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Herndon Mayor Lisa Merkel speaks with Bill McKenna at a 'Podcrawl' or area pub crawl event. The annual Podcrawl event is organized the first Saturday after Labor Day.

Herndon's Not Another Podcast

Herndon Drama Presents 'Cinderella'

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Downtown, New Town Website and More

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PHOTO BY COURTESY OF BILL MCKENNA

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NWFCU Foundation Expands Scholar- ship Program

Northwest Federal Credit Union Foundation, the philanthropic arm of Northwest Federal Credit Union, has announced the start of its 2016 scholarship season on Feb. 1. Recognizing the rising cost of college, and the growing student debt problem, at least five of the scholarships awarded this year will be need-based. Additionally, non-members are now welcome to apply. "NWFCU Foundation believes education strengthens our communities—encouraging innovation, expanding world-views and inspiring creativity," said executive director of the NWFCU Foundation, Alexandria Shade. "Our scholarship program is a tangible way to live that belief. We support students and ultimately the communities their talents will someday benefit." The Foundation has awarded \$877,000 over 11 years, recognizing students who demonstrate leadership, dedication and commitment in school, at home and in the community. Applicants must meet certain criteria and apply online until April 15, before 4 p.m.

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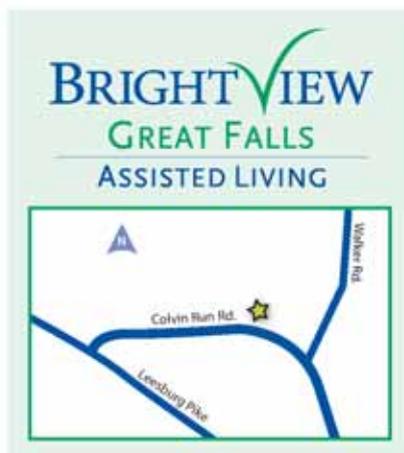
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Herndon's Not Another Podcast From a dining room table to community at large.

BY RYAN DUNN
THE CONNECTION

Once a week, Herndon resident Bill McKenna prepares his audio equipment for his weekly podcast. The podcast is usually recorded at his home in downtown Herndon, and from there uploaded to the Internet where it can be streamed or downloaded. "I got motivated to podcast because my dad was a great story teller. People would stay in McKenna's Stationery for hours listening to my dad talk about so many different things. He knew how to keep your interest and understood timing and inflection in your voice," said McKenna.

WHAT STARTED as a hobby on a dining room table in June 2014 has expanded into a multi-platform podcast available on iTunes, TuneIn, Stitcher and iHeartRadio. Since the podcast began it has had a month by month growth of over 17 percent since March 2015.

McKenna grew up in the town of Dunellen, N.J. outside New York City. His parents had a newspaper shop for 19 years in town and he graduated from Dunellen High School. From there, McKenna attended West Virginia Wesleyan College and began to host a radio show with his roommate Chris Blaus. "It was a 10-watt station and I learned I had a gift to ad lib on things," says McKenna.

After college, McKenna worked at the Department of Motor Vehicles. At the age



Herndon residents Brett Simons and Bill McKenna recording their weekly podcast at downtown Herndon.

of 23 he ran for city council at Dunellen. His platform was simple, to improve downtown, upgrade the borough's train station and stabilize the tax base. "I am proud to say as finance chairman, taxes did not go up and I was able to even give a tax cut in 2000, the first in 12 years in Dunellen," says McKenna.

McKenna's mom died from cancer in 2012, and his father Joe McKenna died from pneumonia in September 2013. After his parent's passed, McKenna found he needed an outlet to channel his grief. "The podcast became not only the channeling of the grief but also gave me a way to pay tribute to

my dad, who loved the spoken word," said McKenna.

In 2014, McKenna began to experiment with podcast equipment, creating a podcast series called Not Another Podcast. By Episode 4, McKenna developed his technique and knew Herndon resident Brett Simons would be the podcast's co-host. Simons was a veteran broadcaster at Shepherd University (WV) and announcer for West Virginia Professional (ATCW) Wrestling.

Simons and McKenna met at Jimmy's Old Town Tavern in Herndon, and they soon realized they had great rapport. The podcast series is part spontaneity, sports and pop

culture, and has had guests including Charles Styles, host of Food Network PrimeTime Show Mystery Diners. The show has a certain rawness (hence the explicit tag on most podcasts) yet does not seek shock jock status.

The show makes reference to area happenings. Previous episodes included a visit to Herndon's first microbrewery, Aslin Beer Company, as well as a remembrance to Damien Scanlon who worked at O'Sullivan's Irish Pub in downtown Herndon. "We decided to do a show on the first anniversary because there was a ceremony we had done and we wanted his friends in Ireland to be a part of it too," said McKenna. The duo are invested in the podcast series, and have come out with episode 87 not missing a week for a show.

THE DUO developed an annual event called Podcrawl hosted the first Saturday after Labor Day. "We start at the Wieners Circle for 'NAP Snacks' (lunch) and then go to The Breeze, O'Sullivan's Irish Pub, and end at Jimmy's Old Town Tavern. We do a segment at each location and we have had over 150 people at each event we have run," said McKenna.

What began as encouragement from friends became something neither McKenna nor Simons could imagine, but both remain grateful to their supporters as they continue their podcast series.

For more information about Not Another Podcast, visit www.notanotherpodcastusa.com.

Downtown, New Town Website and More

BY KEN MOORE
THE CONNECTION

The Town of Herndon extended its deadline for proposals for the downtown development until Feb. 19.

"The town won't have any comment about proposal submittals at this point," according to Town officials.

The Town issued its request for proposals for the redevelopment of 4.675 acres of land in historic downtown Herndon in November. The Town seeks to redevelop the property, formerly the Subaru car dealership or Ashwell property, into "an attractive, mixed-use development, including a parking structure in which the Town has fee interest to a minimum of 220 spaces."

"The Town envisions a development of excellent design and quality providing the historic town core with additional vitality while respecting and reflecting the heritage of the downtown," according to the request for proposal. "The Town envisions these benefits to be utilized to develop a superb environment for outdoor pedestrian enhancements

including outdoor dining and passive and programmed activities."

According to the RFP, the Town envisions utilities, streetscape, and an 18,000 square foot arts center, and hopes that the public shared parking and arts center be funded from proceeds from the Town's property.

"The Town Council, after considering the recommendations of the evaluation committee and public comment, may select a limited number - likely two, and not more than three - of proposers who are fully qualified, capable, and best suited in the Town's discretion to submit a detailed proposal that best meets the Town's needs. Selected proposers will be invited to submit detailed proposals by a specified deadline," according to the RFP.

According to town documents, The Town plans to post public portions of the proposals on the Town of Herndon website to allow public comment.

Public Presentation by Developers are scheduled for May 25, and the Council is scheduled to vote for its top proposal by July 1, 2016.

After the Town works on a development of agreement from July through October, a public hearing is scheduled for November

and the final award is scheduled to be issued in December.

BY THE TIME the Town posts portions of the proposals, the Town expects to have launched its new Town website, scheduled for debut on Feb. 23.

"This is truly a town-wide project, with each department responsible for building their own pages and presenting their own news and initiatives," according to Town spokesperson Anne Curtis.

Curtis presented a preview to the council at their last work session on Tuesday, Feb. 2.

See www.herndon-va.gov/.

AT TUESDAY'S COUNCIL HEARING, after presstime, The Town Council was scheduled to hold a public hearing on the development of the town manager's proposed budget for FY 2016-2017.

The town's budget last year was \$49.86 million.

The Town Manager, Art Anselene, will issue this year's budget on April 1.

At Tuesday's hearing, the Council was expected to issue a resolution encouraging residents to remain involved. Public hear-

ings are scheduled for April 12 and 26.

MAYOR LISA MERKEL and the Herndon Town Council sponsors the annual Mayor's Volunteer Appreciation Night.

The Town honors hundreds of people from Herndon.

The 32nd annual event is scheduled for Sunday, April 10 at 7 p.m. at the Herndon Community Center to recognize Herndon's volunteers.

See <http://www.herndon-va.gov/>: click on Town Council and then on Mayor's Volunteer Appreciation for information on nominating people for Outstanding Volunteers, Distinguished Service Award and Distinguished Corporate Service Award to the Department of Parks and Recreation by Friday, March 4.

THE TOWN SEEKS representatives from the town's business community to serve on a newly-created Economic Development Advisory Committee. "The committee will advise the Town Council on matters related to economic development, which include business retention and expansion, new development and

SEE RESIDENTS, PAGE 5

OPINION

Limiting Local Authority

Assembly rushes bill limiting proffers without addressing who will pay for infrastructure.

In Virginia, a Dillon Rule state, local governments have only the powers explicitly granted by the General Assembly. And what the assembly gives, the assembly can take away.

It's the reason, for example, that localities have limited means of raising revenue and limited taxing authority. And those limited means are one reason localities have turned to proffers, payments and improvements to infrastructure agreed to by builders as part of approval and zoning changes for new development.

Members of the General Assembly, including many who represent only Fairfax County districts, agree with builders that in many places, the way local governments are using proffers is unfair, even out of control.

Many point to Loudoun County, where builders pay substantial cash proffers, as an example. And to other counties where large, off site intersection improvements were required.

Everyone seems to agree that the "abuses" are not taking place in Fairfax, Arlington and Alexandria. But the restrictions apply to these

areas as well.

How are local governments supposed to pay for the costs of growth? Should the lion's share be paid by existing residents through increase property taxes?

This is a complex question, not one that should be rushed.

But right now, the General Assembly is rushing to restrict proffers and to give developers and builders substantial clout in legal challenges to local government action. And they are doing this without any consideration to how localities will replace the resources they will lose.

It's time to slow this process down, and for a reasoned consideration. What exactly are the abuses that require action? Look at specific examples and address the specifics.

EDITORIAL

Local delegates voting in favor of the bill restricting local proffer authority included Dave Albo (R-42), Eileen Filler-Corn (D-41), Charniele Herring (D-46), Patrick Hope (D-47), Tim Hugo (R-40), Paul Krizek (D-44), Mark Levine (D-45), Ken Plum (D-36) and Vivian Watts (D-39).

Local delegates who voted against the bill included Jennifer Boysko (D-86), David Bulova (D-37), Mark Keam (D-35), Kaye Kory (D-38), Jim LeMunyon (R-67), Alfonso Lopez (D-49), Kathleen Murphy (D-34), Mark Sickles (D-43), and Marcus Simon (D-53).

The Virginia Senate was expected to vote for an amended version of the bill on Tuesday, Feb.

9. Reasonable action will fall to the conferees in reconciling the House and Senate versions, and to the governor, who would be able to amend the bill before signing or veto.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name). Email to north@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

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Standing Up for the Safety Net

BY PIPER PHILLIPS CASWELL
CEO, PHILLIPS PROGRAMS FOR
CHILDREN AND FAMILIES

Everyone may know someone like Brian, a child who struggles at school, has emotional outbursts, and is constantly visiting the office and facing detention. It's children like Brian and their families — whose lives are spiraling — that members of the Virginia Association of Independent Specialized Education Facilities serve — including Phillips Special Education Day Schools.

We are part of the educational system many people don't see or know about. Programs such as ours provide a custom education for those who have significant learning and emotional challenges and for whom school has often been a place of repeated failure and frustration. As partners to the public schools systems and families, we step in to give a child another chance at education and life success.

With the elections past us, new and returning members of the state legislature are preparing for the 2016 legislative session. As

they do, we wanted to make a plug for the safety net. It's important that kids — especially vulnerable ones like Brian — don't get lost in the shuffle.

We often work with youth who are part of the foster care system. It can be a difficult journey for a child, especially as they are emancipated from the system. Some select to do so before their 21st birthdays — choosing to forgo services. However, if they change their minds, it is difficult for them to opt back into services that can help them succeed. That's why we hope legislators will help this fragile population regain access to services if they have a change of heart.

Changes that provide funding for comparable education services for students approved for residential services are also a critical to meeting the needs of youth who have emotional, behavioral and other special challenges. Currently there is no mechanism for children placed in residential care to have any of their educational costs paid. That puts more children and families at risk.

Another way we can help these

COMMENTARY

at risk children is to make it easier for them to get services. Too often children and their families are denied critical services due to burdensome, confusing and time-consuming assessment and qualification criteria. Virginia's serving agencies must be facilitators for families to access services, not barriers.

Families we meet are often frazzled by the challenges they face in getting appropriate education and services for their children.

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, March 8, 7-8 p.m.** to discuss Incontinence Issues and Caregiving. Register beforehand at www.fairfaxcounty.gov/OlderAdults and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, March 16** at noon at the Hunter Mill District Office, 1801 Cameron Glen Dr., Reston. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meet-

ing access needs. The **Herndon Senior Center** needs **Social Visitors**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Having a strong safety net is critical to ensuring youth with special challenges grow, learn and succeed. But the net is only good if it can catch kids as they are falling. Our legislators can make it stronger, protecting and propelling youth forward.

VOLUNTEER EVENTS AND OPPORTUNITIES

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

Oak Hill & Herndon CONNECTION

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Pride of Herndon on Display

Herndon High Band students compete for All-Virginia Band.

Herndon High School made a strong showing in this year's band competition, held at McLean High School on Jan. 9, that, in the words of director Kathleen Jacoby, "...rivalled any in memorable history."

Herndon High School had 15 students selected as participants or alternates in this year's festival. District Band auditions are held in early January each year and include a blind audition with scales, sight reading, and performance of a prepared piece.

"I attribute this year's success to a strong senior class that has consistently worked hard not just to prepare for this audition, but since they began on their instruments years ago," said Jacoby.

The Pride of Herndon has three students participating in the Wind Ensemble, the district's top band, and four with invitations to audition for All States. James Adams, Jacob Reeves and Aimee Toner, along with Ben Clark, principal trombone in symphonic, will be eligible for the All-Virginia Band, whose auditions will be held on Feb. 28.

Students who participated in auditions echoed Jacoby's acknowledgement of the hard work necessary to perform at this level while praising her leadership and encouragement.

"I know everyone who made it into district band worked really hard for it, and Ms. Jacoby is always supportive of us and does her best to help us do well in the auditions," said junior Evelyn Showalter, who was chosen as principal oboist and English horn for the symphonic band.

The list of District 12 Festival participants and alternates is as follows:



PHOTO CONTRIBUTED

The Pride of Herndon has three students participating in the Wind Ensemble, the district's top band, and four with invitations to audition for All States.

Wind Ensemble: James Adams, 10, Principal Percussion; Jacob Reeves, 12, second Chair Percussion, and Aimee Toner, 12, third Chair Flute.

Selected for Symphonic Band:

Evelyn Showalter, 11, Oboe and Principal English Horn for the District; Benjamin Clark, 12, Principal Trombone, Kevin Archambeault, 11, Eb and Bb Clarinet; Olivia Duston, 10, Bb Clarinet; Abigail Witmer, 12, Bb Clarinet; Carey Rice, 12, Bb Clarinet; Peter Trapp, 12, Principal Tenor Sax; Angela Phelps, 12, Trumpet; Simon Fogleson; 12, Trombone;

Shennan O'Day, 11, Euphonium, and Jordan Sonderegger, 12, Percussion.

Alternates: Julia Picchiottino, 12, Euphonium.

Participants agree that the auditions, the rehearsals, and the concert offer the best of creative opportunities and the building of relationships that transcend their four years in high school band. Evelyn Showalter, who has another year in the program, said, "The biggest thing I ever take away from any band experience is the sense of band family and community. We all support one another and work together to make beautiful music, and we have fun doing it."

—SALLY TONER

Herndon Crime Reports

Notable incidents from the Herndon Police reports from Jan. 25-31.

Approximately \$5,400 worth of electronics and jewelry were taken. The case is under investigation.

OTHER INCIDENTS

- Jan. 25, 4:01 p.m. Assault-Simple, 1100 Whitworth Court
- Jan. 27, 9:33 a.m. Fraud-False Pretenses, 800 Grant St.
- Jan. 27, 10:20 a.m. Capias - Fail to Appear, 700 Lynn St.
- Jan. 27, 9:47 p.m. Assault-Simple, 900 Jorss Place
- Jan. 27, 11:29 p.m. Drunkenness (DIP), 900 Ferndale Ave.
- Jan. 28, 9:39 p.m. Drug/Narcotic Violation Ferndale Avenue/Park Avenue
- Jan. 26, 7:50 p.m. Assault-Simple, 1100 Treeside Lane
- Jan. 27, 12:19 a.m. Drunkenness (DIP), 1200 Wilshire Drive
- Jan. 27, 3:26 a.m. Assault-Simple, 700 Gentle Breeze Court
- Jan. 27, 1:25 p.m. Protective Order Violation, 700 Gentle Breeze Court
- Jan. 28, 12:43 a.m. Drunkenness (DIP), 1000 Elden St.
- Jan. 28, 4:25 a.m. Drug/Narcotic Violation, 1000 Elden St.
- Jan. 28, 12:13 p.m. Drunkenness (DIP), 1200 Elden St.
- Jan. 28, 12:05 p.m. Drunkenness (DIP) 1200 Elden St.
- Jan. 28, 8:56 p.m. Drunkenness (DIP) 1200 Wilshire Drive
- Jan. 29, 12:04 a.m. Assault-Simple, 1200 Magnolia Lane
- Jan. 29, 5:22 p.m. Trespass - Banned, 1200 Elden St.

MAJOR INCIDENTS

Indecent Exposure - Jan. 26. 600-Blk Center St. The victim reported that the suspect exposed himself to her as she was walking through the area. The suspect is described as a white male 5'9" to 5'11", slim build. At the time of the incident the suspect was wearing a cream colored long sleeve jumpsuit and had his face covered with a black article of clothing. The case is under investigation.

Aggravated Assault - Jan. 27. 700-Blk Palmer Drive. A juvenile male reported he was assaulted by several males some of whom were known to him. The victim sustained minor abrasions and contusions to the upper body. The victim declined medical attention. The case is under investigation.

Burglary - Jan. 28. 1400-Blk Cuttermill Court. An unknown person entered the residence through a rear sliding glass door while the victim was not home.

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Residents Encouraged to 'Get Involved'

FROM PAGE 3

marketing opportunities," according to Town documents.

Members will be appointed by the Town Council and must own or manage a business in the town or live in the town and have expertise in their business

sector.

The committee hopes to have representation the arts community, the downtown business community, small business owners, hotel and hospitality sector, large employers, real estate sector, restaurants, and technology.

See www.herndon-va.gov for applications to all of the Town's boards, commissions and advisory and ad hoc committees.

Applications are also at the clerk's office in the Herndon Municipal Center, 777 Lynn Street.

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Herndon Drama Presents 'Cinderella'

Family friendly production at Herndon school Feb. 12 at 7 p.m. and Feb. 13 at 10 a.m.

By RYAN DUNN
THE CONNECTION

Herndon High school drama team presents the story of Cinderella this February at Herndon High auditorium. The production explores three versions of the story from India (the story of a boy named Changez), Africa (the story of a girl named Sindela) and China (the story of a young girl named Yeh Hsien). Each character is faced with adversity in their lives. Magical creatures (a cow for India, a frog for Africa, and a red fish from China) help the protagonists overcome adversity. The students will use this family-friendly production to bring awareness to areas of the world lacking fresh water. Students will host a raffle during the production, and proceeds from the sale of raffle tickets will benefit the nonprofit organization Charity: Water.

Charity: Water is a nonprofit organization that provides clean and safe drinking water to people in developing nations. Based in New York, the organization was founded in 2006 and has helped fund 13,641 projects in 22 countries, benefiting over 4.6 million people. In the drama production, each story is of how a child finds a way to a better life with the help of a river.

"Water is a powerful symbol, and I felt one way to try to make the world a better place is to use this play to help raise money to get water to people in countries where water is scarce. Water travels all across the globe and it brings us all together, and that's what the best theatre does: bring people together. A group of actors and technicians of all backgrounds come together to make art and invite the rest of the world to see it come to life," said student director Patrick Hammes, a senior at Herndon. New drama teacher Morganne Davis has helped supervise this production.

Allie Kassraie, a junior, will be playing original music on the acoustic and electric guitar. The play involves 30 students in the cast and crew ranging from freshmen to seniors. "It is a fresh take on 'Cinderella,' which really reflects on the community of Herndon with many people of many backgrounds," said Kassraie. Music in the production will reflect on the different cultures and settings in the production.

The production has a cast of 18 students, with four narrators. "We have a really dedicated group of people. It is really nice to be able to help out. I think it will be a really interesting show," said Meaghan Graney, the show's stage manager and a senior. The "Cinderella" production is an hour-long and is planned for Feb. 12 at 7 p.m. and Feb. 13 at 10 a.m. In April, Herndon High School will produce "Legally Blonde the Musical!" based on the book by Heather Hatch, with music and lyrics by Laurence O'Keefe and Neil Benjamin. This spring musical production will be submitted by the school for the annual Cappies (Critics and Awards Program) competition. Auditions for the musical will be held Feb. 16 and 17.



Allie Kassraie, a junior, will play original music on the acoustic and electric guitar for the drama production of 'Cinderella' Feb. 12 at 7 p.m. and Feb. 13 at 10 a.m.



Congratulations went to the Herndon High School Indoor Guard for getting First Place at their first competition of the season in February. The Pride of Herndon Indoor Guard (also known as Winter Guard) practice throughout the winter, and compete on the Atlantic Indoor Association (AIA) circuit, in February and March.

In additional Herndon news, William Bates, principal of Herndon High and 2015 Principal of the Year, will give a keynote talk at a Black History Month event on Friday, Feb. 19 at Fairfax County Government Center. The event is free and open to the public. Herndon High's Navy Junior ROTC (NJROTC) has had a successful 2015-2016 school year. The 125-cadet unit has enjoyed a variety of activities, planned and carried out by the unit's leadership team under the guidance of Senior Naval Science Instructor David Adler, Captain, USN (retired) and Naval Science Instructor John Maness, Senior Chief, USN (retired). The leadership team comprises experienced juniors

and seniors who dedicate hours each week fulfilling their key roles. Members of the HHS NJROTC assisted the Herndon community with shoveling snow.

Congratulations went to the Herndon High School Indoor Guard for getting first place at their first competition of the season in February. Their show is "Lord of the Dance." The Pride of Herndon Indoor Guard is the school's competitive indoor Color Guard unit. The unit practices throughout the winter, and competes on the Atlantic Indoor Association (AIA) circuit, in February and March. This theatrical Guard group performs to recorded music with choreography that uses interpretive movement, dance, flags, and other equipment to tell a story. The annual Step Team StompFest production will be held at Herndon High School on March 5, and the school Step Team is taking registrations for teams and volunteers. Tickets will be sold in the school the week before the event and at the door. Although Herndon High School STEP team will not compete, they will participate.

PHOTO BY RYAN DUNN/THE CONNECTION

PHOTO COURTESY OF HERNDON HIGH SCHOOL BAND

HomeLifeStyle



While red is often the go-to floral color for Valentine's Day, shades of pink, peach and purple can offer elegance and romance.

PHOTO COURTESY OF MERRIFIELD GARDEN CENTER

"As you're planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays and glassware with a gold trim for a stunning table."

— Angela Phelps of Le Village Marche

Stylish Valentine's Day Table Settings

Flowers and candles create romantic designs.

By MARILYN CAMPBELL
THE CONNECTION

Fresh flowers and candles are an easy way to add elegance and romance to a Valentine's Day table. From dramatic to understated, local tastemakers offer suggestions for setting the mood for a memorable dinner.

"Candles are key to set a romantic atmosphere," said Marika Meyer of Marika Meyer Interiors in Bethesda, Md. "Soft lighting is flattering to all of us and creates a sense of intimacy for conversations."

The ambience is enhanced, says Meyer, when the candlelight glints off of metallic accessories like candlestick holders. "You can use silver, mercury, glass or even gold or brass to help move the light," she said.

In fact, gold accents are a current trend, says Angela Phelps of Le Village Marche in Arlington. "They pair well with pinks, reds, and fuchsias," she said. "So, as you're planning a romantic dinner at home, think about incorporating china, vases, candle votives, trays, and glassware with a gold trim for a stunning table."

Metallics combined with a few pops of a soft color help create an elegant setting. "White and silver tables can be very romantic — for example, a white tablecloth, mirrored or silver placemats, silver flatware and crystal stemware," said Fay Johnson, an interior designer with J.T. Interiors in Potomac, Md. "The centerpiece [could be] a silver ice bucket with white and blush colored roses and a



PHOTO COURTESY OF IVY LANE
A table setting by Alexandria-based Ivy Lane's Alexandria-based Ivy Lane's Alex Deringer and Courtney Cox incorporates fresh flowers.

array of assorted size candles and votives."

For a more traditional table, Johnson stated that "a black, white and red table can be very dramatically romantic. A black and white tablecloth [such as] a houndstooth or herringbone ... pattern with red, glass stemware, white dinner plate, glass votives, trays, and glassware with a gold trim for a stunning table."

Johnson suggests completing the look with a crystal or silver vase filled with red roses and accented with few red glass votive candles.

Johnson believes that not all centerpieces need to be flowers. She suggests filling three compote crystal stemware, "said Fay Johnson, an interior designer with J.T. Interiors in Potomac, Md. "The centerpiece [could be] a silver ice bucket with white and blush colored roses and a

vase can add a powerful style impact. "A vase is like a frame for



Kelley Proxmire created an intimate table setting with a variety of glasses, candles and fresh flowers.

PHOTO BY ANGIE SECKINGER

a picture," said Linda Wilson-Vertin, floral designer with Merrifield Garden Center in Fair Oaks. "A clear vase is like not having a frame on the picture."

Instead, choose a vase that has visual interest or one that is meaningful on a personal level. "I like using things that are special to the individual," said Wilson-Vertin. "I ask clients to bring in a container that they like so that I can create an arrangement that works with it."

While red is often the go-to floral color for Valentine's Day, Wilson-Vertin says that shades of pink, peach and purple can offer elegance and romance. "Go with what works for you and what works in your home," she said. "For example, red doesn't work in my home, so I use watermelon and apricot."

Consistency adds an unexpected touch of enchantment. A monochromatic palette conveys more ro-

mance than contrasting colors," said Wilson-Vertin. She recommends using "red roses with deep burgundy mini carnations to vary the size of the flower head and texture. Mini carnations have ruffled texture."

For the ultimate in texture and color variety, "think English garden, like roses, hydrangeas, lisianthus and snapdragons," said Wilson-Vertin. "Add berries and eucalyptus" to complete this elegant floral arrangement."

Linen napkins offer a finishing touch to an elegant table setting, says Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

"Use pretty salt and pepper shakers, festive napkin rings, and if you have fancy water or wine glasses, now is the time to use them," she said. "And don't forget the champagne bucket nearby for cooling white wine or champagne."



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SPORTS



The South Lakes boys' indoor track team won the Conference 6 championship.



The South Lakes girls' indoor track team won the Conference 6 title.

PHOTOS CONTRIBUTED

South Lakes Boys, Girls Win Conference Track Titles

Paced by record-setting performances in the 500 meters, seniors Golden Kumi-Darfour and Skander Ballard led the South Lakes indoor track and field teams to Conference 6 titles in both the boys' and girls' divisions Friday, Feb. 5 at the Prince George's County Sports and Learning Complex in Landover, Md.

The South Lakes girls' team scored 138.50 points and placed in 13 of the 15 events in winning its fifth consecutive conference title. Madison finished second with 89 points and McLean was third with 64. Langley scored 49.50 points for fourth, followed by Fairfax (44), Washington-Lee (39), Yorktown (21) and Hayfield Secondary (17).

The SLHS boys' team finished with 190 points, placing in 14 of 15 events, for its eighth straight conference championship. Madison, again, was second with 55 points. Fairfax and Washington and Lee tied for third with 49 points followed by McLean (40), Hayfield Secondary (30), Yorktown (29) and Langley (23).

Fourteen SLHS girls and 15 boys contributed to the team scoring.

Kumi-Darfour was unbeatable in all of her events, especially in the 500 meters where her time of 1:16.55 broke the meet record of 1:17.92 set in 2005 by Claire Zimneck. Kumi-Darfour began her win streak teaming with senior Monica Lannen, and sophomores Olivia Beckner and Sarah Wolfe to win the 4x800 meter relay (9:43.55). She finished the meet with a win in the 4x400 meter relay with teammates Beckner, freshman Sophie Halkett and junior Jessica Lister.

Ballard also had multiple wins. His 1:07.16 time in winning the 500 meters broke the 2008 record of 1:07.55 set by Nick Vaughn. He also won the 300 meters (35.96), triple jump (43-09.00) and teamed with seniors Nikolai Waithe, Connor Smith and sophomore Alex Wallace in winning the 4x400 meter relay (3:33.28). Ballard was also fourth in the long jump (19-03.50) and seventh in the pole vault (10-06.00).

SLHS dominated several events: winning all six relays, the 55-meter hurdles (freshman Kristen Williams, 9.82; senior Anas Fain, 7.72), 55 meters (juniors Nikayla Hoyte; 7.42 and Timiebi Ogobri, 6.64), 300 meters (Hoyte, 42.60; Ballard, 35.96) and dominating the boys 500 (Ballard, 1st; Waithe, 2nd, 1:08.38; Wallace, 3rd, 1:09.71; Smith, 5th, 1:10.02; senior Chris Byron, 6th, 1:10.69), boys 300 (Ballard, 1st; Waithe, 2nd, 37.14; senior Eric Kirlaw, 4th, 38.38; Wallace, 5th, 38.40, Ogobri 6th, 38.47) as well as the girls 500 (Kumi-Darfour, 1st; Halkett, 4th, 1:20.99; Lister, 5th, 1:24.29) and girls 300 (Hoyte, 1st, 42.50; Jones, 2nd, 42.99; Halkett, 4th, 43.98).

Senior John LeBerre won the 1,600 meters (4:36.31), ran the anchor leg on the winning 4x800 meter relay team of Smith and juniors Peter Sepulveda and Jack Watkins, and he finished second in the 1,000 meters (2:40.47). Beckner, a member of the winning 4x400 and 4x800 relay teams, won the girls 1,000 meters in 3:07.12. Fain, who successfully defended his title in the 55-meter hurdles, also won the high jump (5-10.00), the 4x200 meter relay with Kirlaw, Ogobri and senior Alex Rudison, and finished third in the long jump (19-11.25), fourth in the triple jump (40-08.00) and eighth in the 300 meters (38.55). Kirlaw was second in the long jump (19-11.25), third in the triple jump (42-11-50) and third in the 55 meters (6.74).

The pole vaulters also had a successful meet with Rudison fourth in the boys' division (11-06.00) and SLHS girls finishing fourth (senior Madison Carrens, 7-03.00), fifth (junior Abby Wickman, 7-03.00) and sixth (sophomore Megan Allison, 6-09.00). Allison also finished second in the shot put (28-00.50) as did senior Isaac Mensah (43-07.00). Sophomore Ronak Cuthill was fifth (400-00.50).

South Lakes will send more than 30 athletes to compete in the 6A North Region Championship, Thursday, Feb. 18 at the Prince George's County Sports and Learning Complex in Landover, Md.

Herndon's Meilus Wins 100 Backstroke Region Title

Herndon junior Emily Meilus, the two-time defending state champion in the 100 backstroke, won the event at the 6A North region championship meet on Feb. 6 at Oak Marr Recreation Center.

Meilus finished with a time of 55.34 seconds (All-American consideration).

The Hornets finished 17th as a team with 65.5 points.

The defending state runner-up Oakton girls' swim and dive team placed third with a score of 183. Robinson won the region championship with a score of 222, and Langley finished runner-up with a total of 194.

Oakton senior Megan Byrnes, the defending state champion in the 200 freestyle and 500 freestyle, won the 500 free regional title on Saturday. She finished with an All-American-qualifying time of 4 minutes, 45.6 seconds, beating Langley junior Isabella Rongione by four-tenths of a second.

Byrnes finished runner-up in the 200 free with a time of 1:48.32 (All-American), half of a second behind West Potomac sophomore Cassidy Bayer.

Oakton's 200 free relay (Nika Sauger, Elise Bourdelais, Evelyn Pickett, Byrnes) finished second with a time of 1:36.77 (All-American consideration). Robinson finished first (1:35.83).

In boys' action, Herndon finished 10th in the team standings with 112 points.

Junior Christian Ginieczki placed second in the 100 butterfly (49.79, All-American consideration) and third in the



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon junior Emily Meilus won the 100 backstroke at the 6A North region meet on Feb. 6 at Oak Marr Recreation Center.

100 backstroke (50.36, All-American consideration). Junior Dylan Cudahy took third in the 500 free (4:35.76).

The Oakton boys' team finished sixth with a score of 152. Langley won the team title with a score of 229.5, followed by Patriot (215), McLean (187), Robinson (184) and Chantilly (173).

The 6A diving state championships will be held Feb. 19 at Oak Marr. The 6A swimming finals will be held Feb. 20 at George Mason University.



PHOTO CONTRIBUTED

“Crimes of the Heart” plays at NextStop Theatre in Herndon, Feb. 25-March 20.

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged.

ONGOING

Sorcerers in Snow: Hogwarts in Winter. Through Monday, Feb. 29. ArtInsights, 11921 Freedom Drive, Reston. See a collection of original and limited edition art from the Harry Potter series of books and films. In honor of actor Alan Rickman, 10 percent of sales will benefit two charities, JK Rowling’s Lumos, and Saving Faces. 703-478-0778.

Emerging Visions: Contemplating Community. March 15-April 9. Greater Reston Arts Center, 12001 Market St., 103, Reston. Fairfax County high school students the opportunity to work directly with GRACE’s curatorial staff to create thoughtful, well-crafted artworks that will be exhibited in the gallery. This year, GRACE is dedicating its celebration of Youth Art Month to Bob Simon’s vision for a New Town. www.restonarts.org. 703-471-9242.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

“Crimes of the Heart.” Feb. 25-March 20. Thursdays, 7:30 p.m. Fridays, 8 p.m. Saturdays, 2 p.m., 8 p.m. Sundays, 2 p.m., 7 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Uncover sordid events of the past when the three Magrath sisters gather to await news of their family patriarch, living out his last hours in the local hospital. This award-winning play is known for its grave-yet-hysterical, touching-but-dysfunctional portrait of a Mississippi family. \$35. www.nextstoptheatre.org. 866-811-4111.

WEDNESDAY/FEB. 10

Sip and Paint. 6-10:45 p.m. Vapiano Reston Town Center, 1875 Explorer St., Reston. Fundraiser will benefit the Bite Me Cancer Foundation and their fight against Thyroid Cancer. \$50. artbytheglazz.com.

THURSDAY/FEB. 11

Classic Cinema Series. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Our charming romantic comedy is a Valentine’s Day

treat for Jane Austen fans. Call the library for title. Adults, older teens. Register at 703-689-2700.

FRIDAY/FEB. 12

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. <http://www.artspaceherndon.com/events-2/senior-tea/>.

FRIDAY-SUNDAY/FEB. 12-14

Valentine’s Day Gift Wrapping by Kids R First. Hallway of the Hyatt Regency Reston, 1800 Presidents St., Reston. Gifts will be beautifully wrapped while you shop or work, same-day service. Donations benefit 22,000 children from families in need in the local area with school supplies through Kids R First, an all-volunteer organization. 703-478-2218. appalachianspring.com/rtc.cfm.

SATURDAY/FEB. 13

Valentine’s Guitar Gala. 6:30-9:30 p.m. Cafe Montmartre, 1625 Washington Plaza N., Reston. Three-course gourmet dinner and the musical elegance of guitarist Jonathan Smith. Fundraiser for Aquado Guitar Concerts. \$80/\$150. <http://www.aquadoguitar.org/>.

Dumpling Demo. 9 a.m. Big Bowl, 11915 Democracy Dr., Reston. Learn how to make a variety of dumplings in honor of the Chinese New Year. \$25 adult, \$15/child. 403-787-8852. bigbowl.com/event/chinese-new-year-dumpling-class.

SUNDAY/FEB. 14

Bluegrass-Danny Paisley. 7 p.m. Frying Pan Park, 2709 West Ox Road, Herndon. Authentic traditional bluegrass performance featuring his unique vocal sound and top-notch instrumental work from his talented band. \$18, \$20. <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

Horse-Drawn Carriage Rides. 5:30-9:30 p.m. In front of Talbots, 11888 Market St. Reston. restontowncenter.com.

MONDAY/FEB. 15

Jester’s Box Puppet Show. 11-11:45 a.m. Herndon Community Center, 814 Ferndale Ave., Herndon. This 35-minute presentation is a Bunraku-style show on a custom-built table with the performer visible. \$4/\$5.

‘Mary Poppins, the Musical’ Arriving at CenterStage

Never know what will pop out of her carpet bag.

BY DAVID SIEGEL
THE CONNECTION

With magical playfulness and practical common sense all charged up with about 30 unforgettable musical numbers, such as “Supercalifragilisticexpialidocious” and “Chim Chim Cher-ee,” be ready to welcome the next Reston Community Players production, “Mary Poppins, the Musical.”

“Mary Poppins, the Musical” weaves together characters from the original children’s books by P.L. Travers with the well-known Disney movie to tell the story of a charming nanny who changes the lives of the Banks family and their rebellious children by imparting valuable life-lessons. The original Broadway production of the Walt Disney and Cameron Mackintosh “Mary Poppins” with book by Julian Fellowes ran for over 2600 performances over six years finally closing in 2013. It received seven Tony Award nominations including for Best Musical.

The Reston Community Players production is directed by Wade Corder. Musical direction is by Northern Virginia’s Dana and Jim Van Slyke with choreography by Andrew Heininge. Along with a cast of about two dozen performers, there will be a ten-instrument band that will fill Reston’s CenterStage with delight and love.

Shaina Murphy is featured as the character Mary Poppins. For Murphy, her character is “eternal and magic, yet strong and principled. She likes to be silly and tease. Many of the times when the words coming out of her mouth seem stern or stuck up she is actually teasing those around her.”

Poppins also tries to remind everyone “to not take themselves so seriously. That the world is much bigger than they are,” according to Murphy

A jack-of-all trades in “Mary Poppins” is Bert, played by RCP newcomer Duane Monahan. “Bert is the character that helps tell the story of the



PHOTO BY DEBORAH FRANCO/COURTESY OF RESTON COMMUNITY PLAYERS

Avery Daniel who plays Jane Banks, Shaina L Murphy (Mary Poppins) and Aidan Chomicki who plays Michael Banks in the Reston Community Players’ production of ‘Mary Poppins, the Musical.’

Banks family and serves as a willing sidekick to Mary Poppins in her quest to mend the broken/disjointed family. Through Bert’s interactions with the Banks’ children and Mr. Banks, the audience will hopefully realize that anything can happen if you let it.”

“Mary Poppins, the Musical” is an irresistible musical that can help everyone find a path back to the innocence, joy and the true magic of childhood, said Murphy paraphrasing Mary Poppins.

Richard Schneider, “Mary Poppins” producer and scenic designer wouldn’t give away secrets, but said “the audience will be in store for plenty of magic from the sound, lights, props and costumes.” It is show for everyone, children and adults.

Remember as Mary Poppins flies on Reston’s CenterStage, “Anything can happen if you let it.”

Where and When

Reston Community Players present “Mary Poppins, the Musical” at Reston CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Performances Feb. 19-March 12. Feb. 19, 20, 26, March 4, 11 at 8 p.m.; Feb. 27, March 5 and 12 at 2 p.m. and 8 p.m. and Feb. 28 and March 6 at 2 p.m. Tickets: Adult \$25; Senior/Student \$20. Call 703-476-4500 or visit www.restonplayers.org.

Note: The matinee performance on Feb. 27 will be sensory-friendly to create a performing arts experience that is welcoming to all families with children with autism or with other disabilities that create sensory sensitivities, especially for startling or loud noises; the freedom for guests to talk, leave their seats, or move around during the show; low level house lights throughout the performance; a designated quiet room adjacent to the theatre; trained staff and volunteers; and a judgement free environment that is welcoming to all patrons.

Note: In addition RCP will offer audiences the opportunity to join the “Mary Poppins” cast on stage to learn a dance from the show in a special master dance class to learn “Supercalifragilisticexpialidocious” on Sunday, March 6, immediately following the 2 p.m. performance. Dancers need not attend that performance to join the master class. Just \$10 to join in.

Free to children under one. www.herndon-va.gov.

SUNDAY/FEB. 21

The Russian Revolution and the Men Who Made. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Part one of a five part series given by Dr. Harry Butowsky. Adults. 703-689-2700.

WEDNESDAY/FEB. 24

Meet me at the Movies – Senior Movie Day. 10 a.m. Bow Tie Cinemas, 11940 Market St, Reston.

Reston Association presents “The Intern.” Refreshments and door prizes provided prior to movie. Free to 55+. Information: Ashleigh@reston.org. 703-435-6530. reston.org.

FRIDAY/FEB. 26

Schumann Piano Concerto. 7:30-9:30 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. The Pro Arte Chamber Orchestra of Greater Washington conductor Dr. Yeong Su Kim and piano soloist Dr. Bora Lee. \$15-\$25. pacode.org. 571-483-8444.

SATURDAY/FEB. 27

Classic Cinema Matinee. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Warm your heart and spirits with a cinematic trip to exotic India. Call the library for title. Adults. Register at 703-689-2700.

GRACE Art: Cultivating a Creative Community Opening Reception. 5-7 p.m. Greater Reston Arts Center, 12001 Market St., 103, Reston. Opening reception to celebrate Youth Art Month exhibit. Free. www.restonarts.org. 703-471-9242.

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21 Announcements

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21 Announcements

ABC LICENSE
Founding Farmers Reston, LLC trading as Founding Farmers, 1904 Reston Metro Plaza Dr., Ste 100, Reston, VA 20109. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises and Mixed Beverages license to sell or manufacture alcoholic beverages. Daniel Simons, Member.

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Zaitoon Corp. trading as A Deli, 13033 Worldgate Dr. Herndon, VA 20170 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises license to sell or manufacture alcoholic beverages. David Ishanzai, President

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

The biggest things are always the easiest to do because there is no competition.
-William Van Horne

21 Announcements

Outer Banks, NC - Vacation Rentals

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ABSOLUTE AUCTION
TRUSTEE ORDERED SOLD
1101 Armory Drive, Franklin, VA 23851
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- Enterprise Zoned
- Main Commerce Area
Terms & Due Diligence at:
atlanticREmarketing.com
William J. Summs, Sr.
Cell: 757-286-6460
Office: 757-461-6867

21 Announcements

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Dr. David L. Armstrong (866) 321-2030

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Not Snow Fast

By KENNETH B. LOURIE



As an originally diagnosed-as-terminal, lung cancer patient, I try not to panic or worry unnecessarily or be a harbinger of doom or a purveyor of gloom. Unfortunately, the providers of the news/weather reports of "accumulating" (that seems to be the popular phrase of late) snow in the forecast currently and in general, apparently are of the opposite opinion. Rather than make light of the inches predicted, the common (as if they're all reading from the same script) presentation is typically fraught with inferences of impending disaster and/or catastrophic loss. Not only is the message tiresome, its redundancy is downright distressing, as if the goal is to strike such fear into the local population that toilet paper, bread, water, and batteries aside; it's the media that will be the most important must-have.

Do you know what my most important "must-have" is? Sanity, and calm in the face of adversity; logical and rational behavior in the midst of over-the-top reporting of events (maker that snow/weather predictions) destined to change lives - of the media, for the most part. Granted, there's lots of valuable information that must be disseminated when a storm of generational proportions smother the area. Nevertheless, don't burden us with emotional baggage in the interim. The weight of the snow, especially for us manual shovelers, will do more than enough to keep us "sheltered in place." Sometimes, the message is lost in the hyperbole, or in the "emergency" programming as seen on the non-stop, 'round the clock reporting. The sheer volume of it diminishes its impact. Quite frankly, less is more, and more manageable, too.

What us viewers and listeners endure in the Metropolitan Washington, D.C. Area, or what it has increasingly become known as: "The D.M.V.;" (yet another media creation forced upon us residents) is above and beyond the call of citizen duty. Being called as a juror appeals to me more than being subjected to the media maelstrom that precedes (and of course, follows), these "weather events."

Yet here I sit and write, approximately two weeks after the "Blizzard of 2016," trying to filter out fact from fiction concerning next week's "snowcast." And even though the two-plus feet of snow is mostly long gone (but not forgotten), I fear its effect on our preparations and predictions will inhibit us for years: fueled in no small way by the media's fascination with itself and its presumptive place in the world as well as its presumptive place in the lives of thousands of local residents for whom they feel uniquely responsible.

Not that I totally understand many of the ulterior motives behind the means and methods of communication when snow is in the atmosphere, but the pattern seems familiar: create the fear, report the fear, and then cover the effects of the fear; and then in another occasional adjunct: the after-the-fact self-analysis of the fear that was created, the reporting of that fear, and then a post-mortem on all the fear and its consequences.

I have to tell you; as a cancer patient, I can't live my life this way. Every day, I have to buck up and not look for trouble - and not make any trouble, either; not exactly the mission of the media. Ergo, I don't need to make matters any worse than they might otherwise be, nor can I presume and anticipate the worst, or create consequences in advance of them being consequential. Since I'm a great believer in context, having an incurable form of cancer (NSCLC, stage IV) may make me less tolerant of the snow coverage by the media. Then again, maybe I'm just a victim of circumstance, tired of being made to feel like the victim.

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

BULLETIN BOARD

To have community events listed in the Connection, send to north@connectionnewspapers.com by the Friday prior to the following week's paper.

WEDNESDAY/FEB. 10
Ask the Physician: Raising a Healthy Child. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A pediatrician from Reston Hospital will discuss common childhood health issues and concerns. Bring your questions. Adults. Register 703-689-2700.

THURSDAY/FEB. 11
Open House Herndon Community Center Preschool. 6:30-8:30 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Visitors can meet the staff and tour the preschool room. The preschool is a state licensed program for children ages 3-5. The program operates weekdays from 9:00 a.m.-12:00 p.m., follows the Fairfax County School Calendar, and runs September 2016-June 2017. 703-435-6800 ext. 2119.

WEDNESDAY/FEB. 17
Online Security Awareness. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Experts from Online Owl will show you how to protect your home network from hackers and keep your online date secure. Adults. 703-689-2700.

TUESDAY/FEB. 23
INOVA Blood Drive. Noon-7 p.m. Behind the Pavilion of Reston Town Center, 11900 Market St., Reston. Schedule appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration also available.

THURSDAY/FEB. 25
Food Packing Event. 10 a.m. Dominion Virginia Power, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia invites community members to help pack food for the Weekend Food for Kids program which benefits 1500 schoolchildren who receive reduced-price meals during the week. Arrive at 9:30 a.m. if you would like to help with setup. Event contact: karenamster@aol.com.

Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A new monthly book discussion group that focuses on business leaders and markets. Adults. 703-689-2700.

SUNDAY/FEB. 28
Volunteer to Serve Dinner. 5:30 p.m. North County Human Services Building, 1850 Cameron Glen Drive, Reston. Provide and serve dinner. Under the auspices of FACETS, in partnership with Fairfax County Hypothermia Prevention Program. Sponsored by Congregation Beth Emeth. www.bethemeth.org.

TUESDAY/MAR. 22
INOVA Blood Drive. Noon-7 p.m. Besides Pavilion of Reston Town Center, 11900 Market St., Reston. Schedule appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration also available.

ONGOING
Beginners' Chair Yoga. 6-7 p.m. Tuesdays and Thursdays. Jan. 11-March 31. Herndon Senior Center, 873 Grace St., Herndon. Yoga for beginners with a teacher who specializes in yoga with 50+ in mind. \$20/\$10. 703-464-6200.

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/lombudsman/.

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