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Inside SPRING FUN FOOD & ENTERTAINMENT

Celebrating Spring In Herndon

SPRING FUN, PAGE 8

Supporting Cornerstones

NEWS, PAGE 5

Housing Expo Draws Crowds

NEWS, PAGE 3

OPINION, PAGE 6 ❖ ENTERTAINMENT, PAGE 10 ❖ SPORTS, PAGE 12 ❖ CLASSIFIEDS, PAGE 14

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MARCH 25-31, 2015

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From left — Herndon resident Eric Fielding stops by the Town of Herndon’s booth and talks with representative J. Taylor Smallwood. Smallwood was doing double duty at the Expo, speaking about the town’s Rental Inspection program and standing in for Pablo Hollstein, specialist from the Housing Rehabilitation Office of the Town of Herndon that provides free home improvement services and assistance in completing repairs to qualified residents.



PHOTOS BY ANDREA WORKER/THE CONNECTION

Nonprofits like Cornerstones were ready and willing to assist amid the government agencies, banks, financial services, housing developers and communities and other service provider exhibitors. Nicole De Lima Morris talks to couple that stop by the Cornerstones booth.

Virginia Housing Expo Draws Crowds

Home-ownership, rental opportunities and related services dominate the event at Herndon High.

BY ANDREA WORKER
THE CONNECTION

“Those most in need of these services and resources benefit the most when we can bring so many providers and organizations together in this one-stop shop format.” In that one sentence, Laura Nickle, owner of Communi-k, Inc. and the organizer – for the fourth time – of the Northern Virginia Housing Expo, summed up the event being held at Herndon High School on Saturday, March 21. “There is still a great need for affordable housing throughout our entire region,” she added, “and this is a great partnership of related services that can bring the information and assistance to the largest audience.”

In its fifth year, the Expo was hosted by Fairfax-based AHOME Foundation in cooperation with the Virginia Housing Development Authority (VHDA) and representation from the counties of Fairfax, Prince William, Arlington and Loudoun, the cities of Alexandria, Fairfax and Falls Church, and the town of Herndon. AHOME Foundation is a nonprofit collaboration of charitable organizations, businesses, developers, real estate professionals and community groups that advocates for housing opportunity. Sponsors like Capital One Bank, VHDA, Citibank, the Northern Virginia Association of Realtors, Veterans United Home Loans and Wells Fargo Home Mortgage were just

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Fairfax County Supervisor John Foust (D-Dranesville), C. Melissa Jonas, Dranesville District Commissioner of the Fairfax County Redevelopment and Housing Authority, and Sarah Coyle-Etro, Asst. Director of the Loudoun County Department of Family Services, visited the exhibitions at the Northern Virginia Housing Expo.



a few who supported the Expo that was expecting more than 1,000 area residents to attend. “And participation keeps growing,” added Nickle. “We have six more sponsors this year, and 12 more exhibitors.”

MORE THAN 70 exhibitors filled the school’s cafeteria. The first row was dedicated to representatives from the covered jurisdictions with the host locale Town of Herndon’s Department of Community Development holding pole position. Fairfax County Redevelopment and Housing Authority, the City of Alexandria Office of Housing, the City of Falls Church Housing and Human Services, Loudoun County Department of Family Services, Housing and Community Development, Prince William County Office of Housing and Community Development and Arlington County Department of Housing followed in the front row. Their booths were stocked with literature,

forms, resources and some fun goodies, and manned by welcoming and knowledgeable staff. Armed with an Expo Guide, attendees could choose to either wander the aisles, or take a more direct route to the booths from the jurisdictions and service providers of particular interest to them, like May Nguyen from Falls Church. Nguyen brought her sister and a nephew to the Expo “to see if we can maybe get our own home someday,” and was planning on visiting the Falls Church representative, as well as the banks and mortgage companies among the exhibitors, with a stop at the Asian-American Homeownership Counseling booth. The County of Fairfax Homeownership Resource Center booth was drawing an interested crowd as representative Gail Lee explained that there are tiered housing assistance programs available through the County. If a family’s income is too high to qualify under the rules of one program, they may still

qualify through other programs.

There were a number of banks and mortgage and financial services companies represented, but there was also a strong presence by nonprofits like Reston-based Cornerstones, Habitat for Humanity of Northern Virginia, Our Daily Bread of Fairfax, AHOME of Arlington (a different entity from host organization AHOME Foundation) that offers free homeownership education classes and pre-purchase and foreclosure prevention counseling and Wesley Housing Development Corporation, whose mission is “to develop, own, operate, preserve and maintain affordable housing and sustain quality communities for low and moderate income families and individuals in Virginia.”

There were also 16 workshops on offer with topics like “Are You Ready to Rent or Buy,” “The ABC’s of Credit Scores,” “Tenant Rights and Responsibilities,” and “Home Maintenance 101.” In addition to the group sessions, Our Daily Bread offered popular one-on-one free financial counseling sessions of about 30 minutes that kept the volunteer certified financial planners busy reviewing documents, providing expert advice and steering the attendees to additional resources. Amaya G. from Herndon was most appreciative of this service. “I know we need some help,” she said. “I brought our bills. I hope they can help us make a good budget so we can start to save some money.”

THE COLLABORATIVE EFFORTS of the partners in the Northern Virginia Housing Expo don’t end when the doors close on this edition of the event. Their website www.novahousingexpo.org is up and running year round and provides links to resources in all of the covered jurisdictions including government agencies, advocacy groups and nonprofits. The site also includes a list of the exhibitors.

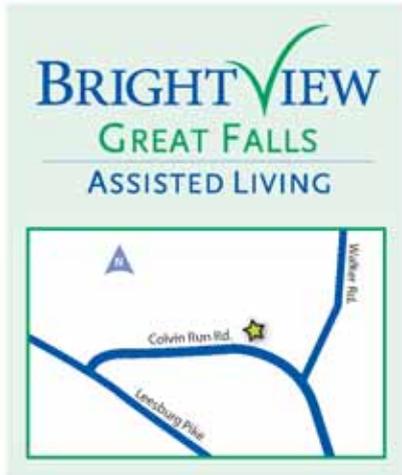
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NEWS

COURTESY PHOTOS

A bet on behalf of education is never empty. Guests at the Dulles Regional Chamber's annual casino fundraiser for education enjoyed a selection of blackjack, craps, roulette and more.



Dulles Chamber Casino Event Raises Thousands for Education

The Dulles Regional Chamber of Commerce held its annual education fundraiser March 7 at the Salamander Resort in Middleburg, raising thousands of dollars to support students in Northern Virginia.

The James Bond-themed casino event attracted 150 guests eager to "Pay It Forward" in support of the region's future workforce.

"Our chamber is deeply committed to the education of local students and we are delighted to once again provide local businesses with a way to directly impact this vital community," said Eileen Curtis, president and CEO of the Dulles Regional Chamber of Commerce. "It was a lovely evening, where entertainment and generosity paired to make exceptional memories."

Beneficiaries of the evening included the chamber's STEM (Science, Technology, Engineering, and Math) scholarship program, which awards a scholarship to one student at each of the

six high schools the chamber partners with annually.

Other beneficiaries of the evening included the Children's Science Center, the Fairfax County Public Schools' Homeless Liaison Office, and Mobile Hope Loudoun.

"Helping to make a difference in children's lives gives me great satisfaction," said Premier Realty Group Vice President Gina Poindexter, who once again served as chair of the event's planning committee and was instrumental in organizing the evening and bringing about its success. "It's what this night is all about."

Joining the evening's title sponsor Aeronautical Systems Inc., other businesses stepped up to support the event, including Salamander Resort, Cox Business, Fantasy World Entertainment, Reston Limousine, HRI Associates, Systems Furniture Gallery, Middleburg Bank, Thompson Greenspon CPAs, and Cornerstones.

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From left — Cornerstones Chairman of the Board Jill Norcross, COO Greg White, Floris UMC Lead Pastor, Rev. Tom Berlin, and Cornerstones CEO Kerrie Wilson pose with the mock-up check representing the \$40,000 donation made to Cornerstones by the members of Floris United Methodist Church in Herndon. Each year, Floris donates its Christmas Eve offerings to a nonprofit partner or to a special need or cause in the community or around the globe. The Floris members have been making this donation for more than 10 years.



Cornerstones COO Greg White hangs on tightly to the mock up check as Floris United Methodist Church Lead Pastor Tom Berlin puts the finishing touches on the document before making the presentation of the church members' donations to the Reston-based nonprofit.



Roxanne Winfrey, a member at Restoration Church – the new Reston campus of Herndon's Floris United Methodist Church – helps prepare a newly renovated townhouse for a family about to make the transition from the Embry Rucker Shelter to permanent housing.

Supporting Cornerstones

BY CYNTHIA LOPYNSKI
ANDREA WORKER

Floris United Methodist Church (Floris UMC) in Herndon really knows how to keep the Christmas spirit going, long after the last of the decorations have been put away, the tinsel has disappeared from the carpet, and you've finally gotten "It's the Most Wonderful Time of the Year" out of your head. For more than 10 years, Floris has given away its entire Christmas Eve offering to nonprofit partners, causes and special needs in the community and around the world. It is an intentional decision to reach out to the poor and the vulnerable and to support the work of those who positively impact the world. It is also an opportunity for the congregation to be engaged in works of mercy, justice and compassion. This past Christmas was no different, and Floris decided that the beneficiary of the \$40,000 collection would be local charitable organization Cornerstones for their participation in the Rapid Re-Housing Challenge.

Given Floris' commitment to helping alleviate the struggles of the homeless, Jake McGlothlin, director of Serve Ministries knew the members would be excited by the work that Reston-based Cornerstones is doing to move families back into permanent housing as quickly as possible. Floris and Cornerstones have a long-standing partnership, with church members preparing meals on Saturday mornings for the residents at the Embry Rucker Shelter. Floris also participates in the North County Hypothermia Prevention Program,

taking their turn to house and feed dozens of homeless persons for one week during the coldest winter months. "It just made sense to include this as part of our Christmas Eve Offering," said McGlothlin.

RAPID RE-HOUSING is proving to be one of the most effective tools in the campaign to end homelessness. Many of today's homeless suffered a financial or domestic crisis. Most have lived independently in permanent housing and can do so again with limited assistance. Helping people stay in their homes during difficult situations, or moving them quickly into permanent housing after the loss of their home has been credited with keeping the homeless rate from soaring during the recession. Rapid Re-Housing opens more space in emergency shelters and often reduces the public and personal costs of homelessness. In the period from July 1 – Sept. 30, 2014, Cornerstones was able to move 18 families and 28 individuals out of the Embry Rucker Shelter into affordable and permanent housing, surpassing the goals that the organization had set. The generosity of the members of Floris United Methodist Church will help Cornerstones continue serving this need in the community.

This year's collection and donation is more than a check for Floris UMC. For quite a few, it's hands-on as well. On Saturday, March 14, a team from Restoration Church, a new campus of Floris UMC meeting at Forest Edge Elementary in Reston, recently cleaned and prepared a newly renovated

Floris United Methodist Church presents \$40,000 to support Cornerstones rapid re-housing.

townhouse for a family transitioning from homelessness.

FLORIS LEAD PASTOR Reverend Tom Berlin explains, "we are excited to be partnering with Cor-

nerstones not only with financial resources but also through the time and effort of volunteers. Our desire is to be an active participant in the work we financially support."

For more about Floris UMC, visit their website at www.florismc.org. Information about Cornerstones and the work they do can be found at www.cornerstonesva.org.

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OPINION

Housing and Health

BY DAVID LEVINE

EXECUTIVE DIRECTOR, GOOD SHEPHERD
HOUSING AND FAMILY SERVICES, INC.

Many homeless people experience an episode of homelessness because of a chronic physical or mental illness, a disabling injury, or other health issues. Several years ago, the National Alliance to End Homelessness estimated that people living in homeless shelters were more than twice as likely to suffer from an acute medical condition. Many have fallen into homelessness because of repeated failures in their health. The medical bills mount, they can't pay rent, and they end up evicted from their housing.

The link between health and homelessness is no mystery. Recognizing that link, the 100,000 Homes Campaign was a national movement to focus on permanently housing those homeless Americans who face the highest risk of death from living homeless on the streets. In June 2014, the four-year 100,000

COMMENTARY

Homes Campaign had successfully moved 101,628 homeless individuals into permanent housing. As the Campaign reported: "That number represents an estimated annual taxpayer savings of \$1.3 billion and reflects the collective work of 238 U.S. communities who have joined the Campaign"

The Campaign proved that homelessness can be ended. But it also showed that housing is itself a life-saving tool.

Housing provides the supports that many chronically ill and disabled homeless people require for their conditions. With a stable address these homeless people can call home, they can plan their treatments and doctor visits. They can transit from home to treatment centers and back home again without any fear. The neighbor next door will be there to drive them. Their prescription medicines will be available to them in a medicine cabinet in their bathrooms. They have a bed where they can rest after a painful treatment or hospital stay.

So much depends on having a home.

The other link between housing and health comes from the housing itself. According to the Environmental Health Watch (EHW), nearly six million households "live with moderate to severe home health and safety hazards." People living in such housing may experience higher risks of illnesses and injuries from greater exposure to asthma triggers, lead hazards, excess moisture, pest infestations, and toxins.

The financial savings are significant from a basic healthy home. In other words, these savings come from homes that are dry, well-ventilated, pest- and contaminant-free. Healthy homes lead to improved health results. Asthma-related healthcare costs are lower and labor force productivity is greater from such homes. According to EHW estimates, billions are saved from healthy homes in reduced healthcare expenditures.

When anyone considers the link between housing and health, it really comes down to this idea: housing matters for life. It is that critical.

LETTERS TO THE EDITOR

A Cornerstone in Danger

To the Editor:

We are a community that values education. We're known nationwide for our world-class education system. And for good reason: with outstanding teachers, motivated students, and active leadership, we have every right to take pride in the top-tier education that our community has asked for. But it scares me, as a student, to think that this cornerstone of our county may be in danger.

For years now, we have been cutting back on our investment in education. Since 2008, Fairfax County Public Schools have lost nearly \$500 million in funding while growing by nearly 22,000 students. With enrollment growing faster than our resources can keep up, this means real cuts in real classrooms are affecting me and my 188,000 colleagues.

It is not just on paper. It touches every one of us, from kindergarten to adult education. I spent a fair amount of my childhood in a temporary building barely passing as a classroom. I have had to wait in line to get access to a set of four textbooks in a class of nearly 30. I have seen great teachers, the kind who inspire real change and passion for learning in their students, come and go because of the fact that we are no longer competitive for teacher salary. If we settle for less than the best, then we have compromised our community values.

Half of my teachers work mul-

iple jobs. Two years ago, I ran into an old teacher of mine at a restaurant. As I was sitting at the table, she approached me, beaming with joy to see a past student. After a pleasant nostalgic conversation, there was a pause. She produced a pad and pen, and said "By the way, I'll be your server tonight."

It does not have to be this way. By becoming competitive in teacher pay, investing in capital improvement, and allocating meaningful materials to classrooms, we can make strides to improve our system. But this annual battle of the Boards is not sustainable. We need to create a shared partnership and build meaningful progress on the common ground we share. And as community members, it is up to you to bring that message to your supervisors.

Ben Press
Vienna

The writer, age 16, is a junior James Madison High School in Vienna.

There is No 'Away'

To the Editor:

I am dismayed by what my neighbors' put out for "trash." Yes, we all know about Goodwill, Purple Heart, various organizations that collect clothing, kitchen gadgets and other items. We are all pretty good about recycling paper, glass, plastic, and cardboard. But much is put on the curb

that is not trash. Below are just a few of what I have seen on the curb side for trash pick-up this past trash day.

A bike; this is one of the worst items to put out with trash. Bikes of the World collects "any serviceable complete (or nearly-complete) bicycle, adult or children's," - See more at: <http://bikesfortheworld.org>.

Wall-to-wall carpet. Here is a link to how the wall-to-wall carpet industry is recycling their products and keeping carpet out of landfills. <http://carpetwalltowall.com/carpet-recycling-process/>.

A child's dresser. Was it useable?

Could wood glue on a drawer or two make it whole? Habitat for Humanity Restore takes would take that dresser, other old furniture, kitchen sinks, bookshelves, old bath tubs, they are easy to call and ask what they take and don't take.

<http://www.habitat.org/restores>

So, as spring "cleaning" arrives and de-cluttering our houses happens, and we "throw away" we need to think first about how to keep items out of the landfill, because there is no away.

Kay Fowler
Herndon

EVENTS FOR OLDER ADULTS

Boomers and Older Adults: Venture Into Volunteering Fair, Thursday, April 2, 10 a.m. to noon, McLean Community Center, 1234 Ingleside Avenue, McLean. Learn about the many opportunities to make a difference in your community. Find out more at www.fairfaxcounty.gov/OlderAdults or contact Jeannine Purdy at 703-704-6075, TTY 711 or Jeannine.Purdy@fairfaxcounty.gov.

Spring 2015 Free Seminars for Family Caregivers in Fairfax County:

Strategies for Difficult Conversations, Wednesday, April 15, 7 p.m. - 8:30 p.m. Conversations with an older family member about issues like driving, accepting help in the home or moving to a safer environment are often difficult. Using driving as a tough example, we'll explore strategies to identify the roadblocks to successful conversations and offer tools to overcome them. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Register at

www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

Communication is the Best Medicine, Tuesday, April 21, 7-8 p.m. As a caregiver you may have an active role in your loved one's health care. Get tips on preparing for a visit to the doctor or pharmacist and learn what questions to ask so you can make wise choices for the best possible care of your loved one. Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, Va. Register at www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

Understanding and Caring for a Person with Dementia, Saturday, April 25, 10-11:30 a.m. This class will discuss the different types of dementia, common behaviors, troubling behaviors, communication techniques, and services. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax, Va. Register at www.fairfaxcounty.gov/OlderAdults or call 703-324-5205, TTY 711.

Oak Hill & Herndon CONNECTION

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Herndon Village Network Seeks Members, Drivers

The Herndon Senior Center will hold a drop-in registration meeting for people interested in becoming a member or who want to become a volunteer driver, on Wednesday, April 8, 6-8 p.m. at the Herndon Senior Center, 873 Center Street, Herndon.

Need a ride? Sign up as a member. Herndon Village Network (HVN) is a membership organization participating in the NV Rides Program. If you are a Herndon senior living in the 20170 zip code area and are 55+, you are eligible to join.

Once the application process is completed members will be entered into the Ride Scheduler program which is an online software program set up to provide free transportation to medical, social and shopping events. Annual membership dues: \$20 per per-

son or \$30 per household.

People over the age of 25 are encouraged to become volunteer drivers for NV Rides Program. They need to complete an application and pass a free background check before they are accepted and enrolled by the rides coordinator.

People for general volunteer services of all skills and interests are also needed.

HVN Board members will assist potential members with the application process. Bring identification and membership dues. Board members will also assist volunteer drivers who need to bring driver's license, car registration and car insurance form.

For additional information: Email herndonvillagenetworkinfo@gmail.com

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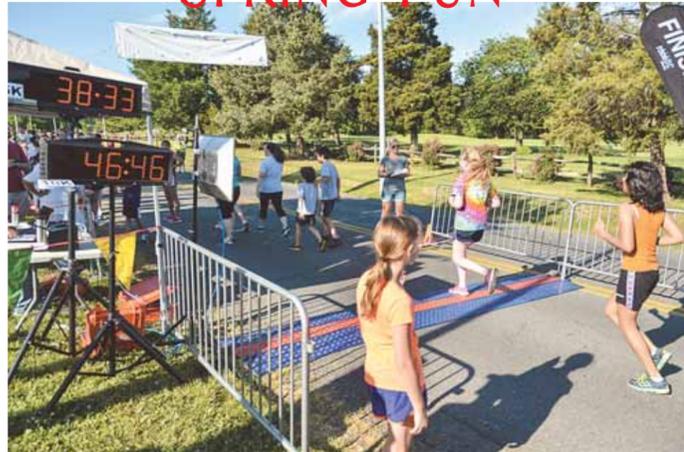
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www.foha.org

SPRING FUN



Easter Egg Hunt at the Herndon Municipal Center, 777 Lynn Street April 4, 9 a.m.-12 p.m. One of the most exciting annual events for Herndon children will take place on Saturday, April 4. Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning in the park. Games, arts & crafts, and music will begin at 9:30 a.m., along with a photo opportunity with the Easter Bunny. Registration is \$9 and is available online, or onsite the day of the event (cash or check only). Event held rain or shine.



Image from the Herndon High 2014 April's drama "Blithe Spirit." The Herndon High School drama team will present all the singing, dancing and acting you've come to expect from HHS Theatre and Choir, onstage in their annual Musical Theatre Production this May 1, 2 and 3 with their production of "Children of Eden." Tickets are \$10.



Bike to Work Day, May, 15. The Town of Herndon will again host a Pit Stop (compliments of A-1 Cycling) from 5:30 to 10 a.m. and from 4-6:30 p.m. Friday, May 15, 2015. Nearly 80 Bike to Work Day pit stops in D.C., Maryland and Virginia will be welcoming bicyclists with refreshments. Each pit stop will provide registered attendees with free T-shirts and chances to win bicycles and other great prizes.

Celebrating Spring in Herndon

A preview of some of the upcoming fun events.

PHOTOS BY RYAN DUNN/THE CONNECTION

Mark your calendar for the 35th Annual Herndon Festival, May 28 - 31. This town-wide event attracts over 80,000 people from the greater Washington, D.C. Metropolitan area. There is no admission fee to enter the Herndon Festival. There is a large array of activities to keep festival patrons entertained including amusement rides and the 5K/10K race.



Herndon's historic Frying Pan Farm Park offers a variety of events throughout the year. Civil War Stories Sunday, April 26, 1-3 p.m. Free. Go back to 1861 when Frying Pan Meeting House served as a field hospital. Listen to Civil War reenactors, view hands-on exhibits and watch these stories come to life. Meet at Frying Pan Farm Park Meeting House 2615 Centreville Road, Herndon. For information, call 703-437-9101. Another event is the Spring Farm Day on Saturday, May 9, at 10 a.m. Enjoy crafts and watch sheep shearing and view antique equipment displays. In this photo, a park employee talks to kids and parents about cattle.

Signature Events 2015 – Reston Town Center

- ❖ Pet Fiesta, Saturday, May 2, 10 am - 4 pm, Pavilion and Streets. Super pet adoption, entertainment, exhibitors, pet rescue and nonprofit groups. Presented by GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. petfiesta.org.
- ❖ Mr. Knick Knack! Performances for Children. Mondays, May 4 through Oct. 19, 10:30 – 11:15 a.m., Pavilion. Free performances of heart-centered music for children.
- ❖ Northern Virginia Fine Arts Festival – 24th Annual. Saturday, May 16, 10 a.m. - 6 p.m. and Sunday, May 17, 10 a.m. - 5

p.m. Plus: Festival Launch Party on Friday, May 15 - \$75 per person. Presented by Greater Reston Arts Center. Sponsored by Volkswagen of America, Inc. View and purchase art from 200+ artists from across the nation. Enjoy two days of live performances, acclaimed children's activities, and more. \$5 donation encouraged. 703-471-9242 restonarts.org.

- ❖ Reston Concerts on the Town – 25th Annual Series. Saturdays, May 30 through Sept. 6, 7:30 - 10 p.m., Pavilion. Live bands perform a variety of music genres from around the country. Free. Rain or shine. Alcohol permitted at restaurants only. Presented by

Reston Town Center Association and Reston Town Center. restontowncenter.com/concerts

- ❖ Love Your Body Yoga Festival, Sunday, June 14, 10 a.m. - 3 p.m., Pavilion and Market Street. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Presented by Beloved Yoga. belovedyoga.com.
- ❖ Taste of Reston, Friday, June 19 and Saturday, June 20, Pavilion and Market Street. Greater Reston Chamber of Commerce presents Northern Virginia's largest outdoor

food festival featuring samplings from the region's eateries, live music, beer and wine gardens, and much more. Free admission; tasting tickets purchased on site or in advance at restontaste.com. restonchamber.org 703-707-9045.

- ❖ World Police & Fire Games Athletes Village. Friday, June 26 through Sunday, July 5. Thousands of athletes from 70 countries will converge in Fairfax County for 10 days of competitions. Entertainment and activities will be hosted by Reston Town Center during the games. Fairfax2015.com.
- ❖ ChalkFest at Reston Town Center, Friday, Sept. 11 and Saturday, Sept. 12. Spectators and participants welcome! Rain

or shine. Registration fee includes supplies. Information: publicartreston.org, info@publicartreston.org, or 703-467-9797.

- ❖ Oktoberfest Reston, Saturday, Oct. 10 and Sunday, Oct. 11. Featuring the best in autumn brews with delicious fare from area restaurants. Enjoy food, wine, beer, and live entertainment. Produced by Greater Reston Chamber of Commerce. oktoberfestreston.com.
- ❖ Washington West Film Festival, Wednesday, Oct. 21 through Monday, Oct. 26, Bow Tie Cinemas. A unique cinematic experience presenting fine independent films screened or premiered in three in-competition categories: dramatic features, documentary fea-

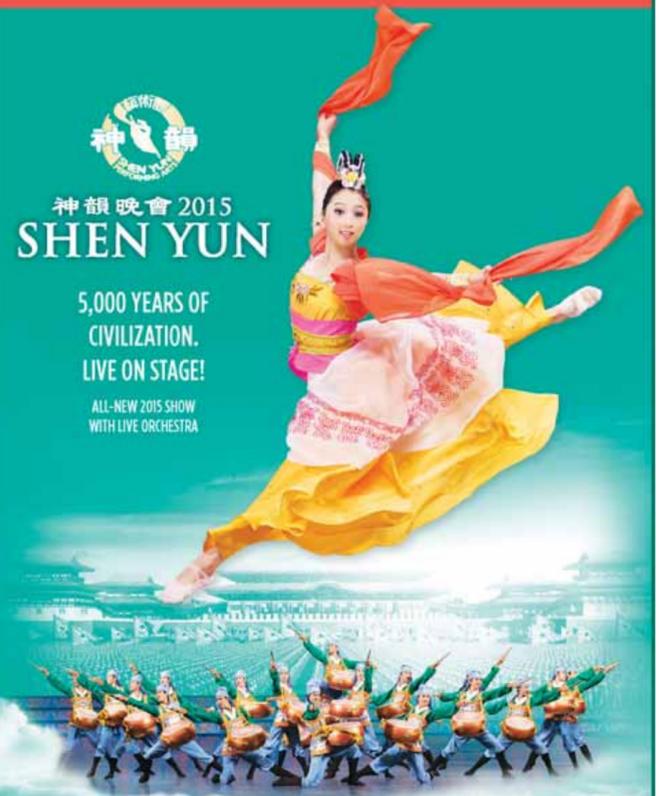
tures, and short films. Schedules and tickets: wwfilmfest.com.

- ❖ Reston Town Center Ice Skating Pavilion Season, November until March. Public ice skating and skate rentals every day, including all holidays. Also available are skating lessons, birthday parties, private and corporate parties. More information, rates, and schedules: 703-709-6300 restontowncenter.com/skating.
- ❖ Holidays are Here! at Reston Town Center — Friday, Nov. 27 (day after Thanksgiving). Reston Holiday Parade, tree lighting, and much more. Rain or shine. Find more events and details at www.RestonTownCenter.com/events.

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Trout Season Open in Fairfax County

Rain waters down Herndon Fishing Derby, fish still available in Reston.

BY RYAN DUNN
THE CONNECTION

Despite rainfall that lasted throughout the morning, parents and children arrived at Sugarland Run Trail in Herndon the morning of Saturday, March 14 to participate in the annual fishing derby. The Town of Herndon's Parks and Recreation Department coordinated the event. Volunteer groups assisting at the event included members from Trout Unlimited. "This is our sixth time participating in this event," said George Paine, a resident of Reston and secretary of the Northern Virginia Chapter of Trout Unlimited (NVATU). "It is a great opportunity to connect kids with the outdoor scene," said Paine.

"Hats off to the parents who are taking their kids out," said Roy Lindquist, a volunteer with NVATU. The participants met behind the Herndon Police Station on the Sugarland Run Trail. Teens and adults ages 16 and up had to have a valid Virginia State Fishing License to fish. Adults were not permitted to fish during kids fishing time. "It is a lot of fun to teach the kids how to fish," said volunteer John Davey.

NVATU is a diverse group of men, women and children, mostly from the Alexandria, Arlington County, Fairfax County, and Prince William County, who enjoy fishing and associated activities to enhance



Despite a rainfall that persisted throughout the morning, families still attended the Saturday March Trout Derby hosted by the Town of Herndon Parks and Recreation department.

quality fishing opportunities. It is one of the largest TU chapters and often interact with other nearby chapters. The chapter holds regular meetings on the first Thursday evening of every month at the Vienna Firehouse. You need not be a member to come to meetings. The Northern Virginia Trout Unlimited Chapter #360 is Northern Virginia's leading nonprofit cold-water fisheries conservation organization with about 1,000 members.

"We heard about this event from the Herndon Community Center," said Jasmine Yao, who brought her son Ted. Many attendees found out about the event from the Herndon Community Center. The Guggenmos family brought umbrellas and rain jackets with them. "I think it is great how they give us all the bait and tackle we need," said Steve Guggenmos. "It is pretty fun, the only downside is the rain," said Steve's son, Bennett Guggenmos.

Continued rainfall on Saturday put a damper on the outdoor Herndon event. As the trout were raised in a fish hatchery, they were unfamiliar to the weather conditions of high water levels made by

the snow melt and rainfall. Still for those who participated it was an opportunity to share quality time. For those who may seek to fish on other days, Trout Fishing at Lake Fairfax Park in Reston resumed on Sunday, March 15, and continues until Sunday, May 3.

Although fishable year-round, spring is the premier time for fishing at Lake Fairfax. Thousands of pounds of safe-to-eat rainbow trout are stocked in the lake. Bi-weekly stockings run from February into April. A Virginia fishing license is required along with either a one-day or a seasonal trout fishing pass available at the site.

There are one-pole and six-fish limits. The lake is accessible for shoreline fishermen. Other locations where fishing is possible includes Riverbend Park in Great Falls and Burke Lake. Burke Lake is a 218-acre, state-owned public fishing lake. Fairfax County owns the parkland around the Burke Lake, and there is a 24-hour state launch ramp exclusively for anglers near the dam.



Volunteers from Trout Unlimited including Roy Lindquist and George Paine assisted participants in the 2015 March Kids Trout Fishing Derby held at Sugarland Trail in the town of Herndon.

PHOTOS BY
RYAN DUNN/
THE CONNECTION

CALENDAR

Send announcements to herndon@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

TUESDAY/MAR. 24 - SUNDAY/APR. 5

Herndon High School Art Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. Art teachers at Herndon High School invite senior artist to show painting, photographs, drawings and digital art. <http://www.artspaceherndon.com/mind-heart-vision/>

WEDNESDAY/MARCH 25

It's Pancake Story Time. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Flapjacks on the griddle; maple tree sap on the run; Busia's coming out of hibernation. Please join us for family storytime fun! All ages. To register visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

I'm a Builder! Storytime with Wood Blocks. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Creativity, scientific thinking, problem solving, and language skills all come into play as we use wood blocks to build, explore, create, and learn (STEAM). Age 3-5 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

Mind, Heart, Vision Artist Reception. 6-8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every spring art teachers at Herndon High School invite senior artists to participate in a juried art show at ArtSpace Herndon. The exhibit includes paintings, photographs, drawings, and digital art. The student artwork on exhibit will also be available for purchase. The exhibit and artists reception are free and open to the public. For more information visit our website: <http://www.artspaceherndon.com/mind-heart-vision/>. 703-956-6590.

THURSDAY/MARCH 26

World Class Irish Pianist. Reston Community Center, 2310 Colt Necks Road, Reston. 2:15-3:40 p.m. Hear world class Irish pianist John O'Connor perform. He is famous for his breathtaking performances with some of the most impressive orchestras around the world, including the London Symphony, the Royal Philharmonic, the Vienna Symphony, and l'Orchestra National de France. The concert is free to the public. Sign up at: <http://www.restoncommunitycenter.com/attend-shows-events-exhibits/centerstage-schedule>

FRIDAY/MARCH 27

Environmental Film: More Than Honey. 7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Oscar-nominated director Markus Imhoof tackles the vexing issue of why bees, worldwide, are facing extinction. The film investigates the global phenomenon observed by small family beekeepers as well as large industrialized honey farms in California, Switzerland, China and Australia. Using exquisite macro-photography of bees in flight and in their hives, a fascinating and complex world in crisis is revealed. Co-sponsored by Friends of Reston. Adults and children 10+ years. Reservations required by March 24. \$5 suggested donation. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Great Decisions Series. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A

roundtable discussion on the U.S. foreign policy process. The topic for March is Sectarianism in the Middle East. Discussion materials will be available two weeks before the event. Adults. <http://www.fairfaxcounty.gov/library/branches/rr/>.

SATURDAY/MARCH 28

Community Easter Egg Hunt and Storytime. 11 a.m. Reston Presbyterian Church, 10610 Sunset Hills Road, Reston. Easter Egg Hunt will be held outside for ages 12 and under (held inside if raining). www.rpccconnected.org.

One-to-One Technology Help. 11 a.m. - 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Need help with eBooks, smartphones or tablets? Gather up your devices and login info and come to a Saturday session with a technology volunteer. Adults. Call branch for times, 703-689-2700.

Stop the World I Want to Get Off. 2 p.m. - 3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Zelma Chamberlain returns to show you how simple meditation can ease the stress of your edge-of-the-seat daily life and bring you inner peace. Adults and teens. Register online at <http://www.fairfaxcounty.gov/library/branches/rr/>.

Celtibillies. 8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The Dominion Notes Concert Series continues with the Celtibillies joined by Emily Oleson. The Celtibillies, an award-winning quartet of outstanding musicians from Abington, Virginia, play stringed instruments in the style of the Scottish and Irish immigrants who settled in the Virginia Frontier. Led by the fiddle, an instrument originating in the Isles, the band plays Celtic tunes with a mountain flavor. They will be joined by a professional flat-footed dancer, Emily Oleson, performing Celtic and Appalachian dance. Tickets are \$15. To purchase tickets got to: <http://www.artspaceherndon.com/dominion-notes-concert-series/>. For more information call 703-956-6590.

Sugarland Run Stream and Runnymede Park Clean-up. 8 a.m. - 12 p.m. Runnymede Park, 195 Herndon Parkway, Herndon. Choose between stream clean-up or native plant garden assignments, bring work gloves and suitable clothing. Meet at main entrance. To volunteer contact the Town Forester. 703-787-7380.

Aqua Egg Hunt. 1:30 p.m. - 4 p.m. Herndon Community Center Pool, 814 Ferndale Ave, Herndon. Join us for our Aqua Egg Hunt where children will collect as many floating and sinking eggs as possible in the time allowed. Everyone will receive a prize. Ages 16 and under. Register online http://www.herndon-va.gov/content/parks_rec/specialevents/ or call 703-787-7300.

SUNDAY/MARCH 29

Herndon Charity Fundraiser. 11 a.m. - 9 p.m. Stone's Cove KitBar, 2403 Centreville Road, Herndon. Cindy's Legacy is charitable Virginia-native, who lost her battle to brain cancer in 2011. Cindy's family launched this organization to help provide financial and personal administrative support to cancer fighters and their families during their greatest time of need. To support the organization, Stone's Cove will donate 10 percent of the day's sales to Cindy's Legacy. Visit the KitBar on March 29 to eat well, relax and your attendance will help provide financial and administrative support those affected by cancer in the community.

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 10

MONDAY/MARCH 30

Kaleidoscope of Butterflies. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Explore math and science concepts through literature and hands-on activities. Learn about butterflies. Age 4-8. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

TUESDAY/MARCH 31-WEDNESDAY/APRIL 1

Spring Break Junior Golf Camp. 9 a.m. - 1:30 p.m. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. With a focus on fun and an emphasis on skill development, the goal is to bring each child in touch with the game of a life time. Ages 7-17. 95\$ http://herndon-va.gov/Content/Golf/Instruction_Jr_Golf/.

FRIDAY/APRIL 3

Art House Cinema Presents: Trois films du Cinéma Français. 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The April film will be *The Man Who Loved Women* "L'homme qui aimait les femmes" (1977) with a brief talk by George Mason University Professor Martin M. Winkler. Tickets are \$7.50* per person for the movie and fresh popcorn. Beer, wine, water, and concessions will be available for purchase. The doors open at 7. To buy tickets: <http://www.artspaceherndon.com/art-house-cinema-presents-trois-films-du-cinema-francais/>. For more

He has Risen indeed!



Palm Sunday & Easter Services: 8:30am & 11am
Holy Week Thur. & Fri. 7:30pm
 Trinity Presbyterian Church
 651 Dranesville Rd. Herndon, VA 20170
www.trinityherndon.org

Easter Celebration He Has Risen!

9:30am Family Worship
11am Easter Egg Hunt
11:30am Traditional Worship with Instruments

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Palm Sunday, March 29

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Easter Sunday, April 05

Sunrise Worship service at 6:30 a.m.

Easter Worship service at 11:00 a.m.



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herndon@connectionnewspapers.com

Or to mail photo prints, send to:

The Oak Hill/Herndon Connection, "Me and My Mom Photo Gallery," 1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

APRIL

Easter Sunday is April 5

4/8/2015.....HomeLifeStyle

4/15/2015.....A+ Camps & Schools

4/22/2015.....Real Estate Pullout - New Homes

4/29/2015.....A+ Camps & Schools Pullout

4/29/2015.....Mother's Day Celebrations, Dining & Gifts I

4/29/2015.....Spring Outlook 2015

MAY

5/6/2015.....McLean Day Pullout

5/6/2015.....Mother's Day Dining & Gifts II

5/6/2015.....Wellbeing

Mother's Day is May 10

5/13/2015.....HomeLifeStyle

5/20/2015.....A+ Camps & Schools, Proms, Summer Planning

Memorial Day is May 25

5/27/2015....Summer Fun, Food, Arts & Entertainment

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SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Herndon goalkeeper Ryan Mach, right, finished with 17 saves against Chantilly on March 23.

Perennial Power Chantilly Boys' Lax Teaches Lesson to Herndon

Hornets goalkeeper Mach plays well in defeat.

BY JON ROETMAN
THE CONNECTION

Sometimes, lessons are learned the hard way. Herndon boys' lacrosse coach Dave Baggetta wants his players to approach the game with effort and intelligence. On Monday, the Hornets saw what can happen when they're not on top of their game.

Perennial power Chantilly walloped the Hornets 10-1 at Herndon High School. The Chargers led 4-0 at halftime before coming out strong in the third quarter, adding four goals to their advantage.

Chantilly led 10-0 in the fourth quarter before senior attackman Ryan McLaughlin scored Herndon's lone goal with 2:28 remaining.

Chantilly has played in the state championship game in five of the last seven years, winning titles in 2008 and 2013. On Monday, the Chargers improved to 2-0 and dominated during what equated to a tune-up for Thursday's matchup with defending state champion Robinson.

What did the Hornets take from Monday's game?

"I think you're always learning, especially when you have a team that's got a number of sophomores that are contributing, mixed in with seniors and juniors," Baggetta said. "... What I really would hope though, No. 1, is that our kids look at how hard they need to play the game. I also think what they do is they take this into practice and they realize that they have to be at full speed, because passing and catching always has to be at full speed. When you play a team like this, they're going to prove it to you because they're going for 48 minutes."

Baggetta, in his fifth season as Herndon head coach, said he talks to the Hornets about "competing."

"When I use the word 'compete,' it encompasses a lot of different things," he said. "I want to see them compete in terms of effort, but I also want to see them compete in terms of being smart with how they do things."

Herndon goalkeeper Ryan Mach, facing heavy fire, finished with 17 saves. The junior received praise from his head coach.

"He played an outstanding game," Baggetta said. "... I think he helps keep the guys motivated because they see how hard he's working in the cage. Frankly,

he's down there playing extremely hard, giving us an opportunity to at least get the ball back. ... The way that Ryan plays, he's giving you an opportunity to hang around. Now we've got to do a better job of collectively helping him out as a team."

McLaughlin is Herndon's top offensive threat and will play at High Point University.

The loss dropped Herndon's record to 2-2. The Hornets opened the season with a 13-9 loss to West Springfield on March 16, before beating Annandale 15-6 on March 18 and West Potomac 11-7 on March 19.

The Hornets will travel to face Westfield at 7:15 p.m. on Thursday, March 26.



Senior attackman Edward Williams, left, and the Herndon boys' lacrosse team lost to Chantilly on March 23.

Langley Girls Lacrosse Has a Strong Debut

The Langley girls' lacrosse team started strong and finished equally strong against a very talented McLean team on March 17. Ten different Langley Saxons scored in a dominating 19-11 performance over the Highlanders.

"This was a positive start to an important season for Langley," said head coach Rebecca Watkins. "We have many offensive weapons but more importantly the girls played like a team. This is a long season and we hope to be built for a long run."

Senior Nicole Lee scored three goals, while Halle Duenkel tallied four goals in the impressive debut. Aubrey Zarella (one), Morgan Kuligowski (one), Julia Byrne (two), Rebecca Bair (two), Anna Hofgard (two), Maddie Frix (two), Caroline Wilson (one), and Bethany Basco (one) scored as well.



PHOTO CONTRIBUTED

The Langley girls' lacrosse team opened the season with a 19-11 win over McLean on March 17.

Mackenzie Regen and Marina Smith anchored the defense. Goalies Megan O'Hara and Brittony Trumbull recorded four saves each and never let the game get close.

Two days later, Langley lost to Centreville 15-12, evening the Saxons' record at 1-1.

Langley will face South County at 11 a.m. on March 30 at Robinson Secondary School.



PHOTO CONTRIBUTED

Senior goalkeeper Sigourney Heerink and the Madison girls' lacrosse team opened the 2015 season with a win over Marshall on March 19.

Madison Girls' Lax Wins Season Opener Against Marshall

The Madison girls' lacrosse beat crosstown rival Marshall 15-5 on March 19 to kick off their 2015 season.

Leading the scoring for Madison was Kierra Sweeney with four goals. Appearing in her first high school game, freshman Zoe Dyer racked up three goals. Also contributing to the effort were Katie Sciandra (three goals), Anya Saponja (two), Andie Battin (one) and Alison Krisko (one).

Madison goaltending was rock solid with senior goaltender Sigourney Heerink tallying 17 saves. Freshman

goalie Ellie Socher also saw time in the goal, making a strong debut.

Madison dominated in the field with Andie Battin and Shannon Condon winning many ground balls. All 21 players saw time on the field and contributed to the win.

Marshall saw strong play from their seniors Sophie Lex (three goals) and Mary Hagopian (one goal). Sophomore Statesman Hannah Smith also contributed a goal.

Madison hosts South Lakes at home on Thursday, March 26 at 7 p.m.

PHOTOS BY RYAN DUNN/THE CONNECTION



Both Fairfax County School Board members and school principals attended the award ceremony held on Sunday, March 22 for the 60th Annual Fairfax County Regional Science and Engineering Fair at Robinson Secondary School.



Tim Harazin, science specialist at Fairfax County Public Schools, announced the winners at the 60th Annual Fairfax County Regional Science and Engineering Fair. Also attending the event were Fairfax County School Board member Ryan McElveen and Langley High School senior Harris LaTeef in addition to school principals and regional assistant superintendents.

Area Students Win Science Awards

Students from across the county recognized at 60th Annual Fairfax County Regional Science and Engineering Fair.

BY RYAN DUNN
THE CONNECTION

High school students from Fairfax County schools attended the annual regional science fair held at Robinson Secondary School in Fairfax, March 20-22, to compete for prizes and recognition. “This is the 60th Fairfax County Public Schools science fair, and I think that deserves a round of applause,” said fair director, Myra Thayer.

“We are all proud of the job our students did at the regional science fair,” said Tim Harazin, Fairfax County Public Schools Elementary science specialist. “We also appreciate all of the volunteers that it takes to make a successful event like this. There were almost 400 judges between the category judges and the organization judges that volunteered time yesterday morning and afternoon to interview the students and provide encouragement. There were also many volunteers from teachers and other county staff that worked together to have the event come off so well.” The event was an opportunity to showcase and promote the science, technology, engineering and math (STEM) skills of Fairfax County schools.

More than 40 corporate and professional organizations helped support this year’s event, with patron support coming from Northrop Grumman. Presentation of special awards was conducted by Captain Dan Kelly with the Naval Science Awards Program and Northrop Grumman Corporation’s Dwight Yamada. Helping present awards were Fairfax County School Board member Ryan McElveen and Langley High School senior Harris LaTeef. Also attending the event were members of the Fairfax County School



In recognition for their project at the 60th Annual Fairfax County Regional Science and Engineering Fair, Herndon High students Thomas Cecil and Brad Ho won an invitation to tour the DEA Testing and Research Lab.

Board and regional assistant superintendents.

THERE WERE 600 students participating in the Fairfax County Public Schools (FCPS) regional science fair. Ten Fairfax County students will continue on to the May international science and engineering (ISEF) fair in Pittsburgh, Pa. Individual grand prize winners for the 2015 fair included Langley High School’s Kendy Li, Thomas Jefferson’s Prathik Naidu, Richard Oh, and Jung Yoon Kim, Oakton High School’s Stephanie Mui, Chantilly High School’s Aishwarya Nugooru and Neal Agarwal, and West Potomac High School’s William Makinen. Team Grand

Prize Winners for the fair were John Han, Jake Cui, and Lil Li from Madison High School for their biochemistry project titled “Development of a Novel Near-Infrared Fluorescent Theranostic Anti-Cancer Agent.” Thomas Jefferson (TJ) HS had a team grand prize winner for a project done on systems software. The TJ HS team winners consisted of Rohan Suri and Clarissa Scogins, and their project was titled “A Contact Tracing System Utilizing Intercellular Proximities.”

“The thing I love about the science fair is that it gives kids a chance to talk about something that they have created with a really authentic audience, our fantastic judges,” said Charley Sabatier, High School science specialist with Fairfax County Public Schools. Sabatier worked with Myra Thayer and volunteers to make the event possible. “We are so thankful for the support that we receive for the FCPS regional science fair from the school board, the leadership team, and our amazing school principals. The science fair is a wonderful example of a truly authentic STEM event.”

SOME OF THE PARTICIPANTS won several awards for their scholastic work at the science fair. This included Chantilly HS student Aishwarya Nugooru, who in addition to being a grand prize winner for the ISEF fair, won awards including the Youth Inspire Award 1st Place Award and American Statistics Association, Honorable Recognition. Nugooru’s project entails a novel therapy for HIV, an infection that does not currently have a cure. “I basically took seronegative (HIV-negative) blood from donors at blood banks and genetically engineered T lymphocytes from the blood and made it resistant to HIV,” said Nugooru. “My approach is a safe, accessible and targeted therapeutic for HIV... Many have discouraged me from continuing my research and they described a cure for HIV to be “impossible” but I always thought: ‘Shoot for the stars and you never know where you’ll end up.’ In this case, my perseverance as a researcher has led me to discovering a potential cure and paradigm shift in HIV/AIDS research.”

Health Matters More



By KENNETH B. LOURIE

I realize money doesn't buy happiness, although I wouldn't mind renting it. Still, having money rather than not having it can't be all bad. And I can definitely appreciate how not worrying about it can contribute to a potentially less stressful, above-average quality of life, generally speaking (I'm well aware that if you don't have your health, you don't have nearly as much; don't I know it!). And though there are no guarantees in life, other than death and taxes, as the old saying goes; being able to say "yes" should be easier than saying "no" when all is said and done. And when all is not yet "said and done," and there are health issues which intersect with dollars and sense, the conflict can exacerbate an already difficult situation. Unfortunately, the two are not mutually exclusive, and one can experience both - simultaneously.

Being a "terminal" cancer patient hardly improves this situation, regardless of what is said or done. Somehow, somewhere, one has to find stress-relievers and mind-occupiers. If that release involves money, I'll just have to live with the consequences of my inaction. Although having rather than having not is a much better alternative, navigating without has not been an impossible task. Hopefully, I'm mature enough to take the good and dispose of the bad and use it to strengthen my resolve, not weaken it. Because no one, as my mother was fond of saying, "gets out of this life alive," and leaving a path of inappropriate behavior in your wake is likely not the road to find out (Cat Stevens).

But I'm not, necessarily, as I live and breathe, on any sort OF road to find out. I'm more on a path of least resistance. I'm trying to accentuate the positive and minimize the negative and put stress in my rear view window (yes, I still drive; I'm fine, mostly). However, there are impediments and obstacles to such blissful ignorance; I mean, happiness. Regular appointments with an oncologist and visits (I use that word loosely) to the Infusion Center every three weeks for chemotherapy tend to muddle that happiness, naive or otherwise. In addition, when nos get in the way of yeses, the benefits are less obvious. As much as I'd like to be a sport, I have less recourse now than I ever have and fewer alternatives to compensate for a potentially abbreviated pursuit of life, liberty and happiness. It's not as if I'm unable to provide for myself and my family, however; it's more that in so doing, I feel as if I'm inadvertently giving in to the pressure and making worse an already difficult-to-mange situation: stage IV, non-small cell lung cancer, which my oncologist originally characterized as "treatable but not curable;" try processing that when you're age 54 and you've just buried your widowed mother. Still, six-plus years post-diagnosis, maybe I'm here to stay?

Who knows, really? If I had fewer "normal" things on my mind, perhaps cancer and its devastating effect would be more on my mind? Which I wouldn't see as a positive. Actually, I would: I'm positive the effect would be negative. Maybe the fact that I've tried to maintain my status quo and not imposed a "bucket list"/artificial deadline on myself has enabled me to stay in the game longer than was initially "prognosed." And I am extraordinarily lucky; I just wish that sometimes, the game came with fewer expenses.

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

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WEDNESDAY/APRIL 7

Reston Garden Club Meeting. 1 p.m. Walker Nature Center, 11450 Glade Dr., Reston. The speaker for this month is Nancy Vehrs, President of the Virginia Native Plant Society. She will be presenting a program on "Spring Wildflowers of Northern Virginia." Her presentation will include both pictures and information of our local typical native plants. These plants grow and thrive naturally, often in poor soil, without our help. Guests and members are invited to attend the meeting. For more information go to www.therestongardenclub.org

SATURDAY/APRIL 18

Bicycle Safety Rodeo. 1-4 p.m. Lake Newport Pool, 11601 Lake Newport Road, Reston. Join the Reston Association, RA's Pedestrian and Bicycle Advisory Committee, The Reston Bicycle Club, and Safe Routes to School. Children will complete 8 safety stations and earn their bicyclist's license. The Reston Bike Club will be doing bicycle & helmet inspections. Contact Ashleigh@reston.org or 703-435-6577. Ages: 5 - 12.

MONDAY/APRIL 27

Reston Runners Women's Training Program. Eight week program for walkers and runners, run by women, for women. Program starts April 27 at 6:30 p.m. at South Lakes High School. For more information, or to register, go to www.RestonRunners.org

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.
Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

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 available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

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

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

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But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

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Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

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to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!

~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour. The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

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~ Scott Kreitz

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