

# Art in The Windows at ArtSpace Herndon

## Artwork transforms the ArtSpace Herndon building.

By Ryan Dunn The Connection

he Herndon Foundation for the Cultural Arts announced a first time event featuring public fine art panels, each 90"W x 50"H, installed in four empty window frames on the exterior of the ArtSpace Herndon building at 750 Center Street. On Saturday, June 8, from 7 to 9 p.m. there was a public art dedication and reception. The artwork transforms the back of the building, which faces historic downtown Herndon. The original artwork has been digitally printed on a material that will not fade or deteriorate for a period of at least two years, and each panel has been professionally installed. Each panel features a different artist's own unique design elements.

Harlon Reece, president of the Board of Directors for the Herndon Foundation for the Cultural Arts, welcomed everyone to the event. Cathy Callahan then described some of the objectives for this public art project. "It is amazing how a project like this can bring together the community," said Callahan. She was commissioned to be project coordinator and to help select the pieces that would be

put on display.

**THE ARTISTS**, Jo Fleming, Lori Simmerman Goll, Jim Schlett and Christine Lashley, all reside in Northern Virginia.

"The art pieces have a lifespan that are guaranteed at least two years," said Callahan. "The vendor we used took digital images of them, printed them on vinyl, and the vinyl was adhered to aluminum panels, and the panels were secured to the window panels using adhesives, screws and caulk. The UV laminate should allow the images to be protected a minimum of at least two years. They are not there indefinitely, but at least an extended period of time."

One of the first images on the back is an artist doing a painting. This piece was by Great Falls artist Jo Fleming. This first image represents an individual installing artwork, and represents the installations of artwork going on at ArtSpace. The artist took a digital photo of this painting and submitted it. This piece is titled "The Installation."

The second image is an individual playing an instrument. Titled "Morgan's Bass" this image was selected because ArtSpace promotes musical events. This was by Great Falls artist Lori Simmerman Goll.

The third is an abstract image with circles, chosen because some of the exhibits are abstract art. This is actually a digital image done with photography. It is

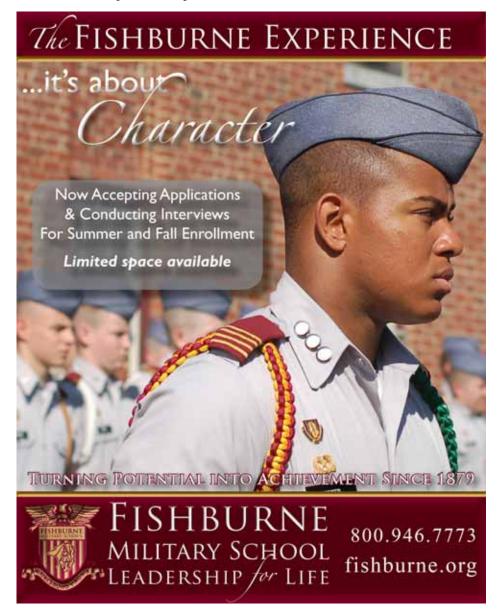
SEE ART IN THE WINDOWS, PAGE 13

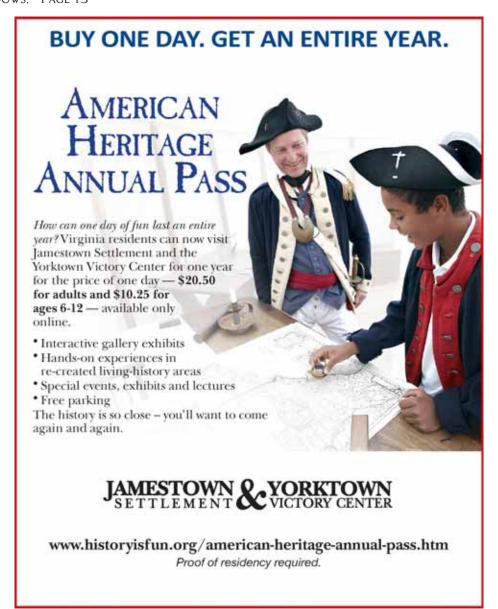


The four artists, Jim Schlett, Jo Fleming, Lori Simmerman Goll and Christine Lashley.



Guests and attendees speak with the artists before the ceremony at ArtSpace Herndon in downtown Herndon.







Herndon Mayor Lisa C. Merkel and Delegate Tom Rust (R-86) stand in front of the Herndon Naval JROTC Color Guard at the Relay For Life event at Herndon Middle School.

## Celebrating, Remembering And Fighting Back in Herndon

### Relay for Life held at Herndon Middle School.

By Ryan Dunn The Connection

he American Cancer Society (ACS) hosted a Relay for Life in Herndon Saturday, June 8, at Herndon Middle School. This was the fourth year the event was hosted at Herndon Middle School. Herndon resident Sheila Grooms was the event chairper-

At 1 p.m. there were opening ceremonies for the event at the Herndon Middle School outside on the track and field. The Herndon High School Navy Junior ROTC Color Guard performed the flag ceremony, and the national anthem was performed by Shennan

O'Day, a Herndon Middle School student.

Following this, Grooms invited Herndon Mayor Lisa Merkel and Delegate Tom Rust to come up to say a

"One hundred years ago, the word 'cancer' was not spoken, and we lost almost all patients to the disease," said Grooms. "During the last 100 years, we've learned that cancer thrives on silence, complacency and business as usual. However, today on this track, we are ready to make noise. ... Right here, right now we can take action by embracing the purpose of Relay For Life, to celebrate, remember and fight back."

Individuals who have been battling or surviving cancer were welcomed to come forward, introduce themselves and walk the first lap around the Herndon Middle School track.

Approximately 29 teams and 270 participants raised more than \$79,500 for the event. At 2 p.m., the Herndon High Jazz Band performed with Band Director Brett Lemley. At 3 p.m., the local bluegrass band Foggy Memory Boys gave a performance. There



Herndon resident and cancer survivor Suzer Sachs assisted with the event's survivor and caregiver activities.

were other activities as the day progressed, including a silent auction and a musical performance by Shannon Wise.

Also attending the event was retired Army Colonel Kris Young with her husband, and their son Alastair. The Young family have volunteered with the Herndon Naval Junior ROTC and worked with the booster club. "I think this is a great event," said Young.

"The NJROTC is not just about uniform, it is about supporting the community. We are donating money today for the Relay For Life, we've got a check from the NJROTC attachment that we are handing over today, as well as a check from the NJROTC Boosters. We have a couple of parents, myself included,

who are cancer survivors ... this disease has touched our detachment and we are just as eager as everybody else to fight cancer and find a cure."

Herndon resident and event volunteer Suzer Sachs attended the event with her husband. Sachs assisted with the event's survivor and caregiver activities.

"This is our 10th anniversary, so we are celebrating a decade," said Sachs. "It was a fabulous turnout at the survivor lunch. It is a very moving experience. I'm a 19-year survivor of cancer, the committee and their teams worked endless hours to get this to-

At 9 p.m. there was the annual Luminaria ceremony. To raise funds for the American Cancer Society, the relay sold luminarias or small paper lanterns that attendees could purchase and light in memory of a loved one who has or had cancer. Candles were handed out to those present, and there was a silent candlelit walk around the track in memory of those who had passed. The event was set to end at 6 a.m. on Sunday.



Carlin Anderson, far right, founder of the Herndon Environmental Network, has been named a finalist for the Cox Conserves Heroes, which comes with a prize of \$10,000 for the network.

## **Environmental Network** Founder Recognized

### Carlin Anderson named finalist for Cox Conserves Heroes.

By Alex McVeigh The Connection

hen Herndon resident Carlin Anderson was looking for opportunities to volunteer, she wanted her efforts to go to helping the environment on a local and global level. She wasn't satisfied with the existing opportunities, so she took the next step, founding the Herndon Environmental Network.

"I was worried about the impact that human beings are having on the planet, and I felt a strong need to do my part to preserve it for my kids," Anderson said. "From the beginning, the entire community, including the town, has been very supportive and we've made some great strides.

The Herndon Environmental Network held its first event in April 2012, spending an afternoon cleaning the stream across from the Fortnightly Library. Since then, they have forayed into everything from composting to combating food waste.

A year and a half after its founding, the network has grown from five members to more than 100 members. Since its founding, the group has done about one event per month.

nominated as a finalist for the Cox Conserves Heroes, and has an opportunity to make a big difference in the local commu-

Cox nominated three finalists from Virginia, one from Hampton Roads, Roanoke and Northern Virginia. If Anderson is named a winner, the Herndon Environmental Network will receive \$10,000 to use for local conservation projects.

"I've got a lot of ideas about what we could do with the money, and of course we're open to hearing suggestions from the members and the community," Anderson said. "I'm interested in getting some community garden plots in Herndon, and we're also looking at ways to start recycling at the public parks around Herndon. We definitely want to do something significant, and hopefully that's a decision everyone can make together."

Barbara Welsh, vice president of the network, says she admires Anderson's ability to get things done, which is helpful when it comes to tackling

Anderson says she also plans to get the network involved in development for the Silver Line.

"We're very interested in working on issues such as green buildings, rooftop gardening and other environmentallyfriendly ideas that come with new development," she said. "We're also very much interested in helping make people aware of ways to get to the new Metro station without using Now Anderson has been their cars, such as the new proposed bus system, which means less driving.

Voting for the Cox Conserves Heroes is open until June 17. More information, and the online ballot, can be found at coxconservesheroes.com.

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## News

## Herndon Cadets Leave Legacy

### Graduating Naval JROTC cadets recognized for achievements.

By Alex McVeigh THE CONNECTION

erndon High School's Naval Junior Reserve Officer Training Corps has been an integral part of the school's fabric for years. The cadets are students who have decided to make a military experience part of their high school experience.

"They're an innovative group, and they're not afraid to come up with things outside of the ordinary, to think outside the box," said Herndon JROTC Commander Richard Cassara, a retired Navy commander.

Cassara has been involved with Naval JROTC for the past 18 years, 13 of those at Herndon High School.

"While few of the cadets will go straight to the military, we're very proud of the fact that many of them will go to college, many of them are awarded scholarships and many are even candidates to attend service academies," he said. "If a cadet begins to express serious interest in the military, then we sit down and talk about the reality of what service entails, the multiple deployments, the leaving home, just to make sure they're making any decision with as much information as possible."

FIFTEEN CADETS will graduate this year from Herndon and eight of them are four-year cadets. The unit changed command last month, with outgoing cadet commander Alastair Young handing off

Young, a four-year cadet, started his freshman year not knowing quite what to expect.

"I really liked it, so I figured I'd stay all four years," Young said. "I



Herndon Naval JROTC cadets participate in the annual George Washington University Field Meet.



**Alastair Young** 

felt like I had a good relationship with the upper classmen who ran the unit, and when I became a sophomore, I started helping them."

During his junior and senior years, Young helped with unit leadership, enrollment and retention and public affairs. He also was part of the re-establishment of one of the JROTC's traditions.

"When I was a sophomore, one of the cadets started up the orienteering team again, and after our first year it was a small group, but I wanted to continue



**Lauren Truese** 

it," he said. "Eventually we grew to the biggest team in the unit, and went to our area state competition. We placed fourth overall and got an invite to nationals in Tampa, Fla., the first time Herndon had gone to nationals. There we placed 11th out of 25 schools."

This year, Young helped lead Herndon to another fourth place showing in Area Five, and they placed eighth in nationals.

During his time with the cadets, Young was given the Distinguished Cadet award and Sons of the American Revolution medal. He



Kathleen Ratana

will be attending either the Virginia Military Institute or Norwich University in the fall, where he plans to continue with the NAVY ROTC and study chemical engineering.

"I learned a lot about management and leadership. It can be very demanding, but it doesn't require perfection, just that you give 100 percent of your effort," he said.

Lauren Truese first got involved in JROTC after seeing her brother's involvement. That sparked her interest, and she spent all four years

SEE CADETS, PAGE 5







The firetruck was a huge hit with students at Big Truck Day at Floris Elementary.



With 20 trucks in attendance, this year's event was one of the most successful in recent memory.

## Big Trucks Come to Floris

### Kindergarten students examine trucks, meet drivers.

By Matthew Auker
The Connection

he kindergarten class of Floris Elementary took part in the 18th annual Big Truck Day on Tuesday, June 4, in the school parking lot. Put on by parent volunteers, the event is held at the end of every school year for kindergarten students to personally interact with a variety of trucks and their drivers.

Thirty-one drivers brought 20 trucks this year, ranging from fire and police vehicles to cement mixers to a John Deere tractor. The event serves as the culmination of a yearlong lesson in transportation for kindergarten students at Floris. The importance of traffic safety and transportation in the community is emphasized, with Big Truck Day allowing the students to see first-hand the vehicles, their functions and their operators.

The sound of truck horns echoed through the parking lot as students traveled from vehicle to vehicle with parent volunteers. They tried on gear, got behind the wheel and intermingled with the truck drivers, who were enjoying the event just as much as the students. At one point they were even able to watch as kindergarten teacher Kat Clifford was raised 40 feet in the air by a bucket truck.

The sacrifices each organization makes to participate in the event each year is not lost on Clifford, who has worked at Floris for the past 16 years. "This is their job," she explained. "Companies have to let go of workers and pay for gas for them to be here. A lot of the turnout every year depends on the economy, so some years we have more, some years less." With a veritable fleet of vehicles filling the parking lot, however, the attendance was impressive. "This year is definitely more," she added.

## Cadets Move On

From Page 4

at Herndon as a cadet.

"I've always been sort of bossy, my mom would tell you that, and this was an opportunity to use it productively," she said. "But it also gives you a great sense of accomplishment, as well as a sense of when to lead and when to follow. You can't always be the top dog, but as you get experience, you get more responsibility."

**HER FAVORITE MEMORY** was visiting Charleston, S.C. during a trip.

"We got to see a lot of cool things, like the Citadel, but also got a chance to really bond as friends," she said. "Being on a bus for eight hours really bonds you."

Truese will be attending Mary Washington in the fall, and she hopes to pursue medical studies.

"Having a work ethic is very important in the medical field," she said. "And that's definitely one thing I learned while a cadet."

Truese was awarded the American Legion Military Excellence Medal last month from Herndon's American Legion Post 184.

Like Truese, Kathleen Ratana had family who had experience with JROTC. Though her cousins didn't

like their experience, Ratana stuck with it.

"I loved the chance to take a leadership role, which took a year or two, and by the time I was a junior, it would have been pointless to leave," she said. "I really learned a lot about time management and discipline, and I became a much better communicator. If there's a problem, someone needs to be able to tell someone how to fix it."

Ratana said she also enjoyed the JROTC's outreach efforts, serving as color guards during the town's annual Memorial and Veterans Day commemorations.

She said she plans to enlist in the Army after graduation and then attend Northern Virginia Community College before basic training.

"I feel like the discipline and other aspects of military life are something I'll be able to adapt to quickly," she said. "My goal is to get into law enforcement, maybe become part of the military police while I'm in the service."

Ratana was awarded the Daughters of the American Revolution medal last month for her time with the cadets.

Cassara said that the outgoing senior class as a whole served as a good example of leadership during their time as cadets.

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## **OPINION**

## Measure of Being Poor in Virginia

By Kenneth R. "Ken" Plum State Delegate (D-36)

have always maintained that the poor in Northern Virginia are worse off than others living in less affluent parts of the state because the cost of living is higher in this region. The difference can be most clearly seen in the cost of housing; and there have been many notable efforts on the part of local governments to increase the

stock of workforce, affordable housing. The traffic coming into Northern Virginia from the west and south

is made up largely of people who cannot afford housing in the area.

Oddly, the official poverty measure that has been used to calculate the official poverty rate has been a one-size-fits-all statistic that does not account for regional differences in the cost of living. That situation is about to change with the introduction of the Virginia Poverty Measure (VPM) by the Weldon Cooper Center for Public Service at the University of Virginia (www.coopercenter.org). These are the professionals who maintain all the demographics of Virginia's population and who produce official population estimates upon which many pro-

grams are funded and decisions are made. Their work follows that done in other states and by other agencies seeking to get a more accurate measure of poverty.

The Virginia Poverty Measure takes into account regional differences in the cost of living, updated consumer patterns, government programs that affect family income, taxes and credits, and health care costs. While the formula to arrive at a realistic number that

reflects poverty-level living conditions is more complex, it is also likely to be more realistic as to actual experiences of individuals.

Those interested in the details of the calculations are encouraged to review the full report "The Virginia Poverty Measure: An Alternative Poverty Measure for the Commonwealth" at http://www.coopercenter.org/sites/default/files/publications/VirginiaPovertyMeasure\_May2013.pdf.

The introduction of the VPM brings some significant changes to our understanding of poverty. Under the Virginia Poverty Measure, Northern Virginia counties and cities with some of the highest median incomes in the nation are shown to have a significantly greater extent of economic deprivation than what offi-

cial poverty statistics suggest. The inside the beltway official poverty rate goes from 7.4 percent to 12.3 percent under the VPM. Fairfax goes from 6.4 percent to 9.7 percent. In contrast, Southwest Virginia goes from an official rate of 21 percent to 16 percent. The main explanation for the change is taking into account differences in cost of living and the existence of programs to relieve poverty. Calculation of the new rate found that fewer children are in poverty, dropping from 15.6 percent to 13 percent. Under the Virginia Poverty Measure, more Virginians are in "near poverty" and fewer are in "deep poverty."

To the degree that the new methodology creates a better understanding of the existence of poverty, it will be a challenging task for policy makers to incorporate this information into budget and program decisions. Presumably there could be a shift of resources among the regions of the state, and such changes can create winners and losers. The new numbers should be a wake-up call to wealthy Northern Virginians that there are more in need among us than we had previously thought to be the case. The new method of measuring poverty is an important new tool for policymakers.

#### LETTERS TO THE EDITOR

### Nomination Process Illustrates Differences

COMMENTARY

To the Editor:

There is a big difference in how the Republicans and Democrats choose their candidates for statewide office. Democrats are conducting an open primary for lieutenant governor and attorney general. The Democrats offer a chance to participate in the political process. I think we at least owe them a look.

Republicans held a convention where decisions were made by a

small number of activists producing outcomes which don't reflect the interests of the broader Republican party. Such decisions have become a widespread practice of the GOP in Virginia. For example, efforts led by a small number of right wing activists in the Virginia General Assembly to suppress voter turnout, limit women's health care choices, or advance the agenda of the NRA do not reflect the priorities of most Virginians.

Yet without a primary process to provide an opportunity to openly discuss issues, the few Republicans in the Northern Virginia delegation have been amazingly quiet. These Republicans can not hide for long.

In selecting E.W. Jackson as its nominee for lieutenant governor, the conservative activists at the GOP convention moved their state ticket to the extreme right. It will be interesting to see what members of the Northern Virginia Re-

publican delegation to Richmond have to say about the radical positions taken by Jackson. Will GOP Delegates Comstock, Ramadan, and Hugo disavow Jackson's extreme statements about Planned Parenthood, gay rights, and President Obama? Will they fall in line with the extremists in their party, ignoring the mainstream preferences of their constituents? Or will they go into hiding?

Michael Rodriguez
Falls Church





Photos by Dan Glass

## Paying Respect to Fallen Soldiers

Around 25 scouts from Troop 976 Our Lady of Good Counsel Church, Vienna and their families visited the Arlington National Cemetery on May 25 to pay their respects to the soldiers who have given their lives over the years for the United States' liberty and security. The scouts laid over 6,300 roses throughout various sections of the cemetery, including graves of recent fallen from the wars in Iraq and Afghanistan. The roses that decorated the graves were shipped from Ecuador just for this occasion, as stated by one scout, Nicholas Zaso, who was interviewed by the Ecuadorian Embassy Press.

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From left—Regina Milteer-Rock (president, FCAC) with scholarship recipients Hayley Harris (Centreville High School), Kiana Harper (Robert E. Lee High School), Selena Townes (South County Secondary School), Niara Lezama (Thomas Jefferson High School for Science and Technology), Rebecka Haynes (Herndon High School), Gabriela Akinbileje (South Lakes High School), Margot Copeland (guest speaker). Not pictured: Rinas Osman (Hayfield Secondary School).



From left, charter members (back row): Adrienne Moore, Lorene Walton, Princess Powell-McEvilley, Juan Peterson, Benita Toler, Janice Scott, Mary Ann Bosley, Shelia Edwards, Robin Flannagan, Sharon Bundy. Front: Linda Kemp, Opal Cotton, Darlene Faltz, S. Yvonne McCall, Peggy Smoot, Joyce Green, Gwendolyn Patton, Regina Milteer-Rock.

### Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Celebrates 20th Anniversary

he sisters of the Fairfax County Alumnae Chapter (FCAC) of Delta Sigma Theta Sorority, Inc. celebrated its 20th anniversary by hosting a Red Shoe Jazz Luncheon at the Hyatt Dulles in Herndon on May 18, with more than 400 guests in attendance. Among the honored guests were members of the Divine Nine, local and out of state dignitaries, and scholarship recipients.

Fourteen vendors were spread throughout the reception area to provide attendees with

selections of jewelry, clothing, art and Greek paraphernalia. The soulful trio Travelers Band provided live entertainment.

The guest speaker, Margot James Copeland, a member of the Delta Foundation and the national president of The Links, Inc. gave an uplifting speech about her trip to Ghana and her visit to the castles that once held our ancestors who took the voyage of no return.

Regina Milteer-Rock, president of FCAC, said, "The Fairfax County Alumnae Chapter of Delta Sigma Theta Sorority has made an impact on the Northern Virginia community and the global community over the past 20 years in the areas of health, economic development, education, social action and international awareness. We plan to continue our community service projects for decades to come."

The celebration continued with FCAC recognizing some of its own with three Delta Dears being honored with their 50-year plaques; the presentations of the 2013-2014 Delta of the Year Award and the Program and Planning Community Service Award.

The music and speeches made for a joyful occasion but the highlight of the celebration was the awarding of \$20,000 in scholarship money to seven deserving young ladies. Over its 20 year history the FCAC has awarded \$250,000 in scholarships to deserving female students from the Fairfax County and surrounding Northern Virginia areas. Among the colleges and universities the scholarship recipients plan to attend are Johns Hopkins, George Mason, Spelman, Virginia Tech and New York University.



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## HomeLifeStyle

## Designing a Colorful World

Local interior design experts offer suggestions for choosing paint colors for one's home.

> BY MARILYN CAMPBELL THE CONNECTION

hoosing paint for one's home can be a daunting task. Colors often look different on paint chips and fan decks than they do on interior walls. What are some of the secrets to making the right choices? Local interior designers offer suggestions.

Jean P. Freeman, professor of interior design at Marymount University, says considering a room's lighting is a good starting point. "What is the lighting in the room, sunlight from the exterior [and] overhead lighting?" she asks. "The amount of light would assist in determining how dark or light the walls could be. To brighten the room obviously lighter colors are preferred; but to add excitement bright colors with enough light would be a great choice."

Before painting an entire room, look at the paint samples in a variety of lighting conditions, advises Hope Hassell, specialty designer at Sun Design in Burke. "Natural light has a tendency to wash out colterior too complex. Keep it simple. Also remember ors that otherwise look good in artificial light," she there are many colors in a space, not just the paint mobility solution so perfectly ratiosaid. "Always look at the paint sample throughout the colors. Don't forget to consider the color of the floor day so you can see what it looks like in morning sun as one of the colors in the room." versus afternoon sun versus at night when there is no natural light in the space."

Artificial light also impacts the way paint looks in a room. "Fluorescent light can make a cream or beige paint take on a yellow hue," said Hassell. "Other colors that are in the space are also a huge factor when selecting a paint. Colors can often enhance and affect the paint around them. Make sure to apply small areas of paint near the different colors in the room, whether it is the trim around the door or the wood stain of the floor or cabinetry."

Marika Meyer of Marika Meyer Interiors in Bethesda encourages homeowners to consider the mood that they'd like to create in a room when selecting paint. "It's important to figure out the overall feel of the that make a statement. Whether it is painting one corner lot with a sloping hill. A secspace, such as warm or cool," she said. "What kind of energy do you want to get out of a space? For ex- or painting the front door a flame orange, bright, satu- hampered only by occasional ample, family rooms often have a lot of energy and therefore, people tend to use brighter colors. In the living room, consider a softer palette for a retreattype setting. Deciding on a room's energy and tone are good starting points.'

Susan Hergenrather, assistant professor of interior design at Marymount University agrees that paint colors help create a room's mood. "Think about the favorite piece of upholstery and see the types being folded and removed at the end of different mood of a red room versus a blue room," she said. "Most people have a palette that they are colors and everyday life." instinctively drawn to, for example violet and yellow mother's antique carpet."

color wheel and use it. Too many colors make an in- really covers."



Interior designer Marika Meyer believes homeowners should decide on the energy and tone they want to create in a room before choosing a paint color. Meyer selected soft hues to create a warm feel in this McLean library.

Test before buying is another suggestion that Hergenrather offers. "Always site test colors. Manufacturers have sample pots for this purpose," she said. "Put the colors on your walls in several different places gets the vision can be difficult. Just and live with them for a few days before making the final decision."

WHAT ARE THE CURRENT TRENDS in paint Accotink for 15 years. Son Chris, colors? "For interiors, I'm using a lot of grays," said Meyer. "Previously, for more than a decade, beiges American University, was diagwere popular, but now gray tones are in. Taupes are nosed with muscular dystrophy also popular right now in terms of paint colors."

Hassel said, "We are experiencing that people are and shortly thereafter the family starting to be more adventurous with bright colors moved to the pretty ranch on a wall a peacock green for an accent in a living room rated colors are being used on the inside and outside struggles in moving Chris' scooter

Freeman said that intensity in color is popular now. "Bright colors with flare or pastels that seem to repcame a factor. To help him get from resent ice cream colors are all part of the current trends," she said. "Neither should be dull, but both should be more intense. Pick up the colors of your a fold-out ramp, which they replayed, one against the other. Opposites do attract in the day.

For those with historic homes who want to recre- tomed to going places, the Cassidys family place and enhance our curb effect on a warm night when the green. Look at the colors you already have in your ate the hues of a forgone era, designers say that many stepped up their search for ways appeal. That intrigued all of us," family gathers for a cook-out. home and build your palettes around the things that manufactures now have palettes that replicate his- to appropriately retrofit the house you love whether it is your favorite sofa or your toric colors. "I particularly like Farrow and Ball but itself. they are expensive," said Hergenrather. "However, "Finding someone who under- a universal design solution has to Grace said. "When I see him head-Hergenrather also suggests simplicity. "Always use with paint, as with anything, you get what you pay stood our range of requirements a color scheme. For example, complimentary colors for. If red is a favorite of yours use a high quality turned out to be a real problem," work well for almost everyone," she said. "Pick up a paint such as Benjamin Moore Aura ... great stuff that Cassidy said. "The contractors we

## Attractive Access

Front elevation universal design solution is both functional and architecturally appropriate.

By John Byrd

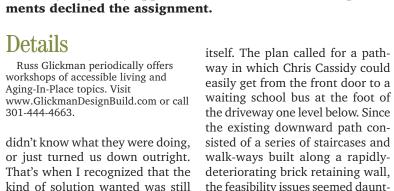
n many respects, well-executed universal design speaks to the hope that a better world is not only possible, but within our grasp. Certainly the intention is to include people with challenged mobility. And it follows that a good universal design solution can be an enhancement not just for one person, but for every-

"The thinking in our culture has really evolved on this issue," said accessibility design specialist Russ Glickman. "It is much more common today to find a special needs nalized that the improvement extends beyond how the house works to how it looks."

Of course, as a practical matter, finding a skilled change-agent who ask Grace Cassidy.

The Cassidy family has occupied a two-level brick ranch near Lake who is now a graduate student at when he was not quite 3 years old, ond child was born. Life went on, as he got older. Gradually, Chris's natural drive to independence bethe front of the house to sidewalk, for instance, the family deployed

As Chris became more accus-



"Of course, there was an obvious of Glickman Design Build. What is site preparation component," Glickman said. "We had to cultivate the grade so that the scooter can negotiate it without difficulty. This entailed a certain amount of earthmoving and re-compaction, which we secured with a two-part retaina college student living at home ing wall system that now figures into the new landscaping plan."

The newly paved side walkway extends some 90 feet from the front door to the driveway, never rising faster than one inch per foot.

The space-constricted former front porch has been replaced by ing discipline that includes some an L-shaped veranda that wraps the home's northwest corner as it segues to the new outdoor grilling

Surrounded by matures trees and recently completed landscap-(GACP). For Cassidy, though, the ing, the new outdoor space is elegant and private.

To assure traction and durability, Glickman specified Fiberon decking. For atmosphere, the railing caps are fitted with Azek night lighting — which creates a pretty

"But the greatest pleasure for me that there wasn't any reason why is how well this works for Chris," look like it was created for handiing off for school, or coming up the hill on his own, it's the complete That said, the most evident dif-fulfillment of everything we'd

www.ConnectionNewspapers.com



The Cassidy family has occupied the ranch on a corner lot for 15 years; owing to site challenges, most of the contractors they originally approached with their access requirements declined the assignment.

#### Details

Russ Glickman periodically offers workshops of accessible living and Aging-In-Place topics. Visit 301-444-4663.

didn't know what they were doing, or just turned us down outright. That's when I recognized that the considered pretty specialized."

Enter Russ Glickman, president particularly "specialized" about services provided by the veteran remodeler is that he's learned much of his craft by care-giving for his own son, Michael, who was born with cerebral palsy, and is also with his parents.

"I have been designing and remodeling homes for over 30 years," Glickman said. "About 15 years ago I really immersed myself in mastering about a dozen special-needs building technologies. It's an evolvvery particular applications."

Glickman's search eventually led to certifications in Aging in Place deck. (CAPS), Environmental Access (CEAC) and Green Building important difference was that Glickman came forward with ideas.

"Russ showed us how we could re-design the home's front elevation so that it would not only help Chris, but also create an outdoor Grace Cassidy said, "I began to see

discussed our needs with either ficulties were inherent to the site hoped for." www.ConnectionNewspapers.com





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## Local REAL ESTATE

## April, 2013 Top Sales in Oakton, Vienna, Reston and Herndon

In April 2013, 132 homes sold between \$1,850,000-\$194,900 in the Vienna and Oakton area, 106 Reston homes sold between \$1,470,000-\$140,000 and 88 homes sold between \$1,075,000-\$158,000 in the Herndon and Oak Hill area.



2 3144 Windsong Drive, Oakton — \$1,700,000



2034 Beacon Heights Drive, Reston — \$925,000



**(3)** 11990 Market Street #2001, Reston — \$1,470,000

6 11692 Hanna Overlook Court, Herndon — \$1,075,000

Address BR . FB . HB Postal City Sold Price Type Lot AC Subdivision Date Sold
1 2401 OAKMONT CT
2 3144 WINDSONG DR 5 5 5 2 OAKTON \$1,700,000 Detached 2.00 WINDSONG WEST 04/26/13
3 10531 WICKENS RD
4 2552 BRIDGE HILL LN
5 11990 MARKET ST #2001 2 3 0 RESTON \$1,470,000 Hi-Rise 9+ Floors MIDTOWN AT RESTON TOWN 04/29/13
6 11692 HANNA OVERLOOK CT 5 4 1 HERNDON \$1,075,000 Detached 0.92 STUART HILLS 04/02/13
7 2034 BEACON HEIGHTS DR 3 3 2 RESTON

## SPORTS



Taking off are Newbridge Dolphins Leonardo Briceno (in green cap) and Christian Kalinowski (in pink cap) during the boys' (15-18) 50-meter butterfly against the Lake Anne Stingrays on Saturday, June 8.



Megan Slater, 11, swimming freestyle against the Lake Anne Stingrays on

## Reston Swim Team Association Opens 41st Season

hey say that you know you are getting older when your children are reliving the moments from your youth. So it must have seemed for Myles Flint who swam for the Reston Swim Team Association during its inaugural season in 1973. Flint, the father of North Hills swimmers Natalie (13-14) and Nicole (13-14), reminisced about the "good old days."

"People forget that back in the early 70s, Reston was still in its infancy," Flint said. "The pool that we are swimming at right now (Lake Newport) wasn't here. In fact, this whole section of Reston (North Hills) was completely undeveloped at that time. When I swam, there were only four teams, and only one of them—Glade—is still here today. ... Time passes and things change."

But the reasons behind RSTA remain the same.

"The camaraderie of the team, the competition and sportsmanship, are all things that I want my daughters to experience," Flint said. "... While my competitive swimming days may be over, I continue to enjoy the meets and I continue to recommend RSTA to anyone who is looking for a competitive but fun summer athletic experience."

Indeed, Flint would very much appreciate the level of competition that took place last Saturday, June 8, at RSTA's first meets of the season. Overall, four new pool records were set. For Glade, Emily Landeryou continued with her record-setting ways from last season. Her time of 30.22 in the girls' (13-14) fly broke a record that had been set in 2003 by Mei Christensen. For Lake Newport, Casey Storch's time of 30.79 in the boys' (13-14) backstroke bested a mark that was set back in 1998 by Evan Elsaesser. For Lake Anne, two new pool records were set. Emily Meilus broke her own record in the girls'



Cutting through the water is Ryan Ha of Newbridge during the boys' (13-14) breaststroke competition against the Lake Anne Stingrays on June 8.

(13-14) backstroke with a time of 31.22, besting her old record of 32.38. And Joanne Fu broke Meilus' record of 32.13 in the girls' (13-14) butterfly with a time of 31.89.

Lake Newport Lightning 586, Glade Gators 461

For Lake Newport, triple-event winners were Nathan Williams, Sean Redican, Grant Romero and Jack Edgemond. Double-event winners were Anna Redican, Caitlin Connelly, Greta Larne, Conor Gillingham, Vania Zeledon, Dylan Jones, Garrett Linn, Dan Ni, Alana Hull, Casey Storch and Vincent Kahng. For Glade, triple-event winners were Andrew Draganov, Emily Landeryou, Nicholas Kapani and Mackenzie Evans. Double-event winners were Lauren Wagner, Reagan Tobias, Olivia Heatherly, Emma Stiglitz, Sophia Landeryou, Zachary

Hartke, Clara Landeryou, Rachel Heatherly, Hunter Ellis, David Clark and Reagan Tobias.

### Lake Audubon Barracudas 573, North Hills Hurricanes 513

For Lake Audubon, triple-event winners were Tyler Macaluso, Nicolas Sobenes, Sabrina Groves and John Hughes. Double-event winners were Matt Crump, Anna Weidman, Matthew Fritz, Robby Cordts, Alana Pudner, Michael Podshivalov, Bryce Onozuka, Emily Fritz, Catherine Evans, Zachary Bell, Kaliyana Haering and Aidan Lender. For North Hills, triple-event winners were Benjamin Livaudais, Katie Cazenas,

Marlee Czarny and Nicole Flint. Doubleevent winners were Ishan Ganjoo, Piper Luczak, Logan Kruse, Aveesh Kachroo, Ryan Hill, Emily Ren, Joseph Sciortino, Maddalena Schiller, Ryan Luczak and Brenna Emery.

### Ridge Heights Sharks 568, Hunters Woods Blue Marlins 489

For Ridge Heights, triple-event winners were Paige Sogandares, Mac Sogandares and Tara Thomas. Double-event winners were Diego White, Bennie Tignor, Margo Somer, Jacob Hataway, Marc Sipher, Rory Stobie, Hailey Wang, Remington Curren, Brendan With, Olivia Stiebel, Anna Liang and Eva Decker. For Hunters Woods, triple-event winners were Gwyneth Wagner, Philip Pan, Katie Vintimilla and Nolan Dunkel. Double-event winners were Ariana Inamdar, Mirabel Mcintyre, Ashley Thai, Lindsay Irwin, Matthew Beach, Jack Ham and Gloria Wang.

### Newbridge Dolphins 570, Lake Anne Stingrays 452

For Newbridge, triple-event winners were Emily Sun, Emma Grossback and Ryan Ha. Double-event winners were Joseph Sgambati, Patrick O'Malley, Sofia Milosevic, Nadia Malik, Ian Ha, Melanie Ford, Greg Mayo and Amrita Khalsa. For Lake Anne, triple-event winners were Fred Zhang and Hannah Lane. Double-event winners were Patrick Fouse, Hannah Ziaii, Camryn Schroder, Emily Meilus, Jason Fu, Tope Oladimeji, Sam Sligar, Frank Keusenkothen and Joanne Fu.

## Entertainment

Nadia Duncan will be performing as Rose Red in this production with the Elden Street Players Theatre For Young Audiences.



RYAN DUNN/

## 'Snow White and Rose Red' Opens At Industrial Strength Theatre

By Ryan Dunn The Connection

now White and Rose Red" by Carter Burch will be shown in a June 15 to June 30 production at the Industrial Strength Theatre at 269 Sunset Park Drive in Herndon. This show does not feature the 12 Disney dwarfs, but does feature strong female leads, a hidden treasure and a prince who undergoes a metamorphosis.

Rose Red and Snow White are named for the beautiful roses that grow around their cottage. The two sisters adventure into the forest, help a stranger and dodge a crafty troll.

Director Leta Hall is pleased to return to the Elden Street Players' Theatre For Young Audiences. She previously directed "The Emperor's New Clothes" and "Red vs. the Wolf" at The Industrial Strength Theatre, as well as "Stone Soup."

"I've directed mainstage shows with other companies as well," said Hall. "The producer for this show, Mary Ann Hall, is an old friend of mine, and this is a great place to work. I like the story, and it is fun for the whole family. You got to love a show that has adventure, romance and an evil troll."

"As much as the show is about Snow White and Rose Red, the character of the Prince goes through the most change," said cast member Laura Fontaine. Fontaine plays one of antagonists of the play, the troll. Fontaine is also designing the character's looks. "She's very creative, and I love the physicality she brings to the troll," said Hall.

"The troll has a treasure in a hollow rock in the forest," said Fontaine. "Both the peasant girl Rose Red and the King have been searching for the troll's treasure. The Prince stumbles upon the troll and is transformed."

Fontaine uses her makeup skills for her character in the play.

"I have been working with the Elden Street Players for about four years now," said Fontaine. "I have done work at both the Mainstage and Theatre for Young Audiences. I grew up in Herndon and work in Reston. My mom is Elden Street Players costumer Kathy Dunlap. I love doing theatre for young audiences, it's just fun to watch kids' faces brighten up so I like to bring that kind of joy."

Michael Hagan returns to Elden Street Players with a role of the Prince. "This is my third produc-



Laura Fontaine plays the role of the evil

tion with Elden Street," said Hagan. "I see the play is about realizing someone's inner potential. In the beginning the prince is kind of stuck up, but he learns to become a nicer person. There is plenty of comedy and both parents and kids will be entertained."

Nadia Duncan performs the role of Rose Red. "This is my second work with Elden Street. My mom is a professional actress and I started out with small roles as a child. It is a really fun show because it has good morals and a good message. The kids will enjoy it. I like it because Rose Red is a good role model and she has aspirations in wanting to become a scientist."

The production also brings new talent with Bonnie Morrison who plays the role of Mother to Snow White and Rose Red. "This is my first show here, I am fairly new to the area," said Morrison. "I studied Shakespeare at Mary Baldwin College. So far I have been having a great time, everyone has been really helpful. I have done children's theatre before, it's something I've always enjoyed."

Marissa Dolcich is returning to the stage as the villainous tax collector Dame Frumpstein. "She is in cahoots with the troll," said Dolcich. "I've been working with Elden Street Players for 11 years. I was attracted to playing someone different from whom I am. I have three costumes in this show which is the most I have ever had in my 11 years with Elden Street. Now my 14-year-old daughter will be helping with handling props in this production."

Production dates are Saturdays, June 15, 22 and 29 at 11 a.m. and 2 p.m. and Sundays, June 23 and 30 at 2 p.m. Ticket price is \$8 for admission for both adults and children.

#### CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/.

#### THURSDAY/JUNE 13

The United States Air Forces

Singing Sergeants. 7:30-8:30 p.m., at Frying Pan Farm Park, 2709 West Ox Road, Herndon. The Singing Sergeants, the official chorus of the United States Air Force, is one of a select few singing groups internationally recognized for its commitment to excellence in vocal performance. www.usafband.af.mil.

Appetite for Art: Contemporary
Dialogues with Curator Holly
McCullough. 7-8:30 p.m., Greater
Reston Arts Center, 12001 Market
St., Suite 103, Reston. In-depth
discussion of the work and influences
of Julia Bloom & William Alburger.
703-471-9242 or
www.restonarts.org.

#### FRIDAY/JUNE 14

Artspace Herndon's Senior Tea. 1-

2 p.m., Artspace Herndon, 750 Center St., Herndon. Seniors enjoy tea and view the "It's a Matter of Color" watercolor exhibit. http:// www.artspaceherndon.com/. **Taste of Reston.** 3-11 p.m., at Reston

Taste of Reston. 3-11 p.m., at Reston Town Center, 11900 Market St., Reston. Food, wine, beer, live music, carnival, cooking demos, family fun zone—all at the "Best Food Festival," as voted by Virginia Living. www.restontaste.com.

Plein Air Painting Demonstration.
6-8 p.m., at the Artists' Atelier
Gallery, 1144 Walker Road, Suite G,
Great Falls. See paintings created en
plein air (in the open air) following
in the traditions of the French
Impressionists by the students in Jill
Banks' Plein Air Landscape class
taught through the Great Falls School
of Art; exhibit up through June 29.

### 703-435-7435 or www.JillBanks.com. **The Fuzz and Sam Grow Band.**

6:30-10:30 p.m., 777 Lynn St., Herndon. The Fuzz is a high energy, modern rock/pop cover band from Arlington. http://

www.herndonrocks.com/.

Noel Coward's "Blithe Spirit." 8
p.m., at 1st Stage, 1524 Spring Hill
Road, Tysons Corner. Writer Charles
Condomine and his second wife,
Ruth, host a séance with local
medium Madame Arcati. \$25; \$15 for
students. 703-854-1856 or
www.1ststagetysons.org.

#### SATURDAY/JUNE 15

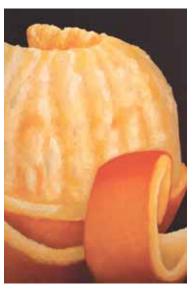
Taste of Reston. Noon-11 p.m., at Reston Town Center, 11900 Market St., Reston. Food, wine, beer, live music, carnival, cooking demos, family fun zone—all at the "Best Food Festival," as voted by Virginia Living. www.restontaste.com.

Noel Coward's "Blithe Spirit." 2 p.m., 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. Writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. \$25; \$15 for students. 703-854-1856 or www.1ststagetysons.org.

#### It's a Matter of Color Artists

Reception. 3-5 p.m., at ArtSpace Herndon, 750 Center St., Herndon. A watercolor exhibition open from June 4 through July 7 and featuring Catherine Hillis' and Jill Poyerd's work as well as paintings by adult students in Hillis' watercolor classes will be up in the Sapphire Gallery; Poyerd will talk about artists' use of color to influence mood and feeling in their work.

Public Art In the Windows Project Artists' Reception. 3-5 p.m., ArtSpace Herndon, 750 Center St., Herndon. The reception will feature live music by Brazilian artist Tien and a live painting demo by Catherine



Cheryl Parsons' oil painting, "Peeling Orange," is one of many paintings providing visual refreshment to the Greater Reston Chamber of Commerce's visitors as part of an exhibit of 30 paintings up and open to the public through August, 9 a.m. to 5 p.m. on weekdays.

Hillis. 703-956-6590 www.artspaceherndon.org.

#### SUNDAY/JUNE 16

**Taste of Reston**. 10 a.m.-8 p.m., at Reston Town Center, 11900 Market St., Reston. Carnival games and rides with a family fun zone.

www.restontaste.com.

Noel Coward's "Blithe Spirit." 2
p.m., 7 p.m., at 1st Stage, 1524
Spring Hill Road, Tysons Corner.
Writer Charles Condomine and his
second wife, Ruth, host a séance with
local medium Madame Arcati. \$25;
\$15 for students. 703-854-1856 or

#### SUNDAY/JUNE 16-TUESDAY/JULY 30 "Summer Vibes" Exhibit

www.1ststagetysons.org.

Celebrates the Season. 9 a.m.-9 p.m., at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The League of Reston Artists invites painters, mixed media artists, photographers and artists in other two-dimensional media to submit works for the upcoming "Summer Vibes" exhibit. www.leagueofrestonartists.org.

#### MONDAY/JUNE 17

Artspace Herndon's Town
Calendar Competition. 750
Center St., Herndon. Subjects for all
photo entries to the town's calendar
competition must be located within

photo entries to the town's calendar competition must be located within the corporate limits of the Town of Herndon; Monday, June 17 is the submission deadline. http://www.artspaceherndon.com/.

#### TUESDAY/JUNE 18

Book Dating at the Reston

Regional Library. 7 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Book dating is a new way to share the books you love, learn about new books to read, make friends, start a book club, or even find a love connection. 703-689-2700 or http://www.fairfaxcounty.gov/library.

## Art in The Windows at ArtSpace

From Page 2

titled "Beyond the Planets" and was made by Jim Schlett, a member of the Greater Reston Arts Center. Schlett mentioned he once had a photo displayed at New York City Times Square for several seconds. "Now I have a few years of fame in Herndon," said Schlett.

The last image is the picture of the cows and a field, and this image was painted at Frying Pan Farm Park during Herndon's Paint Herndon plein-air painting competition. The town of Herndon used to be a

farm town, and this is like a painting from the past. The work is titled "Farm Fields" and was composed by Christine Lashley. "This little corner is completely transformed by these artworks," said Lashley.

ANN RUST, commissioner for the Virginia Commission for the Arts was also at the event, as was her husband Del. Tom Rust (R-86). "ArtSpace is transforming Herndon," said Ann.

To learn more about ArtSpace Herndon, visit their webpage: http://www.artspaceherndon.com.

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#### FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send

herndon@connectionnewspapers.com. Deadline is Thursday.

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m.

and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center,

Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds monthly classes for the general public which use Buddhist teachings to practice meditation. www.meditation-dc.org or 202-986-2257.

Trinity Presbyterian Church,

651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sun-9:40-10:45 from a.m. 703-437-5500

www.trinityherndon.org.

St. Anne's Episcopal Church,

1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**HAVEN of Northern Virginia** offers a variety of free bereavement

support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday Worship Services for the Southern Baptist church are at 10:45 a.m. The public is invited to join a Bible believing, multi-ethnic/ multi-cultural congregation, with Bible-based sermons and uplifting 703-599-3527 music. www.hopefellowshipchurchloudoun.org. lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



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The Rev. James Papile, Rector

The Rev. Jacqueline Thomson The Rev. Laura Cochran

703-437-6530 www.stannes-reston.org 1700 Wainwright Dr., Reston





invites you to celebrate the Divine Liturgy with us Sundays at 9:30 a.m., with fellowship to follow.

www.greekorthodoxloudoun.org 21580 Atlantic Blvd., Unit 160, Building D Dulles, VA (Route 28 and Nokes Blvd)







Faith Community, Call Karen at 703-917-6468

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#### **OPEN HOUSES SATURDAY/SUNDAY, JUNE 15 & 16** When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times** Centreville .\$649,900 ..Sun 1-3......Julie Young ..Samson Props..703-380-2200 ..\$547,900 ..Sun 1-4......Dean Moore ..Samson Props..571-278-9161 13617 Northbourne Dr.... 5710 Flagler Dr., Clifton

.\$939,000 .. Sun 1-4 ....... Jim Shirey ..... McEnearney .. 202-607-6534

12025 Seven Hills Ln.......\$1,424,000.. Sun 1-4.......Wade Gilley.......... National.. 703-400-4892

**Fairfax** 

12524 Chronical Dr.

Franconia/Kingstowne 6617 The Parkway....... .....\$463,000 .. Sun 1-4 ...... Star Morrad .. Keller Williams .. 703-447-2028

**Great Falls** 

1027 Timbercreek Trl........\$1,699,000.. Sun 1-4......Bill Hoffman.. Keller Williams.. 703-309-2205 .\$849,000 .. Sun 1-4...... Star Morrad .. Keller Williams .. 703-447-2028 Call Agent.. Sun 1-4... Carol Ellickson.... .. Weichert .. 703-862-2135

Herndon

13666 Saint Johns Wood Pl. \$439,000 .. Sun 1-4.. Billy Thompson .. Samson Props .. 703-409-0340

.\$1,158,000.. Sun 1-4... Daniel Pierson...... McEnearney.. 703-795-9367

Oak Hill

3010 Emerald Chase Dr .......\$595,000 .. Sun 1-4....Debbie Tencza...Long & Foster..703-597-4667 Reston

.\$395.000 .. Sun 1-4.......Peter Burke...Long & Foster..703-786-3334 11500 Fairway Dr #506.....

Vienna

..\$729,000 .. Sun 1-4.......Dane Work........... RE/MAX..703-869-4567

To add your Realtor-represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Monday at 3 P.M.

## Full Circle

By KENNETH B. LOURIE

I hope it's not a wrap though. I'd like to continue rolling along just like I rolled into college in late August, 1972, matriculating to the University of Maryland in College Park, Maryland. Oddly/coincidentally enough, there have been and continue to be some recent occurrences in my life that hearken back to yesteryear, the olden days of the early 1970s, when I freshmen-oriented myself to a major university for the first time.

Most significant of these coincidences - for lack of a better word - I am taking tests again. And though they are not identical to the many multiple-guess exams I took that first year in college with 500 or so of my closest fellow freshmen, sitting through those entry-level/ 100-numbered, core-type classes – until we "majored," being graded on a curve with scores posted on a computer printout on a wall adjacent to one of the two entrances/exits to one of the main lecture halls on campus; the anticipation of that grade and the contemplation of my future then is eerily familiar now as I prepare for my next CT Scan and the follow-up e-mail from my oncologist. Though am no longer graded on a curve, I will be living on the edge nonetheless, awaiting those results. And yes, my future, you might say, depends on it.

Having taken a dozen or so of these scans since my cancer diagnosis, I have become accustomed to the waiting. Having previously experienced various symptoms before these scans with equal parts confidence and anxiety, with subsequent results sometimes being better, sometimes being worse than expected, my self-assessments now are identical to the assessments of those standardized-type multiple choice exams I #2-penciled my way through in college. More often than not, if I felt I scored well on the test, I didn't; and if I thought I did poorly, amazingly (sometimes), I did surprisingly well. After awhile, it became clear that I didn't know what I was talking about and should merely await the results, just

With respect to my CT Scans - and occasional MRIs, being relatively asymptomatic at the beginning of this process and mostly so throughout my four-plus years of being treated for non-small cell stage IV lung cancer, whatever symptoms I felt didn't seem to necessarily relate to the underlying problem. Once the pain/the weight in my chest was the tumors themselves (bad); another the time, the same pain (at least to me it was the same), was scar tissue growing over tumors that had shrunk (good). I wasn't so much betwixt and between as I was clueless. Unlike during college, however, it is not my future that I am considering, it is my present.

So yes. I've learned. When asked about an upcoming scan (or one just completed), I am hardly forthcoming. I am honest. I will know what I feel when my oncologist tells me. It's a multiple guess any other way, sort of like those early taste-taking years in college. What has gone around has indeed come around, 40 years later.

And on a much lighter note, relating my present cancer life to my past college life is the opening in my neighborhood of one of my favorite college-era fast food restaurants appearing locally - not five minutes from my house – after a who-knows-why, decades-long absence: Roy Rogers Restaurant. And just as I would drown my test-score predicting sorrows back then at the former Route 1 location across from what was once Lums Restaurant, so too do I now drive-thru to their window and order my usual large roast beef sandwich. I realize its not a cure for cancer, nor is it an attempt to relive the past; it's simply an opportunity to gain some peace of mind when I need it most. I just hope that what is new again represents a beginning, not an end.

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

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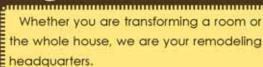
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