Reston Connection

Wellbeing

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Republican campaign volunteers Alan Gersman and Tony Lowstuter had help from Gersman's service dog Charlie on election day at Hunters Woods Elementary in Reston. Gersman is a first time volunteer. Lowstuter, who is moving towards supporting Trump, says he's "tired of the dynasties" in politics. "And the attitude of 'what's in it for me'," he added. "We have totally reversed from Pres. Kennedy's 'Ask not what your country can do for you.' It *is* time to make our country great again."

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Reston Connection Editor Kemal Kurspahic
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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 Warga 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, Warga 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 for the Republican Party.

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."

"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. 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.

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."

"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. 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

Importance of Voting for RA Board

To the Editor:

It is time for that annual RA ritual: The election of members to the RA Board of Directors. There are three positions up for election this year, one "at large" position and two district seats.

The only contested election is the "at-large" race among three candidates. I recommend voting for John Bowman whom I have known and worked with for nearly a decade on the RCA Board, the Reston Master Plan Task Force, and Reston 20/20. He has also worked on RA's Transportation Committee for several years.

I have found John to have an uncanny ability to look at Reston's many issues from diverse angles and balance those considerations in making decisions that served all Reston, not just a single faction or location.

In doing so, he communicates openly and listens to all points of view, values that need greater attention on the RA Board. He also appreciates the financial burden we share in making Reston a better place, and he would oppose unwise future RA investments or expenditures, such as the exorbitant Tetra purchase. In brief, John believes in the principles that make Reston a unique master planned community, and he will work to advance them wisely and openly.

The two district representative candidates are running unopposed, but, yes, they both need your vote! Even unopposed candidates must receive a quorum of at least ten percent of the eligible voters from their district.

Danielle LaRosa is an incumbent running for re-election in the North Point District. As RA's Treasurer, she has pushed the Board to address the fiscal impacts of its decisions, and I expect that she will continue to do so in her next term. Even from my south Reston vantage point, Dannielle also appears to be good at communicating with her North Point constituency on the Board's activities.

Sherri Hebert, whom I have come to know, work with, and respect in the last year, is running to represent the Lake Anne/Tall Oaks District on the RA Board. Sherri—who is President of the Bentana Woods cluster and COO of a non-profit corporation—has already been Reston's leader in searching for a reasonable redevelopment solution for the Tall Oaks Village Center. She has engaged and mobilized the Tall Oaks community to push the developer, the RA Board, and the County to ensure that the redeveloped Village Center includes the retail and plaza features called for in the County-approved Reston Master Plan. The County's recent decision to defer action on the current Tall Oaks proposal pending a retail market study is partly due to her efforts. As a Board member, Sherri will also have to deal with issues surrounding the failed County attempt to redevelop Lake Anne Village Center. I can think of no better candidate to address these key redevelopment issues, and she will do so in a transparent and constructive way on behalf of her district and all of Reston.

Most important, I strongly encourage all eligible Reston residents to vote in this RA Board election. At a time when Reston faces numerous challenges from planned expected growth, County exploitation, and RA Board overreach, we all need to become more engaged in our community to assure its continued uniqueness.

The first and easiest step in that process is voting by mail or electronically in our local RA Board election beginning March 7. Please do so.

Terry Maynard
Reston

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. 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.

Reena Desai
Herndon

Write The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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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."

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Fighting for Founder's Village Center

Jefferson Apartment Group's proposal for Tall Oaks to occur after market and economic viability study in April.

By Ken Moore
The Connection

Reston Association Board member Eve Thompson has been so surprised by the Jefferson Apartment Group's response to community input on Tall Oaks Village Center that she coined a new land use term.

Gesturing with two hands that she almost touched together, she said, "The plan has moved, perhaps, milli-scooches."

"The plan is almost the same," Thompson said Thursday, Feb. 25 at Reston Association's Board of Directors meeting.

"They haven't seemed to make any effort to even address the spirit of a village center," she said. "I don't understand that from them if they really want this development."

RESTON ASSOCIATION'S land-use attorney John McBride briefed the Board last Thursday on JAG's current plan to commission its own economic viability and market study of the Tall Oaks Village Center in April.

That market study will delay its proposal to the Fairfax County Planning Commission that had originally been scheduled for May.

"Getting it to a village center is the challenge, and frankly, the opportunity that is before us," said McBride.

The market study will be reviewed by a county consultant.

"That should at least make for changes or at least for some dialogue with the community," said McBride. "We'll have something new to look at."

He said, if JAG doesn't make any changes, "we will have the opportunity to comment."

"We have to be vigilant, we have to be ready to provide input," said McBride. "When we do analyze it, this goes for Reston Association members and for Reston Association, we have to analyze it as a Village Center."

The current zoning ordinance, he said, defines a village center as "a central location for activity of retail, community and leisure uses on a scale serving a number of neighborhoods."

MCBRIDE ANTICIPATES Jefferson Apartment Group to have a new proposal before the Planning Commission by July.

Reston Association Board member Ray Wedell called on Reston Association to act, "to make a stand."

"The proposal is so antithetical to the goals of Reston, to the Founder's vision, to the objective of Reston's revenue," Wedell said. "It should serve as a clarion call for us that need to control our future."

He asked for the community and Reston Association to "band together" and to make sure "we don't have abominations like this slammed down on us, and I emphasize this plan by Jefferson is an abomination."

More than half a dozen community members attended Reston Association's Board meeting last Thursday, voicing frustrations with the cluster-development plans Jefferson has shown so far.

Board member Ken Knueven said Reston Association is there to assist, and "we've already funded John McBride with regard to Reston's opinion on this matter."

But he suggested individuals get involved.

"Acting as individuals adds that much more input to the county," he said.

"Passion, togetherness, fighting for what's right. In this case, we know we're right," said Wedell.

Week in Reston

Scout Collects Welcome Home Kits for Formerly Homeless

Over the next five months, a nonprofit organization called Pathway Homes will be moving formerly homeless people into new homes. Life Scout Will McLauchlin needs your help rounding up cleaning items for their new homes as part of his Eagle Scout Project. He has put up an Amazon wish-list of all the items he needs for Home Welcome Kits. Here is a link to his list: https://goo.gl/uqk4Gd

How can you help?

❖ Send anything you would like to buy from the Amazon wish-list. Or you can send similar items from any store.

❖ Send items to: Pathway Homes C/O Will McLauchlin 2505 Red Clover Court; Reston, VA 20191.

McLauchlin and his Scout supporters will organize your gifts into Home Welcome Kits for Pathway Homes to give to its clients as they move in. For more details about Pathway Homes see www.pathwayhomes.org.

If you have any questions, you can email McLauchlin at Willmcl@yahoo.com or call him at 571-355-4068.

Career Day Speakers Needed

Langston Hughes Middle School in Reston seeks local speakers to represent various careers for Career Day on Thursday, April 7. Contact school counselor Marissa Brooks at marissalbrooks@fcps.edu.

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 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.

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.

"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 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."

For More Information

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

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'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 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 diabetes, 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."

Boys & Girls Clubs of Greater Washington, Fairfax County Region

3rd Annual Casino Night

Saturday, March 12, 2016
7:00 - 11:00 pm
The Ritz-Carlton, Tysons Corner*

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Herndon Connection Sports Editor Jon Roetman
703-752-4031 or jroetman@connectionnewspapers.com

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 foursome 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

Faith

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

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 medi tation. $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.

Knitters needed the first and third Wednesdays of the month, at 7 p.m., at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. The church's Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

Nondenominational Christian businessmen meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

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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 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.

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.

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. 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.

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 https://www.facebook.com/NorthernVirginiaSeniorSoftball and http://www.nvss.org for more information and application form.

Reston Community Orchestra will hold a free "afternoon of dazzling keyboard artistry" concert on Sunday, March 13 at 4 p.m. at Reston United Christian Parish (UCP), at 11508 North Shore Drive, Reston.

Photos courtesy of Reston Orchestra

Welcoming Spring In Reston

Family events and activities to look for.

By Ryan Dunn
The Connection

With the arrival of March, Reston will soon welcome back warmer spring days. The ice skating rink at Reston Town Center will close on March 13. As spring approaches, Reston will host a variety of events in early March. Adventure Cycling Association, Reston Association and the Reston Bike Club will hold a gathering for cycling enthusiasts on Sunday, March 6 from 3 to 5:30 p.m. at Reston Association Office at 12001 Sunrise Valley Drive, Reston. Information about Adventure Cycling's 40th anniversary events, national advocacy projects, bike tours and membership will be provided.

Tuesday, March 8, from 10 a.m. to noon an Appraisal Roadshow will be hosted at Reston Association at Conference Center at 12001 Sunrise Valley Drive, Reston. The Appraisal Roadshow delivers a treasure hunt experience in a fun, educational and rewarding forum. Bring personal valuables, such as jewelry, coins, timepieces, porcelain, artwork, or other heirlooms and the appraisal experts will educate the audience with interesting facts and information on "What it is," "What it's worth," and "What you can do with your treasure." Registration is required, $7/per resident of Reston; $10/non-resident.

Reston Community Center at Hunters Woods will host a Spring Flea Market on Saturday, March 12, 9 a.m. – 1 p.m. The event is free to attend, and is an opportunity to get spring cleaning underway. After the event, vendors can bring any unsold items home or RCC staff will collect and donate all unwanted items to a local charity.

At Reston Town Center, on Saturday March 12, 8:30 a.m., the Lucky Leprechaun 5k will be presented by Potomac River Running. Participants enjoy a fun filled celebration and are welcome to bring the whole family. The event includes a kids' fun run, face painting, cotton candy and more. Register at prraces.com/luckyleprechaun.

Sunday, March 13 is the date for the annual NoVA Mini Maker Faire 2016. The third annual NoVa Mini Maker Faire will be at South Lakes High and Langston Hughes Middle schools in Reston. This event features all kinds of "makers" from technology enthusiasts, crafters, scientists, and everyone in between. There will be opportunities for people of all ages to participate. Tickets are $15 for adults, $5 for children, and $40 for a family (up to five people) in advance; same-day tickets are $20 for adults and $8 for children. Volunteers get free admission.

Saturday, March 19, Snakeden Branch Stream in Reston will host the Reston Kids' Trout Fishing Day. Children ages 2 to 12 will be provided with necessary equipment to learn about fishing and make a catch.

More than 100 makers will share their knowledge through hands-on projects for adults and kids in areas from primitive tools and blacksmithing to drones and 3D printers. NoVa Mini Maker Faire is independently organized by Nova Labs and is operated under license from Maker Media, Inc. Sponsors and community partners include: Fairfax County Public Schools, Reston Community Center, Community Foundation of Northern Virginia, Fairfax Connector and GEMS.

St. Patrick's Day Senior Social will be held on Wednesday, March 16 from noon to 2:30 p.m. at Reston Community Center, Hunters Woods. Spend the afternoon with friends while enjoying traditional Irish fare, Irish music and entertainment. Attendees can plan a social calendar while learning about upcoming 55+ trips, classes, and events.

The community is invited to a Reston Community Orchestra performance featuring "an afternoon of dazzling keyboard artistry." The concert will be held on Sunday, March 13 at 4 p.m. at Reston United Christian Parish (UCP), located at 11508 North Shore Drive, Reston. The performance is free but seating is limited.

Saturday, March 19, Snakeden Branch Stream in Reston will host the Reston Kids' Trout Fishing Day. Children ages 2 to 12 will be provided with necessary equipment to learn about fishing and make a catch. Volunteers will show kids how to bait, cast, hook and even cook their freshly caught dinner. Trout Unlimited members also will help children clean their catch. Registration is required for this event, and all children must be accompanied by an adult (who may not fish during this time).

Calendar

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

ONGOING

"Namaste Nepal." Through April 15. Executive Center 1, 1851, Alexander Bell Drive, Reston. Dawn Murphy's photographic journey demonstrating the experiences of Nepalis during the earthquake of 2015. Monday-Friday, 8 a.m.-5 p.m. Free. www.leagueofrestonartists.org.

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. 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. 703-471-9242.

Dress Drive for Prom. Jan. 2-March 26. Monday-Saturday, 9 a.m.-5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCC is collecting formal dresses, shoes, handbags, scarves and shawls, jewelry and accessories for Diva Central. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. 703-390-6158.

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.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit https://potomacriverrunning.com.

Patrick Dougherty Public Art Installation. Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit http://restontowncenter.com/index.php.

Reston Town Center Ice Skating Pavilion – 2015-2016 Season. November through March. Open daily. 11900 Market Street, Reston. For more information on rates, rentals and schedules, call 703-709-6300 or visit skating@restontowncenter.com.

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.

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.

Family Day at GRACE. Noon-3 p.m. Greater Reston Arts Center, 12001 Market St., 103, Reston. In conjunction with exhibit GRACE Art: Cultivating a Creative Community. Light refreshments. Free. 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.

Sock Hop Party. 7-10:30 p.m. Cafe Montmartre, 1625 Washington Plaza Lake Anne, Reston. 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.

Children's Parent/Child Projects. 10 a.m.-noon. Reston Art Gallery, 11400 Washington Plaza W, Reston. Shells, mobiles and paper plate aquariums. Ages 3-11 years. restonartgallery.com. 703-481-8156.

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 and informative workshop on tree care, landscaping tips, composting and more. Light refreshments. RSVP at covenantsworkshop@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. Smores 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.