

HomeLifeStyle

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Oak Hill
Herndon
CONNECTION

The Reston and Herndon pottery classes at their respective community centers made hundreds and hundreds of ceramic bowls for the April Empty Bowls fundraiser to benefit Food for Others. This year 683 pieces of pottery were donated for this event.

Empty Bowls Event Held in Herndon

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WEEK IN HERNDON

Cirque Salon Studios Opens in Herndon

Cirque Salon Studios, a franchised salon studio business transforming the real estate landscape for esthetic professionals nationwide, announces the opening of its newest location in Herndon. Located at Herndon Centre (384 Elden Street), the 5,000-square-foot location houses 26 studio suites for local hair, beauty and wellness professionals.

"We're eager to help motivated owner-operators in Herndon enhance their portfolios with what we believe is a prime investment," said Beau Schweikert, head of real estate development and finance, as well as the owner of the Herndon location. "There's rich potential here for tremendous growth – for the Cirque brand, as well as for the owners who support our vision."

The Herndon salon is the brand's fourth partner-owned location, as well as the first facility to venture beyond the Charleston, South Carolina market.

Both single- and multi-occupancy studios of varying sizes are available for esthetic professionals looking to pursue entrepreneurship with fewer costs than those associated with traditional salon rental.

"It's fascinating to explore just how adaptable this model is as we imagine new growth opportunities," said David Manzi, founder of the concept and head of operations for Cirque Salon Studios' franchise

program. "We're looking forward to creating a springboard for local salon professionals while equipping owner-operators throughout the D.C. area with the skills they need to make our system work for them."

Opportunities are available for owner-operators who are passionate about changing the look and feel of salon real estate services throughout Northern Virginia, as well as local professionals seeking salon space.

For more information on the Cirque Salon Studios franchise opportunity, visit cirquesalonfranchise.com, e-mail franchise@cirquesalonstudios.com or call 843-633-2733.

Herndon MOMS Club to Meet April 21

The MOMS Club of Herndon will host a monthly meeting on Thursday, April 21, from 10 a.m. to noon at the Trinity Presbyterian Church (651 Dranesville Road, Herndon).

All Herndon, Va. (zip codes 20170 and 20171) at-home mothers and their children are encouraged to attend as the Club welcomes a representative from the charitable organization It Takes A Village, Baby. Gently used baby items for donation will be collected. www.itavb.org

For more information or to RSVP, contact: Stephanie Talberg, Membership VP at herndon_moms_info@yahoo.com.

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DISHED

DULLES CHEFS SHOWDOWN

Friday, April 22

- Be part of the first mystery basket chefs' challenge, featuring 6 executive chefs!
- Enjoy delicious food, wine, and beer from local companies!
- Join Celebrity Chefs Robert Wiedmaier & David Gaus as they help pick the winner!

When: 6:30 - 9:00 pm
Where: Hilton Washington Dulles Airport
Register now at DullesChamber.org
Fee: \$50.00

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DullesRegionalChamber.org



The ninth annual Empty Bowls event was hosted by the Giving Circle of HOPE at Floris United Methodist Church on Frying Pan Road in Herndon. For a small donation, guests receive a soup supper and a handmade, ceramic bowl as a reminder there are those in the community who have empty bowls.



PHOTOS BY RYAN DUNN/THE CONNECTION

Barbara Philipps, Mary Beth DiVincenzo and Evelyn Mercantini smile for a photo at Floris United Methodist Church on Frying Pan Road in Herndon. The ninth annual Empty Bowls event was well attended and all proceeds went directly to nonprofit Food for Others.

Empty Bowls Event in Herndon Giving Circle of HOPE draws attention to food insecurity in Northern Virginia.

BY RYAN DUNN
THE CONNECTION

Friday evening, April 8, the ninth annual Empty Bowls event was hosted by the Giving Circle of HOPE at Floris United Methodist Church on Frying Pan Road in Herndon. All proceeds went directly to Food for Others, the largest distributor of free food to needy people in Northern Virginia. "This was a record breaker," said event volunteer Evelyn Mercantini. The event was well attended, and approximately 500 tickets were sold for the evening fundraising event.

The Giving Circle of HOPE, was founded in January 2004 with four members. Since then the membership has grown to over 100 diverse members, women and men of all ages, backgrounds and professional experience. While Fairfax County is one of the

richest in America, almost 6 percent of its residents live below the federal poverty threshold. The cost of living in Fairfax County is 40 percent higher than the national median. One goal of the event is to raise awareness of food insecurity in Northern Virginia.

Empty Bowls is a grassroots program designed to help end hunger in the United States and worldwide. It was developed by John Hartom, a Michigan art teacher who came up with the idea when he joined a community drive to raise charitable funds. At the event, for a small donation, guests receive a soup supper and a handmade ceramic bowl as a reminder there are those in the community who have empty bowls.

The Great Harvest Bread Company franchise in Herndon provided bread with the soups. Great Harvest Bread Company has supported Giving Circle of HOPE's Empty

Bowl event since the beginning eight years ago. Other area companies which donated food items this year included Amphora, Jimmy's Old Town Tavern, Not Your Average Joe's, Red's Table, and Westin-Sheraton Hotel. "This is a rare charity event where all ages can come together, there is a lot of camaraderie," said Reston resident and volunteer Roseanne Kelly.

"Last year we raised over \$36,000 in food, ticket sales, sponsorships and donations. We expect that we broke last year's record. We had an amazing Planning Committee who had the remarkable ability to work independently, then cooperate seamlessly to host another successful fundraiser," said Mercantini.

Many volunteers for this annual event return, as did Barbara Philipps, who helps coordinate volunteers from area Girl Scout troops. This was Philipps fourth year help-

ing with this fundraiser.

The Reston and Herndon pottery classes at their respective community centers made hundreds and hundreds of ceramic bowls for the Empty Bowls fundraiser to benefit Food for Others. Pottery was also donated by the Bowman House, Clay Connection and the Audrey Moore Rec Center at Wakefield Park. This year 683 pieces of pottery were donated for this event.

Eighteen Girl Scout troops helped work the event. The local Girl Scout troops, leaders and parents are an intricate and invaluable piece of this event, as they refilled drinks, cleaned and bussed tables, greeted guests and helped pick out their bowls upon arrival. As one raffle coordinators, Anne Overbey, said about the Girl Scouts, "they were marvelous – smart, totally on the case with good ideas – pleasant – an asset in every way!"

Herndon Volunteer Appreciation Event Held

32nd annual
Mayor's Volunteer
Appreciation Night
a success.

BY RYAN DUNN
THE CONNECTION

Herndon helped volunteers feel the appreciation at the 32nd annual Mayor's Volunteer Appreciation Night at the Herndon Community Center on April 10. "In addition to distinguished service award recipients, tonight we honor 370 Outstanding Service Award recipients, each of whom has dedicated more than 100 hours of volunteer service to our community," said Mayor Lisa Merkel. Herndon is the largest of three towns in Fairfax County, and many would agree with the mayor's assessment that Herndon is a small town



Herndon Mayor Lisa Merkel (left) and Executive Director of Arts Herndon Signe Friedrichs (center) smile for a photo at Herndon Community Center with Herndon HCTV volunteers. Herndon HCTV broadcasts from the Old Town Hall in downtown Herndon, and is a volunteer-run station. This group offers training for those who want to help the camera crews cover area news and events.

with a world view and a big heart.

This is the 32nd year Herndon has recog-

nized its outstanding volunteers, demonstrating the importance of recognizing vol-

unteers for their vital contributions. Since 1985, when then Mayor Rick Thoesen introduced this event, Herndon has celebrated the accomplishments of over 10,800 Outstanding and over 100 Distinguished volunteers. (Distinguished Service Award winners for the previous year were Carolina Calderon, Amy Peterson and Mike O'Reilly.) "We are really lucky in Herndon to have such a large group of volunteers," said Vice Mayor Jennifer Baker.

The evening's guest speaker was reporter Barbara Harrison.

"It is always wonderful to see new volunteers, and it keeps me excited and motivated," said Town Councilmember Grace Han Wolf.

NATIONAL VOLUNTEER WEEK, April 10-16, is about inspiring, recognizing and encouraging people to seek out ways to engage in their communities. In its 42nd year, the National Volunteer

SEE VOLUNTEERS, PAGE 7

OPINION

Award Winning Connection Newspapers

Still striving to be the Connection to your community.

Connection Newspapers won dozens of awards from the Virginia Press Association for work done in 2015. Award winners were announced on Saturday, April 9, at an awards banquet in Richmond.

While the papers won awards in many categories, the common underpinning was community journalism, accessibility of information, and reporting on critical issues like transparency in government.

Thematically, the papers won multiple awards for stories and sections that were informative and helped make communities, events and resources more accessible to our readers.

Examples included Ken Moore's reporting on Robert Simon's role in Reston, which included coverage of Simon's 101st birthday, Simon's ongoing influence, and his obituary. The series won first place.

Print newspaper obituaries play a vital role in local communities, reflected in Jeanne Theismann's first place award for three obituaries in the Alexandria Gazette Packet. Earl Lloyd was born into "the cradle of segregation" yet persevered to become the first African American to break the color barrier in the NBA. Dr. Robert Wineland, "Dr. Bob," was a WW II

veteran and survivor of the Battle of the Bulge. He was a beloved local doctor for more than 60 years. And Ferdinand Day was the first African American to be elected to chair a public school board in the state of Virginia.

We are lucky to have cartoonist Steve Artley to skewer and edify many issues, including his first place cartoon that suggests Alexandria could solve parking and housing problems by placing both on barges in the Potomac River.

Jean Card, Renee Ruggles and Laurence Foong have collaborated over several years on the Insider's Guide to the Parks, which won awards in Mount Vernon and Vienna/Oakton, capping several awards for informational graphics.

Our Newcomers and Community Guide to Arlington was described as "Informative, well written, with good use of graphics." Winners included Steven Mauren, Eden Brown, Vernon Miles, Shirley Ruhe, Laurence Foong.

Sarai Johnson, Hope Nelson, Shirley Ruhe, and Steve Hibbard won second place for entertainment pages in the Alexandria Gazette Packet, weekly coverage of arts, entertainment, food and things to do in Alexandria.

Reporting on elections, the environment, health and fitness, and organizations that are designed to help others also garnered awards.

Kenny Lourie won for his ongoing column writing about living with cancer. Lourie both lives and writes with humor and perspective. The judge said, "Though filled with heavy subject matter, the author hooks readers by using his first-person perspective, humor and emo-

tion to describe the events of his life. These columns grab your attention from the first paragraph."

Abigail Constantino's photo that shows the great aunt of Natasha McKenna at a protest of McKenna's death in custody, won second place for general news photo. Eudora Paul's sign displays McKenna's last words: "You promised you would not kill me."

Tim Peterson's coverage of McKenna's death won second place in In Depth/Investigative. Peterson garnered the most awards of any Connection staff member, winning seven.

Mary Kimm's editorials on lack of police transparency and local government accountability won second place for editorial writing.

Kemal Kurspahic's opinion pages in the Herndon Connection won third place.

Jeanne Theismann, whose profile includes that she "dreams of one day writing headlines for the New York Post," won second place for headline writing in the Alexandria Gazette Packet. Headlines: Some Like It Haute, - story about the 10-year anniversary of a boutique warehouse sale; Soul Providers, a story about volunteers recognized for service to seniors; Something to Wine About, - on the opening of a new wine cellar; Luck Be a Lady, - on the opening of a new bath apothecary called Ladyburg; To the Rescue, about - a nonprofit started by firefighters to collect toys for underprivileged children.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Connection Awards - Partial Listing

- ❖ Ken Moore, Oak Hill/Herndon Connection, First Place – Feature writing portfolio included a trip to the farmers market, remembrance of Latin teacher Christine Sleeper and celebration of the one-year birthday of the Silver Line.
- ❖ Marilyn Campbell, Oak Hill/Herndon Connection, Second Place – Health, science and environmental writing
- ❖ Kenneth Lourie, Oak Hill/Herndon Connection, Second Place – Column writing. Judge: "Though filled with heavy subject matter, the author hooks readers by using his first-person perspective, humor and emotion to describe the events of his life. These columns grab your attention from the first paragraph."
- ❖ Ken Moore, Oak Hill/Herndon Connection, Second Place – General news writing for election coverage. "Excellent coverage. ... Balanced and thorough. Effective at conveying why this is relevant for readers."
- ❖ Jon Roetman, Oak Hill/Herndon Connection, Second Place – Sports writing portfolio.
- ❖ Kemal Kurspahic, Geovani Flores, Laurence Foong, Mary Kimm, Oak Hill/ Herndon Connection, Third Place – Editorial pages
- ❖ Ken Moore, Reston Connection, First Place – Feature series or continuing story, on Reston founder Robert Simon. Judge's comment: "This was an in-depth series, very informative and interesting to read." Moore covered several key moments, including celebration of Founder's Day 2015 and Simon's 101st birthday; later, Moore wrote Simon's obituary and covered the celebration of Simon's life.
- ❖ Jean Card, Laurence Foong, Renee Ruggles, Vienna/Oakton Connection, Second Place – Informational graphics, Connection Insiders Guide to the Parks.
- ❖ Mary Kimm, Great Falls Connection, Second Place –



PHOTO BY ABIGAIL CONSTANTINO

Natasha McKenna's great aunt Eudora Paul carries a sign with McKenna's words the day she was tasered by officers from the Fairfax County Sheriff's Department. Photo by Abigail Constantino won second place for General News Photo.

Editorial writing for multiple editorials on police transparency. Judge: "Brings important pressure to bear on people in power."

- ❖ Ken Moore, Great Falls Connection, Second Place – Health, science and environmental writing; stories covering issues of deer, cleanup of groundwater contamination from gas station and tree preservation. Judge: "Excellent and informative."
- ❖ Laurence Foong, Great Falls Connection, Third Place – Informational graphics, Map of Property

Assessments. Judge: "A very interesting concept."

❖ Ken Moore, McLean Connection, Third Place – Feature writing portfolio. Judge: "Great reads on interesting topics. Who knew there was such a thing as pinball championship, especially out of someone's basement? Pull out information added neat and tidy facts and/or information."

❖ Abigail Constantino, Fairfax Connection, Second Place – General news photo, Natasha McKenna's great aunt holds a sign: "You promised you would not kill me." Judge: "Good capture of emotionally charged event."

❖ Tim Peterson, Springfield Connection, Second Place – Personal service writing, coverage of three worthy causes. Judge: "This submission quickly makes the reader care about the causes championed in the stories. ... There was good detail presented in such a way as to make the reader want to donate to each of these causes by the end of the story — I was ready to get my checkbook out after reading each one."

❖ Tim Peterson, Springfield Connection, Third Place – Government writing, coverage on aftermath of police shooting of John Geer, Virginia General Assembly. Judge: "A very comprehensive look at the Geer case was well-thought out and I was very impressed with the state legislature package."

- ❖ Tim Peterson, Springfield Connection, Third Place – Public safety writing, stories on sex trafficking, police and fire department training and National Night Out. Judge: "Each of the stories in this submission is comprehensive in its handling of the topic, as well as engaging for the reader. The information offered is very good, and the presentation attractive. There was adequate space given to each story, which was then complemented by excellent artwork."

Oak Hill & Herndon
CONNECTION

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CRIME

Herndon Crime Reports

Notable incidents from March 28 to April 3.

Incidents

Burglary - March 28, 600-blk Legacy Pride Drive. Approximately 2-3 weeks ago, an unknown person entered the garage through a secured door. Electronics valued at approximately \$2,000 were taken.

Abduction/Assault - March 30, 600-blk Dulles Park Court. An adult female victim was forcibly prevented from leaving a location by a male known to

her. She sustained minor injuries but declined medical attention. A 29-year-old man from Herndon was arrested on warrants for abduction.

March 28, 5:28 p.m. Fail to Appear, 700 Lynn St.

March 30, 2:40 p.m. Graffiti, 700 Grant St.

March 31, 9:42 p.m. Drug/Narcotic Violation, 1000 Kings Court

April 3, 6:22 a.m. Assault-Simple,

1100 Devon St.

April 3, 11:22 p.m. Driving Under the Influence, 800 Elden St./Peachtree Street

March 28, 10:26 a.m. Larceny-From Building, 600 Clearwater Court

March 28, 4:38 p.m. Fail to Appear, 1000 Alabama Drive

March 28, 9:06 p.m. Assault-Simple, 1200 Elden St.

March 30, 8:04 a.m. Larceny-From Motor Vehicle, 800 Spring Knoll Drive

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Sun.: 10 a.m. – 2 p.m.

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Profits support Habitat for Humanity of Northern Virginia

PHOTO GALLERY!
“Me and My Mom”



To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To send digital photos, go to:
www.connectionnewspapers.com/mothersday
Or to mail photo prints, send to:
The Oak Hill/Herndon Connection, “Me and My Mom Photo Gallery,”
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Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable. ~Reminder: Father's Day is June 19~

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A Howard Alan Event



Modular Homes Come of Age Cost-controls and customizable interiors spur interest.

BY JOHN BYRD

What's behind the growing popularity of modular homes? Recent research shows that a house comprised of architecturally-specific, pre-constructed modules can be assembled on a homeowner's lot for 10-15 percent less than of the cost of a comparably-sized "stick-built" house. A house that would normally cost \$500,000, therefore, can be designed and constructed in the \$425,000 range.

Moreover, a modular home — one that's been designed as appreciably finished components produced under factory conditions — is a solid piece of work. To assure units can be shipped and installed safely, framing material is substantially reinforced. Also, since the process generates less waste — it can be an eco-friendly choice.

Modular homeowners Marcelo Dobrauchi and Rita Tersio, husband and wife, are eager to show people what's possible and to share their journey.

What you'll see from the curb is a lovely, seemingly-traditional Colonial-style home that's actually composed of pre-constructed modular units.

The components were assembled in Pennsylvania, loaded on six flatbed trucks and delivered to their new half-acre destination in less than a day. Modules were then assembled on the site in two days.

The follow-up consisted mainly of interior finish work tasks like installing the Brailizan etuve flooring or the glass facing cabinets in the master bathroom, kitchen and butler's pantry.

Tersio and Dobrauchi moved in with their two children this past November and soon began entertaining friends.

For the couple, who operate Terranova Construction K&B, the move has inaugurated a new phase in their professional development. As a rule, they had concentrated on remodeling solutions in conventionally constructed "stick-built" homes. But in 2003 on a business trip in Pennsylvania they witnessed a pre-constructed housing component being whisked through the air on a crane and decided to investigate.

"In an instant we saw how much more solidly constructed a modular home is than a house built by traditional methods," Tersio said. "We decided to familiarize ourselves with the current practices. Basically, we wanted to know how effectively a home coming out of this process could be customized."

One decision led to another and last year the couple purchased the Vienna lot, which soon became the site of the 4,200-square-foot, two-level structure they had shepherded from rough sketches to the finely detailed residence they now occupy.

"We wanted to comparison-shop two building methods," Tersio said. "As remodelers, we often see clients agonizing over price differences in upgrade choices. So we asked ourselves: suppose the home-



The island provides a food prep sink and shelves for cookbooks. In total, the kitchen is 320 square feet. There's a butler's pantry through the door that segues to a formal dining room.



Marcelo Dobrauchi notes that, while a modular home costs 15 percent less than a "stick-built" alternative, its customization and finishwork potentials are comparable.

owner has already saved a substantial upgrade voucher since the house itself costs less to construct? Since our specialty is interior design, we thought this alternative process was worth exploring."

Certainly this concern for presentation is evident in their new home where the couple opted for formal finishwork detailing and personal-use spaces throughout.

There is a 140-square-foot master bathroom with custom-cabinetry and fine mosaic tiling; a 200-square-foot formal dining room that incorporates wainscoting and embossed paneling; a spacious in-law suite; and a family room designed for puzzles and board games. There is a second floor art

studio and above all, a suite of rear rooms that revolves around a gourmet kitchen.

"We thought a lot about break-through kitchen design trends," Tersio said. "There's been a movement toward transitional-style: open, well-integrated spaces with effective work triangles that use formal design elements to define key activity zones."

To put their new kitchen to the test, the couple sponsored a cooking class last January led by Luca Tinti, a Tuscan chef who is also engaged to Tersio's sister.

"We wanted to welcome Luca to the family," Tersio said. "But were also responding to people who wanted to see just how customized a kitchen designed from a modu-

Details

The Tersio-Dobrauchi home at 508 Plum St. SW in Vienna, will be open to the public on June 11. Call 703-761-0604 or visit www.terranovackb.com.

lar construction process can be."

At the end of the day, Luca's satisfaction that his requirements had been met spoke volumes.

"This space was obviously designed for serious cooking," Tinti said. "For instance, there are sources of water in all the right places ... pot-filler behind the gas range, the sink on the food prep island and the bowl-shaped farm sink."

"There's a professional caliber gas range. Several ovens. Pull-out spice racks. It's not just an exceptionally well-organized plan; it also provides work stations for a whole range of steps necessary for sophisticated cooking." The 4-foot-by-12-foot food prep island, for instance, is positioned to support work triangles formed by perpendicular counter surfaces on either side of an archway which segues to the butler's pantry and formal dining room beyond. The island also doubles as a three-stool dining counter.

It's a plan that allows one dish to marinate — while another is being sauteed on the gas range, and a third is in the warming oven.

As a chef, Luca particularly appreciated finding all the necessary cooking implements at his fingertips.

"I could swivel in one direction and find cooking utensils, specially-sized pots and pans, and mixing bowls in custom-designed drawers" he said. "In the pantry, there's a special cubby for the pasta-maker. There's even a case for cookbooks built into the island."

None of this praise is a surprise to Dobrauchi, who is a seasoned kitchen designer. Still, the ease with which he could execute the kitchen's finishwork was a pleasant departure from the realities of the stick-built process.

"My experience in designing this house may be somewhat like that of a playwright who is so close to every detail of his work that he's completely forgotten about the audience until opening night. Suddenly people are excited about effects they are seeing for the first time, and all I can say is 'Yes, that's the reaction I intended to inspire.'" That said, Marcelo is equally enthused about the home's master bathroom, formal dining room and the old-world elegance of the spacious family room.

"The modular home design process can remove a lot of drudgery because you have the option to work with pre-existing templates," Dobrauchi said. "On the other hand, there's nothing you can't adapt to your requirements, and this allows the homeowner to concentrate on interior design, which is the arena where they really get to express themselves."

John Byrd (byrdmatx@gmail.com or www.HomeFrontsNews.com) has been writing about home improvement for 30 years.

PHOTOS COURTESY OF TERRANOVA K&B



Herndon High School junior Jack Norcross, a volunteer with nonprofit Herndon Community Television (HCTV) and Blake Rose were both given the Distinguished Service award. Blake Rose has been volunteering with Herndon HCTV for 25 years.



Beverly Harris received a Distinguished Service award in recognition of her years of volunteer work. Harris served 11 years as the secretary for the Mary Martha Circle and volunteers as a docent at the Herndon Depot on behalf of the Historical Society.

PHOTOS BY RYAN DUNN/THE CONNECTION

Volunteers Honored

FROM PAGE 3

week theme, "Celebrate Service," captures the meaning of this signature week, honoring the people who dedicate themselves to taking action and solving problems in their communities. "Few communities have as many active volunteers as Herndon," said former Town Councilmember Connie Hutchison.

"It is great to see the turnout we have tonight. I think it speaks volumes about this place," said Herndon resident Bill McKenna, producer of a podcast series called Not Another Podcast. The Distinguished Corporate Service Award honors a business or corporation that has contributed to the Town through outstanding commitment to, or promotion of, the Town for the greater good of Herndon. This year, the award was given to Airbus Group, Inc. which has been a community partner with nonprofit LINK for the past six years.

Helping cover the event were Herndon HCTV Executive Director Nancy Rose and her husband Blake Rose. The first Distinguished Service Award was presented to a teen who has volunteered for the past three years with Herndon HCTV. Herndon High School junior Jack Norcross serves as a part of a group of teens that produce a series of TV programs with Herndon HCTV. Jack is also a member of Herndon High's Key Club and volunteers frequently with local non-profit Cornerstones. "I thank Mr. and Mrs. Rose for everything they do with HCTV," said Norcross.

The second Distinguished Service Award was presented to a community member who has displayed volunteerism in the town for over 20 consecutive years. Beverly Harris was one of the early volunteers for the then named Jeanne Schmidt Free Clinic and served 11 years as the secretary for the Mary Martha Circle. Harris volunteers as a docent at the Herndon Depot on behalf of the Historical Society and is their secretary. She volunteers at the Closet and has been a docent with the Holiday Homes tour for many years. Harris is a board member with the Herndon Village Network and is beginning her 21st year as an usher at Wolf Trap Performing Arts Center. To cap it all off, she just completed a two-year term as President of the Herndon Fortnightly Club.

The third Distinguished Service award winner vol-

unteered for many years in the Herndon, and acquired 25 consecutive years of volunteerism with Herndon HCTV. When Blake Rose first began volunteering with HCTV, he had to learn to use the cameras. Since then he has mastered every aspect of community television and in producing public access programming. He met and married his wife Nancy, another HCTV volunteer, and he inspired their son Brian to study the visual media profession. Blake Rose was also instrumental in the formation of the Herndon Regional Wind Ensemble. "This was an honor long overdue," said former Councilmember Charlie Waddell, who volunteers with HCTV. "I am surprised but honored, and pleased that between myself and Jack Norcross, another HCTV volunteer got this recognition," said Blake Rose. Herndon HCTV broadcasts from the Old Town Hall in downtown Herndon, and is a volunteer-run station. This nonprofit offers training for those who want to help the camera crews cover area news and events. "They really do keep our community connected. If you want to know what's happening, tune into HCTV," said Mayor Merkel.

This year's fourth Distinguished Service award winner was Laura Greenspan who in the last 15 years as president of area nonprofit The Closet instituted professional practices, including acquiring health insurance for its employees. As president, Greenspan collaborates with 44 Council members, 750 volunteers and 12 staff. She works with the leaders of 22 faith-based organizations and several other community groups including scouts, Herndon Woman's Club and mission teams from across the country. She also leads other initiatives, including toy donations and sales, serves as the training coordinator for Our Daily Bread's Naomi Project working with pregnant women and new mothers.

MAYOR MERKEL said while Greenspan's dedication and leadership inspired her nomination, the breadth and depth of her contributions to the community secured her selection as a Distinguished Service Award winner.

"It was another great event, and a great way to recognize our volunteers," said Art Anselene, town manager for the Town of Herndon.



PHOTO BY JAY EDISON

Cub Scouts Pack 913 collect trash during a cleanup day at Runnymede Park in Herndon on Saturday, April 2. Front row: Alex J., Logan E., Harrison R., Ryan T., Sai B., and Seth T. Back row: David Rockwell, Ramana Kumar Bandreddi, Mark Esposito, Bob Johnson, Paul Theriot and Trent Tebbe.

Scouts Doing a Good Turn

On Saturday, April 2, Scouts from several area scouting units assisted with the Town of Herndon's Parks and Recreation Department volunteer cleanup day at Runnymede Park in Herndon. The effort was sup-

ported by Cub Scouts and Boy Scouts from troops throughout the Powhatan District, which is defined by units based in Herndon, Reston, Oakton and Great Falls, Virginia. To find a troop near you visit PowhatanDistrict.com.

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/APRIL 13

Ask the Doctor: Orthopedic Info Night. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Bradley Boyd, an orthopedic specialist at Fair Oaks Hospital, will discuss common orthopedic problems, injuries, and treatment options. Adults. Registration 703-689-2700.

THURSDAY/APRIL 14

Social Security Seminar. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Find out how the changes will impact you and what options you may still have to maximize your Social Security income. Ages 62 and older. Registration 703-689-2700.

Library Forum. 7:30-9 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Help plan the libraries' future by sharing your input. fairfaxcounty.gov/library. 703-324-8319.

MONDAY/APRIL 18

Reston Photographic Society Meeting. 7:30-9:30 p.m. Reston Community Center, Room 6, 2310 Colts Neck Road, Reston. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers welcome. leagueofrestonartists.org.

TUESDAY/APRIL 19

Autism and Safety. 7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Room 100, Dunn Loring. Learn

Safety risks for individuals with special needs, proactive steps to reduce the risk of potential dangers, resources available in the community for emergency preparedness, safety guidelines and more. Register at 703-204-3941 or <http://www.fcps.edu/dss/osp/prc/resources/events/documents/AutismSafety.pdf>.

THURSDAY/APRIL 21

Healthy at 100! 10 a.m.-noon. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Giant's (McLean) in-store nutritionist, Amanda Barnes, RDN, will share tips and tricks to be healthier. Free. 703-430-7872.

FRIDAY/APRIL 29

Annual Spring Event: Luncheon & Silent Auction. 11 a.m.-2 p.m. International Country Club, 13200 Lee Jackson Memorial Highway, Fairfax. Hosted by Assistance League of Northern Virginia to benefit its Operation School Bell programs. Event will feature a presentation on Identity Theft and Personal Safety. \$65, \$30 is tax deductible. lindamshilts@gmail.com or 703-424-6652.

Understanding Mood Dysregulation in Students with Autism Spectrum Disorder. 10 a.m.-noon. Dunn Loring Center for Parent Services, Entrance 1, Room 100, 2334 Gallows Road, Dunn Loring. Dr. Sajjad Khan, an experienced clinician and researcher at NeuroScience Inc., will cover assessment, and treatment of mood dysregulation in students with Autism Spectrum Disorder. Register at 703-204-3941 or <http://www.fcps.edu/dss/osp/prc/resources/events/documents/UnderstandingMoodDysregulationinASD.pdf>.



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**Conor Gill and the South Lakes boys' soccer team earned their first win of the season on Monday with a 1-0 victory over Madison.**

South Lakes Boys' Soccer Earns First Victory

Seahawks beat defending state runner-up Madison.

BY JON ROETMAN
THE CONNECTION

South Lakes boys' soccer coach Marty Pfister joked that a recent minor achievement by the varsity team was cause for joy following a rough start to the 2016 season.

On Monday night, the Seahawks gave their coach a more significant reason to be pleased.

Sophomore forward Bardia Kimiavi scored in the 10th minute and South Lakes held on for its first win of the season, beating defending state runner-up Madison 1-0 in Vienna.

The Seahawks entered the match with an 0-4-1 record.

"We've been working hard all year," Pfister said. "It seemed like every mistake we made was scored on."

South Lakes standout goalkeeper TJ Bush, who will play for JMU, suffered an injury in the season opener and his absence has

affected the team, Pfister said. Bush was a first-team all-conference selection last season and helped the Seahawks hold opponents to just five goals during the regular season.

"The defense all of the sudden, which was kind of young, doesn't have a big stud keeper back there," Pfister said. "Mistakes go the wrong way and you lose confidence [and] one or two wins that we should have had turn to losses."

Can Monday's victory boost the team's confidence?

"We just needed a win. I was glad when the varsity beat the JV the other day just because we needed something positive. ... It was good to come out here under the lights and win a game like 1-0, so hopefully we can build off of that."

— South Lakes boys' soccer coach Marty Pfister

"We just needed a win," Pfister said. "I was glad when the varsity beat the JV the other day just because we needed something positive. ... It was good to come out

here under the lights and win a game like 1-0, so hopefully we can build off of that."

Junior goalkeeper Dean Huber helped South Lakes defense shut out Madison on Monday.

Junior forward Conor Gill is the Seahawks' leading goal scorer this season.

Madison entered the match having won three straight after an 0-3 start, but couldn't put one in the net.

"[T]hey got one in and they put seven guys behind the ball for the rest of the game," Madison head coach Matt Griep

just lost it and they would clear it and we would [come back] again and it was just that over and over and over again."

The Warhawks have been without a pair of starters due to injury: senior center back John Dyson (sprained MCL) and senior outside left fullback Nick Bomgardner (torn meniscus). Griep said Dyson could return in a week-and-a-half, but Bomgardner might not return.

Dyson, whose long throw is a big part of Madison's offense, should make a significant impact when he returns, Griep said.

"It's been difficult trying to figure out where we're going to generate our goals from, especially with John Dyson out," Griep said. "We don't attack the sideline and end line like we would with him because we can't take advantage of the throw-in. ... John Dyson will be a great help to add some vocal leadership out on the field. I think that's something that we truly do lack at this point and time. Nobody has stepped up to fill that leadership role."

Senior forward Gunnar Almquist and junior midfielder Blake Machonis each have four goals for the Warhawks.

South Lakes (1-4-1) will host Edison at 7:15 p.m. on Thursday, April 14. Madison (3-4) will travel to take on Yorktown at 7:15 p.m. on Monday, April 18.

Langley Girls' Lax Starts 7-0

The Langley girls' lacrosse team is off to its best start since 2009, winning its first seven games.

Langley improved to 7-0 with a 20-4 victory at Washington-Lee on April 7.

Langley is led by first-year head coach and former Langley and University of Oregon lacrosse standout Maggie Kovacs. Coach Kovacs is supported by another Langley alum, coach Annie Swanson, and local coach Bucky Morris.

Langley has a strong group of senior co-captains: Halle Duenkel, Morgan Kuligowski, Mackenzie Regen and Samantha Suib.

The Saxons have strong chemistry coming into this year. Goalie Megan O'Hara looks strong in the net with defensive support from Lilly Byrne, Ali Leto, Charlotte Smith and Lauren Bell. Anna Hofgard, Marina Smith, Emma Crooks, Elise Kim, Claire O'Connor and Sareena Dhillon have been

**The Langley girls' lacrosse team is off to a 7-0 start.**

PHOTO CONTRIBUTED

big contributors on the offensive side of the ball. Many of the girls have played together since grade school.

A different Saxon led the team in scoring

in each of the first six games.

"We are starting to play like a team," Kovacs said, "and that's the only way we are going to achieve our high goals."

On Bread and Matzah

BY RABBI LEIBEL
FAJNLAND
DIRECTOR CHABAD
OF RESTON-HERNDON

The eight day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan. This year, 2016, those dates correspond to the eve of April 22 through April 30.

The holiday commemorates the emancipation of the Jewish people from slavery in Ancient Egypt through many miraculous events such as the Ten Plagues and the Splitting of the Red Sea.

With the last of the ten plagues, Death of the Firstborn, Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise.

Therefore, among other Passover observances, it is the Jewish tradition not to eat or own any leavened breads, cake, pasta, etc. for the duration of the holiday, and to eat matzah flat unleavened bread.

The Passover version of bread, matzah, is made by mixing flour with water and baking it in an oven. However, no time is allowed for the dough to ferment and rise, and the result is a flat, hard, cracker like bread.

Jewish tradition teaches that leavened bread, with its characteristic height, represent ego and self aggrandizement, while matzah represents humility. It is specifically matzah, the flat bread, which Jewish liturgy refers to as "the bread of faith". This is because the egotistical person who is swelled by pride, does not leave room for a higher truth to enter his or her life. The entire motivation behind any behaviors or thoughts is self fulfilling and self serving. On the other hand, the humble person is receptive to truth, and is will-

ing to learn from those around him.

Well, one might ask, if matzah represents such a virtuous state of being, why is it not eaten all year long in place of leavened bread? This is because both the virtues symbolized by leavened bread, and the virtues symbolized by unleavened bread, are necessary for a life of productivity and meaning.

It is of ultimate importance that a person recognize the significance of their actions and have confidence in their ability to affect change in the people and world around them. At the same time, one should not get so carried away with his self worth that he leaves no room for people and principles outside of his immediate comfort zone.

This is the paradoxical nature of our relationship with bread. On the one hand, leavened bread sustains us practically all year long. Its presence is vital and necessary. On the other hand, for eight days each year it is banned by Jewish law. Both of these practices carry practical applications to our personal lives as growing and developing human beings.

OTHER PASSOVER OBSERVANCES include conducting a Seder. The Seder is a fifteen step, family oriented, tradition and ritual packed feast.

The focal points of the Seder are:

- Eating matzah.
- Eating bitter herbs to commemorate the bitter slavery endured by the Israelites.
- Drinking four cups of wine or grape juice a royal drink, to celebrate the newfound freedom.
- The recitation of the Haggadah, a liturgy that describes in detail the story of the Exodus from Egypt. The Haggadah is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

Herndon - Reston Community Seder

This year, join friends and family at the Chabad Community Passover Seder.

Relive the exodus, discover the eternal meaning of the Haggadah, and enjoy a community Seder complete with hand-baked Matzah, wine, and a wonderful dinner spiced with songs & insights.

First Seder Night Friday, April 22, 2016 at 7:30 p.m.

In the Herndon Kmart Center, 396 Elden St., Herndon

For more information or to reserve (a must) call 703-476-1829 email rabbi@chabadrh.org. or visit www.chabadrh.org

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

ONGOING

Charlene Fuhrman Schulz Exhibit.

May 3-22. ArtSpace Herndon, 750 Center St., Herndon. "Unlimited" is an exhibit that celebrates the 400th anniversary of William Shakespeare's death. www.artspaceherndon.com. 703-956-9560.

ARTrageous Exhibit. Through May 1. 10 a.m.-3 p.m. Monday-Tuesday, Thursday-Friday. Unitarian United Church, 1625 Wiehle Ave., Reston. Works by Canadian artist Celeste Friesen. artworksbyceleste.com. 703-956-9155.

New Forms and Horizons:

Abstract Art and Sculpture. April 5-May 1. ArtSpace, 750 Center St., Herndon. Featuring contemporary landscape artist Jorge Luis Bernal and sculptor Eric Garner. artspaceherndon.com. 703-956-9560.

Herndon Town Calendar

Photography Competition. Deadline June 7 at 2 p.m. ArtSpace Herndon and the Council for the Arts of Herndon present the Sixth Annual Herndon Town Calendar Photography Competition. Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Subjects for all entries must be located within the corporate limits of the Town of Herndon. artspaceherndon.com. 703-956-9560.

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

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.

FRIDAY/APRIL 15

Voce Chamber Singers. 8 p.m. St. John Neumann Catholic Church, 11900 Lawyers Road, Reston. American choral classics featuring the world premiere of a new Voce commission by DC-area composer, Stephen Caracciolo. \$25. voce.org/tickets. 703-277-7772.

SATURDAY/APRIL 16

Lake Anne Brew House Opening. 10 a.m.-11 p.m. Lake Ann Village Center 11404 Washington Plaza West, Reston. Ribbon-cutting ceremony at noon. lakeannebrewhouse.com.

Bluegrass Concert Series. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. The Country Gentlemen Tribute Band will perform. \$15. Under 12 free. <http://hclbluegrass.wordpress.com>.

WEDNESDAY-SUNDAY/APRIL 20-24

Reston Friends Big Spring Book Sale. Call for times. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Browse thousands upon thousands of great books in great condition. 703-689-2700.

THURSDAY/APRIL 21



PHOTO CONTRIBUTED

The Country Gentlemen Tribute Band will perform on Saturday, April 16 at Holy Cross Lutheran Church in Herndon. The event is part of the Weekend Bluegrass Concert Series.

Healthy at 100! 10 a.m.-noon. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Giant's (McLean) in-store nutritionist, Amanda Barnes, RDN, will share tips and tricks to be healthier. Free. 703-430-7872.

FRIDAY-SATURDAY/APRIL 22-24

"Legally Blonde - The Musical." Check for showtimes. Herndon High School, 700 Bennett St., Herndon. Ages 13+. \$12. www.herndonadrama.org. 703-810-2341.

SATURDAY/APRIL 23

B.B. King Tribute Concert. 7:30-10 p.m. ArtSpace Herndon, 750 Center St., Herndon. Featuring "Slam" Allen. \$20. Free to children under 12. artspaceherndon.com. 703-956-9560.

FISH Fling Gala and Fundraiser. 6-11 p.m. Hyatt Dulles Hotel, 2300 Dulles Corner Blvd., Herndon. Festive music, dancing, games and prizes, auctions, dinner, dessert and wine. For more information, contact fling@HerndonRestonFISH.org.

The Celebration of Women Who Impact Our Community. 10 a.m.-noon. Crowne Plaza Hotel, 2200 Centreville Road, Herndon. Hosted by Women Impact Now. Celebrating and honoring 4 women who are making a difference in the community. \$30. 571-244-6808. womenimpactnow.com.

Pet Photography Classes. 3-6 p.m. 433-B Carlisle Drive, Herndon. Love taking pictures of your pets but wish

they would turn out better? Learn tips and tricks from professional pet photographer Terry Wingfield of Wingfield Photography. Bring your dog and your camera to this exciting interactive class. \$45/\$65. Register at novadogmagazine.com/events.

SUNDAY/APRIL 24

Pets and Claws Pet Resource

Expo. Noon-2 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Information on pet care, training, nutrition, emergency situations, day care, and more will be available from local businesses. This Expo will take place inside RCC Hunters Woods. Pets, other than service animals, are not allowed inside the building. Free. restoncommunitycenter.com.

Mutts Gone Nuts. 11 a.m. 3 p.m. CenterStage, 2310 Colts Neck Road, Reston. Disorderly duo Scott and Joan Houghton and their hilarious pack of pooches have created a comedy dog thrill show like no other. \$5/\$10. restoncommunitycenter.com.

WEDNESDAY/APRIL 27

The Big Read Herndon, Writing the American Familia. 6-10 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Meg Medina with Special Guest Kwame Alexander. Mayan dancer Acoatzin Torres will perform. Free. 703-956-9560. www.artspaceherndon.com.

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21 Announcements

LAW

Chugh, LLP has opening for an **Attorney at Law** in Reston (Fairfax County), VA. Resp incl: Representing clients on wide range of legal matters, which incl bus. immigration, litigation, corporate law & intellectual property matters; Assist client w/ DOL investigation compliance w/ various state & federal regulation; Conduct due diligence work in mergers & acquisitions both overseas & locally; Review licensing agreements, stock option plans & conducting independent rsrch on laws, codes & regulations; Draft & review contracts for purchase & sale of goods & services as well as various other purposes. Reqs JD w/ 1yr exp to incl Civil Litigation & Immigration Law Virginia State Bar License. Mail resume to: Chugh, LLP, Attn: A. Asencion, HR, 15925 Carmenita Rd, Cerritos, CA 90703. Must ref. job title.

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the easiest to do because there
is no competition.
-William Van Horne

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Wading is the Hardest Part



By KENNETH B. LOURIE

And so it begins, the storm after the calm. Ten weeks or so of relative peace – and some quiet, since my last diagnostic scan. But now, five days ahead of my next scan, scheduled for April 13, I am emotionally behind. Why (aside from the obvious)? Because even though the scan will occur this Wednesday, I/we won't know the results until the following Thursday, April 21, eight days later, when we see the oncologist for a face-to-face appointment. Eight days of waiting, eight days of talking yourself in and out scenarios both good and bad, eight days of dealing with the devil – and hopefully not coming to any agreement; and finally, eight days of rationalizing your prior behavior, justifying your current behavior and wondering whether any future behavior will reflect the past, present or territory as yet uncharted.

And of course, it's the "territory as yet uncharted" (I don't have to explain what I mean, do I?) that worries and scares me the most. Not having been down this road before makes anticipating one's behavior-to-be/ reaction challenging. Oh, I suppose if I thought about it long enough I could develop some sort of action plan. But it's thinking about such a negative eventuality that seems and feels counterproductive. It's almost as if my thinking about such realities can somehow contribute to their actual occurrence, so, if I don't think about it, it won't happen. How's that for intelligent thinking? If I don't then it won't. If only it were that simple.

As the old saying goes: "Denial is more than just a river in Egypt." For a person originally characterized as "terminal" – in February, 2009, with stage IV, non-small cell lung cancer, now living into my eighth year post-diagnosis, life is a bit of a double-edged sword – that cuts both ways: it's a miracle that I'm still alive and given the amazing set of totally unexpected circumstances, it's equally perplexing why I've survived this long. Moreover, how is it possible that I've beaten my original life-expectancy odds so soundly? I mean: am I further from the beginning or closer to the end? Presumably, I was given a "13-month to two-year" prognosis for a reason. Do I simply ignore the underlying facts which led my oncologist to make that statement/prediction? I can't, and that's always my problem during the final few weeks leading up to my quarterly scan and the subsequent follow-up appointment with my oncologist. This can't go on forever, can it?

As much as I'd like to blur my reality, my nature prevents me from doing so. And though I may not dwell on it or allow it to dominate my conversation or become depressed or morose about any of it, I do acknowledge its affect; mostly with humor and off-putting redirection. Figuratively speaking, how does one live with both the weight of the world on your shoulders and the sword of Damocles hanging over your head without ignoring certain facts and figures and making light somehow of an extremely heavy burden?

Generally, I can manage, as you regular readers know. And as friends and family will attest, when there are fissures in my emotional underpinnings, it is during this two-week period – which occurs every 13 weeks, leading up to and then waiting for scan results when I am the most uncomfortable. And though it is all very familiar to me – after seven-plus years, it still doesn't totally minimize my reaction. Let's be honest: my life is at stake here, so how can I possibly act normally? Soon I'll know, but not soon enough. Unfortunately, there's nothing I can do about it in the interim. I just have to wait. Hopefully, the results will be worth the wait.

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

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