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Towne Square Singers Celebrate 30th Anniversary

May 9-15, 2012

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Mother's Day Photo Gallery News, Page 7 Merkel Elected Mayor News, Page 3



Oak Hill & Herndon

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News



Herndon High School students Sara Rodrigues (left) and Briana Payne trip the lights fantastic on the dance floor during the 11th "Day Prom" held at the Waterford at Fair Oaks in Fairfax on May 3.



South Lakes High junior Mary Kate MacDonald and school aide Tammy Lowe enjoy a dance together.

Day Prom at Waterford

n Thursday May 3, Herndon High School hosted a very special prom at the Waterford at Fair Oaks in Fairfax. Called the "Day Prom" the event is held for students with special needs that might not be able to attend their general education prom. "It

is also a learning event. Students get a socialization experience and practice skills that will transfer to any social or family event, from the RSVP, to how to dress, to how to behave, dancing, eating and interacting with new people," said Kathy Khair of Herndon High School, who organized the event.

> Now in its 11th year, the Day Prom was conceived by two teachers at Herndon High School: Chris Pascarella and Anna Albsta, and four schools attended. This year, 179 students from eight schools participated in the 3.5 hour event: Herndon High School, Oakton High School, Fairfax High School, Westfield High School, Lake Braddock High School, Kilmer Center School, South Lakes High School and Centreville High School.



John Gionfriddo and Kimberly Jimenez of Herndon High School are all smiles at the "Day Prom" on May 3 in Fairfax at the Waterford at Fair Oaks.



Herndon High School 'Best Buddies' Gabi Muniz, Kelsey Finedman, Marie Gardiner, Courtney Guengerich dance in a conga line at the "Day Prom" organized by Herndon High School and held in Fairfax at the Waterford at Fair Oaks.



Fabiola Hernandez and Emma Hammersby of Herndon High School are dressed in their best to attend the 11th annual "Day Prom" held at the Waterford at Fair Oaks in Fairfax on May 3.



South Lakes Adaptive Physical Education Teacher Turlene Terry-Todd dances with student Mario Gutierrez at the "Day Prom" organized by Herndon High School and held in Fairfax at the Waterford at Fair Oaks.



Oakton High School Students (from left) Sarah Arthur, Sarah Metzendorf, Sarah Smith and Jennifer Becker dance together at the "Day Prom" organized by Herndon High School and held in Fairfax at the Waterford at Fair Oaks.

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NEWS

HERNDON CONNECTION EDITOR KEMAL KURSPAHIC 703-778-9414 or herndon@connectionnewspapers.com







Dave Kirby

Connie Hutchinson

Merkel Elected Mayor

Melissa Jonas

2012-14 Council features three incumbents, two past councilmembers.

> By Alex McVeigh The Connection

isa Merkel was elected Mayor of Herndon Tuesday, May 1, and Connie Hutchinson, Melissa Jonas, Dave Kirby, Sheila Olem, Charlie Waddell and Grace Wolf were elected to the Herndon Town Council for the 2012-14 term.

Merkel was first elected to the council in 2010, and she served for the past two years as Vice Mayor. She has lived in Virginia since 1996 and in Herndon since 2002.

"I believe Herndon is the gem of the Dulles corridor, the best place to raise a family or start a family in the Northern Virginia area, and I want to make sure it

stays that way," she said. "In the past few years property values have gone up, crime has gone down, and I want to continue those plants."

Merkel says her experience dealing with the town's plans for metro development and downtown devel-



Lisa Merkel

opment make her eager to pursue them over the coming term.

"I want to take those community-vetted plans and move from plans into implementation," she said. "I plan to direct staff to look at ways to prioritize our downtown master plan to make sure pattern book is started and zoning language writ-

ten."

Merkel also said she plans to pursue a hotel use for downtown, which was voted down by the council in recent years.

"I think it was a very detrimental evening when that proposal was voted down despite community support, and I've been surprised how many people have mentioned it when I was out talking to people," she said.

Hutchinson will serve her seventh term on the council, and has previously served as vice mayor from 2008 to 2010. Wolf and Olem were elected to their first terms on the council in 2010. Kirby and Waddell have served two previous terms on the council, from 2006 to 2010. Jonas has spent the last

two years on the town's Planning Commission. Merkel and the new council will be sworn in July

1. More information on the time and location of the public swearing-in ceremony can be found at www.herndon-va.gov.



Sheila Olem www.ConnectionNewspapers.com



Charlie Waddell



Grace Wolf





Herndon Elementary Turns 50

Golden anniversary brings past and present together to share school culture.

By Meredith Billman-Mani The Connection

ver fifty years the thousands of children's feet walking up and down the stairs at Herndon Elementary School [HES] have worn indents in the stone steps. Those patches are a testament to the strength of repetition and consistence, two attributes that can also be ascribed to education at the school.

On May 1, HES celebrated its 50th anniversary by bringing together current and past students and administrators to share their experiences of the school. The packed gymnasium included Del. Thom Rust (-86), Mavor Steve DeBenedittis, an alumnus of the school, School Board Chairman Janie Strauss and Elma Mankin, one of the original administrators when the school opened.

Mankin held the audience in rapture as she told stories about how different the school was when it opened in 1961. Her experiences highlighted just how much things have changed in a few decades. She remembered, "women started wearing slacks to work, after much discussion" and that at HES "segregation ended with few problems."

These days the school holds up its diversity as one of its strengths.

Shock, envy and awe swept over the crowd as Mankin described the cafeteria when the school first started. Explaining that everything was fresh and made from scratch by some of the town's best cooks, Mankin said HES staff "made the most wonderful homemade biscuits and real ham."

THAT'S CONTRASTED by a movement this year by a par-

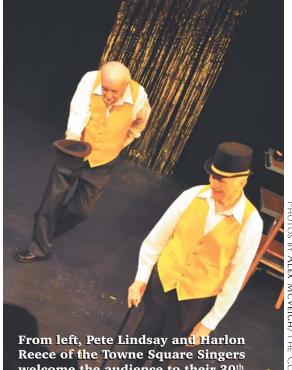
ent led Fairfax County group called "Real Food for Kids" that is petitioning to get healthier, less processed foods back into the schools.

Delegate Rust, whose own children attended the school, spoke about the impact of the school and teachers, over the years. "The core values started here, you believe in the students, you believe in the teachers, you believe in the values of this community," Rust said to the teachers. HES, he said, "turns out very well prepared students."

It was those values that the anniversary program celebrated by having a speaker from each decade address the time they attended the school and the

See Culture, Page 13

News



Reece of the Towne Square Singers welcome the audience to their 30th anniversary concert Saturday, May 5 at the Industrial Strength Theater.



"And All That Jazz," from their 1997 jazz, swing and blues concert at their 30th anniversary show Saturday, May 5. The show consisted of selections from performances throughout the group's three decades.

Towne Square Singers Celebrate 30th Anniversary

Group performs 'Down Memory Lane,' a look at concerts of the past.

> By Alex McVeigh The Connection

hen it came time for the Herndon Towne Square Singers to celebrate their 30th anniversary, they knew they wanted to look to the past. The problem was, with three decades worth of shows to pull from, it wasn't easy.

"We had stacks of music to go through, and it was really hard to choose from so many shows," said Jean Goldsby, founding director of the group. "We wanted to take a trip down memory lane."

"Down Memory Lane" was the title of their anniversary concert, which was held at the Industrial Strength Theatre in Herndon last weekend. Since every show they've done since their founding in 1982 has had a theme, the performance consisted of costumes and genres from the past 30 years and beyond.

EVERYTHING from mid-century pop music to musicals, country and jazz was represented.

While they donned gold vests and black slacks to start out, group members wore a variety of other costumes as the show went on. Singers donned flannel shirts and cowboy hats for a few country numbers, and the women donned side caps for a military-themed performance of "Boogie Woogie Bugle Boy."

"That was one of my favorite shows, a 'USO On Tour' theme in 1990. We had a Bob Hope-style comic perform, and we acted like every song was performed at a different base," said Director Harlon Reece. Goldsby remembers that show fondly as well.

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"We 'toured' every base that Bob Hope went to during World War II, and we closed with a version of 'White Christmas' that was beautiful, and you could see the emotion on the faces of the audience," she said. "

Nancy Lombardi has been a member of the group since the beginning. Her daughter Elena is also a part of the group, and her husband has accompanied the group on drums during a number of shows.

"It's definitely a family-oriented thing, and I'm not the only one who has multiple members involved with the group," she said. "My personal favorite show was our 'Rydell High Class of 1959 Reunion' [in 1999] where we did numbers from 'Grease' and I got to play the part of Rizzo, wearing a leather jacket as the bad girl."

Though they have plenty of veterans, the group still gets new members all the time.

"Singing is something I've done all through my youth, and I met Harlon at a Christmas party and heard about the group," said Signe Friedrichs, a new member of the group. "My favorite songs to sing are the jazzier ones, that's what I grew up on."

Jennifer Winstedt joined in 2008. She has been singing in her church choir for years, and took the opportunity to experience different kinds of music.

"I thought it would be a good chance to branch out from the music I sing at church," she said. "It's fun because we memorize all our music here, while at church it's new music every week so we're reading. This helps me get deeper, more involved in the pieces."

SINCE THEIR FOUNDING, the group has performed several shows per year in Herndon, as well as around the East Coast. They have performed in the Outer Banks in North Carolina and for the USA 400th Anniversary Concert at Ellis Island.

More information on the Towne Square Singers can be found at www.herndon-va.gov, or on Facebook under "Herndon Towne Square Singers."



Early morning shopping at the farmers market.

Herndon Farmers Market Opens

The Herndon Farmers Market kicked off the season on a cold and dreary day. The market is open every Thursday from May to October in front of the caboose in Old Town. Many vendors are returning this year so residents will see familiar faces. Everything from fruits and vegetables to flowers and cupcakes can be found at the market. As they get further into the season more farmers will come to the market and there will be a wide range of produce available. Everything sold at the market must come from within 125 miles of Herndon. The market hours are 8 a.m.-12 noon every Thursday. Live entertainment for children starts after schools close for the summer.

> — Meredith Billman-Mani



Hutt produce returned for another season at the Herndon farmers market.

Bulletin Board

THURSDAY/MAY 10

Liberty Republican Women's Club

Meeting. 5:30 p.m. The Plitt residence, 13766 Cabells Mill Drive,

Centreville. A BBQ meal, followed by

nonpartisan research and educational

Centreville. For fall 2012 kindergarten

Sabrina Schaffer, Executive Director

of International Women's Forum, a

institution. 703-378-4190.

Registration Open House. 9:30-

11:30 a.m. Clifton Children's

www.childrensacademy.com.

Academy, 14315 Compton Road,

and preschool classes and summer

camp. Reserve at 703-968-8455 or

To have community events listed in the Connection, send to herndon@ connectionnewspapers.com. Deadline is Friday.

WEDNESDAY/MAY 9

Faith Communities in Action. 2 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Conference Center Rooms 2 & 3, Fairfax. A panel of community food providers and county human service staff will discuss how food is distributed in Fairfax County, who is providing it and how it is accessed. The panel will talk about the various ways faith communities are involved. NCSInterfaith@fairfaxcounty.gov.

FRIDAY/MAY 11 Friday Forum Business

Networking. 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

SATURDAY/MAY 12

4th Annual Sterling Teen Job Fair. 1-3 p.m. Claude Moore Recreation Center, 46105 Loudoun Park Lane, Sterling. Sponsored by Loudoun County Supervisor Eugene Delgaudio (R-Sterling District) and 30 private companies. 571-258-3600. ROBERTS CARPETS ORIENTAL RUG

> OBERTS CARPETS ORIENTAL RUG CO.

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National

TUESDAY/MAY 15

Safe Assured Identification Kits for Children. 12-4 p.m. City of Fairfax Police Headquarters, 3730 Old Lee Highway. Parents receive a full-color photo ID and a mini-CD with digital fingerprints, a digital photo, video showing movement and mannerisms, a general physical description, vital personal information, and a family codeword. Free. Appointments required at 703-385-7966. PIO@Fairfaxva.gov.



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OPINION

Transparency, Technology and Tolls

With E-Z Pass transponder on the windshield, you should know what you're about to pay; whatever it is, it's going up.

espite the high number of drivers in Northern Virginia who already have an E-Z Pass transponder, when the HOT-Lanes open on the Beltway, there will be pressure for many more drivers to subscribe.

VDOT is now proposing to tack on an additional \$1 a month fee for each E-ZPass transponder. Note that is per transponder, not per account, so in a household with multiple cars and multiple transponders, the additional annual charge could be \$36, \$48 or \$60.

There are 900,000 transponders in use in Virginia now, with an expected need for more than 400,000 more coming with the new I-495 Express Lanes.

Driving through the E-ZPass lane on the Dulles Toll Road without stopping while cars without a transponder line up to slog through

Editorial

is one advantage. The two other places one can use the E-ZPass in Northern Virginia are the Dulles Greenway and, soon, the "express lanes" on the Beltway.

One of the disadvantages of using the E-ZPass is that you seldom know how much you are paying, and it's significant. Signs with full information about tolls are few and far between, and so far nonexistent on some roads.

Motorists will need an E-ZPass transponder to ride in the Beltway express lanes. Vehicles with three or more people will be able to drive in the express lanes for free if they have a Flex transponder which has a switch that identifies carpoolers, but which also costs more than a regular transponder.

It is worth noting that 100 percent of the tolls from the Beltway HOT-lanes will be collected by the private company that is building them, without any revenue sharing with the Commonwealth. If it is really VDOT's responsibility to maintain the system to collect those tolls, then that is a failure in the crafting of the contract to build the lanes. Apparently all E-ZPass account holders will be paying for the contractor's collection of funds.

Meanwhile, we're still not sure what it will cost to drive in the express lanes, but we do know that the amount will vary depending on traffic. We can only hope that signs will make it clear how much it will cost.

Today VDOT approved four new signs for the Greenway that will at least let drivers know how much they are paying. The answer is more than \$5 each way, not counting the new fee per transponder.

VDOT will not hold public hearings on this, although it should. It will be accepting emailed comments. Visit www.virginiadot.org/e-zpass directly submit comments or to vdotinfo@vdot.virginia.gov.

> — Mary Kimm, MKIMM@CONNECTIONNEWSPAPERS.COM

talking with residents this spring it was confirmed over and over to me that there is more that unites us than divides us. By working together, we can hold on to the small town heritage we cherish, while embracing the opportunities that come with the surrounding urbanization and truly have the best of both worlds. Herndon has it all and together we can make it even

I look forward to the challenges and triumphs ahead. Herndon's future is bright, and I am honored to serve as your next Mayor.

> Lisa Merkel Vice Mayor, Mayor-elect Town of Herndon, Va.

LETTERS TO THE EDITOR Herndon Has It All

Dear Neighbors,

I would like to take this opportunity to thank everyone who came out to vote on Tuesday, and placed their trust in me to provide solid, forward thinking leadership to the Town of Herndon for the next two years. My sincere congratulations to Connie Hutchison, Sheila Olem and Grace Wolf on their re-elections, and to Melissa Jonas, Dave Kirby and Charlie Waddell for winning seats on the Council. I am confident that this Council-elect has the best interest of Herndon at heart, and we will work together, focusing on the important issues before us includ-

ing Metro and Downtown revitalization, filling our empty storefronts and maintaining a safe community for our residents.

To those who did not support my candidacy, I will work hard every day to earn your trust - and be a Mayor that represents all the voices in Herndon. Thank you to each of the other candidates - Mr. Tirrell, Mr. Singh, Mr. Webster, Mr. Boll and Mr. Davidson - for running a spirited, close race. I know each of these gentlemen care as deeply as I do about Herndon and it is my hope that each will continue to work with me and others for the betterment of Herndon.

I am anxious to meet with residents and to listen to your thoughts about our community. So that I can be a more responsive and accessible Mayor, starting July 11 I will be holding office hours most Wednesday evenings from 6 p.m. until 8 p.m. in the Town Hall. I invite you to contact me at Mayor.Lisa@herndon-va.gov or call the Town Clerk's office at 703-435-6804 to schedule a time. I look forward to seeing many of you that I met during the campaign - hearing your concerns, working together with you, in my office and at town meetings in the future.

This is our hometown - one we are proud of. While walking and better.

Investment in America's Youth

To the Editor:

Have parents and their baseballoriented sons from ages 15 to 18 given much thought to the advantages of playing American Legion Baseball — a program that is extremely active in the Northern Virginia District 17 of the American Legion? If they haven't, they should because American Legion Baseball is not just another local baseball program for youth.

American Legion Baseball is the oldest and largest nationwide teenage baseball program played throughout America since its in- ments at the district, state, reception in 1925. Over 10 million teenagers have played American Legion baseball since that time. On average, nearly 70 percent of all

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American Legion Baseball as teenagers; approximately 52 percent of Major League Baseball players played American Legion Baseball as teenagers; and more American Legion alumni have been inducted into the National Baseball Hall of Fame and Museum than any other amateur baseball program — the outcome of positive support provided mostly by a volunteer coaching staff throughout the nation.

American Legion Baseball presents the potential of playing in the various American Legion tournagional, national and the ultimate

- the American Legion World Series. Since 1926, Major League Baseball has honored the Americollege baseball players played can Legion World Series Champi-

ons at the Major League World Series. The National Baseball Hall of Fame honors the American Legion Player of the Year with a plaque at the annual induction ceremony in Cooperstown, N.Y.

For information on how to be involved in American Legion Baseball as a player or coach, contact Bill Murphy, District 17 Baseball Chairman via e-mail at bigmerf@gmail.com or Jim Glassman, District 17 Baseball Administrator, at jimglassman@verizon.net.

Jim Glassman

The author is the American Legion District 17 Baseball Administrator. He can be reached at 703-209-0758 or jimglassman@verizon.net.

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:

Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: herndon@connectionnewspapers.com

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- Nationwide, the tourism industry employed 7.5 million people, and domestic travel expenditures totaled \$704.4 billion

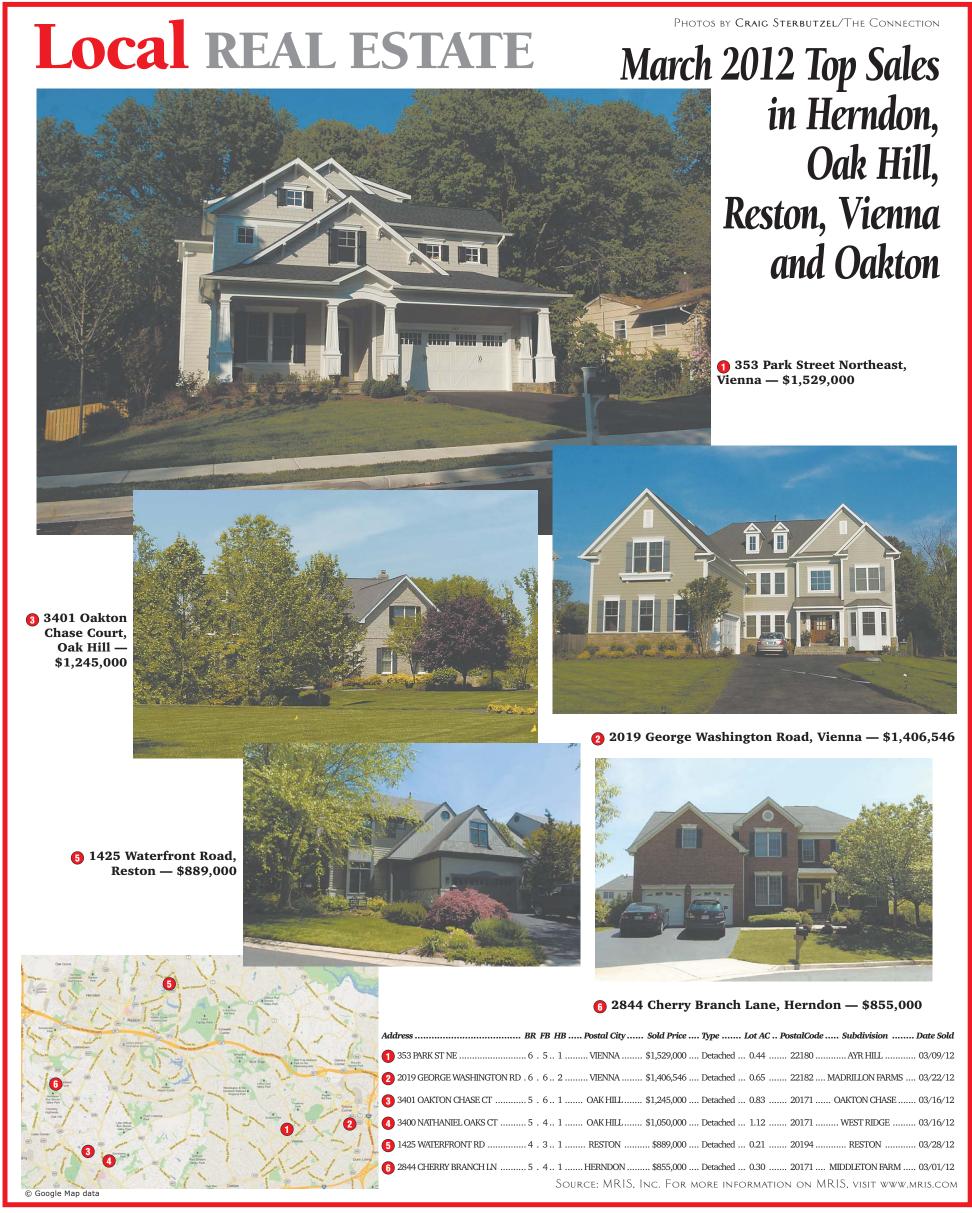
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Home Life Style

A kaleidoscopic landscape encourages lounging outdoors. David Watkins of **Merrifield Garden Center says such** spaces are created with vibrantly colored planters and vivid flowers like knockout roses and endless summer hydrangeas.



Photo courtesy o Merrifield Garden Centei

The Best Seats Outside the House

Local designers offer tips for creating a spectacular patio or deck.

> By Marilyn Campbell The Connection

arm weather means more time spent lounging by the pool or grilling on the patio. A winterworn outdoor space can make popular warm weather pastimes less than appealing.

Creating a space that provides both comfort and style can be a daunting undertaking. Local designers are offering suggestions for creating a luxurious retreat fit for relaxing or outdoor entertaining.

When a home's interior flows effortlessly into its outdoor surroundings, a patio or deck becomes an extension of the house. "Accessories are now focused on bringing indoor luxuries outside," said McLean-based designer Shanon Munn of Ambi Design Studio in McLean. "Outdoor furniture is now made larger and more comfortable, and outdoor fabrics are more beautiful than ever. We're really able to match the outside more closely to a home's interior."

Lamps, mirrors and even chandeliers are among the trendiest alfresco accents. Outdoor rugs deliver an instant elegant impact. "Another nice luxury is an outdoor articulating fan," said Munn. "Those work twofold. They keep

you and your guest cool and keep mosquitoes away."

INDULGENCE WAS THE THEME on a Potomac patio designed by Jim Rill, principal of Rill Architects. He furnished the space with kitchen appliances and a television, all built for outdoor use, and topped it with a stained wood ceiling. "It's like having a living room outdoors," said Rill. "The spaces are connected to the outside, while also protected from the



Trendy alfresco accents like outdoor lamps, mirrors and even chandeliers can help make a patio or deck feel like an extension of a home's interior. McLean-based designers Shanon Munn and Amanda Welch, of Ambi Design Studio, incorporated these elements into the master deck of the D.C. Design House.

elements."

When designing the patio of an Alexandria home, Landscape architect Stephen Wlodarczyk of Botanical Decorators incorporated flowers in bursts of color. "I see the use of bold colors being the trend," he said. Wlodarczyk said that growers are developing "de-

signer" flowers in hues that span the color spectrum.

See Patio, Page 10



Don't Throw



BRING HER SMILE TO LIGHT-WITH A DELICIOUS NEW BRUNCH TRADITION THIS MOTHER'S DAY.

\$70/adults \$24/children ages 5-10 (children 4 and under eat free) Set here, in the heart of Old Colonial Virginia Charm and accented by silver chandeliers and classical art, this elegant brunch affair includes a culinary selection of fresh seafood and meats, gourmet salads, pastries, and a splendid selection of savory delicacies-all while enjoying live entertainment.

For reservations, please call



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OPEN HOUSES SATURDAY/SUNDAY, MAY 12 & 13



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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

Annandale

3243 Decourcey Ct.......\$359,000..Sun 1-4..Carol Hermandorfer..Long & Foster..703-503-1812

Arlington

2400 Clarendon Blvd\$399,900 .. Sun 1-4Brianne Riley..Keller Williams..703-688-3155

Broadlands

 21528 Thornhill Pl.......\$509,900...Sun 2-4......Sharon Nilsen......Prudential..703-403-5504

 Fairfax

 12560 Royal Wolf Pl......\$529,700..Sun 1-4..Carol Hermandorfer..Long & Foster..703-503-1812

 10920 Middlegate Dr......\$569,900..Sun 1-4...Dan Mleziva.......RE/MAX..703-380-9915

Fairfax Station

12721 Ox Meadow Dr...\$1,269,000...Sat 2-4.....Jerry Thatcher......Weichert..703-795-9848 **Oakton**

12019 Wandabury Rd...\$1,999,000..Sun 1- 4.....Ann Romer....... Weichert..703-597-4289

Reston

1600 Oak Spring Way......\$409,000..Sun 1-4......Marnie Schaar..Long & Foster..703-435-4900

Springfield\$464,900..Sun 1-4..Carol Hermandorfer..Long & Foster..703-503-1812

Sterling 20615 Cutwater Pl.......\$645,000..Sun 1-4......Bana Qashu..Keller Williams..703-470-3304

Vienna

8238 Taunton Pl ...

2127 Docket Ln.......\$629,900.. Sun 1-4.....Herbert Medeiros .. Long & Foster..703-980-9769 1807 Vance Pl........\$674,500.. Sun 2-4....Kathleen Hanrahan.. Long & Foster..703-873-3500 9722 Days Farm Dr......\$759,000.. Sun 1-4.....Trang Sabel.. Samson Props..703-599-8393

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Monday at 3 P.M.

10 🔹 Oak Hill/Herndon Connection 🔹 May 9-15, 2012

Home Life Style Patio with 'European Feel'

From Page 9

He has a penchant for coneflowers, which bloom throughout the summer and come in varieties with names like hot lava, gumdrop and Maui sunshine.

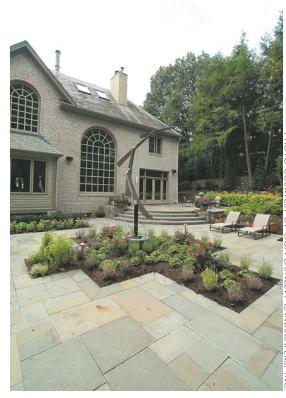
David Watkins, a Fairfax Station resident and manager of Merrifield Garden Center in Fairfax, Gainesville and Merrifield agrees that brightly colored blooms pack a powerful punch. "We're adding vibrant colors to landscapes with flowers like knockout roses and endless summer hydrangeas," he said.

The trend extends to patio furniture. "We're going from patio umbrellas and chair cushions in browns and blacks to colors like magenta," said Watkins.

TO MAKE A PATIO or deck child-friendly, Nancy Towmey, principal designer of Finnian's Moon Interiors, an Alexandria-based firm, suggests weatherproof storage ottomans and child-sized tables and chairs. "Kids like to be comfortable just like everybody else," she said. "Ottomans a great for holding their toys."

Don't skimp when it comes to quality. "I would encourage people to buy something decent. It is usually worth the money to invest in something decent," she said.

Gina Benincasa, landscape designer with D&A Dunlevy Landscapers, Inc. says that when building



When building this McLean patio, designers with D&A Dunlevy Landscapers combined stone and foliage. "Trendier patios are now very detailed," said landscape designer Gina Benincasa.

the patio of a McLean home recently, her team paid particular attention to the foundation. "Trendier patios are now very detailed and use all different kinds of stone like limestone and travertine stone," she said. "Adding a pebbled mosaic as part of the patio or in some cases the whole patio is really decorative and can give it a European feel."



Haynes Whaley Associates' eight-person team made repairs to the connecting pathway between the garden plots.

Volunteers Repair Community Garden Plot Pathways

Some community gardeners in Reston will now have an easier and safer trip to their garden plots, thanks to volunteers from a structural engineering firm. Haynes Whaley Associates' eight-person team made repairs to the connecting pathway between the garden plots.

John Gander, Haynes Whaley vice president and principal, was among the volunteer team. He said, "The opportunity to help Reston citizens by creating safe pathways to their garden plots is a real privilege. We thank the Reston Association and their community outreach team for helping us to

coordinate such a worthwhile project."

Reston Association has about 270 community garden plots in four areas. They are rented by individuals each season. Patricia Greenberg, Reston Association Environmental Resource Supervisor said the work completed by Haynes Whaley created level paths for the gardeners to reach their plots.

Reston projects completed by Haynes Whaley include Discovery Square One & Two, 1775 Wiehle Avenue, One & Two Reston Crescent, Arboretum I & II, 1925 & 1943 Isaac Newton Square, and The Spectrum retail center.

ENTERTAINMENT

Send announcements to herndon@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

THURSDAY/MAY 10

- Classical Saxophone and Piano. 2 p.m. Reston Community Center, Hunters Woods, Center Stage, 2310 Colts Neck Road, Reston. Saxophonist Richard Kleinfeldt and pianist Yuniko Rogers. Free. 703-503-3384 or -476-4500.
- Read to the Dog. 3:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Practice with Harley, a trained therapy dog. Age 5-10 with adult. 703-437-8855. Book Discussion Group. 7:30 p.m.
- Reston Regional Library, 11925 Bowman Towne Drive, Reston. Moonstone by Wilkie Collins. Adults. 703-689-2700.
- **One-on-One Computer Tutoring.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet. Word and Excel. Call for appointment. Adults. 703-242-4020.
- **One-on-One English Practice.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.
- eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library ebooks and how to access them with your compatible device. Call for an appointment. Adults. 703-242-4020.

FRIDAY/MAY 11

- An Evening with The Avett Brothers. 8 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. \$39, available at www.ticketmaster.com or 1-800-745-3000. Accessible seating is available for patrons with disabilities at 703-993-3035.
- Sunset Splendors. 7 p.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Sunset nature walk. \$4-\$6. 703-476-9689 or
- naturecenter@reston.org. **"The Happy Movie."** 7 p.m. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton, 703-300-1857.
- FM Williams. 6:30 p.m. The Vine, 2501 Gallows Road, Dunn Loring. Songs from the album "Crowded Room." weston@keymgc.com.

SATURDAY/MAY 12

- Fairfax Symphony Orchestra. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax.
- With pianist Adam Golka. Britten's Sinfonia da Requiem, Debussy's La Mer, Ravel's Concerto for the Left Hand, and Elgar's Enigma Variations. Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. info@fairfaxsymphony.org.
- Northern Virginia Chapter, **International Plastic Modelers** Society Model Classic 2012. 9 a.m.-4 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Museum quality scale models, a modeling contest consisting of over 80 categories, model kit, book and supplies vendors. Raffle prizes, Make & Take event for children, doll houses, Lego, HO and N scale model railroads, radio control models and adults, \$10 entire family. www.novaipms.org
- **Celebrate Communication 2012.** 10 a.m.-3 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. The area's premier expo for the deaf and hard of hearing communities, with 50+

www.ConnectionNewspapers.com

FineArts E S The 21st Annual Northern Virginia Fine Arts Festival will take place at the Reston Town Center, 12001 Market St. in Reston on May 18-20, with handcrafted artwork, contemporary and original performances, artist demonstrations, children's activities and live music. Over 200 master artisans in 18 different categories, including oil and

Northern Virginia

acrylic painting, photography, sculpture, ceramics, printmaking, jewelry, metal, leather, wood, furniture, wearable and fiber art will be featured. Free admission; \$10 gift certificate for participating Reston Town Center restaurants available. www.RestonArts.org or www.NorthernVirginiaFineArtsFestival.org.

exhibitors on all topics relating to deafness and hearing loss, including the latest in hearing assistive technologies and wireless technologies. Free.

- boleary@nvrc.org. Great Falls Garden Club Plant Sale and Flower Show. Great Falls Library, 9830 Georgetown Pike, Great Falls. Flower Show 10 a.m.-4
- www.gfgardenclub.org. Fairfax County Women in the NAACP Community Yard Sale. 8:30 a.m.-12:30 p.m. 12001 Sunrise Valley Drive, Reston. 703-470-2137
- or fairfaxvawin@aol.com. Birds in Boxes. 11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Nest box monitoring. \$4-\$6. 703-476-9689 or
- naturecenter@reston.org. 5th Annual "We've Got Your Back" 5K Race/Walk. Virginia Spine Institute, 1831 Wiehle Ave., Reston. Opening ceremonies 8:30 a.m., Race 9 a.m., Walk 10 a.m., Race Awards Ceremony 10:30 a.m. lclaassen@spinerf.org or mike@msbdinc.com.
- Mosaic Harmony. 7 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Refreshments will follow. 703-620-3065 or www.unitedchristianparish.org.
- Artists' Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Prizes will be awarded to the winners of the Fine Arts Photography Competition Exhibit.
- www.artspaceherndon.com. Reston Relay for Life. 1 p.m. South Lakes High School, 11400 South Lakes Drive, Reston. Celebrate the lives of people who have battled cancer and fight against the disease Teams walk the track and play tennis to raise funds. Food, games and activities. www.restonrelay.org.
- Spring Farm Day. 10 a.m.-3 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Sheep shearing, antique farm equipment demonstrations, hands-on cow and goat milking, games, crafts, pup shows and more. \$6. 703-437-9101.
- Jyoti Meditation and Personal Happiness. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn how spiritual meditation can enrich your life. Adults. 703-689-2700.
- Master Gardeners Plant Clinic. 10

a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Experts answer gardening questions. 703-242-4020 **Improv Now! Improv Comedy**

Show. 8 p.m. Affinity Computers, 23035 Douglas Court, Dulles. Scenes, jokes and songs made up on the spot. \$10. Refreshments available for purchase. http://improvnow.com Reston Community Yard Sale. 8:30 a.m.-12:30 p.m. Reston Association, 12001 Sunrise Valley Drive. Reston. 95 families selling a variety of items.

SUNDAY/MAY 13

Lakes High School, 11400 South Lakes Drive, Reston. Celebrate the lives of people who have battled cancer and fight against the disease. Teams walk the track and play tennis to raise funds. Food, games and activities. www.restonrelay.org.

MONDAY/MAY 14

- Green is Everywhere. 10 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Age 18-35 months. Celebrate the color green. Green craft and short hike. \$5-\$8. 703-476-9689 or naturecenter@reston.org.
- Frying Pan Farm at Reston Regional Library. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet a goat and learn why she lives at Frying Pan Farm Park. Make a dairy animal craft to take home. Age 6-11. 703-689-2700.
- English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020.

TUESDAY/MAY 15

- Organic Gardening. 7 p.m. Walker Nature Center, 11450 Glade Drive, Reston. The principles of organic gardening. \$5-\$8. 703-476-9689 or
- Director's Choice Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sam Clay, Director of Fairfax County Public Library, leads a monthly book discussion group. In the Electric Mist With Confederate Dead by James Lee Burke. Adults. 703-689-2700.



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 - 703-435-6577.

Reston Relay for Life. 8 a.m. South

Sports



South Lakes lacrosse standout Nolan Boyle (top row, third from left), nicknamed 'Team Nails,' shares time with youngsters during last summer's South Lakes Lacrosse Camp.



Craig Lunde's father, Hank Lundes, was head coach of the Lundes Hemptead Long Island Tigers back in the 1970s. This is a photo of the 1971 team that went 12-2 and won their division title. Members of that team included John Sierra, who won two national championships at Cornell University; Bill Beroza, an All- American at Roanoke who recently started up the Israeli National Lacrosse Team; and Chuck Sherwood, who played goalie at Duke.

Sharing Their Love of the Sport

South Lakes boys' lacrosse set to conduct summer youth camps again.

By Rich Sanders The Connection

he South Lakes High boys' lacrosse team has experienced good success on the field this spring. This summer, the Seahawks, under head coach Craig Lunde, plan to once again share their winning ways and knowledge of the sport to youth lacrosse players throughout the Herndon and Reston areas with their South Lakes Lacrosse Summer Camps sessions.

Last summer, South Lakes organized and ran two weeks of the lacrosse camps in which both Seahawks coaches and varsity team players volunteered their time to help the younger players gain more knowledge as well as a love for the game. Money raised by the camp sessions went into the South Lakes lacrosse program.

Over 200 youngsters attended the twoweek camp in 2011. Coaches from other local programs stopped by to assist, including West Springfield High varsity head coach, Scott Settar, who donated time to the camp, as well as Ryan Richardson, currently at Westfield High School, who ran clinics during the camp.

"The help the team got from other COACH LUNDE, who grew up playing the coaches and the Seahawk assistants, Sean Tate and Harley Connor, was incredible," said Lunde, the camp organizer who said this summer's camp will take place in July. "Even more incredible was our current senior class pitching in - refusing to take any form of payment just so everyone could 12 & Oak Hill/Herndon Connection & May 9-15, 2012

have new gear."

The South Lakes Lacrosse Summer Camp raised enough money for the Seahawks to design and purchase new uniforms which they have worn throughout this spring season. South Lakes went 7-6 this spring. The team's season ended this past Friday night with a Liberty District tournament loss to Jefferson.

"It was pretty amazing to watch the guys work with the youth kids during the camp," said Lunde, reflecting back to last summer. "I can see where the future generations of Reston coaches will be coming from." As to the attractive new uniforms, Lunde observed, "The guys did it all on their own. They designed everything from top to bottom. All I did was take delivery. They look great."

Supplying the Seahawks' varsity uniforms is no small factor for a South Lakes team which employs a 'no-cut' policy, meaning as many players who come out for the Seahawks team with the desire to play the sport and work hard at becoming the best players they can become do not have to worry about being let go.

One might presume that such a 'no-cut' policy would result in poor win-loss records and negatively impact performance. But South Lakes has experienced the opposite. The team, under coach Lunde, is enjoying its third straight winning season - the first time South Lakes boys' lacrosse has achieved such heights. The current Seahawks' senior class is poised to graduate with the most career varsity wins than any South Lakes class prior.

sport in Long Island, N.Y., requires three primary rules of commitment from his players: the first that they display passion, honesty, and commitment to the team; second, for his student-athletes to work hard both on the field and in the classroom; and, third, for them to be good citizens in the local



Seahawks senior Najee Lewis, competing in a game this season, looks good in the new, playersdesigned team uniforms South Lakes showcased this spring.

Reston and Herndon area communities.

Team members displayed their commitment to being good community citizens earlier this season when the Seahawks hosted a Friday night Youth Night that honored long-time Seahawk and Herndon-Reston Youth supporter Mark Hughes. The 'Friday night under the lights' event featured a spirited halftime game between Herndon-Reston youth teams, and culminated in the Seahawks' Liberty District victory over Marshall.

"It was such a great night," said Lunde. "It was fun getting a look at the Seahawk Class of 2019!"

Prior to taking over the South Lakes program a few years ago, Lunde and assistant coaches Tate and Connor all coached within the Herndon-Reston Youth league.

Coach Lunde has numerous sources of pride for his Seahawks' program overall and the players who make it up. Nine members of his varsity roster are Eagle Scouts; five of his seniors have already committed to playing lacrosse at the collegiate level next school year; and two former South Lakes players - Brendan Galbraith and Alex Clough, who both played significant roles in the 2010 Seahawks team's success in clinching a berth in the region playoffs came back to coach current team members in a fall tournament earlier this school year.

"It seems that even though they graduate, the guys never leave the program but remain in touch and close to the team," said Lunde.

Coach Lundes' Role Model

A major influence on Craig Lunde's overall life and love for lacrosse comes from his dad, Hank Lundes, who coached a team known as the Lundes Hempstead Long Island Tigers, back in the 1970s.

"A key figure in my life has been my dad," said Lunde.

Lunde said his dad and several of his father's lacrosse friends currently keep up with the South Lakes team through the internet.

"A lot of them are big fans of the Seahawks and follow our guys closely," said Craig Lunde, of his father and fathers' friends' long distance support of South Lakes lacrosse. "Some of them are considered to be the greatest [lacrosse coaches, innovators] the lacrosse world has ever seen."

Craig said his father, a former high school coach, offers feedback in regards to the Seahawks' play.

"He watches the games through the internet and reviews them and offers the team advice," said Craig Lunde. "It's interesting how technology is changing the way teams at the high school level can perform. It's almost like he is the head coach."

News Sharing the School Culture

From Page 3

impact HES had on them. Town Council member Connie Haines Hutchinson, was among the first students to occupy the school. She started as a second grader because prior to the school opening students attended class in a section of the high school. She fondly remembered many of the traditions started during that time such as the science fair and book fair.

Mayor DeBenedittis attended the school from 1973 to 1980. "A lot of the values you learn that stay with you for the rest of your life, you learn in elementary school," DeBenedittis said. According to DeBenedittis he often tells children at HES, "I went here and if I can grow up and be the mayor, you can too."

From the '80s Stephanie Gepford was in the first class at HES to enter the French immersion program. She discussed how having a second language has been an advantage over the years and how grateful she is to the program. "Behind every memory [of HES] is a teacher that believed in me," Gepford said.



Elma Mankin, who helped open the school, detailed its past.

Gretchen Durant Clardy is a school alumni and the daughter of Paula Durant a third and fourth grade teacher at HES. Like Gepford, she spoke fondly of the immersion program and of the caliber of teachers at HES.

Jacob Reeves, a graduate from the 2000s not only spoke at the celebration but he worked for months to complete a project at

HES that will endure for years to come. A mural, done as part of his Eagle Scout project, is now part of the main hallway. Reeves said he wanted to give something back to the school and that the mural seemed fitting. He said he hopes the mural "has added a lot to the character of our school."

Sixth grader Michael "Misha" Barth spoke for the current students at HES. He explained that he felt prepared for the challenges of middle school and beyond because of the education and mentoring he received at HES.

CURRENT PRINCIPAL Ann

Gwynn said that when she took the job at HES, it was explained to her that traditions were valued highly at the school. She has worked to maintain those traditions as well as build new ones to match the diversity and growth at the school. Looking around at the standing room only crowd that represented 50 years of students and staff, she said, "It says a lot about the culture of the school when this many people are willing to give up their time to be here."

Faith Notes

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

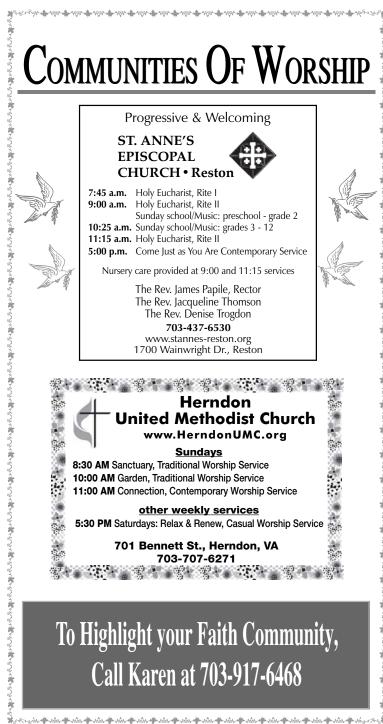
United Christian Parish, 11508 North Shore Drive in Reston, will present a free concert on Friday, May 25, at 7:30 p.m., with the premiere of a choral piece written for the dedication of the new sanctuary. Singers from the United Christian Parish, St. Anne's Episcopal Church, the Unitarian Universalist Church in Reston and soloists from the University of Maryland will participate. The builder of the church's new custommade organ, Warren Hood, will play a solo organ work. The United Christian Parish is an ecumenical church uniting United Methodist, Presbyterian Church (USA), United Church of Christ, and Christian Church (DIsciples of Christ). 703-620-3065 or www.unitedchristianparish.org.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, has worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

Vajrayogini Buddhist Center, Brown's Chapel, 11450 Baron Cameron Ave., Reston, holds monthly classes for the general public. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided meditations that teach students how to relax their body and mind. \$12. www.meditation-dc.org or 202-986-2257.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education avail able. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.



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By KENNETH B. LOURIE

Mostly. All things considered, and as a stage IV (terminal) lung cancer patient, it's impossible – for me, to not consider all things.

What I'm considering in this column is how - and why - I typically respond to wellmeaning inquiries regarding my health. Generally speaking, I'm not going to give any in-depth answers to most people who ask. I am happy to provide a relatively curt, but courteous answer. I'm not inclined (nor do I feel the need) to give any unsuspecting - or even a suspecting and sincere questioner, both barrels: diagnosis, prognosis, appointments, scan results, treatment protocol, etc. It's "T.M.I." It's not that I'm uncomfortable or even unwilling - or unable to respond in this kind of detail, it's more that I'm unenthusiastic. I'd really rather, unless compelled by a particularly persistent person, to not bother/ bore anybody with chapter and verse about how I got to where I am. It's not exactly that I don't feel it's anybody's business (obviously I do, given the content of my weekly column), it's more that I'm selfish, sort of. My delusion is, the less I talk about having cancer, the less serious my circumstances are. It's a reworked version of George Costanza's advice to Jerry Seinfeld on how to beat a lie-detector test: "It's not a lie, if you believe it." If I don't blather on about it (having cancer), it's not that serious. Alternatively, the more I talk about it, the more believable it becomes and the more inevitable are the consequences. If I don't give it life (by talking about it), perhaps it dies and I don't.

Don't get me wrong, I will talk about having cancer (I certainly write about it enough), but it doesn't really bring me the kind of joy that most opportunities to talk about oneself generally do. Oh sure, I have a pretty good story to tell; having outlived my original prognosis by years, but perhaps the less said, the better. Sometimes I feel as if I'm flying under the radar and the fact that I was diagnosed with incurable, stage IV lung cancer in February, 2009 has slipped through the cracks somehow and been forgotten. To that end, as much as possible – in public, I try not to dwell on having cancer. I have it. Next. If I don't publicize it, maybe I don't hasten its apparently delayed effect.

There's so much that goes on, psychologically – in my head, when it comes to having cancer. Accepting it is one thing – which I've done, but being victimized by it is quite another and something I will not allow. Of course I have some physical issues that prevent me living a "normal" life, but I view them more as opportunities to make the best of a bad situation rather than making the worst of it. Where's the future in that? There isn't, at least in my strategic plan. And though I joke about pretending and being in denial about having cancer; the truth is, I'm quite comfortable with my circumstances – and my attitude. I really am "fine" with all of it.

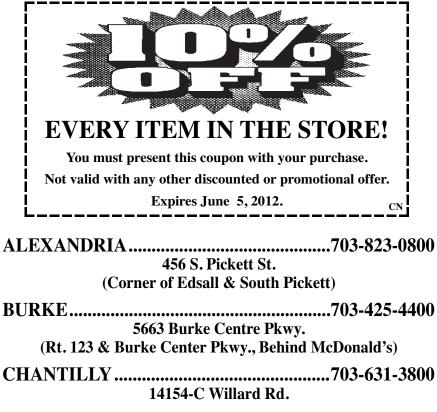
Sometimes, most times in fact, I'd simply rather not talk about it. I'd rather talk about something else, anything else. It's actually therapeutic to do so. Thanks for asking though, but not for the reason you might think. Oddly enough, though it's a question I realize will be asked, as often as not, it provides me an opportunity to give an answer that you might not expect: it's not always about me, and it shouldn't be, in spite of my circumstances. Life goes on – for all of us, and that's what interests me. <u>Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers</u>.



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