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Reston CONNECTION



David A. Eisele Sr., owner of Davelle Clothiers at 11904 Market Street, Reston, in operation at Reston Town Center for 26 years.

Small Businesses Play Critical Role in Reston

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NEWS

Visit Reston's Gardens of Note

A self-conducted tour of 5 notable gardens in Reston, Saturday, June 2.

The Reston Chorale will present the second annual Gardens of Note, an exclusive, self-conducted tour of private residential gardens on Saturday, June 2. Ticket-holders will be able to visit five notable gardens in Reston neighborhoods and also enjoy pop-up performances by members of The Reston Chorale from 10 a.m. until 4 p.m., then a Garden Party at the end of the day. All proceeds benefit The Reston Chorale.

“Early June is the perfect time of the year to enjoy beautiful gardens, and the tour is also an ideal opportunity to connect with our wonderful community,” says tour chair, Kathleen Driscoll. “We received so much positive feedback about the first Gardens of Note tour last year. Visitors were enthused by the landscapes, the music, and spending time with old and new friends while exploring Reston’s neighborhoods.”

INCLUDED in the Gardens of Note for 2018:

❖ The Guilfoyle garden in Uplands – Filled with the owner’s well-chosen plantings, seating, and art, the garden has been a magnet for friends, family, and neighbors over the years.

❖ The Bitzer garden in South Lakes – Designed by its owner to encircle the home with perennials, shrubs, and trees that enhance the enviable views beyond.

❖ The Gohn garden in Hunters Woods – Swaths of shrubs and perennials and new plantings of native varieties in an established, treed landscape.

❖ The Mansfield garden in Hunters Woods – A garden of new hardscapes and plantings installed in 2017, curving around the home and complementing a woodland backdrop.

❖ The Rhoads garden in North Point – Featuring a professionally installed sloping stream and pond, plus a new hardscape to address runoff, along with a multitude of spreading perennials.

Hidden Lane Garden Party – Presented

by Hidden Lane Residential Landscapes, 4 p.m. until 6 p.m. only.

Tickets: \$22 in advance, \$25 on tour day, are available in May at: Mayflowers at Reston Town Center; Long and Foster, 2100 Reston Parkway; Chesapeake Chocolates, Wine, Gifts & More at Lake Anne.

Online purchases and additional tour details are available now on Eventbrite at <https://www.eventbrite.com/e/gardens-of-note-2018-tickets-36364250452> (nominal service fee added).

VISITORS make their own choices to start the tour at any location using the map provided in the ticket/program that provides all tour information. Online ticket buyers will receive garden addresses and at their first stop will show their proof of purchase to receive the ticket/program.

Following the day’s touring, the Hidden Lane Garden Party begins at 4 p.m. with light refreshments, guided tours of the property, insights from landscape designers, and ensemble performances by members of The Reston Chorale. A supply of the Perennial of the Year, Allium Millenium, will be available for purchase with all sales proceeds donated directly to The Reston Chorale, courtesy of Hidden Lane Residential Landscapes.

Gardens of Note visitors should be prepared with suitable footwear and an umbrella for rain or shine. Note, children under the age of 10 cannot be admitted into these private, residential gardens.

Volunteer Garden Greeters: Those who would enjoy a 2-hour shift as a Garden Greeter during the Gardens of Note can receive a volunteer registration form by sending an email to restongardensofnote@gmail.com. Garden knowledge is not a requirement. Volunteers will receive advance orientation and a ticket to enjoy the tour and the Garden Party.

For all tour questions, email restongardensofnote@gmail.com and find more details via restonchorale.org – click Get Tickets on the Gardens of Note event at <http://www.restonchorale.org/>.

Walk for Sjögren's on Saturday, May 19

More than 200 Sjögren’s (“SHOW-grins”) patients, family members, friends, caregivers, and health care professionals will depart from Lake Fairfax to embark on a Walk for Sjögren’s, supported by the Sjögren’s Syndrome Foundation (SSF). The year’s theme, “Celebrating Our Strength,” honors and recognizes the personal strength of Sjögren’s patients and those who support them every day. The event will also feature music, games, prizes, and an “Ask the Expert” panel of local health care experts who will be on hand to answer questions about the disease.

Sjögren’s is a systemic autoimmune disease that affects the entire body. It is the second most common autoimmune rheumatic disease, affecting as many as 4 million Americans, with an estimated 2.5 million patients currently undiagnosed. Upwards of 40,000 people in the D.C./Virginia area are affected. Sjögren’s is often un-

diagnosed or misdiagnosed as symptoms frequently overlap with or mimic other diseases. Currently there is no cure and diagnosis typically takes an average of 2.8 years. The SSF is the only non-profit organization focused on increasing research, education and awareness for Sjögren’s.

The walk will take place Saturday, May 19 (rain or shine). Health Fair and Registration opens at 9 a.m.; Walk for Sjögren’s begins at 10 a.m. at 1400 Lake Fairfax Drive, Reston.

The Greater Washington Walk for Sjögren’s is part of a national fundraising program designed to raise awareness and crucial funds to support Sjögren’s research and education. Donations will be accepted on site and online <http://events.sjogrens.org/GWRWalk>.

For more information about the event, visit <http://events.sjogrens.org/GWRWalk> To learn more about Sjögren’s visit www.sjogrens.org or call 1-800-475-6473.

Small Businesses Play a Critical Role in Reston

What do 'Little Boxes' offer patrons, how do they do it and what do they need to thrive?

BY MERCIA HOBSON
THE CONNECTION

From the shops and stores at Reston Town Center to those in the nearby village and shopping centers, Reston offers opportunities for both big national chains and small independent retailers. Yet, how do the Little Boxes compete with the mega-retailers; what's it like to own and operate a small local store; and what do privately held businesses want the public and local governments to know?

The Connection reached out to owners of five locally owned small businesses in Reston, David A. Eisele Sr., Davelle Clothiers at 11904 Market Street and Dawn Devaney Gammon, OD, FAAO, The Eyewear Gallery at 11900 Market Street, both in Reston Town Center; and Chef Basir Ahadi, Chef on Wheels Tacos & More at 1810 Michael Faraday Drive, Brian Li, J-Petal at 2260 Hunters Woods Plaza and Bud Burwell, Reston's Used Book Shop at 1623 Washington Plaza North at Lake Anne.

The small business owners answered for following six questions:

1. Why did you decide to open your business in this location?
2. What has been your most difficult or challenging struggle in owning this small business and how did you overcome it?
3. What do you want people to know about you as a person and/or about your small business?
4. Give one word or sentence to describe operating your business.
5. What can the local governments do to help your business thrive?
6. Is there anything else you would like included?

David A. Eisele Sr., Davelle Clothiers at 11904 Market Street: "I lived in Reston, and they made a pitch that I couldn't refuse 26 years ago. We are the last remaining independent at Reston Town Center [from those here 26 years ago]. [The most difficult struggle or challenge] in the early days, was Reston Town Center awareness; now it is everything about paid parking. We give free parking.

"I have a high level of integrity, a great taste level, and a love for my clients. [As for the business, it is] cutting-edge, with quality, and fit and focus. [To operate the business, I work] seven days a week at 18 hours a day. My first born son is my right hand, Dave II.

"[The local governments can help my business thrive through] lower taxes- Business, Professional and Occupational License (BPOL) Tax and [calming the] congestion with traffic. [I'd like others to know, I'm] very thankful and honored to be here so long in such a great community; [that I] give to all local charities and focus on training and skill development with goodwill



PHOTO BY MERCIA HOBSON/THE CONNECTION

David A. Eisele Sr., owner of Davelle Clothiers at 11904 Market Street, Reston. In operation 26 years, the business offers high-quality, cutting-edge designs with impeccable fit and focus on the customer paramount. "There is no other like it anywhere," says the owner, David A. Eisele Sr.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Bryan Li, owner of J-Petal at 2260 Hunters Woods Plaza, one of Reston's newest restaurants shows off one of his light bulb drinks. The family-friendly restaurant offers naturally, gluten-free savory and sweet rice crepes, ice creams, and their famous glowing light bulb drinks.

incentives."

Dawn Devaney Gammon, OD, FAAO, The Eyewear Gallery at 11900 Market Street: "Our corner boutique location has been optical since Reston Town Center opened over 25 years ago. I previously worked as an employee before purchasing the practice. I loved the vibrancy of the Town Center and our spot was in the middle



PHOTO COURTESY OF DAWN DEVANEY GAMMON

Dawn Devaney Gammon, OD, FAAO, owner of The Eyewear Gallery at 11900 Market Street, Reston. Gammon said, "Our motto is, 'Like a fine work of art, every face deserves a fabulous frame!'"

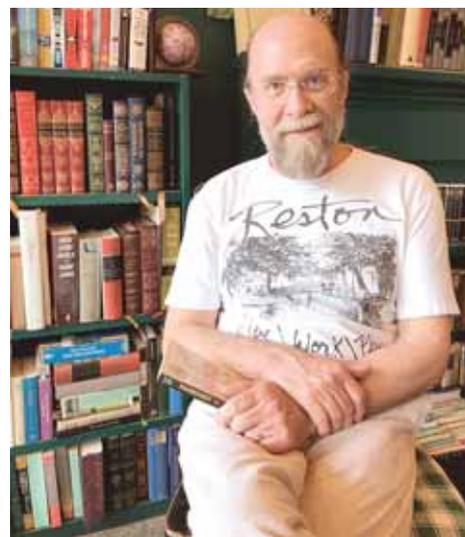


PHOTO BY MERCIA HOBSON/THE CONNECTION

Bud Burwell, co-owner of Reston's Used Book Shop at 1623 Washington Plaza North at Lake Anne. Burwell says that he never tires of patrons saying, "Don't you ever close?"

of all the action! In Optometry School, they teach us how to be good doctors, but not how to own and run a business, so there was a huge learning curve for me in the transition from doctor to business owner.

"The most difficult struggle was last year when Reston Town Center implemented a paid parking policy. The whole community was outraged and many boycotted the Town Center. Although we agreed to validate parking for those who came to see us, Reston Town Center was a ghost town for months. Many businesses struggled and some have left. It was frustrating to have worked so hard to build our reputation and to have a circumstance completely beyond



PHOTO BY MERCIA HOBSON/THE CONNECTION

Pictured are (right) Chef Basir Ahadi, owner of Chef on Wheels Tacos & More at 1810 Michael Faraday Drive and Qadir Ahadi. The small business is new and is located a couple blocks from the Wiehle Metro Station. All dishes are made from scratch using fresh, locally sourced items.

our control affect us so negatively. Fortunately, Reston Town Center has made some positive changes including the first hour free, free parking after 5 p.m. weekdays, and free parking all weekend long.

"I put 100 percent of myself into everything I do. As a single mom of two teenagers, I want them to set goals and work hard but also realize that it's just as important to relax and enjoy life. ... I have been practicing optometry since 1996 and love working with my patients to solve their vision care needs. When I opened The Eyewear Gallery in 2008, my vision was to create a practice to provide professional eye care services in a comfortable, friendly environment. With a passion for fashion, I also wanted to offer the unique eyewear to my clients. I have been lucky enough to travel to the fashion capitals of the world like Paris, Milan, Chicago, Miami and New York City to bring the ... fashion-forward eyewear back to Reston. Our motto is 'Like a fine work of art, every face deserves a fabulous frame!'"

"I've read that some cities have a Business Diversity Ordinance to ensure that independent, neighborhood-serving businesses don't get crowded out by chains. It's getting more and more difficult for small businesses to survive competing with large chains and internet options. The Optical industry is no different. In fact, in some states, you can even take a vision exam online! Maybe I am old-fashioned, but I believe that having a relationship with my doctors is important. At the Eyewear Gal-

SEE SMALL BUSINESS, PAGE 5

Reston to Host BioBlitz 2018

Citizen-scientists sought in a real-world 'Pokémon Go for Nature.'

BY MERCIA HOBSON
THE CONNECTION

A grassroots effort is underway to document native animals, plants and fungi found throughout Reston, and it's as easy as ready, aim and shoot with a smartphone or digital camera.

On Friday, May 11, Patricia Greenberg, Environmental Supervisor of Reston Association (RA), announced on the RA website, they are preparing for Reston's first 24-hour BioBlitz.

The RA website stated, "BioBlitz will focus on identifying the following: birds, reptiles, amphibians, fish, insects, mammals, aquatic macroinvertebrates, trees/shrubs, herbaceous meadow plants, nonflowering plants, and lichens/fungi."

Reston BioBlitz 2018 is an organized one-day scavenger-like hunt by citizen volunteers to help record a "snapshot" of as many different given species as possible within designated locations in Reston. "Naturalists and volunteers will work together during a 24-hour period to identify as many plants, animals and other organisms that live in Reston as possible," said event organizers.

THE EVENT will meet at and depart from the BioBlitz hub, the Walker Nature Center, 11450 Glade Drive, on Saturday, June 2, rain or shine. Food and drink will be available.

Public participation in BioBlitz will be similar to the recent Pokémon craze, with people walking around pointing their smartphones down at little invisible creatures that inhabit the fictional Pokémon World, but instead of Pikachu and Vaporeon, the citizen scientists will search in teams or individually for real plants/fungus and animals, insects, reptiles, amphibians, and macroinvertebrates.

Participants may use the free app appropriate for either androids or iPhones called iNaturalist, or a digital camera to track what they found throughout the day. The website for the iNaturalist app states it tags the photo at the given location and time and uploads the information for inclusion in a more extensive site-specific database.

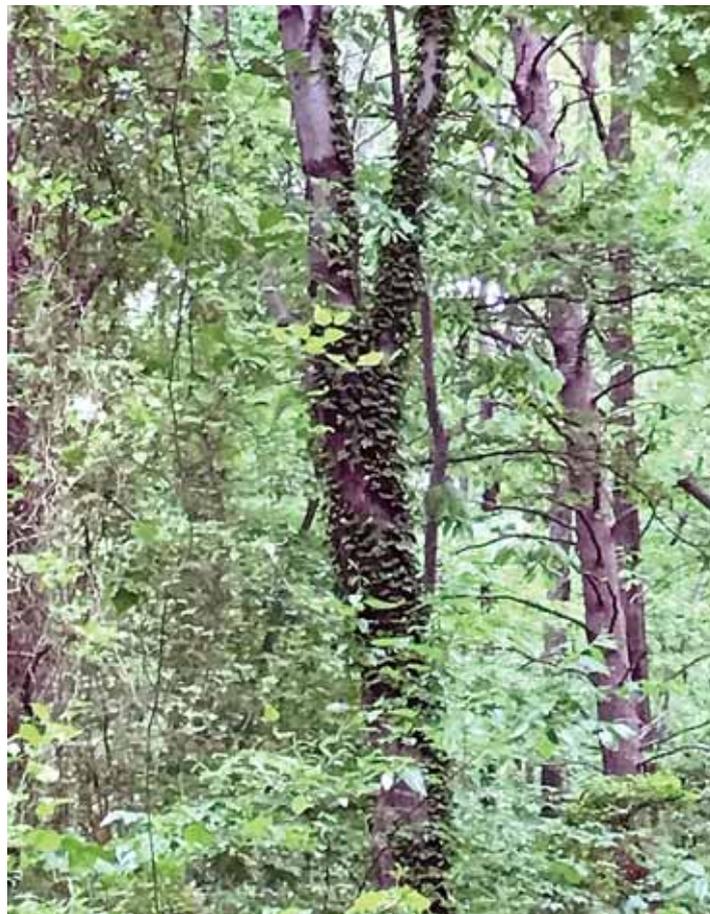
The app may also track who records the most observations, the most species, and what was the most observed species photographed, such as woodchucks or English Ivy. The finished product of all finds will be a "nature selfie" of Reston on the given day.

On the sign-up page, organizers state, "Adults and students in high school/college are encouraged to participate in this citizen science challenge. An orientation and training will be provided before the event. Teams of approximately 4-6 people will be assigned to different taxonomic groups. Teams will be given maps and specific natural areas to inventory."



SCREENSHOT FROM RESTON ASSOCIATION WEBSITE

Patricia Greenberg, Environmental Supervisor of Reston Association (RA), announced on the RA website, they are preparing for Reston's first 24-hour BioBlitz.

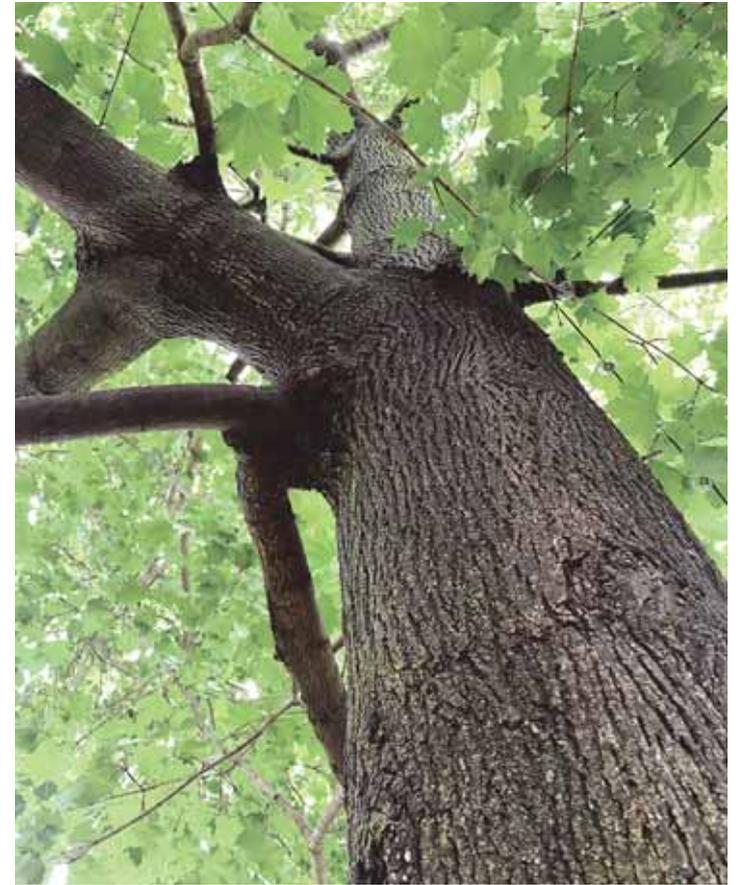


English Ivy, as seen on this tree's trunk is an invasive plant that competes for a tree's nutrients, water and sunlight with added moisture around the bark attracting bugs. If left to climb, the tree's branches dieback from the ground up with the imbalance in the branches and added vine weight at the top of the tree, making it prone to fall over.

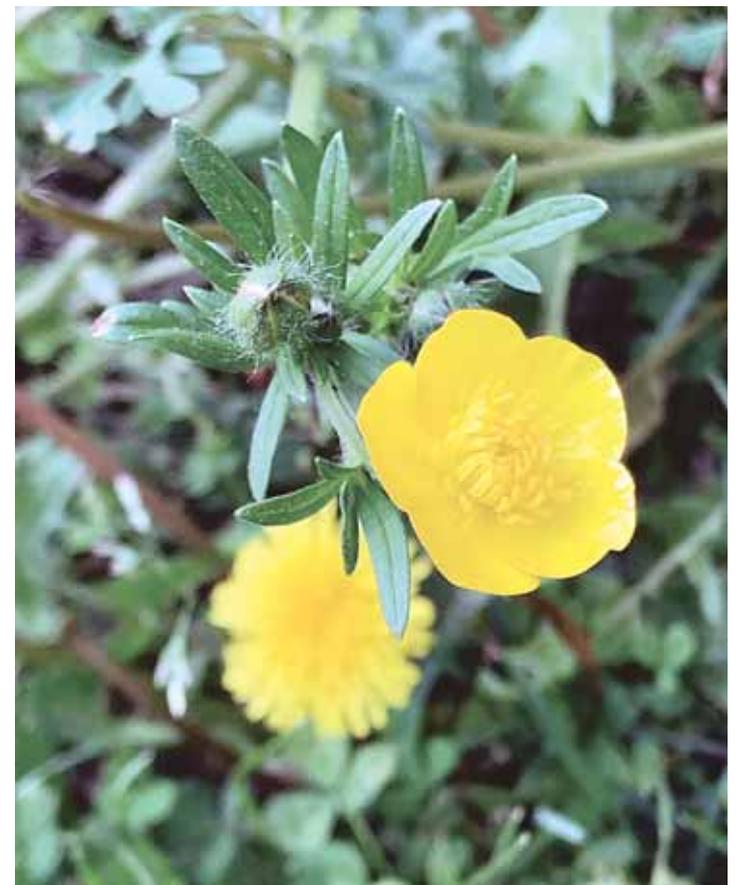
SUBJECT MATTER EXPERTS, experienced iNaturalist app users and digital photographers are needed for Reston BioBlitz 2018. Locals, spotters, and recorders who have familiarity with Reston's natural areas and trails are also sought. If someone cannot join a team, the person can still participate on by uploading species observed

on June 2 anywhere in Reston.

Join the Reston BioBlitz 2018 project in the iNaturalist app at www.inaturalist.org/projects/reston-bioblitz-2018. Upload species photos to the on-going Reston Biodiversity Project at www.inaturalist.org/



A strong, healthy maple tree can be home for many forms of wildlife.



Buttercups and dandelions grow freely throughout Reston.

projects/reston-biodiversity.

For more information and if you are interested in volunteering, register on SignUpGenius: [/www.signupgenius.com/go/5080a](http://www.signupgenius.com/go/5080a), email pgreenberg@reston.org or call 703-435-6552.

NEWS



Honeygrow Celebrates Grand Opening in Reston

On Friday, May 11, Supervisor Cathy Hudgins (D-Hunter Mill) cut the ribbon at the grand opening of honeygrow in Reston. In the photo: Supervisor Hudgins is surrounded by honeygrow team members and CEO and founder Justin Rosenberg on the far right. Also joining the festivities was Grace Foster, DC Chapter head for Back on My Feet, an organization that works with the homeless on job training and housing and which honeygrow is a partner. On Friday, \$5 from every meal sold went to Back on My Feet. The Reston location marks honeygrow's 32nd store in just six years and their fourth DC-area shop.

Small Businesses

FROM PAGE 3

lery, we offer eyewear that cannot be found online and in chain stores and personalized experience. We offer eyeglasses and sunglasses for those who want to stand out in a crowd, make a statement with their eyewear, or who just want top quality expertise and customer service."

Chef Basir Ahadi, Chef on Wheels Tacos & More at 1810 Michael Faraday Drive: "I went to South Lakes High School and grew up here. The reason [we opened at this location] is that we don't have a lot of mom and pop restaurants in Reston. The rent is less than Reston Town Center, and Reston Town Center does not allow start-up restaurants; you have to have ten years experience. There are no challenges in owning [this small business] because I am an accredited chef. I went to college and got a degree in Culinary Arts; I knew what I was getting into. 2017 was the worst year for my food [business]. I lost my [previous] location because of zoning changes.

"[I'd like people to know this is] honest food and I provide it. I create recipes in my spare time. I'm going on vacation and I'm taking a book about sauces. [One word to describe operating my business is] focused; my business is only secondary to my family which comes first.

"I've been very happy with Fairfax County government. They make it [business forms and regulations] very easy in comparison to Arlington, the District of Columbia and Loudoun County. We donate a lot [of food] to school PTAs, and we take our leftover food to the Embury Rucker Shelter."

(As for saying anything else), "... six months ago, I had only \$36 left when I opened the restaurant. I could not tell my wife. Now five months later, on Yelp I have

63 5-star reviews, on Google, 103 4 1/2-star reviews. That's because everything is made from scratch, it is fresh and local, much from the Farmers Markets."

Brian Li, J-Petal at 2260 Hunters Woods Plaza: "My friend recommended Reston, and I did a little research. There is a huge population here, and they are still building up the transit system, so that makes it prosperous for businesses. I like to talk with the customers and get to know them. [One of the most difficult challenges] was going through the Design and Renovation stages. The permits were easy to get. (I'd like people to know) that it takes a lot of time to own a small business. I'd like to promote my business on calendars or profile it and get together with other small businesses so we can learn from each other."

Bud Burwell, Reston's Used Book Shop at 1623 Washington Plaza North at Lake Anne: "This location is the original location of Reston Used Book Shop, and at the time we picked up the business, we had a chance to purchase the dry cleaners next door. It was all about keeping the Book Store going. (As for challenges), as much as the Plaza is a draw in itself, in the colder weather there is not enough foot traffic, and we have not solved that yet.

"Reston is one of the most well-read communities in the world, and the books we get reflect that. (Operating the business) is a joy. Kids come in here, and they know they are going to find something. I never get tired of people saying, 'Don't you ever close?'"

"I would like to see local government follow through on the redevelopment of the Lake Anne District. It was 15 years of planning, and it POOFED and is gone. (I'd like people to know) to come on down and enjoy Lake Anne this season. It's gorgeous."

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Before crossing a street, always make eye contact with the motorist to ensure they see you - even if the walk sign is on. Wait until the road is clear or until all traffic has stopped.

The 2018 Fairfax County bike & trail map is now available at all government centers and bike shops in Fairfax County, as well as at fairfaxcounty.gov/transportation/bike-walk



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More Than Apple for Teacher

Gifts for those who educate children.

BY MARILYN CAMPBELL

As the school year nears an end, it's time to thank those whose jobs run the gamut from comforting kindergartners with separation anxiety to teaching biology to hormonal teenagers. End-of-year teacher gifts are seemingly ubiquitous in June, but how does one choose a useful present that doesn't get re-gifted or donated? Local tastemakers offer their take on gifts for teachers that teachers actually want to receive.

"Teachers can always use extra supplies for their classrooms," said Courtney Thomas of the Picket Fence in Burke. "Put together a goody bag full of pencils and markers, notepads, page flags and sticky notes or anything your teacher needs to keep his or her desk stocked. Tie it all up in a reusable bag they can repurpose to carry papers and books to and from school."

Treat your teacher to a spa day at home, advises Thomas. "Get a collection of your favorite lotions, soaps and candles and give your teachers a much appreciated excuse to pamper themselves."

Flowers are a cheerful present to offer those who teach children, but fresh flowers have a limited lifespan, advises Todd Martz of Home on Cameron in Old Town Alexandria who suggests bouquets with longevity. "Felt flowers always look fresh and add a bit happiness to every day," he said.

Sometimes the most treasured gifts are those that don't come with a price tag. "My favorite handmade teacher gift is a thoughtful note of thanks, said Kathryn Horn Coneway of Art at the Center in Alexandria. "Taking the time to say thank you and be specific about how an adult has impacted your child's growth is a powerful way of affirming the work teachers do. I think it is great to encourage kids to write letters of thanks as well and to think through what specifically they can name that they have learned or gained from a teacher."

"A beautiful and thoughtful gift for all teachers are



PHOTO COURTESY OF SONORAN ROSE BOUTIQUE

Wine-scented bath bombs from Napa Valley are the perfect gift for the teacher who needs a little pampering.

guest towels," says Cristina Chiotti of Sonoran Rose Boutique in Potomac, Md. "[We have some] that come from South Africa and are available in a variety of lovely prints and designs," she said. "Delicious wine-scented bath bombs from Napa Valley are the perfect gift for the teacher who needs a little pampering."

For teachers with a preppy spirit, Amanda Mertins, of Patina Polished Living in Alexandria, advises, "Some of the most thoughtful gifts for teachers who go above and beyond to educate our children are gift monogrammed items, gifts cards and notepads."

And for teachers who enjoy spending time outdoors, Chiotti says an ideal gift includes "Pairing some local Maryland honey with our gardening tool kit for the perfect springtime gardening gift."



COURTESY OF KATHRYN CONEWAY

Notepads make useful end-of-year teachers gifts, suggests Amanda Mertins of Patina Polished Living in Alexandria.



PHOTO COURTESY OF THE PICKET FENCE

Candles, soaps and lotions in a gift bag will make luxurious end-of-year teacher gifts, says Courtney Thomas of The Picket Fence in Burke.



PHOTO COURTESY OF ART AT THE CENTER

A note written on a handmade card such as this collage with mulberry paper and acrylic medium on watercolor paper by Kathryn Horn Coneway of Art at the Center, makes meaning teacher gifts, says Coneway.



PHOTO BY MERCIA HOBSON/THE CONNECTION

Ridge Heights Heated Pool in Reston opened Saturday, May 12, 2018. Many families enjoyed early evening swims on Monday, May, 14.

Two Reston Pools Open Before Memorial Day

Enjoy a splash of summer fun now.

By MERCIA HOBSON
THE CONNECTION

Reston Association announced two of its fifteen pools opened last weekend for Season 1, May 12-May 25. The first is the North Shore Heated Pool and Spa at 11515 North Shore Drive. Parking is available only on North Shore Drive. The pool features a spa, wading pool, and ADA ramp to the pool deck, ADA hydro lift chair into the main

pool, a shaded upper deck with picnic tables, Lake Anne Plaza and tennis courts. Lap lanes measure 25 meters and are 3 to 11 feet deep. Weekend hours are 11 a.m.-8 p.m. Weekday hours are 1-8 p.m.

Ridge Heights is the second heated pool that opened May 12. It is located at 11400 Ridge Heights Road and offers a diving well, diving board, wading pool, and two large grass beach areas. Lap lanes are 25 meters in length and are 3 to 5 feet deep. Weekend hours are 10 a.m.-7 p.m. with weekday hours 1-7 p.m.

The other thirteen RA pools will open Saturday, May 26. Visit Reston Association weekly Newsletter, May 11, for more information on the pool schedule.

Reston Association President David Bobzien Resigns for Leukemia Treatment

David Bobzien announced his resignation as president of Reston Association's Board of Directors effective immediately, according to RA. Bobzien has been diagnosed with acute myeloid leukemia and began chemotherapy treatment late last week.

Bobzien was selected by the board to be president on April 11, 2018. He was elected to a three-year term on the board as the apartment owners' representative in 2017 and served on three RA committees and as vice president from April 2017.

"My hope is to get through this so that I can continue to enjoy the people and pathways that [my wife] Cathy and I fell in love with when we moved to Reston in 1975," said Bobzien. "Reston for Life has taken on a new meaning for us."

Sridhar Ganesan, the board's vice president, said, "David played a strong leadership role during the last year helping Reston Association make some critical decisions. His governance approach helped bring about consensus on many matters before

the board. I thank him for his service to RA during a critical time and wish him strength and success through his treatment and a speedy recovery."

Bobzien's resignation means the nine-member board now has two open seats. Victoria White vacated her seat on April 11 because she moved from the Hunters Wood/Dogwood District she represented. The board is expected to select White's replacement at its next meeting on May 24 while the apartment owners' seat will be replaced by a majority vote of the apartment owners to serve out the rest of the year until annual elections in 2019.

"David will be missed as both a board member and president. His understanding of the county and its many components was a real benefit to RA," said the association's acting CEO, Larry Butler.

"I am hopeful that his treatment is speedy and effective so that he can get back to all of the things in which he was involved in the Reston community."

Reston's First Pride Festival June 2

The first ever Reston Pride Festival will be June 2, 2018. This family friendly, alcohol-free event, will feature more than 10 performers, presentations by area political leaders and faith leaders, 35 booths and exhibits, food and music from 2 to 6 p.m. at the Unitarian Universalist Church in Reston (UUCR), 1625 Wiehle Avenue, Reston.

Reston Pride is sponsored by the Unitarian Church in Reston and cosponsored by 18 Reston area-based organizations including six churches and synagogues, Cornerstones, and the YMCA as well as several corporate sponsors.

"The goal of the first Reston Pride is for the greater Reston community to support and celebrate its LGBTQ community," said the Rev. Dr. Debra W. Haffner, recently settled minister at UUCR. "As someone new to Reston, I was surprised to discover that despite Reston's founding commitment to diversity and inclusion, there had never been a Pride festival in Reston. I am delighted by the enthusiastic response and support we are receiving for Reston Pride, often from groups and organizations that have never spoken out before on LGBTQ issues. We look forward to a great day for LGBTQ people, families, teens, and allies and the start of an annual tradition."

Haffner's adult son Greg will emcee and perform as Mama Celeste at Reston Pride. The San Francisco Chronicle



PHOTO CONTRIBUTED

Mama Celeste

named Mama Celeste as one of the up and coming drag performance artists in the Bay Area and she will be hosting Oakland's first drag festival in May.

People are encouraged to visit Reston Pride on Facebook (www.facebook.com/RestonPride/), Twitter (www.twitter.com/RestonPride) and online at www.uureston.org/reston-pride. Volunteers are still needed the day of the festival. Email restonpride@uureston.org to sign up.

Candidates for RCA Board Sought

Reston Citizens Association (RCA) elections will be held from June 7 to June 22 for four district seats and four at-large seats for its Board of Directors. Restonians interested in joining the RCA Board are invited to file completed candidate forms by May 30, 2018.

The Reston Citizens Association (RCA) is a non-profit, tax-exempt 501(c) 3 corporation serving over 60,000 people who live in Reston. Founded in 1967, RCA is the only community-wide, non-partisan, and action-oriented organization in which everyone that lives, works and plays in Reston has a voice. RCA is governed by a 13-member Board of Directors elected by Reston residents with the directors serving three-year terms.

Member of the RCA Board of Directors, interact with the community on the issues that impact them, meet with County and other local officials including RA & RTCA, and attend public meetings. They collect information, provide analysis and, based upon feedback received from the public,

inform various local organizations directly and news outlets about public expectations for outcomes on issues that affect Reston.

There are eight seats up in the 2018 elections, all for three-year terms unless otherwise stated: Town Center/Lake Anne/Tall Oaks District Director, four At-Large Directors, South Lakes District Director (two-year term), and two North Point Directors (one-year term and a two-year term). Terms begin at the June board meeting.

Candidates for a director seat must live in Small Tax District 5, be a Reston resident 18 years or older, and vote in designated precincts/polling places within Reston districts. If you want to actively promote Reston's vision and planning principles and to sustain and enhance its quality of life, download an application at <http://bit.ly/2018RCAapp>.

Your completed application must be sent to elections@rcareston.com by May 30. If you have questions, contact the Reston Citizens Association Election Committee at elections@rcareston.com.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

VOLUNTEERS NEEDED

Volunteers Needed for Northern Virginia Fine Arts Festival. At Reston Town Center, 11900 Market St., Reston. Greater Reston Art Center's (GRACE's) largest annual fundraiser. Draws up to 30,000 visitors and there is free garage parking all weekend. Over 500 volunteers are needed. Volunteers perform a variety of roles including setting up with the logistics crew, welcoming and

booth sitting for participating artists as part of the Artist Hospitality entourage, welcoming visitors and accepting donations for GRACE as a Festival Ambassador, or helping young artists with their creations in the Family Art Park. Visit restonarts.org/fineartsfestival.

SEE BULLETIN, PAGE 11

ENTERTAINMENT

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

ONGOING

Craig Moran: Spaced Out. Through May 29 at GRACE at Signature, 11850 Freedom Drive, Reston. A D.C.-based painter known for his boldly patterned canvases, Moran's newest body of work is a whirl-wind of exuberant colors and energetic shapes, evoking elements of the natural world and portraiture in a dynamic flattened space. Call 703-471-9242 or visit www.restonarts.org.

Twitterpated: Animated Adoration at ArtInsights. Through June 30 at ArtInsights, 11921 Freedom Drive, Reston. ArtInsights celebrates Devoted Couples of Disney, with images of Lady and Tramp, Pongo and Perdita, Mickey and Minnie, Thumper and Miss Bunny, Belle and The Beast, and more, including new releases by official Disney concept and production artists. Call 703-478-0778 or visit artinsights.com.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays, June through August. At Reston Town Center Pavilion, 11900 Market St., Reston. Music genres from around the nation are performed by live bands each week. Bring lawn chairs or picnic blankets for seating. Free. Rain or shine. Alcohol permitted at restaurants only. Visit www.restontowncenter.com/concerts.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Homegrown Yoga. Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit www.homegrownpoweryoga.com to sign up.

The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.com.

FRIDAY/MAY 18

"FIX," an Original Work. 7 p.m. at Unitarian Universalist Church of Reston, 1625 Wiehle Ave., Reston. Dodgeball Theatre's Teen Ensemble 18 presents: "Fix," an original work. "FIX" considers the nature and intention of trying to fix the world around us and ultimately asks the question when is it enough? \$10, tickets available at the door. Visit www.dodgeballtheatre.com.

Encore Choral Concert. 7:30-9 p.m. at United Christian Parish Reston, 11508 North Shore Drive, Reston. Combined Encore Chorales from Reston, Fairfax, and Lansdowne Woods sing music from Broadway, the Great American Songbook, and traditional Spirituals. Free. www.EncoreCreativity.org.

FRIDAY-SUNDAY/MAY 18-20

Northern Virginia Fine Arts Festival. 10 a.m.-5 p.m. each day at Reston Town Center, 11900 Market



Northern Virginia Fine Arts Festival takes place Friday-Sunday, May 18-20, 10 a.m.-5 p.m. each day at Reston Town Center, 11900 Market St., Reston. Visit restonarts.org and click on "Festival."

Northern Virginia Fine Arts Festival

The annual Northern Virginia Fine Arts Festival returns for its 27th year with more than 200 artists from 35 states. Festival Friday kicks off the weekend of activity; and the Festival Party is on Saturday night. Free parking is available on Friday, Saturday, and Sunday of festival weekend. Friday-Sunday, May 18-20, 10 a.m.-5 p.m. each day. Visit restonarts.org/fineartsfestival/.

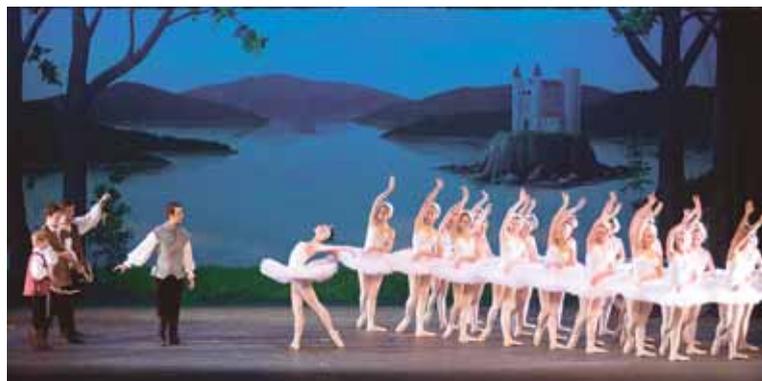


PHOTO BY VHAO PHAM

Odette the Queen of the Swan Maidens is pleading with Prince Siegfried to not shoot her fellow Swans. Odette is Claire Trevithick.

Swan Lake

The Ravel Dance Studio will be performing Swan Lake. The Ravel Dance Studio is one of few schools in the area to produce such an elaborate production requiring 24 highly trained ballerinas to perform the roles of the entranced Swan Maidens. Eighty other ballerinas ages 8 and older will perform in Act III of the ballet. Friday, May 25, 7:30 p.m. and Saturday, May 26, 2 p.m. at Center Stage at Reston Community Center, 2310 Colts Neck Road, Reston. \$25. Call 703-437-9664 or visit www.raveldance.com.

St., Reston. More than 200 artists will show off their works. Presented by GRACE - Greater Reston Arts Center. Admission \$5/adults. Free garage parking. Visit northernvirginiafineartsfestival.org.

SATURDAY/MAY 19

Kids in the Park. 10 a.m.-2 p.m. at Claude Moore Recreation & Community Center, 46105 Loudoun Park Lane, Sterling; Claude Moore Park, 21544 Old Vestal's Gap Road, Sterling; and Heritage Farm Museum, 21668 Heritage Farm Lane, Sterling. Celebrate National Kids to Park Day, a fun-filled day including a scavenger hunt at all three sites, farm tour, moonbounces, arts and crafts, games, food trucks and more. Free admission. Call 571-258-3600

SUNDAY/MAY 20

Red Shoe 5K Run & Walk. at Dulles Station in Herndon. The family-friendly event will feature a timed 5K course suited for both runners and walkers, and a Kid's Fun Run for kids 8 years and younger. Sponsored by Ronald McDonald House Charities. \$35 for Adult 5K registration, and \$25 for Kid's Fun Run (8 and under); \$40 day of. www.RedShoe5k.org.

Walk for Sjögren's. Registration, 9 a.m.; walk begins 10 a.m. at 1400 Lake Fairfax Drive, Reston. Over 200 Sjögren's ("SHOW-grins") patients, family members, friends, caregivers, and health care professionals will depart from Lake Fairfax to embark on a Walk for Sjögren's, supported by the Sjögren's Syndrome Foundation (SSF). Sjögren's is a systemic autoimmune disease that affects the entire body. Visit events.sjogrens.org/GWRWalk or call 1-800-475-6473.

Sunday Spring Tea Fundraiser. 2-4 p.m. at Crowne Plaza, 2200 Centreville Road, Herndon. Arts Herndon Fundraiser to Benefit Arts Herndon's scholarships and programming. Silent Auction Baskets from local businesses, guest artist Mary Sears, special guest speaker, live music, door prizes and more. Register at artspaceherndon.org.

Author Event. 2 p.m. at Scrawl Books, Reston Town Center, 11911 Freedom Drive, Reston. Author Kara Arundel reads from and discusses her novel, "Raising America's Zoo: How Two Gorillas Helped Transform the National Zoo." Visit www.scrawlbooks.com.

Great Classical Hits. 4-5:30 p.m. at Reston Community Center, Hunters Woods, 2310 Colts Neck Road,

Reston. The Reston Community classical hits including "Rhapsody in Blue" with pianist, Carlos Ibay, Haydn's "Cello Concerto #1" featuring Kurt Usowski. Table seating with refreshments available for a \$15 advance donation. Visit www.restoncommunityorchestra.org.

TUESDAY/MAY 22

INOVA Blood Drive. 1-6 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston. Schedule Bloodmobile appointments at 1-866-256-6372 or inova.org/donateblood.

Healthy Diet Kickstart. 7-8:30 p.m. at GreenFare Organic Cafe, 408 Elden St., Herndon. Kickstart your Plant-Based Diet — explore the basics of a healthy diet and how to conquer your health issues with instructor, Pericles Silva. The 21-day kickstart includes meals to help you overcome obstacles to change. Class meets for four Tuesdays beginning Tuesday, May 22, 7-8:30 p.m. Call 703-689-0506 or visit GreenFare.com. Contact Gwyn Whittaker at gwyn@greenfare.com.

THURSDAY/MAY 24

DMV2Go. 9 a.m.-4 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

FRIDAY/MAY 25

Ballet: Swan Lake. 7:30 p.m. at Center Stage at Reston Community Center, 2310 Colts Neck Road, Reston. The Ravel Dance Studio will be performing Swan Lake. The Ravel Dance Studio is one of few schools in the area to produce such an elaborate production requiring 24 highly trained ballerinas to perform the roles of the entranced Swan Maidens. Eighty other ballerinas ages 8 and older will perform in Act III of the ballet. \$25. Call 703-437-9664 or visit www.raveldance.com.

Submission Deadline. The Reston Photographic Society, a special interest group of the League of Reston Artists, invites photographers to enter photographs in the RPS at Lake Anne show by May 25 through the web site. Entries will be judged and \$1,000 in prizes will be awarded at the reception on Sunday, June 3, from 2-4 p.m. at the gallery. The exhibit runs from May 29 through June 25 and is free and open to the public, 9 a.m.-8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. Visit www.leagueofrestonartists.org.

SATURDAY/MAY 26

Vegetable Plant Clinics. 10 a.m.-noon at Baron Cameron Park, 11300 Baron Cameron Ave., Reston. Learn about growing nightshade plants (tomatoes, etc.). Fairfax County Master Gardeners will add a focus on vegetable gardening to their Plant Clinic program. Contact the VCE Fairfax County Master Gardener Help Desk at 703-324-8556.

Myths & Monsters at the Museum. 11:30 a.m. at Reston Historic Trust & Museum, 1639 Washington Plaza, Reston. Meet the authors of Myths and Monsters of Reston Virginia: Field Guide. Get the scoop on Reston's supernatural secrets in a presentation by the authors at 11:30. Rock decorating and hiding starts at 12. All ages welcome. Free. Visit www.restonmuseum.org.

Ballet: Swan Lake. 2 p.m. at Center

Stage at Reston Community Center, 2310 Colts Neck Road, Reston. The Ravel Dance Studio will be performing Swan Lake. The Ravel Dance Studio is one of few schools in the area to produce such an elaborate production requiring 24 highly trained ballerinas to perform the roles of the entranced Swan Maidens. Eighty other ballerinas ages 8 and older will perform in Act III of the ballet. \$25. Call 703-437-9664 or visit www.raveldance.com.

Christian Perez Chamber Ensemble. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This project not only combines musicians of different backgrounds (classical, Bulgarian folk, Jazz, Tango, Bluegrass, Latin-american, etc.). The ensemble will perform original compositions and arrangements from Perez's first album "Anima Mundi" as well as newer compositions. Visit artspaceherndon.org.

Star-Spangled Salute. 7 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston. Presented by The Reston Chorale. Bring a lawn chair and enjoy patriotic music performed by The Reston Chorale along with Brass of the Potomac. Free. Donations of items for troop care packages are welcomed. Visit restonchorale.org.

TUESDAY/MAY 29

International News - Cross-Cultural Communications. 7-8:30 p.m. at Herndon Fortnightly Library, Meeting Room 2, 768 Center St., Herndon. Part of Hot Topics: News, Blues and How to Defuse. An interactive workshop on international news and dialogue skills. Guided by experts from GMU's School of Conflict Analysis and Resolution and FCPL Librarians. Visit librarycalendar.fairfaxcounty.gov/event/3971589.

THURSDAY/MAY 31-SUNDAY/JUNE 3

2018 Herndon Festival. The 38th annual Herndon Festival, a community-wide celebration in and around Herndon's Municipal Center complex and historic Town Hall Square. Will feature entertainment on three stages, a carnival, fireworks on Saturday, a Kids' Alley with children's hands-on art area, arts and crafts show, business expo, 10K/5K races and fitness expo, and a variety of food vendors. Free and open to the public, although there is a charge for some activities. Follow on Facebook.com/herndonfest and on Twitter @herndonfestival. Visit the website www.herndonfestival.net. Contact the Parks and Recreation Department at 703-787-7300 or visit herndon-va.gov/recreation.

SUNDAY/JUNE 24

Vegetable Plant Clinics. 4-6 p.m. at Baron Cameron Park, 11300 Baron Cameron Ave., Reston. Focus will be on garden diseases. Fairfax County Master Gardeners will add a focus on vegetable gardening to their Plant Clinic program. Sponsored by Virginia Cooperative Extension. Contact the VCE Fairfax County Master Gardener Help Desk at 703-324-8556.

SUNDAY/JULY 22

Vegetable Plant Clinics. 4-6 p.m. at Baron Cameron Park, 11300 Baron Cameron Ave., Reston. Focus will be on planning a fall vegetable garden. Fairfax County Master Gardeners will add a focus on vegetable gardening to their Plant Clinic program. Sponsored by Virginia Cooperative Extension. Contact the VCE Fairfax County Master Gardener Help Desk at 703-324-8556.

THEATER

NextStop Theatre Explores Family and Faith

Scorching comedy 'Bad Jews' from May 24 to June 17.

BY DAVID SIEGEL
THE CONNECTION

Equally comically uproarious and verbally ferocious, Joshua Harmon's "Bad Jews" in an unflinching take on family fireworks. The production centers upon three twenty-something cousins in a high stakes clash over their faith, assimilation, even their romantic choices as they come to terms with the death of their Holocaust survivor beloved grandfather. And there is one heirloom he carried with him his entire life that becomes the epicenter of attention.

In selecting "Bad Jews," Evan Hoffmann, NextStop artistic director, said he "wanted to produce a play that explored big ideas and big pictures issues about faith and family dynamics. At its core 'Bad Jews' is about how people argue using what they know about each other as weapons against each other. And yet the family keeps together, even during tough times.

"In Joshua Harmon's heated 'Bad Jews' we have an amazing ensemble of local actors who portray three cousins engaged in verbal battles that must be seen to be believed," added Hoffmann.

Christina Alicea directs the NextStop production of "Bad Jews." Originally from Northern Virginia and a graduate of George Mason University, Alicea is the Producing Artistic Director at Vermont Stage, a professional, year-round home for contemporary theater located in Burlington, Vt.

In a recent interview, Alicea said the play was "in her wheelhouse with a type of comedy that has something meaningful to say. It is a comedy that will start conversations as it explores family dynamics."

Alicea cast local actors "who would be verbal sparring partners; able to give as good as they got." The cast includes two central characters. There is Noah Schaefer, a veteran of Northern Virginia stages such



Sophie Schulman portrays Daphna in NextStop's production of "Bad Jews."



Noah Schaefer portrays Liam in NextStop's production of "Bad Jews"

PHOTOS COURTESY NEXTSTOP THEATRE

Where and When

NextStop Theatre presents "Bad Jews" at 269 Sunset Park Drive, (Inside the Sunset Business Park), Herndon. Performances: May 24 to June 17, 2018. Thursday at 8 p.m.; Friday at 8 p.m.; Saturdays May 26 at 7 p.m.; June 2 at 8 p.m.; June 9 at 2 p.m. and 8 p.m.; and June 16 at 8 p.m.; Sundays May 27 at 2 p.m.; June 3 at 2 p.m. and 7 p.m.; June 10 at 2 p.m.; and June 17 at 2 p.m. Tickets: General Admission: \$35-\$60* (Ticket prices increase as performances get nearer and fill up.). Note: "Bad Jews" contains adult language that may not be suitable for all ages.

as Tysons' 1st Stage, who plays a proudly secular Liam. Sophie Schulman portrays his partisan, a more religious cousin, Daphna. Schulman is a veteran on Northern Virginia stages such as Fairfax's The Hub.

For Schaefer, his character Liam "wants to be heard. And for Liam, image is very important. How others perceive him has great significance to his being." For Schulman, the play and its characters "are truthful; as sharp, funny versions of real life and real people."

Others in the NextStop ensemble include Vitaly Mayes as Liam's brother and Elizabeth Vinarski as Liam's non-Jewish girlfriend.

For Hoffmann, "Bad Jews" is the capstone to a year-long commitment to provide distinctive perspectives on similar topics. In this case, what happens when good people express vastly divergent points of view."

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12 NOON - 2 PM (Open to all job seekers)
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Announcements

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PEOPLE

Melissa Heifetz Named Executive Director of Congregation Beth Emeth

Congregation Beth Emeth (CBE) has announced the appointment of Melissa Heifetz as Executive Director, only the second individual to hold this title in the synagogue's 39-year history.

Her appointment comes as the current Executive Director, Linda Eisinger, retires after nearly 25 years of outstanding service. Heifetz begins her new role at CBE April 30.

"CBE is a thriving Jewish congregation in western Fairfax County, which needs an executive director prepared to help us move into our future," said CBE President Marty Zelman. "Our senior leadership and members of the search committee were unanimous in the choice of Melissa Heifetz, who will bring fresh ideas, a new perspective, solid experience, and an understanding of our unique and vibrant community to her new role."

"I am thrilled to take up this new challenge, which combines my non-profit management experience with my interest in maintaining and growing the vi-



Melissa Heifetz

tal Jewish community in Fairfax and Loudoun Counties," said Heifetz. "I am especially excited to serve a congregation with such a warm and welcoming atmosphere."

Heifetz has been a member of the CBE community for nearly a dozen years, and has had a long career in the nonprofit sector. Most recently, she was Executive Director of The Arc of Loudoun at Paxton Campus, where she was named the Loudoun County Chamber of Commerce 2018 Non-Profit Executive Leader of the Year.

ABOUT: Congregation Beth

Emeth is a welcoming, egalitarian Conservative Jewish Congregation located at 12523 Lawyers Road, Herndon, serving Western Fairfax and Eastern Loudoun counties in Northern Virginia. With nearly 400 families, Congregation Beth Emeth is "just the right-size" — large enough to meet the spiritual, educational, and social needs of members while preserving the warmth of a close-knit community. To learn more, visit bethemeth.org.

Dispose of Old Medications

BY MERCIA HOBSON
THE CONNECTION

While drug disposal programs are commonly offered at cities and towns across the nation multiple times a year, here in Herndon, there is no need to wait for a special collection day. CVS Health launched its CVS/pharmacy Medication Disposal for Safer Communities Program through a grant initiative in which the company distributed drug collection bins to police departments and municipalities so they could set up local drug disposal programs. One of the CVS Health drug disposal bins is located in the parking lot of the Herndon Police Station located at 397 Herndon Parkway, Suite 300. If drugs are flushed down the toilet or through the sink, most of the chemicals pass through local treatment plants or septic systems and can end up in nearby streams and rivers.

According to CVS Health, their specialized drug disposal units meet federal requirements to collect and securely store prescription medications, including those considered "controlled substances," drugs that have the potential for abuse or dependence and are highly regulated by law enforcement agencies.

Eileen Howard Boone, the CVS/pharmacy senior vice president of corporate social responsibility and philanthropy, stated, "The first 100 bins collected nearly 6,500 pounds of old medications in their first six months of use." The goal of the initiative, Boone said, is to award 1,000 drug collection bins to local governments across the U.S.

Ten to thirty percent of all prescription and over-



In the parking lot of the Herndon Police department sits a drug collection bin by CVS Health. It serves as an environmentally and socially responsible drug disposal site, easily accessible to the public.

the-counter drugs sold are left unconsumed, according to a State of Washington report, and all those leftover medications pose significant risks to public health and the environment.

If unused medications are stored in the medicine cabinet, this can lead to possible drug misuse and abuse.

A 2018 study by the Washington State Department of Health, cited home medicine cabinets have become the new drug dealer. Over half of teens abusing medicines get them from a family member or friend, often without their knowledge.

Based on data available for analysis on April 3, 2018, the National Center for Health Statistics disclosed the results of a 12 month-provisional count of drug overdose deaths in Virginia. Findings revealed a continuous upswing in reported deaths for the

last few years. For the 12 month period ending September 2015, there were 1,009 counts of drug overdose deaths, September 2016, 1,260, and in 2017, 1,431 deaths noting 2017's number is likely underreported due to incomplete data. Comparing the number of deaths by overdose to highway fatalities, the Virginia Highway Safety Office reported in their 2017 Virginia Traffic Crash Facts, 843 persons died in single and multi-vehicle crashes. This number is slightly more than half the number of individuals who died in Virginia during the same period from drug overdoses.

The CVS Drug Disposal bin is located directly in front of the Herndon Police Station. It's open to the public 24 hours a day.

BULLETIN

FROM PAGE 7

The Herndon High School PTSA is in need of a treasurer, but anyone interested in serving on the board is welcome. The HHS PTSA works to provide connections between students, teacher and parents. They offer mini-grants to teachers, scholarships and achievement awards to students as well as appreciation events for staff. Email HerndonHSPTSA.Treasurer@gmail.com to learn more.

STEM Professionals Needed. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in six Northern Virginia school districts. Contact Don Rea at 571-551-2488, or donaldrea@aol.com.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. Mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

PARENTS HELPING PARENTS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nam-northernvirginia.org/parent-peer-support.html.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

THURSDAY/MAY 17

Community Food Packing. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals. Arrive at 9:30 if you would like to help with setup. Free. Email LynnB517@verizon.net or visit www.northernvirginia.assistanceleague.org.

FRIDAY/MAY 18

RSVP Northern Virginia Orientation. 10:30 a.m. at the Reston Regional Library, 11925 Bowman Towne Drive, Reston. RSVP Northern Virginia will hold an orientation for prospective volunteers. RSVP (Retired and Senior Volunteer Program) is the region's largest volunteer network for people 55 and older and provides individualized support to seniors seeking service opportunities. The event is free and open to the public. Sign up by email at chubicki@volunteerfairfax.org or call 703-403-5360. Visit www.rsvpnova.org.

THROUGH MAY 20

NVTA Candidate Projects. The Northern Virginia Transportation Authority has released 60 candidate projects and related information for its inaugural FY 2018-2023 Six Year Program for public comment. The Authority invites the public to learn more about and comment on the candidate projects under consideration for funding. A detailed project list, project description forms, maps and technical analyses are available at www.TheNoVaAuthority.org and at the NVTA offices (3040 Williams Drive, Suite 200, Fairfax), on weekdays from 9 a.m.-5 p.m. E-mail: TheAuthority@TheNoVaAuthority.org; phone: 703-642-4652. Visit www.TheNoVaAuthority.org.

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Musing About Infusing



By KENNETH B. LOURIE

Seven weeks between chemotherapy infusions; I could get used to this. Here I am sitting and writing on Wednesday, May 9 and my next scheduled infusion isn't until Friday, June 1. That's another three-plus weeks. It's a "staycation," of sorts, meaning: I'm not going anywhere, but due to the new extended chemotherapy infusion interval - from six weeks to seven, I don't have to.

Though it's hardly an ideal vacation - either staying or going - for a cancer patient still undergoing treatment, not having to go the Infusion Center is about as good as it gets. What's even better is receiving scan results (which at present are still scheduled quarterly) which show "stable," "shrinkage," or even "N.E.D.," which means "no evidence of disease" (I'm "stable"). All of which I can live with. Despite ending that last sentence with a preposition.

With respect to "N.E.D.," unfortunately, being asymptomatic as I generally am - and mostly have been, is not necessarily an indicator that all is well.

Neither do symptoms always confirm "progression" (medical jargon for growth and/or movement). Sometimes the pain is scar tissue. Other times it's a side effect of the medicine you've been infusing or the pill you've been swallowing. (Presently, there are targeted treatment options which enable patients to take pills at home, tarceva being one example. Which if I may quote the late Maurice Chevalier singing in "Gigi": "I remember it well" from the 11 months a few years ago when I didn't have to commute to the infusion center.)

Throw in the occasional phone appointment I've had with my oncologist, post-scan, when he and I both know - per an email he usually sends, that the results continue to show "stable," and when an in-office examination is likely not to "present" (more medical jargon; this one meaning, show) any contradictory findings and I've definitely had my moments of relative/comparative calm. Moments which, when they do occur, need to be cherished because, in the terminal cancer world, the news is not always good.

And since you have to take the good with the bad, with minimal control over both - acknowledging the good and not giving into the bad, become your stock and trade. It's easy, maybe even inevitable that a cancer patient will get overwhelmed by his or her circumstances so finding a way to navigate the slings and arrows of the outrageous misfortune which has befallen you is more than crucial; it's life sustaining.

Practically speaking though, how does one absorb the news and subsequent reality of a cancer diagnosis? What word I used to describe what I felt and heard at the initial Team Lourie meeting with my oncologist when he told me I had a "terminal" form of cancer: non-small cell lung cancer, stage IV, was "surreal."

It's a word I've heard many other cancer patients use when describing the moment when they first heard their devastating news. At that ground-zero moment, the words "non-small cell lung cancer," at least for me, were almost incomprehensible, especially if there's no cancer history in your immediate family (which was true for me). I mean, I understood him well enough, I just didn't process the information.

Similar to when I received a call at work, from my internal medicine doctor, a few days after my biopsy (and a week or so before meeting my oncologist), advising me of the results. He asked me if I wanted to meet him at his office (that can't be good I thought - and it wasn't). I said, "No. Just tell me" And so he did.

He told me that they found tumors in my lungs which were malignant. My knee-jerk reaction? "What does that mean?" Upon hearing that kind of news/maybe just that word, "malignant," you sort of lose control of your faculties. (At least I did.)

Thinking straight? Hardly. You're thinking crooked. But as time goes by and you somehow begin to assimilate/compartamentalize your diagnosis/prognosis, it becomes quite clear: anything you can do to bring some normalcy into your life is a win-win for you and a lose-lose for cancer.

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

OPINION

Decision Slows Transportation Progress

BY JEFFREY C. MCKAY
LEE DISTRICT SUPERVISOR



COMMENTARY

Frustrating. Exasperating. Maddening. Irritating. Anyone who regularly drives in Northern Virginia is familiar with these feelings, because we all spend time sitting in traffic, staring at miles of brake lights in front of us.

One way we overcome these congestion problems is through funding from the Northern Virginia Transportation Authority (NVTA), a state agency that has awarded \$990 million to transportation projects all over the region.

After years of underfunding by the Commonwealth led to crippling traffic and insufficient maintenance, the 2013 Virginia General Assembly and then Governor McDonnell thankfully reached an agreement to significantly

increase funding for transportation, particularly in Northern Virginia, through this new pot of funds. It has been tremendously successful.

This year, attention was focused on the needs of Metro — a vital component in our transportation

network and the Commonwealth's economy. While the Commonwealth provides significant aid, it is important to note that the local jurisdictions in Virginia that have been responsible for funding Metro since its inception — over half a billion dollars has been provided through local and regional revenue sources in the last five years alone.

Unfortunately, Speaker Kirk Cox and Del. Tim Hugo blocked Gov. Ralph Northam's plan

to provide new revenues for Metro (through small increases in taxes on hotel stays and property sales), which resulted

from discussions with a bipartisan coalition of businesses, local governments, transportation advocates, and legislators — instead, they forced the adoption a plan that diverts more than \$100 million per year from existing road and transit projects funded by the transportation revenues enacted in 2013.

Our region's transportation needs are still sizable, as evidenced by the fact that NVTA received \$2.5 billion in project requests over the next six years, though it only has approximately \$1.25 billion available to

distribute. As a result, many projects that would alleviate congestion and improve mobility will likely be delayed, deferred, or never built — a regrettable outcome that could have been avoided. We should not be addressing one transportation need at the expense of others.

The Quest for Education

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



COMMENTARY

I can remember the conversation almost word for word even though it occurred decades ago. The counselor in my high school asked me to come to her office, and there she told me it was time for me to start preparing applications to go to college. I was about to fall out of my chair. I explained to her that no one in my family had ever been to college, and there was no way that I could go. Most of my family had never finished high school. She told me that lots of people are the first in their families to go to college and that I could be such a person. I did not know what to answer; it was such a new idea that she proposed to me.

Secretly inside she had set ablaze in me a fire that would never go out. The excitement of the idea that I could go to college and learn about so many new things of which I had been curious was more than I could contain. I was

skeptical, however, and I did not go to college the first year out of high school. The next year with lots of fear and trepidation I did start my education at a higher level, and I never have stopped. From my Bachelor of Arts at Old Dominion College, now University,

to my master's in education at the University of Virginia to a thirty-year career with Fairfax County Public Schools, to the Plum Center for Lifelong Learning being named in my honor, to my teaching at George Mason University's Osher Lifelong Institute, education both formal and informal has been a fundamental part of who I am. I can still feel the excitement that I have had in being a part of so many different educational experiences.

All these reminiscences about my educational background came back last week as my grandson received his MBA from Virginia Tech. Growing up in a family where the high-

est educational achievement was a brother who graduated from high school, I now live in a family where I, my wife and our children and grandchildren have among us 14 college degrees with six of those degrees being beyond the bachelor's level. I am honored to represent a district with constituents who are among the very best educated in the state.

Needless to say, education is among the highest priorities I have as a legislator. I want all students to have access to educational programs that will help them realize their highest potential. Fundamental to me is that our educational system leave all students with a quest for knowledge and the appropriate tools with which to pursue their interests. We cannot afford to have students not like school, nor can we ignore the fact that learning is a lifelong adventure. We have the institutions and the resources to make education at higher levels the best in the Nation. Virginia needs to join the states that are making community colleges free. Can we afford it? The answer is simply that we cannot afford not to!

Send Father's Day Photos

Father's Day is Sunday, June 17, and once again this newspaper will publish a gallery of Father's Day photos.

Every year at this time, we put out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. 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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