

Oak Hill  
**Herndon**  
**CONNECTION**



**WELLBEING**

Page 7

**HATE HAS NO HOME HERE.**

نفرت کے لئے یہاں کوئی گھر نہیں ہے  
이집에는 미움이 없다    לשנאה אין בית כאן  
الكره ليس له مكان هنا    **El odio no tiene hogar aquí.**

“We’re getting involved to care for others who are not ourselves.” Robert and Jill Garcia of Herndon lead a focus group to their working digs at the Herndon-Reston Indivisible meeting.

# Herndon-Reston Indivisible Group Ready For Action

NEWS, PAGE 3

Derek Jasper’s ‘Epiphany’ at NextStop

ENTERTAINMENT, PAGE 9

Homeowners Oppose Proposed Transit Area Tax

NEWS, PAGE 3

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY ANDREA WORKER/THE CONNECTION

MARCH 1-7, 2017

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)









## Good, Bad and Missed Opportunities

### Results of the 2017 session of the General Assembly.

#### GOOD THINGS

Progress in funding mental health and addressing the opioid epidemic on multiple levels were among the successes of the 2017 General Assembly session.

❖ In addressing the opioid crisis, the General Assembly passed important steps, including Del. Tim Hugo's bill to limit opioid prescriptions to a seven-day supply in most cases; increased access to naloxone, a drug that instantly reverses an overdose; needle exchange programs (to reduce the spread of HIV, viral hepatitis, and other blood-borne diseases); focus on infants born with opioid exposure.

❖ Increased funding for mental health included \$7.5 million to facilitate providing same-day access to mental health screening services by July 1, 2019. (The Fairfax-Falls Church Community Services Board began offering same day, in-person screening for mental health/and or substance use concerns to adults in July 2015 and extended same day access service to youth. The official launch date for youth walk-in service was Feb. 1, 2017.) Also supports for discharge planning and services for people with serious mental illness being released from jail.

❖ The budget included 3 percent raises state employees, increase for teachers and a larger increase for state police.

❖ The Virginia Board of Corrections was given added authority and resources to review deaths in local and regional jails.

❖ Negotiation and legislation will accelerate the City of Alexandria's massive undertaking to fix its sewer system that dumps raw sew-

age into the Potomac River whenever it rains. Wendell Berry's version of the golden rule: "Do unto those downstream as you would have those upstream do unto you."

❖ Scott Surovell's bill requiring Dominion to provide better information on coal ash pollution, disaster preparedness, and recycling.

❖ Eileen Filler-Corn's bill requiring that insurance cover up to a 12-month supply of hormonal contraceptives when dispensed or furnished at one time.

❖ School boards are required to have anti-bullying policies that includes notifying parents that their student was involved in a bullying incident.

❖ Use of FaceBook Live allowed members to stream floor discussion, and report to constituents and answer questions directly.

#### BAD BILLS

Gov. Terry McAuliffe has already vetoed some of these, and is expected to veto some others.

❖ Expanded access to concealed weapons; vetoed by Governor. SB1362 would allow anyone with a military ID card to carry concealed weapon; HB2077 would allow guns in emergency shelters and prevents state police or others from prohibiting them for any reason

❖ End funding of Planned Parenthood, vetoed by Governor.

❖ Anti-Sanctuary City Law HB 2000 says no locality shall adopt any ordinance, procedure, or policy that restricts the enforcement of federal immigration laws.

❖ As a reality check on the Virginia General Assembly, HB2025 would allow discrimination against LGBT community under guise of religious freedom, and passed 21-19 in the Senate and 57-37 in the House of Delegates.

❖ HJ 545 would allow special committees of the General Assembly to overturn regulations, upsetting separation of powers. Constitutional amendment (first resolution): "Provides that the General Assembly may suspend

or nullify any or all portions of any administrative rule or regulation."

❖ Photo identification required for absentee ballots.

#### MISSED OPPORTUNITIES

❖ The biggest missed opportunity of the 2017 General Assembly session was the failure to advance any redistricting legislation, which passed in the Senate and died in the House of Delegates. It's clear that Virginia voters want an end to gerrymandering, but hopes for reform before the next census in 2020 are diminished.

❖ Mental Health in Jails: \$4.5 million was removed from the Governor's proposed budget that would have paid for desperately needed mental health screening in jails.

❖ Legislation to raise Virginia's threshold between misdemeanors and felonies from \$200 to \$500 failed. Virginia's threshold has not changed since 1981, unnecessarily focusing "police and prosecutors on minor crimes instead of violent crime while tainting thousands of Virginia's suffering from depression or drug addiction with felony charges for life," says Surovell.

❖ Ken Plum's bill to increase and index the minimum wage never made it out of committee.

❖ Bills to address student debt also died during the session, as did bills aimed at reducing student suspensions and expulsions.

❖ Republicans stripped language that would have brought \$6 million in federal funds to provide Long Acting Reversible Contraception (LARC) to those at risk for unintended pregnancy at no cost to Virginia voters.

*Thanks to Ken Plum, Scott Surovell, Marcus Simon, Jennifer Boysko, Adam Ebbin and others whose columns and responses helped inform this editorial. We welcome opinions and additions to this list.*

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

#### BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/) by noon on Friday.

#### THROUGH MARCH 7

##### The U.S. Small Business

**Administration** is reminding businesses in Virginia that working capital loans are still available to small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and private nonprofit organizations affected by the severe storms and tornadoes on Feb. 24, 2016. Deadline to file is March 7, 2017. Visit [disasterloan.sba.gov/ela](http://disasterloan.sba.gov/ela) or [www.sba.gov/disaster](http://www.sba.gov/disaster). Email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).

#### SATURDAY/MARCH 4

##### Hunter Mill Community Summit.

8:30 a.m.-noon at Frying Pan Farm Park 2739 West Ox Road, Herndon. Join Supervisor Hudgins and County leaders for presentations and discussions on this year's budget proposals. Email [huntermillRSVP@fairfaxcounty.gov](mailto:huntermillRSVP@fairfaxcounty.gov) for more.

**8<sup>th</sup> Annual Men's Conference.** 8:30 a.m.-2:45 p.m. at St. Joseph Catholic Church, 750 Peachtree St., Herndon. Keynote speakers include Dr. Scott

Hahn, Dr. Ralph Martin & Fr. James Searby. Mass will be celebrated by Bishop Michael F. Burbidge. Visit <https://sjcherndon.org/> or call 571-215-8731 for more.

#### TUESDAY/MARCH 7

**Application Deadline.** The U.S. Small Business Administration is reminding businesses in Virginia that working capital loans are still available to small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and private nonprofit organizations affected by the severe storms and tornadoes on Feb. 24, 2016. Deadline to file is March 7, 2017. Visit [disasterloan.sba.gov/ela](http://disasterloan.sba.gov/ela). Visit [www.sba.gov/disaster](http://www.sba.gov/disaster) or email [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov).

#### WEDNESDAY/MARCH 8

**NARFE Luncheon.** 11:30 a.m. at Amphora Diner, 1151 Elden St., Herndon. Joyce Warner, Executive Director, Federal Education & Assistance Fund speaks about "Helping Public Servants in Need" at the National Active and Retired

Federal Employees Association luncheon. Reservations to Shirley Boning at 571-442-8910 or e-mail [Shirley.boning@comcast.net](mailto:Shirley.boning@comcast.net) no later than Thursday, February 23.

#### Saturday Night in the Suburbs. 7

p.m. at South Lakes High School, 11400 South Lakes Dr., Reston. A panel of high school seniors will be featured, talking openly about alcohol and drug use, teen parties, social media, parent supervision and enabling, and communication with parents. Middle school and high school parents are encouraged to attend. Visit [www.unifiedpreventioncoalition.org/](http://www.unifiedpreventioncoalition.org/) for more.

#### League of Women Voters. 7:30-9

p.m. at Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. Learn about the opioid problem and what Virginia and Fairfax County are doing about it. Free and open to public. Visit [www.lwv-fairfax.org](http://www.lwv-fairfax.org) for more.

#### WEDNESDAY/MARCH 15

**Home Buying Basics.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Find

out what every new buyer needs to know from planning to financing, to shopping, to closing. Free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

#### ONGOING

**Exercise for Parkinson's.** Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. [parkinsonfoundation.org](http://parkinsonfoundation.org). [ckacenga@sportandhealth.com](mailto:ckacenga@sportandhealth.com) 703-621-4148.

**Passages Divorce Care.** Tuesdays 6:45 to 9:00 p.m. beginning Sept. 13 through Jan 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, [www.viennapres.org](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org)

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# Mild Winter Means Early Allergy Season

Experts offer suggestions to prevent and treat allergy symptoms.

BY MARILYN CAMPBELL  
THE CONNECTION



PHOTO COURTESY OF  
BARBARA MACKIE

**Allergist Dr. Barbara Mackie, M.D. advises patients who normally have seasonal allergies to begin taking medication early.**

Those experiencing Itchy, watery eyes and seemingly endless sneezing know that spring allergy season is getting an early start this year thanks to this season's mild winter weather.

"Everything is blooming early because of the warm weather," said Dr. Barbara Mackie, M.D., allergist, of Privia Medical Group in Vienna. "People are spending more time outside because the weather is lovely, but they're experiencing allergy symptoms."

One of the keys to surviving allergy season is staying ahead of it. When thermometers are rising above 60 degrees for more than three consecutive days, pollen from plants begins to move through the air. The tree pollen count has reached high concentration levels in the Washington, D.C. re-

gion, according to The American Academy of Allergy, Asthma & Immunology's National Allergy Bureau Pollen and Mold Report.

"Most of the time seasonal allergies, whether it is spring or fall, are caused by pollens that are associated with grass, trees and weeds," said Dr. Victoria A Garrison, M.D. a Student Health Services physician and a professor in the School of Nursing at George Mason University in Fairfax, "In areas that are damp or humid, mold spores can also be a factor. When people have allergies to these substances, the immune system will react and cause symptoms like sneezing, watery, itchy eyes, runny nose, sore or itchy throat, congestion and fatigue."

"Mild winter temperatures cause plants

to pollinate early," added Maureen Moriarty, DNP, assistant professor of Nursing at Marymount University in Arlington. "This problem may be compounded by a rainy spring season, leading to increased mold levels that can drive allergy symptoms in sufferers through fall months."

Instead of waiting for full-blown symptoms, Mackie recommends beginning medications early. "What I usually tell patients who normally have seasonal allergies is to take their maintenance medications early so they're covered when allergy season hits," she said.

"Being prepared can often help slow down symptoms of allergies," added Kathy Grilliot, director of Clinical Education Respiratory Therapy Program at Northern Virginia Community College's Medical Education Campus in Springfield.

"Before the season starts, it is a good idea to start taking a nasal steroid. This medication takes a few weeks to gain full effect so starting before the allergens are everywhere can really help to control symptoms. Eyes can also have allergic reactions, so see a specialist to have a good eye drop for allergen control."

For those who might be perplexed by the distinction between allergies and a common cold: "If it's lasting more than three days

with no fever, it's probably not a cold," said Mackie.

Some precautions that allergy sufferers can take to decrease their exposure to allergens include wearing a face mask when outside during times when the pollen count is high and resisting the urge to open car and house windows when the weather is warm, especially if the wind is blowing. "Take off your shoes when you enter your house so that allergens don't get spread around the house," said Grilliot. "Be aware where you place clothing that has been outside when you enter your house to prevent allergens from entering your home."

"I advise patients to rinse their hair and take a shower to get the pollen off before going to bed at night," added Mackie. "Otherwise you're getting pollen on your pillowcase and sheets and breathing it in all night." There are certain times of day when allergy sufferers should avoid being outside. "Mid-morning, afternoon and early evening are peak times for pollen," continued Mackie. "When it's windy, don't go out because of the pollen."

Pets can spread pollen as well. "Dogs get spring fever too and want to be outside, but they can bring pollen into the house," said Mackie. "Wipe off their coats and paws when they come inside."

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**Chantilly High School**  
Saturday, March 18  
10 am to 12 pm  
Co-sponsored by Supervisor Kathy Smith, Chantilly HS STEM Academy, and Dulles Regional Chamber of Commerce

**West Springfield High School**  
Saturday, April 1  
12 pm to 2 pm  
Co-sponsored by West Springfield HS Student Government and Greater Springfield Chamber of Commerce

**Oakton High School**  
Saturday, March 18  
1 pm to 3 pm  
Co-sponsored by Supervisor Linda Smyth and Oakton HS Marketing Department

**South County Secondary School**  
Saturday, April 29  
11 am to 1 pm  
Co-sponsored by Supervisor Dan Storck, South Fairfax Chamber of Commerce, South County Federation, and South County Secondary School

To register as an employer or student, or for more information, please visit [www.fairfaxcounty.gov/springfield/teenjobfair.htm](http://www.fairfaxcounty.gov/springfield/teenjobfair.htm)

# Musical Good Times at CenterStage

## “Rock of Ages” produced by Reston Community Players.

BY DAVID SIEGEL  
THE CONNECTION

Return to the glorious days of 1980s’ rock. It was a time of big rock bands, big electric guitar solos and plenty of big hair matched with big egos. It is all coming back courtesy of the Reston Community Players with “Rock of Ages,” a musical nominated for Tony Awards including Best Musical.

What can audiences expect? “Rock of Ages” director Joshua Redford said, “As the song goes, ‘Nothin’ but a good time.’ The music is the best of ‘80s rock. It is one big concert with scenes thrown in for good measure.”

With 15 cast members and a five-piece band led by music director Matt Jeffrey right on stage, CenterStage will have a rock concert atmosphere. “The band is as much a part of the show as any musical I’ve seen.” said Redford. Favorite songs from Styx, Whitesnake, REO Speedwagon, Pat Benatar, Twisted Sister and others will be heard.

“Choreographer Chris Dore, has put together very energetic and fun routines. The choreography is unlike anything you’ve seen at RCP before. Each



PHOTO COURTESY OF RESTON COMMUNITY PLAYERS

**Joshua Redford, director, “Rock of Ages” at CenterStage, Reston Community Center**

member of the ensemble is an exceptional dancer,” said Redford.

As for the show’s plot to go along with the live music; an aspiring rock star, Drew, and aspiring actress, Sherrie, are trying to prevent developers from turning the Sunset Strip into a strip mall.

Claire O’Brien Jeffrey plays Sherrie. She described Sherrie as “a small town girl, living in a lonely world.” She has come to L.A. from Kansas to pursue her dream of being an actress, despite her parents’ objections. She’s sweet and ambitious and probably a little too trusting of other people. She is determined to make her dreams come true.

## Where & When

Reston Community Players present “Rock of Ages” at CenterStage, Reston Community Center, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Performances: March 10, 11, 17, 18, 24, 25, 31 and April 1, 2017 at 8 p.m., March 19 and March 26 at 2 p.m. Tickets: \$21-\$25. Call 703-476-4500 or visit [www.restonplayers.com](http://www.restonplayers.com)

For Melrose Pyne who plays a groupie-like waitress, “There is just something special about a jukebox musical. The audience is already familiar with the music so it’s like you can feel them breathing and experiencing the material with you in a way that’s different than most musicals.

“You don’t need to be an ‘80s baby to love this show. The music is amazing, the dancing will blow your mind, and you’ll be up dancing and singing with us by the end of this show. The wigs alone are enough reason to come,” said Pyne.

## CALENDAR

Send entertainment announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

### ONGOING

**Diva Central Dress Drive with Reston Community Center**  
Through Friday, February 24, collection in building lobbies 11911 Freedom Drive & 11921 Freedom Drive, Reston Town Center Help promote confidence and self-esteem by providing high school students with new or lightly used formal dresses, shoes, jewelry, handbags & accessories, collected on behalf of Reston Community Center. [restontowncenter.com](http://restontowncenter.com)

**Poets and Painters.** Through Feb. 26, various times at ArtSpace Herndon, 750 Center St., Herndon. Exhibit is “Springtime in Winter: An Ekphrastic Study in Art, Poetry and Music.” A reception on Wednesday, Feb. 22 from 7-9 p.m., will feature readings and music created to complement the works of eight fine artists. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560 for more.

**FPA Television Series.** Through Feb. 28, various times on Verizon FiOS TV and Cox Communications in Fairfax County, and by Comcast in Reston. The specials will air on FPA CHANNEL 10, FPA INTERNATIONAL CABLE 30, and FPA SPIRITUAL TV 36. Fairfax Public Access (FPA), will premiere a special series of new movies and documentaries throughout February, in recognition of Black History Month.

**Painted Passion at ArtInsights.** Through March 5, various times at the ArtInsights Gallery of Film and Contemporary Art, 11921 Market St., Reston Town Center. An exhibit of romantic couples from Disney and Star Wars as created by official studio artists. Call 703-478-0778 for more.

**Photography Competition.** Through March 11, various times at ArtSpace Herndon, 750 Center St., Herndon. Showcase the works of local photographers, with cash award to the winner. Awards reception on Saturday, Feb. 27, 7-9 p.m. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560 for more.

**Slave Life Exhibit.** Through March

31, various times at the Sully Historic Site, 3650 Historic Sully Way, Chantilly. \$7 adults, \$6 students, and \$5 seniors and children age 5-15. Artifacts excavated from around Sully’s 18th-century slave cabins. Visit [www.fairfaxcounty.gov/parks/sully-historic-site/](http://www.fairfaxcounty.gov/parks/sully-historic-site/) or call 703-437-1794 for more.

**Ice Skating in the Pavilion** 8 a.m.-11 p.m. open daily through March. College Night Skate, Rock N Skate, Cartoon Skate at the Ice Skating Pavilion  
Every Thursday, 6-9 p.m.; every Friday, 8-10 p.m. Skate Shop, 1818 Discovery Street, Reston Town Center. 11900 Market Street. Receive \$2 off admission with valid college ID. Live DJ & music, games & prizes; skating continues until 11 pm. Share the ice with Scooby-Doo, Cat in the Hat and more. 703-709-6300 [skating@restontowncenter.com](mailto:skating@restontowncenter.com) [restontowncenter.com/skating](http://restontowncenter.com/skating)

**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. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more information.

**“A Bird in the Hand”** through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty’s monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 [restonarts.org](http://restonarts.org)

**Teen and Adult Art Classes ArtSpace Herndon** Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to

learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: [ridingfree2@gmail.com](mailto:ridingfree2@gmail.com). 703-956-9560. [www.artspaceherndon.com](http://www.artspaceherndon.com).

### FRIDAY/MARCH 3

**Songwriter’s Competition.** 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Luke Brindley, of Reston, made the cut in the Folk/Acoustic category of the the third annual Bernard/Ebb Songwriting competition and is now a finalist to perform in a live concert performed by the competition’s finalists. Tickets are \$10 and \$15, at [www.bethesda.org](http://www.bethesda.org).

### MARCH 3-11

**GRACE Art: Celebrating Creativity.** Various times at the Greater Reston Arts Center (GRACE), 12001 Market St., Suite 103. celebrates Youth Art Month with two exhibitions dedicated to the artistic achievements of the area’s youth. Opening reception and family day, March 4, 12-4 p.m. Visit [restonarts.org](http://restonarts.org) or call 703-471-9242 for more.

### SATURDAY/MARCH 4

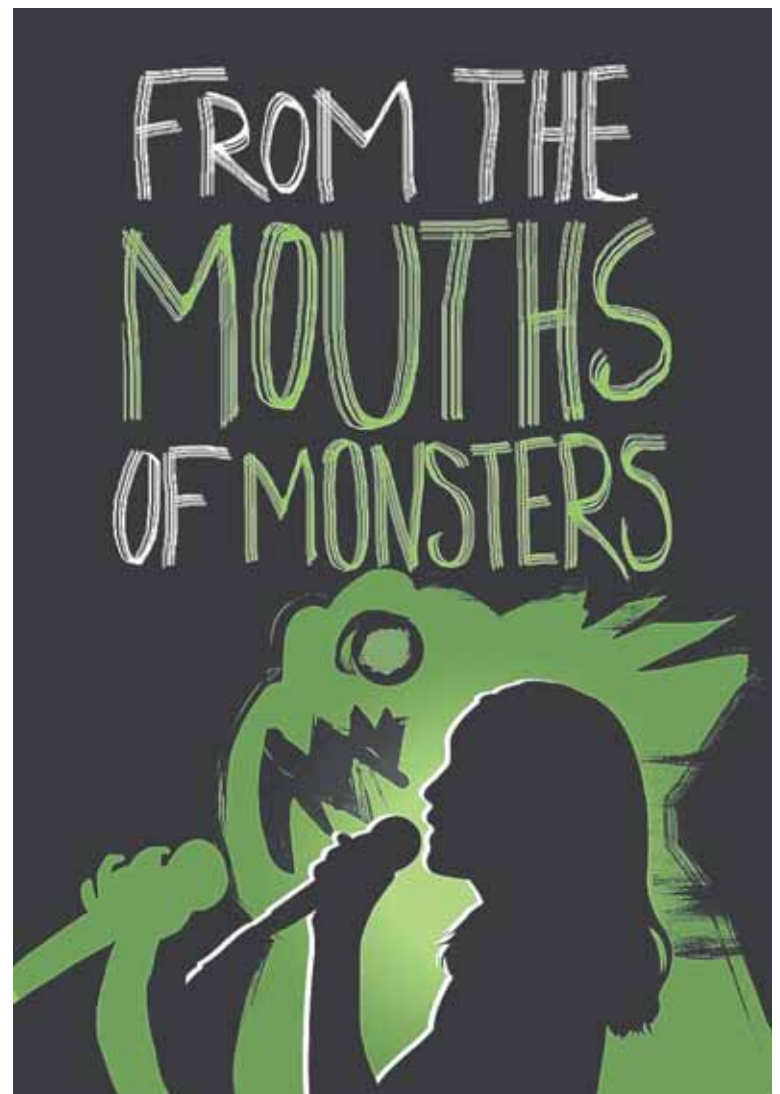
**Family Fun Saturdays.** Throughout the day at Fountain Square, Reston Town Center, 11900 Market Street, Reston. Activities include:

- ❖ Carousel Rides, noon-5 p.m.
- ❖ Free S’Mores and Hot Chocolate, 1 p.m., while supplies last
- ❖ Fairfax Jubil-aire Performance, 1-3 p.m.
- ❖ Free Ice Skating, 1-4 p.m.

Visit [cornerstonesva.org/rest-on](http://cornerstonesva.org/rest-on), email [ON@cornerstonesva.org](mailto:ON@cornerstonesva.org), or call Cornerstones at 571-323- 9555 for more.

**Children’s Cooking Class.** 11 a.m.-12:30 p.m. at Il Fornaio, 11990 Market St., Reston Town Center. Pizza-making cooking class for kids. \$18.95, includes pizza, soft drinks and gelato. For reservations, visit [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com) or call 703-437-5544 for more.

**Silver Line 55+.** 6 p.m. at the Northern Virginia Hebrew Congregation, 1441 Wiehle Avenue, Reston. Dinner and “An Evening of Memories” honoring NVHC’s Jubilee.



**On March 17-19 Herndon High School Theater presents “From the Mouths of Monsters”, various times at Herndon High School Auditorium, 700 Bennett St., Herndon. \$5 for students, \$15 for adults, appropriate for students in grades 7-12. Visit [herndonhighschooltheatre.ticketleap.com](http://herndonhighschooltheatre.ticketleap.com) for more.**

\$20 for members/\$25 for nonmembers. Reservation deadline Wednesday, March 1. Call 540-521-

1692 or email [mssheinman@yahoo.com](mailto:mssheinman@yahoo.com) for more. **Atlas Intersections Festival.** 8 p.m.



# Derek Jasper's 'Epiphany' at NextStop

An evening of mind reading and the unusual.

BY DAVID SIEGEL  
THE CONNECTION

Local audience demand has been so robust that Evan Hoffmann, NextStop Theatre's artistic director, said he "had to bring back Derek Jasper to the NextStop stage for a third time. It will be an evening of live entertainment like no other."

Jasper is a magician, mentalist, deception expert, and Herndon native. "Jasper wows NextStop audiences each time he performs. He is very impressive, so I am thrilled to bring him back."

A South Lakes High School graduate, Jasper gives performances that combine sleight of hand, psychology, and confidence games. Add in magic, comedy, mystery, and his elegant style and the evening is meant to be

a wondrous one. The audience becomes part of the show as he brings the magic close to them, along with surprises.

Jasper has performed for over 15 years. It all started when he "read the original stories of 'Sherlock Holmes' and fell in love with this idea of being able to look at someone and seemingly know everything I could possibly need to know about them," said Jasper.

"Then I started to develop my skills in observation, psychology, and other various

## Where & When

NextStop Theatre presents "Epiphany" with Derek Jasper at 269 Sunset Park Drive, Herndon. Performance Friday, March 10 at 8 p.m. and Saturday, March 12 at 7:30 p.m. and 10:30 p.m. Tickets \$25. Call Ovationtix at 866-811-4111 or visit [www.nextstoptheatre.org](http://www.nextstoptheatre.org)

skill sets such as hypnosis and memory development," added Jasper. After more than 1,500 live performances and shows, Jasper indicated his shows are not about "fooling people but connecting with them."

At the Dulles Corridor's NextStop Theatre, Jasper will perform his "Epiphany" show. He will be a solo performer close to the audience with not only a beautiful set, but "some interesting prop choices" meant to captivate, he said.

The "Epiphany" show itself will be "sculpted around the idea of observation," said Jasper. "As a mentalist, I am trained to notice all of the 'little details'



Derek Jasper performing "Epiphany" at NextStop Theater.

that people would normally not notice. 'Epiphany' is all about me taking the audience behind the curtain and showing them the world through the eyes of a mentalist."

Jasper wants to invite audiences who have seen him before or are new to his special kind of magic, mind reading, and a touch of the unusual and the bizarre. "I would like the audience to leave the theater with a better understanding of the world around them. I want them to have their minds

challenged and experience something they wouldn't be able to anywhere else in the world," said Jasper.

## CALENDAR

at the Atlas Performing Arts Center – Lang Theater, 1818 Library St., Ste. 500, Reston. Northern Virginia based performing arts modern dance company performs. Visit [www.gindance.org](http://www.gindance.org).

### TUESDAY/MARCH 7

**Color Me Happy.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adult coloring session. Coloring pages, pens and pencils provided. Free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

### WEDNESDAY/MARCH 8

**Healthy Diet Ideas for Diabetes.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Nutritionist Natalie Kannan presents ways you can help control your diabetes and pre-diabetes through managing diets and changing eating lifestyles. Free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

### MARCH 8-9

**Farm Animals Bedtime.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn how animals such as cows, pigs and goats get ready for some shut-eye. Bring a flashlight or lantern along, and please dress for the weather. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

### SATURDAY/MARCH 11

**Family Fun Saturdays.** Throughout the day at Fountain Square, Reston Town Center, 11900 Market St., Reston. Activities include:

- ❖ Dog Adoptions with Lucky Dog Animal Rescue, 11-3 p.m.
- ❖ Free Sweet Treats, 1 p.m., while supplies last
- ❖ Balloon Artist, 1-4 p.m.
- ❖ Live Music, 2-4 p.m.

Visit [cornerstonesva.org/rest-on](http://cornerstonesva.org/rest-on), email [ON@cornerstonesva.org](mailto:ON@cornerstonesva.org), or call Cornerstones at 571-323-9555 for more.

**Children's Cooking Class.** 11 a.m.-12:30 p.m. at Il Fornaio, 11990 Market St., Reston Town Center.

Pizza-making cooking class for kids. \$18.95, includes pizza, soft drinks and gelato. For reservations, visit [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com) or call 703-437-5544 for more.

**Lecture about County Borders.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local historian Jim Lewis tells the story behind the evolution of the Fairfax and Loudoun County boundary line. Free. Visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library) for more.

**Purim Comedy Night.** 7:30 p.m. at the Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. Featuring comedians Bengt Washburn and Matty Litwak and the Shticklets. \$36. Call 540-521-1692 or visit [www.nvhcreston.org/](http://www.nvhcreston.org/) for more.

### SUNDAY/MARCH 12

**Lucky Leprechaun 5K.** 8:30 a.m. at the Fountain Square and Streets Race, 11900 Market St., Reston Town Center. 3.1 mile race and kid fun run. Register at [praces.com/luckyleprechaun](http://praces.com/luckyleprechaun) or call 703-689-0999.

**Nonprofit Event.** 1-5 p.m. at The Avant at Reston Town Center, 12025 Town Square St., Reston. CTaBois, founder of the International Association for Self-Proclaimed Artists and Writers, is holding her first art exhibition to benefit the effort in Thailand. Visit [www.ctabois.com](http://www.ctabois.com) for more.

**Opening Reception.** 2-4 p.m. at Reston Art Gallery & Studios, Lake Anne Village Center, 11400 Washington Plaza W # B, Reston. Joan Kelly's new show called "New Directions," which continues through March 29. Visit [www.restonartgallery.com/](http://www.restonartgallery.com/) for more.

### MARCH 12-29

**"New Directions" Exhibit.** 2-4 p.m. at Reston Art Gallery & Studios, Lake Anne Village Center, 11400 Washington Plaza W # B, Reston. Joan Kelly is the artist behind this show. Visit [www.restonartgallery.com/](http://www.restonartgallery.com/) for more.

### TUESDAY/MARCH 14

**Farm Animals Bedtime.** 7-8 p.m. at



## Trout Fishing Day

**Kids' Trout Fishing Day, Saturday, March 18 from 8 a.m.-noon at Snakeden Branch Stream between Soapstone Drive and Lake Audubon. Snakeden Branch will be well stocked with hundreds of trout. All necessary equipment will be provided and Trout Unlimited members will help clean the fish. Registration is required. Ages 2-12. To register, reserve a fishing rod go to <http://bit.ly/2017TroutFishingDay>. To volunteer, contact Ha Brock at 703-435-7986 or [habrock@reston.org](mailto:habrock@reston.org).**

Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn how animals such as cows, pigs and goats get ready for some shut-eye. Bring a flashlight or lantern along, and please dress for the weather. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

### THURSDAY/MARCH 16

**Farm Animals Bedtime.** 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Learn how animals such as cows, pigs and goats get

ready for some shut-eye. Bring a flashlight or lantern along, and please dress for the weather. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

### MARCH 17-19

**From the Mouths of Monsters.** Various times at Herndon High School Auditorium, 700 Bennett St., Herndon. \$5 for students, \$15 for adults, appropriate for students in grades 7-12. Visit [herndonhighschooltheatre.ticketleap.com](http://herndonhighschooltheatre.ticketleap.com)

for more.

### MARCH 17-APRIL 1

**Emerging Visions: Interactions.** Various times at the Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston. After viewing Shih Chieh Huang: Synthetic Transformations, students were asked to explore different interpretations and aspects of interactions. The final selections will be on view in the gallery. Opening reception, March 18, 6-8 p.m. Visit [restonarts.org](http://restonarts.org) or call 703-471-9242.

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21 Announcements 21 Announcements 21 Announcements 21 Announcements

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Hen Penny, LLC trading as Hen Penny, 1820 Discovery St., Reston, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off premises/Keg Permit license to sell or manufacture alcoholic beverages. Alireza Azima, Managing Member  
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21 Announcements

## OBITUARY Mary Rust Sutphin

Born: January 4, 1936

Died February 22, 2017

Mary R. Sutphin, 81, passed away peacefully at home in the company of her faithful companion Gizmo. She was a long-time Leesburg resident and a graduate of Herndon High School. She was predeceased by her husband Delbert Sutphin, her parents, Claude and Mary Rust, and her sister Martha Hummer. Mary is survived by brother Robert Rust; her children Mary Keith Cramer (Bo Herrman) and Lin Sutphin (Jacquelyn); eight grandchildren Janice Muldoon (Matt), John Cramer (Leslie), Trae Sutphin, Robert Cramer (Liz), Tyler Peacher, Luke Herrman, Lincoln Sutphin and Grant Sutphin; and eight great grandchildren Marcus Sutphin, Emmie Cramer, Eva Cramer, Madison Muldoon, Malachi Cramer, Brantley Burlingame, Obidiah Cramer, and Anna Cramer.

The family will be receiving visitors at Colonial Funeral Home in Leesburg, VA on Monday February 27 from 6-8PM and on Tuesday February 28 from 11AM to 12PM. Services will be held at 12PM at Colonial followed by interment at Union Cemetery in Leesburg.

In lieu of flowers, donations can be sent to the Loudoun County Volunteer Rescue Squad, P.O. Box 1178, Leesburg, VA 20177 in gratitude for their kindness and service.

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The Great Falls Connection

## Still "Dating"



By KENNETH B. LOURIE

It's not as if I haven't written about this date: 2/27, before (try last week, Ken), but as I sit at my desk and stare at the calendar hanging on the wall to my front right, the date jumps out at me. Not that I approach it with any fear or trepidation, but I do approach it for days, weeks and even months, calculating my past and contemplating my future. Cancer has a way of marking time, and leaving marks — figuratively and literally.

Mostly I have weathered the cancer storm, eight years and counting/hoping. And as much as I don't want to define myself as a cancer patient/survivor and live my life waiting for the other shoe to drop, it's difficult not to when your feet are so swollen from years of chemotherapy that you're now forced to wear your sneakers without laces. What I lose in support, I gain in comfort. Shoes I can't wear any more. The leather soles don't cushion my feet enough to not fatigue my legs. The shoe can't drop if I'm not wearing it, right? Hardly. It can drop at any time. Certainly it can drop after my quarterly scans, hearing that tumor and/or fluid growth has recurred or anytime in between when new symptoms appear and persist (for two to three weeks, my oncologist has advised). The trick is; heck, there is no trick.

And as much as I'd like to live this date as any other, the date on which one is diagnosed with non-small cell lung cancer, stage IV and given a "13-month to two-year" prognosis by an oncologist, is a date that cannot be lived normally. February 27, 2009 is a date, to invoke Franklin Delano Roosevelt, that will live in my infamy. February 27, 2009 was a Friday. We had scheduled a mid-morning appointment. My brother, Richard (my one surviving immediate family member), met my wife, Dina and I (Team Lourie as I've become accustomed to calling us) in the lobby of the HMO and together we took the elevator up to the third floor (can you say somber?) where we were to meet an oncologist — a man whom I had never met or heard of before, to learn exactly what the previous week's biopsy being malignant, meant.

After the awkward introductions, the oncologist spent the next 10 minutes or so examining me in an adjacent room. Upon completing the examination, we all reassembled in the doctor's office where he proceeded to review/read the results/assessments from the previous seven weeks of tests/examinations from the pulmonologist, the radiologist, the thoracic surgeon and the associated diagnostic procedures completed: X-Rays, CT Scan, P.E.T. Scan, and of course, the biopsy. The medical opinions started off bad and got worse: stage IV, non small cell lung cancer, a "terminal" disease. In listening to the reports, there seemed to be little doubt as to the diagnosis. And so it was clear to my oncologist how to proceed: chemotherapy infusions to begin as soon as possible; to occur every three weeks for six cycles with face-to-face appointments and CT Scans to follow. And though it wasn't, and it hasn't been pretty, generally it has — presumably, kept me alive and in reasonably good spirits, all things considered, and some of those things considered have included some non-Western alternatives.

So here I am, nearly eight years to the date when my old life (pre-diagnosis) ended and my new life — as a cancer patient, began. I wouldn't call it a metamorphosis, more like an upheaval. Somehow though, as the time, treatment and routine passed, I began to assimilate and integrate my new reality into my age 54 and a half head and figure a way forward. I can't say it's been fun, but the more I can laugh and find humor in my less-than-ideal circumstances, the more positive I can be about the negative. A negative which has already done enough damage on its own.

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

## NEWS

# Pioneering Change

FROM PAGE 5

Tribe and UVa students, and to share their prior expectations and how they've changed. Others suggested trivia games, art displays, and interviews.

The discussion turned to how best to go into the community with scientific professionals and members of the autistic community working together as equal partners. Formation of focus groups, interviews, and use of Dropbox for autistics to suggest their needs were all mentioned. Benjamin McGann said, "Create website run by autistics."

Critical to the conversation and key was a balance of power between NTs and autistics. Concern for equal representation was the rallying cry. Emma Budway said, "Everyone has one vote."

Needs for autistics included better opportunities for training teachers and communication partners, shattering stereotypes, creating adult autistic day care centers, and increasing funding.

The students evaluated the system as it is today. The shared consensus was that that NTs dominate opinions about the lives of autistics. "They have the best of intentions," Michelle Cox said, "but leave autistics out." Thuy Vuong, Huan's brother, agreed: "The system segregates rather than integrates." Mentioned also was that there was too much emphasis on autistic children and not enough emphasis on autistic adults.

Specific outcomes they hoped to see to their action plans included a more educated and interested community, greater inclusion especially in schools, empathy, better communication and educational opportunities, and changed laws.

### CONVERSATIONS WITH POLITICIANS

During the segment "Conversations with Politicians," Hope listened to the students' concerns and requests. He addressed funding: "People should have access to services and government should provide it for those who cannot afford it. It should be a core function of government. But funding is always debated."

He added, "It's easier to track young students. Twenty-one-year-olds need housing, healthcare, and employment and have very different needs from younger people."

When asked about who is responsible for funding, Hope answered: "We need to ask these questions at local, state, and national levels. If the family is not there, the government needs to be there to take care of them."

Asked if an online network could be created to connect autistics who need a place to live and families or people who would be willing to host them, Hope replied, "We could use a tax break as an encouragement or incentive to house or employ the autistic individuals."

He added, "5 to 10 percent of the workforce could be designated to autistics or disabled."

Hope explained how to achieve new jobs. "Rewrite job descriptions with the goal of achieving a certain level of disabled employment," he said.



PHOTO COURTESY OF TIFFANY HWANG

**Ian Nordling and Benjamin McGann, nonspeaking autistics, spell out their statements to Del. Jennifer Boysko (D- 86) during the Action Advocacy Affair for Autism.**

"People push back on Medicaid but don't know who it helps," Merkel said. "People aren't thinking broadly, and the right conversations are not happening. My town is small; we don't make these laws but serve more as a 'customer service' role. But at that level, there's a similarity between working with those with language differences and communication differences."

Merkel said, "Northern Virginia is wealthier, [than other areas in the state] but there are also more people with more diverse needs." When asked how to get community inclusion at the town level, Merkel responded about the importance of attending town-hall meetings as a way of educating the town and staff."

Asked what was her best takeaway from attending the Autism Advocacy Affair that day. "I think," Merkel said, "The greatest thing to take away is the assumption of competence."

Boysko discussed various means of bringing stakeholders together and referenced a similar advocacy and support scenario for autistics modeled after one involving senior populations in her district.

"Over the course of a three-year period," Boysko said, "they met monthly with stakeholders to talk about problems and goals and what they wanted to accomplish."

She added, "My job is to listen and make the community a better place."

"The fact that you are here is making incredible waves," said Ian Nordling to Boysko. "We are getting somewhere, slowly but surely."

Education for autistics was a concern to many of the young adult autistics there that day, but McGann looked beyond himself and asked about changing educational standards for all special needs students. "You are making a difference, as are we," he said to Boysko, and added, "How can we change the education standards for all special needs students?"

Boysko explained that No Child Left Behind contributed to problems because of the emphasis on testing and that she disagreed with the testing emphasis.

As the Advocacy Affair drew to a close, McGann asked a favor of Boysko. "Spread the word," McGann said. "Tell others what you saw today. If you believe in us, they will too."

He added, "Too many people look at us like dummies whose communication partners are manipulating us. That is not the case."

## PEOPLE

# Winners Named in 8th Annual Fine Art Photography Competition

**First Place Winner had never entered a photography competition.**

BY MERCIA HOBSON  
THE CONNECTION

Professional and amateur photographers as well as art enthusiasts gathered Saturday, Feb. 25 at the Post Gallery, ArtSpace Herndon located in the Historic Downtown District to celebrate the 8th Annual Fine Art Photography Competition and Exhibit.

According to Exhibit Manager Anna Schoenfeld, the call for art drew 225 submissions from across Virginia, Maryland and the District of Columbia with 75 photographers vying for recognition and the \$800 in cash prizes. While many photographers used striking colors, presented strong compositions or went for a reaction, technical competence dominated.

In her welcoming remarks to the audience, Signe Friedrichs, executive director of Arts Herndon, said, "These photographs show how a group of artists with a range of themes and skills can be brought together to exhibit work ranging from realistic black and white to colorful abstract images into one spectacular exhibit."

Carla Steckley, who judged the competition in 2015 and returned to judge this year's competition, selected 37 photographs to be named finalists out of the 225 submitted images. Steckley explained there were so many excellent works; it took her two weeks to finalize her selections. "I kept coming back to them again and again, changing my mind," Steckley said. "I re-evaluated until I reached my decision but only due to the deadline." She added that she judged the images name-blind, meaning the photographers' names were covered up or omitted.

In making her decisions, Steckley looked first for technical skills. "Exposure, composition, light," she said. "Sharpness where it needed to be sharp." As she progressed through the images, Steckley looked for photographs that were unique; ones that asked more questions than they answered.

Before Steckley announced the winners of the competition, she cautioned her audience. "Just because you did not get an award, please remember this is my opinion," she said. "I'm proud of you and your photographic abilities. I wanted to give more awards."

Judith Guenther received a merit award from Steckley who had high praise for Guenther's black and white photograph, "In the Grid" shot inside a high domed modern structure with arched overhead beams and rays of slanted sunlight directed toward two interior human figures. Steckley said, "Color in geometric forms can be confusing. Black and white was appropriate for this picture. It works very well with the light and lines all directed toward the subjects."



**1<sup>st</sup> place winner, "Serpentine Vapors at Yosemite" by William Toti.**

## 8<sup>th</sup> Annual Fine Art Photography Competition Exhibit Awards

MERIT, In the Grid by Judith Guenther  
MERIT, Despair by Mark Chen  
HONORABLE MENTION, Revival by Light by Mary Ann Setton  
HONORABLE MENTION, Rue Obscure Villefranche-Sur-Mer by Robert Pierce  
HONORABLE MENTION, Solitudes by Sarah Salomon  
HONORABLE MENTION, Silk Mill Tags by Nicol Hockett  
HONORABLE MENTION, Laughter by Gerard Rugel  
3<sup>RD</sup> PLACE WINNER, Protected by Peter Foiles  
2<sup>ND</sup> PLACE WINNER, Porch by Joanne Rojcewicz  
1<sup>ST</sup> PLACE WINNER, Serpentine Vapors at Yosemite by William Toti



**William Toti, who had never before entered a photo competition, stands beside his photo, "Serpentine Vapors at Yosemite," selected as the 1<sup>st</sup> place winner in ArtSpace Herndon's 8th Annual Photography Competition & Exhibit. The call for art drew 225 submitted photos from professional and amateur photographers across the DMV.**

Third place winner was "Protected" by Peter Foiles. As Steckley reviewed the image's winning characteristics during her remarks to the audience, she said, "I've never seen more creative nudes. Beautifully done. The angle of woman's glance. The black background, unobtrusive. And the lighting on the woman's hair is important." She added: "[The photograph] is so unique and not offensive." When Foiles approached the podium to receive his award, Steckley asked him about the creative process for his photo. Foiles said, "A lot of the credit goes to the models who came up with the idea."

Second place winner was the photograph, "Porch" by Joanne Rojcewicz. Steckley commented that the boy's expression in the image was perfect; if he'd been smiling it wouldn't have worked. Once again she referenced light leading the eye to subject matter, the young boy's face.

"Serpentine Vapors at Yosemite" by William Toti took the first place award.

Steckley shared with the audience that

she had difficulty deciding between Yosemite and another of Toti's works that was also a finalist. Ultimately she chose Yosemite she said because photography is all about the light. The white serpentine mist crossing the mountains draws the eye back and forth across the photo leading the viewer to the sun and its ribbon of light.

In an interview, Toti explained that this was his first competition. "I thought I'd give it a shot," he said. "I've been afraid not to be accepted." He added, "Art is very subjective. I go for bright, bold, vibrant colors and I build up a color palette."

Toti acknowledged he tried to model his work after the French photographer, Henry Brisson, known in photography for waiting for the "decisive or defining moment." Brisson pioneered photojournalism and portrait photography waiting for the moment that would tell his story best. Toti said he's tried to find defining moments for his photographs and then he adds his color palette. "I'm still learning. Every time I go out

... I learn more."

Ruth Tatlock attended the reception and awards ceremony. She had spied what was to be the winning shot earlier in the evening. "I love this photograph," she said. "I've been there; the fog is beautiful." Tatlock remarked that the photo reminded her of the words of John Muir, a naturalist who wrote considerably about Yosemite and the works of Ansel Adams, known for his landscape photographs of Yosemite National Park.

Toti's winning framed photo and those of the other finalists will be on exhibit and available for purchase opportunity at the Post Gallery, ArtSpace, 750 Center Street, Herndon, VA 20170 through March 11. The gallery is open Tuesday-Saturday, 11 a.m.-4 p.m. and closed Sunday-Monday.

For more information about ArtSpace Herndon, its classes, rentals, future calls for arts, and how to support the nonprofit organization either through volunteer service or donation to help defray the cost of exhibits and other programs, visit [www.artspaceherndon.com](http://www.artspaceherndon.com).

PHOTOS BY ALEJANDRO SAENZ



**Signe Friedrichs, Arts Herndon executive director, congratulates William Toti, 1<sup>st</sup> place winner in the 8<sup>th</sup> Annual Photography Competition and Exhibit.**



**A guest at the 8<sup>th</sup> Annual Photography Competition and Exhibit views a selection of the 38 photo finalists.**