



Oak Hill Herndon CONNECTION

WELLBEING

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Ravin Caldwell Jr., former Washington Redskin line-backer, 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

MAY 3-9, 2017

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Strategies for Maintaining Weight Loss

Study shows lifestyle changes are critical to keep off unwanted pounds.

BY MARILYN CAMPBELL

A 2016 study by the National Institutes of Health (NIH) shows that while most people who lose a significant amount of weight (10-percent or more of their original weight) tend to regain it, those who were successful in maintaining a weight loss were vigilant in maintaining lifestyle changes that led to the weight loss.

"One reason maintenance is so difficult is that your body isn't seeing that weight loss as a good thing," said Domenica M. Rubino, M.D., director, Washington Center for Weight Management. "It's not just will power, it's biology. It's your hormones telling your brain that your body is really not full. There are medications that target the parts of the brain that are involved in cravings and feelings of hunger."

The reasons that maintaining a significant

weight loss can be challenging range from inactive lifestyles, unhealthy diets and the side effects of medication to mental health issues and metabolic disorders, says Colleen Sanders, assistant professor of Nursing at Marymount University.

"The best recommendation for maintaining weight loss is making lifestyle changes and sticking with them," said Sanders. "Surgery and weight loss medications will achieve weight loss, but if lifestyle choices are not made then weight is typically regained. Diet and exercise will foster weight loss, but once a healthy weight is achieved there has to be healthy eating and routine exercise to maintain that weight."

Avoid fad diets and instead make lifestyle changes that can be maintained long-term, advises Nick Sborz, instructor of physical education at Northern Virginia Community College.

"Consistency is [necessary] and a better approach is going to include multiple strategies," he said. "One of those is to increase your physical activity. [Type], amount and intensity will vary from person to person, but for some it will include walking, riding a biking, walking hills or swimming. For others ... some form of strength training. Recommendations vary, but should be close to 150-minutes of moderate intensity ac-



PHOTO BY MARILYN CAMPBELL

A lifestyle overhaul is necessary to maintaining a desired weight.

tivity or 75-minutes of high intensity activity each week."

The dietary changes needed for weight loss and maintenance can be daunting, continued Sborz. "This is probably the most difficult thing to change, he said. "... [F]or

long-term success, try not to be perfect. I like the 90/10 rule. If 90 percent of the time I do my best to make a better, healthier choices then 10 percent of the time I can eat what I enjoy."

Keeping track of food intake, counting calories and fat grams and avoiding skipping meals are strategies those in the NIH study credited with weight loss maintenance. "... [W]e need to eat and drink less sugar," said Sborz. "Sugar is a big reason why people don't see the results they are looking for. Eat more real food and less [processed] food. Generally speaking, to be considered real, food must contain five ingredients or less. Focus on good quality carbohydrates [like] whole grains, fruit, beans and vegetables, which can provide additional nutrients to help you maintain a healthy weight."

Exercise is one of the most important aspects of maintaining your weight, adds Rubino. "People have to understand that obesity is a chronic disease," she said. "You can't just take medicine and not exercise and eat whatever you want. The medicines help, but you're not going to be able to go back to living your life the way you did before you lost weight. The medicine works in conjunction with diet and exercise. There are no quick fixes, there's no magic."

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Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

Honoring Betty Eidemiller, from left, John Foust, Jeff Davidson, Ravin Caldwell, Eidemiller, Lisa Merkel, Jennifer Baker, Sheila Olem, Bill McKenna, Signe Friedrichs, and Jennifer Boysko.



Honoring Guy Masters, from left, John Foust, Jeff Davidson, Ravin Caldwell, Masters, Jennifer Baker, Lisa Merkel, Bill McKenna, Sheila Olem, Signe Friedrichs, Jennifer Boysko, and Grace Wolf.

33rd Annual Mayor's Volunteer Appreciation Night: Vickie Herman, Betty Eidemiller and Guy Masters Receive Distinguished Service Awards.

Herndon Honors Volunteers

BY MERCIA HOBSON
THE CONNECTION

The Town of Herndon honored 430 volunteers from 35 different service organizations and groups on Sunday, April 23 at the 33rd Annual Mayor's Volunteer Appreciation Night held at the Herndon Community Center. Invited honorees contributed 100 hours or more of service to the community during the last year.

According to Mayor Lisa Merkel, The Mayor's Volunteer Appreciation Night has been held annually since 1985 when it was the brainchild of then-Mayor Rick Thoesen. Merkel reported that since the event was first introduced, the town has celebrated the accomplishments of 11,000 Outstanding Volunteers and more than 100 Distinguished Volunteers.

The evening's special guest speaker was Ravin Caldwell Jr., former Washington Redskins linebacker, a two-time Super Bowl Champion, but even more notable, an individual active in community service. Caldwell shared with the audience that as a Redskins linebacker he was forced into volunteering, an important aspect of being a Redskins as every Tuesday was "volunteer day."

Merkel explained each year Herndon honors three Distinguish Volunteers. It is the



Honoring Vickie Herman, from left, John Foust, Jeff Davidson, Lisa Merkel, Herman, Ravin Caldwell, Jennifer Baker, Signe Friedrichs, Bill McKenna, Grace Wolf, Sheila Olem, and Jennifer Boysko.

Town's highest level of Recognition Award and is presented to individuals who have shown exemplary service over several years or engaged in projects that required leadership roles. This year the town received eight nominations.

The first Distinguished Service Award was presented to an individual who had, Merkel said, "her fingerprints throughout our community." Merkel said the individual chairs the Arts Committee and Annual Tea for her

club and is its Recording Secretary. She also donates her electrical and painting skills to help refurbish homes for seniors in the Herndon/Reston area, as well as volunteer at Artemis House for victims of domestic violence. The Herndon Fortnightly Club nominated her. The award went to Vickie Herman.

The second Distinguished Service Award went to an individual who had volunteered for more than 40 years and served as a

board officer for 29 of those years. He was a graduate of the very first Herndon Police Citizen's Academy and served countless hours on perimeter control at major town events. He was vital in the creation of Police Volunteer Support Teams in Purcellville and in Leesburg. The second award winner was Guy Masters.

The third Distinguished Service Award went to an individual Merkel described as, "a true lover for her neighbors." Merkel added that the person had served in all leadership roles of her organization, and successfully lead a holiday food program for more than 350 families. Also, she took the lead for LINK on a new community partnership, where bags of food are filled for families, collected and then distributed. The third Distinguished Service Award went to Betty Eidemiller.

During her remarks, Merkel recalled a quote she had recently read by Rabindranath Tagore, and had thought of all the volunteers that would be gathered this night. Merkel read, "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

In closing, on behalf of the entire Town Council, Merkel said, "Each of us on the Council thanks each of you as an individual and all of you collectively for all do for our Town, our community and each other."

Cadets stand next to one of the cannons used to defend the fort.



PHOTOS CONTRIBUTED

Navy JROTC Cadets Visit Fort McHenry

Herndon High Navy JROTC Cadets visited the place where the National Anthem was born; Fort McHenry on the Patapsco River where the British once laid siege to that fort. After viewing a historical video in the visitor's center, the Cadets walked the walls and gun emplacements as well as subterranean powder storage caverns. Finally, the Cadets assisted the National Park Staff unfurl the replica Garrison Flag (30 by 42 feet). Major George Armistead, the commanding officer of Fort

McHenry, desired "to have a flag so large that the British will have no difficulty in seeing it from a distance." Major Armistead got his wish when General John S. Stricker and Commodore Joshua Barney ordered two flags, especially made for the garrison, from Mary Pickersgill, a well-known flag maker in Baltimore. The large flag required all Cadets and other guests to hold it horizontal while the staff provided a discussion about the history of the flags at Fort McHenry.

Preserving ‘America’s Best Idea’

BY BILL HAFKER
FAIRFAX COUNTY RESIDENT

As a National Parks enthusiast, I felt very privileged to be in Acadia National Park on Aug. 25, 2016 when the National Park Service (NPS) celebrated its centennial. I got my favorite National Park souvenir there; a picture of the iconic “Bubbles at Jordan Pond,” signed by the entire Maine Congressional delegation. They were there to celebrate that event, and it was inspiring to hear their unanimous, bipartisan, and emotional support for Acadia and the entire National Park system. It made me hope that my Virginia Congressional delegation was as unambiguously supportive of the many National Park sites we are blessed to have just minutes, or a few hours, from our doorsteps in Fairfax County.

NPS spent the past 100 years protecting many of America’s most scenic landscapes, its diverse but often threatened wildlife, and key elements of our cultural history. As we celebrate 100 years of “America’s Best Idea,” and look forward to further additions to the system, we must not lose track of the critical work of properly caring for and maintaining the gems already in the system.

Americans and visitors to the U.S. are visiting the parks in record numbers. However, in the face of this great show of support, the NPS is facing a serious challenge: a \$12 billion backlog of necessary infrastructure repairs. These

range from unmaintained trails, to crumbling roads, to visitor centers built over 50 years ago in desperate need of updating.

Some things can be replaced later at increased expense if left beyond repair, but many others, like historical buildings cannot. I’ve stood in line to use a Porta Potty next to a shuttered bathroom, whose continued use would leak raw sewage into the environment from old or damaged pipes. This decaying infrastructure jeopardizes both the future of these treasured pieces of America’s heritage, and the local economies that they significantly support.

IN VIRGINIA, National Parks are not just places that protect important pieces of our environment and heritage, they are also major economic engines. According to NPS estimates, visitors to Virginia Parks in 2015 had direct spending of \$982.9 million in local gateway regions. This supported over 15,000 jobs, and added an estimated \$1.3 billion in secondary economic output to the Virginia economy.

Virginia Parks face a staggering \$816 million in needed repairs. Rangers and other park staff do the best they can, but if left unfunded, these issues will negatively, and in some cases permanently, affect the condition of these treasured resources and the visitor experience, ultimately leading to fewer visitors to the park.

If the backlog continues, the future of these incredible assets, and the economic vitality of the businesses and gateway communities they support, remains threatened.

Thankfully, bipartisan legislation recently introduced by Senators Mark Warner (D-VA) and Rob Portman (R-OHIO) would provide the NPS more resources to begin to make a dent in the backlog. The National Park Service Legacy Act (NPSLA) would phase in the allocation of up to \$500 million annually until 2047 from existing government revenues from oil and natural gas royalties.

This bill, if enacted, would help put our National Parks on the right track. By investing in our parks, we will not only start to tackle this backlog, but make our parks more resilient, and prepared to continue welcoming visitors eager to explore our nation’s most meaningful and special places.

Congress created the Park Service a century ago to protect America’s treasured natural, historical, and cultural sites, and ensure that Americans can enjoy them. There is no better way for Congress to help our parks as they begin their second century, than to support the maintenance funding needed to keep them the world class assets that they are. We need to address the backlog, and keep a new backlog from developing.

Whether you love the parks for what they contain and tell of our country and its values, or are concerned more with providing jobs and economic vitality to our state and country, the NPSLA, and the allocation of adequate funds in the normal budget process, is, if not “America’s Best Budget/Funding Idea,” at least an awfully good idea that we should all support.

LETTERS TO THE EDITOR

Stressful 100 Days

To the Editor:

If you’re one of over half a million Virginians with a pre-existing health condition, the 1st 100 Days of the Trump Administration were stressful enough to aggravate that condition.

After failing in its effort to cut 24 million Americans from Obamacare, the White House now says it now has the votes to get a bill through the House that will allow states to deny coverage for pre-existing conditions.

Do you think the same lawmakers who voted to mandate an ultrasound for women seeking abortions will want to pay for my or my daughter’s pre-existing health conditions?

Without insurance, it would cost about \$1,000 a month to buy the pills that keep my daughter alive. She suffered a stroke in utero and needs two Epilepsy medications to keep her from having grand mal seizures.

She also has serious mental health issues.

I’ve had breast cancer and would go without health insurance if I

had to, but that’s not an option for my daughter. With each new report of Republicans toying with the mandate to cover pre-existing health conditions, I do the mental math to determine how long her Dad and I could pay \$12,000 a year for her meds. And that doesn’t include expensive hospitalizations for a life threatening seizure like she had last March.

Meanwhile, Trump spends \$3 million in taxpayer dollars each time he visits his posh resort in South Florida to play golf. That money could be spent saving people’s lives that need help paying for health care. Please call your representative in Congress. Tell them to fight hard against any effort to weaken coverage for pre-existing health conditions.

Linda Falkerson
Reston

Meeting Constituents Face-to-Face

To the Editor:

I’m disappointed that U.S. Rep. Barbara Comstock has chosen to

avoid constituents at town hall meetings. Among the 435 Members of Congress, her district is among the closest to the Capitol. Theoretically, that would enable her to gather input frequently. Unfortunately, she hasn’t bothered to step in front of her neighbors in a public forum at all this year, and has no plans to do so according to her staff. For reference, Hawaii is more than 4,700 miles from D.C. During two weeks in April alone, Hawaii’s Member of Congress Tulsi Gabbard hosted seven face-to-face town hall meetings. Again, Representative Comstock ... zero in all of 2017. Representative Comstock disrespects her constituents by shirking this important responsibility.

Andrew Seth McLean

Comstock’s Troubling ‘Yes’ Votes

To the Editor:

U.S. Rep. Barbara Comstock portrays herself as a “centrist” on environmental issues. She points to her co-sponsorship of a House

Resolution acknowledging the negative impacts of climate change, calling upon the House to work on solutions. But her votes on actual legislation in the current 115th Congress reveal a different picture.

In every case (13 separate votes) so far this year she has voted “Yes” on bills and resolutions that will harm the goals of protecting the air we breathe, the water we drink, and the food we eat. Every time, as in 100 percent. Examples include votes to delay or terminate safeguards against the emission of toxins into our air and water, permitting continued “flaring” of methane by oil producers, and establishing regulatory guidelines to disregard the public benefits of environmental safeguards and only consider the costs to industries.

I could find no example of any vote by her in this Congress that would actually improve or even maintain current environmental protections. And during the 114th Session, it was no different: She voted against environmental protections 71 times and favorably only twice. This is not the record of a “centrist.”

Robin Kent
Great Falls

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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News



PHOTO CONTRIBUTED

From right: Principal Gordon Stokes with Herndon lawyer Doug Landau and parent volunteers after coaching a "We the People" class at the Rachel Carson Middle School

Rachel Carson Middle Finalist In 'We the People' Competition

Rachel Carson Middle School has made it to the National Championships of the "We the People" Civics and Constitutional Law competition. Held by the Center for Civic Education (www.civiced.org), this program develops curriculum to teach civics, government and American history at the elementary and secondary school levels. At a time when polls show that few Americans know how the government works or what the Constitution says, these students represent a hope for the future.

A team from Rachel Carson has made it to the finals the past three years, and its diverse student body hopes that this year their many hours of study and

preparation will pay off. Parents and volunteers from the Fairfax Bar Association critique the eighth graders oral presentations and then pepper them with questions about the government, Constitution and history. Their instructor, Cynthia Burgett, puts them through their paces, and the intensity of their efforts is apparent. Herndon lawyer Doug Landau has been volunteering with the program since 2013. He notes, "these kids know more about our Constitution and government than most adults and even many first year law students."

This year's National Championships will take place at the National Conference Center in Loudoun County.

Native Plant Sale To Benefit Friends of Runnymede and Herndon Environmental Network

Looking for a plant sale with a variety of flowers and plants that are grown specifically to thrive in Herndon's soil and weather? Want to increase the number of birds and butterflies in your garden but don't have any idea where to start? Look no further. On Sat, May 6, 10 a.m.-2 p.m., locally grown and pesticide-free native plants will be offered for sale at Runnymede Park, 195 Herndon Pkwy.

Friends of Runnymede Park and Herndon Environmental Network present the one-day only event. Featured for sale opportunity are native vines, nectar plants, flowers, including Milkweed the most important plant for Monarch butterflies, and more. The plants are grown by Watermark Woods Nursery, a local business.

Trained volunteers from Runnymede and Herndon Environmental Network will be on hand to suggest appropriate plants based on soil and sun, time and water constraints and bloom dates. Choosing native plants provides vital habitats for local wildlife and pollinators especially bees, birds and butterflies. They generally require less water and are easier to maintain than introduced species.

A full inventory of available plants can be viewed at www.watermarkwoods.com. If someone would like to be sure given plants on the inventory list are brought to the sale, contact Julie Borneman, owner



PHOTO COURTESY OF FRIENDS OF RUNNYMEDE PARK

The Monarch butterfly population has declined by more than 90 percent in the past 20 years. The milkweed plant is the Monarch caterpillar's only source of nourishment. Milkweed plants will be available at the Native Plant Sale.

of Watermark Woods. Proceeds from the Native Plant Sale benefit environmental work by the two nonprofit organizations.

For more information about the Herndon Environmental Network and Friends of Runnymede Park, visit www.herndonenvironment.org and www.frpweb.org.

— MERCIA HOBSON

Great Falls Animal Hospital is having an Open House on 5/7/17



Great Falls Animal Hospital is hosting an Open House and Community Get Together

Great Falls, VA 05/07/2017 from 10 am to 3 pm. Great Falls Animal Hospital is inviting the community to come tour the hospital and see the behind the scenes activities that keep your pets healthy. We will have demonstrations of animal CPR, x-rays, Dental techniques, and Teddy bear surgery on any stuffed animals brought to us for treatment. We will have Hope & Serenity Equestrian Center & Farm Sanctuary and The Wildlife Rescue League, both 501(3)c organizations, giving talks and providing the opportunity for animal interactions. We will have a Pet Microchip Clinic – \$20 per chip, a \$40 savings! Bring your friends! Wolf Trap Fire Station will be here to discuss pet safety in emergency situations. We will have a Pet Talent Contest, the Cutest Pet Contest, and a Coloring Contest. Hourly door prizes will be awarded.

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THE CONNECTION
NEWSPAPERS

News



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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/ 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.

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. 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. Check the updated eligibility requirements at 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 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. parkinsonsfoundation.org. Call Natalie McCall

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 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. 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.

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 for schedules and registration information.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. -Werner Heisenberg					

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.

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

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ENTERTAINMENT

Send entertainment announcements to 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.

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 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/.

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 wtpr@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.

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. 703-956-9560. 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 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/.

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.

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 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, call 301-261-5747 or email 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.

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.

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.

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 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 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.

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.

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.

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.

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 Park, 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.

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.

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/.

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