

The winner of the Female Vocalist Award is Mely Megahed, "Beauty and the Beast," South Lakes High School.

HomeLifeStyle

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Cappies Gala Honors High School Theater

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Reston Swim Season Starts with a Splash

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Emily Landeryou, 17, and her dad David Landeryou are featured in this picture from March 2017 in Sarasota, Fla. Emily had just finished as the first American female (and 7th overall female) in the CamTri North American Junior Championships for triathlon. Dad had spent some time training with Emily on the bike prior to the race. Emily is graduating from South Lakes High School soon and will be leaving on July 2 to attend the U.S. Military Academy at West Point. Dad is extremely proud of Emily's tenacity in sport and in school.



Jason Angerosa of Reston with daughter Skylar, 8, and son Ronan, 10, enjoying their annual stay in Rehoboth Beach, Del. in 2016.



Dominik Nogie, Reston home boy with daughter Quinn on a cold, blustery day in Chicago where they and mom Leslie (Boston) live.



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PHOTO COURTESY OF THE FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT

Firefighters were dispatched to the three-story townhouse on Wednesday, June 7, at approximately 5 a.m.

Townhouse Fire Displaces Two

One adult male and one adult female were displaced after their three-story townhouse in the 1600 block of Greenbriar Court in Reston caught on fire on Wednesday, June 7.

There were no injuries, but damages from the fire are estimated to be approximately \$125,000, according to the Fairfax County Fire and Rescue Department.

Firefighters extinguished the fire in approximately 20 minutes, according to the department.

While extinguishing the fire, one

firefighter fell through the first floor into the basement. The firefighter was recovered and had no obvious injuries. As a precaution, the firefighter was transported to a local hospital for evaluation and released shortly after.

There were no occupants in the townhouse at the time of the fire. A passerby discovered the fire and called 911.

Investigators determined the fire started in a recessed light above the basement ceiling and that it was accidental in nature.

County Honors Lord & Lady Fairfax

Every year since 1984, two individuals from each of the nine Fairfax County magisterial districts, as well as two from the at-large “domain” of Board of Supervisors Chairman Sharon Bulova are honored for their service to their communities or for particular acts of heroism. For their dedication, these community caretakers are named Lord and Lady Fairfax for the year.

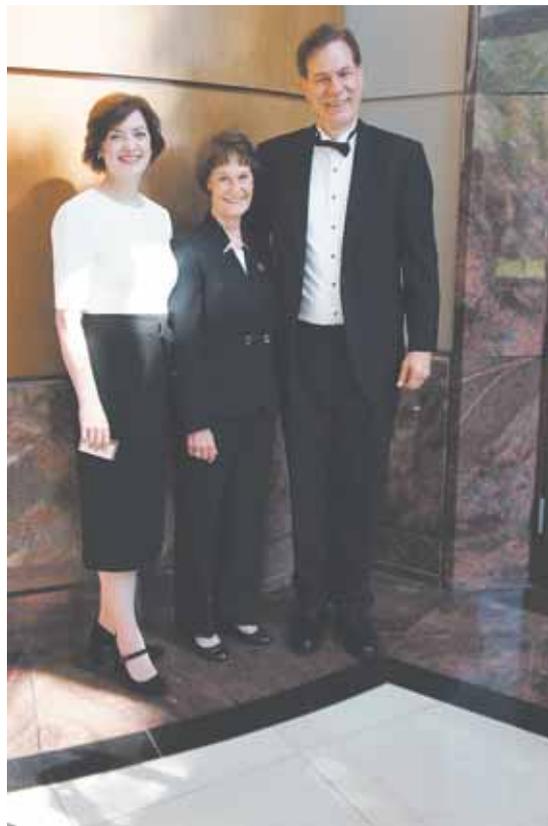
The 2017 honorees were feted at a reception at the County Government Center on the morning of June 6. Following this gathering, the Lords and Ladies were escorted into the Board Auditorium where their accomplishments were publically acknowledged and each received a certificate declaring their status.

The Lords and Ladies will be making a few more appearances during their reigns, including at the signature celebration for Fairfax County’s 275th anniversary, which will take place in the area surrounding the Historic Fairfax Courthouse in central Fairfax, on June 17. Just to add another “jewel in the crown” of this event which promises fun and festivities for the whole family, the real Lord and Lady Fairfax will be joining celebration all the way from Great Britain.

Nicholas Fairfax, 14th Lord Fairfax of Cameron, and Lady Annabella will help celebrate the founding of our county from when the area was part of lands owned by his ancestor, the 6th Lord Fairfax of Cameron.

In announcing the visit by Lord and Lady Fairfax (the originals), Chairman Bulova laughed that the noble guests seemed a bit confused by the fact that there were more peers in Virginia whom they would be meeting. “Only here in Fairfax,” she told him. “We’re special.”

— ANDREA WORKER



Board of Supervisors Chairman Sharon Bulova with the At-Large Lady and Lord Fairfax, Jane Miscavage and John J. “Jeff” Lisanick.



Supervisor Cathy Hudgins (D-Hunter Mill) with Lord and Lady Fairfax from her district, Jerry Poje and Therese Martin.

PHOTOS BY ANDREA WORKER/THE CONNECTION

as the Vote Yes Meals Tax Campaign Manager. Currently, Jane Miscavage continues to serve our schools as Vice President of the Fairfax County Council of PTAs.

Hunter Mill District – Supv. Cathy Hudgins

Lord Fairfax: Jerry Poje is the current Hunter Mill appointee to the Human Services Council. He was previously the president of the board FACETS, and he is a founding board member of the Communities of Faith United for Housing. As a volunteer, he applies his professional expertise to help people in need through improved accessibility, accountability, and coordination in Fairfax County human services delivery. He has been recognized with the 2008 Fairfax County Human Rights Commission Award for efforts to prevent and end homelessness, and the 2010 Fairfax County Martha Pennino Award for Community Service. His career in scientific discovery called for

homelessness to a new level in July 2015 when he was hired by New Hope Housing as the Residential Coordinator of the same shelter in which he was once a client. He now serves as the Coordinator of Residential Services, overseeing seven different sites.

Lady Fairfax: Jane Miscavage has been an incredible asset to both Fairfax County Public Schools and our community at large. In 2007, Jane began serving as a founder and manager of the Food Allergy Support Group of Northern Virginia, where she helped over 400 families access up-to-date allergy research and health care professionals. Her commitment to children and families continued through her service to #IamFCPS, a grassroots organization that advocated for a fully funded 2017 FCPS budget, and later,

the social and political centers act on those discoveries to protect public health.

Lady Fairfax: Therese Martin has committed years to public service and is an asset to Fairfax County. She has served Hunter Mill District for nine years as a Fairfax County Election Officer and represented the League of Women Voters on the Criminal Justice Advisory Board. Additionally, she has arranged and participated in multiple voter registration campaigns. Currently, she represents Supervisor Hudgins on the Barbara Varon Volunteer Award Selection Committee and the Hunter Mill Citizen Budget Advisory Committee. In addition to several Fairfax County bond referenda task forces, she was an alternate representative on the Fairfax Solid Waste Advisory Committee.

Introducing 2017 Lord and Lady Fairfax

At-Large — Chairman Bulova

Lord Fairfax: John J. “Jeff” Lisanick is a former client at New Hope Housing’s Eleanor U. Kennedy Shelter. Desiring to give back to the homeless community, he joined the Consumer Advisory Council (CAC) as an original member in 2012. Since being elected Chair of the CAC in 2013, he has been a member of the Governing Board with a goal of preventing and ending homelessness. Jeff took his passion to end

Reston Resident Receives Life Saving Award

Reston resident Jodi Rakoff was recently presented with a Citizen Life Saving Award on behalf of Fairfax County Fire and Rescue Department Chief Richard Bowers, Jr.

Rakoff performed CPR on a female who collapsed in front of her house while walking with a group of friends. Her quick actions, along with advanced life support care by emergency medical technicians, resulted in the resuscitation of the individual, according to the department.



Emergency medical technicians and battalion chiefs of the Fairfax County Fire and Rescue Department’s Reston Station No. 25 presented Jodi Rakoff with the award on behalf of Fire Chief Richard Bowers, Jr. Pictured with Rakoff and fire and rescue personnel is her husband Simon and her mother.

PHOTO COURTESY OF THE FAIRFAX COUNTY FIRE AND RESCUE DEPARTMENT

Fundamental Freedom to Choose to Marry

Virginia is historically slow in extending rights.

In 1967, Virginia was one of 16 states that banned interracial marriage and had criminal penalties for violators.

Mildred Jeter, an African-American woman, and Richard Loving, a white man, were married in 1958, were convicted and banished from living in Virginia for 25 years to avoid serving a one-year prison sentence. On June 12, 1967, the U.S. Supreme Court, in *Loving v. Virginia*, overturned the convictions of Mildred and Richard Loving, declaring the ban on interracial marriage unconstitutional.

Chief Justice Earl Warren wrote the opinion: "Marriage is one of the 'basic civil rights of man,' fundamental to our very existence and survival. ... To deny this fundamental freedom on so unsupportable a basis as the racial classifications embodied in these statutes, classifications so directly subversive of the principle of equality at the heart of the Fourteenth Amendment, is surely to deprive all the State's citizens of liberty without due process of law. The Fourteenth Amendment requires that the freedom of choice to marry not be restricted by invidious racial discriminations. Under our Constitution, the freedom to marry, or not marry, a person of another race resides with the individual, and cannot be infringed by the State."

This week, Gov. Terry McAuliffe celebrated Loving Day, June 12, with a new state histori-

cal marker to commemorate the U.S. Supreme Court's decision in the landmark case. The dedication marked the 50th anniversary of the 1967 ruling that overturned all state laws restricting interracial marriage. The ceremony was held at the former site of the Virginia Supreme Court of Appeals, where the case was heard before it reached the U.S. Supreme Court. The Lovings' story is told in a movie of the same name.

On Valentine's Day, 2014, Judge Arenda Wright Allen, ruled that Virginia's ban on same-sex marriage is unconstitutional. In the opening of her order, Allen quotes Mildred Loving in a statement she made in 2007 on the 40th anniversary of *Loving v. Virginia*:

"We made a commitment to each other in our love and lives, and now had the legal commitment, called marriage, to match. Isn't that what marriage is? ... Today's young people realize that if someone loves someone they have a right to marry. Surrounded as I am now by wonderful children and grandchildren, not a day goes by that I don't think of Richard and our love, our right to marry, and how much it meant to me to have that freedom to marry the person precious to me, even if others thought he was the 'wrong kind of person' for me to marry. I believe all Americans, no matter their race, no matter their sex, no matter their sexual orientation, should have that same

freedom to marry. Government has no business imposing some people's religious beliefs over others. ... I support the freedom to marry for all. That's what Loving, and loving, are all about."

Judge Allen's written decision begins: "A spirited and controversial debate is underway regarding who may enjoy the right to marry in the United States of America. America has pursued a journey to make and keep our citizens free. This journey has never been easy, and at times has been painful and poignant. The ultimate exercise of our freedom is choice. Our Declaration of Independence recognizes that 'all men' are created equal. Surely this means all of us. While ever-vigilant for the wisdom that can come from the voices of our voting public, our courts have never long tolerated the perpetuation of laws rooted in unlawful prejudice. One of the judiciary's noblest endeavors is to scrutinize laws that emerge from such roots.

"Plaintiffs assert that the restriction on their freedom to choose to marry the person they love infringes on the rights to due process and equal protection guaranteed to them under the Fourteenth Amendment of the United States Constitution. These challenges are well-taken. ... "The Court is compelled to conclude that Virginia's Marriage Laws unconstitutionally deny Virginia's gay and lesbian citizens the fundamental freedom to choose to marry."

Adapted from an editorial published by Connection Newspapers in February 2014.

COMMENTARY

Distinction of Colour

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

One of my favorite classes to teach in the Osher Lifelong Learning Institute (OLLI) at George Mason University is a course I have titled "A New Look at the Old Dominion." It came out of my experiences growing up in Virginia and attending public schools from elementary through graduate school and using state-approved textbooks at least in the early years.

A persistent problem I had was matching up the romanticized version of Virginia's history with realities I read about in source materials. This problem is not unique to Virginia or its history; every state and every culture always attempts to put its best foot forward. It skews our view of events and may lead us to believe that America was at its greatest in some bygone era. The fact of the matter is that our greatness has been evolving.

Reading early Virginia text-

books could lead one to believe that slavery was good for all until what some termed the War of Northern Aggression and then there was the Lost Cause movement that restored faith that Virginia was right all along. We still hear remnants of that line of thinking as the debate on Confederate monuments is going on.

I was reminded of this background as I recently visited a new exhibition at Montpelier, James Madison's home in Orange County. Through extensive archaeological work there is an attempt to tell "a more complete American story." The title of the exhibition, "A Mere Distinction of Colour," is a phrase from Madison's writings: "We have seen the mere distinction of colour made in the most enlightened period of time, a ground of the most oppressive dominion ever exercised by man over man." Despite that observation, the Father of Our Constitution was the owner of hundreds of slaves

SEE PLUM, PAGE 7

INDEPENDENT PROGRESSIVE

Do Teachers Need Uniforms for Better Pay?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

For some time I've thought our public school teachers in Fairfax County are undervalued and underpaid. This view is based on data I've seen in the last couple of years comparing teacher pay in public school systems in the Metro Washington suburbs. That data reflects that our Fairfax County teachers' pay has steadily declined in recent years relative to that of their counterparts in other jurisdictions.

When I happened to glance recently at information on pay elsewhere in Fairfax County government, I found that hundreds of County employees are not suffering as our teachers are. In fact, the others are well paid by comparison.

Fairfax County firefighters and uniformed public safety (police and Sheriff's deputies) personnel are doing much better than I had imagined. In many cases they are making nearly double what Fairfax

County pays classroom teachers. At present, there are about 3,200 people serving as firefighters, police officers and sheriff's deputies. Half of them made over \$100,000 per year in 2016 when you include overtime, premium pay and the stipends they routinely receive.

Firefighters on average make the most, and arguably have less stressful work than cops or deputy sheriffs. Sixty-two percent of firefighters make over \$100,000 per year, while 43 percent of police officers make \$100,000 or more, and 35 percent of the Sheriff's deputies make that much.

Very few teachers earn \$100,000 or more, likely less than 5 percent.

Starting salaries for teachers, police officers, and firefighters are similar — in the low- to mid-\$50,000 range. Sheriff's deputies start at about \$10,000 less.

There the similarities end. Among the ranks of the uniformed services, overtime at premium rates is routine and a major chunk of the total paycheck. Also, they

SEE LOVAAS, PAGE 7



Patio Ready for Summer? The latest trends for entertaining alfresco.

BY MARILYN CAMPBELL

The warm days and nights of summer lend themselves to outdoor entertaining. From colorful pillows and cozy throws to textured fabrics and jewel-toned tableware, local designers offer ideas for creating a festive space for an alfresco soiree.

Consider the way an outdoor space will look when it's viewed from inside your home, says Madeline Fairbanks, product development director, Country Casual Teak.

"Choose fabrics that coordinate and accent the colors used indoors to create a seamless transition between the spaces," she said. "Add texture with fabrics, from gauzy sheers to the heaviest brocades, to bring the textures of indoor upholstery outdoors. An added plus is that they help hide dirt and stains."

The transition from a home's interior to its exterior should be fluid, advises Jim Rill of Rill Architects. "It shouldn't just be an outdoor patio, but an extension of the indoor spaces," he said.

Rill suggests using outdoor walls, fireplaces and trellises to create a sense of scale and comfort. "For instance, stone walls, hedges, pools and ponds help give an out-



PHOTO BY STACY ZARIN GOLDBERG

Todd Martz of Home on Cameron in Alexandria advises using colorful table accessories to set the stage for a festive gathering.

door setting scale and coziness," he said. "Think of the outdoor space as a room and consider how it's organized with furniture and materials like you would an indoor room. Patterns in the patio materials also organize the area."



PHOTO COURTESY OF COUNTRY CASUAL TEAK

Outdoor furniture pieces like these by Country Casual Teak help define the outdoor atmosphere of this Potomac, Md., home.

Outdoor entertaining is often food-centric and for an upbeat outdoor table setting, Todd Martz of Home on Cameron in Old Town Alexandria suggests acrylic table accessories. "Incorporate colorful pitchers, glasses and plates to set the stage for a fes-

"It shouldn't just be an outdoor patio, but an extension of the indoor spaces."

— Jim Rill of Rill Architects

tive gathering," he said.

Have a few key pieces for hosting, whether you entertain weekly or just once a year, recommends Fairbanks. "Keep a bar cart near an entrance for wheeling refreshments to guests, or an outdoor sideboard near a dining area for easy buffet-style service," she said.

For chilly nights, drape throws on the outdoor seating for guests, advises Martz. "With the popularity of fire pits, add comfortable seating with indoor-outdoor cushions around them to enhance the experience," he said.

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ENTERTAINMENT

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

ONGOING

Art Exhibition. 8 a.m.-5 p.m. through June 29 at U. S. Geological Survey, 12201 Sunrise Valley Drive. Exhibit "H. K. Anne Presents The American Landscape," will be on exhibit at the USGS National Center is a public building, parking is available in the visitor's lot outside the visitor's entrance. Photo ID is required to enter. Visit www.HKAnneFineArt.com for more.

Lake Anne Exhibit. Through July 2 at the Reston Community Center at Lake Anne, 1609 Washington Plaza N. Exhibit features work by members of the Reston Photographic Society. Visit www.leagueofrestonartists.org/rps or call 703-476-4500.

Free Concerts. Through Aug. 26, 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit www.restontowncenter.com/concerts for more.

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.

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.

FRIDAY/JUNE 16

Morning Storytime. 10:30 a.m. every Friday at Scrawl Books, 11862 Market St. Reading stories for children. Visit www.scrawlbooks.com for more.

FRIDAY-SATURDAY/JUNE 16-17

Conservatory Ballet Performance. 7-9 p.m. at the Reston Community Center, 2310 Colt's Neck Road. The Conservatory Ballet of Reston offers its spring performance, "Le Baiser de la Fee," featuring a world of fairies, flora and fantasy, with cast members performing excerpts from such ballets as "Sleeping Beauty" and "A Midsummer Night's Dream" and others. Visit www.conservatoryballet.com/springgala.php

SATURDAY/JUNE 17

Taste of Reston. noon-11 p.m. at 11900 Market St., Reston. Greater Reston Chamber of Commerce presents this outdoor food festival featuring two days of samplings from the region's eateries, live music, beer and wine gardens, and much more. Free admission; tasting tickets purchased on site or in advance at restontaste.com. Visit restontaste.com or call 703-707-9045 for more.

SUNDAY/JUNE 18

Brass Quintet Concert. 7-8 p.m. Reston Town Park, Reston Town Square Park Corner of Market and Explorer streets. A performance of

selections spanning nearly 400 years from Handel, Debussy, and Sousa, to Leonard Bernstein and Fats Waller. Presented by Reston Community Center and Reston Town Center Association. Free. Visit restoncommunitycenter.com/ for more.

THURSDAY/JUNE 22

Improv Comedy Night. 7:30 p.m. at NextStop Theater, 269 Sunset Park Drive, Herndon. "Last Ham Standing," show for all ages. Visit www.nextstoptheatre.org for more.

JUNE 24-25

SoccerFest. Various times at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Full weekend of soccer competition. call 703-471-5414.

WEDNESDAY/JUNE 28

The Great Zucchini (Comedy/Magic). 10-11 a.m. at the Visitor Center Pavilion 2739 West Ox Road, Herndon. Wednesday Morning Children's Series. Free. Visit www.fairfaxcounty.gov

DEADLINE JUNE 30

Call for Artists. at the US Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Eligible works are paintings, mixed media, and two-dimensional works suitable for wall hanging (no photography). The exhibit will be on display from July 3-28. Artwork that reflects USGS's environmental mission is encouraged. Enter works here www.leagueofrestonartists.org.

SATURDAY/JULY 1

Independence Day Celebration. 10 a.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Water Mine opens 11 a.m.-3 p.m.; boat rentals open 1:30-2:30 p.m.; puppet show 3-9:15 p.m.; live music 9:15 p.m. (approximately) Fireworks show \$10/car. Food vendors will set up near the park main office. Campgrounds are available for an overnight stay. Reservations recommended, call 703-471-5415.

Deanna Bogart Band Concert. 7:30-10 p.m. at Reston Town Center, 11900 Market St. A night of dancing to the jump blues of this pianist/saxophonist/vocalist. Call 703-912-4062 or visit www.restontowncenter.com/concerts for more.

MONDAY/JULY 3

Mr. Knick Knack Performs. 10:30-11:15 a.m. in the pavilion at the Reston Town Center, Reston Town Center, 11900 Market St. Music for the children, part of musical Mondays program. Call 703-912-4062 or visit www.restontowncenter.com for more.

TUESDAY/JULY 4

Firecracker 5K. 8-10 a.m. Reston Town Center, Reston Town Center, 11900 Market St. Live music and American flags while rooting for the runners in the "Battle of the Branches" competition. Call 703-912-4062 or visit www.restontowncenter.com for more.

Herndon Independence Day Celebration. 6:30-9:30 p.m. in Bready Park at the Herndon Community Center, 814 Ferndale Ave. Family-fun event featuring games, patriotic arts and craft activities, live music, family games, bingo, food, balloon artists and more. Visit herndon-va.gov/recreation/special-events/4th-of-july.

Plum

FROM PAGE 6

who worked his farms and did his labor allowing him time to be a statesman. He did not free his slaves at his death. Enslaved families were split up and sold to retire the debt he left behind.

Visiting Montpelier today you can see the mansion beautifully restored, including the upstairs room where Madison probably did his writing about the Constitution. Thanks to important archaeological work you can visit the area around the mansion where the slave quarters were located with several reproductions having been added in recent years. A tour of Montpelier can be eye-opening for your children to contrast the home of the owner with the quarters of the enslaved.

Nearby at Thomas Jefferson's home Monticello there is an expansion of the tours to include a slave tour. The tour guide says very clearly what was denied for generations, that Jefferson fathered several children by Sally Hemings. Of the more than a hundred slaves owned by the writer of the Declaration of Independence who said "all men are created equal," on his death only those slaves that he had fathered were freed.

The historians at Montpelier call it "a more complete American story." It is being written way past time. While we need to acknowledge and embrace a history that is inclusive of the men and women who did the work in founding our country, acknowledging the arbitrary distinctions of the past will make us stronger as a nation.

Lovaas

FROM PAGE 6

take home several other forms of premium rate pay, e.g., callback, emergency shift, and holiday pay. And there are several additional stipends. While teachers perform duties that parallel some of these premium pay categories, they rarely receive anything beyond their base salary.

This is not to say that uniformed police officers and sheriff's deputies, or even firefighters, are overpaid. These are the folks who help keep us safe and, especially in the case of police officers, often put their lives in jeopardy doing so. It is hard indeed to over-value these services.

But, why is it that those to whom we entrust the education of our children and our country's future are valued so much less by the Fairfax County School Board and Board of Supervisors? Unlike police, firefighters and deputy sheriffs, many of whom make over \$100,000 per year, our teachers rarely can afford to even live in the communities where they teach because of their much lower incomes. This I just do not understand.

P.S. There are another 800-plus Fairfax County employees also making over \$100,000 per year. They are the heads of departments, offices, and the many County semi-autonomous organizations — e.g. the Park Authority, Economic Development Authority, Housing Authority, etc. — as well as other well-paid denizens of the huge Fairfax County Government Center.

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Spontaneous Confusion



By KENNETH B. LOURIE

Since I have some alone-time; just me and the cats, I thought I'd try to write my next column a few weeks ahead and take a bit of the time-sensitive deadline pressure off. Not that meeting my weekly commitment has been too much of a problem over the years (nearly 20 in fact), still, I thought I'd put pen to paper, literally, and see what comes out.

So far what has come out is that I'm having creative difficulty writing something that's to be published two weeks hence. It seems/feels that writing in the present about something to be published in the future is awkward, sort of. It's somewhere between wishful thinking and a prediction. Neither of which is characteristic of who I am or how I think. I guess my writing nature is that I like to react to reality and then address it in print, rather than anticipate it and then respond to it. Typically I prefer to be current in my thinking and honest in my prose. Apparently, I have nothing else to share so trying to explain that void is the semi point of this column.

And I suppose, without being too self-indulgent, that if a stage IV cancer patient — yours truly, who shares everything with you regular readers; highs, lows and in-betweens, has nothing of particular interest to share, perhaps it's because I'm experiencing a comparatively easy fortnight between 24-hour urine collection, pre-chemotherapy lab work, every-five-week infusions, and quarterly scans followed by my quarterly face-to-face appointment with my oncologist, so I have minimal cancer-related business to preoccupy my life. It's almost as if I'm unencumbered by my underlying problem: non-small cell lung cancer. And I have to admit, it's a heck of a feeling to not have my conscious and unconscious minding my business and reminding me that I have an incurable form of cancer. Which of course I never need reminding of; as opposed to ending a sentence with a preposition which obviously I do need to be reminded of.

Getting back to the substance — if you can even call it that, of this column: my difficulty writing weeks ahead of publication. What's puzzling about this difficulty is how uncharacteristic of my personality it is. I am not spontaneous. I rarely do anything spur of the moment other than getting off the couch, changing the channel on the television, switching radio stations in the car, deciding what to wear, eating/drinking/going to the bathroom and/or miscellaneous other household-type duties and responsibilities. Yet the problem I'm experiencing now — related to my June 14 column, is that since I'm not being spontaneous, I'm unable to create?

How can that be a problem? That's who I am all the time. I do everything in advance — of consequence, that is. Maybe I'm making too much out of nothing? (Oh, really.) Maybe I'm simply stuck in my head and need to get out of my own way. Not that I make mountains out of mole hills but sometimes, and I've told by my oncologist that I can blame my having cancer for everything, I might not think so clearly and get bogged down emotionally. Ergo, I will lay the blame for this column and it's lack of substance, on having "terminal" cancer.

Cancer doesn't work in mysterious ways (well, perhaps it does to researchers), it works in destructive ways: physically, mentally and spiritually. Logical becomes illogical — and vice versa; rational becomes irrational — and vice versa; and manageable becomes unmanageable — and vice versa. For cancer patients/survivors, expecting that one's life will go merrily along is totally unrealistic. Expecting the unexpected is the path of least resistance.

This week's column/dilemma is simply another example/reminder of how cancer intrudes and deludes and affects those of us who naively thought we would be unaffected.

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



The winner of the Female Vocalist Award is Mely Megahed, "Beauty and the Beast," South Lakes High School.



The award for Comic Actress in a Musical is Allie Lytle, "Guys and Dolls," Herndon High School.

Gala Honors High School Theater

The 18th Annual Cappies Gala honoring high school theater was held Sunday, June 11 at The Kennedy Center in the District. Winning the top prizes for the Best Musical was West Potomac High School for "Billy Elliot," and winning Best Play was Duke Ellington School of the Arts for "The Bluest Eye." This year's Masters of Ceremony were Judy Bowns and Janie Strauss with Erich DiCenzo and Phil Reid as Lead Players.

The show included 59 public and private high schools in Fairfax County, Arlington, Fauquier, Loudoun, Montgomery, and Prince William counties, and the Cities of Falls Church, Alexandria, and Washington, D.C. This year's awards were pretty much evenly distributed across all of those regions. The Cappies season extended from late October to early

May.

Cappies shows were attended, on average, by 45 student critics who wrote 300-599 word reviews. More than 300 student-written reviews were published or broadcast in local newspapers, including The Connection, Patch, Falls Church News Press, Times Community Newspapers, Loudoun Now, Maryland Theatre Guide, and Fairfax County Public Schools and other media.

The Cappies program was launched in the summer of 1999 by Judy Bowns, the Theatre Arts resource teacher with FCPS, and the late Bill Strauss (director, Capitol Steps), in cooperation with area theater teachers, for the purpose of celebrating and bringing public acclaim to high school theater.

— STEVE HIBBARD



The winner of the Critics' Team is McLean High School Team from McLean High School. Front row: Jess Scarano, Syona Ayyankeril, Emily Lachow. Back row: Julia Luigs, Emily Swett, Laras Kettner.

PHOTOS BY
STEVE HIBBARD
THE CONNECTION



PHOTO COURTESY OF RSTA

Glade Dolphins Women's 11-12 age 100m Medley Relay record-setting team, from left: Niki Chava, Clara Landeryou, Erin Irlan and Kaitlin Mahon.

Reston Swim Season Starts with a Splash

The Reston Swim Team Association (RSTA) started a new season on Saturday, June 10, with a new league record in the men's 15-18 age 200m Medley Relay by the Lake Newport team of Casey Storch, Michael George, Jack Edgmond, and Zack Wang with a time of 1:55.15, besting a time set in 1999. The team also beat the Lake Newport team record set in 2016.

Team records set on Saturday include:

- ❖ The Glade Dolphins' Women's 11-12 age 100m Medley Relay team of Kaitlin Mahon, Niki Chava, Clara Landeryou, and Erin Irlan set a new team record of 1:06.49, beating the previous record set in 1999.

- ❖ Anna Redican of Lake Newport Lightning set a time of 32.85 in women's 15-18 age 50m Back, beating a record set in 2016.

Glade Dolphins 567, Autumnwood Piranhas 428

For Glade, double event winners were Andy Carro, Emilie Fiske, Eric Pan-Wang, Griffith Knowlton, Gypsy Schaefer, Karan Murari, Maggie Thomas, Maryn Arseculeratne, Niki Chava, Patrick O'Malley, Phoebe Warstler, Suraj Pedineedi, and Yanglan Xu. Triple event winners were Amanda Wagner, Evan Pan-Wang, Marco Anguizola, Sophia Landeryou, and Zachary Wiemer.

For Autumnwood, double event winners were Anne Kennedy, James Lyon, Rachel Thompson, and William Bolster. Triple event winners were Andrey Smiryagin, Anna E. Houck, Cooper Hill, and Diya Murthy.

Lake Audubon Barracudas 613, Lake Newport Lightning 509

For Lake Audubon, double event winners were Bethany Burke, Daniel Spigarelli, Dennis Jackson, Emily Fritz, Erik Harriot, Griffin Scanlan, Joel Hahn, Lenn Vikhman, Marley Mulvaney, Olivia Abbey, and Sophia Randall. Triple event winners were Kaliyana Haering, Matthew Fritz, Max Daum, Spencer Harris, and Suya Haering.

For Lake Newport, double event winners were Alexander Grover, Bridget Brennan, Casey Storch, Michael George, Ryan Giebel, and Zoe Van Winkel. Triple event winners were Anna Redican, Julia Wang, and Michael Zhou.

North Hills Hurricanes 609, Hunters Woods Marlins 484

For North Hills, double event winners were Ada Langston, Allison Boone, Bennett Shivers, Delia Alcorn, Evan J Zhang, Isabella Zhang, Joseph Sciortino, Katie Cazenias, Marlee Czarny, Natalie Flint, and Samantha Sciortino. Triple event winners were Evan D Zhang, Fiona Shaw, Ilayda Boucher, and Sarah Sciortino.

For Hunters Woods, double event winners were Daniel Li, John Byron, Sophia Yao, Trontour H Wang, Veera Houldsworth, and William N Harvey. Triple event winners were Andrew Li, Brian Zhou, Jack Henry Ham.

Ridge Heights Sharks 628, Lake Anne Stingrays 421

For Ridge Heights, double event winners were Ajay Gopi, Caley Duchak, Delaney Duchak, Edith Chaddock, Ethan McCrea, Hannah Lane, Katie Falcone, Kelsye Brown, Robert Deason, Sydney Parker, and Varun Phadke. Triple event winners were Alex Russell, Andrew Pierce, Evan Blase, Hailey Brown, Hailey Wang, Haley Caicedo, and Paige Sogandares.

For Lake Anne, double event winners were Aaron Cramer, Abigail Roscoe, Andy Chen, Ben Dealey, Charlotte Holmquist, Joseph Letteri, and Sean Henry. The triple event winners was Devin Truong.