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Siddharth Krishnakumar, a sixth-grader from McNair Elementary School in Herndon took second place at the 2015 Virginia Geographic Bee.



WE CHANGE LIVES

Maybe it really is you. Maybe you really don't belong in a "gym."

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Yours in fitness,
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*Some restrictions may apply. See club for details.

Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me



to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!

~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz

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PHOTOS CONTRIBUTED

From left - Alex Perdue, winner of the 2015 Virginia Geographic Bee; Harshavardhan Harish, third place; Akhil Rekulapelli, 2014 National Champion; and Siddharth Krishnakumar, second place.

Second in State

Herndon sixth-grader Siddharth Krishnakumar takes second place at state Geographic Bee.

Siddharth Krishnakumar, a sixth-grader from McNair Elementary School, Herndon, took second place at the 2015 Virginia Geographic Bee held March 27 at Longwood University in Farmville. Krishnakumar is also a member of his state qualified Science Olympiad team. The competition featured 100 geography students in the fourth through eighth grades from across the state. The 100 qualifiers had to face a eight rounds of tough geography questions on topics like Weird but true, Amazing animals, state savvy, US Food habits etc., at the end of the eight rounds more than 10 participants stood ground and hence they had to face tough tie breaking questions like “where is the city of Iquitos”, “what landlocked country is between Belarus and Ukraine” and after these tie breakers the top 10 finalists were



Siddharth Krishnakumar, a sixth-grader from McNair Elementary School in Herndon took second place at the 2015 Virginia Geographic Bee.

selected. The top 10 finalists again had to face rounds and rounds of super tough questions and finally Alex Perdue and Krishnakumar remained to go into the championship round in which Perdue, an eighth grader from Salem, won to be crowned the 2015 Virginia State Geographic Bee champion and Krishnakumar finished as the runner up. Perdue was awarded \$100 plus an all paid trip to Washington D.C. by the co-sponsor Plum Creek and Krishnakumar was awarded a \$75 cash prize and a Collection of National Geographic Magazine CDs. This year the National Geographic TV crew was there to film the entire event and also interviewed the champion and the runner up of Virginia Geographic Bee.

Four Among Top 10

Four Fairfax County Public Schools (FCPS) students reached the 2015 Virginia finals of the National Geographic Bee. Siddharth Krishnakumar of McNair Elementary School was the second place finisher, and Harshavardhan Harish of Mosby Woods Elementary School finished in third place. Among the 10 finalists were FCPS students Jacob Radomsky of Jackson Middle School and Neha Krishnakumar of Frost Middle School.

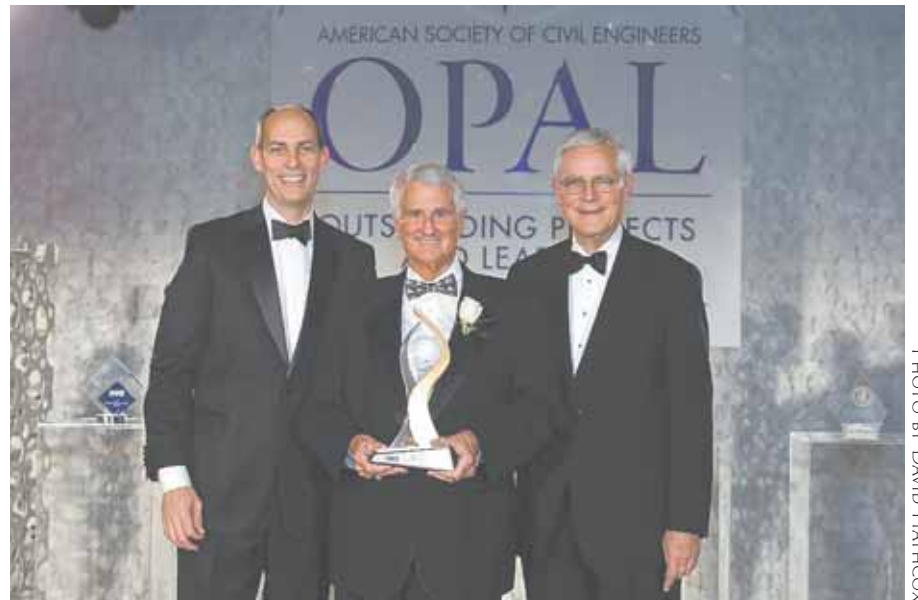


PHOTO BY DAVID HATHCOX

Del. Del. Thomas Davis Rust (R-86) - middle - receives an Outstanding Project And Leaders (OPAL) award.

Del. Rust Receives OPAL Award

The American Society of Civil Engineers awarded Del. Thomas Davis Rust (R-86) an Outstanding Project And Leaders (OPAL) award in Arlington on March 26, for his lifetime achievement in government. The national OPAL award was established 15 years ago, to recognize outstanding civil engineering leaders whose lifetime accomplishments and achievements have made significant differences.

Rust has a diversified career, serving as mayor of Herndon for 19 years, as delegate for 14 years, and numerous commissions and boards, while building an engineering company.

Having started his civil engineering career in 1965 for the Fairfax County Department of Public Works, Rust quickly moved from engineer, to assistant chief engineer, to chief of the design branch. He was then offered a job with Patton & Harris, a civil engineering firm, and it soon became Patton Harris Rust & Associates. In 2011, Patton Harris Rust & Associates merged with Pennoni Associates in 2011, where Rust serves as vice chairman on the board of directors.

Rust's background in civil engineering gives him a unique perspective in addressing transportation issues in Virginia. He was a staunch patron of the 2013 landmark transportation bill, which

brings much needed funding to transportation in Northern Virginia as well as the Commonwealth. As chairman of the House of Delegates Transportation Committee, a member of the Northern Virginia Transportation Authority, a member of the Northern Virginia Transportation Commission, and vice-chairman of the Dulles Corridor Rail Association, Rust's commitment to transportation is evident.

Rust has garnered many accolades during his service, including Legislator of the Year from the American Planning Association (Virginia), Legislator of the Year from the Virginia Interfaith Center, and Delegate of the Year from the American Council of Engineering Companies.

Passionate about education, Rust was the first in his family to graduate from college.

He earned his bachelor's degree in civil engineering from Virginia Tech, a master's degree in engineering from George Washington University, and a second master's degree in environmental and urban planning from University of Virginia. He has served in the Virginia higher education system in leadership positions on the Boards of Visitors at Longwood University and Virginia Tech, and the Virginia Tech College of Engineering's Committee of 100.

WEEK IN HERNDON

Northwest Federal to Host Art Exhibition

Northwest Federal Credit Union will transform its Herndon branch lobby into a fine arts gallery Friday and Saturday, April 17-18, as it hosts Spring ArtFest featuring impressive local artists. The exhibit is part of a partnership program with the League of Reston Artists (LRA) through the Credit Union's Community Partners program.

Northwest Federal members and the public may attend the show from 11 a.m. to 6 p.m. Friday and from 9 a.m. to noon Saturday. Six local artists will exhibit their work: Charlene Fuhrman-Schulz - Oriental Brush Paintings; Rudy Guernica - Acrylic

Paintings; Karen Hutchison - Acrylic and Mixed Media Paintings; Antonella Manganelli - Acrylic, Oil, Mixed Media Paintings; Jim Schlett - Photography; Regina Petrecca - Acrylic and Oil Paintings.

The show will include live music by smooth jazz guitarist, Al Robertson, from noon to 2 p.m. and 4 p.m. to 6 p.m. Friday. Robertson will return to play Saturday from 10 a.m. to 12. Northwest Federal will serve light refreshments.

For more information about the LRA, visit www.leagueofrestonartists.org.

Northwest Federal has branches in Chantilly, Gainesville, Herndon, Leesburg, Manassas and Vienna, and also offers financial services via online and mobile banking. Learn more at www.nwfcu.org.

OPINION

A Big Election Year in Virginia

Register, research,
vote. And vote again.

EDITORIAL

Every year is an election year in Virginia.

Here are a few examples that demonstrate that while elections are ubiquitous in Virginia, they are neither simple nor unimportant. Wade in, a lot depends on figuring this out and voting. This is not intended to be a comprehensive list of candidates.

The choices begin April 23.

Almost every state and local elected office in Virginia will be in play. Democrats will choose their candidates in the primary on June 9. Republicans will choose candidates for individual offices at caucuses, firehouse primaries and conventions, beginning April 23 and finishing by June 9.

For example, the Republican candidate for Sully District supervisor will be chosen in a firehouse primary on Saturday, April 25 at Westfield High School, with three candidates seeking the nomination to replace retiring Michael Frey. The three candidates are Brian Schoeneman, John Guevara and John Litzenberger, and the winner will likely face Democrat Cathy Smith on Nov. 3. Smith is vacating her Sully District School Board seat to run for Sully District supervisor.

This year's elections begin May 5 with elections in the Town of Vienna with three candidates vying for three positions on the Vienna Town Council. For more, see <http://www.fairfaxcounty.gov/elections/upcoming.htm>.

IN FAIRFAX COUNTY, all 10 members of the Board of Supervisors are on the ballot includ-

ing district members and the chairman. Also on the ballot: all members of the School Board including district members and three at-large members; Constitutional Officers Sheriff, Clerk of Court and Commonwealth's Attorney; and three members of the Northern Virginia Soil and Water Conservation District Board Directors.

Every seat in the Virginia General Assembly will be on the ballot, including all State Senate and House of Delegates seats. With several key retirements, including Del. Rob Krupicka (D), Del. Tom Rust (R) and Sen. Toddy Puller (D), it's clear that there will be some change. Del. Scott Surovell (D) will give up his seat to run for Puller's Senate seat, so the musical chairs continue.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM; ON
TWITTER @MARYKIMM

On the Banks of Bull Run 150 Years Ago

BY PAUL GILBERT
EXECUTIVE DIRECTOR OF NOVA PARKS

One hundred and fifty years ago, on the same day General Lee surrendered at Appomattox, Fairfax County witnessed the last gun battle of the war.

Just five months earlier, Confederate Colonel John Mosby had been authorized to expand his force that had effectively harassed the Federal forces around Washington. On Saturday, April 8, half of Mosby's force left Upperville on a mission to attack a train on its way to Alexandria. On Sunday, April 9, the same day Generals Lee and Grant were meeting to sign the Confederates' surrender, the Southern

Rangers were nearing Burke where they were going to attack the train station. At this time, the Federal forces at Fairfax Station heard of Mosby's forces and sent the 11th Illinois Cavalry under Captain Warner to intercept them.

For four or five miles, the two groups engaged in a galloping fight. Once they formed into battle lines against each other, but the rest of the time Union Cavalry chased Mosby's Rangers towards Bull Run, the stream that served as an informal dividing line between the Fairfax County that was under Federal control, and Prince William and Loudoun Counties that were less secure from a Union perspective.

Mosby's forces crossed the stream at Wolf Run Shoals in the Clifton area, and the Union

forces did not chase them any farther.

The next day, two of Mosby's Rangers who had been involved in this fight were talking and Lieutenant James Wiltshire remarked, "has it never struck you as being a notable fact that the first big fight of the war occurred on Bull Run and the last shots of the war in Virginia were fired on the banks of that same stream?" The bookends to the Civil War in Virginia that Wiltshire was referring to was the First Battle of Manassas, and this last fight in Fairfax County the day that Lee was surrendering 150 miles away.

Today NOVA Parks owns most of the Fairfax County side of the Bull Run and Occoquan rivers, an area rich in history.

LETTERS TO THE EDITOR

Failing Those Most in Need

To the Editor:

My name is Maurine Houser and I am writing in response to your article ["Moving: From Institution to Community"] printed on April 2 regarding the Northern Virginia Training Center.

I am the younger sister and guardian of my 57-year-old brother Kim Houser. Until recently, he resided at the Northern Virginia Training Center. Kim is non-verbal, non-ambulatory without assistance, has the cognitive ability of a nine month old and is medically fragile.

Your article states that the state Department of Behavioral Health and Developmental Services has provided a multitude of commu-



CONTRIBUTED
Kim Houser

nity placement options for family members. However, it has been my experience and others that the placements offered are inappropriate and do not have the skills or supports necessary for the medically disabled and behaviorally challenged population remaining at the Northern Virginia Training Center to survive. Not only are the placements unrealistic, they are not in Northern Virginia. My brother was offered placements in Williamsburg and Petersburg, Va., that were not in line with the standards of care suitable for him. My other alternative was to allow the State of Virginia to relocate Kim to the Central Virginia Training Center in Lynchburg, Va., which the state intends on closing in 2020 and ulti-

mately start the process of discharge all over again.

I came to realize unless I was proactive on behalf of my brother, his future would be severely compromised. Through my own research and efforts, I connected with Good Neighbor Community Services who are now caring for my brother in Spotsylvania, Va. The discharge process was extensive, cumbersome and extremely emotional. None of the professionals could predict the future of the Medicaid Waiver, which is now my brother's source of funding, nor anticipate how he would react to a new home, staff and routine. The discharge process encompassed a seven-month period; including but not limited to 20 state employees.

I feel fortunate I have found a provider that will take good care of my brother. However, I fear that the remaining residents will not be so lucky. How can moving

someone's severely disable child hundreds of miles away not be in violation of the American with Disabilities Act? The populations at the training centers are aging and many individuals have elderly parents who will be unable to see their children due to travel constraints. Similarly, Virginia remains glaringly non-compliant with the U.S. Department of Justice's findings as highlighted by the increase of individuals waiting for Medicaid Waiver funds and services. The process of deinstitutionalization in theory may work for most individuals but for those who are the 1 percent a hasty, underfunded, unsupported process will result in catastrophe as did the rapid deinstitutionalization and nonexistent funding for the mentally ill.

Maurine Houser
Reston

Oak Hill & Herndon
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LETTERS

Consider Taxpayers

To the Editor:

The following open letter was addressed to Board of Supervisors Chairman Sharon Bulova and Sully District Supervisor Michael Frey.

We want to protest the increase in the projected total rate of \$1.1135 (includes storm water tax and infestation prevention tax). We believe that this projected rate

should be no more than the inflation rate. We have had increases in our real estate taxes that have more than doubled the inflation rate for the last eight years.

In the past eight years, our real estate taxes have increased from \$5,752 to a projected \$7,774 for 2015 for a whopping 32 percent increase. For the same period of time, inflation increased 15.4 percent as reported by the U.S. Bureau of Labor Statistics. Their figures show a projected rate for

2015 as 2 percent, 1.6 percent for 2014, 1.5 percent for 2013, 2.1 percent for 2012, 3.2 percent for 2011, 1.6 percent for 2010, minus 0.4 percent in 2009, and 3.8 percent in 2008. These statistics show that our real estate taxes have increased twice the inflation rate for that eight year period. This is outrageous. Our current assessment is projected to increase by 3.99 percent while the inflation rate is projected to increase by 2 percent for this year.

According to the Fairfax County Taxpayers Alliance (FCTA), the residential real estate taxes increased \$3,359 between FY2000 and FY2016. This simply means that, during this period, according to the U.S. Bureau of Labor Statistics, inflation increased almost 40 percent during this 16-year period while the residential real estate increased 140 percent or more than three times the inflation rate. How can you really justify increasing real estate taxes more than

three times the rate of inflation? For decades, the County Board has been raising the budget and taxes more than two to three times the inflation rate. Isn't it time to give the county taxpayers a break?

In conclusion, we feel that the real estate tax rate should be rolled back to the current rate of inflation. We look forward to your comments. Thank you for your attention.

Charles McAndrew
Linda McAndrew
Oak Hill



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Or to mail photo prints, send to:
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HomeLifeStyle
D.C. Design House

McLean showcase home opens to the public April 12.

BY MARILYN CAMPBELL
THE CONNECTION

Local interior design enthusiasts will have an opportunity to tour a much-anticipated unveiling this weekend when the 2015 Design House opens in McLean on Sunday, April 12 at noon, with ticket sales benefiting the Children's National Health System.

The 8,869-square-foot home was built by Artisan Builders and designed by Harrison Design to look like an old American farmhouse. Then, 24 local designers were chosen to design a room in the home — the eighth annual design house — using inspiration that ran the gamut from American art to the home's natural surroundings. Organizers hope the varied styles will make the home's design appear to have evolved over many years.

THE KITCHEN was designed by Paul Lobkovich and Emily Neifeld, of Lobkovich Kitchen Designs in Tysons Corner. Antique white walls accented by a custom hood in both black and stainless steel create a simple,

but elegant gathering space.

If this kitchen is the hub of a home's activities, then the butler's pantry is where the preparation for those celebrations begins. That notion was the inspiration for Margery Wedderburn's design. "This butler's pantry is the celebration of a good life," said Wedderburn, of Margery Wedderburn Interiors, LLC in Vienna. "One enters the heart of the home, the kitchen and family room, through this butler's pantry, so the room is casually elegant, but doesn't take itself too seriously. It is happy, bright and fun."

"This home was designed to have a country farmhouse feeling, and we were inspired by the architecture plus the Virginia countryside," she said, explaining that nature was also a big inspiration. "We have the casual green leaf wallpaper, plus we designed a custom, faux-wallpaper on the ceiling which looks just like repurposed wood. We bring the outdoors in with the green and blue tones of the space, including the fun peacock color, which ties in with our peacock feathers in the umbrella stand."

Even the chandelier is peacock, and the Sisal rug features blue stenciling, while

green and blue stripes on the back of the closet tie everything together. Meanwhile, accessories give the space a contemporary feel. "Because this area of McLean is so cosmopolitan, we wanted to give a nod with stylish, hip vases, barware and details that move the space forward into the next decade while complimenting the past," said Wedderburn.

Another active hub of the home is the back stair hall, which connects all three floors. Although it's windowless, designer David Benton's goal was to create a warm, welcoming and stylish space. "Using furniture, lighting and accents, we visually divided the hall into two zones," said Benton of RA Spaces, the interior division of Rill Architects in Potomac, Md. Benton even created a "virtual window" with a commissioned painting, "Old Dominion Sky."

The first-floor space is accented with a custom, tufted bench and unexpected pops of color to create a formal space between the butler's pantry and dining room. "The hall space that connects the garage, mudroom and kitchen is anchored by a console table and wool rug," said Benton.



PHOTO BY ANGIE SECKINGER/D.C. DESIGN HOUSE

The 2015 D.C. Design House opens to the public on Sunday, April 12.

Open shelving and a built-in desk offer additional display areas. Benton finished the space with a chandelier by Circa Lighting and photo art. Those accessories “deliver fresh takes on period furnishing,” said Benton. “The classic Eames bright blue fiberglass shell chair introduces an unexpected Americana twist.”

One of the design challenges Benton faced on the second floor was creating an aesthetically appealing area rather than a simple connection between two spaces. He decided to transform the walls into a dramatic back-

drop using wallpaper by Cole and Son that features silhouetted stems of cow parsley against an etched background.

"Like the house, which feels like it has been added to over time, we wanted the interior to feel like an acquired collection of pieces," said Benton. "The useful storage bench and custom sweater rug give the space warmth and style. The fun and inexpensive swag light is another way we added flair and utility."

INSPIRED BY A SAILING TRIP through the fjords of New Zealand and by the bright oil-on-canvas painting, "Mountains and Sea," designer Lisa Tureson, of

D.C. Design House

956 Mackall Farm Lane, McLean, Va., will be open to the public starting Sunday, April 12, noon-5 p.m.

❖ **Regular Hours:** Tuesday-Friday, 10 a.m.-3 p.m.; Thursday evenings 5-8 p.m.; Saturday-Sunday, noon-5 p.m. Closed Mondays. (Visitors must arrive one-half hour before closing time to take the tour.)

❖ **Last day:** Sunday, May 10, noon-5 p.m.

❖ **Admission:** \$30. Purchase tickets at www.dcdesignhouse.com or at the door.

Studio Artistica in Oak Hill, created a powder room that she said resembles “a little art gallery.”

Tureson hung a custom, hand-etched mirror and eight paintings in the space. "My goal was to create a pictorial space since I'm an artist and painter," she said. "The subtle sparkle on the walls ... adds pizzazz."

When designing the room known as the gentleman's retreat, Scott Cooke, of Scott Cooke Design in Alexandria, wanted to "honor the architecture of the house itself, with a room that's rustic in nature, and that feels in sync with the time period the house evokes," he said.

From the wooden poster bed and canopy to the rug and art, Cooke used neutral hues throughout the room. He drew inspiration from the home of the late fashion designer Bill Blass, which was, “done in a monochromatic color story ranging from white and parchment, to caramel, chocolate, espresso and black” said Cooke.

Transforming this grand house into a home was a mammoth undertaking, but one designers say was well worth the effort.

"It is an honor to be a part of this amazing group of designers," said Wedderburn. "The great thing about the group is that everyone is wonderful and helpful to each other. There is a special camaraderie here and we are all drawing inspiration off each other."



PHOTO BY ANGIE SECKINGER/D.C. DESIGN HOUSE

With eight paintings adorning the walls, the powder room looks like an art gallery. Lisa Tureson of Studio Artistica in Oak Hill wanted the space to be both practical and functional.

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Advertising Deadlines are the previous Thursday unless noted.

APRIL

4/22/2015.....Real Estate Pullout – New Homes
 4/29/2015.....A+ Camps & Schools Pullout
 4/29/2015.....Mother's Day Celebrations, Dining & Gifts I
 4/29/2015.....Spring Outlook 2015

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Madison Boys' Lax Returning to Winning Ways

Warhawks improve to 4-0 with victory over Washington-Lee.

BY JON ROETMAN
THE CONNECTION

In 2013, the Madison boys' lacrosse program was one of the best in Virginia. Led by 16 seniors, the Warhawks won the Northern Region championship and reached the state final, where they fell short against perennial power Chantilly.

The following year, an inexperienced Madison team led by a new head coach failed to even qualify for the regional tournament.

Now in 2015, second-year Madison head coach Alex Gorman is hoping last year's sub-par season, which included a first-round conference loss to McLean, was simply an aberration for an otherwise successful program.

"Yes, we want to get back to the regional games," said Gorman, who was an assistant under Rich Hodge when Madison finished state runner-up in 2013. "That's sort of our goal. We missed out on that stuff last year. We had a long meeting at the end of last season and the goal for the kids was to get back to the region [tournament], where this team should be."



Junior attackman Cheech McLallen scored Madison's first three goals during a 16-9 win over Washington-Lee on Monday.

"There's no reason for us ever to be out of that regional tournament."

Three current Warhawks were contributors to the 2013 team: junior attackman Cheech McLallen, senior midfielder Robbie McLallen and junior midfielder Palmer Lloyd.



JP Ugast and the Madison boys' lacrosse team improved to 4-0 with a win over Washington-Lee on Monday.

Cheech McLallen started hot on Monday against Washington-Lee, scoring the Warhawks' first three goals while some of his teammates took their time returning to full speed following spring break. Madison scored the final four goals of the first half

and improved to 4-0 on the season with a 16-9 victory in Arlington.

"The spot I was in was pretty much an open spot," McLallen said. "We had a good two-on-one game going on right there."

McLallen, who has started since his freshman season, was one of eight Madison players to score at least one goal. Midfielders Stephen Gerdon and Jackson Franks each scored three goals, attackmen JP Ugast and Jacob Stein each had two, while midfielders Sammy Borak, Robbie McLallen and Lloyd each had one.

"[Cheech McLallen is] the face everybody knows on this team," Gorman said. "In the past, teams have scouted us and they see him. This year, it's a little bit different. We've got guys that can score goals. Cheech is definitely, by far, one of our best players, but he's not the only player out there. I think this year, we have a more balanced offense than we've had in the past."

Washington-Lee head coach Chris Corey said the Generals opened the game in a zone defense with the intent of slowing Cheech McLallen. W-L tied the score at 4-all early in the second quarter, but Madison scored the final four goals of the first half and pulled away during the final 24 minutes.

"[Our defensive approach] worked for approximately a quarter-and-a-half," Corey said, "and then they called timeout and made a really good adjustment to it."

Madison will travel to face Vienna rival Oakton at 7 p.m. on Saturday, April 11.

SPORTS BRIEFS

Langley Boys' Lax to Host Two Games

After starting 3-3, including a 9-1 loss to defending state champion Robinson, the Langley boys' lacrosse team returns from spring break with a pair of home games this week.

The Saxons will host Cold Spring Harbor on Wednesday, April 8, and Fairfax the following evening. Both games start at 7:15.

Langley opened the season with its first loss to McLean in program history. The Saxons responded with wins over Yorktown and Dominion. Langley then lost to Robinson and Chantilly before beating Battlefield.

Langley has played in four of the last five state championship games, including last year, when the Saxons lost to Robinson, 9-7.

McLean Baseball Wins Tournament

The McLean baseball team won the "Let's Play Two" tournament over spring break, defeating Mountain View 12-4 in the championship game on April 1.

After beating Langley and losing to



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Stone Bridge to open the season, McLean competed in the tournament, beating Edison, losing to Hylton, and then defeating Potomac and Mountain View.

McLean returned from spring break with a 4-2 record.

"At the start of the year the biggest question mark was going to be pitching," McLean head coach John Dowling wrote in an email. "We graduated two very, very good high school pitchers ([Joey] Sullivan, who has been getting some solid playing time at VT and Colin Morse, who is throwing extremely well for a top 15 ranked Shenandoah team). Those two threw a ton of important innings for us last year. We

knew we had six or seven guys that could replace them, but given the limited opportunities and injuries last year (Billy Gerhardt had a UCL repair and Jon Clines had an elbow strain that prevented him from pitching) the group was just unproven.

"As a coaching staff we were very confident that as a group they could fill Joey and Colin's shoes, it just might end up being four, five or even six guys throwing important innings as opposed to basically two. Over the start of the season, we have done, in every game but one, exactly what we need to do to be successful: throw strikes (and even when we didn't throw strikes against Mt. View, Minamino was able to

Gunnar Okeson, left, and the Langley boys' lacrosse team look to rebound from a 3-3 start.

limit the damage, and gave us five quality innings). When our pitchers eliminate walks we can be successful on the defensive side simply because we know our defense is going to make the routine plays. Big innings are tough to come by without the help of walks and errors, so when we eliminate those things we eliminate the possibility of big innings and ensure we stay in games."

McLean returns some talented players from its run to the 2014 state tournament, including shortstop Conor Grammes and catcher Caleb Beatty.

McLean faces some tough competition in the near future. The Highlanders will travel to face Chantilly at 6:30 p.m. on Wednesday, April 8 in a rematch of last year's 6A North region championship game. McLean will travel to face perennial power Madison on April 14.

Herndon Boys' Soccer Undefeated

The Herndon boys' soccer team returns from spring break with a 2-0-1 record. The Hornets beat South County and Woodson and tied Madison.

Herndon will host Thomas Jefferson at 7 p.m. on Wednesday, April 8 and will travel to face Oakton at 7 p.m. the following night.

SPORTS

Northwest Federal and Town of Herndon Celebrate First Icebreaker Run

On March 22, 229 participants were off and running in the Town of Herndon's inaugural "Ice Breaker Family Fun Run." Northwest Federal Credit Union's Herndon branch at 200 Spring Street served as the starting gate for the first 5K of the year, which then took runners on a scenic path through the Herndon Parkway and Sugarland Run Trail before finishing back at the Credit Union. "We've been pleased to sponsor community events in Herndon for many years, and it's clear the Icebreaker Run will become a popular activity," said Chris McDonald, president/CEO of Northwest Federal Credit Union. "Our Northwest Federal team had a good time, and we're looking forward to being a sponsor again in 2016."

The first female runner to cross the finish line was Allison Boone, while the fastest male participant



Herndon Branch Manager Cheryl Shackleford (right) presents a \$100 gift card from Northwest Federal to Allison Boone.



Cheryl Shackleford presents a \$100 gift card to Thomas Maloney.

was Thomas Maloney. Herndon Branch Manager Cheryl Shackleford presented both winners with \$100 gift cards from Northwest Federal. The Icebreaker Run is the first race of the 2015 season organized by Herndon's Parks and Recreation Department.

In addition to the Icebreaker Family Fun Run, Northwest Federal is a sponsor of the upcoming Herndon Festival, a large community event offering live music, carnival rides, food and crafts. Held in historic downtown Herndon, the Festival will run May 28-31.

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Pursuant to the terms of this subordinate Deed of Trust in the original amount of \$50,000.00 dated April 1, 2008 and recorded on November 10, 2010 in Deed Book 21362, Page 1833 of the Fairfax County land records, default having been made in the payment of the note thereby secured, the undersigned appointed Substitute Trustee, pursuant to the request of the holder of the Note thereby secured, will offer for sale at public auction at the front of the Fairfax County Circuit Court (Fairfax County Judicial Center, 4110 Chain Bridge Road) at Fairfax Virginia on April 23, 2015 at 11:30 AM the property more particularly described in the above Deed of Trust, located at the above address and briefly identified as follows:

Condominium Unit Number 12913-116 in WORLDGATE CONDOMINIUM, a Condominium, together with an undivided interest in the Limited Common Element Parking Space G1-33 and any other limited common elements appurtenant thereto, established by Condominium instruments duly recorded in Deed Book 8837 at Page 672, et seq., and any and all subsequent amendments thereto, among the land records of Fairfax County, Virginia
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TERMS OF SALE: Cash. A ten percent (10%) bidder's deposit in cash or certified check payable to the Trustee shall be required of the successful bidder at the time at the time of the sale before the bidding will be closed; settlement must be made within twenty (20) days or property to be resold at cost of defaulting bidder. The holder of the Note may credit bid the amount owed under the Note. Additional terms will be announced at the time of sale and the successful bidder will be required to execute and deliver to the Substitute Trustees a memorandum or contract of the sale at the conclusion of bidding. All costs of conveyancing, examination of title, recording charges etc. will be at cost of purchaser. Neither the Trustee or any other party guarantees or covenants to deliver, or in any way, obtain possession of the premises for any third party purchaser.

This property is subject to the following liens: (1) Deed of Trust from Jahangir Parandeh, a married man, to Suellen W. Wohlfarth, Trustee, securing GreenPoint Mortgage Funding, Inc., in the original principal amount of \$108,000.00, dated October 3, 2001, recorded October 4, 2001, in Deed Book 12276 at Page 786, corrected and re-recorded in Deed Book 20964 at Page 55 (corrects the legal description), assigned to GMAC Mortgage, LLC by Notice of Assignment recorded in Deed Book 21991 at Page 645; (2) Deed of Trust from Jahangir Parandeh, a married man, to Suellen W. Wohlfarth, Trustee, securing GreenPoint Mortgage Funding, Inc., in the original principal amount of \$13,500.00, dated October 3, 2001, recorded October 4, 2001, in Deed Book 12276 at Page 810, assigned to 15 HELOCS Financing, LLC,

by Assignment of Deed of Trust recorded in Deed Book 19166 at Page 1891, assigned to ARM Recovery Trust, by Corporate Assignment of Deed of Trust recorded in Deed Book 23785 at Page 1986; (3) Judgment in favor of HL Mall Venture against Multinational Traders Inc. and Jahangir Parandeh, in the amount of \$220,920.61 plus interest at 18% from August 17, 1990, plus interest from the date of judgment at 9% plus late charges of \$11,046.03, dated August 10, 1992, docketed August 25, 1992 as Judgment Number 217327; (4) Judgment in favor of Worldgate Condominium Unit Owners Association against Jahangir Parandeh, in the amount of \$4,672.72, plus interest at 6% from September 1, 2005, and costs of \$38.00 and Attorney's fees of 20%, dated August 30, 2006, docketed September 14, 2006 as Judgment Number 414642; (5) Judgment in favor of Hachette Filipacchi Media U.S., Inc., d/b/a Elle Decor against Jahangir Parandeh, a/k/a John Parandeh and Versailles Design Center, Inc., d/b/a Versailles Design Center, Versailles Gallery, and Versailles, in the amount of \$57,000.00, plus interest at 9% from August 25, 2006, plus costs and attorney's fees, dated October 15, 2008, docketed October 15, 2008 in Judgment Book 155 at Page 1741; (6) Judgment in favor of Worldgate Condominium Unit Owners Association filed against Jahangir Parandeh, in the amount of \$9,171.00 plus interest at 6%, and costs of \$53.00 and attorney's fees of 20%, dated April 9, 2009, docketed April 16, 2009 in Judgment Book 161 at Page 1601; (7) Judgment in favor of Luis M. Neto and Julie N. Neto, against Versailles Developing Corp., Inc., a/k/a Versailles Developers Corp., and Jahangir Parandeh, in the amount of \$36,000.00, plus prejudgment interest in the amount of \$3,060.00, dated February 19, 2010, docketed March 15, 2010 in Judgment Book 171 at Page 1778; (8) Judgment in favor of Worldgate Condominium Unit Owners Association filed against Jahangir Parandeh, in the amount of \$8,339.00, plus interest at 6% from January 1, 2009, plus costs of \$53.00 and attorney's fees of \$1,600.00, dated October 1, 2010, docketed October 15, 2010 in Judgment Book 180 at Page 2179; (9) Judgment in favor of Valpak of Virginia, Inc., against Versailles Gallery, Inc. and Jahangir Parandeh, jointly and severally, in the amount of \$1,700.00; plus interest at the rate of 18% from June 11, 2011, plus 33.33% attorney's fees, dated October 30, 2012, filed January 7, 2013 in Judgment Book 207 at Page 1550. In addition, a judgment was been docketed in the U.S. District Court for the Eastern District of Virginia on August 20, 2014, in favor of Irina Dmitriev in the amount of \$130,600.00 with prejudgment interest to commence on September 1, 2010.

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The Fact Is Not Yet The Matter



By KENNETH B. LOURIE

I don't know which is worse: the extra-special, extra-expensive, dental cleaning (the kind that requires Novocain and involves the actual dentist, not merely the hygienist) that I have scheduled for April 8th – or my next hopefully-not-do-or-die CT Scan, moved up a month from my usual three-month interval because of a suspicious formation seen on my most recent scan back in mid-February. Either way, the next two Wednesdays following by the fortnight Friday, April 24th appointment with my oncologist – to discuss the scan results from the 15th, should be noteworthy in the life of this cancer patient.

To think that my cancer-affected life is going to just roll along with nary a blip in assessment, treatment, protocol, scheduling, availability, etc., is both totally unrealistic and wishful thinking of the highest naiveté. And if anything can be said about yours truly, it is that I am well aware of, and reasonably well adjusted to, the slings and arrows of outrageous misfortune with which I have been forced to live, live being the applicable word, these last-six-going-on-seven years.

Given that symptoms I've felt previously – or not felt previously – have, on varying occasions, been positive and negative, feeling or not feeling has never been a sure-fire indicator of anything. As an example, one time I felt a pain in my chest/lungs (where I know the biggest tumor is located); it turned out to be scar tissue growing over a shrinking tumor, a good result. Another time, the same pain/same area indicated the tumor was growing, a bad thing. In general, feeling something has sometimes meant nothing and feeling nothing has sometimes meant something – and vice versa. I wouldn't say I was damned if I did and damned if I didn't, but I would say – with apologies to Oliver Hardy: It's a damned fine mess in which I find myself so regularly entangled. And apparently, from what I understand, the only thing likely to change in the future is nothing. And as fortunate as I am, compared to so many others who have succumbed to this terrible disease, being present and discussing even a problematic future – six years post-diagnosis – is as good as it gets for a patient originally diagnosed with a terminal form of cancer: stage IV, non small cell lung cancer. Still, it doesn't (and I mean never) minimize the stress.

Somehow, managing this process/experience has to include a methodology for managing expectations and minimizing that stress. Moreover, anything one can do to lighten the load emotionally, and build in some positive reinforcement and words-to-the-maybe-not-so wise, goes a long way toward accomplishing some level of relative peace and perhaps even a little quiet.

Of course, the process is Imperfect – with a capital "I." There are always bad days; you just want your share of good ones, too. Acknowledging what you can't control and being grateful for what you can helps to compartmentalize and find that balance between living in the present and dying in the future. Some days, doing "normal" things – like visiting the dentist, seem to help. Other days, it feels pointless. Oddly enough, it all sort of mirrors my symptom history: it matters, it matters not. I just hope that on April 24th, the matters don't hit the fan.

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

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Herndon High School Symphonic Ensemble performing at the Virginia State Assessment evaluation on March 20 and 21.



COURTESY PHOTOS

Herndon Concert Bands Honored

Symphonic and Wind ensembles continue their tradition of excellence.

BY SALLY TONER

The Herndon High School Symphonic and Wind Ensembles continued their tradition of excellence at the Virginia State Assessment evaluation on March 20 and 21, with the Wind Ensemble garnering an overall superior rating and Symphonic receiving an excellent rating.

The Wind Ensemble's superior rating at the assessment, which was held at Washington and Lee High School, gives Herndon High School Honor Band status for a third consecutive year. Honor Band status is awarded to schools whose marching band and wind ensembles achieve an overall superior rating at the VBODA assessment and Virginia State Assessment respectively.

Senior Christine Horting, first chair trumpet, explained the talent of individuals, work ethic, and contributions to the ensemble as a whole that have led to the band's success. "We were able to get honor band for the past three years through a combination of talent and hard work. We have quite a bit of raw talent to begin with, then we practice to finesse our abilities...We understand that music is about the ensemble, not the player," Horting said.

First chair saxophone, senior Laura Mister echoed the spirit of family that encompasses the ensembles.

"We are all just one big group of friends that love each other," Mister said.

As part of the assessment, the bands played three pieces each ranked in difficulty from I to VI. Symphonic Band played Grade IV pieces, and the Wind Ensemble played Grade VI pieces. As di-

rector Kathleen Jacoby was out on maternity leave, interim director Stacey Kropaczek took over, preparing both bands for the competition.

"The harder the music level, the more each individual musician is responsible for—more notes, more crazy rhythms, and more independence from other instruments. Conducting gets more difficult too. I only have two arms, but there are usually about five or six different things happening in the music at one time," Kropaczek said.

As a long-term substitute, Kropaczek praised the work on the part of the students and the support from the community.

"I'm going to miss coming to Herndon every day, and I will definitely miss the kids. I can only hope other schools are filled with such entertaining, helpful, driven people."

For state assessment, bands perform a prepared program for three judges who grade in seven categories in areas such as intonation, rhythm, and balance. Bands then have seven minutes to scan a piece for sight reading they perform for the same judges.

But it is the students who take away much more from the experience than competition and a score, as the Pride's seniors reflected on their experiences over the past four years.

"When I go to college, I will be bringing my confidence and leadership skills that the Pride of Herndon has taught me," said Mister.

Horting echoed this sentiment, and reiterated the gratitude she feels over the love of music she has nurtured through her band experience.

"I will always remember that music is for enjoyment. It is imperative that you love every note...I will always remember how our band would become one force of sound on the stage, feeding off each other's energies. It doesn't matter what you do with music after high school. It just matters that you find peace in music."



The Herndon High School Wind Ensemble in performance.

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

FRIDAY/APRIL 10

Empty Bowls Fundraiser. 5:30-8 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. An Empty Bowls fundraiser for the benefit of Food for Others and hunger relief in Northern Virginia. Hosted by the Giving Circle of HOPE. Tickets are \$25 and guests will receive a handcrafted ceramic bowl to keep and a simple soup supper. All proceeds raised will go to hunger relief in Northern Virginia. Pre-event tickets can be purchased by mailing a check made out to *Food for Others* and sent to Giving Circle of HOPE, P.O. Box 8832, Reston VA 20195 or purchase tickets online at www.givingcircleofhope.org. Prepaid tickets will be held at the door. For questions please email emptybowls@givingcircleofhope.org or call 703-665-9334.

Senior Tea. Friday. 1 – 2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public. For more information call 703-956-6590 or <http://www.artspaceherndon.com/events-2/senior-tea/>

SATURDAY/APRIL 11

Behind The Scenes With Loudoun Sketch Club Artist Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Please join us in celebrating a body of work which draws upon a rich tradition of talented local artists who truly appreciate the unique beauty and heritage of Northern Virginia. The exhibit and artists reception are free and open to the public. For more information visit <http://www.artspaceherndon.com/behind-the-scenes-with-loudoun-sketch-club-2/>. 703-956-6590.

SUNDAY/APRIL 12

Mayor's Volunteer Appreciation Night. 7 p.m. Herndon Community Center, 814 Ferndale Ave, Herndon. This special event is to congratulate and to extend the Town's appreciation for many volunteers who have worked diligently throughout the year to make herndon an outstanding community. http://www.herndon-va.gov/content/government/town_council/mayors_volunteer_appreciation/.

MONDAY/APRIL 13

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Age 2 with adult engage in fun with adorable rabbit stories and rhymes. Openings.

WEDNESDAY/APRIL 15

Wonderful Ones. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Age 12-23 months with adult enjoy building an early literacy foundation through rhymes, songs, stories and music.

THURSDAY/APRIL 16

Spring Gala. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Enjoy a spring evening at ArtSpace Herndon honoring Elma "The Queen of Herndon" Mankin while enjoying the beautiful chamber music of the Beau Soir Ensemble. Sparkling Water, Wine, Champagne, Imported Teas, Elegant Buffet of Hors D'Oeuvres, Petit Desserts and Confections will be served. Raffle and door prizes. Tickets, per person, \$25 in advance, \$30 at the door. Semi-formal. Proceeds from this event will go directly to the continuation and enhancement of fine arts programming at ArtSpace Herndon. <http://www.artspaceherndon.com/spring-gala/>

FRIDAY/APRIL 17

Frying Pan Farm at the Library. 2 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Friends of the Library invite age 6-11 to celebrate spring. Visit with a chicken and build a kite to fly outside. Openings.

SATURDAY/APRIL 18

Washington Area Folk Harp Society 2015 Annual Concert. 7:30 p.m. Knox Presbyterian Church, 7416 Arlington Blvd., Falls Church.

Founder's Day this Weekend: April 11

Don't miss: Founder's Day - celebrate Reston's 51st anniversary and founder Robert E. Simon, Jr.'s 101 birthday on Saturday, April 11 from 12 - 1:30 p.m. at Washington Plaza, Lake Anne Village Center, Reston.

Elected officials representing Reston on Capitol Hill, in Richmond and in Fairfax County will participate in a fun game of "Random Reston." A variety of local talent will provide musical entertainment. The dedication of commemorative bricks will be followed by birthday cake and more music.

Founder's Day raffle tickets are on sale now, offering an opportunity to support the Reston Historic Trust & Museum Endowment Fund. This is your chance to win stunning "inside out" diamond hoop earrings valued at \$2,500. These earrings, donated by Aspen Jewelry Designs, contain 50 diamonds weighing 1.01 carats. Tickets are \$10 each, 3 for \$25 and 7 for \$50. They can be purchased at the Museum, online at restonmuseum.org or at the Wine Cabinet at North Point Village Center. The drawing will follow the celebration. You do not have to be present to win.

Admission is free. For more information, contact the Museum at 703-709-7700; e-mail restonmuseum@gmail.com

WAFHS presents "The Harp Goes Creative", featuring Abigail Palmer, Jo Morrison, Heatherwood Harp Ensemble, Southern Maryland Harp Circle, and a Many-Harp Grand Finale. Tickets at the door. \$15 Adults. \$10 Students and Seniors. For info and directions visit www.wafhs.org.

Weekend Bluegrass Concert: Ash Breeze. 6:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Ash Breeze is a new breath of fresh air on the bluegrass music scene recording on the Mountain Fever Record label. These fine young musicians are the future of bluegrass and they are full of energy, a love for their music and talented beyond belief.

WEDNESDAY/APRIL 22

Preschool Young Science Explorers - Love our Earth. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. All aboard for S.T.E.A.M. (science, technology, engineering, art and math) storytime! Help to keep the Earth healthy and take part in earth-friendly activities such as planting seeds.

THURSDAY-SATURDAY/APRIL 23-25

"Book of Days." 7 p.m. Hunter Woods Elementary School, 2401 Colts Neck Road, Reston. Langley High School presents "Book of Days," a murder mystery that raises questions about small town politics and society.

SATURDAY/APRIL 25 - 26

Performance of Act I Cinderella. Classical Ballet Theatre Herndon Studios, 320 Victory Drive, Herndon. Don't miss Cinderella and her Fairy Godmother as they teach the stepmother and stepsisters, "Haughty" and "Spiteful," that nice girls do finish first! For more information visit <http://www.cbntva.org/cinderella>.

MONDAY/APRIL 27

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Age 2 with adult engage in fun with adorable rabbit stories and rhymes. Openings.

THURSDAY/MAY 7

Farmers Market. 8 a.m. - 12:30 p.m. Old Town Herndon, 700 block of Lynn Street, By the Red Caboose. Every Thursday vendors sell products they grow and are located within a 125-mile radius of Fairfax County, ensuring that your purchases will be fresh. For information visit <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>.