



# Oak Hill Herndon CONNECTION

WELLBEING

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Ravin Caldwell Jr., former Washington Redskin linebacker, two-time Super Bowl champion and resident of Herndon welcomes Linda Figg, one of the Outstanding Service Award Recipients, at the 33rd Annual Mayor's Volunteer Appreciation Night held Sunday, April 23.

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PHOTO BY MERCIA HOBSON/THE CONNECTION



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**Announcements**

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**NEWS**



PHOTOS CONTRIBUTED

**Gaby Vidal Vasquez and Carlos Marroquin present Barbara Sorenson (center) with flowers and a crystal plaque to honor her 15 years of service to Vecinos Unidos.**

**Vecinos Unidos Honors Retired President**

Barbara Sorenson, a volunteer, advocate, and former president for Vecinos Unidos, a nonprofit after-school program in Herndon, retired in 2016 after serving children in the community for 15 years. On April 19, Andrea Ciecierski, the current president; the board of directors; and 30 volunteers gathered to recognize her years of service during the program's annual volunteer appreciation dinner at the Crowne Plaza in Herndon. Students Gaby Vidal Vasquez and Carlos Marroquin, each of whom attended the program for the full six years, presented her with flowers and an engraved crystal award on behalf of the board.

Vecinos Unidos was started in April 1997 to address the academic and social needs of Hispanic teens, but the program now assists all students who need homework assistance in grades 1-6.

Under Sorenson's leadership, the program evolved and thrived, serving more than 1,000 students in the Herndon school pyramid over the years. On any Monday to Thursday during the school year, VU's rooms are bustling from 4:30-6 p.m. Students are grabbing a healthy snack and getting settled in. Volunteers are helping students with homework or practicing math skills with flashcards and other

tools. In another room, students are choosing books to read aloud to an attentive volunteer. Once students have finished homework and reading and enrichment, they play educational games or use the Kindle Fire tablets that were recently donated to help students stay abreast of their peers.

Since January, the students have been working enthusiastically to complete 120 hours of reading to earn an ice cream party—and they are closing in on that goal. Plans for a two-week summer camp are underway and another session with the Herndon High School Robotics Club is scheduled.

Volunteers and parents are the foundation of Vecinos Unidos. The all-volunteer board of directors and approximately 60 volunteers, who span all ages and occupations and include many high school students, donate thousands of hours a year.

Parents are committed to their children's learning, and Vecinos Unidos is eager to engage them as partners, hosting parent nights each semester. As a partner in Cornerstones' Connections for Hope, Vecinos Unidos is also able to refer parents and students for services that are available to them through the Herndon Neighborhood Resource Center.



**Board members and volunteers celebrate Vecinos Unidos's 20 years of service to the community and 1080 hours of work with students.**

# BULLETIN

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

## SOBER-RIDE FOR CINCO DE MAYO

**Free Sober Rides.** Friday, May 5, 7 p.m. through Saturday, May 6, 4 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code CINCODC in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberride.com](http://www.soberride.com).

## WEDNESDAY/MAY 17

**Public Meeting.** 1 p.m. at the Hunter Mill District Office, 1801 Cameron Glen Drive, Reston. The Fairfax Commission on Aging meets. The public is welcome to attend and join in the comment period that begins each session. Visit [www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm). Call 703-324-5403, TTY 711 for meeting access needs.

## THURSDAY/MAY 18

**Blood Drive.** 10 a.m.-3 p.m. at National Realty, 11890 Sunrise Valley Drive Reston. National Realty is teaming up with Inova Blood Donor Services to sponsor a blood drive. Everyone is invited to participate in the event; donors must be in good health, at least 16 years old, and weigh 110 pounds or more. There are two slots available every 15 minutes so make an appointment and encourage family, friends and neighbors to join. To schedule an appointment visit [bit.ly/May-18-Blood-Drive](http://bit.ly/May-18-Blood-Drive). Check the updated eligibility requirements at [www.inova.org/DonateBlood](http://www.inova.org/DonateBlood) or call 1-866-BLOODSAVES.

## ONGOING

**Sunrise at Reston Town Center** offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email [Reston.ED@sunriseseniorliving.com](mailto:Reston.ED@sunriseseniorliving.com) to RSVP.

**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). Call Natalie McCall

[nmccall@onelifefitness.com](mailto:nmccall@onelifefitness.com) 703-904-7600 for more.

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit [fairfaxgardening.org](http://fairfaxgardening.org) or call Dora Lockwood at 401-864-4778 for more.

## FAITH NOTES

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

**St. Anne's Episcopal Church,** 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

**Washington Plaza Baptist Church** will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

# BUSINESS DIRECTORY

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## Hear Ye, Hear Ye



By KENNETH B. LOURIE

I can hear ye and I can see ye. And I don't need life insurance to pay for the cost of my funeral, and neither do I need supplemental insurance to co-pay my Medicare coverage. These are both solicitations/direct mail pieces I've received in my mailbox in the last week. I can't help but wonder why? Have I gotten older before my very eyes without regard to my actual age? Have I somehow become a qualified applicant without realizing the consequences of my living so many years beyond my original "13 month to two-year" prognosis? (I always place quotation marks around my prognosis as an indication of its having been said by my oncologist, and as a bit of a dig since here I sit and write eight years and two months post diagnosis.) Or do the people sending the direct mail pieces know something about me, my household and my neighborhood that I don't?

Not that I really want to think too deeply about why I've been bombarded with these presumptive age-sensitive solicitations but, the piling-on effect of the past two weeks has stoked my embers. It's not as if being target-marketed burns me up or increases the temperature under my collar, but it does cause me to think and consider; always dangerous. As Moe Howard of The Three Stooges said to brother Curly in a typical two-reeler story line: "Every time you think you weaken the nation."

I wouldn't say the onslaught has been at all equivalent to the volume mailboxes see in the weeks leading up to an election, however. The materials I've received lately have felt more personal than the usual and customary ones that arrive before an election promoting a candidate, a cause or an amendment. Those political pieces merely wanted my vote. The pieces I've received of late wanted my life. Not literally of course. But they want me, not exactly a pound of flesh, but more than a piece of paper (computer entry, actually).

I haven't had the opportunity as yet to speak with any of my neighbors to find out if the entire neighborhood was similarly solicited or was it just yours truly, the cancer patient whose survival has raised a marketing flag? I mean, with all the hacking/unauthorized access to phone numbers, addresses, bank accounts, Social Security numbers and private medical information, I don't suppose it's beyond a hacker's reach to secure lists of "terminal" (I also put quotation marks around 'terminal' because again, it's how my oncologist described me in late February 2009, and as yet another dig because I've lived so long beyond 'terminal') patients who quite frankly might be more open to/in need of and sensitive about certain conditions/situations/circumstances not necessarily characteristic of the general population.

Or maybe these direct mail pieces had nothing to do with me (I'm not a narcissist, really; just sort of writing for semi bemusement), but are simply modern-day equivalents of the old town crier - without the bell? But with a similar goal: to reach as many people as possible, hopefully under favorable circumstances, not in the square, but rather in the privacy of their own homes.

Naturally, I tossed all of it. I didn't take offense though, nor am I the least bit defensive about it having landed IN MY MAILBOX. It's simply sound marketing. Find a neighborhood/zip code with the demographics that match your product and voila, a connection is made, supposedly. No connection here however, merely fodder once again for a column. (Besides, I have life insurance and I'm too young for a "med supp.").

*Editor's Note: Learn more about Kenny and his adventures in life (and life with cancer) online at [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com).*

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

# THE CONNECTION

Newspapers & Online

## UPCOMING ADVERTISING OPPORTUNITIES

### MAY

5/10/2017.....HomeLifeStyle

5/17/2017.....McLean Day Pullout

5/17/2017.....A+ Camps & Schools

5/24/2017.....Summer Fun, Food, Arts

5/31/2017.....Connection Families

### JUNE

6/7/2017.....Wellbeing

6/14/2017.....HomeLifeStyle

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## ENTERTAINMENT

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

### ONGOING

**Lake Anne Exhibit.** Deadline is June 2 to enter photographs for the Lake Anne show. The exhibit runs from June 5-July 2 and is free and open to the public 9 a.m.-8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**The Art of Resilience.** 10-noon through May 6 at ArtSpace Herndon, 750 Center St., Herndon. An exhibit showcasing the artwork of Azriel and Irene Awret. Reception April 29, from 7-9 p.m. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560.

**GRACE Art Festival Volunteers Needed.** Various hours May 20-21, rain or shine, at Reston Town Center, 11900 Market St., Reston. GRACE relies on 500 volunteers to assist during the two-day event, and is now recruiting for help with essential tasks such as artist hospitality, greeting festival visitors, promoting GRACE, encouraging creativity at the Family Art Park, and more, with time commitments of a few hours to a full day. Visit [restonarts.org/](http://restonarts.org/).

**Women's Training Program.** through June 12, 6:30-8 p.m. at South Lakes High School, Seahawks Drive, Reston. Reston Runners Women's Training Program. Runners, walkers, run/walk intervals and Fresh Start, for women who need a more gentle start to working out. Designed by women for women. \$45. Email [wtp@restonrunners.org](mailto:wtp@restonrunners.org).

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**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).

### THURSDAY/MAY 4

**Junior Farmers Day.** 4-5 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Children and parents will get the chance to go behind the scenes to help farmers with chores such as a milking the cows, feeding animals and shelling corn. Learn how busy farm life can be. \$7. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/fryingpanpark/](http://www.fairfaxcounty.gov/parks/fryingpanpark/).

### FRIDAY/MAY 5

**Bike Event.** 6 p.m. at Trailside Park, 1022 Crestview Drive. Life is a Cycle is a group bike ride that teaches where to bike, commute and the need-to-know essentials of biking for transportation. Registration is \$1.50 before the event, or \$5 the day of the ride. Proceeds are donated to the American Heart Association. Visit [www.lifeisacycle.bike](http://www.lifeisacycle.bike).

**Free Choral Concerts.** 7:30 p.m. at



**"Boeing Boeing" is a comedy about flight attendants playing through May 7 at NextStop Theatre, 269 Sunset Park Drive, Herndon. \$35-\$50. Visit [www.NextStopTheatre.org](http://www.NextStopTheatre.org) or call 866-811-4111 for more.**

United Christian Parish, 11508 N. Shore Drive, Reston. The programs, co-conducted by Jeanne Kelly and David Lang, will perform a variety of pieces including Les Miserables, Va Pensiero, Porgy and Bess and Do Lord Remember Me. Free for adults 55+. Visit [encorecreativity.org](http://encorecreativity.org), call 301-261-5747 or email [info@encorecreativity.org](mailto:info@encorecreativity.org).

**Reston Community Players.** 8 p.m. at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Last show of the 50th season, is the comedy, "Private Lives" by Noel Coward. Shows at various times through May 20. Visit [restonplayers.org](http://restonplayers.org).

**Swing Dance Music.** 8:30-midnight at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. Rock and romance of the 1950s with Natty Beaux. \$15. Call 703-478-2900.

### SATURDAY/MAY 6

**Oak Hill Fun Run.** 6-10:30 a.m. Oak Hill Elementary School, 3210 Kinross Circle, Oak Hill. Support the school or earn service hours by running the annual Oak Hill 1K or 5K. Call 703-467-3535 or email [OakHillES.Attendance@fcps.edu](mailto:OakHillES.Attendance@fcps.edu).

**Pet Fiesta.** 10 a.m.-4 p.m. at Reston Town Center. Pet adoption, pet contests and fashion show, exhibitors of pet resources, pet rescue and non-profit groups. Presented by and benefiting GoodDogz.org. All on-leash pets welcome. Free admission, rain or shine. Visit [petfiesta.org](http://petfiesta.org).

**Native Plant Sale.** 10 a.m.-2 p.m. at Runnymede Park, 195 Herndon Parkway, Herndon. All plants locally grown, pesticide-free. Sponsored by Friends of Runnymede Park and Herndon Environmental Network. Free. Call 703-437-7451.

**Kid's Cooking Class.** 11 a.m.-12:30 p.m. at Reston Town Center Pavilion, 11900 Market Street, Reston Town Center. Pizza making cooking class for kids. \$18.95, includes pizza, soft drinks and gelato. Email [reston@ilfo.com](mailto:reston@ilfo.com) or call 703-437-5544.

**Digital Photography Essentials.** 1-5 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This introductory class is for people with a digital camera who are interested in learning how to successfully use their camera beyond automatic / program modes. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com) or call 703-956-9560.

**TEDxHerndon Lecture.** 2-6 p.m. at Herndon Middle School, 901 Locust St. The theme of this year's event is "Difficult Conversations." Visit [www.tedxherndon.com](http://www.tedxherndon.com).

**Curator's Talk.** 4 p.m. at the Greater Reston Arts Center, Reston Town Center, 12001 Market St #103, Reston. Curator Holly McCullough talks on "Radcliffe Bailey: The Great Dismal Swamp." Artworks on view from April 21 through Aug. 18 at George Mason University. Visit [www.restontowncenter.com](http://www.restontowncenter.com).

**Derby for Mental Illness.** 5-8:30 p.m. at Hidden Creek Country Club, 1711 Clubhouse Drive, Reston. Guests in their Derby attire will watch the 143rd Run for the Roses, eating hors d'oeuvres, sipping mint juleps, bidding on auction items. The event will support PRS' work that helps individuals and families affected by mental illness in the region recover their lives. \$150. Visit [www.prsinc.org/raising-the-stakes](http://www.prsinc.org/raising-the-stakes).

### MAY 2-JUNE 29

**Art Exhibition.** 8 a.m.-5 p.m. at U. S. Geological Survey, 12201 Sunrise Valley Drive. Exhibit "H. K. Anne Presents The American Landscape," will be on exhibit at the USGS National Center is a public building, parking is available in the visitor's lot outside the visitor's entrance. Photo ID is required to enter. Visit [www.HKAnneFineArt.com](http://www.HKAnneFineArt.com).

### MAY 6-7

**Pirate Fest.** 10 a.m.-5 p.m. on Saturday and 11 a.m.-4 p.m. on Sunday at Lake Fairfax Drive, 1400 Lake Fairfax Drive, Reston. \$10. Swashbucklin', seafarin' songs, tales of pirates, a Raingutter Regatta, a treasure hunt, and sailin' on the boundin' main of Lake Fairfax. Call 703-222-4664.  
**"Romeo and Juliet."** various times at Lake Anne Recreation Area, 11301 North Shore Drive, Reston. Produced by AnyStage Theater and performed outdoors. Email [anystagetheater@gmail.com](mailto:anystagetheater@gmail.com).

### SUNDAY/MAY 7

**March for Babies.** 9 a.m.-2 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. Enjoy a walk, picnic, music, and children's activities to support March of Dimes. Registration and fun begins at 9 am, walk begins at 10 a.m. Call 703-824-0111 or visit [marchforbabies.com](http://marchforbabies.com).

**Artists Reception.** 3-7 p.m. at the Reston Community Center in Hunters Woods Village, 2310 Colts Neck Road, Reston. Meet artist Norman Krasnegor, and see his art exhibit which will be on display during the month of May. Visit [www.redmontart.net/the-collection/](http://www.redmontart.net/the-collection/).

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