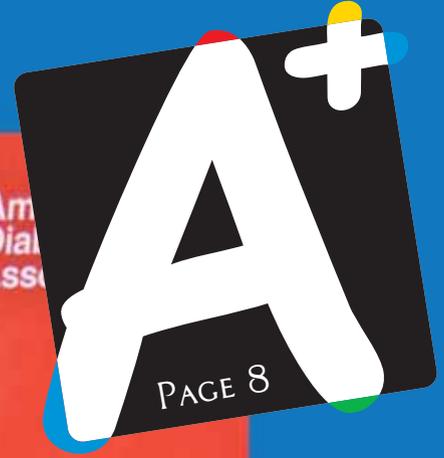




Reston CONNECTION



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Mother and daughter dynamic duo: Claire Gebauer, left, diagnosed with Type 1 diabetes at age 3, rode the 2017 Diabetes Tour de Cure as captain of Team Moxie. The team won recognition as top fundraiser among Family/Friends teams. Mom Marcie Miller of Reston earned kudos for raising the most donations as an individual - for the fourth year in a row.



Tour de Cure Held in Reston

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Edlin School Students Spend Spring Break In Cuba

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Al Souk-Arabian Market Held at Lake Fairfax

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PHOTO BY ANDREA WORKER/THE CONNECTION



Edlin students participated in a cultural exchange with a baseball team in Havana.



PHOTOS BY BERT SCHREIBSTEIN

Seven students and their parents went on the trip to Cuba.

Students Spend Spring Break In Cuba

BY FALLON FORBUSH
THE CONNECTION

The Edlin School, a private elementary and middle school on Sunset Hills Road in Reston, took some of its students on a spring break excursion to Cuba.

“Every spring break, Edlin School arranges a trip for the parents and kids who want to go to a foreign country, and typically we will pick one that speaks Spanish or French because we teach Spanish and French as our primary languages at the school,” said Bert Schreibstein, director of operations for the school.

The school also started teaching Chinese and Russian.

“We haven’t quite gotten to China or Russia yet,” he said.

But Schreibstein and the students who went on the trip can say they traveled where many Americans have never been before.

This was because of a long-running embargo on exports to Cuba and restrictions that were first imposed by the United States in 1960. In December 2014, former U.S. President Barack Obama and Cuban President Raúl Castro announced that the two countries would normalize relations by easing these financial, trade and travel restrictions.

A U.S.-Cuba agreement that allowed commercial flights to resume between the two countries soon followed and then Obama made a historic trip to Havana in March 2016, marking the first time a sitting president visited Cuba in decades.

ELDIN TOOK ADVANTAGE of the eased travel restrictions by visiting the country from April 8-16 under what is known as “people-to-people” travel. This travel is intended not only for tourist activities, but specifically to meet Cuban people and exchange cultural information and experiences.

The purpose of the school’s yearly spring break trips are to enlighten and expand stu-



One family on the trip takes a ride in a taxi cab, a classic Chevrolet convertible.

dents’ knowledge, so providing them with the opportunity to immerse themselves in the history, heritage and culture of the people who were previously inaccessible. This was a once-in-a-lifetime opportunity school administrators couldn’t pass up.

“This is a country that most Americans haven’t seen since the 1960s when the embargo went in place,” said Schreibstein.

Half of the cars that Schreibstein and his students saw were old American cars from the 1950s that made their way to the island country before U.S. restrictions were put in place.

“Some were in phenomenal condition,” he said.

The trip gave the students ample opportunity to practice their Spanish with merchants and their tour guide, but it was also eye-opening for the students.

“It’s an opportunity for cultural exposure ... we really try to get the kids to see a different side of life,” said Jessica Fowler, a language arts teacher at the school. “We’ve got kids who are a little more privileged and we go and we see that not everyone has the same opportunity. We had an open dialogue about the people and a different way of looking at life.”

It was a joy for Fowler to see two cultures coming together throughout the trip.

“The kids felt really comfortable with [their Cuban tour guide],” Fowler said. “They wanted to hold his hand everywhere we went and they wanted to sit next to him on the bus. And he would talk to them about what life was like for him growing up.”

MOST OF THE STUDENTS who went on the trip play Little League Baseball so the school planned a visit to experience America’s past time the Cuban way.

“We didn’t just go to a baseball game,” Fowler said. “We stopped and we picked up all of the Cuban kids who were playing on the team and they rode on the bus with us to the game. It was really seeing two cultures come together.”

The Edlin School’s trip to Cuba included a variety of discussions about the nation’s history, agriculture, music, religion, sports and art. Students visited the cities of Havana, Cienfuegos and Trinidad, and participated in many iconic Cuban experiences.

Other highlights of their trip included visiting Museo de Bellas Artes, Cathedral Square and Cabana Fortress; Ernest Hemingway’s former home, Finca la Vigia; learning about Afro-Cuban history, art and traditions; and taking salsa and rumba dance lessons.

WEEK IN RESTON

Reston Town Center North Community Meeting

Supervisor Catherine Hudgins (D-Hunter Mill) and staff from the Department of Public Works and Environmental Services will host a community meeting to provide an update to the Reston Town Center North (RTCN) future redevelopment. The meeting is planned for Wednesday, May 31, 7 p.m., at Lake Anne Elementary School, 11510 North Shore Drive, Reston.

DPWES will provide a brief presentation about the Town Center North-Mixed Use area, including the Request for Proposal (RFP) process for the Reston Regional Library and Embry Rucker Shelter.

Additional information regarding the RTCN project, including maps, timeline, and benefits, is available on the county’s website at <http://www.fairfaxcounty.gov/dpwes/restontowncenternorth/>.

South Lakes High SGA Receives Excellence Award

For its exemplary record of leadership, service, and activities designed to improve the school and community, the South Lakes High Student Government Association (SGA) has been awarded a 2017 National Council of Excellence Award by the National Association of Student Councils (NASC). To meet the requirements for the NASC National Council of Excellence Award, a student council must prove that it meets a variety of criteria. In addition to such basic requirements as a written constitution, regular meetings, a democratic election process, and membership in NASC, SGAs can offer leadership training for council members, provide teacher and staff appreciation activities and student recognition programs, perform school and community service projects, sponsor spirit activities, take part in goal setting and financial planning, and actively participate in state and national student council associations.



Team ACTS members Leslie Thomas, Drew Gregson, Lange Wallgren, Sam Petros and team captain John DePasquale.



Members of the Octagon Club, a community service organization at Dominion High School in Sterling, did a number of volunteer jobs at the Tour de Cure, including cheering in the riders as they arrived at the finish lines. Weary faces broke out in smiles at the welcome.

Riders Race Against Diabetes in NoVa Tour de Cure

More than 500 bicyclists participate in fundraising ride in Reston.

BY ANDREA WORKER
THE CONNECTION

With staggered starts from 6:30 a.m. to 10:30 a.m., more than 500 bicyclists took off from Reston Town Center on a mission to end diabetes in the 13th annual Northern Virginia Tour de Cure, organized by the American Diabetes Association National Capital Area (ADA). Even before mounting their bikes or lining the route in support, individual riders, family and friend teams, and company teams have been working to raise funds for diabetes research, education and advocacy. By the time the Tour had begun, organizers announced that more than \$300,000 had been raised toward a goal of \$400,000 – all to aid the D.C. region, where the ADA has helped more than 200,000 families and individuals living with the disease.

As one of the most pervasive diseases in the country, the ADA predicts that by the year 2050, 1 in 3 Americans will be living with the disease. In the DC region, the rate of those affected continues to climb. In 2013, 7.8 percent of the population had diabetes. In 2015, the number had risen to 9 percent.

“If you think you don’t know anyone who has this disease, just ask 10 people of your acquaintance and you will find out that you’re wrong,” said David Cohen of Fairfax.

COHEN CAPTAINS the team that he founded – Team Red of Northern Virginia. “Red Riders” are riders who actually have the disease. They wear red jerseys to show their status. “I am passionate about keeping myself fit, supporting others with the disease, and helping them see that they can continue to live full lives,” said Cohen.

Cohen has taken that passion to the next



PHOTOS BY ANDREA WORKER/THE CONNECTION

Not all team members are riders. From left: **Rachelle Grey, Emma Boone, Kate Huddleston and Emily Grimm** await cyclists from the DCI Group. In addition to cheering on their colleagues, these four raised funds for the team effort, as well.

level, helping to start other “Team Reds” and riding in other events and raising funds. This year, Cohen was a Race Marshall as well as team captain, assisting others out on the course. His Team Red of Northern Virginia also took first place for funds raised by company/organization teams, posting more than \$20,000 in donations.

Top honors for fund raising by a Family/Friends team went to Team Moxie, making 112 percent of their \$11,500 goal by race time. This achievement could have something to do with team member Marcie Miller of Reston who picked up her certificate for Top Individual Fund Raiser – for the fourth year in row.

“I can’t believe this is my 12th year,” said Miller. “I am not the kind of person who is comfortable asking people for donations,” she admitted, “but I do this for my daughter and for all those who live with this disease.” Miller’s daughter, Claire Gebauer, is captain of Team Moxie – and someone who

was diagnosed with Type 1 diabetes at the age of 3.

FOR THOSE WHO WONDER if a Tour like this might be too challenging for their bicycling abilities, the organizers want to remind everyone that there are several different courses to choose from. The experienced and hardy riders were able to opt for the 106-mile ride, while those who just wanted to get out there, show some support and raise a few dollars, had the option to take the 4-mile Herndon Caboose Fun Ride. There were several in-between courses, as well.

Team ATCS, captained by John DePasquale, went for the 55-mile Blue Ridge Climb Route, for their second appearance in the Tour. Their riders came from all around the area, including Fairfax, Clifton, and Falls Church. The group shares the common bond of being work colleagues at the consulting firm, and the desire to “get out



“You did it, Daddy!” 6-year-old **Martina Cohen** welcomes dad **David** at the finish line, while mom **Jenny** snaps the shot. David, founder of Team Red of Northern Virginia – red jerseys denoting riders with diabetes – acted as a Tour Marshall at the event.

there and do something. So here we are,” said DePasquale.

For those not convinced they could get around even the 4-mile course, there is still a role to play in next year’s race. Team DCI, a Family/Friends team, brought along a support group who not only waited at the finish line to applaud their riders’ efforts, but who also raised funds, bringing Team DCI into second place for funds raised behind Team Moxie. School groups also helped out at the event, volunteering to man a number of different booths, working the registration and catering tables, and even acting as cheerleaders at the finish line.

The 2017 ride may have been completed, but there is still time to donate, either to a favorite team or directly to the American Diabetes Association. The final tally won’t be completed for the NoVa Tour de Cure until July 31, those wishing to donate can visit www.diabetes.org, searching Northern Virginia Tour de Cure.

Al Souk-Arabian Market Held at Lake Fairfax

Market provided a platform to encourage growth and success of local women entrepreneurs.

By MERCIA HOBSON
THE CONNECTION

Nearly 1000 people gathered under the hot sun at Lake Fairfax in Reston on Sunday, April 30, to enjoy a day of shopping, eating and entertainment at the Al-Souk-Arabian Market. Leina Wahba MD, FAAP, and Rana Emad, members of Ladies Club, organized the market that was supported by regional-based organizations and businesses.

“The goal of Al Souk-Arabian Market is to focus on women entrepreneurs from different Middle Eastern cultures and backgrounds, and empower the women and their small businesses by offering them somewhere they can sell their art and products. They are all American women,” Wahba said. “We want to open doors, hearts, and minds to share awareness of different cultures.”

While most al souks are found in ancient Middle Eastern cities and comprise a labyrinth of stalls, Sunday’s Al Souk- Arabian Market overlooked Lake Fairfax. Set in the style of a traditional open-air market, but protected from the hot sun by picnic shelters and tents, 32 vendors, mostly women, set up tables bursting with colorful products.

VISITORS wandered and shopped the tables of Turkish, Jordanian, Syrian, Palestinian, Lebanese and Egyptian handmade items in true bazaar fashion, slowly walking about, bumping into each other, but all welcomed by vendors and other customers. Tables overflowed with Fair Trade art, home accessories and prayer rugs; luxury fashion, modest athletic wear, jewelry; and natural cosmetics with botanical ingredients.

The aromas of handmade sweets filled the air. Moroccan pastries by Fadoua Elaamrani and traditional Egyptian Kahk cookies and petit fours by MonaMizoCookies sold quickly, as did canapés and smoothies from other vendors. Many families took their food down toward the banks of Lake Fairfax and enjoyed a picnic-style lunch under the shade trees.

Many vendors sold out of their products by early evening. When asked who would benefit by the sales, nearly all of vendors present explained regardless of where their products were made, locally by them or designed locally and produced overseas, proceeds or a portion of the proceeds were to be returned to their Arabian countries to help humanitarian efforts.

In addition to the vendors, two nonprofit organizations presented crafts and food made by Syrian refugees and Palestinian widows. The first was the Sudanese American Medical Association (SAMA), a nonpo-



Khadijah and her daughter hold a quilt with pockets sewn on it that will help count down the 30 days of Ramadan, the Islamic holy month of fasting. Prayers and lessons will be placed in the pockets. Mubarak means Celebrate.



Leila Seif models a hand-printed scarf from her shop Lutique that specializes in Islamic attire, accessories and more.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Yasmine Ekrami, founder of Fitra First, explained she had been frustrated trying to find modest clothing when participating in sports. Faced with the challenge, she designed a brand of women’s athletic clothing. Her line of sportswear is breathable, looks good and offers a modest fit.



Mariam and Kenzy are ready to make a couple of sales to their friends Nour and Mariam at the Al Souk-Arabian Market held at Lake Fairfax.



Mahfuza Hai, Farzin Taneem, Taneem Ahad and Umaiza Taneem enjoyed a picnic of Arabian food. Many people who attended the event had heard about it either through friends or social media. Mahfuza Hai said, “We heard about it through an Egyptian friend.” Ahad said, “It makes for a nice day out. Great food. Beautiful view. Relaxing.”

litical, educational and humanitarian organization. According to a SAMA representative at the market, funds raised by SAMA help to support humanitarian efforts not only in North America but Sudan as well. SAMA has performed screenings for heart disease, not uncommon in Sudan due to untreated strep infections, provided cervical cancer screenings and cleft palate resto-

rations. During one recently funded project, SAMA renovated a Sudanese ICU unit, providing additional beds and space, so patients in the ICA did not have to share beds.

ALSO ON HAND were representatives from iMPACT. The mission of iMPACT is to assist individuals in the United States and the Middle East affected by war, poverty and

natural disasters, empowering change and rebuilding communities.

When asked when Ladies Club’s next event will be, Wahba said they are seeking to produce it shortly after the end of Ramadan, Eid al-Fitr, which is June 25. For more information about Ladies Club and its upcoming events visit www.facebook.com/Ladies-Club-1729649870645962/

CAPPIES REVIEW

A Tale As Old As Time

BY NITAI LEVENSON
THOMAS S. WOOTTON HIGH SCHOOL

South Lakes High School's production of "Beauty and the Beast."

Based on the 1991 Disney animated film of the same title, "Beauty and the Beast" portrays the story of Belle (Margarita Gamarnik), an odd book girl who gets captured by the Beast (Mandip Bhadra) who needs to love her and needs her to reciprocate to return his human form. The Beast's servants are turning into various objects of the castle. Meanwhile Gaston (Teddy Huffer) has been attempting, yet miserably failing, to marry Belle.

Margarita Gamarnik portrayed the sweet innocence of Belle. She really seemed to fall in love with the Beast. During her performance of "Is This Home?", her voice rang through the audience with such command and control showcasing her obvious talent.

Mandip Bhadra had a very strong, intimidating roar to portray the anger and hot-headedness of his character. He also showed the quick transition during the second half and showed his inner



Mandip Bhadra in South Lakes High School's production of "Beauty and the Beast."

good and sweet hearted characteristics while also being a little teenage-boy-esque awkward around his crush. His performance of "If I can't love her" was heart-wrenching and beautiful.

Gaston, played by Teddy Huffer, did a good job portraying the buff, manly, and idiotic Gaston. He sang

well during the performance of "Gaston," singing about how great he is was quite believable.

Mely Megahed as Mrs. Potts stole the show with her beautiful voice. Her standout performance of "Beauty and the Beast" was memorable and amazing and she had amazing stage presence. She

worked really well with Oliver Harmon, who played Chip. They had a beautiful reunion at the end that brought some audience members to tears.

South Lakes High School's production of "Beauty and the Beast" took a tale as old as time and transformed it into something new and beautiful.

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On the set of ABC News Channel 7

The Ugliness of Prejudice

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



COMMENTARY

Last week without provocation a woman in the check-out line at a local grocery store told another customer — a Muslim woman — “I wish they didn’t let you in the country.” In the exchange that was recorded on a camera phone, the woman to whom the remark was directed explained that she had been born in the United States. Rather than leave it at that, the first woman went on saying, “Obama’s not in office anymore; you don’t have a Muslim in there anymore. He’s gone — he may be in jail in the future.”

I realize that there are more people than I would like to acknowledge that have strong prejudices against others because of their race, religion, ethnicity or other reason. It continues to shock me when I see the ugliness of the expression of such prejudices as the recording of this event provided. As the woman to whom

the remarks were directed pointed out, it’s abnormal to start a conversation like that with someone you do not know. There really is something wrong with people who are so blinded by their prejudices that they feel compelled to lash out at a person who has done them no wrong. The comments reflect a deep-seated hatred that comes out for reasons only a mental health expert could help discover.

What is particularly troubling these days is the blurring of the line between political convictions and prejudice toward individuals. In our deeply divided political landscape, too often political views become opportunities to demonize people who hold different views. Unfortunately talk radio, social media and some cable news shows tend to invite this destructive phenomenon.

In addition to the repulsiveness I feel about the hateful comments, I was also saddened that social media and news accounts described the

scene as a store in Reston, Va. I know from a lot of personal experience the amount of effort that so many people have made over the years to ensure that Reston is an open, welcoming and inclusive community. While I understand why the store did nothing to address the situation, I wish somehow there had been a disclaimer on the video: The woman speaking does not represent the views of the people of Reston.

The situation reminds us that building community is not a one-time occurrence, a workshop, or a feel-good session. Building a community of respect and love is an ongoing process that we work at a little every day. We greet those we meet; we hug each other; we attend each other’s houses of worship; we show respect to others; we speak out against hate and prejudices; we listen to each other. We use appropriate channels to discuss political views, and whether in person or online we stick to the issues and don’t resort to personal attacks.

A display of hateful and ugly prejudice as we have just witnessed must bring us together in mutual support and respect as we want Reston and every other community to display.

FCPS to Propose Increases in Class Sizes

BY MOLLIE REGAN

COMMENTARY

The lead-in for the Fairfax County Public Schools (FCPS) Proposed FY 2018 Budget states the following: “The FCPS FY 2018 (2017-18 school year) budget reflects the school system’s priorities. It’s also a communications tool that informs parents, staff members, students, and community members about our values and goals.”

If that is true, then why is FCPS proposing to balance its FY18 budget by increasing class sizes by 0.5 students in all elementary, middle and high schools?

Large class sizes have a negative impact on students’ ability to learn and succeed, and on teachers’ ability to teach. Large classes burn out good teachers and affect teacher decisions about whether to continue working at a school. Every time a good teacher leaves the employ of FCPS, we forfeit our investment in hiring and training that person.

In many recent meetings about teacher compensation, the School Board has expressed concerns about teacher attrition. In FCPS, we lose about 40 percent of our teachers in their first five years of employment, and we lose many more teachers after their fifth year. Class size is cited — both in FCPS and in a national study — as a top factor in teachers’ decisions to leave the school district.

At this critical time when we already suffer from teacher shortages and large class sizes, FCPS should not be considering additional class size increases as a means to save \$14.7 million. There are alternatives that could better address the FY18 budget gap. Some alternatives actually reduce expenses. Others just change budget assumptions.

For example, the School Board could cut \$15 million of other expenses with the understanding that in July, it would use the “found money” from the year-end FY 2017 budget review to restore those programs. This is exactly what the board did about six years ago, when Jack Dale was the FCPS superintendent.

Alternatively, FCPS could find \$14.7 million by using more realistic assumptions about employee attrition. Every year, FCPS prepares its budget using unrealistically low attrition assumptions, which in turn consistently produce about \$30 million/year of “found money” from higher-than-projected teacher attrition during the budget reviews.

Of course, if FCPS made a sustained commitment to reasonable class sizes, it could arguably avoid increasing the costs associated with that teacher attrition. Imagine the cost savings from retaining our teachers. What additional

innovations could be used to reduce the expense of endlessly restaffing our classrooms and training a new workforce?

The FCPS Strategic Plan, “Ignite,” affirms its commitment to student success and a caring culture. Seeing “Ignite” in action would mean that our School Board representatives resolve the FCPS financial shortfall without again balancing its budget on the backs of our teachers and students.

Class Size Counts created an

online petition asking the School Board not to increase elementary, middle and high school class sizes by 0.5 students across the board as part of the FY 2018 budget. Please sign the petition at <https://www.change.org/p/fairfax-county-public-schools-join-class-size-counts-to-oppose-the-core-academic-class-sizes-in-fcps> and join in the advocacy.

Mollie Regan is Vienna resident and a Class Size Matters advocate.

LETTERS TO THE EDITOR

Press Needed More Than Ever

To the Editor:

Dear Members of the Press: We need you now more than ever. Republican Congressmen Jason Chaffetz and Devin Nunes quit their positions as chairmen of Congressional committees rather than have to investigate General Flynn, the Russian interference with our national elections, and the Russian involvement with the Trump administration.

President Trump has fired New York’s U.S. Attorney Preet Bharara, Attorney General Sally Yates and FBI Director James Comey, when they each turned up their investigatory heat. The American public is being given various explanations by various members of the Trump administration as to what’s going on. We

need you now more than ever.

Vice President Pence advocates for all of President Trump’s actions.

Attorney General Sessions refuses to recuse himself. The prospect for an Independent prosecutor is tenuous. I hope the Senate Intelligence Committee stays strong. But we need you now more than ever.

The President may call you names. He may call you “fake news” or “the enemy of the people.” But he can’t fire you. Thank goodness for the First Amendment. We need you now more than ever. Don’t let us down.

Barbara Glakas
Herndon

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Fallon Forbush
Reporter
fforbush@connectionnewspapers.com

Kyle Kincaid
Editorial Assistant
reston@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic

Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh

Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com



Fairfax County Puts Reston Rezoning on Fast Track

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

On May 3, Fairfax County Hunter Mill District Supervisor Cathy Hudgins and other County officials, including Planning and Zoning chief Fred Seldon, told a community meeting their plans to rezone Reston from a maximum 13 persons per acre to at least 16 persons per acre. Supervisor Hudgins emphasized that the rezoning was a routine consequence of having amended the Reston Master Plan a couple of years ago, putting that “administrative plan” into regulatory form.

The reaction of the 150 or so people in the modern, new North County Police Station was dubious, rising to angry. The implications of the new zoning seem hardly routine, especially when, as the audience correctly saw it, they grew out of a Master Planning process dominated by the developers and their attorneys also well represented in the community room on May 3. These same interests are pushing the County to fast-track the zoning increase.

Restonians who spoke on May 3, including Terry Maynard, the Co-Chair of Reston 2020 and Reston’s top development analyst in my opinion, suggested that both the developers and Fairfax County politicians en-

visioned big bucks in profits and tax revenues from a rezoned, fattened golden cow named Reston.

So, what is wrong with additional growth? Certainly Founder Robert Simon envisioned Reston

with an urban future with considerable high density growth. In fact, Supervisor Hudgins even suggested without sufficient growth, Reston would lose its dynamism and seem like a ghost town!

According to the critics there are, in fact, serious problems with Reston growing from our current population of about 61,000 inhabitants to at least 81,000 and perhaps as many as 100,000 in the next 20-30 years. The fundamental issue is that the Master Plan basis for the rezoning neither provides for, nor does Fairfax County have the capacity to deliver, the proportionate infrastructure and amenities that have made Reston a successful community. Supervisor Hudgins herself acknowledged that roads and related transportation infrastructure, already congested and inadequate today for cars and bicycles, will continue to lag envisioned development — e.g., the key Soapstone Dulles Toll Road crossing — is unlikely to be built before 2026. The same is true for schools and libraries to serve rising populations.

And the Master Plan as finally approved

by Fairfax County is woefully inadequate in terms of even the County’s minimal standards for open space and park facilities, providing for only a fraction of the sports fields, playgrounds and other amenities. Developer pressure succeeded in minimizing such features vital to make us Reston and our community sustainable.

What they succeeded in getting was provision exceptional higher density in expanded transition station areas and Reston Town Center. And, in the real world of Fairfax County government, master plans

and zoning ordinances quickly become fertile ground for continual exceptions requested and routinely granted by the Board of Supervisors to further expand upper limits. Attend a Tuesday Board meeting, and see for yourself the parades of exceptions.

Only one community meeting remains to speak your mind on the pay-no-attention-to-the-routine-rezoning-behind-the-curtain show. That is May 24, 7 p.m., at Lake Anne Elementary School. After that, the proposal will head for the rubber stamp. For more information, go to www.reston2020.blogspot.com.

LETTERS TO THE EDITOR

Time for a Change

To the Editor:

I think it might be time for a change. After 20 years or so politicians tend get too comfortable in their positions and stop hearing their constituents. I hope I’m wrong because I like her, but Supervisor Hudgins may be a case in point. (Chairperson Bulova, too.)

There are hundreds of people living along Glade Drive that vehemently oppose Bike Lanes that eliminate parking. But after attending the most biased and one-sided presentations on the issue I am worried that Bike Lanes are going to be forced on us.

I am not going to argue the pros and cons of Bike Lanes here. This is about the County implementing something that a majority of the people who actually live right off Glade do not want. Eliminating parking on Glade will have a significant negative impact on the residents here.

I do not know what mechanism Supervisor Hudgins is using to learn how most of us feel about this, but I hope she is not relying on the agenda driven Project Manager Adam Lind. He is determined to have Bike Lanes here. The two assistants he had with him at Hunter Mill Elementary quickly shot down any objec-

SEE LETTER, PAGE 11

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Safety in the Water

Water Safety Month designed to educate public in advance of summer swimming.

BY MARILYN CAMPBELL

During the month of May, National Water Safety Month, water safety educators are waging a month-long campaign to educate the public about responsible water practices before the start of summer. The campaign is designed to help prevent drowning and water-related illness and injuries.

“The most important tip from swim experts [is] to have your child in perpetual swim lessons,” said Gina Bewersdorf, who owns Goldfish Swim School in Reston. “Situations will always arise in which we or our children are around water, [like] at a friend’s pool party, vacation near a lake, or a boating trip, so learning the necessary skills to stay safe is vital. It only takes a second for a child or adult to unsuspectingly fall into a body of water.”

Constant adult supervision is the first and best way to prevent accidents in and around water, says Lisa S. Grepps, director, Marketing & Communications, The Association of Pool & Spa Professionals in Alexandria. She also recommends additional safeguards to help prevent children from gaining unsupervised access to a pool or spa or to warn of a child’s presence. “But don’t get lulled



PHOTO COURTESY OF GOLDFISH SWIM SCHOOL

Learn to swim no matter the age. This is one of the best ways to be safer in and around the water.

into a false sense of security with barriers and other devices as they are just backups to the primary means of accident prevention which is constant adult supervision,” said Grepps.

Keeping a cell phone nearby to make a call to 911 in case of an emergency and

avoiding swimming at the first sign of bad weather are two tips that Ann Thompson of Ann’s Aquatics in Bethesda offers to her students and their parents. “I tell parents that certain flotation devices are great, but they are in no way a replacement for responsible adult supervision,” she said. “And

the supervision should be undistracted. Don’t get lost in a conversation or a phone call and divert attention away from your children, not even for a second. If you leave the pool area, no matter how brief the period of time, take the children with you.”

In addition to learning to swim, Bewersdorf recommends making sure that children are taught water safety skills as well as how to perform CPR on both adults and children. “We recommend a child enroll in swim lessons as early as possible [and] year round, not just during the warmer months. Persistent swim lessons are proven to be incredibly beneficial in order to keep these life-saving skills sharp” she said. “We offer classes as young as four months old in which the parents are constantly with their infants. This gets the child used to simply being in and around water and they learn simple safety skills.”

When choosing a pool, check for an on-duty lifeguard. In cases where a lifeguard is not available, look for accessible safety equipment such as a rescue ring or pole.

“We want people to have a safe and fun time swimming and that’s why [we] issue permits to all public pool facilities and routinely inspect them to ensure they are be

SEE SAFETY, PAGE 9

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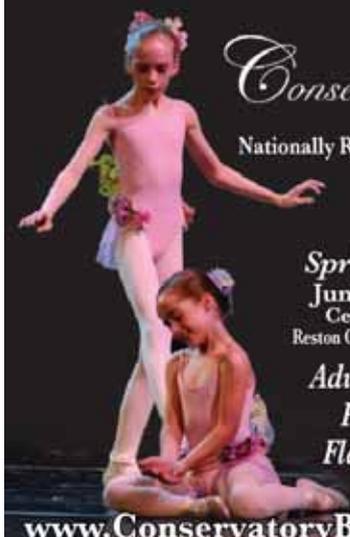
Learning Water Safety

FROM PAGE 8

ing operated in a safe and healthy manner, in accordance with Fairfax County Code,” said Martin A. Thompson, Environmental Health supervisor for Fairfax County. “It’s also important that swimmers take steps to maximize the health benefits of swimming while minimizing the risk of injury or illness to themselves and others.”

Thompson advises adhering to other safety guidelines from the Centers for Disease Control and Prevention (CDC) which include looking to see if the drain at the bottom of the deep end is visible, staying out of the pool if you have diarrhea, covering any open wounds with waterproof bandages, showering before entering the pool and only using flotation devices that are Coast Guard approved.

We didn't inherit the earth from our parents. We're borrowing it from our children.
—Chief Seattle (1788-1866) Suquamish/Duwamish chief



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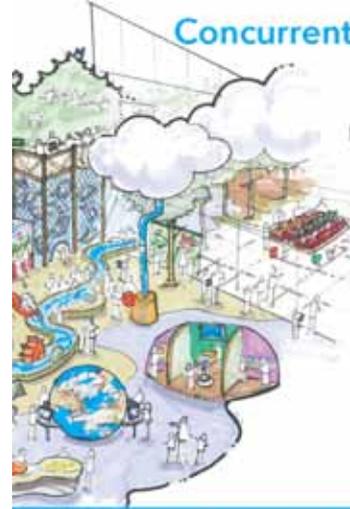
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NEWS



PHOTO BY MONTI LACOMBE /HERNDON WOMEN'S CLUB

From left: Teri Lumsden, Herndon Women's Club; Elmer Cudra; Andy Crawford, Town of Herndon; Fermina Rochac, Town of Herndon and Herndon Women's Club; Andy Taylor, Town of Herndon; Janet Hulme, Herndon Women's Club; Chris Conroy, Town of Herndon; Diane Stanley, Herndon Women's Club; and Gulf War Veteran Todd Stanley.

Yellow Daffodils in Honor of Gulf War Veterans

Where have all the flow-ers gone? Earlier this month you might have had the chance to savor the bright yellow daffodils in bloom on Sterling Road/606 near Herndon Parkway. Thanks to the Herndon Women's Club Conservation Department's donation of 990 bulbs, and help from the Town crew planting the bulbs, anyone

driving past the Gulf War Veterans Memorial Roadway had the chance to enjoy the beauty of many yellow daffodils. If you missed the flowers, wait till next spring. HWC plans to triple the number of bulbs this fall.

— MONTI LACOMBE

Happy 104th Birthday

Virginia M. Calloway, the oldest member of the Heritage Fellowship Church, 2501 Fox Mill Road in Reston, is turning 104 on June 4. The church members and the Rev. Dr. Norman T. Tate, senior pastor, wish her a happy birthday.



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PHOTO BY JIM RYAN

Reston Lions Learns About Search for 'Unaccounted For'

U.S. Army Col. Ward B. Nickisch, Retired, spoke to the Reston Lions and their guests at their regular meeting on May 3, held at the Hidden Creek Country Club in Reston. He spoke, with the use of colored slides, about actual search and recovery operations to bring home the remains

of service members who remain "unaccounted for" from Southeast Asia, Korea and World War II. There are about 80,000 service members who remain "unaccounted for." He explained some of the scientific processes (including mtDNA) used to identify remains that are recovered.

BULLETIN

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

THURSDAY/MAY 18

Blood Drive. 10 a.m.-3 p.m. at National Realty, 11890 Sunrise Valley Drive Reston. National Realty is teaming up with Inova Blood Donor Services to sponsor a blood drive. Everyone is invited to participate in the event; donors must be in good health, at least 16 years old, and weigh 110 pounds or more. There are two slots available every 15 minutes so make an appointment and encourage family, friends and neighbors to join. To schedule an appointment visit bit.ly/May-18-Blood-Drive. Check the updated eligibility requirements at www.inova.org/DonateBlood/ or call 1-866-BLOODSAVES.

ONGOING

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 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.

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. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

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 MG Help Desk at 703-324-8556 for more.

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.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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.

LETTER

FROM PAGE 7

tions to having Bike Lanes. Then I participated in the most unscientific, unaccountable vote you could come up with to make it look as though the County was going to consider our feelings on this issue. Nearly half the people voting did not live off Glade yet had the same say as the people this is going to affect.

I hope Supervisor Hudgins and Chairperson Bulova take another look at this and prove me wrong that it is time for a change in leadership in Fairfax County Government.

Carol Trueblood
Reston

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New To Some, Old News To Others



By KENNETH B. LOURIE

For those of you unfamiliar with my column: in Burke, Springfield, Fairfax, Fairfax Station/Clifton/Lorton, Mount Vernon and Alexandria, welcome aboard the Kenny train. I have been writing a weekly column for Connection Newspapers since December 1997 appearing primarily in our "Tuesday papers," as we call them: Vienna/Oakton, McLean, Great Falls, Reston, Oak Hill/Herndon, Arlington, Chantilly, Centre View and Potomac. The question has persisted among friends and family: Ken he continue to, as my older brother Richard jokes, "churn out this dribble?" Apparently so, if the last 19 and half years are any indication.

Back in the day when I first had to characterize my column for various local yearly Press Association editorial contests (of which I have won nearly a dozen awards), I would write "Everything in general about nothing in particular." A great friend of mine, Edward Faine, himself an accomplished author — of children's and jazz books, and a small press publisher as well, has described my columns as "Thoughtful humor and insightful commentary." Perhaps between these two quotes you'll get a sense of what you're likely to get from my weekly wondering.

And so it continued until June 2009. That's when I published my first column about a diagnostic process which had been ongoing since New Years Day which ultimately lead to a lung cancer diagnosis delivered to "Team Lourie" on Feb. 27, 2009 (you bet you remember the date). That column, entitled "Dying to Find Out, Sort Of," chronicled the process, excruciating as it was/is that one often endures attempting to determine the cause of a medical problem; in my case, a pain in my left-side rib cage which a day or so later, migrated to my right-side and eventually took my breath away — almost literally, especially when inhaling and/or bending over. This difficulty forced me off the couch and into my car for a drive over to the Emergency Room. Once the diagnosis was confirmed, I wrote another column entitled "Dying to Tell You, Sort Of" which detailed the findings of the nearly eight weeks the process took to specify my diagnosis: stage IV, non-small cell lung cancer (NSCLC). Out of the blue, I had become "terminal," as my oncologist described me, and given a "13 month to two-year" prognosis to boot. Surreal, which is a common description offered by many in similar situations, is how one feels after receiving news of this kind, and only begins to tell the tale of the change and evolution in the individual's life living forward into treatment and subsequently beyond into the great unknown.

This 'great unknown' is mostly what I have written about and published ever since; "cancer columns" (original I know) is what I call them. Occasionally, I will write a non-cancer column, one a month or so, depending on my experiences. These columns will address non-cancer issues of the day, ranging from the sublime to the ridiculous. Most recently topics have included the movie "The Exorcist," "Exercising a Demon," paying for things with a credit card: "Credit the Card," reacting to advertising for grass seed and riding mowers: "And So It Begins," and buying in bulk: "Bulky Boy," but never/well, almost never do I write about my wife, Dina; I have been warned.

Though the recurring theme of these columns is cancer, the content is rarely morbid or dare I say, self-indulgent, believe it or not. I try to make fun a very "unfun" set of circumstances. I'm still writing about life; now however, it's life in the cancer lane, a road unlike any I had ever traveled before. Nevertheless, I've gotten through eight years and nearly three months of it relatively incident free, save for a week in the hospital three and a half years ago. And yes, I am still undergoing treatment.

I hope you readers will be semi amused at the slings and arrows of outrageous misfortune upon which my columns are based. Please know: the significance of their content is not that it is me writing them, it is that cancer is being written about.

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

CALENDAR



Celtic Duo

Celtic Duo Kevin Elam and Sean Heely play traditional Scottish and Irish fiddle tunes on Saturday, May 20, 4-6 p.m. Art Space, 750 Center St. \$12 Online, \$15 at the door. Visit www.artspaceherndon.com for more.

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

THURSDAY/MAY 18

Junior Farmers Day. 4-5 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Children and parents will get the chance to go behind the scenes to help farmers with chores such as milking the cows, feeding animals and shelling corn. Learn how busy farm life can be. \$7. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

Art Crawl. 6-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Arts Come Alive is the theme. Call 703-956-9560 for more.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwvog.org, or call 202-962-3209 for more.

Northern Virginia Fine Arts

Festival Party. 6-9 p.m. at Reston Town Center Pavilion, 1818 Discovery St., Reston. Party kicks off the art festival, which runs Saturday and Sunday, May 20-21, 10 a.m.-6 p.m. Call 703-471-9242, email info@restonarts.org or visit

restonarts.org for more.

MAY 19-20

“Running Days are Done.” Friday, 7 p.m. and Saturday at 2 p.m. at Washington Plaza Baptist Church, 1615 Washington Plaza West, Reston. An original play based on interviews with women survivors of child sexual abuse. Email administrator@washingtonplazachurch.com for more.

SATURDAY/MAY 20

Celtic Duo. 4-6 p.m. Art Space, 750 Center St. Kevin Elam and Sean Heely play traditional Scottish and Irish fiddle tunes. \$12 Online, \$15 at the door. Visit www.artspaceherndon.com for more.

SATURDAY-SUNDAY/MAY 20-21

Northern Virginia Fine Arts Festival. 10 a.m.-6 p.m. at Reston Town Center Pavilion, 1818 Discovery St., Reston. Art, art and more art, on display and sale. Call 703-471-9242, email info@restonarts.org or visit restonarts.org for more.

MONDAY/MAY 22

Design Workshop. 6-8 p.m. at Bechtel-ASCE Conference Center, 1801 Alexander Bell Drive. Interactive workshop to help create the future science museum's exhibits and experiences. Email imagine@childsci.org for more.

Glass by Richard Ryan



Metal by Matthew Naftzger

Fine Arts Festival Returns to Reston Town Center

Abstract is a good description for artworks featured at this year's Northern Virginia Fine Arts Festival (NVFAF) the weekend of May 20-21, presented by Greater Reston Arts Center, at Reston Town Center. The festival is ranked in the top 20 outdoor art fairs in North America. In addition to interacting with more than 200 artists from across the nation, all ages can also make and take their own creations at the Family Art Park in the Pavilion. The festival is produced by a bona fide arts organization, Greater Reston Arts Center (GRACE). Technically admission is free, but a \$5 donation to GRACE is requested. Garage parking is free every weekend at Reston Town Center.

On Friday, May 19, the Festival Party in the Pavilion from 6 p.m. until 9 p.m. is a “creative cocktail attire” celebration hosted by GRACE that includes food, wine, an opportunity to mingle with the artists, and a silent auction of getaways, culinary adventures, spa and golf packages, and more. Party tickets are \$50 and can be purchased at restonarts.org.

Dance performances are going to be a highlight of the festival and a wide variety of local performers are scheduled throughout the weekend. On Saturday and Sunday, the Hyatt Park Gin Dance Company doing “Hello! Goodbye!” will start at 11 a.m., followed by the Reston Town Square Park



Mixed media by Michael Madzo

GroundShare Arts Alliance, Hyatt Park Classical Ballet Theatre, and Reston Town Square Park Ravel Dance Co.

The dance performances presented by Reston Community Center are commissioned with choreography responding to the public art sculptures at Reston Town Center — the “Reston Rondo” sculpture by Mary Anne Mears in Hyatt Park, and “A Bird in the Hand” by Patrick Dougherty in Reston Town Square Park.

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