

2010 VIRGINIA PRESS Association Award Winning Newspaper

Oak Hill Herndon CONNECTION

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FOOD, ARTS AND
ENTERTAINMENT**

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Assistance League to Host Spring Fundraiser

Assistance League of Northern Virginia is hosting its primary fundraiser on April 28, from 11 a.m.-2 p.m. at International Country Club, in Fairfax. The event will include a luncheon and silent auction and feature a presentation by Kimberly Suiters, 7 ON YOUR SIDE Consumer Investigator and Weekend Evening Anchor, ABC7. This event is open to the public.

Assistance League is a non-profit, all-volunteer organization that feeds, clothes and educates children in need in the community. Members develop, fund and staff programs in response to current community needs, touching the lives of over 6,000 individuals, including elementary school children, infants, as well as sick and abused children each year.

The nonprofit's Operation

School Bell programs, Weekend Food for Kids, New Clothing for Kids and Reading Express, help at-risk children succeed in school.

Started in 2010 with a delivery of 500 bags of food to one school, Weekend Food for Kids provides food to children living in food-insecure households in Fairfax and Prince William Counties and the City of Alexandria. These children receive free or reduced-price meals on school days, but lack adequate food and resources on weekends.

Today, with financial and hand-on support from businesses and individuals in the community, As-

sistance League delivers more than 1,650 bags of nutritious food to children at six Title I schools each month during the school year. In the Title I schools served, the rate of children eligible for free or reduced-price meals ranges from 91 percent in Alexandria to 58 percent in Fairfax. (Virginia Department of Education website 2017 data).

Through the New Clothing for Kids program, clothing, shoes and personal grooming products are provided to nearly 2,000 children whose families cannot afford to purchase these basic necessities.

Implemented in 2004, Reading

Express targets at-risk first grade students. This program combines tape-assisted reading and one-on-one tutoring to improve the reading skills of students at Providence Elementary School in Fairfax. In 2015-16, members gave 510 tutoring sessions and, to encourage reading at home, provided new books to students enrolled in the program.

Through fundraising efforts, including "Wine Tasting in the Countryside," "White House Ornament Sale," and "Annual Spring Fundraiser" and grant awards, members raise the funds to support the organization's critical Operation School Bell programs.

Visit www.northernvirginia.assistanceleague.org for more.



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Vinyl Records? ... Right On!

BY FALLON FORBUSH
THE CONNECTION

Among the old buildings of the Herndon Historic District sit the town's Depot Museum, the Washington and Old Dominion Caboose and the Old Town Hall. Nearby, a new store has opened across the street that sells an invention that would seem to fit in, since it was conceived during the late 1800s.

Next to the Roaches in the Attic antique store on Elden Street is a new vinyl record store. While listening to music from the spiral grooves of a vinyl is a timeworn occurrence, the young proprietor of the small store does not consider his wares to be antiques.

Garin Pappas, 23, opened Right On! Records and started selling, buying and exchanging 12-inch albums in a small space on the second floor of 731 Elden St. on Saturday, Nov. 19, 2016. A ribbon cutting and grand opening ceremony took place on Sunday, March 12.

A lot of people his age listen to tunes on their smartphones or MP3 players, but vinyl records have always been a part of this millennial's life.

"It's really the perfect format," Pappas said. "Physical format in general — whether it's cassettes, CDs, eight tracks — is preferred rather than MP3 digital files. Vinyl itself is just such an experience to listen to. People describe it as a warmer sound and I agree. My ear though, I think it's more of a deeper sound. Like the drums and the base is just a deeper sound. You can hear the snare and the kick."

His dad, who plays harmonica in a blues band, kept records in the house. This means he grew up listening to late '70s era classics like Eric Clapton, Ten Years After, Ramones, The Stranglers and Blondie, Pappas said.

It wasn't until recently that he mixed his pleasure with business.

Pappas started working at the Record & Tape Exchange in Fairfax while he was studying English and philosophy at James Madison University in Harrisonburg.

"I would go and work there every summer break and some weekends and every winter break," he said. "I liked working there and loved being around records and collecting them on my own."

He also worked at Caribou Coffee to save up money to put towards opening his own business.

When it was time to break out on his own, he could focus on developing a music collection of his own tastes: Jazz, rhythm and blues and soul music.

"I really got into a lot of different genres, but those specifically," he said.

And it's all sorts of people who have come into the store to peruse through his music selections.

"It's all ages, really," he said. "There's some older ladies and gentlemen getting back into it and buying things they remember, but there's also younger people."

Vinyl may be coming back, but Pappas said it never went anywhere.

"It's always had a really strong cult following," he said. "Though it dwindled at certain points, record stores remained opened in the '90s."

ANOTHER DATED CHARM of the medium is the shopping experience, Pappas said.

Online streaming music services like Pandora and Spotify are popular ways for people to find new artists and music, but Pappas is wary of the algorithms behind the shuffling of their tracks. He said you can get a better sampling with records.

This is because people who are looking for albums must go the brick and mortar route in their search for particular discography.

"A lot of these things, you can't access digitally or online, you have to seek out the



PHOTOS BY FALLON FORBUSH/THE CONNECTION

The Right On! Records owner Garin Pappas pulls a selection from his collection to play in the store (from left): Bo Diddley, Charles Mingus Jr., Captain Beefheart and his Magic Band and Bob Dylan.



Garin Pappas, 23, thumbs through some of the vinyl collection that is available for sale at his new shop in downtown Herndon.

record," he said.

Along the way, shoppers may find something unexpected.

"It's a great way to discover music," he said. "It's a way better experience to go into a shop and see what new arrivals they have."

It's not just music of old. The increased demand for vinyl has some artists pressing their new work into records once again.

In Pappas's collection at his store, shop-

pers can find newer releases, like Adele and The White Stripes, for purchase.

For people looking to go vinyl, Pappas recommends investing in a decent record player.

"You can get a nice set up for \$300 or \$500, or even less," he said. "The key is having a nice counterbalance, something that puts a little weight on it."

Some of the big box stores will sell cheaper systems that have light-weight turntables (that holds the record) and tone arms (that holds the stylus), which will result in skipping and clicking, he said.

Pappas is also more than willing to share his passion for the deep sound of records with enthusiasts over a slice of pizza.

He DJs at the Mellow Mushroom restaurant a half a mile down the street from his shop on Elden Street on Thursday nights from 8-10 p.m.

"I'm there spinning all vinyl — different genres, a lot of soul, funk, R&B and jazz, but I try to mix in some rock and all sorts of things," he said.

Arts Herndon Appoints Three New Directors

The Board of Directors of Arts Herndon is expanding by three starting in April. At the monthly board meeting on March 8, directors approved the appointment of Megan Dubois of George Mason University's Center for the Arts; Michael Lloyd, of Kaiser Permanente; and Beth Meyer, owner of Green Lizard Cycling in downtown Herndon.

DuBois grew up in Northern Virginia, and lived in Herndon for much of her life. A graduate of Washington and Jefferson College, Dubois received a Master's Degree in Arts Management at Carnegie Mellon University. Her professional background includes management and administrative work at The Barns at Wolftrap and the Maryland Symphony

Orchestra, before she settled at George Mason University as Front of the House Manager and Volunteer Coordinator. She is a violinist and lover of all things historical.

With her husband, Dave, Meyer owns Green Lizard Cycling and Espresso Bar in Herndon. A veteran fundraiser, her passion for the arts and for her adopted town of Herndon has led her to Arts Herndon, where she is already planning bike-a-thons, opens her shop doors for Third Thursdays (the new monthly outdoor summer arts event in Herndon's historic downtown), and provides Lizard-themed children's crafts for the Herndon Festival. She can usually be found serving coffee and beer at the Green Lizard or riding her bike on the W & OD Trail.

Lloyd grew up in Bridgeport, W. Va. and

attended West Virginia University. He received his master's degree from the University of Notre Dame, and holds CPA and CCIM certifications. Most of his career has been in healthcare finance, from being a bill collector in rural W. Va. hospital, to becoming a hospital administrator in Pennsylvania. Subsequent positions included CFO of insurance companies in Washington, D.C., and Chicago, Ill.

He moved back to the D.C. area to join Kaiser Permanente in 2007 and currently oversees financial, administrative and operational activities at Kaiser Permanente's 10 Northern Virginia medical centers. Lloyd



Dubois



Lloyd



Meyer

PHOTOS CONTRIBUTED

also spent several years in the commercial real estate industry while in Chicago with experience in building sales and purchases, construction and leasing. He has been a resident of Herndon since 2009.

Michael O'Reilly, of the O'Reilly Law Firm and president of the Arts Herndon Board, and Executive Director Signe Friedrichs welcomed the new volunteers

OPINION

Virginians Will Lose Under the New Health Care Proposal

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)



COMMENTARY

Explanation of the recently announced American Health Care Act usually starts with an expressed need to clean up the mess that the Affordable Care Act — or Obamacare — had made. Most all agreed that the massive transformation the program of health care had brought about could use some tweaking and refinement, but clearly a seven-year campaign against the Affordable Care Act left a blurred view of what the program did for consumers. If the ACA had created a mess, the recently proposed replacement of it will certainly create an even messier and unfair situation.

Virginians in particular will suffer a double hit on health care especially for those most in need. The General Assembly would not approve an expansion of Medicaid that would have brought health care to as many as 400,000 uninsured most in need in the Commonwealth and would have expanded the health care network with the four billion dollars that would have flowed into the state.

While the new program would eliminate Medicaid expansion in 2020, persons would have been able to get health care in the interim rather than to go without or have to seek help at free clinics or one-time-a-year Remote Area Medical (RAM) clinics. States that have expanded Medicaid would continue to get full coverage for persons already enrolled but would get a lesser amount for new enrollees beginning in 2020. That provision alone would add to the four billion loss already incurred in Virginia.

There are 327,000 Virginians who gained coverage under the ACA as it expanded access to affordable health care. The proposed replacement to the ACA would do away with federal health insurance subsidies that helped people afford their monthly premiums and lowered out-of-pocket expenses. Subsidies would be replaced with tax credits. Currently insurers can charge older customers up to three times what they charge younger customers; under the new plan that would increase to five times.

Although some would never acknowledge it,

there are features of the despised Obamacare program that were maintained. Insurers would still be banned from denying coverage based on preexisting conditions. Dependents would still be able to stay on parents' insurance plans through age 26. Caps on annual or lifetime coverage would still be banned.

Clearly fewer people will have access to affordable care under the AHCA. Virtually every developed country in the world with the exception of the USA has decided that access to health care is a basic human right. What is the biggest objection to the program enacted under President Obama? It included targeted taxes on investment income and wages for the very high income individuals and couples. The new AHCA eliminates many of the taxes. The wealthiest 400 households including the billionaires in the new administration would get an average tax cut of \$7 million per year while taxes for many low-income working families would increase. Eliminating the two taxes on very high income households would cost the federal government \$275 billion over 10 years.

Most Virginians will lose under the replacement proposed for the ACA. Only the very rich will gain. Maybe that is what the debate is really about!

LETTERS TO THE EDITOR

Out of Step of What Americans Want

To the Editor:

On March 1, about 250 Planned Parenthood supporters descended upon Washington to ask our elected officials not to defund Planned Parenthood. I was proud to stand in the Virginia group with another patient and two healthcare providers in addition to Planned Parenthood staff. We met with and received incredible support from Senators Kaine and Warner and Representative Connolly, and staff from Representatives Beyer, McEachin, and Scott's offices. I felt good knowing that our leaders in Washington were interested in such an important issue.

Unfortunately, not all of our leaders cared enough to respond to us. Representative Barbara Comstock failed to respond to our meeting requests. We dropped by her office, spoke with a staff member regarding the importance of Planned Parenthood, and left a packet of information. One representative from our group saw Comstock in the hall and approached her. Comstock refused to speak with her, stating that she was "heading in the other direction." She ran away.

Most Americans support funding Planned Parenthood. A recent PerryUndem poll showed 70 percent of voters oppose defunding, including 50 percent of Trump supporters. A vote to defund is out of step with what Americans want.

Of the minority of voters who do oppose federal funding for Planned Parenthood, many oppose Planned Parenthood on the basis of lies. For instance, at the March for Life in January, Vice President Pence stated that the Trump administration would end "taxpayer funding of abortion." In fact, taxpayer funding of abortion has been illegal since 1977 under the Hyde Amendment. Conservatives know that quite well and apparently have no concerns with repeating that lie to all of us.

While defunding Planned Parenthood will not prevent abortions, it will eliminate preventative care for those who need it the most. More than 90 percent of Planned Parenthood services are actually preventive health services (annual well-woman exams, sexually transmitted infection testing and treatment, cervical and breast cancer screenings, and birth control) and Planned Parenthood

served 2.5 million individuals last year. One provision of federal funding under Title X offers special pricing to Planned Parenthood for medications and devices such as birth control and IUDs (long-acting reversible birth control). Defunding Planned Parenthood drastically increases these costs and will make them cost prohibitive for the low-income individuals that rely on Planned Parenthood. This eliminates basic health care to many.

Those who oppose Planned Parenthood focus on abortion, which is legal and should be kept safe. But Planned Parenthood is responsible for so much more. I was a patient of Planned Parenthood when I was uninsured and needed a checkup. In addition to the standard breast and pelvic exam and pap test, my doctor at Planned Parenthood got to know me. Because he knew that he was the only healthcare provider I would see for a while, he also got to know my family history. Skin cancer runs in my family and he took the time to scan me for that as well. I felt safe and was able to obtain affordable care when I was poor and uninsured. I say this as a proud mother of two beautiful children and as someone who believes that

the sanctity of life means ensuring that people have access to affordable health care when they need it.

No matter how much Comstock ignores Virginians in refusing to hold town halls or to meet with citizens, and no matter how quickly Comstock heads in the opposite direction of her constituents' desires, she will answer in 2018. Americans overwhelmingly support federal funding for Planned Parenthood. If Comstock continues to refuse to listen, Virginians will send someone to Congress who will.

Sarah Jacobson
Great Falls

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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Social Justice Network Hosts Richmond Wrap-Up

Some successes, some defeats, and a partisan rallying call for 2017 elections.

BY ANDREA WORKER
THE CONNECTION

The 2017 Legislative Session of the Virginia General Assembly was adjourned on Saturday, Feb. 15. The Social Action Linking Together (SALT) network allowed the lawmakers two weeks to recover, then hosted its annual Legislative Wrap-Up forum on March 11 at the Virginia International University in Fairfax.

Eleven elected officials were on hand to offer their reports, focusing on the fates of bills and resolutions related to social justice, human services and welfare. Several of the proposed legislations had been requested, inspired, or actively supported by SALT. The faith-based non-profit seeks to advocate for the most vulnerable in the community by educating citizens and policy makers, researching and selecting priority issues for action, and taking their causes directly to the state capitol.

Pointing to the panel of speakers, founder John Horejsi, admitted that SALT members, who have grown from eight to around 1,200, have often been seen “prowl[ing] the halls in Richmond.”

State Sen. Dave Marsden (D-37) indicated his approval of SALT’s visits. “People like you, and the people in this room, they are the bedrock of our county,” he told them.

State Sen. Barbara Favola (D-31) added “how important it is to see your faces in Richmond,” noting it was too rare to see individuals and concerned citizen groups rather than professional lobbyists. “You study and you recommend, and we are appreciative.”

Favola has been a driving force for assistance to single mothers and children, particularly through the Temporary Assistance for Needy Families (TANF) program. The senator told the assembly that lawmakers had tried to secure increases for TANF recipients for 15 years without success. Now, she said, “we have had three increases in three years.”

“The money doesn’t come from our state budget,” said Favola. TANF is funded federally through block grants. With nods of agreement from her colleagues on the panel, Favola said it would be shameful not to utilize the money available “for what it was intended. Helping families in need and moving them toward self-sufficiency.”

\$55 million were still available through the TANF grants, yet Del. Kathleen Murphy’s (D-34) HB 2041 to allocate \$1 million for a TANF Scholarship Pilot Program to allow 200 students to attend community colleges was “recommended to be laid on the table



PHOTOS BY ANDREA WORKER/THE CONNECTION

Members of the Virginia General Assembly offered their views on the recently adjourned session and listened to questions and comments from the audience during the SALT 2017 Legislative Wrap-Up forum.

by voice vote” in subcommittee.

THE FACT that the panel was composed only of Democrats did not go unnoticed. “Where are the Republicans?” asked David Jesse of Reston, who said this was his first time to attend such a forum. “I was hoping to hear some balanced debate.” Horejsi replied that in the past, Republicans like Del. James LeMunyon (R-67) had attended. “We sent out 40 invitations.” The Republican representatives either declined or did not respond to SALT’s request.

With no one from “across the aisle” present to contradict their opinions, several of the lawmakers insisted that many of the issues that were of concern to groups like SALT fall victim to the overwhelming Republican majority in the House of Delegates.

“Left in such-and-such committee or Left on the Table by voice vote” — that just means they killed it,” said Del. Mark Levine (D-45).

Deciding on a proposed piece of legislation by “voice vote” is another tactic to forestall any discussion of an issue, according to Murphy. Republicans control the committee memberships and the schedules. The lawmakers on the panel said it was not uncommon for Democrats to be placed on committees with conflicting schedules. When the time comes for a bill to be voted on in a committee and the question “Move by Motion” is asked, the “silence is deafening,” she said, since any Democrats who might have supported the bill were engaged in another committee.

It’s in the committees and the sub-committees that the “real work gets done,” said Levine. That was when citizen testimony and support would be most valuable, he remarked, but under the current system, “interested parties might get a call at 6 p.m. the night before a bill is to be read and told if they want to be heard, they need to be in Richmond for a 7 a.m. start the next morning.” This just isn’t right, according to Levine. “The public has a right to know and to participate.”

Issues that have captured national atten-

tion were also hotly debated topics in Richmond this year — issues like immigration and voting rights, redrawing electoral districts, and minimum wage rates. Del. Eileen Filler-Corn (D-41) was disappointed when her bill, HB 2405, which would have allowed newly-minted American citizens additional time to register to vote, was “left in the Privileges and Elections Committee.”

Tim Dempsey of Arlington asked about Minimum Wage increase efforts, unions, and redistricting. Del. Marcus Simon (D-53) and Marsden explained how they couldn’t get traction for their bills. “\$7.25 per hour is not a living wage,” said Simon, who denies that the entry wage rate is primarily applied to students and trainees.

State Sen. George Barker (D-39) was one of the speakers who tackled the issue of redistricting. “Nothing on reworking our electoral districts passed this session.” Barker strongly believes that redistricting is essential to insure real representation of “all the people.” He offered several alternatives that would promote “balanced and competitive” elections and foster diversity in the elected ranks.

Marsden added that a bill had been vetoed that would most certainly have “suppressed votes among lower income and minority voters, particularly in urban areas” by requiring a driver’s license to cast a ballot.

THINGS TURNED a bit emotional for audience members and elected officials alike, when Jisan Zaman of Arlington, came to the microphone with a question. Zaman, a software developer for a company in McLean, apologized several times as he became visibly shaken while asking his questions. “I am sorry. I usually don’t have trouble with public speaking,” he said, “but I am scared. I am Muslim. I am American. But I am scared of a Muslim registry, and of all these hate crimes. What will you do to protect people like me? Will you stand behind me?”

Several members of the audience rushed to hug Zaman in support, and the panel all



“Who will protect people like me?” Jisan Zaman of Arlington was momentarily overcome by emotion as he questioned the lawmakers. “I am Muslim. I am American,” he said, but expressed concern with the rise in hate crimes and the threat of a Muslim registry. Members of the audience rose to support him, and the lawmakers applauded him before tackling the questions.

rose to applaud him. Several of the lawmakers responded.

Del. Mark Keam (D-35), born in Seoul, South Korea, has been a citizen of the United States for some 25 years, but admitted that in these heated times, “I try to carry my passport more often and keep my Naturalization papers nearer to hand.” Keam said that dialogue about race and ethnicity and all areas of differences between people needs to be honest and open. “Let’s face it. Most of the people in this room won’t be affected by Trump and his administration on this issue. But people like myself, or Mr. Zaman, or others with darker skin tones ... might very well be.” Keam also reminded the audience that it was a Democratic President who signed the orders to allow the imprisonment of Asian Americans in United States during World War II. “We all need to be alert.”

There were other successes to be applauded in the 2017 General Assembly Legislative Session. Del. Jennifer Boysko (D-86) pointed to a bill that now makes prescription Naloxone more available for use in treating heroin drug overdoses. Murphy noted the passage of a bill that would better protect students attending for-profit schools, and another that provides parents with class size information for middle and high school students.

The forum ended with the lawmakers vowing to continue to press for an agenda that includes and protects all Virginians, “but we need you,” said Levine. “When government goes off the rails, we the people are in charge.”

“Elections matter,” added Favola. “Be heard.”

Legislation can be tracked by Patron, by topic, by pass or defeat status, or by browsing the entire list at www.lis.virginia.gov. SALT invites the public to learn more about their education and advocacy efforts at www.S-A-L-T.org.

Visiting Our Mom Eugenia

New Greek restaurant in Great Falls attracts area diners.

BY ALEXANDRA GREELEY
THE CONNECTION

Ladies who Lunch, the phrase and the song that describes groups of ladies who gather to lunch, pretty much sets up the recent noontime scene at Great Falls' new addition, Our Mom Eugenia. A Greek restaurant dedicated to serving up traditional and authentic fare, it seems to have struck a concordant note with locals: the place was packed, though not just by women.

What's the draw? First, the setting is inviting: white walls, blue trim (national colors of Greece); fresh flowers at each table; a bar in the back; and courteous staff. Next, the chef. According to a brief bio on the restaurant's website, chef Eugenia Hobson not only has cooked in metro area Greek restaurants, she is actually a native of Greece. From the website accounts, her grandmother taught her the basics of Greek cuisine.

Third, the food. Obviously, a trained Greek chef who has worked for 30 years as a professional chef knows a thing or two about Greek cooking. And that plays out well on her restaurant menu. Divided by categories, such as "vegetarian appetizers" or "meat entrée" the menu simplifies how to make a meal-time choice. You can easily mix and match, and even create a whole meal from just appetizers.

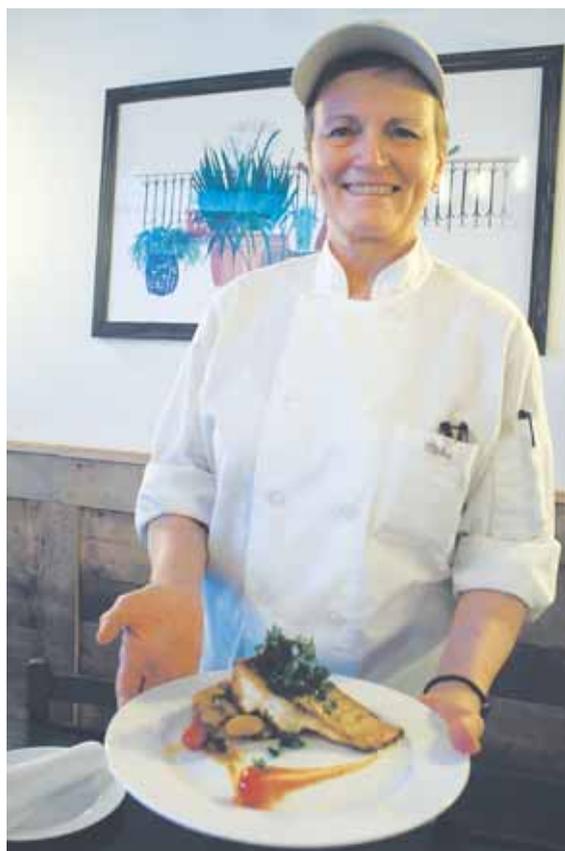
One great pairing comes with the fish appetizer, kalamarakia, or Greek-style fried calamari. For those who love this seafood, these calamari are a crispy treat: battered, deep-fried, and served with a lemon slice and a scoop of cold garlicky mashed potatoes. Then to complete the meal, try a vegetarian dish, such as the popoul spanakopita, offered here as either an appetizer, or a larger entrée portion that comes with tomato-sauced green bean and roasted potato sections.

But because the menu is so extensive, and one's appetite is not, a return trip is really mandatory. On another visit, the meal could start with a bowl of the classic lemony chicken soup, avgolemono, followed by one of the spreads, such as the melitzanosalta, a serving of chopped grilled eggplant with other veggies.

And for an entrée? Several meaty options make the choice a real tossup. However, the arni giovetsi, or oven-braised lamb with orzo or the paidakia, or tender lamb chops with potatoes, would be the finalists. The only seafood dish is the grilled salmon with sautéed spinach and rice.

Don't pass up dessert, and chef Eugenia's dessert options, while limited, are very, very Greek. For anyone who loves a custardy finish to any meal, the galaktoboueko, or a sort of custard pie, is a perfect choice. Usually served as a pie with a phyllo crust, this version is more of a custard-filled dough cylinder set on a sweetish syrup.

Eugenia Hobson has been a chef for the past thirty years. She was born and raised on the island of Zakynthos in the Ionian Sea in western Greece. She learned the secrets of Greek cuisine from her grandmother for whom she was named.



Chef Eugenia Hobson dishes out the special of the day on Saint Patrick's Day: pan-seared rockfish filet served over giant beans and grape tomatoes with a garnish of fried parsley.

PHOTOS BY FALLON FORBUSH/THE CONNECTION



Save room for dessert: apple cake à la mode is "our mom's specialty apple crumble cake served with vanilla ice cream," according to the menu.

If You Go

Our Mom Eugenia, 1025 Seneca Road, Great Falls. 703-870-7807 or www.ourmomeugenia.com. Hours: Open for lunch and dinner, Tuesday through Sunday. Dinner reservations suggested.

Chef Eugenia has worked at several local Greek restaurants including Mykonos Grill (Rockville) and Athenian Plaka (Bethesda). She was most recently a chef at Nostos restaurant in Tysons Corner, where she worked since it first opened in 2011.



'Sacred Profane,' Erica Rebollar in performance.

PHOTOS COURTESY OF THE ARTIST

Dance to Provoke and Challenge

"Sacred Profane" at Reston's CenterStage.

BY DAVID SIEGEL
THE CONNECTION

Arts Council of Fairfax County Strauss Artist Grant recipient Erica Rebollar and Rebollar Dance are returning to CenterStage. This time the performance is "Sacred Profane." With an all-women cast of diverse ages, cultures and ethnicities, "Sacred Profane" uses music compositions like tapestries of sound by Jeffrey Dorfman along with pops songs and classical music.

Strauss Artist Grants recognize the work and contributions to the quality of life in Fairfax County of professional artists; their continued pursuit of their creative work; their achievements and demonstrated history of accomplishments. Holding a MFA from UCLA, Rebollar is also a Visiting Lecturer of Dance, University of Maryland-Baltimore County and adjunct faculty, George Washington University.

The D.C. area "is multicultural, yet cultures are divided; women's life experiences are often not

shared," said Rebollar. "Sacred Profane" is a choreographed performance that skirts the boundaries of risk-taking" with a cross-cultural perspective on themes such as femininity.

The performance of "Sacred Profane" means to be "a loose, provocative canvass with bodies in motion," said Rebollar. "Movements, situations and stories are

contrasted to each other to provoke questions and challenge ideas."

Asked about the title "Sacred Profane," Rebollar indicated it came to her after travels to Morocco and observing the local culture then thinking about American culture and the cultural expectations of both countries.

"I sought to find a common denominator through gender, and explore our shared experiences as well as what makes us different. This work is the outcome," said Rebollar. "Through viewing the differing cultural expectations, dress codes, societal norms, and behavioral defenses that women of Morocco and America display and deal with, I then imagined the title 'Sacred Profane.'"

The performance of "Sacred Profane" at Reston's CenterStage is in partnership with D.C.'s Dance Place. Dance Place is "committed to enriching the field of dance locally, nationally and internationally." Founded nearly four decades ago, Dance Place aims to build "a community of artists, audiences and students through high quality performances, commissions, training and educational programs."

The all-women "Sacred Profane" cast of performers combines backgrounds in various dance genres and viewpoint. The performance includes collabora-

tion with a punk rock dance band, South Asian Performing Arts Network (SAPAN), Somapa Thai Dance Company, and guest artists Heather Doyle and Annemarie Clark.

With dance that is at times celebratory and other times irreverent, Rebollar indicated that "Sacred Profane" is an evening length "woman spectacular."

Where and When

Reston Community Center/CenterStage presents "Sacred Profane" by Rebollar Dance at the Hunters Woods Village Center, 2310 Colts Neck Road, Reston. Performance: Wednesday, April 5, at 8 p.m. Tickets \$15-\$20. Call 703-476-4500 or visit www.restoncommunitycenter.com

SPRING FUN

Reston Welcomes Raul Midón to the CenterStage and Local Schools

Reston Community Center will present singer/songwriter/multi-instrumentalist Raul Midón for a one-night performance on March 29 at p.m. at the CenterStage. The Reston audience is in for a treat as his highly anticipated ninth album, "Bad Ass and Blind," debuts on March 24 — the same week as his Reston concert. Midón's new release promises to be a smash hit and our CenterStage performance will be among his first for the new music.

South Lakes High School and Langston Hughes Middle School will host this gifted artist on Tuesday, March 28 as part of RCC's Professional Touring Artist Series Artist-in-Residency program.

Blind at birth, Raul Midón has been creatively shattering boundaries with jazz, soul and pop signatures for the last decade.

"We selected Raul Midón as our artist-in-residence this season because he brings a singular perspective and style to his music and a positive message of overcoming adversity," said Paul Douglas Michnewicz, RCC's Arts and Events Director. "Our goal is to give Reston students the opportunity to experience the work and background of a musical genius as well as the ability to see multiple points of view. Raul's cultural frame of reference and his holistic response to his blindness help students connect and fosters respect for our differences."

The CenterStage is located at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Tickets



PHOTO COURTESY OF RAUL MIDÓN
Raul Midón

for the March 29 performance are \$15 Reston/\$20 Non-Reston. In-school residencies are not open to the public.

Visit www.restoncommunitycenter.com. Tickets are available for purchase online (until 1 hour before performance) or in person at the Box Office on Tuesday, Wednesday, Thursday: 4-9p.m., Saturday: 1-5 p.m., and two hours prior to curtain time.

To find the programs or events that are right for you, visit www.restoncommunitycenter.com or call 703-476-4500.

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Chief Rick Koplawi
Executive Chef
Hyatt Regency Hotel

The Food

On stage, the chefs will receive the mystery baskets from which they'll create their special dishes. While they're cooking, celebrity judges will interview the contestants about the dishes they're creating and the techniques they're using. Later, the judges will evaluate the dishes and award the grand prize of the evening!

The Fun

While all that gourmet food is being prepared on stage, you'll have plenty of delicious treats that you can enjoy yourself! Choose from any or all of these delights:

- Chef-prepared hors d'oeuvres
- Wine and beer tastings
- Signature drinks
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The Friends

Invite your colleagues, neighbors and relatives to join you; it's the perfect way to celebrate the arrival of Spring! When you're there, mingle with friends old and new in the spacious Detroit Room as you enjoy the evening's musical entertainment, and the on-stage cooking action (aired via large screen television.)

The Future

As you enjoy DISHED, you'll be supporting local charities in their efforts to combat hunger and ensure a brighter future for our neighbors.

Event Sponsors:

Location:
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Date/Time Information:
Friday, March 24, 2017
6:30pm - 10:00pm

Contact Information:
Nahom Woldemebet: 571.323.5304

Fees/Admission:
Fee: \$70

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Tel: 571.323.5301

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SPRING FUN & ENTERTAINMENT

Send entertainment announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Slave Life Exhibit. Through March 31, various times at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. \$7 adults, \$6 students, and \$5 seniors and children age 5-15. Artifacts excavated from around Sully's 18th-century slave cabins. Visit www.fairfaxcounty.gov/parks/sully-historic-site/ or call 703-437-1794 for more.

Mosaic Art with Anita Damron. Mondays through April 3, 10 a.m.-1 p.m. at ArtSpace Herndon, 750 Center St., Herndon. All mosaic methods taught in this class. \$200 + a \$50 supplies. Call 703-956-9560 or visit www.artspaceherndon.com for more.

"No Place Like Home." Great Falls Studios presents a juried art show on exhibit through April 8 at ArtSpaceHerndon, 750 Center St., Herndon. Visit www.artspaceherndon.com/ for more.

Ice Skating in the Pavilion 8 a.m.-11 p.m. open daily through March. Skate Shop, 1818 Discovery Street, Reston Town Center. 11900 Market Street. Receive \$2 off admission with valid college ID. Live DJ & music, games & prizes; skating continues until 11 pm. Share the ice with Scooby-Doo, Cat in the Hat and more. 703-709-6300 skating@restontowncenter.com restontowncenter.com/skating

"A Bird in the Hand." throughout the spring in Reston Town Square Park, Market St., Reston. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. Call 703-471-9242 or visit restonarts.org.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

Teen and Adult Art Classes
ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/

class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

MARCH 17-APRIL 1

Emerging Visions: Interactions. Various times at the Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston. After viewing Shih Chieh Huang: Synthetic Transformations, students were asked to explore different interpretations and aspects of interactions. The final selections will be on view in the gallery. Opening reception, March 18, 6-8 p.m. Visit restonarts.org or call 703-471-9242 for more.

THURSDAY/MARCH 23

Cabaret Singer. 2:15-3:30 p.m. at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Beverly Cosham sings cabaret favorites. Visit www.restoncommunitycenter.com for more.

Go-Kart Opening Benefit. 11 a.m.-10 p.m. at Dulles Autobahn Indoor Speedway, 45448 East Severn Way, Suite #150, Sterling. First Autobahn Indoor Speedway in nation with Next Generation Karts. 50 percent of the day's sales will be donated to Special Olympics Virginia. Visit www.specialolympicsva.org or www.AutobahnSpeed.com for more.

Sip, Shop, and Stroll. 7-9 p.m. at Reston Town Center, 11900 Market St., Reston. Shopping event that includes one night only offers, gifts, and giveaways. Free. Visit www.restontowncenter.com.

FRIDAY/MARCH 24

Student's Short Films. 7-9:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Nine short films from the Film and Video Studies curriculum at George Mason University. \$20. Call 703-956-9560 or visit www.artspaceherndon.com for more.

Bluegrass Concert. 8 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Eddie's wife Martha adds her vocal talent to the group and the resulting sound of this trio is a hit, whether singing or playing instrumentals. \$15 children 12 and younger free. Call 703-435-8377.

SATURDAY/MARCH 25

Family Fun Saturdays. Throughout

SPRING EVENTS TO LOOK FOR

THURSDAY/MARCH 23

Go-Kart Opening Benefit. 5 p.m. at Dulles Autobahn Indoor Speedway, 45448 East Severn Way, Suite #150, Sterling. First Autobahn Indoor Speedway in nation with Next Generation Karts 50 percent of the day's sales will be donated to Special Olympics Virginia. Visit www.specialolympicsva.org or www.AutobahnSpeed.com for more.

SATURDAY/MARCH 25

Kids' Trout Fishing Day. 8 a.m.-noon at Sugarland Trail Stream behind the Herndon Police Station, 397 Herndon Parkway. Stream will be well stocked with hundreds of trout. All necessary equipment will be provided and Trout Unlimited members will help clean the fish. Registration is required. Ages 2-12. To register, reserve a fishing rod go to bit.ly/2017TroutFishingDay. Call 703-435-6800, ext. 2106 or Tim.Lander@herndonva.gov for more. (Rescheduled from March 18)

Swim Team Tryouts. 10 a.m.-noon at Life Time Swim, 1757 Business Center Drive, Reston. Open to members and non-members, ages 5+, Life Time Swim Team is a part of USA Swimming and offers weekly practices, specialized training, regular competitions and the chance to win awards. Call 571-512-3500 for more.

Prom Dress Giveaway. noon-6 p.m. at RCC Lake Anne, 1609-A Washington Plaza, Reston. Reston Community Center will host its Annual Diva Central Dress Giveaway, open to anyone interested in a prom dress. Visit www.restoncommunitycenter.com or call 703-476-4500.

MARCH 31-APRIL 2

Rings for Spring Bridal Event. Various times by appointment at Midtown Jewelers, Reston Town Center, 11990 Market St. D, Reston. Selection of engagement rings and wedding bands from designers. Specials available only for this weekend. Call 703-707-9663 or visit midtownjewelers.com for more.

SATURDAY/APRIL 1

Swim Team Tryouts. 10 a.m.-noon at Life Time Swim, 1757 Business Center Drive, Reston. Open to members and non-members, ages 5+, Life Time Swim Team is a part of USA Swimming and offers weekly practices, specialized training, regular competitions and the chance to win awards. Call 571-512-3500 for more.

SATURDAY/APRIL 8

Founder's Day. 11 a.m.-4 p.m. at Lake Anne Plaza, 1609 Washington Plaza N., Reston. A celebration the 53rd anniversary of Reston's founding. Visit www.restonmuseum.org/foundersday or call 703-709-7700 for more.

Aqua Egg Hunt. 1:30m. at Herndon Community Center pool, 814 Ferndale Ave., Herndon. Children will collect as many floating and sinking eggs as possible in the time allowed. \$10. Open swim at 4 p.m. Visit herndonva.gov/ for more.



Kids' Trout Fishing Day, Saturday, March 25 from 8 a.m.-noon at Sugarland Trail Stream behind the Herndon Police Station, 397 Herndon Parkway. Ages 2-12. To register, reserve a fishing rod go to bit.ly/2017TroutFishingDay. Call 703-435-6800 for more.

SATURDAY/APRIL 15

Egg Hunt. 9:30 a.m. at 777 Lynn St. behind the Herndon Municipal Building. Story readings, coloring mural, tattoo shack, petting zoo, photo-op with Easter Bunny, instrument "Petting Zoo" brought to you by Bach to Rock. \$9 in advance or \$10 onsite the day of the event. Visit herndonva.gov/ for more.

SATURDAY/APRIL 29

Spring Fling. 10 a.m.-1 p.m. at Goddard School, 2400 Dulles Town Blvd., Herndon. Pony rides, face painting, balloon twisting, crafts, games, and food. Email HerndonVA@goddardschools.com or call 703-653-0337 for more.

SPRING 2017

"A Bird in the Hand." Various times in Reston Town Square Park, Market Street, Reston. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. Call 703-471-9242 or visit restonarts.org.

the day at Fountain Square, Reston Town Center, 11900 Market St., Reston. Activities include:

- ❖ Mini Train Rides noon-5 p.m.
- ❖ Caricature Artist, noon-4 p.m.
- ❖ Free Sweet Treats, 1 p.m., while supplies last

❖ Balloon Artist 1-4 p.m.

- ❖ Meet Reston Town Center Mascot, "Resty" the Dog Visit cornerstonesva.org/rest-on, email ON@cornerstonesva.org, or call Cornerstones at 571-323- 9555 for more.

Swim Team Tryouts. 10 a.m.-noon at Life Time Swim, 1757 Business Center Drive, Reston. Open to members and non-members, ages 5+, Life Time Swim Team is a part of USA Swimming and offers weekly practices, specialized training,

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SPRING FUN & ENTERTAINMENT

regular competitions and the chance to win awards. Call 571-512-3500 for more.

Cooking Class. noon-2 p.m. at Il Fornaio, Reston Town Center, 11990 Market St. #106, Reston. Three-course lunch with wine and recipes, \$55. Taxes and gratuity not included. Email banquets.reston@ilfo.com or call 703-437-5544.

Arts Workshop. 5-6:30 p.m. at Greater Reston Arts Center, Reston Town Center, 12001 Market St #103, Reston. Studying art post-secondary school workshop at GRACE. Free. Email sbooth@restonarts.org or call 703-471-9242.

SUNDAY/MARCH 26

Choral Symphony. 3 p.m. at the Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. The Reston Chorale and the Piedmont Symphony Orchestra, under the baton of Maestro Glenn Quader, will be performing Beethoven's Symphony No. 9, the "Choral Symphony." Visit www.HyltonCenter.org for more.

Women's Choral Festival. 4-6 p.m. at the Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Featuring the Oakcrest School Girls Concert Chorus along with piano and string quintet. Call 703-620-1977 for more.

TUESDAY/MARCH 28

Reston Art Films. 7:30 p.m. at CenterStage, Reston Community Center, Hunters Woods Village Center, 2310 Colts Neck Road, Reston. Watch three films by film director Rebekah Wingert-Jabi, a Peabody Award recipient and Reston native. Visit www.publicartreston.org for more.

WEDNESDAY/MARCH 29

Raul Midón Concert. 8:00 p.m. at the CenterStage, Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Singer/songwriter/multi-instrumentalist playing from his ninth album, "Bad Ass and Blind." \$15 Reston/\$20 Non-Reston. Visit www.restoncommunitycenter.com for more.

www.restoncommunitycenter.com for more.

MARCH 31-APRIL 2

Rings for Spring Bridal Event. Various times by appointment at Midtown Jewelers, Reston Town Center, 11990 Market St. D, Reston. Selection of engagement rings and wedding bands from designers. Specials available only for this weekend. Call 703-707-9663 or visit midtownjewelers.com for more.

SATURDAY/APRIL 1

Watershed Cleanup Day. 8 a.m.-noon at Runnymede Park, 195 Herndon Parkway. Runnymede Park and Sugarland Run watershed cleanup day and shred. Volunteers should dress for the weather, wear boots with sturdy soles, and bring work gloves, and there will be a free secure document shred truck on the premises too. Visit tinyurl.com/HerndonCleanup or call 703-435-6800 x 2014 for more.

Swim Team Tryouts. 10 a.m.-noon at Life Time Swim, 1757 Business Center Drive, Reston. Open to members and non-members, ages 5+, Life Time Swim Team is a part of USA Swimming and offers weekly practices, specialized training, regular competitions and the chance to win awards. Call 571-512-3500 for more..

SUNDAY/APRIL 2

Tidewater Guitar Quartet. 4-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Tidewater Guitar Orchestra members John Boyles, Sam Dorsey, Todd Holcomb and Cliff Morris have recently come together with guitars. Call 703-956-6590 for more.

SATURDAY/APRIL 8

Founder's Day. 11 a.m.-4 p.m. at Lake Anne Plaza, 1609 Washington Plaza N., Reston. A celebration the 53rd anniversary of Reston's founding. Visit www.restonmuseum.org/foundersday or call 703-709-7700 for more.

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I Can't Forget What I Don't Remember



By KENNETH B. LOURIE

I wouldn't say I'm forgetting things, but according to my wife, Dina, I certainly don't seem to be remembering them, at least as she does. Naturally, this "misremembering" could be attributed to the condition which likely affects many couples who have been over hill, over dale and over many dusty trails in nearly 39 years of marriage, as we have. Nevertheless, identifying the condition doesn't soothe the savage beast. Another possible/probable explanation is the ever-unpopular, recently-confirmed actual occurrence common to many cancer patients receiving chemotherapy: "chemo brain."

Even though I'm a veteran of these cancer/chemo wars apparently doesn't make me immune to its harmful effects. Quite the contrary in fact. Survival is wonderful, but years-long treatment does take its toll. And for a cancer patient now in his ninth consecutive year of treatment, the bell tolls for me. Fortunately, I can still hear the bell. The question is: will I remember having heard it? I say, absolutely! My wife says: not so fast.

All kidding aside, I can see this difference of opinion becoming a problem. At present, I'm not the least bit (well, maybe a little bit, otherwise; why would I be droning on about it?) concerned about a few of our memories fading since I don't believe that they have. I'm inclined to invoke an opposite-George Costanza here and say it's her, not me. Not surprisingly, my wife will play the part of one of George's ex-girlfriends and say it's definitely me. So what else is new? Nothing. The question/worry is: will this become a chronic problem?

Which in a way is what all us heretofore "terminal" cancer patients want. Obviously, a cure for what ails me/others similarly diagnosed would be ideal, but the more realistic scenario is that one day, cancer will be treated as a chronic condition, like diabetes, not a terminal disease as my stage IV, non-small cell lung cancer was originally characterized by my oncologist on Feb. 27, 2009 (you bet I remember that date!). Oh yes, that is a date that will live in infamy. Unlike Pearl Harbor, however, where thousands died, and unlike the message delivered by Franklin Delano Roosevelt that same day, when the sober news was first heard by a nation then at war, only three people heard what my oncologist said to me that day, and only my life was at stake, though certainly my wife, Dina and my brother, Richard were impacted, even though they weren't the ones receiving a grim prognosis.

As Dina and I regularly reminisce about our life together, we regularly have different recollections. She's entitled. I'm entitled. There might be a right. There might be a wrong. But without Warner Wolf around to "go to the videotape," the chance that we'll remember a shared memory similarly or at all considering there's now almost four decades worth of stuff is unrealistic, isn't it? I mean, we're different people. We process and store information differently. In fact, I might say, it's likely a miracle if we did actually remember, identically, people, place and things.

The older one gets, the greater the cumulative information in our brains and apparently, the less chemical/muscular ability we have to access/retrieve all that information. Not remembering or remembering differently is nothing more than the passage of time rearing its ugly head. Now combine that inevitability with the toxicity of chemotherapy — and God knows what else my cancer is affecting, and what you have here is a sitting duck. If I were to believe totally in this inevitability or in my wife's assessment, I would say there's disintegrating hope for me. But I don't. I believe in the power of me. I believe in the power of positive thinking and in always seeing the bright side — and joking/laughing about all of it. So what if I don't remember or remember differently, it probably wasn't worth remembering anyway.

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

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- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
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21 Announcements **21 Announcements** **21 Announcements** **21 Announcements**

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Poyraz, LLC trading as Anatolian Bistro, 13029 Worldgate Drive, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises & Mixed Beverage On Premises license to sell or manufacture alcoholic beverages. Cemal Kulak, Sole Proprietor of Poyraz, LLC

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 newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Arlington Connection The Vienna/Oakton Connection The McLean Connection The Great Falls Connection



Herndon Church Hosts Conference on 'Breaking Free Through Forgiveness'

More than 700 women attended the Women's Meeting at Saint Joseph Catholic Church in Herndon on Saturday, March 11. The theme of the conference was, **Breaking Free Through Forgiveness.** "When we insist on holding on to past hurts and sorrows, we are never free. Freedom comes when we acknowledge the wrong and let go of the hatred," says Thérèse Bempohl, Director of the Office for Family Life at the Catholic Diocese of Arlington which is a co-sponsor of the event. Author and Survivor of the Rwandan Genocide, Immaculée Illibagiza was the featured speaker.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

MONTHLY CAREGIVER GROUP
Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8:00 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

TUESDAY/MARCH 21
Transportation Meeting. 7 p.m. in the cafeteria of Coates Elementary School, 2480 River Birch Road, Herndon. Fairfax County Department of Transportation will host two informational meetings on the proposed Reston Transportation Service District. Visit www.fairfaxcounty.gov/fcdot for more.

WEDNESDAY/MARCH 29
Transportation Meeting. 7 p.m. in the lecture hall of Hughes Middle School, 11401 Ridge Heights Road, Reston. Fairfax County Department of Transportation will host two informational meetings on the proposed Reston Transportation Service District. Visit www.fairfaxcounty.gov/fcdot for more.

WEDNESDAY/APRIL 12
Medicare 101. 2-2:30 p.m. at the Reston Community Center, 2310 Colts Neck Road, Reston. Fairfax County is offering the free seminar, Medicare 101. Contact Karen Brutsché at 703-390-6157 for more.

ONGOING
Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. Email skeduman@aol.com for more.

Hypothermia Prevention: An Emergency Program for the Homeless. To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning Sept.13 through Jan 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. 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/lcombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults.

PHOTO COURTESY OF THE TOWN OF HERNDON



Herndon Honors Town Manager for More than 40 Years of Service

Former Herndon Town Manager Arthur Anselene retired from his position on Feb. 28. William “Bill” Ashton II, Herndon’s IT director, was appointed acting town manager as the Herndon Town Council searches for a permanent successor. At the council’s Tuesday, March 14, meeting, a resolution was passed to honor Anselene’s 41 years of work for the town. He started working for the town on Feb. 2, 1976, as the director of Parks and Recreation. Anselene is surrounded by his family, the Herndon Town Council, town staff, Virginia Delegate Jennifer Boysko, former Virginia Delegate and former Town of Herndon Mayor Thomas Rust and former Town of Herndon Councilmember Steve Mitchell to celebrate his retirement.

OBITUARY

Julie Elizabeth Bedenbaugh

Julie Elizabeth Bedenbaugh, 67, of Herndon, lost her battle with pancreatic cancer on March 8, 2017. A memorial service was held at Floris United Methodist Church on March 16, 2017 at 1 p.m.

Julie was born in DeLand, Fla. to Olen Levi Bedenbaugh and Elizabeth Eiland on Oct. 19, 1949. She graduated from DeLand High School in 1967 and went on to earn a Bachelor of Arts from Florida Southern College in 1971. She spent her professional career as a civil servant with U.S. Customs and Border Protection. She was a talented singer and was a

dedicated member of the Reston Chorale and the Floris United Methodist Church choir.

Julie is preceded in death by her parents, Olen and Elizabeth. She is survived by her three daughters, Laura Tennant (Universal City, Texas), Denise Tennant (Alexandria) and Patricia Tennant (Alexandria); her brother and sister-in-law Larry and Myrna Bedenbaugh (DeLand, FL) and her sister Shirley Krewson (Annandale). In lieu of flowers, memorial donations may be made to the Pancreatic Cancer Action Network or the Reston Chorale.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Hope Fellowship Church will temporarily be meeting at Hyatt Place, 21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

St. Timothy’s Episcopal

Church needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church’s Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita’s, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare

are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne’s Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.



PHOTO COURTESY OF JANELLE BREVARD

Day Of 100 Dads

Kevin Fefferman reads to a group of Floris Elementary School students in Herndon during the school’s annual Day of 100 Dads on Friday, March 10. Some classrooms had so many dads show up that they had to create mini reading circles like this one. The Floris Parent-Teacher Association established the event last year to provide kids with a show of force of simple fatherly love. Throughout the day, fathers helped teachers as readers, recess helpers and art assistants.

WEEK IN HERNDON

Dulles Regional Chamber of Commerce to Host DISHED 2017 Culinary Competition

The Dulles Regional Chamber of Commerce will host their annual DISHED 2017 event on Friday, March 24. The public is invited to attend the #DISHED2017 event and watch top chefs from the major hotels and large scale service companies in the Dulles Chamber compete in a high-energy cook-off that unfolds in real-time.

The event will place the challenge participants on a large stage, where their chefs will receive mystery baskets from which they will create a dish that is fit for large scale serving. While they are cooking, a celebrity emcee will be visiting with each contestant talking about their dish. A judging team of international chefs will have the final task of judging the meals based on a predetermined rubric.

Guests will enjoy an abundance of hors d’oeuvres provided by the chefs; wine and beer tastings from two local wineries and breweries; dessert bar from local restaurants; large screen televised interviews with the chefs in real time; and entertainment. The evening’s culmination will be the awarding of the chef’s grand prize by the team of judges.

The evening will be a charity event, helping to raise money for two local area food banks: Western Fairfax Christian Ministries (WFCM) and Cornerstones.

DISHED 2017, hosted by the Dulles Regional Chamber of Commerce, will be held on Friday, March 24, 6:30-10 p.m. at the Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. \$70 per person. Register at www.dulleschamber.org/events/details/dished-2017-22179

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Jayadeepthi Pitla, Kartheek Nagulapati, Milcah Sharon Chinnam, Naga Manjunath

Sriram, Prithvi Krishna Reddy Vuppula, Rachana Ennam, Rakesh Vaidya, Sai Sameeraz Dhavaleswarapu and Venkat Guntaka, all of Herndon, graduated from the University of Central Missouri (Warrensburg, Mo.) in December 2016.