

From left: Sridhan Ganesan, President of Reston Citizens Association; Del. Kenneth "Ken" Plam (D-36); Sherri Hebert, Lake Anne/Tall Oaks District Director; President of the Reston Association, Keith Strange; Fran Lovaas and John Lovaas, co-managers of the market, all ready to ring the opening bell announcing the start of Reston Farmers Market for its 20th year.

# Reston Farmers Market Begins 20<sup>th</sup> Year

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PHOTO BY MERCIA HOBSON/THE CONNECTION





# 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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**TJ Michael, balloon artist from Air O'Dynamic Art, gives a young girl a balloon at the Reston Farmers Market held Saturday, April 29, 8 a.m.-Noon. The market offered many family-friendly happenings to add community engagement to the open market experience.**



**Up until his death at age 101, Reston's Founder Robert Simon had attended nearly every opening day of the Reston Farmers Market since it began in 1998. In his opening remarks, Market Master John Lovaas said, "I think that Bob is here in spirit with us today."**



**Fairfax County Park Authority produces the Reston Farmers Market. Not only is there a wide selection of produce and other items, but it's where friends meet up, Fairfax Master Gardeners offers free advice and people can enjoy a bit of musical entertainment. The market welcomes SNAP, the Supplemental Nutrition Assistance Program that assists low-income shoppers, enabling them to add fresh foods to their meals.**

## Reston Farmers Market Begins 20<sup>th</sup> Year

**Open-air market offers so much more than fresh produce.**

BY MERCIA HOBSON  
THE CONNECTION

**I**t's been a long time since the first Reston Farmers Market opened, but on Saturday, April 29, the cowbell rang loud and clear declaring the market open for its 20th season. Faces may have changed a bit, but the quality of food and community spirit has stayed the same.

John Lovaas, a co-manager of the market, in opening remarks reminded those present that Del. Kenneth "Ken" Plum, D-36, opened the Market along with Reston Founder Robert Simon on May 7, 1998. Since that day, Plum has been with them just about every Saturday, as was Simon until he passed away.

Unlike some markets elsewhere, the Reston Farmers Market is filled with stall after stall of vibrant, fresh produce and more. "On May 9, 1998, we had 12 vendors," Lovaas said. "Now we have 30." With this year's market bigger than ever, it offered fresh produce cheeses, bakery items, meats, fish, pasta, sweets, savorys, ice cream, and plants.

An even bigger difference between the 1998 market and the Reston Farmers Market of 2017 was the variety of fruits and vegetables sold. Their number appears to have grown exponentially. Lovaas said that in 1998 they had three or four varieties of tomatoes. "Today in our market, we have 50 varieties," he said.

A key element of the Farmers Market is its tradition. Sridhan Ganesan, President of the Reston Citizens Association, shared a bit about why he came to the market Saturday morning. "Coming to the market is a longtime tradition in my family; it's great



**Mark Glascock of Glascock Produce shows off the maddening elusive wild morel mushrooms he offered for sale in packs. Glascock noted the distinctive honeycomb pattern of the morel and its extremely short growing season. Glascock also featured West Virginia ramps, a foraged vegetable with a strong garlicky-onion taste. Both the morels and ramps sold quickly.**

to be part of it."

Another important aspect of the Reston Farmers Market and one heard from many patrons that morning, was the friendly and welcoming atmosphere, how farmers and customer get to know each other.

Lauren Smith brought her daughter Kate age 5. Smith said, "When you know your farmer by name, that's really special."

The Reston Farmers Market is located at



**Marvin Rodriguez shared his fruit-filled tart purchased at the Reston Farmers Market with his son Mason. When Rodriguez bought the small pie, he was asked if he was going to eat it himself. "No way," he said. "I'm going to share it with my son, Mason and my wife, Kelly. That's the only way to enjoy it."**

Lake Anne Village Center, 11401 North Shore Drive. It is open on Saturdays 8 a.m.-noon through Dec. 9 but will be closed for Multicultural Festival on Sept. 23. The market is operated under the direction of Fairfax County Park Authority.

For more information about the Reston Farmers Market and to view their vendor list visit [www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt](http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt).

Starting May 6, the Reston's Indie Arts Market at Lake Anne Plaza kicks off and will run every week through the first Saturday in November. Located steps away on the plaza beside the lake and operated separately from the Farmers Market, the craft market will feature hand woven textiles, handcrafted jewelry, organic skin care products and more. Visit [www.lakeanneplaza.com](http://www.lakeanneplaza.com) to learn more.



## Preserving 'America's Best Idea'

BY BILL HAFKER  
FAIRFAX COUNTY RESIDENT

**A**s 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.

## The Speaker of the House

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

**L**ast week I attended the retirement reception for the Speaker of the Virginia House of Delegates. The Honorable William Howell of Stafford is retiring after 30 years in the House with 14 years as Speaker. His tenure is the second longest in the modern period. The Republican majority in the House wasted no time in picking his successor who was known during the last session as the "Speaker designee."

Speaker Howell was the 54<sup>th</sup> Speaker of the House; Edmund Pendleton was the first serving for one year in 1776. The predecessor to the House of Delegates, the House of Burgesses, under the Royal Colony of Virginia had speakers as well. The role of the speaker is to allow for orderly debate by requiring all speaking to go through the speaker—hence the name. Under today's rules as in the past, members must be recognized by the speaker to request to speak or to ask a question and



COMMENTARY

must receive permission to speak. No debate is allowed among members without going through the speaker. While it may sound cumbersome, it actually works to keep debate orderly and to prevent the chaos that could result from members shouting at each other directly.

The role of the Speaker has evolved over the years. Far from just directing debate, the speaker has tremendous other powers. For example, the speaker appoints the members of committees, assigns bills to committees and renders

opinions on enforcing rules and parliamentary procedures.

Up until 1950 there had been 48 persons who had served as Speaker of the House for an average of 3.5 years each. Since 1950 there have been six speakers serving an average of eleven years each. One speaker during that period left office after two years because of a sex scandal. If he is not considered, the remaining speakers have served for an average of 13 years.

I served under the last five speakers. My observation on the office of the speaker is that it has become increasingly partisan. That is not too surprising if you consider that the office went from being held by Democrats to being held by Republicans during that time. In 1950 Del. E. Blackburn Moore of Frederick County who was a leading lieutenant in the Byrd Machine became speaker and served in that role for 18 years. He ruled with an iron fist. Many of the stories that are still told about abusing the role of speaker come from his era when he refused to

put Republicans on committees that met. The House was referred to as "Blackie's House" borrowing the name of a popular restaurant of the time.

His successor was the Gentleman from Mathews, the Honorable John Warren Cooke, who was the first speaker under whom I served. He was a sharp contrast to Moore and treated all members alike regardless of political party. Since his service, the office has been held by a series of nice individuals of both parties who have expanded the role to be in practice – if not name – the majority leader of the House.

With the change in individuals holding the role of speaker and with the potential change in the near future of the political party controlling the House, it is too bad that there cannot be a discussion of elevating the role of speaker to be the leader of the House and not the leader of the majority party. This kind of thing is not political nature for sure, but it would be the right thing to do and would change the outcomes of legislative sessions.

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## LETTER 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

### 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



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.**

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.

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## OPINION

# How About Some Good News?

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

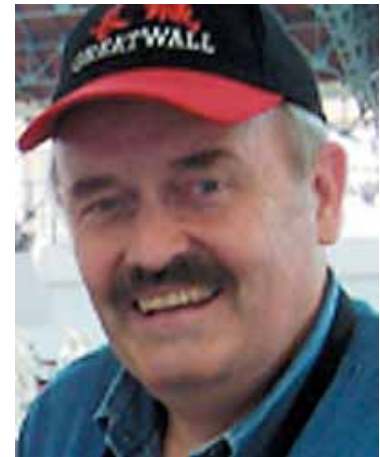
It seems like nearly all our news is bad these days. Think about it. It's not just the new kleptocracy in Washington. Here's a sampling of our typical news fare: the Metro service we waited for so long cannot take us safely or on time from point A to point B; our Virginia legislature is such a nightmare that the biggest accomplishment out of Richmond this year is a standup Governor setting a record for vetoes to kill the laws they pass; Fairfax County's latest rip-off of unincorporated and defenseless Reston is a special transportation district tax on Metro station area property owners to pay for neighborhood streets; and, our conflicted Reston Association's purchase and golden gilding of the infamous Tetra/Lake House.

I could go on, but let's turn the page instead to a couple of big positives!

For two years we've been watching what many thought was another predictable saga of a developer having its way with a Reston neighborhood. I speak of the case of St. John's Wood: 250 luxury apartments in "the tranquility of lush wooded landscape" says their website.

Then, property owner Bozzuto Group announced plans to redevelop the 14-acre site with 5- and 6-story mid-rise buildings containing 625 multi-family units and 34 single-family townhomes. There was fierce opposition from SJW residents. As the proposal was reviewed by Reston Planning and Zoning (P & Z), now part of the Hunter Mill Supervisor's office, and the Design Review Board, an appendage of RA, many issues arose and Bozzuto was asked to do some downsizing and redesign. The two committees seemed to be moving toward ultimate approval, while residents organized and were having none of it. Revised plans were submitted. After several revisions, the latest plan removed the townhomes and proposed two buildings with a total of just 481 units.

After Bozzuto made its latest case to P & Z, the neighbors team made their own impressive presentations, attacking every aspect of the proposal—traffic impact, architectural flaws, conflict with the Master Plan, and building massing unlike anything in Reston.



INDEPENDENT PROGRESSIVE

Faced with this *tour d'force*, Bozzuto asked P & Z to defer a decision.

At the DRB review the next evening, the proposal was sharply criticized by Richard Newlon, the sage of the panel IMHO. Within a couple of days, Bozzuto "decided to indefinitely defer application for the redevelopment of the St. Johns Wood apartment complex," according to the Supervisor's office. This is a huge victory for the neighborhood. I'd like to believe this is final and that it could happen elsewhere, even to lower income folks! But, that remains to be seen.

Another item of truly historic good news is that citizens of Fairfax County now have an independent Civilian Review Panel to receive and review resident complaints about encounters with County Police.

The Board of Supervisors has appointed CRP's nine Panel members who are now preparing by-laws and a code of ethics, hoping to begin serving the public within a few months.

The Panel is chaired by Adrian Steel, a leading member of the County's Ad Hoc Commission on Police Practices created by the Board of Supervisors in the aftermath of the fatal police shooting of unarmed John Geer. Rhonda Van Lowe of Reston is a member of the Panel.

The CRP's mission is to consider complaints involving: use of abusive, racial, ethnic or sexual language; harassment or discrimination based on race, color, sex, religion, national origin, marital status, age, familial status, or disability; reckless endangerment of a detainee or person in custody; and, serious violations of Fairfax County or FCPD policies.

I am cautiously optimistic.

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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. [parkinsonsfoundation.org](http://parkinsonsfoundation.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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<p>An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.</p> <p><b>-Werner Heisenberg</b></p>			

## 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.*



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

### JUNE

6/7/2017.....Wellbeing

6/14/2017.....HomeLifeStyle

6/14/2017.....Father's Day Dining & Gifts

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- Reston Connection
- Springfield Connection
- Verona/Dalton Connection

## ENTERTAINMENT

Send entertainmnet 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.

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

**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).

**"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)

### 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 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 United Christian Parish, 11508 N. Shore Drive, Reston. The programs, co-conducted by Jeanne Kelly and David Lang, will perform a variety of



**Meet Norman Krasnegor Sunday, May 7, 3-7 p.m. at the Reston Community Center in Hunters Woods Village, Reston. Art on display through the end of May. Visit [www.redmontart.net/the-collection/](http://www.redmontart.net/the-collection/) for more.**

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 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](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. 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/).

### MAY 9-20

**Mind, Heart, Vision Exhibit.** Various times at the ArtSpace Herndon, 750 Center Street, Herndon. Exhibit showcasing extraordinary artworks of Herndon High School art students embarking upon their senior thesis. Call 703-956-9560 or visit [www.artspaceherndon.com](http://www.artspaceherndon.com).

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