



Oak Hill Herndon CONNECTION

HomeLifeStyle

PAGE 7

From left: Sergeant Saa, Officer Miranda and SPO Aftab of the Herndon Police Department met their new best friend and police fan, five and a half-year-old, Omar Channam during the Coffee With a Cop event in Herndon. When asked what he wanted to be when he grew up, Omar stopped a minute and thought. "A doctor," he said.

Coffee With a Cop Returns

NEWS, PAGE 3

Proms Aren't Just For Teens

NEWS, PAGE 4

Mother's Day Photo Gallery

NEWS, PAGE 2

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 9 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY MERCIA HOBSON/THE CONNECTION

MAY 10-16, 2017

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

ME & MY MOM

Visiting Botanical Gardens

Cheryl (mom) and Corbett Howell of Herndon enjoying the annual train display at the National Botanical Gardens in December 2016.



Three Generations

From left: Caity Comstock Roller, Hailey and U.S. Rep. Barbara Comstock.



Visiting from Seattle

Chairman of the Fairfax County Board of Supervisors Sharon Bulova shares a photo of her daughter, Karin Bulova Johansson with grandchild, Mac visiting from Seattle for Christmas.

Keep Your Money Local

WITH JOHN MARSHALL BANK

Having your company's relationship with John Marshall Bank means easy access to local decision makers, getting local financial support, and lending locally. Your money stays local to support area businesses and communities.

We're your Community Bank. Call us today, and let us help you make the most of your money.

Corporate Office

1943 Isaac Newton Square, Reston, VA 20190
703-584-0840 • JohnMarshallBank.com



Bill Ridenour, President
& Chief Lending Officer



On the set of ABC
News Channel 7

Coffee With a Cop Returns to Herndon

Police officers and the community meet up over coffee to get to know each other better.

BY MERCIA HOBSON
THE CONNECTION

Citizens in the Town of Herndon had a chance to join their neighbors and local police officers at “Coffee with a Cop,” held Sunday, May 7, 11 a.m.-1 p.m., at Guapo’s Restaurant, 1042 Elden St. With no agenda or speeches, citizens had the chance to ask questions, voice their concerns and simply share a cup of joe with some of Herndon’s men and women in blue and get to know them better.

Jane Ross, Herndon Police Department information specialist, joined the officers and families at Guapo’s.

When asked to explain the origins of Coffee with a Cop, Ross said it was a national program that originated a few years ago when members of a California police force were looking for ways to more successfully connect with the community they served every day.

It can be challenging for citizens and officers to casually mingle with those they protect, particularly when police foot beats are long gone and children and their families do not have a venue for face-face-interactions on a regular basis.

Coffee With a Cop worked in California, and it’s working here in Herndon. Shortly



From left: SPO Aftab, Sergeant Saa, Freddy Ramos, Marie Elena Bairez, Omar Ghannam, Wendy Chavez, Officer Miranda, Amanda Alfaro and Lieutenant Berg gather together at Guapo’s Restaurant during “Coffee with a Cop” held Sunday, May 7, 2017. Guapo’s provided the coffee and hosted the event. “We appreciate their support,” said Jane Ross, Herndon Police Department Information Specialist.

after 11, Omar Ghannam, age 5 and a half, his parents and grandparents came into

Guapo’s, specifically to meet and talk with the officers. The family had been planning

the visit since last week when Omar’s grandfather saw the event poster on the door of Guapo’s Restaurant. When Omar walked in, he wore a full police uniform — hat, shirt and pants. He even held a pair of handcuffs. With a little bit of shyness, Omar went up to officers like his family did and began chatting with them. When Omar was asked why he liked the officers, he said, “They park near my house and watch for speeders.”

Officer Miranda of the Herndon Police Department was there. He talked about how Coffee with a Cop made a difference to him. “It’s very important to me because this program provides a connection for us to families and kids in our community,” Miranda said.

“We are here to help. Coffee with a Cop is a great opportunity for us to meet families outside of crisis situations and support the Herndon Police Department.”

The key to the success of the program appears to be exactly what Miranda said. After the event ended, Ross reported 30 people showed up to talk with the officers. Ross said the Department would seek to create additional Coffee With a Cop opportunities in the future.

For more information about this event and others, call the Herndon Police Department at 703-435-6828.

PHOTO BY MERCIA HOBSON



PHOTOS COURTESY OF NORTHWEST FEDERAL CREDIT UNION
Austin Fineberg from Centreville enjoyed carnival games.



Wearing pink boots, a tutu and a sweatshirt, Molly Sardone of Reston was ready and sat poised for her caricature drawing.



Dakotah Sileshe said her favorite activities were face painting and the photo booth at Northwest Federal Credit Union’s Member Appreciation Day.

Credit Union Celebrates 70 Years

As part of their year-long 70-year celebration, Northwest Federal Credit Union (NWFCU) headquartered in Herndon, held a Member Appreciation event on Saturday, April 23, 10 a.m.-1 p.m. Harmonie Taddeo, Vice President of Marketing and Communications at NWFCU, said the Member Appreciation Day was NWFCU’s way of giving back to the community and celebrating their members.

According to Taddeo, Saturday’s event included a train ride, caricatures, balloon art, face painting, games, and food and photo booths. It was the company’s “21st Act” of their yearlong performance of “70 Acts of We,” created to celebrate their 70-year history.

“Our goal is to build relationships between Northwest Federal Credit Union members and the communities we serve,” Taddeo said. “We do this through events,

financial education and our philanthropic foundation,” she said.

According to The NWFCU Foundation website, upcoming events of the foundation include a car raffle and golf tournament. These events contribute to the foundation’s scholarship fundraising efforts, and the Neon Night Glow Run, scheduled Sept. 23, that benefits the foundation’s partnership with INOVA Children’s Hospital and their annual “Night of Magic” for chronically ill

children.

The event gives these children and their families a night of magic, entertainment, and fun.

For more information about NWFCU and its foundation visit www.nwfcu.org and www.nwfcufoundation.org/fundraising-events/year-round-events/neon-night-glow-run.

— MERCIA HOBSON



Eleanor Benedict and Nick Kour expressed their thanks for being chosen 2017 Senior Senior Prom Queen and King. Wishing them well was Herndon Rotarian and Del. Jennifer Boysko (D-86).



PHOTOS BY MERCIA HOBSON

Paul Newcombe of Fairfax and Joan Steyn of Annandale proved to be a striking and graceful couple on the dance floor.

Proms Aren't Just For Teens

The Herndon and Reston Rotary Clubs host the 2017 Senior Senior Prom.

BY MERCIA HOBSON
THE CONNECTION

A very special prom held Sunday afternoon, May 7 may not have gone late into the night, but then again who needs to put a timeframe on when to have fun? Senior citizens from the Dulles area and beyond began arriving at St. Joseph's Church in Herndon at 1:30 p.m., ready to kick up their heels and have a good a time at the 2017 Senior Senior Prom. Now in its 13th year of operation, the Herndon and Reston Rotary Clubs produced the free event with the generous support of many local organizations and businesses.

Like any prom, corsages and boutonnieres help make the event classy. As prom guests entered the hall, volunteers from Herndon and South Lakes High Schools' Interact Clubs were on hand to welcome guests and offer each a carnation, pinning it on their attire.

Pat Williams, of the Herndon Rotary Club, watched over the Welcoming Table as she has since 2009 when she came up with the idea for the event. Williams said, "Senior, Senior Prom can be fun. Prom goers get to relive those days." For some guests though, Williams has learned it isn't about reliving their High School Prom but putting it "right." Earlier one senior had told Williams that she had been looking forward to the prom because when she went in the 1940s, all the boys were off to war, so the girls danced with each other. She was looking forward to dancing with the men.

During the prom, The Loudoun Jazz Ensemble played Big Band hits from the '40s for the guests' dancing and listening pleasure. Many couples took to the dance floor, not only during the gliding waltzes and continuous flowing foxtrots but the swing dancing as well. To preserve memories of the afternoon, Mark Sawatzki took complimentary event photographs of couples and friends and provided instant on-site print-



Chrissy Kelley from Interact Club at South Lakes High School in Reston presented Aroeva Klavolij with a carnation corsage to welcome her to the 2017 Senior Senior Prom.



Although a 50/50 raffle can be a promising possibility, Dottie Taylor didn't mind that Asya Jahngir and Emily Postlethwait, members of Herndon's Interact Club, Rotary's service club for teens, didn't give her the winning ticket.



Hundreds of seniors attended the 13th annual Senior Senior Prom produced by the Herndon and Reston Rotary Clubs. Guests were invited from across the Dulles area, many driven to and from the event by volunteers.

ing. The 50/50 raffle proved to be a great hit with prom goers, as was the coronation of Prom Queen, Eleanor L. Benedict and Prom King, Nick Kour. After receiving her jeweled crown, Benedict adjusted it on her head and said, "I'm so surprised. Does it look ok?" A lasagna dinner, salad and dessert rounded out the celebratory afternoon. The prom seemed to go by much too fast for many guests who lingered and enjoyed the opportunity to socialize and talk with friends old and new.

For more information about the Rotary Clubs of Reston and Herndon as well as their High School counterpart organization, Interact, visit herndonrotary.org and restonrotary.org.

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO CONTRIBUTED

2015 Virginia State Championship team, National Championship finalist and teacher Cynthia Burgett, Rachel Carson Middle School.

Carson Middle 4th in Nation in 'We the People' Contest

The Rachel Carson Middle School made it to the National Championships of the "We the People" Civics and Constitutional Law competition. This Fairfax County public middle school made it out of the state and regional competition to compete as one of the final eight schools from around the country. Teams from Ohio, Arizona, Colorado, Florida, Indiana, Maine and Oregon came to the National Conference Center in Loudoun County to compete over the weekend. Judges from all over the country listened to these eighth graders prepared remarks and then peppered them with questions that would stump law students. The judges were professors, lawyers and even real judges.

Instructor Cynthia Burgett had put her class through rigorous preparation, and parents, other teachers and even local lawyers came to class to assist the students in learning the intricacies of the U.S. Constitution, how the government works, and the cases that have interpreted U.S. laws. For the fourth year, Herndon trial lawyer Doug Landau would come to class from his Center Street office in order to listen to the speeches and then grill the students on

their presentations. Landau noted, "While I hope I am helping these hard-working students, I learn so much from them that it is rewarding for me as well."

After the nerve-wracking competitions on Saturday and Sunday, it was announced that the team representing Virginia had made it to the final round of four. The Rachel Carson students were up at dawn in order to report to the middle school campus to meet the bus that would bring them to the National Conference Center for a third straight day of intense competition.

This diverse group of young teenagers engaged the judges in thoughtful discussion and defended their positions on Constitutional questions with poise and maturity. The final results were to be announced Monday night, and the students, unlike the visiting teams from out of state, left the Finals to return to school in their suits and ties. That night it was announced that Rachel Carson Middle School had finished fourth in the country. In fact, this local public middle school has made the final four every year in the past four years that it has appeared at the "We the People" National Championships.

Herndon Resident Receives Community Champion Award

During the April 2017 Volunteer Fairfax breakfast, Supervisor John Foust named Penny Halpern a Community Champion of the Dranesville District. A long-time resident of Herndon, Halpern has actively served the district in meaningful capacities, where she addressed concerns of county residents and made a positive contribution to her community. Two organizations with which she has volunteered the most focus on very different audiences—young females and the elderly.



PHOTO BY LES HALPERN



Great Falls Soccer Club

Travel Team Tryout Registration is now open!

For more details and registration information, please visit:

www.GreatFallsSoccer.com

Welcoming, Diverse, Progressive

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday School: preschool - grade 2
Music: grades 3 - 7
10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service
Nursery care provided at 9:00 a.m. service
The Rev. John C. N. Hall, Rector
The Rev. Laura Cochran
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston

COMMUNITIES
OF WORSHIP



**To Highlight
your Faith
Community,
Call Karen at
703-778-9422**

Sign up for
**FREE DIGITAL
SUBSCRIPTION**
to any or all of our 15 papers
WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE



OPINION

Save Our Schools

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



Among the many institutions that seem to be under attack these days, the federal Department of Education and public schools are of great concern. Public education predates the federal Department of Education, but the Department has played an important role in raising standards and expanding access for all children. Left to their own devices, state and local school boards would go in many different directions that may leave quality and access more to chance than legal requirements.

I am reminded regularly by my constituents of their support for quality public schools, but last week I was reminded also of the range of controversy surrounding public education. A postcard I received in the mail had a picture of a yellow school bus on it with a caption: "The humanist machine." The card was from a group called Deconstructing the Coliseum whose stated purpose is "to eliminate humanist political policies, eliminate the machine (the civil government school system) that produces humanist politicians." The text of the card goes on to explain that "The civil government is

In this season of teacher appreciation we need to thank the teachers for the exceptional work that they do.

COMMENTARY

using force and coercion to advance its version of truth (humanism), under the guise of 'public education.' Thus, civil government schools must be abolished." Although this group has a Virginia address, I do not think that it would have many supporters in our community. Their ultraconservative views are likely to get the attention of some downstate legislators.

As concerning are the views that are being espoused by the current federal Secretary of Education. As I understand her plan, public schools would be replaced by charter schools. Charter schools are held up by some as a panacea to cure ills real and concocted about public schools, but their results have been very mixed in the places where they have been opened. The main issue for the proponents seems to be control. Rather than having elected or appointed school boards set school policy there are proposals that groups of parents would control the charter school curriculum,

standards, and requirements without further supervision. There is a real concern that charter schools could lead to renewed segregation of the schools along racial and class lines.

Even with all their critics and those who remember wistfully how schools were when they attended, today's public schools do an excellent job. Open to all students they bring out the best in our children. They attempt to prepare our children for an unknown future. The school boards struggle every year with meeting needs that are greater than the resources available to them.

Whatever the perceived needs are in educating our children, there are none so great that would require the getting rid of "government schools" or replacing them with charter schools. We need to look at paying teachers more to attract the best and the brightest to teaching as a career; the current deficit of \$4,000 under the national average that exists in Virginia is not defensible. And we need in this season of teacher appreciation to thank the teachers for the exceptional work that they do.

LETTERS TO THE EDITOR

Unnecessary Alarm

To the Editor:

Recent rhetoric and editorials dealing with health care policy in the United States lead to confusion and unnecessary alarm by bringing together two topics: health insurance coverage; and pre-existing conditions. Health insurance does two things: reduces cost for the policy holder by means of the discounts insurance companies achieve through volume buying;

and, (like insurance in general) assists the policyholder deal with the financial consequences of something very bad which might, or might not, happen. A pre-existing condition, however, is something bad that has already happened.

For pre-existing conditions the health care policy question should be, how to pay for treatment rather than how to coerce insurance companies to pay. Health insurance policies covering pre-existing conditions (e.g. diabetes, high cholesterol, high blood pressure) are widely available. Paying

for pre-existing catastrophic conditions (e.g. organ transplant; cancer; multiple sclerosis) is another matter. Forcing insurance companies to take on the cost of treatment for all afflictions, regardless of scope, and spreading these costs through the premiums paid by healthier people, plus tucking in a few government subsidies, is one way (as in Obamacare). There are other ways to pay for treating these catastrophic conditions. The recent healthcare bill passed by the House of Representatives offers an alternative way.

Most people in the United States do not suffer from catastrophic health conditions. Those of us whom God made more fortunate in our health have a responsibility to help those less fortunate. I hope your newspaper will avoid partisan rhetoric and instead foster informed discussion leading to a national policy on how to help the minority who can not pay for the treatment of a catastrophic health condition.

Allan Ruppar
Reston



Sharing the Stories of Success at Madeira

Last Friday, a variety of powerful, successful (many local) women shared stories about how they've succeeded and more as a way to inspire young girls during Madeira's 50th anniversary of its Co-Curriculum program. Journalist Cokie Roberts headlined the celebration of Madeira's Co-Curriculum program that engages students in community service, career placements, and Capitol Hill internships. The day's theme explored empowering young women.

Oak Hill & Herndon CONNECTION

www.ConnectionNewspapers.com

@HerndonConnect

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Fallon Forbush
Reporter
fforbush@connectionnewspapers.com

Ryan Dunn
Contributing Writer
@rdunnmedia

Kyle Kincaid
Editorial Assistant
herndon@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com



Walk-In Closet Design Ideas

From chandeliers to luxury seating, the options are plentiful.

BY MARILYN CAMPBELL

When an Old Town Alexandria couple decided to remodel their master bedroom suite, they wanted to pay particular attention to the room's two walk-in closets. Designer Gene Delgado of Hopkins & Porter Construction, Inc., in Potomac, Md. was tasked with overhauling the spaces to give the couple the maximum amount of storage for their clothing and accessories.

"We ordered a storage system from Poliform, an Italian luxury modern furniture brand, that does exquisite closet systems," said Delgado. "The closet spaces are very modern with lots of built-in lighting. Because of the angled ceilings ... we are designing a cabinet for shoe storage and some shelving for purses and luggage. I'm doing a chandelier for the wife's closet to make it warmer and more feminine."

With available accessories ranging from elaborate lighting to luxury seating areas, there's no need to settle for a closet that

looks like a cross between a laundry room and a landfill. When it comes to walk-in closets, the options for creating a dream space are plentiful say designers.

"Closets are no longer utilitarian spaces for your clothes. People want their closets to be beautiful," said Delgado. "The trend is that they are bigger, more beautiful and more luxurious. Those with large spaces can have everything from coffee makers to seating areas."

When beginning the design of a closet space, Julia Walter, showroom manager at Italian design firm Boffi, advises clients to make an inventory list of items that will go inside such as long-hanging clothing foldable clothing and shoes.

"What plays into the inventory list is how the client prefers to use their closets," she said. "For example, do they mostly hang or do they fold clothes. It's helpful to see what the client's closet looks like currently [and] works and what doesn't."

A combination of small and large drawers is important for the different items to store, says Walter. For example, small drawers can hold items like jewelry, underwear and socks while larger drawers can hold items like scarves or exercise clothes."

"I like to use the upper most shelves in closets for bulky storage like luggage, hat

cases [and] for items that are either not used too much or are seasonal," said Walter. "Open shelves are great for display of shoes and handbags."

Invest in a full-length mirror and install it behind the door or on an open space that won't take away from storage, advises Allie Mann, designer, senior interiors specialist with Case Design/Remodeling, Inc.

"Use every inch of a closet space for storage. There may be small niches that are perfect for scarves, handbags [and] belts," she said. "Build in shoe shelving if possible. Keeping shoes off the floor gives a more organized look to the space. If you want to keep shoe boxes, be sure to label them with photos of the shoes inside so you don't have to open every box to find the pair you're looking for."

For those with a generous budget, Interior Designer Todd Martz, co-owner of Home on Cameron in Old Town Alexandria advises investing in a lighting system for viewing clothing and distinguishing colors.

"Add pullout shelves and rods to organize outfits. [Add] drawers with glass inserts to see contents," he said. "Group accessories [like] belts and purses by color for easy access."

Accessories that Walter recommends adding to a walk-in closet include belt hang-



PHOTO ANGIE SECKINGER/BOFFI GEORGETOWN

Open shelving for storing shoes and handbags are among the features that designer Julia Walter recommends for walk-in closets.

ers, tie hangers, jewelry drawers and safes. "If space allows, a center island is a great feature for getting dressed and showcasing certain items," she said. "Before a night out, [for example] a gown and shoes can be displayed."



My Health Matters
INSPIRE • EMPOWER

WALK RUN
5K / 1 MILE

505 Huntmar Park Dr.
Herndon, VA 20170
FROM 8AM - 12PM
MAY 20, 2017

**TOGETHER
WE CAN
MOVE FROM
OBESITY ONE
STEP AT A TIME!**

All participants will receive commemorative SHIRT and finishers MEDAL
Awards TOP overall Male & Female Finishers AND different age groups

REGISTER 

MHMVA.org or
www.prraces.com

5K: \$30, \$35, \$40
1 Mile: \$15, \$20, \$25

JOIN   

the FUN post-race
refreshments,
music, awards and
health initiative
booths.

Sponsored by:



Are you looking for Outstanding Customer Service and Lasting Value for your next Remodeling Project?





Call Foster Remodeling Today!
703.672.2249

We understand that you have many choices for home remodeling services, but if you are looking for lasting value over a quick fix, and a company that treats its customers like family, then Foster Remodeling is the company for you. With over 30 years of experience and a proven process, our experienced Design Consultants and our expert craftsman will create a long lasting, top-of-the-line space for you to enjoy for years to come.

For a complimentary in-home consultation,
call us at 703.672.2249 or FosterRemodeling.com

"Our Process Makes it Perfect"



Foster Remodeling Solutions • 7211-H Telegraph Square Drive • Lorton, VA 22079

CAPPIES

A Charming Show Herndon High School's production of "Guys and Dolls."

BY MANDIP BHADRA
SOUTH LAKES HIGH SCHOOL

Extra! Extra! Read all about it! Herndon High School's production of New York themed "Guys and Dolls" was a classic taste of metropolitan comedy mixed with smooth songs and charming characters. If you are someone who itches for a glimpse at the controlled chaos of the Big Apple, Herndon High's production is perfect for you.

"Guys and Dolls" is a musical based in New York City during the 1920s. After gambler Nathan Detroit decides that he wants to host a large craps game in order to score a profit, he makes a bet with the rich and charismatic Sky Masterson for \$1,000 in order to rent a space for the game. This bet involves Sky taking missionary Sarah Brown to Cuba, and if this guy can get any "doll" he wants, which sets up an entertaining story!

Jordan Rees, playing Nathan Detroit, did an excellent job with the New York accent, and his clever choice of voice inflection really emphasized the show's comedy.

Rees employed very good comedic timing and always energized the scenes he was in. Allie Lytle, playing Miss Adelaide, Nathan's girlfriend, also embodied the char-

acter in a way which charmed the audience to no end. Lytle did a great job of balancing the character's shrillness with her endearing side, and made the character ex-

tremely likable and funny. Her vocals were extremely controlled and she put a lot of her character into her physicality and tone.

Kishan Rao, playing Sky Masterson, was as suave as you would imagine a high profile New York gambler to be. His charming voice was soothing and fit the genre of music extremely well, and he had a good grasp on the character's physicality and tone. Erin Maxwell, playing missionary Sarah Brown, also embodied the character extremely well, and her operatic singing fit her conservative character. She did an amazing job of hitting the notes that were hard to reach, and a scene where she begins to relax was especially entertaining.

The ensemble of the gamblers was very well put together, and their physical comedy added a lot to the show.

Even when they did not have lines, every one of them remained in character and made the ensemble seem like a group of guys that had known each other for a long time; it was very genuine. Their dancing, along with the Hot Box Girls, was also extremely impressive.

Although there were some sound issues at the beginning of the show, most of these problems resolved themselves. Herndon High School's production of "Guys and Dolls" is a charming show with a touch of that smooth but hectic New York comedy.



PHOTO BY BOB MAXWELL

From left: Vaheed Ali Talebian, Allie Lytle, Ryan Muha, Jordan Rees in Herndon High School's production of "Guys and Dolls."

THE CONNECTION Newspapers & Online

UPCOMING ADVERTISING OPPORTUNITIES

MAY

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
6/14/2017.....Father's Day Dining & Gifts
6/21/2017...A+ Graduations & Summer Education
6/28/2017.....Connection Families

Email SALES@CONNECTIONNEWSPAPERS.COM for more specials, digital advertising options and pricing.

Have The Connection emailed directly to you every week!

www.connectionnewspapers.com/subscribe

LOCAL MEDIA
CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

• Alexandria Gazette Packet • Fairfax Connection • Oak Hill/Herndon Connection
• Arlington Connection • Fairfax Station/Clyde/Lorton Connection • Potomac Almanac
• Burke Connection • Great Falls Connection • Reston Connection
• Centreville View • McLean Connection • Springfield Connection
• Chantilly Connection • Mount Vernon Gazette • Vienna/Dakota Connection

lost (adj): 1. unable to find the way.
2. not appreciated or understood.
3. no longer owned or known



Helping Animals Find
Their Way Since 2001

Volunteers needed for adoption events, fostering pets, transportation, data entry, adoption center caretaking and more.

Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

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.

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/ for more.

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 for more.

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

"A Bird in the Hand" through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

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.

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,



'Two Views' Paintings

Artist Reception, Sunday, May 14 from 2-4 p.m. at Reston Art Gallery, 11400 Washington Plaza West. "Two Views" exhibit featuring paintings by Gail Axtell and Erwin and Pat Macintyre. Open to public. Call 703-481-8156 for more.

parking is available in the visitor's lot outside the visitor's entrance. Photo ID is required to enter. Visit www.HKAnneFineArt.com for more.

embarking upon their senior thesis. Call 703-956-9560 or visit www.artspaceherndon.com for more.

SATURDAY, MAY 13

Rummage Sale. 8 a.m.-1 p.m. at South Lakes High School, 11400 South Lakes Drive, Reston. The South Lakes HS Band is having a rummage sale to support the band's trip to march in the Pearl Harbor parade in

Hawaii. Visit www.southlakesband.org for more.
Tour de Cure. 6 a.m.-4 p.m. at Reston Town Center, 11900 Market St., Reston. Ride to raise funds for diabetes research. Email tracey@nardimedia.com or call 814-392-0609.

Reston Community Yard Sale. 8:30 a.m. at 1900 Campus Commons Drive. (corner of Sunrise Valley Drive and Wiehle Avenue) 85 families will be selling a variety of items so this is a great opportunity to find things for a new home or a college dorm. No early birds as gates open at 8:30am. Rain date Sunday, May 14. Visit www.reston.org/ for more.

Artful Mother's Day Tea. 2-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Funds to benefit Arts Herndon's Scholarships and programming \$45. Call 703-956-9560 or visit www.artspaceherndon.com.

SUNDAY/MAY 14

Exercise with Athleta. 11 a.m.-noon at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. "Get Fit America" Zumba class with US Fitness in support of Armor-Up for Life. Free, all ages. Call 703-668-0256 or visit athleta.com/reston for more.

Artist Reception. 2-4 p.m. at Reston Art Gallery, 11400 Washington Plaza West. "Two Views" features paintings by Gail Axtell and Erwin and Pat Macintyre. Open to public. Call 703-481-8156 for more.

MONDAY/MAY 15

Meet the Author. 6 p.m. at Scrawl Books, Reston Town Center, 11900

SEE CALENDAR, PAGE 11



SUMMERFEST
AT GAYLORD NATIONAL®

FEATURING
Music Of AMERICA

Tune in this summer for the largest music celebration on the Potomac!
May 26 – September 4, 2017

Enjoy endless fun inspired by the Music of America:

- Live music every weekend featuring the best in Jazz, Country, Adult Contemporary & more!
- Aquafina® Summer Movie Matinee, Splashin' Pool Fun & Summer PJ Party featuring a Silent Disco
- Music Mystery Scavenger Hunt & Nightly Atrium Laser Light Show
- Seasonal spa treatments & unique dining events
- Additional entertainment experiences just steps away in National Harbor

Book Your Getaway Today!
GaylordNational.com/SummerFest
(301) 965-4000

PROUD PARTNER 

PEPSI, PEPSI-COLA and the Pepsi Globe are registered trademarks of PepsiCo, Inc. AQUAFINA is a registered trademark of PepsiCo, Inc.



GAYLORD NATIONAL
RESORT
NATIONAL HARBOR, MD

50th Season
The Reston
Chorale

A Season to Remember



Share the Memories and Musical Highlights of The Reston Chorale's 50 Seasons of Great Music

Featuring Excerpts of Choral Masterworks, Choral Classics and Music Composed for The Reston Chorale, From Carl Orff's *O Fortuna* to Julius Williams' *O Freedom*

Saturday, May 13, 2017, 7:30 pm
South Lakes High School Auditorium
11400 South Lakes Drive, Reston, Virginia

Tickets & Information: www.RestonChorale.org

Supported in part by:





Special thanks to:



CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER, CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.

Schefer Antiques

703-241-0790

theschefers@cox.net



For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

Announcements

LIFETIME METAL ROOFING

Storm Proof Metal Roofing

Will your roof withstand another storm season?
Call us today for a free roof inspection!

WE FINANCE!

CALL 800-893-1242

WWW.METALROOFOVER.COM

SINGLE WIDES
DOUBLE WIDES
HOUSES

by VA CAROLINA BUILDINGS, INC

Announcements

WET BASEMENT???
CRACKED WALLS???

We Fix: Basements, Crawlspace, Cracked/Settling Foundations, Bowing Walls

800-772-0704

seal-tite

FREE ESTIMATES

Serving you since 1972 **Call Now! 10% Limited Time Coupon**

Some Restrictions Apply

Find us on Facebook and become a fan!

www.Facebook.com/connectionnewspapers

THE CONNECTION

Newspapers & Online
The Connection to Your Community

www.connectionnewspapers.com

News

Town Approves 2018 Budget

By FALLON FORBUSH
THE CONNECTION

The Herndon Town Council voted to adopt its fiscal year 2018 budget of \$51,181,877 on Tuesday, April 25. The vote was unanimous, excluding Councilmember Signe Friedrichs who was absent from the meeting and did not vote.

Under the budget, the town's total revenues will drop 7.8 percent from the 2017 budget, which earned \$55,486,261. Despite this decline, the budget does not call for raising taxes on residents.

Before the vote, the council gave the public another chance to comment on both the proposed tax rates and the budget, which were voted on separately with the same unanimous approval.

No one from the public testified about the tax rates.

"I'm pleased to be able to say that since I've served on council since 2010, we've never raised the real estate tax rate, which is pretty remarkable," Mayor Lisa Merkel said during the hearing. "I don't know how long it's sustainable, but somehow we are continuing to be very wise with your tax dollars and spending them wisely. So, you know if there ever is a proposed raise in the tax rate, you'll know that it's definitely warranted. It's not something that we take lightly."

THREE MEMBERS of the public testified on the budget.

Justine Klena, the principal of Herndon Middle School, testified in favor of the allocation of funding in the budget to hire a new school resource officer (SRO) from the Herndon Police Department for her school and the high school.

"I'm very much in support of having a Herndon Police Officer in our school and shared with the high school. I've also spoken with Liz Noto [principal of Herndon High School] who was also very encouraged by this idea," Klena said.

The schools have a Fairfax County Police Department SRO already, but she advocated for adding another from the town's police force, saying he or she would be able to support the school better by having a stronger connection with the students whose families may already be involved in situations with the Herndon Police Department, which has jurisdiction within the town.

Richard Downer also testified on behalf of the Herndon Historical Society where he is a board member, to encourage the council to fund the organization with one of its discretionary community grants.

A total of \$203,425 of cash and in-kind funding for fiscal year 2018 was approved for the town's community grants. The 12 organizations receiving the donations include:

In-Kind

- ❖ Herndon Community Television, \$97,000
- ❖ NextStop Theater, \$45,000
- ❖ Friday Night Live, \$15,000

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

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.

- ❖ Herndon Elementary School Parent-Teacher Association, \$2,000
- ❖ Herndon Environmental Network, \$2,500
- ❖ Herndon High School Parent-Student-Teacher Association, \$5,000 (\$4,000 In-Kind)
- ❖ Herndon High School Band Parents Association, \$500
- ❖ Kids at Hope Herndon, \$3,000
- ❖ Herndon Village Network, Inc., \$3,000
- ❖ Herndon Hospitality Association – Jam Brew, \$4,500 (\$4,000 In-Kind)
- ❖ Herndon Historical Society, \$925
- ❖ Arts Herndon, \$45,000
- ❖ Kids R First, \$3,000

Michael O'Reilly, president of Arts Herndon, made a plea for his organization. O'Reilly also stated Arts Herndon's interest in the proposed downtown redevelopment and new Arts Center that is expected to begin construction in the summer of 2018, when the town completes negotiations with the developer, Comstock Partners.

On Friday, April 14, the town issued a request for proposals seeking bids from nonprofit arts organizations within 25 miles of the location to operate, manage and conduct arts programming in its future downtown Arts Center.

FUNDING for the redevelopment was not included in the budget since negotiations are still ongoing. However, funding will need to be considered as a budget adjustment, which requires the approval of town council.

This adjustment is expected in July.

O'Reilly also addressed the potential conflict of interest that Councilmember Friedrichs had with the Arts Center negotiations as executive director of Arts Herndon. "I think you all know our executive director has removed any conflicts that she might have had between being on council and being executive director by submitting her resignation. We're terribly sorry to see her go, although she's agreed to volunteer with us on an as-needed basis as we move forward and begin our search for a new executive director."

Other capital projects were also approved in the budget in the allocation of the town's Capital Improvement Program.

The CIP is a portion of the town's annual budget that outlines the town's anticipated public improvements. It is a six-year plan for the acquisition, development, enhancement or replacement of public facilities. The CIP also details the various funding sources that will pay for each project.

The budget for the proposed CIP for fiscal years 2018-2023 totals nearly \$7 million, with an additional \$4.2 million for capital projects in the town's Enterprise Funds, which are standalone funds separate from the General Fund.

The town's complete budget will be posted online at www.herndon-va.gov by July 1.

CALENDAR

FROM PAGE 9

Market St. Shirley Melis will discuss her newly published memoir, “Banged-Up Heart: Dancing with Love and Loss.” Visit www.shirleymelis.com for more.

TUESDAY/MAY 16

Religious Freedom Lecture. 1-3 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Speaker Bennett Gold will discuss the evolution of religious freedom in the U.S., Jewish Justices, and key related decisions. Adults. Email office@bethemeth.org or call 703-860-4515.

Getting Dirty with Clay. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Join local ceramic artist, Mercia Hobson, for a night of dirty fun as she guides participants in the fine art of weaving strips of pre-dyed extruded clay over a mold. A Design and Wine Event. Visit www.artspaceherndon.com or call 703-956-9560 for more.

THURSDAY/MAY 18

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/.
Art Crawl. 6-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Arts Come Alive is the theme. Call 703-956-9560 for more.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwco.org, or call 202-962-3209 for more.

Northern Virginia Fine Arts Festival Party. 6-9 p.m. at Reston Town Center Pavilion, 1818 Discovery St., Reston. Party kicks off the art festival, which runs Saturday and Sunday, May 20-21, 10 a.m.-6 p.m. Call 703-471-9242, email info@restonarts.org or visit restonarts.org for more.

MAY 19-20

“Running Days are Done.” Friday, 7 p.m. and Saturday at 2 p.m. at Washington Plaza Baptist Church, 1615 Washington Plaza West, Reston. An original play based on interviews with women survivors of child sexual abuse. Email administrator@washingtonplazachurch.com.

SATURDAY-SUNDAY/MAY 20-21

Northern Virginia Fine Arts Festival. 10 a.m.-6 p.m. at Reston Town Center Pavilion, 1818 Discovery St., Reston. Art, art and more art, on display and sale. Call 703-471-9242, email info@restonarts.org or visit restonarts.org.

MONDAY/MAY 22

Design Workshop. 6-8 p.m. at Bechtel-ASCE Conference Center, 1801 Alexander Bell Drive. Interactive workshop to help create the future science museum’s exhibits and experiences. Email imagine@childsci.org for more.

WEDNESDAY/MAY 24

Senior Movie Day. 10 a.m. at Bow Tie Cinemas, 11940 Market St., Reston Town Center. Free to 55 and older. Email Ashleigh@reston.org or call 703-435-6530.

THURSDAY/MAY 25

Meet the Artist. 6-7 p.m. at GreaterRestonArtsCenter, 12001 Market St. #103, Reston. Michael Booker paintings, often cut apart and reconstructed into quilt-like narratives, combine his personal history and memory with the history of painting and African American culture. Call 703-471-9242 x 114 or visit restonarts.org for more.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE YOUR BUSINESS, CALL KAREN AT 703-778-9422

ELECTRICAL K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc... Licensed/Bonded/Insured Office 703-335-0654 Mobile 703-499-0522 lektrkman28@gmail.com		ELECTRICAL A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		LANDSCAPING Good is not good, where better is expected. -Thomas Fuller	
GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		GUTTER GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES lic/ins 703-802-0483 free est. email jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!		LANDSCAPING LANDSCAPING	
IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoa violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		IMPROVEMENTS Power Washing Go from green to clean, do you have mold on your siding rotten wood that's a hoa violation? We do houses, decks, fences, side walks, etc. Deck and fence repair, deck staining and sealing. Licensed & Insured • Free Estimates email: jnave@comcast.net 703-987-5096		LANDSCAPING LANDSCAPING	
A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia		LANDSCAPING LANDSCAPING	
TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured		TILE / MARBLE BATHROOM REMODELING by Brennan Bath and Tile Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp. www.brennan-tile.com 703-250-2872 Licensed • Bonded • Insured		LANDSCAPING LANDSCAPING	
TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service		TILE / MARBLE Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Summer Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service		LANDSCAPING LANDSCAPING	
Alfredo's Construction Company, Inc. •Concrete Driveways •Patios •Sidewalks •Stone •Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		Alfredo's Construction Company, Inc. •Concrete Driveways •Patios •Sidewalks •Stone •Brick Phone: VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com		LANDSCAPING LANDSCAPING	
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		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers THE CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com		LANDSCAPING LANDSCAPING	

“Bulky Boy”



By KENNETH B. LOURIE

Is the nickname I gave Andrew, one of our male cats. It's because he's a bit portly, like his father, yours truly. However, Andrew's nickname is not the impetus for this particular column. The impetus for this column is my tendency, as the primary (almost exclusive) buyer of miscellaneous household goods and to a lesser extent, services, to buy in bulk/quantity, not necessarily quality; although that's a subject of a long-ago column and perhaps a future one as well — dare I cross that Rubicon again, and one that has earned me this identical nickname to Andrew.

As a cancer patient originally diagnosed as “terminal” — at age 54 and a half, eight-plus years ago, time becomes an integral/essential part of your life; what there is of it presently, what you have been told you have left of it and what you — in your wildest dreams, every day and every night, hope you actually get to do: live a relatively “normal” life expectancy.

Even though life has gone on years past my original “13-month to two-year” prognosis, I still struggle with the emotional yin and yang of whether I'm closer to the end or further from the beginning (date of diagnosis). And is so struggling, everyday decisions that might have a time element/time-sensitivity to them are complicated. Is it necessary to do it/buy it/obligate myself to it now when the benefit might be later? A later I might never see? If I'm trying to enjoy life in the present as much as possible to fend off the inevitable and relentless stress that a “terminal” cancer diagnosis imposes, then how does a future benefit help me now?

As a few examples and finally to the point of this column: buying in bulk. 240 dryer sheets — for two adults, one of whom works at home and doesn't exactly get dressed for it; 90 tall kitchen trash bags — we use one bag a week, and that includes bagging the cat litter for five indoor cats; paper towels — enough quantity that we could likely wrap them around our entire house if we had to; toilet paper — is sacrosanct, one can never have enough in stock; and tissues/Kleenex — given how frequently my eight-years-of-post-chemotherapy nose runs — constantly, is also sacrosanct (although I can always use toilet paper, paper napkins or paper towels in the pinch; not exactly the same pinch as if the toilet paper inventory runs out, however). Naturally, these items are all non-perishable so their life expectancy is not a consideration. But since mine is, sometimes I think I need to buy them or else, because when I do need them it will be too late.

As for perishables, obviously it makes little sense to overbuy (expiration dates notwithstanding, except mine). I can't eat all the food quickly enough anyway (another point of contention from a previous column), although I may try. But even I know, in my cancer-induced haze, that spending money now on an unpredictable future though penny-wise and beneficial in some emotional ways, might be pound-foolish. I need to feel good today - period, not feel good today about something I might benefit from tomorrow. I mean, how else am I even going to get to tomorrow? Don't I need to filter out potentially harmful/debilitating mental and physical images/impacts and try to live as unencumbered as possible (to invoke one of my deceased father's favorite words)? Cancer is already an uphill battle. If I don't want to live the legendary life of Sisyphus, pushing a figurative rock up a hill, only to have it fall back down time and again, I need to find a way/strategy to both manage my budget and control my mind. Obviously, I want to live like I have a future, but not at the expense of my present. You can call me “Bulky Boy” all you want, but “crazy-kookie” not so much.

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



Herndon Elementary School sixth-grade students peruse objects that were created by Bruce Wyman of 3D Herndon and his 3-D printer during the career fair.



Herndon Elementary students use a stethoscope to show Erica Peter, a registered nurse who works at the Inova Fairfax Hospital in Falls Church, what they learned at her table during the career fair.

20 Years of Inspiring Students Herndon Elementary hosts Career Day.

More than 60 participants set up the wares and gadgets of their trade — ranging from cake, essential oils, tiaras, books, toothbrushes and more — in the gymnasium at the Herndon Elementary School on the morning of Thursday, April 20. It was quiet as adults were busy dressing their tables and sipping on complimentary coffee and tea.

They would need the caffeine, as the first wave of nearly 900 students would be bursting through the door in mere minutes.

The school's 20th Annual Career Day was here.

This was the day that Tiffany Bryant had been planning for months. As a counselor for the school, it's her job to help teachers prepare students become the best and well-adjusted adults of tomorrow.

This day was designed to inspire students.

With paper briefcases decorated with personal illustrations of their dream profession, like actor, journalist, doctor, athlete, scientist, author and even Pokémon, students were set free to mingle with and ask questions of all the participants.

While participants were instructed to bring ample business cards, students were also equipped with their own. They were told to provide their cards to their favorite participants or those they felt they connected with during the fair.

"This morning when the students came in, they were wearing ... big smiles from yesterday!" Bryant wrote in an email to participants the following morning. "I had a sixth grader tell me she wanted to go to college now. Mission accomplished!"

— FALLON FORBUSH

Cyndy Lavoie, who teaches tennis at the Fairfax Racquet Club & Fitness Center, shows preschooler Gerardo Ayala how to swing a racket during the career fair.



Herndon Elementary School Counselor Tiffany Bryant kicked off the 2017 Career Fair by acknowledging companies and individuals who have participated for all 20 years.

PHOTOS BY FALLON FORBUSH
THE CONNECTION

Chef Nelson Corbera and Patricia Quintanilla of Ford's Fish Shack in Ashburn serve cake during the career fair.



Erica Peter, a registered nurse who works at the Inova Fairfax Hospital in Falls Church, shows some tools that she handles in the operating room to students who are interested in working in health care during the career fair.