



Oak Hill Herndon CONNECTION



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PHOTO BY STEVE HIBBARD/THE CONNECTION

Cappies Gala Honors Local High School Theater

The 17th Annual Cappies Gala honoring high school theater was held Sunday, June 12 at The Kennedy Center. Winning the top prizes for the Best Musical was Woodrow Wilson High School in the District for “Hair;” and winning Best Play was Duke Ellington School of the Arts in the District for “The Story.” This year’s Masters of Ceremony were Judy Bowns, Janie Strauss and Ed Monk, who is retiring from Chantilly High School this year.

This year’s show included 57 public and private high schools in Fairfax County, Arlington, Fauquier, Loudoun, Montgomery, and Prince William counties, and the cities of Falls Church, Alexandria, and Washington, D.C. The Cappies season extended from late October to early May.

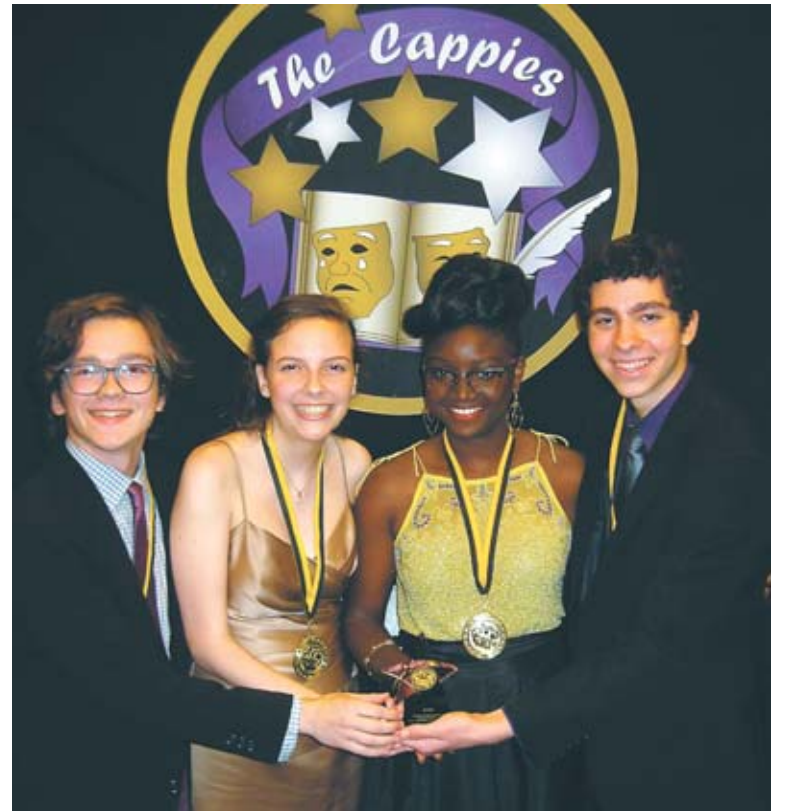
The Cappies program was launched in the summer of 1999 by Judy Bowns, the Theatre Arts resource teacher with FCPS, and the late Bill Strauss (director, Capitol Steps), in cooperation with area theater teachers, for the purpose of celebrating and bringing public acclaim to high school theater.

— STEVE HIBBARD



The Comic Actress in a Musical Award went to Isatu Fofanah, “Legally Blonde,” Herndon High School.

PHOTOS BY STEVE HIBBARD
THE CONNECTION



The Orchestra Award went to The South Lakes High School Forum Pit, “A Funny Thing Happened on the Way to the Forum,” South Lakes High School, (from left to right): Mason Moy, Evie Nims, McKalah Hudlin and Abel Ruiz.

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PHOTOS BY ERIN MURPHY/THE CONNECTION

Herndon High Students paint the landmark rock in front of the high school in honor of Jimmy McLaughlin. McLaughlin was a strong presence in Herndon High athletics and the Herndon community. His mother, Kathy McLaughlin, is a Herndon High educator of Health and Physical Education as well as the Herndon High Swim Team Coach.



The Herndon High School Twitter account tweeted May 27 “Forever in our hearts. RIP Jimmy McLaughlin.” A scholarship will be created in McLaughlin’s name at Herndon High School.

Herndon Graduate Jimmy McLaughlin Dies

While stationed in South Korea, McLaughlin dies following elevator accident.

BY ERIN MURPHY
THE CONNECTION

Jimmy McLaughlin, 2006 Herndon High School graduate, died after falling more than 120 feet down an elevator shaft at a South Korean hotel. Petty Officer 3rd Class James “Jimmy” McLaughlin, 28, was a member of the United States Navy and was stationed in South Korea with Undersea Rescue Command

McLaughlin was trying to climb out of the elevator after it got stuck between floors at the Hotel International in the city of

Changwon in southeastern South Korea. He was in cardiac arrest when rescue crews arrived and died after being taken to a hospital according to the Stars and Stripes news website.

For Herndon High School, McLaughlin won States his senior year in the 100 meter butterfly and second place in the 100 meter backstroke following a 17-month interlude due to a shoulder injury. He holds three records with the Herndon High Swim team. Jimmy’s three brothers — Tommy (2005), Christian (2008) and Patrick (2012) — were also involved in Herndon High athletics.

McLaughlin graduated top of his class at Virginia Tech and was awarded the “Hooyah Award” for honor, courage and commitment. After graduating from Virginia Tech in 2006, McLaughlin trained to become a Navy Seal. After surviving the last three days of “hell week,” he was forced to drop out of training due to a back injury but stayed close to water by becoming a Medical Navy Diver. He was stationed in San Diego where he lived with his wife, Meghan Coddington, also a 2006 graduate of Virginia Tech.

Over three years, he made six National cuts with the Virginia Tech club swim team. According to his hokiesports profile, McLaughlin “earned first-team all state, all-district, all-region, all-metro and all-American in the 100-yard backstroke, 100-yard butterfly and in the 200-yard medley relay

as a senior”.

A petition to the Kingstream Community HOA Board, which has been signed by around 400 members of the community, to rename the Kingstream pool in honor of Jimmy McLaughlin, was written soon after his death.

“Jimmy touched so many lives in Herndon and throughout the swimming world. Our families knew him not only as a neighbor, but as a friend, coach, and fellow swimmer for KS, HSL, HHS, VHSL, and PVS as he competed with and coached,” according to the petition.

The Memorial Service for Jimmy McLaughlin was held on Thursday, May 26 at Coomber Hall. In lieu of flowers, an athletic scholarship will be set up at Herndon High.

Hotel on Elden or High Quality Apartments?

Residents will give Herndon Town Council feedback on the two potential proposals.

BY KEN MOORE
THE CONNECTION

Stout and Teague envision a hotel on the corner of Center Street and Elden Street to go along with new residential condos in downtown Herndon.

“It is often said that new residences can cost more in services than they generate in taxes,” said Neel Teague, principal with Stout and Teague. “We feel this balance of commercial and residential density will generate net positive revenue.

“The hotel will bring many visitors in the heart of downtown and support the other businesses,” he said.

Stout and Teague call their possible redevelopment of Herndon’s downtown Herndon Town Commons.

Architects with Comstock Partners and Torti Gallas Partners planners envision 281 high quality apartments and 17,600 square feet of retail with walkways and plazas.

“This site is truly the heart of historic Herndon and is surrounded by wonderful, wonderful assets, buildings like the one we are in today,” Comstock and Torti Gallas architects as they described walkways and plazas they want to connect people “to and through the site.”

They call the 4.675 acres in historic downtown “dynamic and key,” and “a critical piece of your downtown.”

The two potential developers presented their proposals for the redevelopment of 4.675 acres in historic downtown last Wednesday, June 8 before a full Council Chamber audience at 765 Lynn Street.

Residents will give Herndon Town Council feedback on the two potential proposals at the Town Council hearing on Tuesday, June 14 and can also give the Council feedback online.

See the two proposals on the Town’s website at www.herndon-va.gov/downtownrfp.

HERNDON’S COUNCIL voted in May 2015, to purchase 1.67 acres of land in Herndon’s historic downtown from Ashwell, LLC for \$3.519 million that added to the three acres of downtown land it already owns.

The purchase clears the way for a comprehensive development project in the downtown, in accordance with the Downtown Master Plan adopted by the Town Council in 2011.

“The Town of Herndon has been envisioning a comprehensive redevelopment in our downtown for decades,” said Mayor Lisa Merkel, around the time of the purchase.

“We made significant strides toward that vision by adopting our Downtown Master Plan.

“Until this purchase, however, we have been limited in our ability to effectively position downtown Herndon for comprehensive redevelopment, as much of the necessary land was under private ownership,” she said.

The Town of Herndon’s adopted master plan for the downtown envisions a mix of retail, office and residential development, to include four-story, mixed-use/residential structures; three-story mixed-use/commercial structures; a jointly-funded public/private parking structure; an arts center and more. The land is generally described as between Station Street to the east, Center Street to the west, south of the W&OD Trail, and north of Elden Street.

The Council is anticipated to select the top proposal in the summer, said Dennis Holste, the Town’s economic development manager.

Support for Police in Reforms

Police commission recommendations come to Board of Supervisors for approval, implementation.

In some ways, the Fairfax County Ad Hoc Police Practices Review Commission, brainchild of Board of Supervisors Chairman Sharon Bulova, was a bit of a miracle.

The 32 voting commission members included at least nine representatives from Fairfax County Police; former Commonwealth's Attorney Robert Horan; current and former law enforcement officers with experience from the FBI, DEA, state police and others; other former county officials; mental health advocates; attorneys; high powered consultants. Ranks of those participating swelled to 80 when others were appointed the five subcommittees.

How could such a large, intense group with so many viewpoints get anything done? It seemed crazy to expect much. But Bulova, apparently, was crazy like a fox. Bulova and commission chair Michael Hershman, expressed unwavering commitment to the process.

The 142 recommendations, the result of democracy in action, provide support and more resources to the FCPD, while providing for transparency and public confidence.

Police, Commonwealth's Attorney Ray Morrogh, county attorneys and others provided answers to questions and consulted on recommendations every step of the way. The commission and subcommittees met for literally hundreds of hours over nine months. Individual members took on in-depth research projects and reported back to subcommittees.

EDITORIAL

Members of the Mental Health subcommittee, chaired by Del. Marcus Simon, traveled to Texas for a first-hand look at an effective Crisis Intervention program. In January, the Community Services Board, Police and Sheriff's Office launched Diversion First, to get people having a mental health crisis who come into contact with law enforcement into treatment instead of jail. If this were the only accomplishment of the police review commission, it would be an achievement.

The Independent Oversight and Investigations subcommittee unanimously recommended formation of an Independent Auditor and a Civilian Review Panel. Independent oversight is a national best practice, and these issues come before the Board of Supervisors next month.

Key recommendations include Independent Auditor, Civilian Review Panel, commitment to transparency, body cameras, data collection.

The commission recommends the implementation of body worn cameras, a recommendation that appears to be set for delay. This might be necessary, but if so, the delay should come with a timetable for next steps.

Changing the culture from withholding information to sharing as much as possible, as soon as possible, and responding to Freedom of Information requests with as much information as possible are part of the recommendations of the Communications subcommittee. Police departments in Northern Virginia have invoked a blanket exemption to FOIA requests, which has been part of the erosion of public trust.

The robust collection and reporting of demographics covering all stops, frisks, citations, arrests, and use-of-force incidents by district station and magisterial district is also key to public trust and departmental excellence.

Bulova and the Board of Supervisors formed the commission in the wake of the death of John Geer in August of 2013. Geer, a Springfield resident, was standing unarmed with his hands up in the doorway of his own home when he was shot by Officer Adam Torres. Torres, charged with murder, was the first Fairfax County Police officer in the history of the department to be charged in such a death. Torres entered a guilty plea to involuntary manslaughter, with a likely sentence of 12 months; his sentencing is scheduled for next week.

Public outrage over Geer's death was compounded by obfuscation and silence, the failure to communicate, and a lack of public accountability. The police and county refused to release any information on the case for more than a year, and only then after repeated court orders. This tragedy and its aftermath no doubt had a negative impact on morale in the FCPD. The commission's recommendations acknowledge the excellence of the Fairfax police. It's a credit to the department that Chief Edwin Roessler aspires to make FCPD the best in the nation. It's a high bar, county residents expect no less, and steps in that direction are a positive reflection on every member of the department.

It now falls to Supervisor John Cook, chairman of the Public Safety Committee, to guide these recommendations through for approval by the Board of Supervisors overall. The process is underway, and deserves public attention to the details.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Mary Kimm served as a member of the Fairfax County Ad Hoc Police Practices Review Commission. Read more at www.fairfaxcounty.gov/policecommission

All Dulles Area Muslim Society Condemns Orlando Mass Shooting

The All Dulles Area Muslim Society (ADAMS) condemns the tragic and horrific Orlando mass shooting, and rejects any possible motive for this terrible act, whose perpetrator is still being investigated as a possible hate crime, mentally unbalanced individual, and/or lone wolf terrorist sympathizer. We send our thoughts, prayers, and condolences to the families and loved ones of all those killed or injured.

We appreciate the Orlando Muslim community's response in condemning this attack, and we join in urging the entire Muslim community to take part in a blood donation drive for those injured in the attack.

For us in Virginia, this tragedy brings back horrible memories of April 2007, when Virginia Tech

student Seung-Hui Cho killed 32 people on the Virginia Polytechnic Institute and State University campus in Blacksburg, Virginia. This is also too reminiscent of the equally horrific hate crimes like the attack in South Carolina on an African American Church, attacks in movie theaters and schools and too many more. Such incidents are a too frequent reminder of the number of individuals driven by hate to commit unspeakable acts.

This horrific Orlando attack however should not be used to vilify and stereotype the peaceful and law abiding Muslim community in America. Islam absolutely condemns and forbids terrorism and extremism. The Quran, Islam's revered text, states: "Whoever kills a person, it is as though he has killed all mankind. And whoever

saves a life, it is as though he had saved all mankind."

Islam promotes the sanctity of human life, the dignity of all humans, and a respect for human, civil rights. Islam teaches religious freedom and emphasizes the same universal moral values accepted by the majority of people of all backgrounds. These are the same principles on which the US Constitution was established and the Bill of Rights was approved.

Muslims believe there is "No compulsion in faith" and we reject violence, hatred, and discrimination toward anyone on the basis of race, color, gender, disability, religion, familial status, sexual orientation and national origin.

ADAMS' mission is to provide religious, social, and educational services to enable the Muslim community to fulfill its responsibilities and contribute to the betterment of society www.adamscenter.org

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: north@connectionnewspapers.com



CRIME

Notable incidents from the Town of Herndon's Police Department from May 30-June 5.

INCIDENTS

Sexual Assault - June 1, 500-blk Early Fall Court. The victim was walking down a foot trail near Early Fall Court when the suspect exposed himself to her, and then propositioned her. As the victim ran past the suspect he grabbed her breast. The suspect is described as a Hispanic male, 20 to 25 years of age, approximately 5'8" and 150 lbs. The case is under investigation.

Abduction - June 5. 1200-blk Elden St. A 13-year-old female left voluntarily with a 19-year-old male who was known to her. She then returned home un-

harmd the next day. The case is under investigation.

ARRESTS

May 30, Shoplifting, 21 M
May 30, All Other Larceny, 21 M
May 30, Malicious Wounding, 35 M
May 30, Attempted Malicious Wounding, 35 M
May 30, Drunkenness, 31 M
May 30, Drunkenness, 50 M
May 30, Drunkenness, 21 M
May 30, Drug/narcotic 21 M
May 31, Drug/Narcotic Violation, 29 M
May 31, Assault, 33 F
June 1, Assault, 43 M
June 3, Driving Under the Influence, M
June 3, Refusal to Take Sobriety Test, 34 M

June 3, Obstruction of Justice, 34 M
June 3, Drug/narcotic Violation, 24 M
June 3, Drunkenness, 46 M
June 3, Warrant, Other Jurisdiction, 18 M
June 4, Fail to Appear, 28 M
June 4, Drunkenness, 27 F
June 4, Warrant, Other Jurisdiction, 20 F
June 4, All Other Larceny, 20 F
June 4, False ID, 20 F
June 4, Driving Under the Influence, 28 M
June 4, Drunkenness, 45 M
June 5, Drunkenness, 26 M
DUI/Driving Under the Influence, 2
No Operators License. 4
Driving on Suspended License, 1
All Other Traffic Summons, 95

There were 12 reported traffic accidents in town during the week.

ALERTS

Fraud Alert, Abduction Scam— Since April law enforcement officials from around the region have responded to several reports of a trending abduction scam for money (with one reported attempt in Herndon). A parent receives a phone call during the school day and hears a child crying or a child stating they have been kidnapped. The suspect then gets on the phone and tells the parent their child has been abducted and demands ransom for the child's safe return. The suspect directs the victim to wire the money to a specific location.

The suspect will try to keep the parent on the phone so they cannot call police or anyone else to verify the child's safety by using fear to distract the parent. Instinctively, parents will do whatever it takes to protect their child. Parents may not think about calling their child's school to verify they are safe until after they realize they were victim of this crime. Police encourage any parent who receives a ransom call about their child being abducted to immediately call your child's school (or the location where they are supposed to be) to verify their safety, and call the police to report the crime.

For more tips from the FBI visit herndon-va.gov/public-safety/public-information/alerts.

BULLETIN BOARD

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

WEDNESDAY/JUNE 15

Public Information Meeting. 6:30-8:30 p.m. South Lakes High School, 11400 South Lakes Drive, Reston. Meeting on Soapstone Connector Project. <http://www.fairfaxcounty.gov/fcdot/soapstoneconnector.htm>.

SATURDAY/JUNE 18

North county Governmental Center Grand Opening and Open House. 10 a.m.-2 p.m. 1801 Cameron Glen Drive, Reston. Family-friendly event includes public safety interactive displays, vehicles to explore and tours of the police station. For more information and to RSVP by email at huntermillRSVP@fairfaxcounty.gov or call 703-478-0283.

Feeding the Homeless for D.C. 2:30 p.m. Fellowship Hall, Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Bring your family and friends. 703-430-7872.

WEDNESDAY/JUNE 22

Dulles Corridor Advisory Committee Meeting. 9:30 a.m. Center for Innovative Technology, The Briefing Room, 2214 Rock Hill Road, Herndon. Committee will receive financial and construction updates on the Silver Line project. The Committee will also discuss Dulles Toll Road revenue and transactions. Open to the public. <http://www.dullestollroad.com/toll/dulles-corridor-advisory-committee>.

WEDNESDAY/JUNE 29

Hunter Mill Road Study Community Meeting. 7 p.m. North County Government Center, 1801 Cameron Glen Drive, Reston. Discussion of project status and next steps. <http://www.fairfaxcounty.gov/fcdot/>.

ONGOING

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

NOTICE TO THE PUBLIC OF COLUMBIA GAS OF VIRGINIA, INC.'S APPLICATION FOR AUTHORITY TO INCREASE RATES AND CHARGES AND TO REVISE THE TERMS AND CONDITIONS APPLICABLE TO GAS SERVICE CASE NO. PUE-2016-00033

On April 29, 2016, Columbia Gas of Virginia, Inc. ("Columbia" or "Company"), filed with the State Corporation Commission ("Commission") an application pursuant to Chapter 10 of Title 56 (§ 56-232 et seq.) of the Code of Virginia ("Code") requesting authority to increase its rates and charges, effective for the first billing unit of October 2016, and to revise other terms and conditions applicable to its gas service ("Application"). Columbia's Application advises that the proposed rates and charges are designed to increase the Company's annual non-gas base revenues by approximately \$37 million per year, which includes \$7 million currently being collected by the Company outside of base rates in a surcharge associated with its Steps to Advance Virginia's Energy plan ("SAVE Plan") pursuant to § 56-603 et seq. ("SAVE Act"). Columbia states the requested increase in annual non-gas base revenues reflects its costs and revenues for the test year ending December 31, 2015, the increase in the Company's rate base since its last base rate increase in 2014 ("2014 Rate Case"), an updated capital structure and requested return on equity of 11.25%, and certain rate year adjustments that "reasonably can be predicted to occur" during the 12 months ending September 30, 2017 ("Rate Year"), as permitted by § 56-235.2 of the Code.

According to the Application, in the time since Columbia was last authorized to increase its rates and charges in the 2014 Rate Case, Columbia has continued to make significant capital investments to improve the overall safety, reliability, and integrity of its natural gas system. Columbia further states it will have incurred \$160 million in capital costs to improve the safety and reliability of its system from January 1, 2015, through the end of 2016, and anticipates that it will invest \$76 million in capital improvements during the Rate Year.

Columbia states a significant portion of the Company's capital investment subsequent to the 2014 Rate Case has occurred under its SAVE Plan, which was implemented in 2012 and focuses on proactive replacement of at-risk gas utility infrastructure to enhance system safety and reliability. In accordance with the SAVE Act, these costs that were previously approved pursuant to Columbia's SAVE Plan and are being collected in a surcharge outside of base rates, will be combined with non-gas base rates upon the effective date of those new rates, and the Company's SAVE surcharge will be reset to zero.

Columbia states in its Application that, in the time since the 2014 Rate Case, the Company has continued to enhance pipeline safety and reliability through its formal integrity management program for its distribution system ("DIMP"), by identifying, prioritizing, and reducing gas distribution pipeline integrity risks. The Application states Columbia has incurred operations and maintenance costs associated with the implementation of the Company's DIMP initiatives as well as costs associated with compliance activities with federal pipeline safety advisories, collectively defined as "eligible safety activity costs" under § 56-235.10 of the Code. Columbia asserts the incremental levels of these eligible safety activity costs, not reflected in existing base rates, totaled approximately \$8 million in 2015, and is projected to total approximately \$6 million during the Rate Year. Columbia seeks, pursuant to § 56-235.10 of the Code, to recover, as deferred costs in new base rates, the incremental level of eligible safety activity costs not reflected in existing base rates.

The Company further asserts that apart from DIMP activities, it anticipates increases in operations and maintenance costs above the 2015 levels associated with five safety related initiatives focused primarily on emergency response, reducing third-party damages, and repairing open leaks. The Company states it has incurred increased costs related to enhanced employee and contractor training requirements to meet increasingly stringent state and federal safety and operational compliance standards, as well as to meet the needs of a changing work force. The Company also asserts it has experienced an increase in corporate service costs billed by its centralized services company.

According to the Company this proposed rate increase would increase the average monthly bill of a typical residential customer using 5.8 dekatherms from approximately \$65.74 to approximately \$74.88, or by 13.90%.

Interested persons are encouraged to review the Application and supporting documents for the details of these and other proposals. While the total revenue that may be approved by the Commission is limited to the amount produced by the Company's proposed rates, TAKE NOTICE that the Commission may approve revenues, and adopt rates, fees, charges, tariff revisions, and terms and conditions of service that differ from those appearing in the Application and supporting documents and may apportion revenues among customer classes and/or design rates in a manner differing from that shown in the Application and supporting documents.

The Commission entered an Order for Notice and Hearing that, among other things, permits the Company to place its proposed rates, charges, and terms and conditions of service into effect on an interim basis, subject to refund, for the first billing unit of October 2016.

The Commission's Order for Notice and Hearing scheduled a public hearing at 10 a.m. on December 13, 2016, in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, to receive the testimony of public witnesses and the evidence of the Company, any respondents, and the Commission's Staff. Any person desiring to testify as a public witness should appear at the hearing location fifteen (15) minutes prior to the starting time of the hearing and contact the Commission's Bailiff.

Copies of the public version of all documents filed in this case are available for interested persons to review in the Commission's Document Control Center located on the first floor of the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

Copies of the Company's Application and the Commission's Order for Notice and Hearing also may be inspected during regular business hours at each of the Company's business offices in the Commonwealth of Virginia. Copies of these documents also may be obtained, at no charge, by submitting a written request to counsel for the Company: T. Borden Ellis, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. If acceptable to the requesting party, the Company may provide the documents by electronic means.

On or before December 5, 2016, any interested person may file written comments on the Company's Application with Joel H. Peck, Clerk, State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118.

Interested persons desiring to submit comments electronically may do so on or before December 5, 2016, by following the instructions found on the Commission's website: <http://www.scc.virginia.gov/case>. Compact discs or any other form of electronic storage medium may not be filed with the comments. All such comments shall refer to Case No. PUE-2016-00033.

Any person or entity may participate as a respondent in this proceeding by filing a notice of participation in this proceeding on or before September 5, 2016. If not filed electronically, an original and fifteen (15) copies of a notice of participation shall be filed with the Clerk of the Commission at the address set forth above. A copy of the notice of participation shall be sent to counsel for Columbia at the address set out above. Pursuant to Rule 5 VAC 5-20-80, *Participation as a respondent*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"), any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation, or government body participating as a respondent shall be represented by counsel as required by Rule 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUE-2016-00033. For additional information about participation as a respondent, any person or entity should obtain a copy of the Commission's Order for Notice and Hearing.

The Commission's Rules of Practice may be viewed at the Commission's website: <http://www.scc.virginia.gov/case>. A printed copy of the Commission's Rules of Practice and an official copy of the Commission's Order for Notice and Hearing in this proceeding may be obtained from the Clerk of the Commission at the address set forth above.

THE COLUMBIA GAS OF VIRGINIA, INC.

The Gap Year Trend

The pros and cons of taking a break in academic studies before college.

By MARILYN CAMPBELL
THE CONNECTION

Reappelling down an 80-foot waterfall, the ground appearing miles away, zip lining through thickets of dense, steamy rain forest, treating wounded travelers in the wilderness and engaging in other limit-pushing adventures — that's how three local young adults spent their time after graduating from high school.

"Scuba was definitely my favorite part of the course because of a strong reinforcement that I would enjoy working as a scuba instructor one day," said A.J. Galindo of Alexandria, Benjamin Waters of Fairfax and Kirby Nassetta of Arlington participated in Outward Bound's Costa Rica program.



PHOTO COURTESY OF OUTWARD BOUND

A.J. Galindo of Alexandria, Benjamin Waters of Fairfax and Kirby Nassetta of Arlington participated in Outward Bound Costa Rica's Gap Year program.

"Sometimes a year of reflection can help a student focus."

— Jim McClellan, Ph.D.,
Northern Virginia Community College

Galindo took what is known as a "gap year," which means taking an academic break for a year or a semester before beginning college. Gap year programs offer students an opportunity for "personal growth in ... leadership, self-awareness [and] ... character development," said Soizic Hagege, spokeswoman for Outward Bound Costa Rica.

After completing his Outward Bound program, Galindo enrolled in Thompson Rivers University in British Columbia, Canada.

The American Gap Association (AGA), an organization that accredits and sets standards for gap year programs, reports that taking a gap year has become an increasingly popular choice for American students. The association has seen renewed interest since Malia Obama's recent decision to take a year off before beginning her studies at Harvard University.

A RECENT AGA STUDY showed that students who took a gap year over performed academically in college. The organization released the results from a survey of its 2015 alumni. More than 90 percent of the alumni surveyed credited their gap year with increasing their self-confidence and maturity as well as offering time for personal reflection.

Uncertainty about future plans is one of the reasons students decide to take time off between high

school and college. "Some don't know yet what they want to study, or want to take the opportunity to travel or work to get experience in the real world," said Francesca Reed, associate vice president for Enrollment Management and director of Graduate Enrollment Services at Marymount University. "A gap year ... can be a great opportunity for a person to mature and discover their interests before pursuing a college degree."

Experiences gained during a year away from school can offer clarity, says Jim McClellan, PhD, dean of Liberal Arts at Northern Virginia Community College in Alexandria. "Few students know what they want from life or what will be their life's work when they first enroll in college," he said. "Few finish college in the same major where they began. Sometimes a year of reflection can help a student focus. A year abroad or in some environment beyond their previous experience can offer new perspectives. Working at a 7/11 convinced me I needed to continue college."

While the AGA reports that 90 percent of students are actively enrolled in a four-year institution of higher learning within one year of completing a gap year, the organization acknowledges that this option is not for everyone. The

decision to delay college comes with a caveat that students may lose the academic momentum they gained through high school.

"There is a set of skills that a student learns moving through each grade level. Like playing tennis or any other sport, the more practice, the better the performance," said McClellan. "Laying out for a year leads to skills atrophy. [For some students] it is better to continue on while in top form than to try to rebuild lost skills and regain good study habits."

Even for students who feel certain that they want to take a gap year, Reed advises completing the college application process if obtaining a college degree is future goal.

"It is easier while they are still in school to gather letters of recommendation and use the resources of guidance departments when applying for college," she said. "It will also keep them focused with a future plan. If the student decides to go abroad or work full-time, it may be difficult to request a letter of recommendation while they are busy overseas or with work. Once accepted into college, they can defer their admission a semester or a year."

Boosted by a belief in the benefits of a gap year experience, a

growing number of colleges and universities are supporting students who want to take time off between high school and college. "Most colleges are accommodating and will move their start date to the following year," said Reed. "Colleges and universities like to see students with a plan and a degree of motivation before entering college, and the gap year may be the perfect opportunity to do just that."

RESEARCHING OPPORTUNITIES, thinking about goals and having a plan in place about how the time will be spent are critical components of a successful gap year. "They shouldn't wait until they graduate to start planning," said Reed. "Do you want to travel abroad? Learn a new language or improve your foreign language skills? Volunteer either at home or abroad? Explore career interests? It's important to have something meaningful in mind. There are many programs available for students that are considering a gap year."

McClellan suggests an alternate option for students and parents who are concerned that a gap year could slow a student's academic progress. "Spending the junior year abroad is a better idea since no academic momentum is lost and the experience of living and studying abroad is of incalculable value," he said. "Plus, with two years of college completed and added maturity, the junior year abroad is more meaningful than a gap year."

Considering Private School?

Small steps this summer can minimize stress of application process.

By MARILYN CAMPBELL
THE CONNECTION

The school year has just come to an end ... which means it's the ideal time to prepare to apply to leading independent schools. A supply versus demand imbalance for a coveted spot at one of the local, top-tier private schools makes advanced planning a critical part of the process. Local admissions directors offer suggestions on what can be done during the laid-back days of summer before the demanding fall application process begins.

"Do your research over the summer," said Mimi Mulligan, assistant head of school and director of admission and enrollment management at Norwood School in Bethesda, Md. "Spend time educating yourself on the wide variety of independent school options in the area."

Perusing school websites and becoming familiar with a school's mission and philosophy toward education can help narrow down choices. Reading social media postings can give parents a sense of a school's culture and community.

Have a family conversation about the type of school that would best serve your child, advises Mulligan, who warns that a school's perceived prestige or reputation as a "top school" doesn't necessarily translate into a good match.

"Be realistic about your child's strengths, weaknesses, and learning style, then create a list of schools that you feel would be a good fit for your child and your family," she said. "This list should be based on your child's needs, not the name recognition of the school. By the time September is here, you will be ready to contact schools for their admission materials and to schedule a visit."

Talking to parents and students at prospective schools is one way families can get a sense of a school's environment. "Create a chart to compare [factors such as]: How the students treat each other. What is the teacher-student relationship like? How

does the school care about each individual student and other things that are important to you?" said Terri Collins of Oak Crest School in McLean. "Ask to speak with two current parents to get their perspective of what they see as the strengths and weaknesses of the school."

"I think one of the things would be to identify the type of school: a boarding school or a day school," said Scott Conklin, director of admissions at Episcopal High School in Alexandria. "Once you've come up with a list of schools, visit some of them. Most are probably open during the summer. Walk around campus and meet the admissions directors."

"Once families have narrowed down the list, they can send for information and begin to map out their fall visits," said Clare Dame, director of enrollment management at Randolph-Macon Academy. "Plan to visit no more than two schools in one day so that they have time to fully investigate each one and will have the time to assimilate the information."

Garnering logistical information is important in planning an application strategy for the fall. "What are the processes? What are the dates? When are the Open Houses?" asks Richard S. Moss, director of admission at the Heights School in Potomac, Md.

However, Moss underscores the importance of creating a balance between advance planning and enjoying a summer respite, and questions the wisdom of focusing too much energy on an academic year that is more than 12 months away.

"Most importantly, families should ... have a good, restful, and productive summer," said Moss. "It is easy to think about the long-term goal of admission while sacrificing the immediately important goal of having a truly great break. ... Though it is good, as a parent, to be generally aware of the process so that in September you can hit the ground running."



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Great Falls Girls Complete Undefeated Season

Great Falls girls Grade 7/8 girls AAA/Orange lacrosse team defeated Dulles South in The NVYLL championship game on Saturday, June 4, after an undefeated season. They played in the orange Triple AAA division so this makes them the best seven and eight grade team in the Northern Virginia area.

This is also the first time in history of GFLA that Great Falls A-team has won the title championship in this bracket. The team's roster included: Head Coach Jeff Grimson, Assistant Coaches: Jacquie Henry, Mary Smith and Gene Canfield; players — Lucy Jane Magruder, Hope Heiden, Sophie Smith, Brooke Van Beuren, Charlotte Henry, Lauren Treacy, Julianna Grimson, Sydney Southworth, Morgan Pence, Haley Smith, Nicole Moran, Jennifer Canfield, Cristina de Kanter, Mary Margaret O'Connor, Hayley Blankingship, Emma Norris, Caroline Bean, Jessica Broyles, Courtney Kuligowski, Victoria Kim, Annie O'Hara, Kyley Rymza.



Mariners Draft Oakton's Rizzo

The Seattle Mariners on June 9 selected Oakton High School third baseman/short-stop Joe Rizzo in the second round of the MLB Draft.

Rizzo, taken No. 50 overall, was the first player from Virginia selected in this year's draft. The University of South Carolina signee batted .389 this season with four home runs and 12 RBIs and had an on-base percentage of .542, according to stats provided by NOVA Baseball Magazine.

Flint Hill outfielder Khalil Lee (Liberty) was selected by the Kansas City Royals in the third round, No. 103 overall. He hit .471 this season with six doubles, four triples, six home runs and 23 RBIs, with an on-base percentage of .634. He also went 7-0 on the mound for the Huskies with two saves and a 0.33 ERA. He struck out 87 and walked three in 43 innings.

The San Diego Padres selected West Potomac pitcher Jamie Sara in the 12th round, No. 354 overall. Sara, who signed with William & Mary, went 4-3 for the Wolverines with a 2.30 ERA and 1.09 WHIP. He struck out 74 and walked 21 in 45.2 innings.

The Washington Nationals chose Shenandoah University pitcher and 2012 McLean High School graduate Phillip Morse in the 16th round, No. 484 overall. Morse made 22 appearances for Shenandoah this season, compiling a 5-0 record with eight saves and a 0.88 ERA in 30.2 innings.

Oakton's Joe Rizzo, seen during the 2015 season, was selected by the Seattle Mariners in the second round of the MLB Draft.

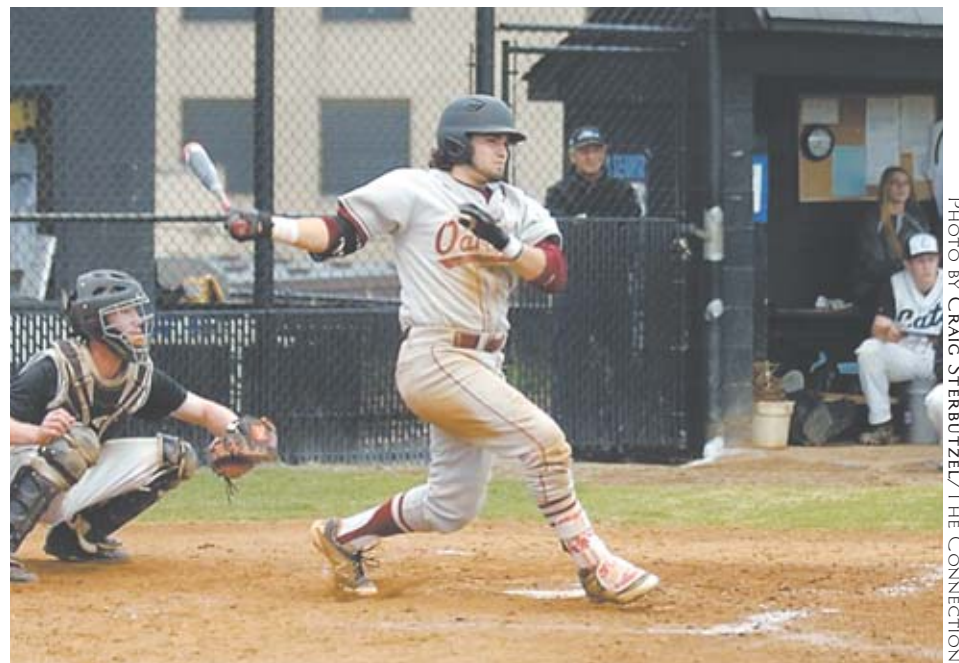


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

CALENDAR

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

- "Paint and Beyond."** July 1-29. Monday-Friday, 8 a.m.-5 p.m. U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Free. www.leagueofrestonartists.org.
- Yoga on the Plaza.** 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. lakeanneplaza.com.
- Truths in False Positives.** June 11-26. ArtSpace Herndon, 750 Center St., Herndon. Sherwood Gainer's Pattern Recognition: Truths in False Positives offers vibrant and often chaotic abstractions, and explores how visual cues from a canvas can inform a dialog unique to each observer. artspaceherndon.com. 703-956-9560.
- 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.
- Mr. Knick Knack.** 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720
- Herndon Friday Night Live.** 6:30 p.m. Through Aug. 26. 777 Lynn St., Herndon. Features the most popular local and regional acts from up and down the east coast. Free. For more information or for the performance schedule, go to herndonrocks.com.
- Take a Break Concert Series.** Thursdays. 7 p.m. June 16-Sept. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. lakeanneplaza.com.
- Summer Entertainment Series.** June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what's playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performance/>.
- 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.
- All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.
- Patrick Dougherty Public Art Installation.** Through 2017. Reston Town Square Park, 11900 Market

Fresh, Summer Nights: Entertainment at NextStop Theatre

BY DAVID SIEGEL
THE CONNECTION

Dulles Corridor audiences seeking summer evening attractions will not have far to drive. Herndon's NextStop Theatre will be offering a lot of performances to whet the appetite. The entertainment will be offered at the NextStop venue as a series of one-night performances from a wide-range of local entertainers. The series runs from late June to mid-August on most weekends and some weeknights.

NextStop Board Chair Jeff Boatright (Herndon) is excited about the summer series. "I'm proud that NextStop's core mission states a commitment to community-focused engagements. It gives me a lot of pleasure to share wonderful examples of that commitment to the local arts community, and by extension, the greater community that includes the residents and businesses within the Dulles Corridor."



Evan Hoffmann, artistic director, NextStop Theatre

Evan Hoffmann, NextStop's artistic director said, "Over the past few years we have seen that there is a strong desire in our community for opportunities to enjoy great music in an intimate and casual setting. This summer we will once again bring a wonderful and eclectic mixture of phenomenal artists to our community's backyard.

"When we first came up with the idea for the series, we thought we would be lucky to find a small handful of groups that might be

PHOTOS COURTESY OF NEXTSTOP THEATRE



Jim Van Slyke, cabaret performer, "Open Road, 10th anniversary concert at NextStop Theatre.

interested in working with us. We were stunned when more than three dozen groups reached out to us and then totally blown away by the exciting, vibrant and remarkably eclectic mixture of performance ideas that they brought us," said Hoffmann.

Working with Grammy Award nominee Jim Van Slyke, a longtime member of the Northern Virginia musical community as a performer and a vocal coach, Hoffmann aims to have the enter-

Where and When

NextStop Theatre presents a summer series of entertainment at NextStop Theatre, 269 Sunset Park Drive, Herndon. Performances are most weekends and some weeknights, June 25-August 19, 2016. Tickets are \$20. For tickets or more information, visit <http://www.nextstoptheatre.org/summer-events/> or call 866-811-4111.

tainment series a joy for all tastes. The performances were selected after a rigorous process that included a formal written application. The selected performers received high marks for the excitement and unexpected entertainment they proposed to perform. The selected applicants will be offered a rent-free space to present their work to patrons.

The NextStop summer shows will include a number of cabaret acts with veterans from NextStop musical productions as well as the debut of singers new to local audiences. There will also be new play readings, experimental theatrical and devised productions, an interactive murder mystery and bilingual theater. Magic, bluegrass music, jazz, dance, and even an evening of staged combat are also scheduled.

Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

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

THURSDAY/JUNE 16

Dance Night with Radio King Orchestra. 7-9 p.m. Lake Anne Plaza, Reston. Big Band swing and dance demonstration and instructions. Free. <http://www.restoncommunitycenter.com/take-a-break>.

Junior Farmer Family Fun. 4-5 p.m. Kidwell Barn, Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn about all of the barnyard animals and learn how to care, handle and have fun with them. Two years to adult. Minimum of one adult per family. \$5 per person. Register at fairfaxcounty.gov/parks/fryingpanpark.

FRIDAY/JUNE 17

Burnt Sienna Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come see the band Burnt Sienna's high-energy show live. Free. info@herndonrocks.com.

Cahoots. 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N, Reston. Rock, Blues and Funk. 703-707-0660, www.kalypsosportstavern.com

FRIDAY-SATURDAY/JUNE 17-18

Taste of Reston. Reston Town Center Pavilion and Market Street. Greater Reston Chamber of Commerce presents Northern Virginia's largest

SATURDAY/JUNE 18

Turley the Magician. 10-10:45 a.m. Corner of Market and Explorer streets, Reston. Turley The Magician will delight the entire family with his inimitable talent! His interactive magic and humorous antics will enthrall you. 703-390-6166.

North county Governmental Center Grand Opening and Open House. 10 a.m.-2 p.m. 1801 Cameron Glen Drive, Reston. Family-friendly event includes public safety interactive displays, vehicles to explore and tours of the police station. For more information and to RSVP by email at huntermillRSVP@fairfaxcounty.gov or call 703-478-0283.

Fundraiser for Cindy's Legacy. 2-5 p.m. Kendra Scott Jewelry, 11925 Market St., Reston. Jewelry store will donate 20 percent of sales charity that provides aid to cancer patients. <https://sipsavorsupportshop.eventbrite.com>.

Community Yard Sale for Habitat for Humanity. 8 a.m.-noon. 1760 Reston Parkway, Reston. Sponsored by Weichert Realtors. ReStorenova.org.

TUESDAY/JUNE 21

Summer Cinema Series. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. To find out what films are showing and to register, call 703-689-2700.

WEDNESDAY/JUNE 22

Color Me Happy. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, turn loose your inner artist and discover that coloring is for grown-ups, too. Choose from a collection of intricate designs and bring them to life with color. Coloring pages, pens and pencils provided or bring your own. Adults. 703-689-2700.

THURSDAY/JUNE 23

Spice Up Your Life! 10 a.m.-noon. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. A class about the health benefits of common spices. There will be taste-testing. To register: joygoodshepherd@verizon.net. 703-430-7872.

DEADLINE JUNE 23

Dulles Chapter 1241 Luncheon. 11:30 a.m. Amphora Diner, 1151 Elden St., Herndon. Speaker Michelle Leith of Virginia Attorney General's Office. on issues affecting Northern Virginia. Luncheon will be on Monday, June 27. \$18. Reserve at 703-435-3523 or nana492@aol.com.

FRIDAY/JUNE 24

Fish Out of Water and The Jerx Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come here the cover band Fish Out of Water plays songs from a wide variety of genres, including classic rock, dance, hip hop, country, pop, hard rock, and pop punk. Free. info@herndonrocks.com.

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OBITUARY



David Frederick Hickman, 71, of Sterling, VA, surrounded by family and friends, passed away on Monday, June 6, 2016. Born in Pittsburgh, PA to Wilson and Millicent Hickman. David is survived by his beloved wife of 37 years, Lynn, their daughter Fantasia, ex-wife Leola, their daughter Christine and sons Bryan and Jonathan, sister Rhoda of Pittsburgh, PA, granddaughters Elizabeth and Ashley of Falls Church, VA and many more extended family members around the country. He is preceded in death by his brother Raymond Lee Hickman. He served four years in the U.S. Air Force and spent part of his service in SE Asia during the Vietnam War. Dave is well known all over Northern VA as the President of Dave's Heating and Air Conditioning in Sterling, VA--one of the longest running HVAC companies in the area. Services were held Saturday, June 11th, 2016. Memorial donations suggested to St. Jude's Children's Research Hospital. Information and condolences www.adamsgreen.com

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21 Announcements

21 Announcements

VIRGINIA: IN THE CIRCUIT COURT OF ROCKINGHAM COUNTY

MARIAMMA KARINGATIL THOMAS AND SAJAN K. THOMAS, CO ADMINISTRATORS, C.T.A.D.B.N. OF THE ESTATE OF KARINGATIL THOMAS VARGHESE, DECEASED

Petitioners,
v CL16-1005

BENJAMIN K THOMAS, et al.,
Respondents.

ORDER OF PUBLICATION

The object of the above-styled suit is to distribute one-fourth (1/4) portion of Benjamin K. Thomas from the Estate of Karingatil Thomas Varghese, Deceased, into the Court. And, it appearing by affidavit filed according to the law that Benjamin K. Thomas, one of the above-named Respondents, cannot be found, that service was attempted on Respondent's last known mailing address and could not be completed, that certified letters sent to the Respondent's last known mailing address have been returned, and that diligence has been used without effect to ascertain his location, it is therefore ORDERED that the said Benjamin K. Thomas appear on or before the 5th day of July, 2016, in the Clerk's Office of this Court and do what is necessary to protect his interests.

And, it is further ORDERED that this order be published once a week, for four (4) successive weeks in the Herndon Connection, of Alexandria, Virginia, a newspapers of general circulation in Herndon; that a copy of this order be posted on the local government website.

I ASK FOR THIS:
CATHY JACKSON LEITNER (VSB# 44288) ; ASHLEIGH KESTER (VSB #76926)
LEITNER LAW GROUP, 2565 John Wayland Highway, Suite 110 Harrisonburg, Virginia 22801
540-442-7700
540-442-7744 (Facsimile)
Counsel of Petitioners

The reward of a thing well done, is to have done it.
- Ralph Waldo Emerson

Catherine Sullivan Knebel



Catherine Sullivan Knebel died peacefully on Tuesday, June 7, 2016, surrounded by her family. Cathy was born in New York City on March 13, 1934, the daughter of Elizabeth and Edward Sullivan, who emigrated from Ireland. She is a graduate of Villa Maria Academy and St.

Vincent's Hospital School of Nursing in New York City. She received her undergraduate degree at Georgetown University, where she met her husband, Tom. While raising four children and working full time she earned a Masters in Rehabilitation Counseling at Virginia Commonwealth University.

Cathy began her nursing career at Georgetown University Hospital. She later worked at the City of Alexandria Department of Public Health, and as a rehabilitation nurse case manager at CNA Insurance and Occusystems. In 1994 she founded Case Management Concepts with her long-time colleague Jan Norwood, and served as president until her retirement in 2005. She was on the board of directors of the Virginia Association of Rehabilitation Professionals for many years, serving as president from 2003-2004, and was a qualified expert in life care planning.

Cathy was preceded in death by her husband, Thomas Murray Knebel, her son, William Edward Knebel, and her sister, Mary Sullivan. She is survived by her brother, Edward Sullivan Jr. and his wife, Barbara; daughters, Margaret Knebel Turner and her husband Banks Whitaker Turner of Richmond, Suzanne Knebel Fleming and her husband Rives Fleming III of Richmond and Mary Knebel Gillespie and her husband Thomas Howard Gillespie III of Great Falls, Virginia; and her grandchildren William Knebel Turner, Bransford McNeill Turner, Samuel Rangeley Turner, William Rives Fleming, Elizabeth Murray Fleming, Mary Catherine Fleming, Mary Grace Fleming, Catherine Shea Gillespie, Erin Josephine Gillespie, and Thomas William Gillespie, and many nieces and nephews.

The family wishes to thank the caregivers at Loudoun County Hospital for their extraordinary compassionate care during the last month of Cathy's life.

A memorial service will be held on Tuesday, June 21, 2016 at 1:30 pm at St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls, Virginia 22066. In lieu of flowers, contributions may be made to Georgetown University Hospital, designated to nursing education.

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THE CONNECTION
NEWSPAPERS

Control And/or Lack Thereof



By KENNETH B. LOURIE

If being diagnosed with a "terminal" form of lung cancer makes you feel anything, it is loss of control; along with all the anxieties associated with feeling powerless. As I may have written previously, "terminal" is all it's cracked up to be. That prognosis hangs over your head, almost physically - or so it seems, but most assuredly: emotionally and spiritually. The trick is; there is no trick. Compartmentalizing, deluding, pretending, denying, hoping, praying, laughing and crying are but a few of the methods I've employed over these past seven-plus years in an attempt to overcome that original "13 month to two year" prognosis. Being open to diet and lifestyle changes and non-Western alternatives, and maintaining a positive attitude and a self-effacing sense of humor have likewise contributed - or so I've been told, to my above-average years of survival.

I wouldn't characterize these last seven years, however, as my friend Sean has joked, as "being on the clock," but cancer patients are usually on something. And the "something" we're most typically on is, a schedule. For me: 24/7 urine collection on Tuesday, pre-chemotherapy lab work on Wednesday (two days prior to Friday infusion), pre-infusion medication taken at home beginning Thursday and continuing through Saturday, Friday infusion, post-chemo weak for the next seven to 10 days; repeat every four weeks; quarterly C.A.T. scans followed by a quarterly face-to-face appointment with my oncologist to discuss the scan/results, P.E.T. scans every six months, M.R.I. of the brain once a year; plus my daily regimen of pills, supplements, apple cider vinegar, alkaline water, wheat grass, among other miscellaneous presumptive anti-cancer options.

Given this chronology of treatment and routine/maintenance, it's extremely difficult (let me amend that: I'll say challenging instead) to plan, schedule, coordinate, arrange and commit to social activities, especially those involving travel away from home. Because, at least for me, the cancer stuff comes first and is foremost - as does my daily routine - so anything that upsets that figurative apple cart is yet another complication/blip on my radar that initially serves no particular purpose other than reinforcing some of the less obvious problems/negatives of living life as a cancer patient undergoing treatment.

Perhaps understanding this lack of control/fairly rigid set of circumstances - as well as my recurring attempts at extending my life as long as possible - my oncologist, to his credit, has regularly given me opportunities to stop, start, change, etc. my treatment/schedule in order to enhance the quality of my life and give me back some control. Rarely have I taken advantage, however. As much as I respect and appreciate his opinion, it has always been difficult for me to find that balance. The logistics of juggling my mandated routine along with my personal routine - and dealing with the subsequent fears of not doing/maintaining either, given the fact that I've survived so long adhering to them, is a hurdle I've been unable to overcome.

I've often heard it said that laughter is the best medicine. I wonder though, as it pertains to cancer patients like myself, currently still on treatment, if breaking/braking routine - and saying the heck with it, for awhile anyway, is not the pause that refreshes? As much as I like to laugh, I'd like to live a little, too.

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

FATHER'S DAY

A gallery of photos contributed by readers.



Fun in the sun after a month of rain! Daughters Daisha and Brianna and sons Jace and Little Chris Stine, of Herndon and Centreville.

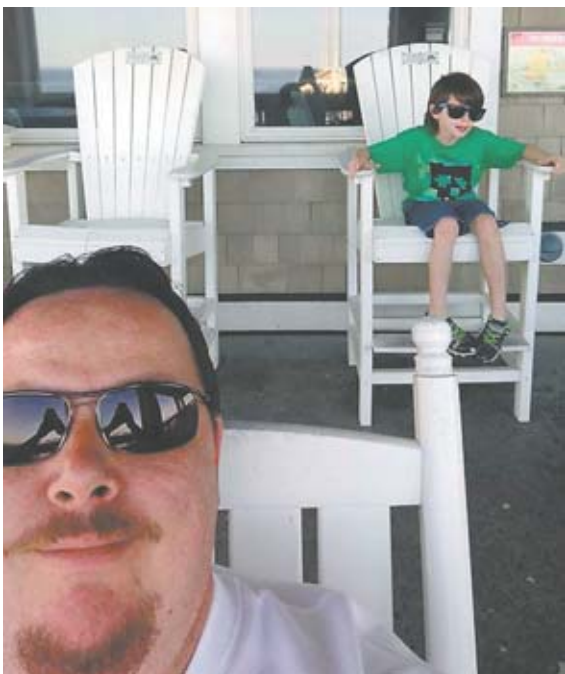


Throwback to a previous summer with Chris Stine, Jr., Daisha, Jace and Little Chris Stine, of Herndon and Centreville.



Here's a picture of my dad, Charles Morrow, with his "grandchildren" — Dixie, Blu and Glory. Dixie and Blu live in Reston and were visiting my Dad in Alabama.

— CINDY MORROW, RESTON



Happy Father's Day to a great dad! Andy Hamilton enjoys beach time with son Jason.

— LEEANN DOVE, HERNDON



Happy Father's Day to a great dad. Andy Hamilton and his daughter Judy spend some quality daddy time.

— LEEANN DOVE, HERNDON



Andy enjoys beach time with daughter Judy and son Jason

— LEEANN DOVE, HERNDON



Throwback of family time. From left, Andy with daughter Judy and son Jason.

— LEEANN DOVE, HERNDON



Dawn Murphy Wins Best in Show

Dawn Murphy of Oak Hill was awarded the Best in Show for her photograph "Twilight Cherry Blossoms on the Tidal Basin" at the Reston Photographic Society's National Park Service 100th Anniversary photography exhibit. Murphy received the award at a reception at the Jo Ann Rose Gallery, Reston Community Center, Lake Anne on Sunday, June 5. The Reston Photographic Society is a special interest group within the League of Reston Artists (LRA). The Reston Photographic Society exhibition continues through June 27, 2016 at the Reston Community Center, Jo Ann Rose Gallery, 1609-A Washington Plaza, Reston. Call 703-476-4500 or visit <http://www.restoncommunitycenter.com/attend-shows-events-exhibits/exhibits-and-galleries>