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Cancer Patients Need Rides To Treatment

American Cancer Society seeks more drivers for their Road to Recovery Program.

BY MERCIA HOBSON
THE CONNECTION

The last thing a patient living with cancer should have to worry about is how to get to treatment. Yes, there are family and friends, but jobs bring in money to pay bills and children must be supervised. As for taking public or private transportation, those options may cost too much or be too stressful, especially after a chemo session. That's where the American Cancer Society may be able to help. Through their Road to Recovery Program, they provide free rides to treatment for cancer patients who have no way to get there.

But in Fairfax County, there's a problem. The supply of drivers does not equal the demand.

That's why on Monday, March 27, a team of dedicated American Cancer Society Road to Recovery drivers met with staff at the organization's Northern Virginia office, 124 Park St., Vienna. They compared experiences and brainstormed how to get the word out to potential drivers.

Dave Laufer is a driver. He also volunteers

to oversee the Road to Recovery computerized Service Match program. Laufer verified Fairfax County has the most requests for rides in the region, but there are only 30 active drivers, not enough to meet the demand. "There are so many patients in the Herndon/Chantilly area that need help," said Kent Dellinger, a driver from McLean.

"There was a man who was taking three buses and walking to his sessions," said Leah Contreas, program manager, American Cancer Society, Inc. "When matched for a ride, he was so thankful."

THREE KEY FACTORS that make volunteer service as a driver for Road to Recovery a positive experience include: simple training; flexible volunteer hours and personal rewards.

"Training to use the program's Service Match is less than an hour," Laufer said. "And the volunteer hours are flexible."

Marshall Abbate, a driver from Stafford, added: "It's not a routine of the same day each week."

Kelly Gray from South Riding had been out of the workforce for a period, raising her family. Before becoming a driver for



PHOTO BY MERCIA HOBSON/THE CONNECTION

Sheetal Bhat goes through a few pointers with Road to Recovery drivers Kelly Gray and Andy Freckmann. Freckmann signed up to be driver because his dad passed away from cancer. When asked why she volunteered to drive, Gray said, "I think we volunteer because we have a heart for it. We develop relationships."

Road to Recovery, Gray tried other service opportunities, but they did not fit. Given the ease of training, flexibility and personal rewards, being a Road to Recovery driver was the perfect fit for Gray.

"When I see a drive opportunity, I can click on it. I know people who need this service. I've experienced it," Gray said. "And this service I'm qualified to do. I can drive. I can

listen... and I can do something for me."

Other drivers spoke up on how being a Road to Recovery driver fit their life. "I got my degree in Public Health Care and found Road to Recovery was my way to help the cause," said Onize Oniwon.

"My dad passed away from cancer," said Andy Freckmann.

"How can we find more drivers," Laufer asked. Drivers readily spoke up. They offered ideas that fit into three marketing strategies:

- ❖ Free media print campaigns: write articles for newspapers, community newsletters and magazines.
- ❖ Word of mouth advertising: contact schools, retirement centers and senior centers.
- ❖ Cause marketing: create partner relationships between American Cancer Society and for-profit businesses that offer paid time for volunteering.

VOLUNTEERING for Road to Recovery is a win-win. It benefits people who want to give back, the American Cancer Society that needs drivers, but most importantly, cancer patients who do not have a way to get to treatment.

Learn more about American Cancer Society Road to Recovery program, call 1-800-227-2345 or email ddlaufer@gmail.com.

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Herndon Police Department Lt. Steve Thompson answers a question about the body cameras asked by Town of Herndon resident Lorna Schmid while her husband David Boldt listens.



PHOTOS BY FALLON FORBUSH/THE CONNECTION

Herndon Chief of Police Maggie DeBoard explains why she wants her officers to wear body-worn cameras.

Herndon Equips Police With Body Cameras

Herndon's Chief of Police explains the policy that will guide the use of the cameras.

BY FALLON FORBUSH
THE CONNECTION

All police officers in the Town of Herndon will be using body cameras by May. The bodycams, Panasonic Arbitrator Body Worn Cameras, were unveiled at a public forum by Herndon's Chief of Police Maggie DeBoard on Thursday, March 30.

At the forum, DeBoard explained the policy that will guide the use of the cameras, which officers must turn on manually to record.

"People think that once an agency has a body camera program, it solves all of the problems in the world," Herndon Chief of Police Maggie DeBoard said at the meeting. "Cameras generally don't always answer all the questions that may occur during the course of an interaction in the public. We look at those cameras as simply hav-

ing an additional tool for accountability and efficiency out in the public."

The officers are not required to notify the public that they are being filmed, but the public should expect that they are always being recorded. This is because the police department's policy calls for it.

OFFICERS are required to activate the body-worn cameras when they are providing police services to the public. These mandatory actions include traffic stops, calls for service, arrest situations and searches.

"Every patrol and motor officer will be wearing them on a day-to-day basis," DeBoard said.

The police department's policy only gives officers a few situations when they are not to use the bodycams while they are interacting with the public.

One exception is while officers are in places where there is an expectation of privacy, like medical and mental health facili-

ties. Another is while officers are in their cars. This is because their vehicles are already equipped with audio.

Another is when victims or witnesses of a crime ask officers for privacy.

"We're giving them some leeway to make good judgements about how they handle those sensitive situations," DeBoard said.

Police officers will need to explain if their bodycams are ever deactivated for any other circumstance.

"If there is any other time when they intentionally deactivate [their bodycams] during a call, they have to justify why they did that," DeBoard said.

Supervisors will be conducting monthly audits to ensure officers are following the policy. These supervisors will also be audited every three months.

"That accountability really works on both sides of the camera," DeBoard said.

DeBoard told the audience that she hopes the bodycams will help the department capture criminal events to use as evidence in court. She also expects the cameras to accurately document actions of police pursuant to criminal investigations.

"We spend a lot of time working com-

plaints [about officers] that we could very quickly clear up if we had more information," DeBoard said.

DeBoard started seriously considering bodycams for her officers two years ago and decided that the department needed other video enhancements first.

LAST SUMMER, the department replaced its interview cameras at the police station and all its vehicle cameras. The body cameras were the final step in the department's video upgrade, according to DeBoard. And they are all integrated.

"The bodycams aren't expensive, but the storage of the video is," DeBoard said.

A bodycam pilot program was implemented at the end of last year. With two officers using cameras per shift, 457 videos at a total of 92 hours were captured.

"You can imagine the number of videos that we will be capturing once we deploy these out, even at a small department," DeBoard said.

The Herndon Town Council approved \$71,000 of new funding for the bodycams in its fiscal year 2017 mid-year budget on Feb. 14.

Dulles Chamber Hosts Culinary Competition

Nearly 150 guests attended DISHED 2017 Dulles Chefs Showdown at the Hilton Washington Dulles Airport in Herndon on Friday, March 24. Hosted by the Dulles Regional Chamber of Commerce, five executive chefs from Dulles area hotels competed in a high-energy cook off.

On stage, the chefs received mystery baskets from which they created their dishes. The six (previously secret) ingredients in the baskets were: cod, prosciutto, dates, leeks, yuzu paste and anchovy paste. When the judges held up the giant cod fish the delighted audience clapped appreciatively and snapped photos on their cell phones.

While the chefs were cooking, culinary judges interviewed the contestants about the dishes they were creating. The judges evaluated the dishes and then awarded the grand prize of the evening: "a golden whisk" to Chef Chris Ferrier, executive chef at the National Conference Center.

Guests at DISHED 2017 enjoyed chef-prepared hors d'oeuvres, beverage tastings and a full dessert bar while watching the on-stage cooking action.

Two charities focused on combatting hunger – Cornerstones and Western Fairfax Christian Ministries – had informational tables at the event.

Find out more at www.dulleschamber.org.



PHOTO CONTRIBUTED

From left: Chef San Varith, Hilton Washington Dulles Airport; Chef Chris Ferrier, National Conference Center; Chef Luis Vasquez Alba, The Westin Washington Dulles Airport; Eileen Curtis, President and CEO, Dulles Regional Chamber of Commerce; Chef Victor Valenzuela, Holiday Inn Dulles Airport; and Chef Rick Koplau, Hyatt Regency Dulles.

OPINION

Another Step to Police Transparency

Opening up records of “unattended deaths” to families.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exception that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

EDITORIAL

As a result, many police departments around the Commonwealth, including Alexandria, Arlington and Fairfax, have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should. Police chiefs and prosecutors from across the commonwealth have spoken out against any effort to undermine their broad power of exemption.

To its credit, the Fairfax County Police Department has committed to “release police re-

ports with redactions rather than creating a summary document,” and the new policy is in progress.

During the 2017 session of the General Assembly, state Sen. Scott Surovell’s bill, SB1102, passed both the House and Senate without any votes in opposition. The bill would require police to release the records of investigations of deaths by suicide to the closest family member.

The bill summary: “Virginia Freedom of Information Act; completed unattended death investigations; mandatory disclosure. Requires that records of completed unattended death investigations be released to the parent or spouse of the decedent or, if there is no living parent or spouse, to the most immediate family member of the decedent.”

Gov. Terry McAuliffe proposes to gut the bill by amending it to only require the police to provide a summary of the report.

Families deserve to have access to completed police reports about the death of a loved one. (This is also an issue for murder victims and other situations, but is not addressed by this bill.)

The General Assembly meets for its veto session Wednesday, April 5, and we urge every member who voted in favor of Surovell’s bill

Tune into Budget Hearings This Week

❖ Tuesday, April 4, 4 p.m., Public Hearing before Fairfax County Board of Supervisors; School Board presents budget to Board. Fairfax County Government Center, Boardroom, 12000 Government Center Pkwy., Fairfax.

❖ Wednesday, April 5, 1 p.m., Public Hearing before Fairfax County Board of Supervisors.

❖ Thursday, April 6, 1 p.m., Public Hearing before Fairfax County Board of Supervisors. All meetings streamed live online and available to view on demand.

Residents can listen to any meeting live in the Board of Supervisors boardroom by calling 703-324-7700.

to vote to block the amendment.

We note that police departments do not have to withhold these reports; nothing in the current law prohibits their release. Police departments could choose the compassionate and transparent approach by releasing reports, redacting the names of witnesses and other information as reasonably necessary. This is what the FCPD is working towards.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Bidding Farewell to Circus ‘Big Top’

Last chance to see it in Northern Virginia.

BY MICHAEL MCMORROW
THE CONNECTION

Ringling Brothers and Barnum & Bailey Circus will close early next month and become a page in history. A few troupes will continue, some with specialties like Cirque du Soleil and others that are true circuses but small like Circus Flora. But the “Big Top” will be gone.

Attending the final few performances, nobody would guess that the end is drawing near. Performers, at the peak of their profession in “The Greatest Show on Earth,” are not about to ease up their routines or disappoint the audiences.

A blur of countless colors, music pouring from carefully positioned speakers, costumes alight with spangles and crystals, lions and tigers caged with a man and a whip, lights scanning the crowd and reaching high above the ring, horses with bareback riders, people climbing to and hanging from the rafters, everything one expects in a circus envelops each guest, young or old. Everything, that is, except the elephants that are retired to a conservation center in Florida.

Circuses can be measured by the members of clown alley, and Ringling always has some of the best. While facing disappointment as the company closes, the clowns have lost none of their energy and joy performing. In fact, they



Joan Fernandez Cabrera



Victor Rossi

PHOTOS BY MICHAEL MCMORROW

display optimism alongside professional pride.

Joan Fernandez Cabrera said he is happy to work with Ringling, but when it ends he will visit his family in Cuba and then journey to Europe with confidence of finding work. “There is always room for a good clown,” he said.

The story is much the same with Victor Rossi, originally from France and of a family with many generations in the circus.

Ringling has brought laughs and gasps to

countless millions during its 146 years crisscrossing the country. It could hold its own with moving pictures, but not with the hundreds of television channels in high definition and color.

Over the next few days, a man with a tall hat and wearing a military cut jacket of many colors will step into the spotlight and cry out “Ladies and gentlemen and children of all ages, you are about to see the most extraordinary performers and exotic animals one last time at The Greatest Show on Earth.” Older listeners will recall memories of years past, and the young will file away a memory to be recalled in years yet to come.

The bad news is that the circus is passing away. The good news is that it also is passing through Northern Virginia for a final time, right now.

Details

Ringling Brothers and Barnum & Bailey Circus

Friday, April 7 through Sunday, April 16
EagleBank Arena (formerly Patriot Center)
George Mason University Campus, Fairfax
See www.ringling.com

Oak Hill & Herndon
CONNECTION

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NEWS

New Townhomes Break Ground

Town of Herndon Mayor Lisa Merkel and members of the Herndon Town Council join Tradition Homes owners Steve and George DeFalco on Tuesday, March 21, in breaking ground for the next phase of the Junction Square project. The new townhomes will be located at the corner of Elden and Monroe streets in downtown Herndon.



IMAGES COURTESY OF THE TOWN OF HERNDON

Rendering of the completed project streetscape.

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PHOTO COURTESY OF THE TOWN OF HERNDON

Town Finance Director Sworn In

An Oath of Office was administered to Jennie Tripoli, the town of Herndon's newly-appointed director of finance, on Tuesday, March 28, at the Herndon Council Chambers Building. Tripoli will be responsible for the town's financial affairs, including successful execution of the annual budget; analysis and counsel related to fiscal decisions by the Town Council; management of financial processes and fiscal policy execution; adherence to and preparation of accounting reports related to annual audits and professional organization standards; and management of Department of Finance personnel. She started working on March 13.

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Senior Living



PHOTOS BY RENEE AND ROBERT MAXWELL

Herndon Village Network board members Rosemary Kendall, Charlie Marts, and Jenny Phipps welcome guests.

Herndon Village Network Enjoys Fundraising Success

Herndon Village Network thanks the many Herndon leaders and community supporters for their enthusiasm during the fundraiser held at O'Sullivan's Irish Pub in March. The turnout was excellent; the food and drink were great; and the company was the best. This community spirit, combined with O'Sullivan's generosity, raised needed funds in support of Herndon's senior citizens.

Herndon Village Network will use the donations to fulfill its mission of providing the elderly with transportation for appointments, errands, social gatherings, and other outings. This more organized concept of neighbors helping neighbors encourages older residents to age in the Herndon community and allows them to maintain established routines and connections, which results in a higher quality of life.

Herndon Village Network (HVN) provides rides via



Area leaders, such as Del. Jennifer Boysko (D-86), supported the event.

vetered volunteers on weekdays and weekends. Herndon residents who are 55 or older, live in the 20170 zip code, and are interested in HVN services should call 703-375-9439. For more information, visit www.herndonvillagenetwork.org.



PHOTO COURTESY OF MARION MYERS

From left: Tony Crooks of AEW Global; Hunter Mill District Supervisor Cathy Hudgins; David Ross, partner and president of Atlantic Realty Companies; Del. Ken Plum; Adam Schulman, partner and vice president of Atlantic Realty Companies; Reston Association Board President Ellen Graves; and Rick Irwin of IntegraCare.

New Senior Living Facility Under Construction

Atlantic Realty Companies broke ground for the Hunters Woods at Trails Edge Senior Living Community project at 2222 Colts Neck Road in Reston on Thursday, March 30. The project will replace the former United Christian Parish with 210 units for

senior living – 90 designated as independent living, 81 for assisted living, 15 special needs and 24 assigned to memory care. Construction is set to begin with demolition of the existing structure immediately and completion is expected by January 2019.

CALENDAR

FRIDAY/APRIL 7

Senior Tea. 10:30-noon at ArtSpace Herndon, 750 Center St., Herndon. View the current exhibit and enjoy a cup of tea on the second Friday of the month, all teas are free and open to the public. Visit www.artspaceherndon.com or call 703-956-9560 for more.

SATURDAY/APRIL 8

Managing Inflammation Naturally. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Registered dietician Natalie Kannan will share ways to manage chronic inflammation through diet and healthy eating choices. For adults, free. Visit www.fairfaxcounty.gov/library for more.

WEDNESDAY/APRIL 12

Medicare 101. 2-2:30 p.m. at the Reston Community Center, 2310

Colts Neck Road, Reston. Fairfax County is offering the free seminar, Medicare 101. Contact Karen Brutsché at 703-390-6157 for more.

SATURDAY/APRIL 22

Sun Dance Performance. 7 p.m. at Herndon Senior Center, 873 Grace St. "Music To Take You Away" with standards like Fly Me To The Moon, Sentimental Journey along with Drive My Car, Proud Mary, and Come Sail Away. Call 703-464-6200 for more.

MONDAY/MAY 15

Arts Festival Week. Various times at the Herndon Senior Center, 873 Grace St. 12th Anniversary and Arts Festival Week with artwork from the seniors on display, and a way to exercise creativity to keep body, mind, and spirit strong and resilient. Call 703-464-6200 for more.



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Nysmith fourth grade team, from left: Anderson Jones, Austin Greene, Anaahita Kaashyap, Nyla Kathuria, Rishabh Kumaran and Veer Dabbi.

Nysmith School Students Outstanding at Odyssey of the Mind

As Nysmith School begins to wind down in preparation for spring break (week of April 10), plenty of its students are gearing up by recording impressive results in the prestigious academic competition, “Odyssey of the Mind (OM):”


❖ The fourth grade OM team—coached by Vernice Gibson-Jones of Herndon—took first place honors in the Division II competition and advanced to the OM State Championships on April 1 in Aldie, Va. (John Champe High School). The students presented their hand-crafted Odd-A-Bot “robot” that witnessed and duplicated four human activities and then applied the movements in a unique and entertaining fashion. The team members include: Anaahita Kaashyap, Anderson Jones and Rishabh Kumaran (all of Herndon), Henry Pan (Reston), Nyla Kathuria (Fairfax), Veer Dabbi (Oak Hill) and Austin Greene (Great Falls).

❖ A team of fifth graders took second place in its division, scoring high marks in both the long-term and spontaneous problem-solving portions of the competition. Coached by Levent Koc Ozdemir of Vienna, Sandra Serna of Leesurg and Holy-Tiana Rame of Washington, D.C., the squad includes: Aanya Kolli (of Chantilly), August Rame (Washington, D.C.), Melis Ozdemir (Arlington), Sahithi Atluri (Centreville) and Valentina Suarez (Leesburg).

❖ The seventh grade team placed third in its competition, also building a robot to replay human actions in a creative way. The team, coached by Dr. Krishna Madiraju of Ashburn and Michael Joyce of Sterling, includes: Swetha Madiraju, Srivatsa Krishnamurthy (of Ashburn), Adeline Kong (Great Falls), Sarang Arun (Fairfax), Michaela Joyce (Sterling), Neha Regi and Rohan Regi (Centreville).



Nysmith’s seventh grade team: Swetha Madiraju, Sarang Arun, Adeline Kong, Rohan Regi, Michaela Joyce, Neha Regi and Srivatsa Krishnamurthy.



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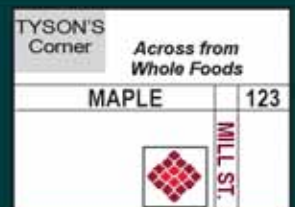
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ENTERTAINMENT

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

ONGOING

“No Place Like Home.” Great Falls Studios presents a juried art show on exhibit through April 8 at ArtSpaceHerndon, 750 Center St., Herndon. Visit www.artspaceherndon.com

Lake Anne Exhibit. Deadline is June 2 to enter photographs for the Lake Anne show. The exhibit runs from June 5-July 2 and is free and open to the public 9 a.m.–8 p.m. throughout the week at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. Visit www.leagueofrestonartists.org for more.

All-comers’ Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at last 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.

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

Teen and Adult Art Classes

ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment

options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

Emerging Visions: Interactions. Various times through April 1 at the Greater Reston Arts Center (GRACE), 12001 Market Street, Suite 103, Reston. After viewing Shih Chieh Huang: Synthetic Transformations, students were asked to explore different interpretations and aspects of interactions. The final selections will be on view in the gallery. Visit restonarts.org or call 703-471-9242 for more.

FRIDAY/APRIL 7

Senior Tea. 10:30-noon at ArtSpace Herndon, 750 Center St., Herndon. View the current exhibit and enjoy a cup of tea on the second Friday of the month, all teas are free and open to the public. Visit www.artspaceherndon.com or call 703-956-9560 for more.

Meditation for Peace and Well-being. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Longtime meditator Gerry Gorman will share a simple technique of spiritual meditation that can help achieve a lasting state of peace and happiness. For adults, free. Visit www.fairfaxcounty.gov/library for more.

SATURDAY/APRIL 8

Founder’s Day. 11 a.m.-4 p.m. at Lake Anne Plaza, 1609 Washington Plaza N., Reston. A celebration the 53rd anniversary of Reston’s founding. Visit www.restonmuseum.org/foundersday or call 703-709-7700 for more.

Aqua Egg Hunt. 1:30.m. at Herndon Community Center pool, 814 Ferndale Ave., Herndon. Children will collect as many floating and sinking eggs as possible in the time allowed. \$10. Open swim at 4 p.m. Visit herndon-va.gov/ for more.

Fiber Artist Workshop. 2-4 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Join fiber artist, Cecile Batchelor, in making a quilt with paper. In this two-hour session, children will learn a little bit about tessellations, color theory, and how to construct a quilt. Ages 10-14. Visit www.artspaceherndon.com or call 703-956-9560 for more.

Classical Ballet Theatre. 7:30 p.m.

at CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Complimentary pre-performance cocktails at 6:30 p.m. Visit www.cbntva.org or call the box office at Box Office: 703-476-4500.

SUNDAY/APRIL 9

Founder’s Day Art Show. 2-4 p.m. at at the JoAnne Rose Gallery, Reston Community Center at Lake Anne, 1609 Washington Plaza, Reston. The League of Reston Artists presents their annual Founder’s Day exhibit in honor of the group’s founder, Patricia MacIntyre. The exhibit runs From April 3-30. Visit www.leagueofrestonartists.org for more.

In Concert. 7 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Professional Touring Artist Series: Dana and the Glorious Birds. Call 703) 476-4500 for more.

APRIL 11-13

Spring Break Art Camp. 8:30 a.m.-12:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Art teacher Emily VanDeburgh will focus on drawing, acrylic painting, and mixed media with an emphasis on specific styles and master’s work. Call 703-956-6590 or email jdimambro@artspaceherndon.com for more.

APRIL 11-MAY 6

The Art of Resilience. 10-noon at ArtSpace Herndon, 750 Center St., Herndon. An exhibit showcasing the artwork of Azriel and Irene Awret. Reception April 29, from 7-9 p.m. Visit www.artspaceherndon.com or call 703-956-9560 for more.

WEDNESDAY/APRIL 12

Trends in TV Viewing. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Allan Hide from the Fairfax County’s Department of Consumer and Cable Services will cover the “enabling devices” required to access television channel services. For adults, free. Visit www.fairfaxcounty.gov/library for more.

THURSDAY/APRIL 13

Color Me Happy. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Turn loose the inner artist in this adult coloring session. Coloring pages, pens and pencils provided. For adults, free. Visit www.fairfaxcounty.gov/library.

SATURDAY/APRIL 15

Egg Hunt. 9:30 a.m. at 777 Lynn St., Herndon, behind the Herndon Municipal Building. Story readings, coloring mural, tattoo shack, petting zoo, photo-op with Easter Bunny, instrument “Petting Zoo” brought to you by Bach to Rock. \$9 in advance or \$10 at the event. Visit herndon-va.gov/ for more.

MONDAY/APRIL 17

Herndon Poetry Group. 7-8:30 p.m. at the Herndon Library, 768 Center St., Herndon. Poetry Planet: A Community Poetry Reading. April is National Poetry Month, join the community to appreciate poetry together. Free. Visit tinyurl.com/hnqb8n3 to sign up.

THURSDAY/APRIL 20

Dollars and Sense Discussion. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Monthly book group discussion



“De Mi Alma,” choreographed by Classical Ballet Theatre faculty member Meghan Rudorfer, earned Emilie Gregory recognition during the 2016 Youth America Grand Prix. More recently, the renowned Miami City Ballet School invited Emilie to train in its residence program year-round.

PHOTOS BY
TONY DE LA PAZ

An Evening with the Ballet

Join the dancers of Classical Ballet Theatre as they bring to the stage innovative works by today’s leading contemporary choreographers including Roni Koresh of Koresh Dance Company, Iquail Shaheed formerly of PHILADANCO, Lauren Edson formerly of Trey McIntyre Project, and faculty of Classical Ballet Theatre.

Saturday, April 8, at 7:30 p.m. with complimentary pre-performance cocktails at 6:30 p.m. CenterStage at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Find tickets and information at www.cbntva.org/evening, or call 703-476-4500, ext. 3.

focuses on business leaders and markets. April’s book is “The Everything Store: Jeff Bezos and the Age of Amazon” by Brad Stone. For adults, free. Visit www.fairfaxcounty.gov/library.

FRIDAY/APRIL 21

Learning Ally Celebration. 9-10 a.m. at Herndon Middle School, 901 Locust St., Herndon. Presentations followed by cake and ice cream. Visit www.fcps.edu/HerndonMS.

FRIDAY-SUNDAY/APRIL 21-23

Guys and Dolls. Friday and Saturday at 7:30 p.m.; Sunday at 2 p.m. at Herndon High School Auditorium, 700 Bennett St., Herndon. (Enter the school through Door #6.) Cast and crew from Herndon High put on a musical comedy following a ragtag gambler, his showgirl fiancée, a high-rolling heartthrob, and a modest missionary, as their lives intersect. \$15. Visit www.herndon-drama.org.

SATURDAY/APRIL 22

Spring Fling Vendor Sale. 8 a.m.–2 p.m. at Herndon High School Cafeteria, 700 Bennett St., Herndon. Items for sale include arts & crafts, costume jewelry, clothing, books, cosmetics, household items and more. Call 703-810-2200 for more.

SUNDAY/APRIL 23

Love Maria. 4-8 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Evening includes award nominated film “Woman in Gold.” Gregor Collins, author of “The Accidental Caregiver” will be present to speak about his experiences caring for Maria Altmann and to sign his book, available for purchase. Visit www.artspaceherndon.com or call 703-956-9560 for more.

TUESDAY/APRIL 25

Spring Flower Bouquets. 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This Tess Rollins workshop will teach participants to brighten up a space with paper flowers and the art of working with paper. A Design and Wine Event. If possible please bring a mini glue gun, otherwise all supplies are provided. \$35. Visit www.artspaceherndon.com or call 703-956-9560 for more.

APRIL 26-30

Gently Used Books and Media Sale. 5-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. All proceeds go to support the Reston Regional Library and the Fairfax County Public Library system. Visit www.RestonLibraryFriends.com for more.

THURSDAY/APRIL 27

Family Challah Bake. 6:30-8:30 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Evening of challah making, dinner and dancing. Enjoy kosher pizza, salad & dancing while the challah rises. Email Office@bethemeth.org or call 703-860-4515x101.

FRIDAY/APRIL 28

Empty Bowls. 5:30-8 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Food served in a handmade pottery bowl to keep as a reminder that there are those in the community with empty bowls. All proceeds will be donated to “Food for Others,” the largest distributor of free food directly to the hungry in Northern Virginia.\$25 for adults in advance/ \$30 adults at the door/\$15 for children under 12. Visit www.givingcircleofhope.org..

ENTERTAINMENT

The combined choruses of Capital Harmonia and Oakcrest School in McLean perform under the direction of Mary Ann East, Capital Harmonia Choir Director. According to the event program, Capital Harmonia chose March, Women's History Month, for their festival "to celebrate contributions of women who have and are making history."



PHOTO COURTESY OF
DAVID LABELL

Capital Harmonia Hosts Women's Choral Festival

Performance honors Women's History Month.

BY MERCIA HOBSON
THE CONNECTION

The second Annual Women's Choral Festival hosted by Capital Harmonia was held at the Community of Faith United Methodist Church in Herndon, Sunday, March 26. The festival celebrated women's contributions over the last 100 years and called attention to challenges women face across the globe today.

The afternoon program featured a repertoire of songs from classical to Broadway to pop performed by two, age-different female choirs, Capital Harmonia and the Oakcrest School Chorus from McLean. Mary Ann East, Artistic Director and Co-founder of Capital Harmonia, and Anne Miller, Music Director of Oakcrest School, conducted.

The festival showcased music specially written for women's voices and composed by women. The selections, accompanied by piano and string quintet, were chosen to inspire and empower the younger women to become advocates for women's causes. Intermixed between songs were readings of original poems written to reflect the pieces. Free and open to the public, the festival attracted more than 150 guests.

The program began with the combined choirs singing "Words of Strength," by Gwyneth Walker, accompanied by Rachel Thompson of Vienna on piano. The lyrics were a dialogue between the two generations. Initially, each choir sang separately, and then the choirs' voices intensified, ultimately ending in unison. The sense of past and present was evident in the uplifting and hopeful music. Molly O'Boyle, from Reston, attended the event. During the intermission, she said she was impressed by the age diversity in the program.

East recognized individuals in the audience who lead the 22 Washington area and national organizations that Capital Harmonia partners with throughout the year, their "Partners in Song."

Jasmin El Kordi is a chorus member from Vienna. Before the festival performance, she said Capital Harmonia relies on individual contributions and the generosity of organizations to help support their



PHOTO COURTESY OF DAVID LABELL

Capital Harmonia choir members Mary Carrick (Reston), Theresa Lindow (Reston), Leti Labell (Fairfax) and Meagan Carrick (Reston) sing at the second Annual Women's Choral Festival hosted by Capital Harmonia. The event honored the voices of women today and throughout history.



PHOTO COURTESY OF DAVID LABELL

Capital Harmonia choir members Kelly Hood (Fairfax), Janice Ware (Vienna), Christine Hendon (Fairfax), Meagan Carrick (Reston) and Theresa Lindow (Reston) listen as Mary Ann West, Capital Harmonia's Choir Director, addresses the audience.

operating expenses.

Kelly Hood, a Capital Harmonia board member and singer from Fairfax, summed it up, saying: "It's about the joy of the music."

For more information about Capital Harmonia, a 501(c) 3 charitable organization, visit www.capitalharmonia.org.

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Sick & Tired



By KENNETH B. LOURIE

Man o' man was I sick last weekend (that was not a question). It began as a runny nose, followed by an annoying hacking cough, compounded by sneezing and watery eyes, an occasional headache, with zero interest in food and hardly any energy to get myself out of bed where I spent practically the entire two days. I haven't been that sick/incapacitated since, I don't know when. Thankfully, there was no temperature, sore throat or nausea to further complicate my inability to move off the bed. And most thankfully, there was no urgency to visit the bathroom (I don't know if I would have had the wherewithal to even get there). Otherwise, I might have actually had to call/email the doctor and/or make an appointment at the Emergency Room. After all, I do have cancer so I really shouldn't ignore — totally — the times when I'm feeling uncharacteristically bad. This past weekend, had I gone from bad to worse, I would have called.

However, my symptoms, as miserable as they were, especially for two days, didn't meet the this-is-it threshold as set forth by my oncologist. Though the symptoms were new and different versus the everyday norm, they certainly weren't uniquely different (lung cancer related) for a seasonal-type cold. Moreover, the pain/discomfort/cough wasn't coming from my lungs, and the symptoms had only lasted a few days, not a few weeks. I therefore determined that unlike Babe Ruth who felt "just as bad" as he sounded in his famous Babe Ruth Day farewell speech at Yankee Stadium on April 27, 1947, I wasn't dying. I was just sick with a bad cold, one that was worse than any I remember (although maybe I've forgotten. See column titled "I Can't Forget What I Don't Remember" published 3/22/17).

Nevertheless, since I'm not a doctor, just a patient, presumably I should know what my body is telling me. However, I may not be so inclined to listen (fear mostly). Though my life may occasionally be at stake, I still struggle with the facts of my case. I delude myself into thinking that if I don't give in to the pain and suffering — as rare as they usually are, then I won't suffer the consequences: dying before my time. I don't want to believe the worst so I don't. I wouldn't attribute my above-average life "unexpectedness" since diagnosis (eight years — AND ALWAYS COUNTING) as the power of positive thinking since I never read the book written by Norman Vincent Peale. But I try not focus too much on my diagnostic reality.

I mean, it's not as if I laugh in the face of death; heck, I cry more than ever, especially while watching programs on television when heartstrings are pulled. Somehow though, I try not to take my cancer personally, if that makes any sense? I try to take it the same way Curly Howard of The Three Stooges took his many slapstick pratfalls: "I'm a victim of soycumstance."

But when I get sick, whether or not I feel anything in my chest/lungs, I cross over into an entirely new realm. No more am I able to talk/humor myself into or out of things, no more am I able to deny my cancer reality and no more am I able to pretend that all is right in my world. It's during these situations when the metaphorical/proverbial you know what hits my emotional fan that I suffer the most. Unfortunately, there's not a shut-off button. I just have to ride it out, as bumpy as it typically is, and hope I come out the other end in better shape than when I went in.

So far, so good. Although I'm still coughing a bit and blowing my nose, all the other symptoms have subsided and no more do I feel worse for the wear. I don't suppose it's cancer-related, but of course, what do I know? What I do know is this: if the remaining symptoms linger, I'll worry, and on Wednesday, April 19 — and for the following week, I'll worry even more awaiting the results from the CT Scan and lower abdomen MRI I have scheduled that day (it's a special: two for one). Granted, these tests are not any newer than catching a cold, but still, I can't help wondering: since I was diagnosed as "terminal," this can't keep going on forever, can it?

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

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Connection

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

SATURDAY/APRIL 8

Free Lice Removal. 9 a.m.-5 p.m. at 455B Carlisle Drive, Herndon. Lice Clinics of America is providing free lice removal. Call 646-843-1803 or email nsalerno@5wpr.com for more.

Managing Inflammation Naturally. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Registered dietician Natalie Kannan will share ways to manage chronic inflammation through diet and healthy eating choices. For adults, free. Visit www.fairfaxcounty.gov/library for more.

WEDNESDAY/APRIL 12

Medicare 101. 2-2:30 p.m. at the Reston Community Center, 2310 Colts Neck Road, Reston. Fairfax County is offering the free seminar, Medicare 101. Contact Karen Brutsché at 703-390-6157 for more.

FRIDAY/APRIL 14

Good Friday Services. Noon-3 p.m. at Dranesville Church of the Brethren 11500 Leesburg Pike, Herndon. The service will be the Seven Last Words of Christ featuring six half hour services with six local clergy. Email Rev. Kelly at tkelly@stfrancisgreatfalls.org for more.

ONGOING

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956- 8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

Exercise for Parkinson's. Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778 for more.

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. Email skeduman@aol.com for more.

Passages Divorce Care. Tuesdays 6:45 to 9:00 p.m. beginning Sept.13 through Jan 7. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

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

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

Vienna, Virginia. Cost to cover materials \$20, scholarships available. 703-938-9050, www.viennapres.org, or send an email to Passages@ViennaPres.org

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov . Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Submit a Nomination for Volunteerism & Community Service Awards

The Virginia Governor's Volunteerism and Community Service Awards is looking to recognize individuals and groups whose volunteer activities contribute to the life and welfare of Virginia citizens. There are a variety of categories for both individuals as well as groups so if you have a special volunteer in your organization or know of a group that should be nominated, please visit the website to get started: <http://virginiasservice.virginia.gov/volunteering/governors-volunteerism-awards/> **Fairfax County** needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Habitat Heroes Project. The fourth Saturday of each month from 10 a.m. - noon. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

ARTSPACE HERNDON - ArtSpace Herndon needs volunteer docents to greet guests, answer the phone and complete sales during normal gallery hours. Volunteers are also needed a few hours each month to assist with exhibit installation and special performing arts events. Training is provided. Flexible shifts are available. For additional information see our website www.artspaceherndon.com. Or contact us at 703-956-9560, volunteer@artspaceherndon.com. ArtSpace Herndon, 750 Center Street, Herndon.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Hope Fellowship Church will temporarily be meeting at Hyatt Place, 21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.



Anabel Gonzales, 3, traced her hand and drew her original design for Mehndi, a popular form of body art from Ancient India.

Hutchison Elementary Celebrates International Night

Art and performance foster a culture that values and respects diversity.

To create change, teach the children. After a multi-year absence, Hutchison Elementary School in Herndon opened their doors Thursday evening, March 30, for the return of International Night. The event attracted Hutchison children and their families, many from different cultures and backgrounds.

"We hadn't done an International Night for a few years," said Maureen Griffin, Hutchison staff and event organizer. According to Griffin, after an assess-

ment of the previous programs, a different educational experience was shaped. "The new format allows art and performance to be the featured elements," Griffin said.

The organizers sought to bring positive energy to the exchange. The many enriching hands-on craft and display activities invited the children and their families to participate and learn about other cultures, increasing awareness and support for others.

Having these activities be the focus, better engaged the children and achieved the program's goal to celebrate and embrace differences between nationalities.

"We wanted to bring people together to celebrate their differences," said Griffin.

— MERCIA HOBSON



Audience participation and active learning: after removing their shoes, more than 30 boys, girls and even staff and parents stepped onto the stage.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



Crowds of parents, grandparents and children from different nationalities arrived for International Night at Hutchison Elementary in Herndon. The free event was produced by Hutchison School staff, supported by volunteers and sponsored by Arts Herndon.



Christopher Gutierrez, kindergarten, holds his drawing of the Honduras flag, created during International Night held at Hutchison Elementary. This summer, Christopher will be visiting Honduras for the first time with his dad whose family resides there.



Eyuael Simon was instantly attracted to the Maasai Adornment craft table at Hutchinson Elementary School's International Night. "This is my first time at International Night," Eyuael said.



Kelly Gu, an eighth grader at Rachel Carson Middle School, and Tiffany Lee from Green Briar West Elementary in Chantilly demonstrated their performance skills on the Guzherg, a Chinese plucked zither with a 2,500-year history.



Konark Dance School's affiliated troupe, Jayantika Dance Company, presented senior dancer Juliet Ganguly. To the delight of children and parents attending International Night, Ganguly performed an ancient Indian classical dance about the joy and color of spring.