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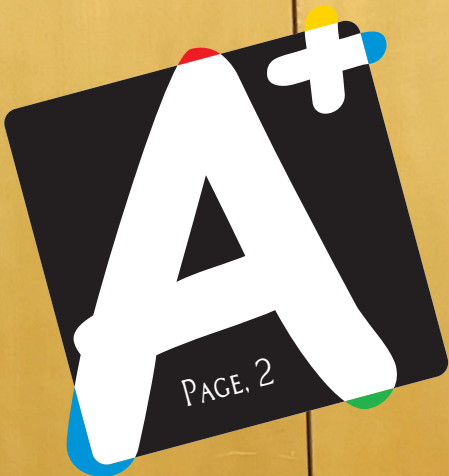
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Claire Jones, 13, a Councilmember on the new Herndon Youth Advisory Council tries out the gavel before the start of the meeting.

Oak Hill Herndon CONNECTION



There's a New Youth Advisory Council in Town

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Mayor's Volunteer Appreciation Reception Held

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A Show with A Big Heart

ENTERTAINMENT, PAGE 8

Managing Money

April is Financial Literacy Month.

BY MARILYN CAMPBELL

In an era when consumers can purchase merchandise and deposit money into a bank account using a smartphone, teaching money smarts to children can be fraught with complications. April is Financial Literacy Month and local financial advisors say teaching children how to manage their money responsibly is a necessary part of becoming a financially responsible adult.

"How a parent treats cash is the way their kids will treat cash; lead by example," said Andrea Foster, professor and department chair of Business, Economics, Accounting, Computer Applications and Paralegal Studies (BEACAPS) at Montgomery College. "If your kid sees you cutting coupons and budgeting, when they grow up they will do the same. They will see the benefits and the value of your thriftiness."

One of the most important financial lessons that a parent can teach is how to save, advises Foster. "Teach them how to budget so that they can learn how to save for what they want," she said.

Children pay attention to and learn from the ways in which their parents manage money and it's critical that they learn financial literacy at home, suggests Victoria G. Henry, assistant vice president at West Financial Services, Inc. in McLean.

"Explaining the concept of savings early to children is key," added "It is natural to want to spend everything right away, so it may be hard to understand why it is important to set a little aside for future expenses. Perhaps it could be explained by saying the savings will come in handy if a favorite toy breaks or is lost."

An ideal time to offer a lesson in saving is when a child receives money as a present for a birthday or other occasion, says Henry. "It is a good practice to have them save even 10 or 20 percent of the gift, and let them have the rest to spend how they want," she said. "If they decide to spend their fun money on something and then quickly return asking for money for something else, it is a good to remind them that maybe they should think more carefully about how they want to spend their money in the future. This will help them get into the practice of making wise choices with spending and saving down the road

when they start earning money as well."

Foster also suggests helping children develop savings goals. "[Whether] by piggy bank, envelope, can, or jar, a vessel is an important tool for teaching kids how to save for major milestones," said Foster. "Identify a goal for the saving and have them save towards that goal."

Transparency builds enthusiasm, adds Foster. "Using a clear jar for saving creates enthusiasm and motivation as the kids see it fill up with the coins," she said. "[Saving] also teaches then self-reliance and not counting on their parents to help them for everything. By giving a reward, kids can learn the value of money and how to spend money."

Foster also suggests encouraging children to keep a spending diary and limiting the amount of money they can spend or the number of items they can purchase when shopping for themselves. "Show them that stuff costs money," she said. "Have them keep track of all the money that mom and dad spend on them in one month, from food to clothing and other things. They will realize how much it costs to maintain them and how much all the stuff that they want costs."

Involve children in a family's charitable donations, advises Henry. "Ask your children to think about what kinds of charitable efforts the family should support," she said. "Have them research and pick a charity and



Teaching young children about the concept of saving money is a critical part of financial literacy.

"Explaining the concept of savings early to children is key. It is natural to want to spend everything right away, so it may be hard to understand why it is important to set a little aside for future expenses."

— Victoria G. Henry, West Financial Services, Inc.

then make a small contribution to that organization on their behalf."

"Have children earn their allowance and let children experience the pain of not having enough money if they don't budget correctly," said Dr. Brian Hollar, assistant professor of Accounting, Economics & Finance at Marymount University. "Experience is a good

teacher and learning when the stakes are low is invaluable."

Hollar underscores the importance of teaching solid math skills. "It's hard to develop strong financial literacy without understanding exponential growth," he said.

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Mayor Lisa C. Merkel (second from right) presents Karen Joseph (center) the Distinguished Service Award for her work in creating and maintaining the Food for Neighbors Program as (from left) Del. Jennifer Boysko, (D-86); Town Councilmembers Jennifer Baker, Sheila Olem and Signe Friedrichs; Tommy McFly, Dranesville Supervisor John Foust, (D), and Town Councilmember Bill McKenna join.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Laura Readyoff (center) received the Distinguished Service Award for her innovative free music program "Percussion Works" and for providing need-based music scholarships. From left, Tommy McFly, Del. Jennifer Boysko, (D-86), Town Councilmembers Jennifer Baker, Grace Wolf Cunningham, and Sheila Olem, Mayor Lisa C. Merkel, Supervisor John Foust, (D-Dranesville), Town Councilmember Signe Friedrichs and Bill McKenna gather.

Mayor's Volunteer Appreciation Reception Held

Event recognized and celebrated outstanding service in the Herndon community.

BY MERCIA HOBSON
THE CONNECTION

The 34th Annual Mayor's Volunteer Appreciation Reception was held Sunday, April 15, 2018, at the Herndon Community Center. The Mayor and Town Council of the Town of Herndon had invited 440 nominated volunteers from 330 organizations to the reception in recognition of their outstanding service to the community.

To be eligible and nominated, volunteers had to serve 100 hours or more during the last year.

Quoting President George H. W. Bush, Mayor of Herndon Lisa C. Merkel defined the meaning and qualities of a volunteer. "A volunteer is a person who can see what others cannot see; who can feel what most

do not feel. Often such gifted persons do not think of themselves as volunteers, but as citizens, citizens in the fullest sense; partners in civilization."

Guest speaker for the event was Tommy McFly who retold his first remembrance at a very young age of volunteering, the importance of learning to give back to the community. McFly recalled making perogies, many perogies. Sharing his story with the audience, others recalled their first lesson and the importance of volunteering.

During the reception, Merkel said that since 1985 when Mayor Rick Thoesen first introduced the event, the mayors and Town Councilmembers had celebrated the accomplishments of more than 11,500 Outstanding Volunteers and more than 100 Distinguished Volunteers.

"The Distinguished Corporate Service

Award honors a business or corporation that contributes to the Town through an outstanding commitment or promotion of the Town for the greater good of Herndon," Merkel said.

This year Merkel presented the award to Jimmy's Old Town Tavern. "They are always willing to step up and get involved with the many community endeavors," Merkel said noting Jimmy's Old Town Tavern's participation in the annual charity golf tournament, 9/11 Memorial Motorcycle Poker Run and a host of fundraisers for many nonprofit organizations in the Town.

Distinguished volunteers were also recognized. These individuals demonstrated the highest level of service over several years or in projects that required a significant level of leadership, service, and effort, Merkel said.

Nominated by Herndon Middle School Principal Justine Klena, the first award presented went to Karen Joseph who created "Food for Neighbors," making food available to Herndon's middle and high school families in the summer and over breaks.

The second Distinguished Volunteer Award went to a community member who developed a free and inclusive music program called "Percussion Works," aka Bucket Drumming to benefit the children in the Herndon area. She also made music scholarships available. The award went to Laura Readyoff, owner of The Music Loft.

In closing, Merkel said that she had seen so many people in the town engage in volunteer service. "Each of us on the Council thanks each of you individually, and all of you collectively for all you do for our Town, our community and each other."

Herndon Farmers Market Prepares to Open

Craving fresh and local?

BY MERCIA HOBSON
THE CONNECTION

The Herndon Farmers Market is set to open Thursday, April 19 for another fantastic season. Located in 700 block of Lynn Street, Old Town Herndon, the market will operate Thursdays, 8 a.m. - 12:30 p.m. until early November.

The Herndon Market is one of eleven Fairfax County Farmers Markets produced by the Fairfax County Park Authority. On their website, the Park Authority states: "By providing access to locally grown foods, our farmers market pro-

gram strives to improve the health of Fairfax County citizens, support local food producers, and protect the environment."

This year, the Herndon market features eleven vendors, all of whom are bringing their seasonal abundance of producer-only items, raised either on their farms or made-from-scratch, many using local items in the recipes. The market vendors will offer produce, fruits, berries, vegetables, baked goods, meats, fresh bread, pasta sauces, grits, ground flours, pickles and more.

A Master Gardener Plant Clinic will be on site, staffed by personnel knowledgeable to answer questions about plant selections and their care. The Park Authority wants shoppers to know that for health and safety reasons, the market cannot accommodate pets, except service animals. In addition, not all vendors may accept credit or debit cards



PHOTO BY MERCIA HOBSON/THE CONNECTION

The 2018 Herndon Farmers Market opens Thursday, April 19. (Photo from 2017 Farmers Market).

so be sure to bring cash.

The Herndon Farmers Market participates in the SNAP Double Dollar Program, an incentive of the INOVA Health Foundation. According to the Foundation's website, recipients of SNAP benefits, formerly food stamps, can purchase the fresh local foods using their Virginia EBT card and visiting the booth where they can receive Double Dollar tokens, up to \$20. Shoppers can use their tokens on any SNAP-eligible food items at the market.

* **Vendor List:** Bread and Water Company, Chef Eloy's Kickin' Salsas, Colvin Run Mill, Fork IT issimo catering, Grace's Pastries, GreenFare Organic Cafe, J & W Valley View Farm, McCleaf's Market, Mt. Olympus Farm, Pickle Factory, Santa Cruz Produce and The Lamb's Quarter.

OPINION

Send in Mother's Day Photos

Mother's Day is Sunday, May 13 this year, and as every year at this time, This newspaper calls for submissions to our Mother's Day photo gallery.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date taken, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

EDITORIAL You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

Mother's Day is just one of many occasions throughout the year that we would love to receive photos from our readers. Send us photos and notes when anything of note is happening in your family, neighborhood, school, club ... Be sure to include basic information: Name everyone in the photo, the approximate date taken, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information. Send to editors@connectionnewspapers.com

Soon after we publish our Mother's Day

photo galleries, we will begin to ask for submissions for our Father's Day galleries. Father's Day is June 17 this year.

Each year we seem to receive many more photos for Father's Day. We're curious whether that is because it is the second of the set so readers are more aware or because mothers are more likely to send in images of the Dads.

Twice a year we ask you to send photos and tell us stories about your pets and how they have come into, touched and left your lives, publishing the last week in July and the last week in February.

In late summer, we invite readers to share what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive an amazing display of student talent.

Regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help us to share news in your community. We also always welcome photos and captions from community organizations (Scouts, sports teams, faith groups, school activities, etc.) and local businesses.

Please start by sending in photos for Mother's Day, preferably by May 4. www.connectionnewspapers.com/mothersday/.

LETTERS TO THE EDITOR

It's Time to Give Volunteers the Credit They Deserve

To the Editor:

This week, April 15-21, is National Volunteer Week, an opportunity for organizations across the country to pause and recognize the importance and impact of the millions of selfless individuals who volunteer in our communities. Governor Northam recently honored some of Virginia's most remarkable individuals and organizations that have committed to service across the Commonwealth at the 2018 Virginia Governor's Volunteerism and Community Service Awards. Their stories of service were touching, uplifting, and an inspiration for all of us to do more for others. I encourage you to read more about these remarkable volunteers at VirginiaService.virginia.gov.

And yet, this amazing group of volunteers are just a fraction of the more than 2 million who serve annually in Virginia. Each day, individuals give their time and talents to make our communities safer, healthier and stronger. Whether it is the parents and grandparents volunteering in our

schools, community members collecting and donating food to our food banks, or busy professionals utilizing their skills to help individuals and organizations in times of need — volunteers are the force behind addressing our greatest challenges.

On behalf of the Governor's Advisory Board on Service and Volunteerism, I would like to thank these fantastic volunteers. Thank you for caring. Thank you for committing. Thank you for understanding the power of service. We want you to know that we see you and we hear stories of how you are changing communities for the better. You provide hope to so many and inspire others to follow your lead to serve.

Jessica Bowser

Governor's Advisory Board on Service and Volunteerism

Long Backups at Park Entrance

To the Editor:

With spring upon us, the weekend traffic problem at the intersection of Georgetown Pike and Old Dominion Drive (entrance to Great Falls Park) is causing long backups from both directions on Georgetown Pike and also north

on Old Dominion Drive. The lack of turn lanes increases the congestion.

In the absence of physical changes to the intersection, there should be police presence during busy mid-day hours on weekends to direct traffic and not allow long backups when the Park's parking is full.

As Great Falls Park is a National Park, one would assume that the responsibility for traffic management would belong to the US Park Police. No private venue would be allowed to avoid responsibility if their venue created this kind of problem. The alternative to the Park Police is the Fairfax County

Police Department. In any event, mitigation of this problem belongs to one or more of our governmental entities.

The Park is a treasure and a wonderful part of our community. We have visitors from all around the area who very much appreciate and enjoy the

Park. Reasonable traffic management would make their experience a better one and improve the quality of life for those of us who use Georgetown Pike and Old Dominion Drive for our normal weekend travels.

Peter Garahan
Great Falls

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

VOLUNTEERS NEEDED

Volunteers Needed for Northern Virginia Fine Arts Festival. At Reston Town Center, 11900 Market St., Reston. Greater Reston Art Center's (GRACE's) largest annual fundraiser. Draws up to 30,000 visitors and there is free garage parking all weekend. Over 500 volunteers are needed. Volunteers perform a variety of roles including setting up with the logistics crew, welcoming and booth sitting for participating artists as part of the Artist Hospitality entourage, welcoming visitors and accepting

donations for GRACE as a Festival Ambassador, or helping young artists with their creations in the Family Art Park. Visit restonarts.org/fineartsfestival.

The Herndon High School PTSA is in need of a treasurer, but anyone interested in serving on the board is welcome. The HHS PTSA works to provide connections between students, teacher and parents. They offer mini-grants to teachers, scholarships and achievement awards to students as well as appreciation events for staff. Email

SEE BULLETIN, PAGE 7

Oak Hill & Herndon CONNECTION

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PHOTO BY MERCIA HOBSON/THE CONNECTION

Members of the new Herndon Youth Advisory Council are (from left) Ian Nordling, 18, Growing Kids Therapy Center; Zachary Skalagan, 14, Herndon High School (HHS); Andy Freeman, 13, Herndon Middle School; Laura Evans, 15, HHS; Katie Evans, 15, HHS; Lucy Brown, 14, HHS; Claire Jones, 13, HMS; Tea Geary, 12, HMS; and Priyanka Mani, 14, Congressional School (Not pictured: Kade Cralie, Meredith Kepier, Kento Moore, and Ankit Poudel).

There's a New Youth Advisory Council in Town

High school and middle school aged students make up the council membership.

BY MERCIA HOBSON
THE CONNECTION

Although it has only been a few months since its formation, the new Herndon Youth Advisory Council is off to a good start. Created in late 2017 by the Herndon Town Council, the Youth Advisory Council is made up of students in middle or high school who either live in the Town of Herndon or attend classes at Herndon Middle or Herndon High Schools and who are in good standing in the community.

The stated purpose of the council is “to advise the elected body on activities, issues, and decisions relevant to youth and to advocate for legislation addressing issues that impact the lives of Herndon’s

young people.”

During the Wednesday, April 11, 2018 meeting, the council discussed their proposed Community Teen Center Project. The youth shared that there was no place for them to “hang out” in the summer; that they wanted somewhere slightly supervised so their parents would let them go, but not having classes or courses.

As the discussion continued, students spoke about possible locations, furnishings, expenses, and even snack storage.

Plans were made to bring the discussion forward to Town staff and the Herndon Town Council.

Town Councilmember Bill McKenna oversees the Youth Council.

Asked for his feedback, McKenna wrote, “What an honor it is to work with a bunch of students who truly want to not only understand how local government works but want to make a difference. The ideas they have are truly spectacular, and it definitely makes me look forward to the time when they will be the leaders of our community, and hopefully our country.

We need more people like we have on the Herndon Youth Advisory Council.”



PHOTO CONTRIBUTED

Ed Swallow, K-12 STEM Symposium Chairman and SVP, Civil Systems Group, The Aerospace Corporation, moderates panel on what it takes to be a Superhero in STEM with Kristy Clark (Chief Engineer, Vencore), Renee Wynn (CIO, NASA), and Ted Davies (CEO, Altamira).

STEM Symposium Held in Herndon

The event attracted nearly 4,000 participants.

On Saturday, April 14, WashingtonExec hosted its fifth annual K-12 STEM Symposium at The Nysmith School in Herndon. The event attracted nearly 4,000 students, parents, industry leaders, government officials, non-profit executives and educators.

Attendees enjoyed Altamira’s “Girls in STEM” interactive wing, Vencore’s flight simulator and a variety of other interactive exhibits. Among the biggest hits were the virtual reality showcase, 3D printers and slime creation stations.

In addition to the displays, attendees had the opportunity to hear from former NASA astronaut Cady Coleman, NASA Chief Information Officer (CIO) Renee Wynn and other STEM Superheroes.

New to the Symposium’s programming this year,

WashingtonExec presented several awards. The STEM Rising Star award was presented to Kavya Kopparapu and Kirthi Kumar, students at Thomas Jefferson High School for Science & Technology. Anne Swanson, U.S. education and workforce development coordinator at CGI Federal was named Most Inspiring STEM Executive of 2018. Boolean Girls, a non profit dedicated to educating girls to code, build, invent and animate took home STEM Non-Profit of the Year, while Business Women’s Giving Circle and Northrop Grumman were awarded Best STEM-Supporting Businesses of the Year.

This year’s WashingtonExec K-12 STEM Symposium brought together key players in the STEM field to enthrall students with the science and technology they learn in their classrooms. Elevating STEM education through events like WashingtonExec’s K-12 STEM Symposium spurs the national conversation among leaders, parents and students about STEM’s increasing importance to the future.

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Watershed Cleanup, Earth Day & Arbor Day Events Announced

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Herndon Middle Theatre To Present 'Disney The Lion King Jr.'

The Herndon Middle School Performing Arts Department will present "Disney's The Lion King Jr.," Friday, April 20 at 7 p.m. and Saturday, April 21, 2 p.m. and 7 p.m. in the theatre at Herndon Middle School, 901 Locust Street, Herndon. The family-fun performance is appropriate for all ages. General admission is \$10. Visit www.hmsdrama.org or call 703-904-4976.

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4. Assist with establishing long-term business relationships with clients, provide insight to senior management in creating estimates and proposals for clients, and presenting project status updates and conclusions to client(s).
5. Assist senior management in making recommendations to improve profitability and forecast costs by analyzing client income statements, revenues, margins, labor and profitability targets;
6. Using dealer retail network planning processes, liaise between client and technical staff communicating and defining client's requirements for new features, enhancements and bug fixes of the Shared Sales and Market Analysis solutions; ensure changes are properly deployed, set-up and functioning at established quality level.
7. Guide project teams, including setting objectives and reviewing work.

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FROM PAGE 4

HerndonHSPTSA.Treasurer@gmail.com to learn more.

STEM Professionals Needed. Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, stemvolunteers.org, during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in six Northern Virginia school districts. Contact Don Rea at 571-551-2488, or donaldrea@aol.com.

Volunteer Adult Mentors Needed. Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at Ibrahim.khalil@fairfaxcounty.gov or 703-324-4547.

Volunteer Victims Needed. Virginia Task Force 1 (VA-TF1) is holding a full scale exercise and needs volunteers to act as victims in need of rescue. The exercise will take place from the evening of Monday, April 23 through afternoon of Thursday, April 26. A minimum shift of six hours is expected, overnight volunteers are especially needed. "Victims" will need to be able to crawl in and out of rubble piles, capable of sitting or lying in place for extended periods of time, and not mind getting dirty. Contact Christopher Yorty at christopher.yorty@fairfaxcounty.gov.

PARENTS HELPING PARENTS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthyminds/fairfax or www.nami-northernvirginia.org/parent-peer-support.html.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept.30? If so, contact your child's school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school's webpage or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

THURSDAY/APRIL 19

FACETS' Opening Doors Breakfast. 7-9 a.m. at Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church. Free breakfast to educate the public and local businesses about FACETS' work to help families and individuals who are struggling in the Fairfax community. Several FACETS' clients will be sharing their stories about homelessness and efforts to overcome it. Contact Shawn Flaherty at 703-554-3609.

Community Food Packing. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals. Arrive at 9:30 if you would like to help with setup. Free. Email LynnieB517@verizon.net or visit www.northernvirginia.assistanceleague.org.

FRIDAY/APRIL 20

Super Salad Social. 12:30-2:30 p.m. at Rose Gallery - Reston Community Center Lake Anne, A, 4305 1609, Washington Plaza N, Reston. Enjoy lunch with fellow OLLI members and hear the candidates for the OLLI 2018 Board of Directors election. The election runs May 4-18. Please bring a salad (green salad, pasta salad, grain salad, or fruit salad), fruit, or dessert to share. Visit bit.ly/2q06Ngf.

SATURDAY/APRIL 21

Special Education Conference. 8 a.m.-3 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Dr. Pamela Mims, the keynote speaker, will present Using Evidence to Guide Practice: Justifying Inclusion for All. Choose from over 60 workshops. Register online at www.fcps.edu/spedconference2018 or call 703-204-3941.

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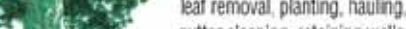
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If Only It Were That Simple



By KENNETH B. LOURIE

Though I immerse you regular readers in the excruciating details of my cancer-affected life, rarely do I bombard unsuspecting conversationalists who unknowingly yet sincerely wander into territory with which many of you are intimately detailed. Not that I don't have stories to tell, and/or perhaps even unsolicited advice to offer; generally speaking, if I can avoid it, I don't want to drag the conversation into a cancer-centric black hole.

It's not because I'm uncomfortable talking about cancer, or that I would feel it an inappropriate invasion of my privacy, or that I would feel the need to blather on non-stop. Hardly. But I would see it as the end of an innocent inquiry undone that then takes on a more empathetic, sympathetic and possibly even pathetic tone, some of which might make me uncomfortable.

The reason being: part of what feeds my self-preservation and sense of well-being is reading and reacting to the feedback I receive from others when the subject matter turns to cancer, however well-meaning their intentions may have been.

Sometimes the reactions I get aren't helpful ("Tell me Ken, how's it feel to know you're going to die?"). Sometimes, I find myself rationalizing, explaining and revisiting issues and experiences more helpful and of interest to the party that asked the question rather than to yours truly who's now having to answer the question. Not that I don't want to be helpful or have difficulty empathizing; nothing could be further from the truth.

It's more that I don't want to see their expressions/hear their apologies when their innocent question ("So what do you do?") elicits an extremely unexpected answer. "Not too much. I have stage IV, non-small cell lung cancer."

Then I have to decide how I involved I want to get them in my life. Since I'd just as soon not get them involved for all the reasons I've outlined, usually I deflect their questions and/or redirect them away from me and back to them. I don't exactly shut them down. It's more like a gentle closing. I'm not rude or the least bit off-putting. I'm more like a traffic cop re-routing emotions to avoid any accidents - for all parties engaged.

My experience has been that responding to an innocent question with a "I have terminal-cancer"-type bombshell tends to take the conversation in an entirely different direction than likely intended. The seriousness of my response/situation and the emotions - maybe even memories it stirs in the person who asked the question, can hijack an evening and cause at least for a few minutes anyway, a rather dreary dynamic. All of which I don't want to happen and more so, don't need to happen. As a cancer patient, I don't need dreary. I don't need pity. I don't need negativity. I need humor. I need encouragement and compliments. I need to be made to feel, as Tony the Tiger might say: "Not just good, but GREAT!"

When I assess my nine-plus years post-diagnosis; having lived now years beyond my original "13 month to two-year" prognosis, I can't quite attribute my amazing good fortune to anything in particular. However, I will admit to this: trying not think about my diagnosis/prognosis too much, trying to remain positive, trying to be funny and self-effacing, and trying to avoid people and situations where I might feel bad, are all components. Are they working to keep me alive more than the medicine, my pills and my miscellaneous non-Western alternatives are?

Yet another question or two I'd rather not answer.

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

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Muscle Up Mondays. 6:30 p.m. Meets Mondays, May through October, at Pavilion at Reston Town Center, 11900 Market St., Reston. Free fitness classes presented by CRUNCH Fitness-Reston group instructors. (No class on Memorial Day, May 28.) Call 571-267-5000 or visit crunchreston.com Facebook.com/CrunchReston.

“Into the Woods.” Through April 21 at Herndon High School, 700 Bennett St., Herndon. Multiple performances: Saturday, April 21, 2-3:30 p.m. Special Pre-Performance Experience for Young Children, Ages 3-7 from 1-1:45 p.m. Tickets: \$10/adult & \$5/child in advance online; \$15/adult & \$10/child at box office; Thursday, April 19, 7-9:45 p.m. (pizza night); Friday, April 20, 7-9:45 p.m.; and Saturday, April 21, 2-4:45 p.m.; Tickets: \$15/adult and \$10/student in advance online; \$20/adult & \$15/student at box office. Premium Seating Tickets: \$30/adult and \$20/student in advance online. Tickets at www.HerndonDrama.org.

Pet Supplies Drive. Through May 4, collection bins in building lobbies at Reston Town Center has teamed up with GoodDogz.org of Reston to collect supplies for organizations treating pets in need. Items such as dog beds, blankets, toys, grooming products, leashes, and crates can be donated in building lobby collection bins. Visit gooddogz.org.

Craig Moran: Spaced Out. Through May 29 at GRACE at Signature, 11850 Freedom Drive, Reston. A D.C.-based painter known for his boldly patterned canvases, Moran’s newest body of work is a whirl-wind of exuberant colors and energetic shapes, evoking elements of the natural world and portraiture in a dynamic flattened space. Call 703-471-9242 or visit www.restonarts.org.

Homegrown Yoga. Tuesday, Wednesday and Thursday nights at ArtSpace Herndon, 750 Center St., Herndon. Alison Adams is bringing Homegrown Yoga to ArtSpace Herndon. All levels welcome. Drop in and take a class. \$25 two week unlimited pass or drop-in available. Visit www.homegrownpoweryoga.com to sign up.

The Elden Street Tea Shop. Saturdays in ArtSpace Herndon, 750 Center St., Herndon. Sip tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit www.eldenstreettea.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.

IMPROVING ENGLISH

One-To-One English Conversation. Mondays, 1 p.m. at Reston Library, Reston Library, 11925 Bowman Towne Drive, Reston. Free. Multiple one-on-one practice sessions with a volunteer are available each week. Call 703-689-2700 to reserve a spot.

WEDNESDAY/APRIL 18

R4 Collection Day. 1-4 p.m. Pavilion at Reston Town Center. Reduce. Reuse. Recycle. Bring computers, components, electronics, cell phones, paper for shredding, compact fluorescent bulbs, eyeglasses, and hearing aids. Participating organizations include Secured Shred, Turtle Wings, and

A Show with a Big Heart

‘Once Upon a Mattress’ at NextStop: A musical comedy for the entire family.

BY DAVID SIEGEL
THE CONNECTION

A light-hearted retelling of the Hans Christian Andersen classic fairy tale “The Princess and the Pea” is in store for the entire family at NextStop Theatre.

The show is called “Once Upon a Mattress” and it has unexpected twists that refresh the class tale, including music and dancing.

“Our ‘by kids, for kids’ productions have become a really amazing holiday tradition and great successes,” said Evan Hoffmann, NextStop’s producing artistic director.

“We decided that we wanted to expand that program into the spring.” “Once Upon a Mattress” is the spring production.

“Once Upon a Mattress’ is a classic show with many wonderful opportunities to feature our young performers,” added Hoffmann.



Jen Bevan, who plays Queen Agravain in NextStop’s “Once Upon a Mattress.”



Faith Hargadon, who plays Winifred in NextStop’s “Once Upon a Mattress.”



Logan Wanger, who plays Sir Harry in NextStop’s “Once Upon a Mattress.”

Where and When

NextStop Theatre presents “Once Upon a Mattress” performing at 269 Sunset Park Drive, (Inside the Sunset Business Park), Herndon. Performances, Friday, April 27 at 7 p.m., Saturday, April 28 at 1 p.m. and 5 p.m., Sunday April 29 at 1 p.m. and 5 p.m. Friday, May 4 at 7 p.m., Saturday, May 5 at 1 p.m. and 5 p.m. and Sunday, May 6 at 1 p.m. and 5 p.m. Tickets: \$25. Call 866-811-4111 or visit www.nextstoptheatre.org. **Note:** “Once Upon a Mattress” is appropriate for all ages. All those entering the theatre must have a ticket, regardless of age.

“The story will appeal to kids, parents, and even grandparents.” This production has a cast of two dozen young performers working alongside artists from the professional NextStop company.

Kevin Place directs “Once Upon a Mattress.” Place said, “The play begins with a kingdom on hold: the queen, dominating the mute king, refuses to let her son marry unless the inquiring princess passes a series of impossible tests. So that he can marry his lady love, young knight Sir Harry brings a different kind of princess; this one nicknamed Fred (from Winifred),

who scandalizes and excites the young people of the court.”

Surprising developments then transform the original “The Princess and the Pea” for contemporary audiences.

“Once Upon a Mattress’ feels incredibly relevant and relatable in the way that it challenges stereotypes of how young people should behave based on their gender and social status,” said Place.

Professional actor Jen Bevan plays Queen Agravain. “I didn’t hesitate at all to say ‘yes’ when asked to be part of the production.

I always want to imagine, so I can’t think of a better cast to keep my dreams alive, while helping kids along the same path I trod years ago.”

Faith Hargadon, portraying Winifred (nicknamed Fred) said, “Once Upon a Mattress’ is enjoyable for people of all ages. It has parts that both children and adults will appreciate. It is also a super hilarious, fun and exciting show, with fantastic music and an incredible story.”

Logan Wagner, who plays Sir Harry said “the choreography is amazing, the vocals are spectacular, and the acting is outstanding.

If you want to come see a show that is full of comedy, adventure, and maybe even some drama, then ‘Once Upon a Mattress’ is for you.”

more. Visit restontowncenter.com.

Youth Music Academy Performance. 7-8 p.m. at Reston Pavilion at Reston Town Center. Enjoy a free orchestra performance by home-school students presented by the Youth Music Academy of Patrick Henry College. Visit www.phc.edu/youth-music-academy.

THURSDAY/APRIL 19

Herndon Farmers Market. Open Thursdays, through Nov. 8, 8 a.m.-noon at 777 Lynn St., Herndon. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market.

Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Cabaret Concert. 2:15 p.m. at Reston Community Center Hunters Woods CenterStage, 2310 Colts Neck Road, Reston. Free.

A celebrated cabaret singer in the Washington area, Beverly Cosham will perform songs from the Great American Songbook and other favorites. Visit the website at olli.gmu.edu or call 703-503-3384.

Entry Deadline. Arts Herndon’s Tech Arts Competition and Young Artists Scholarships applications are now open. These programs are available to young artists in the area to help support their artistic endeavors! All entries must be submitted on the

FCPS server and a completed entry form delivered to the Fairfax County Public School Fine Arts Office by April 19, 2018. Visit artspaceherndon.org to apply.

FRIDAY/APRIL 20

11th Annual Empty Bowls. 5:30-8 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. For a small donation, guests receive a supper of soup, bread, beverage, and dessert, as well as a handmade pottery bowl to keep as a reminder that there are those in our community with empty bowls. Hosted by The Giving Circle of HOPE. \$25 for adults in advance/\$30 adults at the door/\$15 for children under 12. Visit www.givingcircleofhope.org.

Spring Wellness Evening. 6:30-8:30 p.m. at The Lake House, 11450 Baron Cameron Ave., Reston. Join three local women for an evening of meditation, morning ritual, and nutrition: Erin Williams, (SLHS ’87, UVA ’91), and Francie Palmer, (SLHS ’87, UVA Med ’96), and Ashley Brown (UVA ’90). Enjoy samples of nutritious food prepared by Francie, practice meditation with Erin, and receive a copy of Ashley’s new book: A Beautiful Morning: How a Morning Ritual Can Feed Your Soul and Transform Your Life. \$60 Email Erin Williams: joydetectives@gmail.com

Jazz Concert. 7:30-9 p.m. at United

Christian Parish, 11508 North Shore Drive, Reston. Featuring Swing Dixie, which offers New Orleans Dixieland music and has been entertaining audiences in the D.C. area since 1990. Free. Visit ucpreston.org.

SATURDAY/APRIL 21

Environmental Events. 8 a.m.-noon at Runnymede Park, 195 Herndon Parkway between Elden and Queens Row streets and Bready Park Pavilion, 814 Ferndale Ave. Help clean-up Runnymede Park, Sugarland Run watershed, and other park and stream locations. Choose between doing a stream clean-up and/or native plant garden work. There will be a free secure document shredd truck at Runnymede Park from 9 a.m.-noon. An Earth Day and Arbor Day Ceremony will be held at 9:30 a.m. in the Bready Park Pavilion. Sign-up online at tinyurl.com/HerndonCleanup2018 or contact John Dudzinsky at 703-435-6800, x 2014 or by email john.dudzinsky@herndon-va.gov. Visit herndon-va.gov, or call 703-787-7300.

Masonic Lodge Open House. 9 a.m.-noon at Herndon Masonic Lodge, 820 Elden St., Herndon. Addison Hurst will provide a view of U.S. history through the aid of historical weaponry used throughout the years. Hurst is a noted collector and authority on firearms. The open

house and presentation are free to the public. Donations accepted for breakfast. Visit herndonlodge264.org/2018/04/open-house/.

Reston Farmers Market. Open Saturdays, through Dec. 1, 8 a.m.-noon at 1609 Washington Plaza N., Reston. Fairfax County Park Authority markets are strictly producer-only meaning that vendors must grow or make from scratch everything they bring to market. Call 703-642-0128 or visit www.fairfaxcounty.gov/parks/farmersmarkets.

Crys Matthews Blues Live. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Matthews blends Americana, folk, jazz, blues, bluegrass and funk into bold, complex performances. Visit www.artspaceherndon.org.

MONDAY/APRIL 23

Little Hands on the Farm. 9:45-10:30 a.m. at Kidwell Barn Classroom at Frying Pan Park, 2709 West Ox Road, Herndon. This program is designed for children ages 2-5 to provide a glimpse of farm life through stories, crafts and games. Children ages 3-5 meets from 11 to 11:45 a.m. Pre-paid reservations are required. The cost is \$8 per child. Children must be accompanied by an adult. Call 703-437-9101 or visit www.fairfaxcounty.gov.