up at the park on Saturday, April 20th. Details [here](#).
- **INMED Seeks After-School Program Volunteers!** Volunteer opportunities available with other programs. Visit their [page](#) for info.
- **Senior Housing Options Fair** - On April 28, 10-2p information on possible housing options will be given in Leesburg. Read details [here](#).
- **PRCS Summer Camp Registration Begins March 29** - Find out more information [here](#).
- **Citizenship Classes** are still going on Saturdays through 6/18 at 2:15p at the Sterling Library! Visit the [website](#) for program details.
- **ESL Classes on Saturdays** - [INMED](#) offers ESL classes every Sat from 10-12p. at their Opportunity Center, 21630 Ridgetop Cir, Ste 130. Open to all. Sterling, VA 20166



- **ESOL Conversation Group** is also happening on Thursdays from 6-7p at the Sterling Library. No need to register, just show up to practice your English in an informal setting!
- **11th Annual Dominion Classic Seeks Volunteers** to help with sponsorships, auction/raffle items, & registration for their Tee Off for the Titans event on May 16th. Contact Duffy.Newman@gmail.com for more information.

Upcoming Events



April 2: Leesburg's Farmer's Market. Did you know Leesburg hosts a [farmer's market](#) every Saturday from 9-12p? Check out their fresh, local produce!

April 6: Sterling Foundation Fundraising Night, 5-9p help support Sterling's clean-up initiative by eating at Joe's Pizzeria and mention you're there in support.

April 9: Sterling Boulevard Spring Cleanup. Volunteer & help keep Sterling tidy from 8:45-1p. Meeting at Briar Patch Park. RSVP [here](#).

April 9: Leesburg Career Youth Expo. High school and college students are invited to attend the career expo from 11-2p. Check out the [list](#) of employers!

April 23: Virginia Touch-A-Truck - Bring your youngsters who love trucks to this event at

Dominion High to climb aboard a fire truck, concrete truck or tractor trailer! Admission is \$5. View details [here](#).

April 30: YMCA's Healthy Kids Day, 11-3p. Get your kids moving and learning at the Evergreen's Sportsplex. See event info [here](#).

May 1: AOL 5K & 1-mi Fun Run: Show your support or run at this family-friendly event. Find out more [here](#).

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