

Reston CONNECTION

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Kara Fink and Michael Brooks, of Reston, visit the Ladybug Mountain Farm stall on Saturday, May 7 at the Reston Farmers Market.

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PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

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ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Hilarity Without Bounds

Reduced Shakespeare Company returns to CenterStage.

BY DAVID SIEGEL
THE CONNECTION

They are back. The Reduced Shakespeare Company (RSC) is returning for its regular appearance at Reston's CenterStage. This time the RSC will bring their wit and full-speed-ahead frisky physical theater to skewer all things comical with "The Complete History of Comedy (abridged)."

"The Reduced Shakespeare Company has become part of the family here at Reston Community Center and I am pleased that they continue to enjoy being here," said Paul Douglas Michnewicz, arts and events director, Reston Community Center.

The RSC has performed in Reston since the late 1980s when they were first brought to local audiences by Leila Gordon, now executive director of Reston Community Center. RSC performed in Reston even before they appeared at the Kennedy Center.

For this appearance the RSC will present their special take on the past centuries and current headlines with "The Complete History of Comedy (abridged)." Comedy will be lovingly mocked in a vaudeville-like evening. Whether high-brow or low, from intellectual drollness to the groans of total silliness, nothing is off-limits to the fertile



PHOTO BY MEGHAN MOORE/COURTESY OF RESTON COMMUNITY CENTER

Reduced Shakespeare Company cast in "The Complete History of Comedy (abridged)."

minds of the RSC.

There is a very special relationship with Reston audiences, noted Reed Martin, longtime RSC performer and co-creator of this show. "I'm certainly grateful that Reston CenterStage has booked us every year since 1987. We have a deep connection with au-

diences in Reston. They enjoy what we do and are always curious to see what we're up to next."

Martin indicated that CenterStage patrons will be treated to a performance that will be "fast, funny and physical. And we're vaudevillian in style - verbal and physical,

Where and When

Reduced Shakespeare Company presents "The Complete History of Comedy (abridged)" at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Performances: Friday, May 20 at 8 p.m. and Saturday, May 21 at 8 p.m. Tickets: \$25 Reston resident, \$50 non-Reston resident. Call 703-476-4500 or visit www.restoncommunitycenter.com.

scatological and intellectual, clever and stupid."

As in the past the Reduced Shakespeare Company performers will meet-and-greet patrons in the Community Center lobby after the performance. As Martin said, RSC will be in "the lobby after the show shamelessly hawking our merchandise and signing programs and ticket stubs. It's sort of our trademark. We love to chat with the audience after the show. In Reston it's like a time to catch up with longtime friends."

"If you have not seen the Reduced Shakespeare Company perform; if you enjoy 'Monty Python' or Buster Keaton or 'Looney Tunes' or Carol Burnett or 'Key & Peele' then give us a try," said Martin.

The RSC evening promises to be a wild ride of unconventional, send-up comedy. Who knows, even a current social media post might appear on stage. Nothing is sacred.

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Casey Gustawarow (left) of The Farm at Sunnyside helps Allan and Barbara Ratner, of Reston, choose herbs on the opening day of the Reston Farmers Market on Saturday, May 7.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Del. Ken Plum (D-36), left, is in search of sugar snap peas and tendrils on the opening day of the Reston Farmers Market on Saturday, May 7. Sally and Paul Misencik, of Reston, arrived earlier and bought some gnocchi at the farmers market and a wooden spoon from the crafters market.

Reston Farmers Market Opens

The Reston Farmers Market opened on Saturday, May 7 and Restonians showed up bright and early at the Lake Anne Village parking lot to buy vegetables, meats, dairy and to chat with vendors and neighbors.

This is the 19th season of the market. New vendors this year include Kiwi Kuisine, creamery Misty Meadows and The Farm at Sunnyside. The market will operate on Saturdays from 8 a.m. to noon until November (except for Sept. 24), rain or shine.

"We ordered the weather today," said market organizer John Lovaas, who along with his family, mingled with market-goers.

There is a diversity of products in the biggest market in the county, said Lovaas. One of the unique vendors is Breezy Meadow Farms, which sells Asian water buffalo meat. It is leaner, has 92 percent less fat, and 45 percent less calories than beef.

At the crafters' side of the market, is 11-year-old Zachary Wong, of Herndon, who



Californians Akbar, Riyaan, 4, and Aahil, 15 months, Siddiqi explore the farmers market. They moved to Reston a couple of months ago.



Fruits, vegetables, flowers, herbs, and more bounties of spring are on display at the opening of the Reston Farmers Market on Saturday, May 7.

is showcasing products he made using a 3D printer.

Farmers and vendors were not the only ones present. Fairfax Master Gardeners had a stall to help people with gardening needs. Presidential campaign representatives from both parties sat side-by-side with signs and pamphlets about the candidates.

Bill Threlked and two volunteers from Cornerstones were also there to administer tokens for the Supplemental Nutrition Assistance Program, SNAP.

SNAP at farmers markets makes good healthy eating accessible for people who receive the benefits.

"Maybe they have transportation issues" or this is where they live, having SNAP accepted at the market means people can get their fruits and vegetables, said Threlked. SNAP tokens are matched up to \$20.

For more information about vendors and events at the Reston Farmers Market, visit <http://restonfarmersmarket.com/>.

— ABIGAIL CONSTANTINO

WEEK IN RESTON

Unitarian Universalist Church in Reston Appoints Minister

Rev. Dr. Debra W. Haffner accepted the congregation's call to be the new settled minister of the Unitarian Universalist Church in Reston (UUCR). Currently, a minister at the Unitarian Universalist Church in Westport, Conn., Rev. Haffner and her husband look forward to becoming part of the Reston community this summer.

Rev. Haffner entered ministry following a career in public health that included earning a Master's of Public Health from Yale University, several years with the U.S. Public Health Service, and serving as director of Community Ser-

vices and Public Relations at Planned Parenthood of Metropolitan Washington, D.C.

"UUCR is excited to have Rev. Haffner as our minister," said Barbara LaRock, president of the UUCR governing board. "Founded in 1970, UUCR, originally called the Reston Community Church, has a rich heritage as a progressive, vibrant, and active congregation that serves the spiritual and intellectual needs of the community. Our church supports each member in his or her personal religious journey. We strive to be a spiritual community where both hearts and minds are encouraged to grow, question, discover, and learn and invite newcomers to share their religious journey with us."

Worship services are Sundays at 10 a.m., at 1625 Wiehle

Ave. in Reston. To learn more about UUCR, its programs, events and activities, please visit www.uureston.org/.

An Evening with Classical Ballet Theatre

Classical Ballet Theatre's contemporary gala will be held in Reston on Saturday, May 14, at 7:30 p.m. with complimentary pre-performance cocktails at 6:30 p.m. at CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Tickets and Information: <http://www.cbntva.org/evening>.

Stop 'One Size Fits All' Zoning Proposal

BY TERRY MAYNARD
CO-CHAIRMAN
RESTON 20/20 COMMITTEE

In the next few months, the Board of Supervisors plans to approve a “one size fits all” zoning ordinance amendment that would guide redevelopment throughout the urbanizing areas of the county for decades. It wouldn’t be too bad if the one size were a “medium” or “large,” but the board — increasingly desperate for new tax revenues from more development — has chosen to go for XXL. Specifically, the county’s draft zoning ordinance amendment proposes that all the county’s 20 transit station areas (TSAs), community redevelopment districts (CRDs), and commercial business centers (CBCs) be allowed a floor-area ratio (FAR) of up to 5.0.

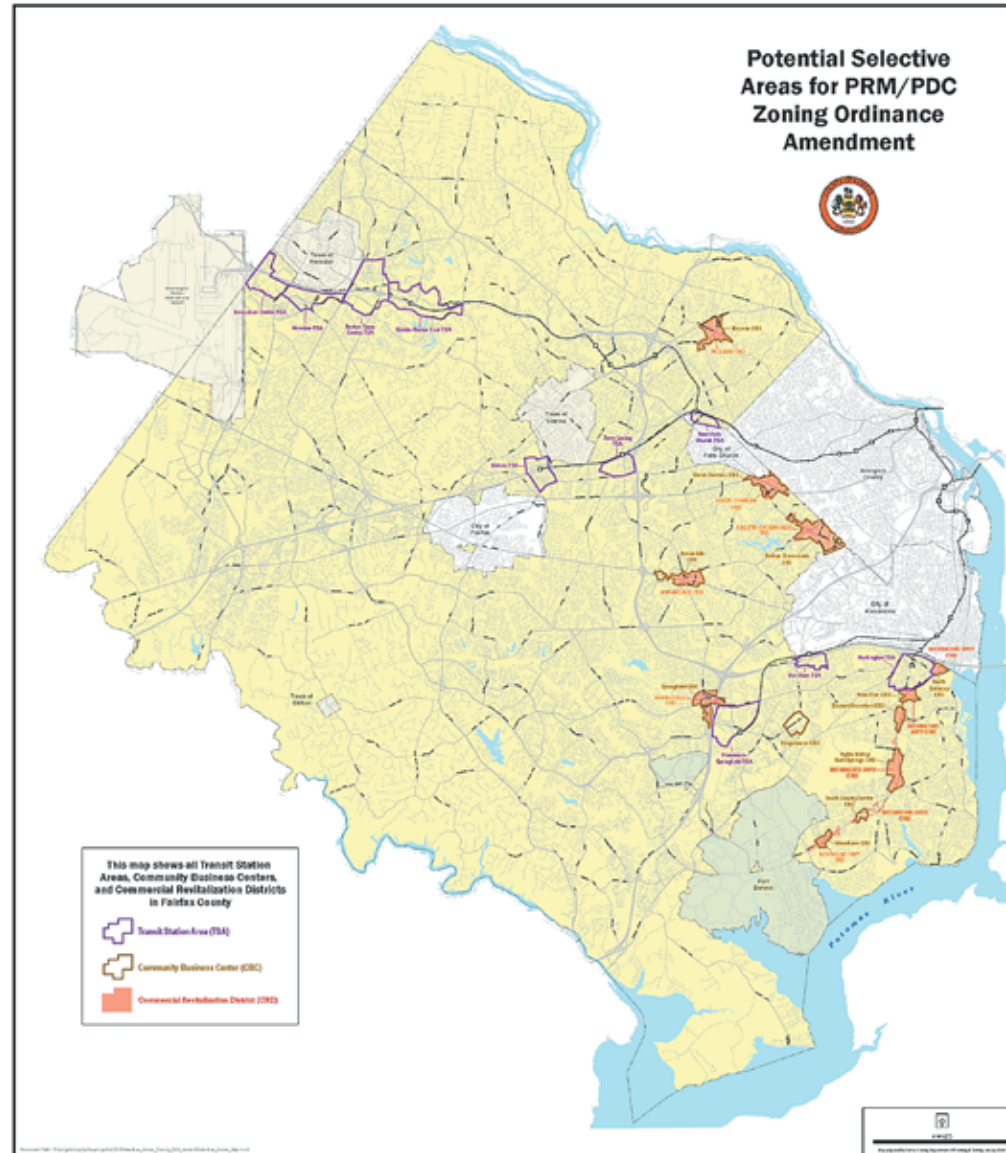
So what does FAR 5.0 really mean? Literally, it means that a developer can build structures floor space that is five times greater than the area of the parcel on which they sit. In the real world, it means that developers can build up these Fairfax County areas to a density that is greater than any that exists anywhere in northern Virginia. Even the massively developed Rosslyn Metro core only has a density of FAR 3.6 according to Arlington County (including twin towers above the Rosslyn station at FAR 10.0), about two-thirds of what Fairfax County is proposing to make available in communities and neighborhoods areas across the county.

In general, the FAR 5.0 density zoning ordinance may be appropriate for some locations, such as a part of one of Reston’s transit station areas. Reston’s new master plan calls for allowing FAR 4.0 (plus a bonus of FAR 0.5) for the small area immediately north of Reston’s Town Center Metro station. But the draft amendment makes no distinction in allowable density at the station and at the half-mile perimeter of the station area where it should taper substantially.

Moreover, Reston’s other two station areas and virtually every other Metro station area in the county, such as the West Falls Church and Van Dorn station areas, are neither planned for nor could they reasonably accommodate density anywhere approaching FAR 5.0. Unlike Reston’s Town Center (and Tysons), these places have no planned aspirations to become regional economic centers with huge population and employment increases — many tens of thousands — envisioned.

Even worse is the notion of redeveloping the county’s CBCs and CRDs at a density of up to FAR 5.0. The redevelopment of these areas is almost exclusively meant to revitalize their community economic viability, not to have broader county or regional impact. Most importantly, these areas have no walking access to Metrorail which is the key ingredient in allowing high density in TSAs. At best, they will have bus service to link them with Metro, and they certainly can’t absorb the tens of thousands of additional autos on their local streets without massive and costly improvements.

Worse yet, the residents of all these areas will probably have to pay a share of the cost for the new transportation improvements this



Map shows areas that could be affected by the proposed FAR 5.0 zoning ordinance amendment.

intense development will create through new local taxes, so called “transportation tax service districts.” These needs will include a new internal “grid of streets,” improvements to existing roads, and better bus transit.

Reston is facing this situation now as the county is proposing an added local real estate tax of \$.025 to \$.035 per \$100 valuation. One version extends the tax district to all of Reston although only about one-quarter of Reston along the Dulles Corridor is in the TSAs where the road work and development would occur. Elsewhere, in southern Fairfax County, for example, a comparable proposal could be a Richmond Highway-long tax district from Alexandria to Ft. Belvoir for roads built or improved only in the six small CRD areas designated for redevelopment along that route. There is no reason the county wouldn’t apply this warped you-pay-for-it reasoning everywhere in these redevelopment zones.

Tysons already has such a transportation tax district. The tax rate there started at \$.04 per \$100 valuation in 2013, but increased to \$.05 per \$100 valuation the following year. No doubt Tysons’ rate will continue to rise (in addition to the increased taxes from higher valuations on property there) and the proposed Reston “teaser rate” will almost certainly in-

crease quickly soon after the Board of Supervisors approves it.

The insult to local communities is that the county’s explicit intent is to increase traffic congestion in these redeveloped areas. Yes, the county’s plan for all this transportation tax spending is to increase congestion explicitly to discourage people from driving in, out, or through these areas. The goal for these “urbanizing” areas is to increase driving delays at each intersection by up to 50 seconds from current county standards under its new “urban guidelines.” Four traffic lights will mean more than three minutes of added delay, even for people just passing through these areas, during the rush period whether on Reston Parkway or Richmond Highway.

Adding injury to insult, all these funds would be used to subsidize the profits of the local corporate developers who need the new and improved transportation capabilities to make ever larger profits on their new development. Residents would not receive one dollar in financial or any other benefit from these new taxes.

By our calculation, the developers in Reston’s TSAs will likely make more than \$50 billion in

SEE ONE SIZE, PAGE 5

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OPINION

One Size Doesn't Fit All

FROM PAGE 4

profits in 2016 dollars over the 40-year plan timeframe and yet Reston residents are being asked to contribute about one-seventh of the \$2.6 billion needed for roadway improvements using county costing assumptions. That translates into more than \$8,800 per household over 40 years with moderate inflation. Alternatively, the developers could pay for all these roadway improvements from their \$50 billion in profits and still — by our calculation — their return on investment for their \$34 billion in new development would be 20 percent. We would anticipate comparable results elsewhere in the county.

The county's response to the above analysis is that the zoning ordinance amendment proposes to limit the allowable zoning density to the level allowed in the district's plan and "other recommendations in the adopted comprehensive plan, in furtherance of the purpose and intent of this district."

What could be wrong with that?

First, "other recommendations" is a good-sized hole through which to drive higher development density; it has been done routinely with less of a legal loop-hole.

Second, some of the area plans affected by this zoning proposal do not have a FAR density limit at all. They are "form based" plans that describe what the redeveloped area should look like. The only out from a FAR 5.0 zoning is the "other recommendations" phraseology, which means little constraint at all.

Third, Virginia's "Dillon Rule" law prohibits any reduction in zoning authority once given; that density becomes a "by right" authority of the landowners. So an overly ambitious zoning decision mistake once made cannot be undone. The opportunity is all for the developers; the risk is all for the residents.

Most importantly, with the county's new "Fairfax Forward" Comprehensive Plan amendment process — which may be better called "Fast Forward" — the barriers to increasing an area or project plan's density are virtually non-existent. The state-mandated Comprehensive Plan, which covers all areas of the

county in some depth, provides only a vision and guide to each area's development that, unlike the zoning ordinance, is a policy document and not legally binding.

The board's goal in the Fairfax Forward process is to expedite the amendment of existing local plans with high-density plan amendment proposals, which means limiting and controlling community input. There will be no more time-consuming task forces, charrettes, workshops, endless public meetings, and other such community input mechanisms that the county has used previously in its Area Plan Reviews to re-vamp community-wide plans. And the approval of project-specific plan amendments will be even more tightly controlled. Still, the Fairfax Forward process documentation reads like a civics lesson in public participation, including an extensive "Public Participation Toolkit" no less, but public participation is schedule-driven, mechanistic, and generally ignored.

Once the plan amendment has been approved, the ensuing legally binding high-density zoning approval by the same actors will soon follow. Suddenly a TSA, CBC, or CRD area or project originally planned at FAR 3.0 through the old process becomes planned at FAR 5.0 even if no mass transit is anywhere around, its related zoning amendment application approved, and construction is underway.

We strongly urge all of the county's citizens associations, homeowners associations, neighborhood civic groups, and any local entities that might remotely be affected by this proposed zoning ordinance amendment to communicate with their supervisor their disapproval of this one-size-fits-all approach to zoning. It will only increase local congestion, environmental damage, and taxes while disrupting viable neighborhoods and communities, and provide billions in county tax welfare to already highly profitable development corporations.

And please take the time to testify at the Planning Commission and Board of Supervisors hearings on this zoning proposal, now scheduled for 8:15 p.m., May 25, and 4 p.m., June 21, respectively at the county government center.

CLASSES FOR SENIORS

Fairfax County is offering free **Independent Living Project sessions, Mondays, May 2-June 27, 10 a.m.-noon.** Calvary Hill Baptist Church, 9301 Little River Turnpike, Fairfax. Find out more and register at www-fairfaxcounty.gov

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Local Designer Honored for Remodeling Reston Townhouse

Home transformation gives family of five more living space.

BY MARILYN CAMPBELL
THE CONNECTION

A Reston-based designer was chosen as the National Association for the Remodeling Industry (NARI) Capital CoTY (Contractor of the Year) Grand Award Winner in the category of "Entire House Under \$250,000" recently. Mina Fies, CEO of Synergy Design and Construction, was recognized for remodeling a Reston townhouse that was built in 1968.

"We are very honored. We're up against a lot of people because there are some really great contractors out there," said Fies. "We were able to pull it all together with a high level of detail, with the client living in the basement and a lot of moving parts. Winning the award was icing on the cake."

The family of five had lived in the home for 14 years and two of the three children had gone off to college when the owners decided it was time for an update. "The birds are leaving the nest, and the family



PHOTO SYNERGY DESIGN AND CONSTRUCTION

Mina Fies, CEO of Synergy Design and Construction, was honored for remodeling a Reston townhouse

wanted to open up the space and make the rooms larger for entertaining," said Fies.

The kitchen was transformed from a cramped space to one that is light and airy. The cabinets were painted and a new backsplash added. Removing a wall from

the front of the home created a larger foyer and allowed for a free-flowing space from the foyer to the living and dining rooms.

The most dramatic transition was on the second floor of the home where the bedrooms are located. "They had a tiny master

bedroom and bathroom and no master closet," said Fies. "They wanted to re-work it so there was a master closet."

The Synergy team reconfigured the bedrooms, creating openness and closet space. A fourth bedroom was converted into a new, more spacious master bathroom. The small master bathroom became a closet. All the bedrooms were updated with paint, lighting, new doors, and new flooring.

"From a living perspective it appears much larger and makes it easier to move about," said Bob Meixner, the homeowner. "We can fit many more people in the house comfortably that we could before and they can move around more easily."

The Meixner family lived in the basement of the townhouse during the 90-day remodeling project. "It was like the early days of marriage when you have a small one bedroom apartment, but Synergy went out of their way to make it as easy as possible."

Meixner said that he and his family enjoy entertaining, which is much easier to do in the new space. "The biggest Aha moment came over the holidays. We generally have our immediate family and all our kids' friends for Christmas Eve dinner," he said. "We were always packed in, but this past Christmas people could move around more freely. It's been a family tradition for years and this time it was more spacious."



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RESTON CRIME REPORTS

Notable incidents from the Fairfax County Police blotter from May 2-7

Burglary - 12000 block of Laurel Glade Court, May 4, 5:20 a.m. A resident reported that someone entered his home and he observed a man take property and flee. The suspect was described as black, medium build, wearing dark clothing.

Commercial Robbery - 2300 Block of Soapstone Drive, May 3, 2:34 a.m. Three men entered a convenience store and displayed a gun

to an employee. The suspects took cash and property and fled. There were no injuries to the victim. One suspect was described as Hispanic, approximately 5-feet-6-inches tall, wearing a light blue jacket and dark pants. The second suspect was described as black, approximately 6-feet-tall, wearing a gray jacket and light-colored pants and the third suspect was unknown race, wearing a dark jacket, dark pants, and had his face covered.

CLASSES FOR SENIORS

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Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, May 10, 7-8 p.m.** This will be an open discussion on caregiving. Register beforehand at www.fairfaxcounty.gov/

olderadults and click on Caregiver Support/Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering the following free Chronic Disease Self-Management programs:

Take Control of Your Health and Your Happiness. Tuesdays, May 3-June 7, 10:30 a.m.-12:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)

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Herndon freshman Jonathan Durette scored five goals against Westfield on May 6.



Tyler Durette, left, and the Herndon boys' lacrosse team fell to Westfield, 12-11, on May 6 in the opening round of the Conference 5 tournament.

Herndon Boys' Lax Nearly Pulls Off Postseason Upset

Hornets lose by one goal in Conference 5 tournament.

BY JON ROETMAN
THE CONNECTION

For the Herndon boys' lacrosse team, Friday's Conference 5 tournament matchup with Westfield resulted in controversy, frustration and disappointment.

Head coach Dave Baggetta is hopeful the result also leads to a boost in confidence for the Hornets.

Despite producing a 2-9 record during the regular season and failing to win a conference game, Herndon trailed by one and had possession with less than 30 seconds remaining Friday. The Hornets, however, failed to score and had their season end with a 12-11 loss to Westfield on May 6 in the opening round of the Conference 5 tournament at Westfield High School.

During Herndon's final possession, the clock operator started the clock prematurely, allowing at least six seconds to run off. Baggetta said while he was frustrated by the clock error, it did not cost Herndon the game.

"When the clock runs like that, it's definitely frustrating but that is part of having home-team advantage," Baggetta said. "But the flip side of that is we had opportunities throughout the course of the game that we didn't finish on. So while that would have been one more opportunity for us that may have given us a chance, we had other ones throughout the course [of the game]. Westfield played a good game start to finish. It would have been nice to have that full 25 seconds, it would have given us a chance to finish strong, but at the end of the day, that's not what would have won or lost the game. There were other opportunities."



Herndon's Erick Emelio scored two goals against Westfield on May 6.

PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION

Westfield took a 12-9 lead when Kevin Petrillo scored with 8:30 remaining in the contest. Herndon's Cliff Painter answered with a goal nine seconds later, and then neither team scored for the next seven-plus minutes.

Herndon's Joe Wilson found the back of the net with 44 seconds remaining, cutting the Westfield advantage to 12-11, but the Bulldogs were able to hold on.

"I knew they were going to come ready to play and they did," Westfield head coach Phil Polizzotti said, "and we were lucky to get out of here with a win."

Westfield defeated Herndon 7-5 on April 1 during the regular season. The Hornets lost their other four conference games by an average of 10 goals.

On Friday, Herndon, the No. 6 seed, gave No. 3 Westfield all it could handle and Baggetta is hoping the Hornets can build off the performance during the offseason.

"I look at tonight as a perfect example of what happens when you play as a team and you play with confidence," Baggetta said. "What I hope is that the boys learn from this and over the months to come that confidence grows so that when they start off next season, they're able to come out with confidence to start."

Freshman attackman Jonathan Durette had a big night for Herndon, scoring five goals — all in the first half.

"He's done a nice job for us growing as a freshman," Baggetta said. "He's done a real nice job of working off ball and working

the crease area and I felt like tonight was just a continuation of what he's been doing throughout the year. Tonight, the one difference was I think we were doing a little bit better job of finding him on the crease and I also think he did a little bit better job of finishing his shots."

Senior midfielder Erick Emelio scored two goals for Herndon. Tyler Durette, Conor McLaughlin, Wilson and Painter each scored one.

Sean Eckert and Joey Franchi each scored three goals for Westfield.

Westfield led 5-3 at the end of the first quarter. The score was tied 8-all at halftime.

"We came out in the first half kind of loafing around, expecting it to be an easy win," Eckert said. "At halftime, we regrouped and we got together."

Westfield improved its record to 8-7 and secured a berth in the 6A North region tournament. The Bulldogs will travel to face No. 2 seed Centerville in the conference semifinals at 7 p.m. on Wednesday, May 11.

Herndon finished the season with a 2-10 record.

"I don't know if we played every situation as smart as I would have liked to have seen us," Baggetta said, "but there was definitely growth in terms of effort and confidence and communication, for sure."

Basketball Champs Head to Florida in July

The Vogues 4th grade National team went undefeated and won the Potomac Valley AAU District Qualifier Tournament. They will compete in the AAU National Championships in Florida this July.



From left: Samantha Wallace, Assistant Coach Cheryl Wu, Abby McCarthy, Isabella Soon, Keira McCloskey, Ava Wu, Head Coach Alan Wang, Avery Griepentrog. Front row: Simone Pendleton, Hannah Wakefield, Keira Scott. Not pictured: Brooke Bundy, Milly Garvert, Finley Tarr.

PHOTO CREDIT

CALENDAR



PHOTO CONTRIBUTED

Encore Chorale will perform romantic pieces, blues and Broadway favorites on Saturday, May 14 at United Christian Parish in Reston.

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

"Two Views." Through June 2. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Works by Pat Macintyre and Gail Axtell-Erwin. RestonArtGallery.com.

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsosportstavern.com.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660. www.kalypsosportstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsosportstavern.com.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. restontowncenter.com. 703-579-6720.

Wells and Barnes: Seats of Power. April 21-June 18. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Collaborative exhibition featuring artists Gayle Wells Mandle and her daughter, Julia Barnes Mandle. Gayle and Julia use the motif of chairs as a vehicle to examine society's eternal power struggle. 703-471-9242. restonarts.org.

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.

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.

Volunteers. The McLean Community

Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training provided. Call the scene shop manager at 703-304-3176 to schedule a visit and talk. www.McLeanPlayers.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.

THURSDAY/MAY 12

Reston Hospital Center's Robot Night. 6:30-8:30 p.m. Reston Hospital Center Pavillion II Lobby, 1850 Town Center Parkway, Reston. Meet the entire team using the da Vinci XI technology. Hors d'oeuvres and beverages. For information, contact 703-689-9030.

Jimmy Robinson. 6:30 p.m. ArtSpace Herndon, 750 Center St., Herndon. Virtuoso guitarist, one of the best in New Orleans. \$15. artspaceherndon.com. 703-956-9560.

DEADLINE FRIDAY/MAY 13

Arts Festival Submission. Herndon Senior Center, 873 Grace St., Herndon. Submit your fine arts in any medium, crafts of any type and/or perform. Show open to all creative people 50 years of age and older. Leave your labelled work, or sign up to perform, at the center no later than 4 p.m. Friday, May 13. 703-464-6200.

FRIDAY/MAY 13

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Visit the gallery and view the current exhibit. Enjoy a cup of tea. Free. 703-956-9560. www.artspaceherndon.com.

Gospel Choir of the Castle Church. 7:30 p.m. Good Shepherd Lutheran Church, 1133 Reston Ave., Herndon. Forty-four member choir from Wittenberg Germany. Program will include traditional American spirituals as well as folk songs from other countries. Free. 703-437-5020.

SATURDAY/MAY 14

Encore Chorale Spring Concert. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston.

Medley of romantic Rodgers and Hart pieces, blues favorites by Hoagy Carmichael, and a rousing medley from the Broadway show "Guys and Dolls." Free. encorecreativity.org.

Dock Diving Competition. 1-4 p.m. 11404 Washington Plaza W, Reston. PetMAC - Lake Anne will be bringing diving dogs back to Lake Anne with World Champion dogs from the Chesapeake Dock Diving Dog Club. These amazing dogs will dazzle spectators with their amazing leaps and jumps into the lake. lakeanneplaza.com.

Reston Community Yard Sale. 8:30 a.m.-noon. 12000 Sundrise Valley Drive. Almost 100 families will be selling a variety of items so this event is a great opportunity to find things for a new home or a college dorm. In case of rain, call 703-435-6577 the morning of the event, for a recorded message. Rain date 5/15.

SUNDAY/MAY 15

Reston Community Orchestra. 4 p.m. Reston Community Center, 2310 Colts neck Road, Reston. Concert features Juggler and Comedian Jonathan Austin at free, family-friendly performance. This high energy guest artist promises big laughs and split second timing. Free. restoncommunityorchestra.org. 571-449-7095.

TUESDAY/MAY 17

Folk Club of Reston-Herndon. 7:15 p.m. Amphora's Diner Deluxe-Herndon. 1151 Elden St., Herndon. Dave Nachmanoff, a California-based performer with more than a dozen albums, performs. \$10/\$9. 703-435-2402. restonherndonfolkclub.com.

Herndon Senior Center 11th Anniversary and Arts Festival. 10 a.m.-noon. Herndon Senior Center, 873 Grace St., Herndon. Free. 703-464-6200.

WEDNESDAY/MAY 18

"The Supreme Court After Justice Scalia." 8 p.m. 1441 Wiehle Ave., Reston. Dr. David Cole, George J. Mitchell Professor in Law and Public Policy at Georgetown University. Free. <http://www.nvhcreston.org/>. 703-863-7639.

FRIDAY/MAY 20

GRACE's Festival Launch. 6:30 p.m. Reston Town Center, 12001 Market St. #103, Reston. Enjoy artsy beverages, savory creations, an amazing silent auction, and mingle with the artists in town for the weekend festival. \$100. restonarts.org. 703-471-9242.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

5/25/2016.....Connection Families • Summer Fun, Food, Arts & Entertainment
Memorial Day is May 30

JUNE

6/1/2016..... Wellbeing
6/8/2016..... Father's Day Dining & Gifts
6/8/2016..... HomeLifeStyle
6/15/2016..... A+ Graduations & Summer Learning
6/15/2016..... Father's Day Dining & Gifts
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7/6/2016..... Wellbeing
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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on the Friday prior to the following week's paper.

WEDNESDAY/MAY 11

League of Women Voters — Reston. 7:30-9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. Mental health services in Fairfax: What is available? and "Diversion First: What is it?" Join the discussion. Free. lwv-fairfax.org. 202-263-1311.

THURSDAY/MAY 12

Second Phase of W&OD Trail Lightning Project. 7 p.m. Town of Herndon Council Chambers, 765 Lynn St., Herndon. Presentation on the proposed second phase W&OD Trail lighting project. 703-787-7300.

WEDNESDAY/MAY 18

Annual Blood Drive. 1-6:30 p.m. Home Suites Dulles International Airport, 13460 Sunrise Valley Drive, Herndon. Special appearance will be made by "Lewis the Duck." 703-793-1700 ext. 7815.

"The Supreme Court After Justice Scalia." 8 p.m. 1441 Wiehle Ave., Reston. Dr. David Cole, George J. Mitchell Professor in Law and Public Policy at Georgetown University. Free. <http://www.nvhcreston.org/>. 703-863-7639.

Reston Network Analysis Community Meeting. 7-9 p.m. South Lakes High School Cafeteria, 11400 South Lakes Drive, Reston. Evaluate the conceptual grids of streets and road elements at gateways to the Reston Transit Station Areas (TSAs), which would result in traffic flowing at acceptable conditions while maintaining a walkable grid of streets. Call FCDOT at 703-877-5600. or go to <http://www.fairfaxcounty.gov/fcdot/restonnetworkanalysis/>.

WEDNESDAY/MAY 25

DMV2Go at the Pavilion. 9 a.m.-4 p.m. Reston Town Center Pavilion. DMV wireless office on wheels — apply or renew ID card and driver's license; get driving records, vehicle titles, license plates, and more. Information on all services at <http://re.ston.tc/P9HLkh>. 703-579-6720.

THURSDAY/MAY 26

Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. A monthly book discussion group that focuses on business leaders and markets. May's title is "The Safe Investor" by Tim McCarthy. 703-397-0420.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

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

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

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

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

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21 Announcements

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Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well – presumably, that I've stopped doing them: ingesting three teaspoons of pureed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good – and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," – then what have I really accomplished?

As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

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

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THE CONNECTION
NEWSPAPERS



PHOTO BY SHIREE SKINNER

Volunteers from across Northern Virginia help Habitat of Humanity of Northern Virginia build two houses in Fairfax County.

Women Help Build New Homes

Northern Virginia women help Habitat for Humanity, NOVA build houses for two local families during National Women Build Week.

BY ROBIN PENCE
HABITAT FOR HUMANITY OF
NORTHERN VIRGINIA

More than 50 women from across Fairfax, Arlington and Alexandria donned hard hats, tool belts and work gloves and, with caulk guns and saws in hand, got to work on two single-family, three bedroom houses Habitat for Humanity of Northern Virginia is building for two local families in Fairfax.

They joined nearly 20,000 women nationwide participating in Habitat for Humanity's Ninth Annual National Women's Build Week April 30-May 8. The national event brings women together to help build houses and open the doors to first time homeownership for deserving low-income families who might otherwise not be able to afford to purchase a home.

Under the supervision and guidance of Habitat NOVA's construction team and its team of regular volunteers known as The Sandlot, the women learned new skills and had fun, all in the name of a great cause – helping local families build and buy their first homes.

"This is such a great event – women helping women become

independent homeowners. It's so rewarding to do this plus I'm having fun and learning new things," said Joan Reimann from Vienna.

In addition to volunteering their time, over the course of the week, the women made personal donations and collectively raised more than \$10,000, including donations from Fairfax-based ECS Federal and the Woman's Club of Springfield, for Habitat NOVA.

"Habitat NOVA depends on the community's support to make homeownership a reality for hardworking families throughout our area," said Jon Smoot, executive director of Habitat for Humanity of Northern Virginia. "In addition to the incredible work our volunteers do, we rely on individual and corporate donations, pro bono work and gifts in-kind such as siding and lumber. Each dollar we save on construction costs lowers the cost of the house and what our homeowners will pay over the life of their mortgages."

"I've learned so many new skills I can use around my house," said Katya Volkovska who was part of a team of volunteers from ECS Federal. "I'm not married but every man will want to marry me now!"

OPINION

Racial Diversity in Justice System

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

A group of attorneys, the Virginia Coalition for Racial Diversity in the Justice System, earlier this year brought to the attention of the community and the General Assembly that "there is a glaring, longstanding, and inexcusable lack of racial diversity amongst sitting judges, prosecutors, and public defenders in Virginia's criminal justice system." Their statistics are very revealing. Currently, in Northern Virginia where more than 33 percent of all residents are racial minorities, only 7 out of 74 judges (10 percent) are African American,

COMMENTARY Hispanic, or Asian American. They project that if the General Assembly continues to fail to appoint racially diverse judicial candidates that it is likely within two years only 4 out of 74 of those judges (5 percent) will be minority. The Coalition also found that racial diversity among virtually all of Northern Virginia's Commonwealth Attorney and Public Defender Offices is similarly bleak. The bottom line for their study is that "the public's confidence in the fairness and impartiality of the Virginia justice system is undermined when the system bears so little resemblance to the community it serves."

A look at the concern in each of the communities in Northern Virginia indicates that the disparity is pervasive. Fairfax County is currently 52 percent white (non-Hispanic) according to the Census Bureau, down from the 64.4 percent in the 2000 Census. The County is most likely to be a majority-minority community by the time of the 2020 Census. Prince William County has already reached that status with the white non-Hispanic population having dipped to 45.7 percent. The racial composition of the judiciary has not changed as the population has

shifted. In Fairfax County, there are 32 judges only one of whom is African American and two of whom are Asian American. In Prince William County there is only one minority judge who is African American among the 15 judges. Other Northern Virginia jurisdictions have the same underrepresentation of minorities: Alexandria 2 for 7, Arlington 1 for 8, and Loudoun 0 for 12.



Although the Coalition report did not provide specific numbers, the same situation of underrepresentation of minorities apparently exists in the offices of the Commonwealth Attorneys and the Public Defenders. The issue at the level of the Commonwealth Attorneys' and Public Defenders' offices could be addressed through personnel policies that emphasize a balance of the racial composition of the community in the selection of staff members.

Judges are elected by the General Assembly, and the members of the Northern Virginia delegation need to be mindful of greater representation of minorities on the bench. Bar association recommendations are important to the selection process and need to include recommendations from associations of minority bar members including the Hispanic Bar Association of Virginia, the Asian Pacific American Bar Association of Virginia, and the Northern Virginia Black Attorneys Association. In addition there is the Virginia Women Attorneys Association, and the issue of gender imbalance on the courts also needs to be addressed. I look forward to working with other members of the delegation in addressing this issue.

LETTERS TO THE EDITOR

Contributions Appreciated

To the Editor:

This is in response to the recent letter to the editor about LANK ("The Money Train," Reston Connection, April 27-May 3, 2016). Our school, like every non-profit organization, has fundraising throughout the year. As we always tell our families there is no contribution too small that it would not warrant our gratitude and, in the case of this year's effort, mention on our train.

Just as importantly, our parent volunteers help our "train" run smoothly: board members, parent readers, event volunteers, and book fair members to name a few. Not a day goes by that we do not express our thanks for their time and energy to make LANK the wonderful school it has been for over 50 years. We are proud of all our wonderful families that contribute to our school in whatever way they can and we enjoy recognizing them whenever possible.

Marilyn O'Neill
Executive Director,

Lake Anne Nursery Kindergarten (LANK)

Merely a Thank You

To the Editor:

A recent letter ("The Money Train," Reston Connection, April 27-May 3, 2016) expressing concerns regarding Reston's Lake Anne Nursery and Kindergarten's ("LANK") current annual giving campaign has deeply saddened me as a parent of the school and as a native Restonian.

I am not unbiased. My husband attended LANK

over thirty years ago. Many of my nephews have attended LANK. Currently, I have given them the greatest trust a parent can give, my own two sons. I have deep affection and appreciation for a school that has helped shaped my family. The devotion of the teachers and staff to the children in their charge and the warmth in which they do it is second to none.

No organization enjoys fundraising. It is, however, a necessary part of any not for profit organization. In order to make sure that tuition is kept relatively affordable so that it is not out of reach for many in the community, LANK often has to solicit donations from the members of the community who can afford the extra support. Some of the activities (foreign languages, music, movement, for example) as well as maintaining a safe playground, paying the wonderful teachers, and keeping the lights on cannot always be covered by tuition alone. LANK has told its community that any donation is appreciated, from one cent and up, which is why no giving levels are seen on the train. It is merely a thank you to the members of LANK's community who have answered a call of need from a school they care about.

My family's name is not on the train. Because of other commitments we have not been able to make a donation this year. I am, nonetheless, incredibly thankful to the families who have given this year. That is what I told my son when he asked about the train and the names, "LANK is thanking everyone who has donated to your school. Not everyone can give every year, but it is very important to say thank you when someone does something nice." This is the message that is being sent to LANK's children: Thank you.

Morgan Bate
Herndon

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