

# Voting in Herndon On Super Tuesday

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In Photo Competition

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Frances Dong and William Haskell, voting at Frying Pan Park in Herndon, would like to see Bernie Sanders win the day. "Immigration, taxes and education are the issues for us," said Dong. "Especially education," added Haskell. "We would like to further our education but we just got out of that debt and don't want to jump back in it."





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## VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, March 8, 7-8 p.m.** to discuss Incontinence Issues and Caregiving. Join us to discuss your concerns and learn more about making this issue more manageable. Register beforehand at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, March 16** at noon at the Hunter Mill District Office, 1801 Cameron Glen Dr., Reston. The public is welcome to attend and join in the comment period that begins each session. Find out more at [www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm). Call **703-324-5403**, TTY 711 for meeting access needs.

The **Hollin Hall Senior Center** in **Alexandria** needs instructors for the following classes: **Basic Woodworking, Basic Guitar, Italian and Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art, and Basic Spanish**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Bailey's Senior Center** in **Falls Church** is in need of a **Volunteer Trip Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on

Volunteer Solutions.

The **Mott Community Center Senior Program** in **Fairfax** is looking for volunteer instructors for the following classes: **Tai Chi and Art**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Meals on Wheels** needs **drivers, coordinators, and co-coordinators** for routes throughout the county. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Herndon Senior Center** needs **Social Visitors**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Little River Glen Senior Center** in **Fairfax** needs a **Computer Lab Assistant**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Wakefield Senior Center** in **Annandale** needs instructors for the following classes: **Art, Pilates, Chair Exercise and Zumba Gold**. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in **Alexandria** needs instructors for the following classes: **Basic Italian, Country Western Line Dance, Hula Hoop Class, African Style Dance and Mosaic Art or Jewelry Making**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.



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**Carole Foryst distributes flyers for the Republican Party outside the polls at South Lakes High School. "It's time to overturn the Washington elite, both sides of the aisle," said Foryst. "Our country is in an economically precarious situation. The Democrats have had their chance, now we need to change course." Foryst said that her party has seen a real "ground swell of volunteers." "I called every single voter in this precinct. Quite a few have signed up, especially independents."**



PHOTOS BY ANDREA WORKER/THE CONNECTION

**Democratic Precinct Capt. Richard Chew and voter Nancy Olds braved the early morning chill on Super Tuesday at the South Lakes High School polling place in Reston. "This is a heavily Democratic precinct," said Chew, "but I think there has been a higher percentage of Republican turnout this year. People are really engaged."**

## Reston, Herndon Polls See Steady Stream of Voters on Super Tuesday

BY ANDREA WORKER  
THE CONNECTION

**"I** believe this really is one of the most important elections in our lives. The outcome could affect our country and the world for the rest of this century." So said Carole Foryst as she manned the Fairfax County Republican Committee information site at the South Lakes High School polling place in Reston. No lines, but the steady stream of voters at South Lakes, Hunters Woods Elementary, Herndon Middle School and Frying Pan Park in Herndon seem to indicate that many voters are taking their civic responsibilities seriously this year. "It looks like a pretty good turnout," said Dorothy Jean Hankinson, a Chief Elections Officer for the county, stationed at Frying Pan Park. Hankinson previously worked the absentee balloting event and noted there were about 400 ballots cast the whole day. By 8 a.m. today, some 158 voters had already been signed in. "That's encouraging," she said.

Outside the Frying Pan Visitors Center doors, Anders Wurga was greeting voters as they arrived, offering materials and recruiting campaign volunteers for the local Republican Committee. Unlike the often fractious tone and less-than-mannerly behaviour exhibited at some of the presidential debates and gatherings, Wurga reported that most of the people he spoke with were friendly and respectful, no matter which side of the political scale they occupied, although "there have been a few rude comments," he noted.

Perhaps it was the presence of Charlie the service dog at Hunters Woods Elementary in Reston that helped put the voters in a more cheerful frame of mind at that location. Border collie Charlie was assisting his owner, Alan Gersman, who is a first time campaign volunteer



**Fairfax County Republican Party volunteer Scott, signs up Deborah Ellinthorpe as a campaign volunteer. Ellinthorpe is liking Bernie Sanders or John Kasich as potential presidents, but particularly likes that "voting in Virginia gives me a choice, either side." A former resident of Louisiana, she said that in elections past she was forced to vote only along party lines. "I want to vote for something, not against. Never again do I want to have to hold my nose when I pull that lever."**

for the Republican Party.

"My wife and I, we decided that it was time to do something. Forty years ago, we could start a business and we worked hard and did well. Now, it is hard for young people. They can't get loans from the banks. Things seemed stacked against them. So, whatever we can do, we will."

In a somewhat controversial move, Fairfax County voted to cancel classes on this election day, citing security concerns. Some officials worried that the "pledge" requirement put into place by the State Republican Committee requiring voters to affirm their Republican Party affiliation before receiving a ballot could lead to disruptive

behaviour by supporters of Donald Trump, who has criticized the move. Democrats are not required to attest to such a pledge in Virginia, where voters are allowed to choose from either party. "Whatever the reason," said Sunish Kayram of Reston, "the school being closed probably helped make the process easier, certainly the parking, and if it helps keep our kids safe, all good."

We will all have to await the final count, but at least a few of our local citizens were willing to speak out on who they support and why. Despite his national numbers and seemingly insurmountable lead, only two of those questioned named Trump as their candidate, and only after saying that Gov.



**Paul Renard, who has served on the county Democratic Committee, says he is just "disgusted" by this crop of Republican candidates. He hasn't missed voting in an election since 1972 and doesn't plan to end that streak any time soon. "I'm a staunch moderate," Renard declared as he prepared to cast his ballot at South Lakes High School in Reston. "I believe in a strong defense for our country, and I know something about that subject," he added, alluding to his occupation, "but so-called strategies like the 'carpet bombing' we've heard about show how little these candidates know." As for the "tone" of this election cycle, Renard says he's rarely witnessed anything "more hateful."**

Kasich of Ohio, who trails significantly, would have been their first choice. Clinton got the thumbs up from most of the Democrats asked outside of the four polling sites visited, although Sanders supporters seemed perhaps the most enthusiastic about their candidate.

"Whomever you vote for, just be sure to vote," was Elections Officer Hankinson's request. "And how about becoming a paid Elections Officer for the November election. Check out [www.fairfaxcounty.gov/elections](http://www.fairfaxcounty.gov/elections). We need a thousand more of you!"



# OPINION

## Bills and More Bills

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



COMMENTARY

If past history provides any indication, the 2016 session of the General Assembly will have considered nearly 3,000 bills and resolutions before its 60-day session adjourns in early March. While the figure is impressive, it can be deceiving without a breakdown of the total number. For example, in 2014 which was also a 60-day "long" session, the 100 members of the House of Delegates introduced 1,950 bills and resolutions, and the 40 members of the Senate introduced 938 bills and resolutions. Of the 2,888 total bills and resolutions, resolutions accounted for 942. Most resolutions are memorial in that they recognize someone noteworthy in a delegate's district who had died the previous year or they commend in offering praise to a person, sports team, organization, or entity for a noteworthy accomplishment or event. It is seldom that memorial or commending resolutions do not pass.

Other resolutions may propose to express the sense of the General Assembly on an issue or provide guidance to another branch or level of government. Some of these resolutions can be very controversial especially when members propose to send a message to the big bad federal government. No resolution carries the force of law.

In 2014, 1,946 bills that propose new laws were introduced by the House and Senate members. By the end of the session that year 825 bills or 42 percent passed the House and Senate with only 10 of these not being signed by the governor. If more than 800 new laws seems like a big number, a further analysis will put it in perspective. Many bills are double-counted in that they have been introduced in both houses and passed by both houses. About two-thirds of the legislation passed are duplicates of other bills. Some bills are local in that they apply to only a single jurisdiction. As a Dillon Rule state—meaning that local governments have only the power

granted to them by the state—local governments must come to the state for enabling legislation to take on a new power or activity if it is not granted by the locality's existing charter or general law. These bills are generally not controversial unless the locality is asking for power not ever given to another local government. Agency bills are introduced by members on behalf of the governor and state agencies related to the functions of state government. Housekeeping bills are introduced to correct or clarify legislation that has been introduced in the past. A high percentage of bills relate to crime and punishment and civil actions.

When these clarifications distill down the total number, you get to the couple of dozen bills about which you read in the newspapers and by which you might be directly impacted. They are the bills that are controversial and sometimes partisan. Little legislation will threaten the stability of the Commonwealth. When change is needed, however, we need to be willing to make that change. I will address the most significant pieces of legislation from this session in future columns.

### LETTERS TO THE EDITOR

## Cooper Students Support Students in Afghanistan

About two years ago I attended an event in Washington, D.C. where the First Lady of Afghanistan, Ms. Ashraf Ghani, spoke on behalf of the Aschiana Foundation. She passionately voiced the importance of educating Afghan children displaced from their homes due to war. She said that it is through education that these children will earn a better life. That evening I personally made a promise to Ms. Ghani that I would share with the students of Cooper Middle School what I had learned about the Aschiana Foundation.

This year I challenged the students of Cooper to collect paper, pencils and other supplies for the

Aschiana School.

They even created fillable storybooks for the students of Aschiana to express their interests mathematically through words, equations, tables and graphs—"Rule of 4!" These same students created their own "Rule of 4" storybooks. They are aware of the importance of pencil and paper for all students to learn globally. We hope the students of Aschiana enjoy composing their own storybooks as much as the students of Cooper.

**Mary Jacobs**

Seventh grade Math teacher  
Cooper Middle School



Cooper Middle students collected paper, pencils and other supplies for the Aschiana School.

PHOTO  
CONTRIBUTED

## Overzealous Spenders

To the Editor:

In your editorial ("Limiting Local Authority," The Connection, February 10-16, 2016) you write that the Virginia General Assembly is "rushing to restrict prof-fers..." For decades the incessant grab for increasing revenues by local jurisdictions has been evidenced by larger and larger, more creative grabs by localities, some even illegal. There is no rush, simply a patient, prudent reply to those overzealous spenders of other people's money.

**Steve Barto**  
Vienna

## Arguing for Childfree Restaurants

To the Editor:

Childfree restaurants need to exist in today's society. Why? Because it appears that parents have forgot to be – well, parents! I do not blame the child for crying and screaming. I blame the parents for taking their child to a nice restaurant in the first place. I understand that babies scream or a child throws a temper tantrum, but the parent should rectify the situation and inconvenience themselves by having to go outside to calm the child down. I should not have to make a sacrifice so you can go out to eat with your kid. Under no circumstances will I ever be empathetic in that situation. Another issue? When parents allow their children to run wild in a restaurant.

**Reena Desai**  
Herndon

Doing this at Chuck E. Cheese is one thing, but in a "real" restaurant it is absolutely unacceptable! You shouldn't have had a kid if you weren't ready to make sacrifices.

I was searching for childfree restaurants in the NoVA area the other day and could not find one. There needs to be some restaurants with a strict rule of not allowing kids into their establishment. Until parents learn that the world does not rotate around their kid and not everyone thinks their kid is cute, there will always be a need for childfree restaurants in this local area.

## Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Alexandria VA 22314  
Call: 703-917-6444.  
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# News



Runners in the 2015 Ice Breaker Family Fun Run 5K. Sunday, March 13, Herndon's Parks and Recreation Department will host its 2nd annual Ice Breaker Family Fun Run 5K.

## March Fun and Science in Herndon

### Family friendly events and activities to look for.

BY RYAN DUNN  
THE CONNECTION

As spring approaches, Herndon has several upcoming family friendly March events. Saturday, March 12, 8 a.m. to noon, the Town of Herndon's Parks and Recreation Department will be coordinating the annual trout fishing derby. The participants meet behind the Herndon Police Station on

the Sugarland Run Trail. Teens and adults ages 16 and up must have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during children's fishing time.

Children ages 2-15 and their families can learn about fishing and experience a successful day catching fish. Kids must be accompanied by an adult, and a limited amount of fishing poles and bait will be

SEE MARCH FUN, PAGE 9



PHOTOS COURTESY OF HERNDON DEPT. OF PARKS AND RECREATION

Saturday, March 19 Herndon Community Center will host its Aqua Egg Hunt where children will collect as many floating and sinking eggs as possible in the time allowed.



Sunday, March 13, Herndon's Parks and Recreation Department will host its second annual Ice Breaker Family Fun Run 5K. This event is for runners age 4 and up.

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### MARCH

3/16/2016.....A+ Camps & Schools  
3/23/2016..Spring Fun, Food, Arts & Entertainment  
FCPS Spring Break 3/21-3/25

### APRIL

4/6/2016.....Wellbeing – Senior Living Pullout  
Easter Sunday is March 27  
4/13/2016.....Real Estate Pullout – New Homes  
4/20/2016.....A+ Camps & Schools  
4/27/2016.....A+ Camps & Schools Pullout  
4/27/2016.....Mother's Day Celebrations,  
Dining & Gifts I  
4/27/2016.....Spring Outlook 2016

### MAY

5/4/2016.....McLean Day Pullout  
5/4/2016.....Mother's Day Dining & Gifts II  
5/4/2016.....Wellbeing  
Mother's Day is May 8  
5/11/2016.....HomeLifeStyle

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- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

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# Winners Announced In Photo Competition

Late winter events at ArtSpace Herndon.

BY RYAN DUNN  
THE CONNECTION

Each year ArtSpace Herndon invites photographers from Virginia, D.C. Maryland, and West Virginia to participate in their annual Fine Art Photography Competition. Competition judge and Sterling resident Rahshia Sawyer announced winners of the competition during the Feb. 20 Awards Reception. “It was an honor to judge this show. The challenge was to give homage to all the different types of photography,” said Sawyer.

“I was impressed with the quality of the work and the audience,” said Herndon resident and professional photographer Lee Love. Finalist photographers selected by Sawyer are: Marti Belcher, Sandi Croan, Larry Dean, Joe Ditchett, Gerry D’Onofrio, Anne Emerson, Erica Everhart, Willa Friedman, Aubrey Garwood, Sarah Huntington, Christopher Kagy, Robin S. Kent, Cathy Leaycraft, Benita Mayo, Maggie Morris, Judy E. Morse, Terri Parent, Martina Parsley, Jean-Pierre Plé, Andrew W. Rhodes, Gerard Rugel, Amy Salinger, Erica Szalkowski, James Torrenzano, Julia Tova Malakoff, Marisa S. White and Angela Witmer.

Winners in this event were: 1st Place “Kolmanskop” by Sandi Croan, 2nd Place “Ruminate” by Aubrey Garwood, 3rd Place “Cool Ice” by Gerry D’Onofrio, honorable mentions went to “Please Come In” by James Torrenzano, “Meat” by Erica Szalkowski, “Zen Who” by Angela Witmer and “Sikh Man in Purple” by Marti Belcher. “I can’t tell you how blown away I am,” said Croan, who has worked in photography since 2004.

The competition was open to fine art photographers working in any medium (digital or analog, color or monochrome), using any printing technique. Finalists in the competition make up the 2016 Fine Art Photography Exhibition at ArtSpace Herndon. This exhibit is on display at ArtSpace Herndon until March 13. “I thought the diversity of photographs is wonderful,” said Herndon resident Andrew W. Rhodes.

Other events at ArtSpace include a mixed media course with Melanie Stanley on Tuesday, March 8. The ticketed event is a chance for patrons to paint and collage a one-of-a-kind mixed-media under-the-sea masterpiece. This Design and Wine event is from 7 to 9 p.m. and is \$30 per person. The fee covers supplies and two glasses of wine. Each event is limited to 25 participants.

On Saturday, March 19, 7-9 p.m. trumpet and electronic wind instrument player and bandleader Victor Haskins will make a one time show. Haskins is the originator of ImproviStory, a genre/concept of music where storytelling drives the creation of improvised music, derived from audience interaction. A recipient of awards from the National Endowment of the Arts and the Virginia Commission for the Arts, Haskins has been featured at the Richmond Jazz Festival and Elkhart Jazz Festival. He has also recorded and performed with Lonnie Liston Smith, Rene Marie, and The Temptations.

The evening of March 25, ArtSpace Herndon will host Best of FAVS Award Winning at George Mason University Indie Film Showcase Youth Media Event. The Best of FAVS Showcase spotlights



**Sandi Croan, first place winner of the 2016 Fine Art Photography Competition held at ArtSpace Herndon. The exhibit is on display until March 13 at 750 Center St., Herndon. The competition was open to fine art photographers working in any medium.**



**Competition judge Rahshia Sawyer announced winners of the 2016 Fine Art Photography competition during the Feb. 20 Awards Reception at ArtSpace Herndon.**

award-winning films produced by students in Film And Video Studies (FAVS) at GMU from Fiction and Documentary Directing classes and Senior Thesis projects. ArtSpace Herndon will screen these films for patrons and film buffs at the gallery. Tickets are \$10, and material may not be suitable for children under 15. Complimentary hors d’oeuvres and soft drinks provided.

In January 2016, the Herndon Town Council authorized creation of an arts district in the downtown area, a move designed to attract arts-related businesses into the downtown commercial mix. Businesses focused on performance art, art instruction, visual arts and more, as well as existing arts-related businesses that undergo expansion of at least 20 percent in gross square feet, will be eligible for arts district incentives, to include waiver of planning, zoning and building permit fees (up to \$2,000) as well as special signage provisions. The district and related incentives go into effect July 2016.

# WELLBEING Managing Medication Can Be Challenging

“Let’s Talk about RxSM” helps seniors avoid prescription drug mishaps.

BY MARILYN CAMPBELL  
THE CONNECTION

It was around 2 a.m. on a frigid winter night when Janet Russell was awakened from her sleep by the sound of woman calling for help. The cries were coming from the front lawn of her Arlington home. She ventured out into the cold to find her 84-year-old neighbor lying on the ground, believing that dozens of bugs were crawling on her skin.

“She was having bad hallucinations, and it turns out that she’d taken the wrong combination of medicines,” said Russell. “She was on about 11 different medications, some for her blood pressure, and she was administering them to herself.”

**MEDICATION ERRORS** are not uncommon, according to a recent survey by Home Instead Senior Care. Their survey showed that 20 percent of seniors who take more than five medications had problems taking them as prescribed. Unintentional medication misuse, such as forgetting to take a dose or taking more or less than the required dose, can have devastating results. Home Instead is encouraging families to talk with their loved ones about medication management and are offering suggestions on how to approach such conversations.

“If you notice a change in personality or thinking, or if they’re they having a mobility issue or if they seem sluggish, those are signs of medication mismanagement,” said Ian Lovejoy, director of operations of Home Instead Senior Care in Fairfax County.

Home Instead has created a program



PHOTO COURTESY OF HOME INSTEAD SENIOR CARE

**A new study shows that that 20 percent of seniors who take more than five medications had problems taking their prescription drugs as directed by their doctor.**

called “Let’s Talk about RxSM” (prescription self medication). This program is designed to inform seniors’ families about the dangers of medication mismanagement as well as offer tips for minimizing the risks and suggestions for starting a dialogue about taking medication as prescribed.

“Our goal is to keep seniors at home and safe,” said Lovejoy. “We want the daughter and the son not have to focus on the pill bottle.”

Discovering that an elderly patient is taking more than five medications could be a warning sign that they may lose track or get confused about the timing and dosage for each prescription.

“If an adult child sees that their parent is on many medications, I would suggest what I call brown bagging: putting all of the medications in a brown paper bag and taking them with you to the next doctor visit,” said Omobola Oyeleye, an assistant professor of

nursing at Northern Virginia Community College who teaches a class in drug dosage calculations.

“They can go through each medication with the doctor and find out what it’s for. Sometimes, for example, someone might be taking a medication that was prescribed six months ago for a condition that has already cleared up.”

Oyeleye suggests a conducting what she calls a medication reconciliation in order to determine whether someone is taking multiple medications for the same condition. “What you might find is that one medication exacerbates or even negates the other,” she said.

Trisha Brechling Miller, 57 of McLean, has managed the medications for both her 85-year old husband, Larry, and her 84-year old mother. After Larry fell, broke his hip and became immobile, Muller began using a calendar to keep his medication schedule in

## For More Information

<http://www.caregiverstress.com/senior-safety/lets-talk-about-rx/risk-solutions-guide/>

order. “I have a calendar that helps keep me organized as to what he needs to take and when,” she said. “If it changes, I update it.” Miller, a Home Instead Senior Care client, is also assisting her mother in creating a medications calendar.

**CONVERSATION ABOUT MEDICATION** can be fraught with tension. A perceived loss of freedom is one factor that can make getting involved in managing family members’ medication complicated, says Lovejoy.

“It’s just one more thing that they’re losing control over,” he said. “Along with the car and their mobility, their medication is something that people generally like to have control over.

Clear lines of communication are necessary, as families often play a critical role in intervening and preventing a possible negative outcomes.

“My husband is on 10 different medications, and we’re able to manage his medications, but there are people who can’t do that. Those people tend to rely on family,” said Sheila Moldover of the Potomac Community Village in Potomac, Md. “They need children or close friends who handle it for them.” The Potomac Community Village offers programs and services designed to help seniors lead healthy lives and remain in their homes as long as possible.

Gaining empathy from a parent and making it about the child’s feelings is one way to open communication, so Lovejoy suggests that caregivers start by finding a common ground. “It’s important to communicate the emotional stress that potential medication mistakes can cause for a loved one,” he said. “Let your parent know that you are concerned. Your parents don’t want you to be upset.”

# Small Lifestyle Changes Can Have Big Impact

Researchers found that moderate weight loss improves health.

BY MARILYN CAMPBELL  
THE CONNECTION

Dropping as little as five percent of one’s body weight can lead to significant health improvements, according to a new study published in the Cell Metabolism journal.

Researchers studied 40 obese people who lost five, 10 and 15 percent of their body weight, and found that even a five percent body weight loss was enough to lower the risk of heart disease and type 2 diabetes.

“That’s what we see clinically, so

**“It doesn’t require a tremendous amount of weight loss to see the improvement in quality of life and well being.”**

**— Domenica M. Rubino, M.D., director, Washington Center for Weight Management & Research, Inc.**

it’s nice to see that validated,” said Domenica M. Rubino, M.D. and director of the Washington Center for Weight Management and Research, Inc. in Arlington, who was not involved in the study. “It doesn’t require a tremendous

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amount of weight loss to see the improvement in quality of life and well being.”

In releasing their findings, researchers underscored the fact that obesity is a major risk factor for chronic health conditions like dia-

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betes, heart disease and cancer. They expressed optimism that their findings could help motivate obese people to achieve manageable weight loss targets.

“[This study] should inspire people to say, ‘I can make some smaller changes and get some improvement,’” said Rubino. “It makes weight loss a little more approachable.

It’s less intimidating than if someone said the only way to get improvement in your health is to lose 60 pounds.”

The study suggested that if a 200-pound woman lost 10 pounds

she could improve her health profile.

“You can make modest lifestyle changes and improve your wellbeing,” said Rubino.

When attempting even a small weight loss, make your goals realistic [and] break down the project into smaller, more manageable parts, recommends Potomac, Md.-based nutritionist Janet Zalman, director of Zalman Nutrition.

“Don’t try to change everything at once,” she said. “Begin with less sweets, less refined carbohydrates and then lower your total fat consumption.”

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The South Lakes girls' 4x800 relay team (Olivia Beckner, Golden Kumi-Darfour, Sophie Halkett, Sarah Wolfe) placed fifth at states with a school-record time of 9:30.27.



The South Lakes boys' 4x800 relay team finished 11th at states.

## South Lakes Girls Break School Records at 6A Indoor State Meet

### Eleven Seahawks earn all-state honors.

The South Lakes indoor track team completed its indoor season breaking two school records and with 11 athletes earning all-state honors at the 6A state championship meet Feb. 27-28 at the Boo Williams

Sportsplex in Hampton.

The boys' team, led by senior Skander Ballard's nine points, finished tied for ninth place while the girls were 13th out of the 52 schools with indoor track programs.

Senior Golden Kumi-Darfour, sophomores Olivia Beckner and Sarah Wolfe and freshman Sophie Halkett ran a 9:30.27 for fifth place in the 4x800 meter relay. That broke the school record of 9:32.03 set by the four-

some Jan. 9, 2016 at the Ocean Breeze Freedom Games in Staten Island, N.Y.

Kumi-Darfour and Halkett teamed juniors Devyn Jones and Jessica Lister for sixth place in the 4x400 meter relay (4:04.72). Kumi-Darfour and Jones both finished fourth in individual events: Kumi-Darfour ran a personal best time of 1:16.44 in the 500 meters; Jones ran a 8.39 in the finals of the 55-meter hurdles, breaking her own

school record of 8.40, also set at the Ocean Breeze Freedom Games. Ballard, who finished fourth in the 500 meters (1:06.86) and fifth in the 300 meters (35.28), anchored the team of sophomore Alex Wallace and seniors Nikolai Waithe and Connor Smith to a third place finished in the 4x400 meter relay (3:26.50). Ballard was also 12th in the triple jump (42-02.25). Senior Anas Fain finished fourth in the 55 meter hurdles (7.66).



South Lakes' Devyn Jones finished fourth at states in the 55-meter hurdles with a time of 8.39 seconds.



The South Lakes girls' 4x400 relay team (Devyn Jones, Sophie Halkett, Jessica Lister, Golden Kumi-Darfour) placed sixth at states.



South Lakes' Skander Ballard took fifth in the 300 meters at states.



South Lakes' Golden Kumi-Darfour finished fourth at states in the 500 with a personal-best time of 1:16.44.

PHOTOS BY ED LULL, DAVID BALLARD, SCOTT RACZKO



# CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

## ONGOING

**Book Drive.** Through March 18. Herndon United Methodist Church, 701 Bennett St., Herndon. The church is collecting books, movies, and CDs. Funds generated from this drive will be used to support local, national, and international mission projects. 703-206-8988.

**GRACE Art: Cultivating a Creative Community.** Feb. 25-March 5. Greater Reston Arts Center, 12001 Market St., 103, Reston. Highlights work from the long-standing GRACE Art program. Nearly 40 area schools participate in this program, in which trained classroom volunteers deliver an interactive art history lesson with materials and visuals supplied by GRACE, followed by a related hands-on art project. [www.restonarts.org](http://www.restonarts.org). 703-471-9242.

**Emerging Visions: Contemplating Community.** March 15-April 9. Greater Reston Arts Center, 12001 Market St., 103, Reston. Fairfax County high school students the opportunity to work directly with GRACE's curatorial staff to create thoughtful, well-crafted artworks that will be exhibited in the gallery. This year, GRACE is dedicating its celebration of Youth Art Month to Bob Simon's vision for a New Town. [www.restonarts.org](http://www.restonarts.org). 703-471-9242.

**Integral Tai Chi.** 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

**Regina Petrecca's Paintings.** February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**"Crimes of the Heart."** Feb. 25-March 20. Thursdays, 7:30 p.m. Fridays, 8 p.m. Saturdays, 2 p.m., 8 p.m. Sundays, 2 p.m., 7 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Uncover sordid events of the past when the three Magrath sisters gather to await news of their family patriarch, living out his last hours in the local hospital. This award-winning play is known for its grave-yet-hysterical, touching-but-dysfunctional portrait of a Mississippi family. \$35. [www.nextstoptheatre.org](http://www.nextstoptheatre.org). 866-811-4111.

## FRIDAY/MARCH 4

**Galactic Gala.** 6 p.m. Hidden Creek Country Club, 1711 Club House Road, Reston. Fundraising event supporting Reston schools and End Polio Now by the Rotary Club of Reston. For tickets and sponsorship opportunities, go to <http://restonrotary.org>. [restonrotaryclub@gmail.com](mailto:restonrotaryclub@gmail.com).

## SATURDAY/MARCH 5

**Making Justice Work.** 2-4 p.m. United Christian Parish, 11508 North Shore Drive, Reston. Second of two forums on Criminal Justice in the U.S. Subtitled "Police Practices" and will have local orientation. Free. Open to all. [ucpreston.org](http://ucpreston.org).

**Family Day at GRACE.** Noon-3 p.m. Greater Reston Arts Center, 12001



PHOTOS CONTRIBUTED

**Sideline will headline Herndon's Holy Cross Lutheran Church's blue grass concert on Saturday, March 5.**



**"Crimes of the Heart" plays at NextStop Theatre in Herndon, Feb. 25-March 20.**

[www.artspaceherndon.com](http://www.artspaceherndon.com).

Market St., 103, Reston. In conjunction with exhibit GRACE Art: Cultivating a Creative Community. Light refreshments. Free. [www.restonarts.org](http://www.restonarts.org). 703-471-9242.

**Beginning Couponing.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Freebies and discount savings coupons are all around us. Learn how to find the best deals and maximize your family budget using coupons. Adults. Register at 703-689-2700.

**Open House at The Fairfax Institute of Learning.** 2-4 p.m. 500 Grove St., Herndon. Lecture by Dr. Jonathan Brown of Georgetown University. Refreshments. [thefairfaxinstitute.com/tfiadmissions@iit.org](http://thefairfaxinstitute.com/tfiadmissions@iit.org).

**Blue Grass Concert.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Sideline will headline this performance. Free-\$15. 703-435-8377. <http://hclbluegrass.wordpress.com>.

**Sock Hop Party.** 7-10:30 p.m. Cafe Montmartre, 1625 Washington Plaza Lake Anne, Herndon. Enjoy an entire evening of music from the 1950s and early 60s performed by the Moonlight Cabaret Singers. The evening begins at 7:30 PM with classic, slow songs for your dining and romantic dancing pleasure. Reserve at 703-904-8080 or [cafemontmartre.com](http://cafemontmartre.com).

## SATURDAY/MARCH 9

**Jazzart Concert: Victor Haskins Trio.** 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. world-class trumpet and electronic wind instrument player. Complimentary hors d'oeuvres and soft drinks provided; wine and beer for suggested donations. \$15.

## THURSDAY/MARCH 10

**Landscaping and Composting Workshop.** 6:30-8 p.m. 12001 Sunrise Valley Drive Conference Center, Reston. Join Reston Association and Landscaping experts for an informative workshop on tree care, landscaping tips, composting and more. Light refreshments. RSVP at [covenantworkshop@reston.org](mailto:covenantworkshop@reston.org).

## SATURDAY/MARCH 12

**Winter Night-Time Campfire.** 6:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Discover the night sky through hands on activities and storytelling. Families can come early and picnic or toast hotdogs. Bring a toasting stick, blanket and flashlight. S'mores provided. Children must be accompanied by a registered adult. \$8, \$10. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.

**Lucky Leprechaun 5K.** 8:30 a.m. Reston Town Center, 11911 Democracy Drive, Reston. Run like you've got the luck of the Irish on your side. Enjoy a fun-filled celebration at the finish line. <http://www.prraces.com/luckyleprechaun/>.

**Wine Tasting.** 3-5 p.m. Il Fornaio, 11990 Market St. #106, Reston. Sample ten wines and enjoy an appetizer or pizza of your choice. \$35. Tax and gratuity not included. Reservations at 703-437-5544. [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com).

**Blue Grass Concert.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Tom Mindte and Patuxent Partners will headline this performance. Free-\$15. 703-435-8377. <http://hclbluegrass.wordpress.com>.

# March Fun

FROM PAGE 5

available for use. Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach how to bait, cast, hook and cook a freshly caught dinner.

March 12, 9 a.m.-3 p.m., the 2016 K-12 STEM Symposium will be hosted at the Nysmith School in Herndon. The free event includes exhibits, guest speakers and panel experts who will highlight engagement in STEM education and careers. Planned guest speakers include former Top Gun pilot Eric Schierling, Former astronaut Dr. Sandy Magnus, and program manager of Technology and Engineering Education and STEAM Integration of Fairfax County Public Schools Scott Settar. Over 40 exhibitors from the business, government, academia and nonprofit sectors will be represented at this event.

Activities for the STEM Symposium include hands-on interactions such as student robotics teams, flight simulator competitions, 3D printers and science and mathematics exhibits. Attendees will learn about academic competitions, after-school activities, special events, science and math enrichment courses, science fairs, government and industry STEM internships.

Herndon's Frying Pan Farm Park will be hosting Putting the Animals to Bed, designed for ages 3-6. Join this twilight tour and learn how farm animals settle down for the night. The tour is \$8 per person and children must be accompanied by a registered adult. The event is 7 to 8 p.m. Wednesday, March 9; Thursday, March 10; Tuesday, March 15; and Thursday, March 16. Frying Pan Farm Park will host an Easter Eggstravaganza on Saturday,

March 19. The Eggstravaganza event will be an opportunity to visit farm animals in the petting area and hunt for eggs in the field. Frying Pan Farm Park is located at 2709 West Ox Road, Herndon.

Sunday, March 13, Herndon's Parks and Recreation Department will host its second annual Ice Breaker Family Fun Run 5K. This event is for runners age 4 and up. Race starts at 8 a.m. at 200 Spring Street, Herndon (Northwest Federal Credit Union). The course will go through a scenic section of Herndon around the Herndon Parkway and Sugarland Run Trail. Pre-registration is \$20 per runner and \$25 on race day. Sport Tek T-shirts guaranteed to the first 800 registered runners.

Saturday, March 19 Herndon Community Center will host its Aqua Egg Hunt where children can collect as many floating and sinking eggs as possible in the time allowed. Participants are asked to be aware of the group selected when registering and arrive early to sign-in and receive their egg collecting bag. After the egg hunt, stay for an open swim which will begin at 4 p.m. Swim attire is required. Children 6 years and under must be accompanied by a parent in the water. Each group is limited to 30 children. \$10 fee includes one parent and one child.

A new playground will be coming to Trailside Park in Herndon.

Trailside Park is located at 1022 Crestview Drive, Herndon. The park includes grills, picnic tables and an open play area. A picnic shelter at Trailside Park is available to reserve for events. The new playground will feature a section for ages 2-5, ages 5-12, swings, and a new parent and child swing.

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## It Just So Happens...



By KENNETH B. LOURIE

That as I sit and attempt to write next week's column, I am doing so on the exact date, February 27th, seven years ago when I met the oncologist who delivered to me, my wife, Dina and my brother, Richard (a.k.a. "Team Lourie") the devastating news that would change my life/life expectancy forever. A phone call from my internal medicine doctor the previous week had confirmed that the biopsy indicated a malignancy in my lungs and an appointment with an oncologist to discuss the details was recommended. A week later, "Team Lourie" met the oncologist who advised us that the tumors were in fact non-small cell lung cancer (NSCLC), stage IV; "inoperable, incurable," and with a "13-month to two-year" prognosis. After reviewing the recent medical history that led up to this appointment, and then discussing with the doctor the various alternatives/treatment protocols – and likely outcomes, we all agreed that I should begin every-three-week chemotherapy as soon as possible. And so, six days later, on the following Wednesday, it began. The rest, as you regular readers know, is history, and "history" which I'm proud to say is still being made.

However, as much as this date is about me – and as a cancer patient, you're often told: "it's all about you" – I can't appreciate my life (and amazing good fortune) without expressing my condolences generally to all the newfound friends, acquaintances, a few relatives and the miscellaneous names; some famous and noteworthy, many not, whom I have heard about and read about, who have succumbed to this terrible disease. A disease which, at least when I was originally diagnosed, offered patients very little hope of surviving even beyond two years; I'm living into my eighth year now. My oncologist refers to me as his "third miracle," a moniker I am happy to embrace and incredibly fortunate to have earned with a disproportionate amount of luck, perseverance and a positive, self-effacing, find-humor/make-humor, take-the-good-with-bad and the-bad-with-the-good approach that if I believe any of what I've been told by numerous medical professionals, has likely contributed to my overall good health. And though there are no guarantees offered or given in oncology, I am at least one example of a grim tale that turned out not to be a fairy tale.

Let me be clear: I am not in remission. I am still under the regular and recurring care of my oncologist. I still receive chemotherapy infusions every four weeks. I still go for diagnostic scans every three months, and a follow-up appointment with my oncologist a week or so later for evaluation and assessment. I still live every day knowing there remains no cure for what ails me. And as written about in last week's column, "A Further Explanation," the experience has changed me forever, no doubt reflecting the ongoing demands of being diagnosed with a terminal form of cancer, a diagnosis which is all it's cracked up to be.

But dwelling on this reality serves no purpose. And living as if today is my last day doesn't resonate with me either. I prefer to live my life as much as possible, anyway, as how I would otherwise live it: no bucket lists to fill or must-haves or must-dos. Instead, I'd rather do what I must and live as I have: consistent with who I am and who I've become: a seven-plus year cancer survivor amazed to still be alive and appreciative of all the help and encouragement I've received along the way.

One might think being diagnosed with cancer/living with cancer is a solitary pursuit, and in many ways, I suppose it is; but in my sharing, I've found caring, and I believe there's strength in those numbers. Happy Anniversary to me and to all my fellow cancer patients who claim this date as a significant milestone; be it one day, one week, one month, one year or multiple years. Congratulations to us all. We deserve it!

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

## BULLETIN BOARD

To have community events listed in the Connection, send to [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com) by the Friday prior to the following week's paper.

### WEDNESDAY/MARCH 9

**Ask the Doctor: Everything You Want to Know about Menopause.** Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Farimah Farahani from Perfectly Female Women's Health Care will answer all your questions about this transitional phase in a woman's life. Light refreshments. Register at 703-689-2700.

**League of Women Voters-Reston "Election 2016."** 7:30-9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. Expanding nonpartisan outreach to increase voter participation and civic engagement. Free. Open to men and women. 202-263-1311. [www.lwv-fairfax.org](http://www.lwv-fairfax.org).

### SATURDAY/MARCH 12

**K-12 STEM Symposium.** 9 a.m.-3 p.m. The Nysmith School, 13625 Eds Drive, Herndon. Includes exciting exhibits, inspiring speakers and panel experts who will highlight how vital it is to engage parents, students, teachers, corporate/government execs and nonprofit representatives in STEM education and careers. Free. [www.stemsymposium.com](http://www.stemsymposium.com).

### TUESDAY/MAR. 22

**INOVA Blood Drive.** Noon-7 p.m. Besides Pavilion of Reston Town Center, 11900 Market St., Reston. Schedule appointments at 1-866-256-6372 or [inova.org/donateblood](http://inova.org/donateblood). On-site registration also available.

### SATURDAY/MARCH 26

**Habitat Heroes Project.** 10 a.m.-noon. Across the street from 11300 Stones Throw Drive. Oriental bittersweet is one of the most invasive and vigorous weeds in Reston. Please help us eradicate this aggressive vine and liberate our native plants. Meet at the asphalt path near the intersection of Fieldview Drive and Stones Throw Drive. Look for Reston Association truck. For information or to sign up, go to [reston.org](http://reston.org).

### SPORTS BRIEFS

## Northern Virginia Senior Softball League Seeks Players

The Northern Virginia Senior Softball League (NVSS) is looking for softball players for the 2016 spring/summer and fall seasons starting April 5 and ending in late October.

Women age 40 and up and men age 50 and up are eligible to play. Games are played on Tuesday and Thursday mornings starting at 9:30 a.m. at various playing fields in Fairfax County. The league has over 500 members and fields teams at three separate competitive levels of play so there is a place for players regardless of skill level, of age, when you last played, or if you never played. If you played baseball in the past, you can play softball. The League holds skill assessments to determine competitive level placement.

The league has many players in their 70s and 80s so do not let age stop you from joining. So come join us, get great exercise, have fun, and make many new friends. You can join anytime and play only one day a week if you cannot play both days. See <http://www.facebook.com/NorthernVirginiaSeniorSoftball> and <http://www.nvss.org> for more information and application form.



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When Barbara walked into Koko FitClub, she was nervous. Facing serious health issues, her doctors prescribed exercise. Traditional “gyms” caused fear and dread – she tried them, and hated them. Her goal: to get healthy and build strength in a place that made her feel like she truly belonged.

At her first session, Barbara could barely lift any weight. Her FitCoach, Tyler, encouraged her to stay positive. He guided her through 25-30 minute workouts, just 2-3 times a week, and discussed healthier eating. Within 30 days, Barbara saw results. The workouts were exciting and (finally!) she could do push-ups!

After several months training with her FitCoach, Barbara is 50% stronger. She looks fantastic. She is strong, fit and, most importantly, healthy.

Tyler is impressed. “To see someone who has gone through so much and is now achieving her goals – it’s incredible. Barbara always wants me to challenge her, and I love it! What makes me most proud is the simple fact that she is proud of herself. I may have helped along the way, but if she hadn’t made the first step to come into Koko FitClub, none of this would have been possible.”

## COME CHANGE YOUR LIFE WITH US THIS YEAR

Take your first step towards a healthier, stronger, fitter YOU this year. Try Koko FitClub for 30 days for just \$30. Come work with our coaches, meet our members, and see what makes the Koko so special. There is no obligation. If you don’t love Koko in 30 days, we haven’t earned your business.

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**30  
DAYS  
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