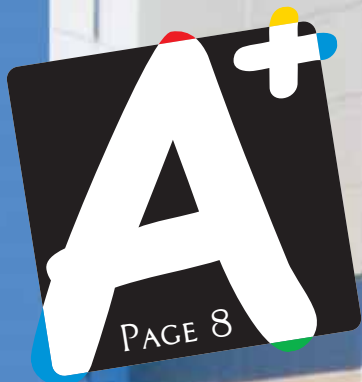


## Herndon Woody's Golf Range to Close This Fall

NEWS, PAGE 16

## ArtSpace Herndon Opens Art Sketch Exhibit

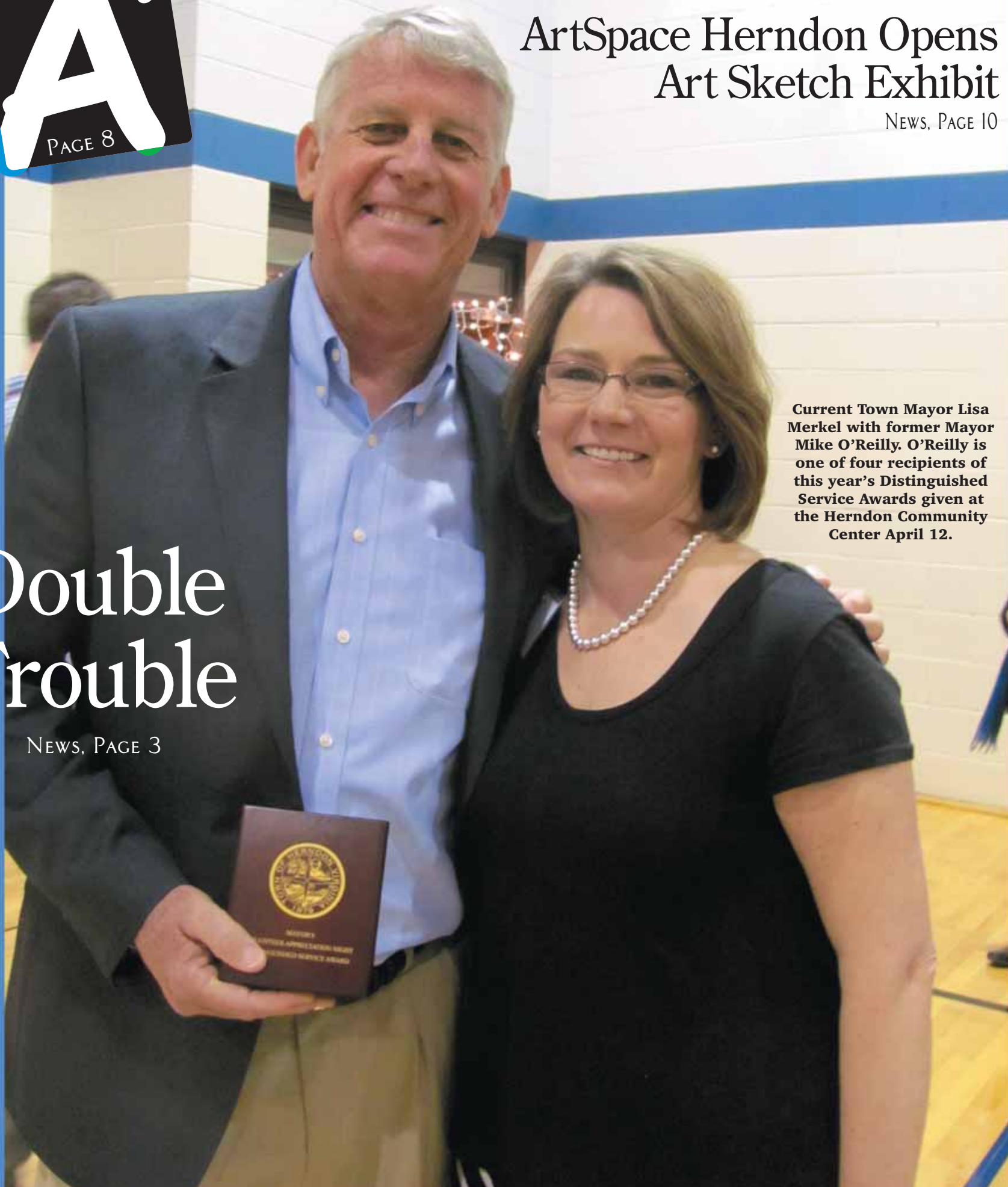
NEWS, PAGE 10



# Double Trouble

NEWS, PAGE 3

**Current Town Mayor Lisa Merkel with former Mayor Mike O'Reilly. O'Reilly is one of four recipients of this year's Distinguished Service Awards given at the Herndon Community Center April 12.**





# Principal of the Year Herndon High principal William Bates honored.

William Bates, who has served as principal at Herndon High School since 2009 and has worked for Fairfax County Public Schools (FCPS) for 15 years, has been named the FCPS 2015 Principal of the Year and is the recipient of the Washington Post Distinguished Educational Leadership Award.

Bates is known for his philosophy, "We are educators because we are Hopeologists. Our world needs more Hopeologists, be-

cause children without hope become children without a future." Putting that philosophy into practice, Bates has developed a mission for Herndon High that states, "All Hornets are capable of Success...No Exceptions!" This statement drives everything at Herndon, from the development of a professional learning community focused on student achievement via professional development for teachers, to the establishment of a curriculum support specialist who



**William Bates.**

works with the instructional and assessment coaches to manage the school-wide data monitoring system used for academic intervention purposes. With his backing, Herndon High and the

Herndon Pyramid have adopted the Kids at Hope program, a national program that inspires organizations serving youth to create an environment where all children experience success.

By improving school ownership and spirit, Bates has changed the culture at Herndon by way of a PRIDE (participation, respect, integrity, diligence, and empathy) matrix followed by students and staff. The word

SEE PRINCIPAL, PAGE 5



Photo by Ed Knepley

## Community Open House

**Put yourself in this picture • Come Live Your Dream!**

**Sunday, April 19, 2015, Noon – 4:00 p.m.**

**55+ Active Adult Community (20% between 50-54)**

- Arrange for a short tour of our golf course (Non-resident Memberships Available)
- Meet a volunteer resident, tour the facilities, obtain information package, enjoy a relaxed environment!
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## SECURE DOCUMENT SHREDDING

### SATURDAY, APRIL 25

### 8 a.m. to Noon

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Residents may shred up to five medium-sized packing boxes worth of sensitive documents per household.

All paper should be **dry** and **removed from binding**.

**Other prohibited items include:** plastic document covers, metal binder clips, floppy discs, CDs, newspapers, junk mail, film and photographs.



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For reasonable ADA accommodations, please call 703-324-5230, TTY 711.







**Former Mayor Mike O'Reilly was a recipient of the Distinguished Service Award, given for leadership and dedication that has produced exceptional results over a minimum two year period. O'Reilly has volunteered on behalf of Cornerstones, Habitat for Humanity, the Office to Prevent and End Homelessness, and the Regional Transportation Board, helped found Herndon's Relay for Life, serves on the board the Dulles Regional Chamber of Commerce and the Council for the Arts of Herndon.**



PHOTOS BY KEN MOORE/THE CONNECTION

**Amy Peterson's volunteer responsibilities: leads scout troops, swim team clerk, PTA president at the elementary school, volunteer coordinator at the middle school, drama and choir booster, volunteer board member at the high school, 14.5 year volunteer with Herndon Youth Soccer who coaches, schedules referees, plans games schedules, serves as liaison between parents, coaches and players. And, of course, more.**

# 4.2 Miles Filled with Volunteers

## Herndon's 31st annual Mayor's Volunteer Appreciation Awards.

BY KEN MOORE  
THE CONNECTION

**M**ayor Lisa Merkel greeted each Herndon volunteer individually as they entered Herndon's 31st Annual Mayor's Volunteer Appreciation Awards.

"Everyone of us has a role to play in making our community and our town stronger," said Merkel.

The receiving line, which included Supervisor John Foust and most of the Herndon Town Council, took nearly 30 minutes to traverse for the last to enter.

About 371 people were nominated by 30 different groups as outstanding volunteers



**Eleanor Benedict, who volunteers at the Herndon Senior Center and at Harbor House, wears a T-shirt that described how everyone felt Sunday night.**

of the year.

"For 4.2 miles, that's not too shabby," said Merkel, of Herndon's density of volunteers per square mile.

"The more volunteers you have, the more



**Mayor Lisa Merkel at the 31st annual Mayor's Volunteer Appreciation Awards.**



**Television news reporter Jeff Goldberg was a keynote speaker on Sunday's awards ceremony. He described his one-year commitment to volunteering as a Big Brother. Six years later, that relationship continues. "We're family," he said.**

success you have as a community," said Tooran Shadmand, who volunteers with numerous organizations and in numerous ways in Herndon, including at the Herndon Community Television and with the Fairfax

Medical Reserve Corps.

All volunteers were honored at the celebration Sunday night, April 12, at the Herndon Community Center.

"It's nice to see so many people give back to the community," said Barbara Welsh, who volunteers as Herndon's Environmental Network's vice president. Herndon's Environmental Network was founded in December of 2011 by a small group who work to improve awareness about environmental issues through education, projects and activities in and around Herndon. See [www.herndonenvironment.org](http://www.herndonenvironment.org).

Since 1985, Herndon has celebrated the accomplishments of more than 10,000 Outstanding and 100 Distinguished volunteers.

"I've always been a person that gets involved," said Eleanor Benedict, who helps at the Herndon Senior Center and organized a donation drive for Cornerstones from residents at Harbor House. She wore a T-shirt that said, "I love Herndon."

Nancy Rose, executive with Herndon

SEE VOLUNTEERS, PAGE 4



**Kay Walter and Diane Mandel, of Reston-Herndon FISH, offer Friendly Instant Sympathetic Help.**

**Polycom, Inc. and employee Kathy Patullo earned this year's Distinguished Corporate Service Award. Employees donated \$6,000 last year for toys, coats and winter clothing to help LINK provide for families in Herndon, Ashburn and Sterling, among other efforts.**







National Kidney Foundation®

# Kidney Walk

**APRIL 26**  
RESTON TOWN CENTER

**MAY 16**  
FREEDOM PLAZA

**KIDNEYWALK.ORG**

Special Thanks to:  
**THE CONNECTION**  
NEWSPAPERS




PHOTOS BY KEN MOORE/THE CONNECTION

Precisely 371 people were nominated for outstanding volunteer awards, with a minimum requirement of 100 hours of volunteer service for Herndon during the past year.

## Volunteers Honored

FROM PAGE 3

Community Television, helps volunteers get involved with television programming. Her station, celebrating its 25th anniversary, has 19 volunteers, several new shows, and has experienced healthy growth from its beginnings in 1985.

"It shows how much the community gives to each other and how connected they all are through volunteering," said Rose.

"It is about taking action," said Merkel.

**CAROLINA CALDERON** walks two miles each way, every day, to get to her volunteer jobs at the Neighborhood Resource Center and the Cornerstones food pantry; she also helps facilitate English classes and helps individuals new to the country.

"There was a time when I needed help when I got here, so I give back to others who need help today," she said through a translator, after the ceremony.

Jeff Goldberg grew up in Potomac, Md., and is in charge of the Northern Virginia Bureau for ABC7/WJLA news and News Channel 8. He was Sunday night's guest speaker.

"It was so clear to me how strong and positive this community is coming here today. You could really feel that," he said.

Goldberg recounted how one of his friends who was involved in the Big Brother/Big Sister program recruited him when he worked in Minneapolis six years ago. "He didn't take no for an answer."

It was a one year commitment; at the end of a year, some people end their volunteering. "That thought didn't cross my mind," he said, of his "little" brother. "We're



Carolina Calderon walks two miles each way, every day, to her volunteer positions. "People helped me when I needed help," she said through a translator, "so I give back now."

family."

"Volunteering not only makes the community stronger, it makes people better. No matter what you put in, you're going to get it back and then some," Goldberg said.

**DISTINGUISHED AWARD** winners included Amy Peterson and former Mayor Mike O'Reilly. Kathy Patullo and her business Polycom won the Distinguished Corporate Service Award.

Merkel began the evening describing the origins of Volunteer Week, and the origins of the Mayor's Volunteer Awards celebration. "National Volunteer week embodies the energy and power volunteers evoke on a daily basis as they lead by ex-

ample," said Merkel, "not only encouraging the people they help but motivating others to serve as well."

Kay Walter and Diane Mandel sat together, volunteer together, and enjoyed the celebratory night together.

They both volunteer with Reston-Herndon FISH (Friendly Instant Sympathetic Help), which helps people meet immediate and short-term needs, such as preventing an eviction, keeping utilities from being turned off, or helping people pay one time for prescriptions.

If Herndon residents reach a crisis in life, FISH could help.

"If they live here and need help..." said Kay Walter. "We help," said Mandel.

WWW.CONNECTIONNEWSPAPERS.COM

**"Everyone of us has a role to play in making our community and our town stronger."**

**— Herndon Mayor Lisa Merkel**



### Why Suffer Through The Season?



### Dermatology & Allergy Specialists of Virginia

Dr. Kathryn J. Sowerwine of Dermatology & Allergy Specialists of Virginia is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. Dr. Sowerwine completed her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD. She is a published author and has presented at national conferences.



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FROM PAGE 2

**BATES** describes himself as a “servant leader who is committed to supporting student learning and developing others.” Nominee Claire Silva says, “He believes in shared leadership and values the benefit of collaboration from multiple stakeholders.” She adds that his administrative style offers many leadership opportunities for staff members while challenging them to seek strategies supporting the school’s mission. Professional development at Herndon involves a day divided into four sessions: Portrait of a Graduate, Kids at Hope-PRIDE, progress monitoring program, and a book talk.

Bates "has proven to be an effective administrator with sound judgment and wisdom," says nominator Jonathan Frohm.

A collection of various household and industrial chemicals and tools. In the background, there is a large white jug of 'MURIATIC ACID' and a black jug of 'BEHR CONCRETE ETCHER &amp; RUST REMOVER'. In the foreground, there is a can of 'SOLID PELLETS', a bottle of 'GREEN LIGHT Stump Remover', a can of 'Krazy Glue', and a bottle of 'e-du CLEAN REMOVER'. There is also a battery pack with several small cells, a small motor, and several coins scattered on the surface.

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# OPINION

## Counting Homeless; Solution Is Housing

Results of the annual census of homeless show progress, persistence of the problem, and some worrying trends.

**O**n the night of Jan. 28, 2015, there were 1,204 people who were literally homeless in the Fairfax County area.

Of those, 715 were people in 213 homeless families, with 431 homeless children; 347 of those children were under 12. Sixty-two percent of the adults in these homeless families are employed, but don't earn enough to avoid becoming homeless. Domestic violence was identified as the cause of homelessness for 41 percent of the people counted in homeless families. Women made up 78 percent of the adults in homeless families.

Men accounted for 77 percent of the single homeless people.

Of the single homeless people, 55 percent, 268 people, are identified as having serious mental illness; 203, or 42 percent were identified as chronically homeless.

Twenty-five percent of the single homeless individuals were employed.

Eight percent were veterans. Four percent, or 21, were former foster children.

Some troubling trends:

This year, 123 or 25 percent of the single homeless people were over 55.

This year, 52 or 11 percent of the single

### COMMENTARY

homeless people were transitional adults, aged 18-24.

This year, 58 percent of homeless individuals in families and 43 percent of single homeless people counted were African American. This is disproportionate to the overall African American population of 9.7 percent.

This year marks a reduction of 21 homeless people, or approximately 2 percent reduction over the previous count in 2014. It is a decrease of 34 percent since 2008 when there were 1,835 literally homeless people counted, including 1,091 in families. The Fairfax County Office to Prevent and End Homelessness credits adoption of housing first and rapid rehousing models, heightened prevention efforts and prioritizing housing for longest and most vulnerable homeless for continuing decrease.

What's needed is more affordable housing, more housing affordable to those with very low income, more affordable housing designated for formerly homeless people with the supports they need. Without a commitment to more affordable housing, it will be impossible to continue to reduce the number of homeless people in the region.

It's critical to note that those who are literally homeless are a small part of the problem. In terms of preventing homelessness, literally thousands of families live at risk of becoming homeless in our region. Very high housing costs combined with the growth of low-wage service jobs mean that many families are one unexpected bill away from homelessness. Nonprofits in the county play a huge role in preventing homelessness by responding to crises.

As the development of the Silver Line brings a wave of new residential construction in the county, we must insist that affordable housing be a part of that growth.

## Mother's Day Photos

Mother's Day is May 10 and, every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM),  
@MARYKIMM

### LETTERS TO THE EDITOR

## Inappropriate 'Choices'

To the Editor:

My name is Donna McHugh 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 sister and co-guardian of my 58-year-old brother Joseph F. McHugh (Joe) discussed in the article. He lives at the Northern Virginia Training Center (NVTC). Joe is minimally verbal, non-ambulatory, has serious digestive issues with spasticity and without continual preventative medical routines, performed by others at NVTC, he would be dead.

The article states that we have

been provided a multitude of community placement choices. The choices presented to me and Joe's other legal guardians have been inappropriate. The community does not have the skills or supports necessary for his real medical needs for his survival. We are actively investigating and reviewing choices — but nothing is available. There are not comparable and appropriate choices in Northern Virginia like we were promised. Currently, my only choice is the Central Virginia Training Center in Lynchburg, Va., which is slated to close in 2020 and go through the process of placement/discharge all over again which is stressful and

full of anxiety.

No one can predict the future of the state-funded a-la-carte waiver, currently funded at 60 percent, which is being offered as my brother's source of funding while currently he has a fully-funded (100 percent) Medicaid/Medicare federal waiver which means whatever his needs are they are met, so from a fiduciary standpoint as a legal guardian why would I change that? I can't predict how he will react to a new home, staff and routine. My hope is this will be a positive transition. But, I strongly feel that the impending closure date is unrealistic and makes me wonder if the department/state is more interested in "discharge" and closure than fos-

tering the correct and appropriate placements.

Finally, the Commonwealth of Virginia has had 40 years to develop community homes and resources. Virginia has the solution to serve many of its citizens including the medically fragile by using the property they already have and renovating it to meet individual/group needs. This is a solution that involves compromise and cooperation and would have Virginia leading the country.

I fear that my brother as well as many of the remaining residents will not find good, appropriate placements.

**Donna McHugh**  
Centreville

### CAREGIVING

Have fun, learn something new, and unleash your creative spirit! Fairfax County, the Arts Council of Fairfax County, and AARP Virginia invite you to celebrate the **Creative Aging Festival in May 2015**. This month-long festival features over 100 events including art exhibits, dance, musical performances, poetry readings, lectures, wellness programs and classes in watercolor, woodworking, knitting, clogging, tap, piano, photography, & more! Find the events calendar at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults)

and click on Creative Aging Festival!

Fairfax County presents **Legal Tools for Caregivers: WEBINAR**. As a family caregiver you may need to make legal and health care decisions for a loved one. This free Webinar will cover durable powers of attorney, trusts, guardianship, and advanced medical directives. Join us on Wednesday, May 6, Noon-1 p.m. Find out more and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Fairfax County will sponsor **Strategies for Managing the Stress of**

**Caregiving** on Tuesday, May 12, 7-8:30 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, **Falls Church**. Find out more about this free event and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Fairfax County presents **"Alive Inside"** Movie and Discussion on Saturday, May 16, 10 a.m.-Noon. This free movie focuses on the Music & Memory program's ability to combat memory loss and restore meaning to the lives of those with Alzheimer's disease.

Insight Memory Care Center, 3953 Pender Dr., Ste. 100, **Fairfax**. Find out more and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Get the facts about health insurance for older adults at Fairfax County's free presentation on **Medicare 101**. Tuesday, May 19, 3-4:30 p.m. at the City of Fairfax Regional Library, 10360 North St., **Fairfax**. Register beforehand at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm).

## Oak Hill & Herndon CONNECTION

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# WE CHANGE LIVES

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Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

Yours in fitness,  
The Team at Koko FitClub



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

\*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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[www.kokofitclub.com](http://www.kokofitclub.com)



# Moving for Academic Excellence

**Researchers say frequent physical activity can lead to success in school.**

BY MARILYN CAMPBELL  
THE CONNECTION

Inside an elementary school classroom in Bethesda, Md., a class of third grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacrificing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and budget dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy Beringer, Ph.D., assistant dean, early childhood education and substance abuse, Northern Virginia Community College in Alexandria. "Based on research findings this appears to be counterproductive to the development of the



PHOTO COURTESY OF NORWOOD SCHOOL

**Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.**

**"The more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read, or that essay they need to write."**

— Dominique Banville, Ph.D., George Mason University

whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to not only make students move during class time, but also to provide them with knowledge that will allow them to be active outside of school."

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegoraro Schull, Ph.D., professor, early childhood education, Northern Virginia

## Resources for Movement Activities

**Recessitate**, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit <http://oranda.org/products/recessitate>.

**"10 Simple Ways to Encourage Physical Activity in the Classroom."** These suggestions do not require equipment and are easy to incorporate throughout the day. Visit [www.yourtherapysource.com/10simple.html](http://www.yourtherapysource.com/10simple.html).

COMPILED BY IVY BERINGER, PH.D., NORTHERN VIRGINIA COMMUNITY COLLEGE

Community College in Alexandria. "Everyone needs to learn how to run, stretch, climb, be agile and use rules in a group. In a fundamental way, it teaches children to not be sedentary."

**ONE SOLUTION** for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."

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## SCHOOLS



PHOTO CONTRIBUTED

From left — Jeff Culver, chief operations officer, Middleburg Bank; sixth grade bank employees; Leiah Hartsuff, assistant VP/regional banking manager, Middleburg Bank; Barbara Gist, assistant principal, Aldrin Elementary.

## Student-run Bank Opens at Aldrin Elementary

As part of a new business partnership, Aldrin Elementary has announced the grand opening of a student-run branch of Middleburg Bank. Aldrin faculty sponsors and Middleburg Bank representatives will train and supervise student “employees.” Positions include a manager, assistant manager, three tellers, and two mar-

keting specialists. All students will have the opportunity to open a Cool Fox Account with the bank.

The goal of the bank is to promote school wide financial literacy, offer leadership opportunities to students and to integrate math curriculum into the experience of banking.

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PHOTOS BY RYAN DUNN/THE CONNECTION

Lorrie Herman's work, *Pretty Barns*, is on display at ArtSpace Herndon. On display until May 3 is *Behind the Scenes with Loudoun Sketch Club*.

## ArtSpace Herndon Opens Art Sketch Exhibit

**Herndon area features many April art activities.**

BY RYAN DUNN  
THE CONNECTION

**A**t the end of March, Herndon community art gallery ArtSpace Herndon hosted a musical event with the Celtibillies, an award-winning quartet from Abington, Va. The event was part of the Dominion Notes Concert Series, the second of three concert series at ArtSpace Herndon to celebrate contribution of Virginia's string bands to the foundation of American music, connecting Herndon to Virginia's roots music.

With the end of winter, local art activity has been springing into action. The Council for the Arts of Herndon announced Lisa Gold, executive director of the Washington Project for the Arts (the WPA), will attend the April 23 Creative Connections event, hosted at ArtSpace Herndon. This free event will begin with

a presentation on the WPA and how to better network and promote one's art and career, followed by time for discussion. Also, the Council for the Arts of Herndon (CAH) and Herndon Foundation for the Cultural Arts (HFCA) announced a joining together of the two organizations to form a new entity. It is expected the merger of the art groups will offer various benefits, including a simplification of applying for grants.

On April 14, the Herndon Regional Wind Ensemble made their first performance at Herndon Middle School at 901 Locust Street. The group practices Tuesday evenings from 7 to 9 p.m. at Herndon Middle School. The band is sponsored by the Council for the Arts of Herndon and Lawrence Walker is the conductor. Walker has a history of directing ensembles and has worked with award winning bands in Fairfax County for years.

For two days, Friday, April 17-18, the Herndon Branch lobby of Northwest Federal Credit Union will be transformed into an art gallery for a special community partner event with the League of Reston Artists. For more information, visit <http://www.artspaceherndon.com/>



**The Celtibillies, an award-winning quartet from Abington, Va., played at ArtSpace Herndon at the end of March. ArtSpace Herndon is a community art gallery created and supported by art lovers providing opportunities for local artists.**



PHOTOS CONTRIBUTED

Herndon's Winter Guard performs their Scarecrow show at Mount Vernon High School on Feb. 14.

## Herndon High Winter Guard Keeps Moving Up

BY SALLY TONER

**T**he Herndon High School Winter Guard took home honors on Feb. 28, placing third overall in the Scholastic Regional A2 class at South County Secondary. They moved up four spots from their first competition of the season, where they placed seventh at Mount Vernon HS.

This year's show is called "Scarecrow" and is based on the song of the same name by the group Alex and Sierra. Coach Laura Flyte expressed enthusiasm about this year's routine.

"Our Scarecrow show depicts a band of scarecrows coming to life and performing through the night to become scarecrows again at the finale," Flyte said.

"It is an upbeat, happy program, full of energy, and is getting a great response," said parent representative Deb Eastham.

Eleven schools competed in the competition, and 10 students from Herndon were able to participate. Three of the seniors on the team added their experience to the event, having worked in collaboration with Oakton's guard members last year.

Color guard combines dance, music, theatre, and equipment (flags, rifles, and sa-

bers) into a show. Winter Guard is the Color guard performing on its own in a gymnasium. The sport has grown to include groups from Canada and the United Kingdom.

Flyte expressed pride in the growing program at Herndon.

"Achieving third place out of 11 at our second competition is something these kids should be incredibly proud of...The team should be recognized for their outstanding dedication to a sport that is so unknown to the general public."

She also praised team members for their fundraising efforts for upcoming competitions.

The Winter Guard also competed on March 14 at Freedom HS, on March 21 at Broad Run HS, and the AIA Circuit Championships on March 28 at South County HS where they placed second, fifth and seventh respectively.

The Winter Guard and its leadership, students, coaches, and parents, are optimistic about future competitions, given their improvement in recent meets.

"Moving up so much in the rankings is even more impressive in those conditions. It is a real tribute to the focus and dedication of this group of young people and that of their instructor," said Eastham.



Herndon High's 2014-2015 Winter Guard Team at Mount Vernon High School, on Feb. 14.



# CALENDAR

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

## FRIDAY/APRIL 17

**Jewelry Making Workshop. 7 p.m.** Reston Regional Library, 11925 Bowman Towne Drive, Reston. You will learn the basics of jewelry making and create your own original piece in this hands-on workshop. We provide the materials, participants bring the imagination! Registration is required for this event. Adults.

**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. 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](http://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.

## TUESDAY/APRIL 21

**31st Mid-Atlantic Song Contest. 7:15 p.m.** Amphora Diner Deluxe, 1151 Elden Street, Herndon. The Folk Club of Reston-Herndon together with the Songwriters' Association of Washington, the Folk Club of Reston/Herndon proudly presents in concert some of the winners of the 31st Mid-Atlantic Song Contest: Anna Dagmar (Gold Winner in the Open Category) is a New York City-based pianist, vocalist and composer as well as an active member of Folk Alliance. Kipyn Martin (Gold winner Folk Category and 3rd place Overall Winner, 2014, as well as Gold winner in 2013 and Director's Choice Award winner that same year) is an emerging Americana singer/songwriter. Opening the show is Washington-Lee High School student Sarah Keyser, (Silver winner Vocal Jazz/Blues Singer category). Tickets: [DAHurdSr@cs.com](mailto:DAHurdSr@cs.com) or at the door. \$10 Members, \$11 Non-members

## 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.

**Earth Day Planting. 1 - 4 p.m.** Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 and up. Celebrate Earth Day by planting a variety of



**Langley High School presents "Book of Days," a murder mystery that raises questions about small town politics and society. Playing April 23-25 at 7 p.m. at Hunter Woods Elementary School, 2401 Colts Neck Road, Reston.**

native plants in the gardens including shrubs, ferns and wildflowers. Wear clothes that can get dirty and bring gloves if you have them. We will have some gloves available and will provide tools for planting. Contact [habrock@reston.org](mailto:habrock@reston.org) or call 703-476-9689 to sign up. Reservations required by April 19. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## WEDNESDAY-SUNDAY/APRIL 22-26

**Reston Friends Big Book Sale. Wednesday, April 22— 5 - 8 p.m.** Preview Night Thursday, April 23— 10 a.m. - 8 p.m. Friday, April 24— 10 a.m. - 5 p.m. Saturday, April 25— 10 a.m. - 4 p.m. Sunday, April 26— 12 noon - 3:30 p.m. (Library itself opens at 1 p.m.) Reston Regional Library, 11925 Bowman Towne Drive Reston. Come and browse thousands upon thousands of great books in great condition. From the latest popular titles and classic favorites to the rare and unexpected fiction and non-fiction. The Reston Friends have something for everyone! Yes, we do restock, for as long as supplies last.

## 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.cbtva.org/cinderella>.

## MONDAY/APRIL 27

**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>.

## THURSDAY/MAY 7 - FRIDAY/MAY 8

**Big Truck Days. 9 a.m. - 3 p.m.** Thursday, 9 a.m. - 7 p.m. Friday. Herndon Public Works Complex, 1479 Sterling Road, Herndon. The Town of Herndon's Department of Public Works hosts its annual "Big Truck Days," an opportunity for children - and their parents - to see the town's big trucks and heavy equipment on display. All ages. Free. <http://www.herndon-va.gov/>.

## FRIDAY/MAY 8

**Friday Night Live! 6:30 p.m. - 10:30 p.m.** Herndon Town Green, 777 Lynn Street, Herndon. Outdoor concert series featuring popular local and regional acts from up and down the east coast. For information visit [www.herndonrocks.com](http://www.herndonrocks.com).

## SATURDAY/MAY 16

**Spring Gala. 7-9 p.m.** ArtSpace Herndon, 750 Center Street, Herndon. Enjoy a spring evening 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. For more information and to purchase tickets: <http://www.artspaceherndon.com/spring-gala/>.

## SUNDAY/MAY 17

**Free Junior Golf Clinic. 12:30 p.m. - 2 p.m.** Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Kids come out to the course for a free clinic. Register at [www.herndongolf.com](http://www.herndongolf.com).



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**South Lakes' Emily McGrath produced a conference-qualifying time in the 3200 meters during the Northern Virginia Invitational last weekend at Robinson.**



**Devyn Jones and the South Lakes girls' track team competed at the Northern Virginia Invitational last weekend at Robinson.**

PHOTOS BY PHOTO BY ED LULL

## South Lakes' Ballard Runs State-Qualifying Time In 400

**L**ed by junior Skander Ballard's performance in the 400 meters, more than 20 South Lakes High School track athletes qualified for postseason meets at the Northern Virginia Invitational April 10-11 at James Robinson Secondary School in Fairfax.

Ballard finished third in the 400 meters with a state-meet qualifying time of 49.35. He also qualified for the Conference 6 meet in the pole vault (11-00.00, 7th) and long jump (20-03.00, 6th). Ballard, juniors Alex Rudison, Eric Kirlew and sophomore Timiebi Ogobri finished fourth in the 4x100 meter relay with a 6A North region-qualifying time of 44.40.

Rudison, Kirlew and Ogobri also qualified in individual events: Rudison in the pole vault (10-06.00, 10th, conference), Kirlew in triple jump (43-05.00, 2nd, region) and 100 meters (11.66, 11th conference), Ogobri in the 100 meters (11.64, 10th, conference) and 200 meters (23.61, 22nd, conference).

Senior Nathan Stone qualified for the region meet in both the 100 high hurdles (15.76, 3rd) and high jump (5-10.00, 6th). Fellow senior Sam Arpee ran a region qualifying time of 50.67 in the 400 meters (10th) and qualified for the con-



**Timiebi Ogobri, right, competes for South Lakes at the Northern Virginia Invitational last weekend at Robinson.**

ference meet with a 23.48 in the 200 meters (17th). Arpee, senior Collin Weirick, junior Nikolai Waithe and sophomore Ashton Reinhold finished sixth in the 4x400 meter relay in 3:31.30, meeting the region standard.

On the girls' team, senior Claire Nieuwsma qualified for the region meet in both the 400 meters (59.98, 5th) and 300 meter intermediate hurdles (47.94, 4th). Sophomore Devyn Jones met region standards finishing second in the long jump (16-08.50) and third in the 100 meter hurdles

(15.47). She also qualified for the conference meet with her 48.89 (7th) in the 300 meter hurdles.

Freshman Olivia Beckner (2:26.82, 9th) and senior Augusta Durham (2:29.18, 12th) qualified for the conference meet in the 800 meters.

Senior Samantha Webb did the same in the 300 hurdles (5.56, 14th) and 400 meters (1:02.16, 17th). Natalie Schauer, also a senior, conference qualified in both throw events with a 27-10.50 (19th) in the shot and 78-04.00 (11th) in the discus.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Tyler Morgan (19) is a returning starter for the Oakton boys' soccer team.**

## Oakton Looking for Fourth Concorde Title

**Cougars defeat Herndon 1-0 on April 9.**

BY JON ROETMAN  
THE CONNECTION

**T**wo days after beating Robinson, 3-1, in an early-season Conference 5 match, a reporter asked Oakton senior forward Armand Jeffris what the victory meant in regard to the Cougars' confidence.

"Oakton, as a team, we don't really have a confidence issue," Jeffris said. "We go in planning on winning with the mentality that we want to win and we want to put these teams away. We are playing very good teams and it's always nice and always good to get a win under our belts. Battling through it and getting that win is tough sometimes, but you can always count on Oakton to pull through."

Oakton head coach Todd Spitalny was also asked about the significance of the win over Robinson, which entered the April 7 contest with a 4-0 record. Spitalny said it was just another conference match.

"It's our district," Spitalny said. "We've won it three out of the last four years. We don't plan on giving it up to anybody."

The Cougars have plenty of confidence early in the 2015 campaign. On April 9, Oakton defeated Herndon 1-0 in a rematch of last season's conference championship match. The victory extended the Cougars' win streak to four games following a season-opening loss to McLean on March 16.

Oakton senior Millan Khadka scored the lone goal against Herndon in the seventh minute with an assist from Jeffris.

Oakton has been one of the most competitive teams in Northern Virginia the last four seasons. The Cougars won the Northern Region championship in 2013, advanced to the state semifinals and finished the season with an 18-1-2 record.

Last season, however, Oakton was upset by West Potomac in the second round of regionals. The Cougars entered the match having won five straight, but lost 2-1 on their home field.

"It was an absolute upset in the match," Spitalny said. "We out-shot them 22-4. We dominated the game [but] we made two mistakes. ... To West Potomac's [credit], they won it. There's nothing I can say to take it away from them. Were we the better team? Absolutely. But you've got to win the match."

Jeffris said the Cougars use the loss as motivation.

"We are a very young squad, but the older players, the upperclassmen, definitely remember stuff like that," he said. "It does hurt and that is what drives us."

Jeffris, an all-state selection last season, is one of four returning starters for Oakton, along with junior defender/midfielder Trey Lodge, senior defender Sam Bundren and junior defender/midfielder Tyler Morgan.

After losing to McLean, 1-0, Oakton responded with wins against Lee (2-0), Yorktown (2-0), Robinson and Herndon. The Cougars then lost to West Springfield, 2-1, on Monday, dropping their record to 4-2.

Oakton will host Chantilly at 7 p.m. on Friday, April 17.



# Art Studio Opens in Downtown Herndon

**Herndon studio offers programs in arts and cutting edge technologies.**

BY RYAN DUNN  
THE CONNECTION

**A** new art studio on Monroe Street in downtown Herndon boasts the only purpose built 3-D printing studio in the Northern Virginia area. “My wife is an experienced artist and art teacher who wished to open her own teaching studio,” stated Ran Farmer, founder of Herndon’s newest art establishment. “It was her dream that inspired us to open the Monroe Street Studio.”

Located at 761 Monroe Street, Building A in Herndon, Reston residents Ran Farmer and wife Yana Farmer opened their studio this spring. An official community open house will be held April 25 and 26. Town of Herndon Mayor Lisa Merkel and Economic Development Manager Dennis Holste both toured the facility. “This is going to be a great addition to our downtown,” said Merkel. “The intersection of arts and technology are exactly what Herndon is about. This new community of innovators will bring a new sense of vibrancy to downtown, and plays right into the Town Council’s Vision statement regarding arts, technology, and building community. I wish them great success!” Mayor Merkel will assist with the April ceremonial ribbon cutting.

**YANA FARMER** earned her degree at the Vitebsk Arts College, founded by artist Marc Chagall. Yana began her career teaching art to students of all ages in Vilnius, capital of



**Located at 761 Monroe Street, Building A in Herndon, Ran Farmer and wife Yana Farmer opened Monroe Street Studio this spring. An open house will be held April 25 and 26.**

Lithuania. She came to America in 2004 and taught art while developing her vision for combining the freedom in America with her traditional European educational style. Her vision is to help children and adults achieve their highest potential through the appreciation of art. Monroe Street Studio represents a realization of that vision.

Ran Farmer, a former satellite communications company founder and economic consultant, founded the 3-D printing studio as part of the larger Monroe Street Studio. South Lakes High School sophomore Pouyan Ahmdi runs the MakerBot 3D design and printing studio. Farmer hired Ahmdi in March when he opened the

MakerBot 3D studio. MakerBot is the name of the New York City-based manufacturer of the desktop 3-D printers used and sold in the studio.

“To do 3D design and traditional 2D animation you have to be able to combine technical skills with traditional artistic skills. That’s the beauty of it,” says Farmer. “For Yana and me this turned out to be the perfect opportunity to combine traditional fine arts programs with the latest emerging creative technologies. In this case, art and technology complement each other perfectly.”

3-D printing is the process of creating solid objects from computer-generated computer models. 3-D printing technology has

been used from the creation of spacecraft parts to human organs using a process called “additive layering.” This creates a computer-conceived object by applying successive layers of material over and over again within a 3-D printer in whatever pattern and material is chosen. At the Herndon studio, Farmer’s 3-D printers use a filament of composite plastic made primarily of cornstarch to create plastic-like objects.

Farmer has worked with Reston nonprofit NOVA Labs on previous 3-D printer projects. “We appeal to the same people who want to have a hands-on experience with some of the same types of creative technologies but we offer a totally different opportunity. Many of the people who participate in NOVA Labs activities also participate in activities at the Monroe Street Studio,” said Ran Farmer. A studio membership is required in order to use the 3-D printing facilities independently at Monroe Street Studio. Members must have suitable prior demonstrated experience with MakerBot printers which may include completion of a workshop at Monroe Street Studio.

**THE MONROE STREET STUDIO** is home to studios and classrooms designed to support high quality programs in the arts and creative technologies. The facility is equipped for programs in drawing, painting, ceramics, printmaking and stained glass. There is a kiln for firing hand built pottery, a press for printmaking, and there are cutters, grinders and hand tools for stained glass work. There is also an advanced video webcasting and animation studio designed as a premiere center for learning to create cutting edge online media productions.

For more information, visit [www.monroestreetstudio.com](http://www.monroestreetstudio.com).

PHOTO BY RYAN DUNN/THE CONNECTION

## Classical Ballet Theatre Awarded Grant from the Arts Council of Fairfax County

**T**hanks to a grant from the Arts Council of Fairfax County, Classical Ballet Theatre is once again presenting its popular Children’s Series production of Cinderella. This magical, 45-minute production has the same beautiful choreography and stunning costumes as the full-length ballet classic, and it’s a wonderful way to introduce the performing arts to younger audiences.

“Our Children’s Series performances have become a popular tradition here in the Herndon/Reston community,” said Cynthia Donavin, founder and executive director of the 25-year-old not-for-profit performing arts organization.

“We enjoy seeing the young families and visiting preschools, and we’re thrilled to be able to provide high caliber yet low ticket cost performing arts opportunities to the wonderful people of Fairfax County. This year, we couldn’t



**Caroline Dougherty enchants the audience with her performance in Classical Ballet Theatre’s “Cinderella.” Dougherty is now dancing professionally with Houston Ballet II.**

have done it without the help of the Arts Council.”

“The Arts Council applauds Classical Ballet Theatre on its outstanding efforts to reach young audiences in the Herndon community. The theatre company’s production of Cinderella is a perfect example how public support for the arts enlivens communities in Fairfax County,” said Linda S. Sullivan, President & CEO, Arts Council of Fairfax County.

According to the most recent Americans for the Arts study, “Arts & Economic Prosperity IV,” the nonprofit arts and culture are a \$79.3 million industry in Fairfax County. The industry generates \$2.4 million in local taxes and \$4.9 million in combined local and state government revenue.

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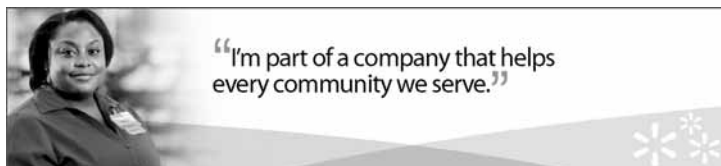
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### 21 Announcements

**TRUSTEE'S SALE OF  
12913 Alton Square, Unit #116  
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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

Tax Number: 016414040116

The property and improvements will be sold in "as is" physical condition without warranty of any kind.

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.

Bond Consultants, LLC Substitute Trustee  
This communication is from a debt collector. This is an attempt to collect a debt and any information obtained will be used for that purpose.

FOR INFORMATION CONTACT  
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Cynthia Spellman, M.D. will relocate her practice to Albany NY on April 25, 2015. At the written request of a patient or authorized representative, copies of a patient's records will be sent to another provider.

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## Up and Down and All Around



By KENNETH B. LOURIE

No. That's not my stomach talking. Nor is it the recurring effects of the six-plus years of chemotherapy. Fortunately, nausea has rarely been a part of that experience. However, like so many others, I have endured my share of side effects: I've lost my hair, lost weight, lost interest in food/lost taste, lost energy, lost sleep and a few other things I can't remember I've lost ("chemo brain"), but amazingly, I've not lost my life. Neither have I lost my will to live. Still, living with cancer is hardly the stuff of which dreams are made; more likely, they're nightmares. And though living is its own reward, for a cancer patient/survivor, it's not a given; you sort of have to take it.

To say that "living with cancer" - meaning you're the one afflicted - is like being on a roller coaster, would be unkind to all roller coasters. I can't really see that there are any thrills to being on board for this emotional/physical ride. Aside from there not being a safety bar, there are no guarantees that you'll survive the trip/ordeal; and unlike the ride at the amusement park, it's unlikely you'll want to go on again. For cancer patients, being diagnosed once is more than enough. And if your diagnosis is the terminal kind, once really is all there needs to be. Because if there's one thing that cancer has proved to be beyond a reasonable doubt, is an indiscriminate killer with reach beyond many a grasp.

Ergo; assimilating, integrating, processing this fact into your daily existence is hardly the pause that refreshes. It's more of the premature finish that you worry about. Immediately, your outlook on life changes. Whatever plans/expectations you may have had for a long life may have to be modified. I had a modest plan, more like a presumption: that I would live into my mid eighties, as both my parents had. Learning at age 54 and a half that my presumption turns out to be an assumption I shouldn't have made, is unsettling to say the least, and extremely disappointing to soften the most. Finding a level, a mechanism, a rationalization, a sense of purpose in the midst of such a devastating change of plans is the axis on which your life - with its cancer-related fits and starts - twists and turns.

As difficult as this challenge is, it is particularly difficult during the weeks leading up to your CT Scan and the days following, until your appointment with your oncologist when the results are finally discussed. Then you'll know where you stand or whether you should be sitting; whether your life hangs in the balance or whether the balance is completely out of whack. It's rare that you'll be pardoned; realistically speaking, all you can hope for is lighter duty. But that's the problem, there's nothing light about it. It's all heavy and often very unpredictable. And there's very little that's amusing about it. And unlike a roller coaster which has a beginning and an end with a middle to die for, cancer's beginning, middle and end is all to die for.

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





In October 1980, Woody FitzHugh opened Woody's Golf Range. The range expanded to include driving ranges, a gift shop, as well as baseball and softball batting cages.



PHOTOS BY RYAN DUNN/THE CONNECTION

One of the major attractions of the Woody's Golf Range has been the "Perils of the Lost Jungle," a popular miniature golf course. Woody FitzHugh intends to build another mini golf course after the location on Route 7 in Herndon closes.

# Herndon Woody's Golf Range to Close This Fall

## Time of transition for Fairfax County golf ranges.

This fall will be the final season for Woody's Golf Range located on Route 7 in Herndon. After 35 years in operation, business owner Woody FitzHugh is closing the range. The Fairfax County destination includes the "Perils of the Lost Jungle," a popular miniature golf course. "Most people are sad to see us go and wish we were staying," said general manager Rich Rahnama.

Rahnama has worked with Woody's Golf Range since 1995. All Woody's Golf Cards

and lesson vouchers have an expiration date of Sept. 7, 2015 with no exception.

Recent VDOT construction along Route 7 has made it difficult for clients and patrons to visit the Herndon golf range. Owner Woody FitzHugh had hoped to stay at the Herndon location a few more years, but determined change was necessary. FitzHugh sold his 30 acres to residential builders Northern Virginia Homes for an undisclosed price. FitzHugh sees it as a time of transition, and is now scouting property for a new miniature golf course. Some potential sites include locations near Fairfax City and Berryville. Also closed is the Hunter Mill Golf Park, at 1627 Hunter Mill Road on the Reston-Vienna line. The 100 tee golf range closed on Jan. 25. On April 15, The Fairfax County Board of Zoning Appeals (BZA) will

make a decision on the future of Reston National Golf Course. RN Golf, owners of the 166-acre public course in south Reston, say the land can be considered residential. RN Golf, a division of Northwestern Mutual Insurance, has asked Fairfax County of the land status since 2010.

While golfers adjust to changes, the Fairfax County Park Authority still operates eight golf courses at locations including Twin Lakes Golf Course at Clifton, Laurel Hill in Lorton, and Burke Lake Golf Center at Fairfax Station.

Born in Alexandria, Woody FitzHugh was a baseball star at McLean's Langley High School and went on to play at Hampden-Sydney College. While attending Hampden-Sydney College as a sophomore, FitzHugh took up golf. FitzHugh worked for five years

as an assistant golf pro at the Washington Golf and Country Club in Arlington. In 1979, he earned his PGA tour card and began touring professionally. In 1980, FitzHugh bought 30 acres of pasture in the Dranesville area, off Route 7, in Herndon. In October 1980, FitzHugh opened Woody's Golf Range. The range expanded to include driving ranges, a gift shop, as well as baseball and softball batting cages. FitzHugh was known to wander down to the cages to give kids pointers and hand them free tokens. While management prepares for changes in the months ahead, they intend to cherish the memories of the experience they leave behind. "There will be a final event for all the clientele we've had throughout the years," said general manager Rich Rahnama.

## Northwest Federal Cuts Ribbon on New Herndon Branch

To celebrate the official opening of its newest Herndon branch at 2545 Centreville Road in Village Center, Northwest Federal Credit Union held a ribbon-cutting ceremony March 26. Several local officials attended the ceremony, including Dave Kirby and the Grace Han Wolf from the Herndon Town Council; Fairfax County Supervisor John Foust; Del. Kenneth Plum (D-36); and Eileen Curtis, president of the Dulles Regional Chamber of Commerce. Three members of the Northwest Federal Credit Union Board of Directors were also on hand: Leo Cardillo, Vice Chairman; Dawn Ellenberger, Secretary; and David Eldred, Director. In remarks during the celebration, president/CEO Chris McDonald said, "Northwest Federal has been around for over 67 years, and we're pleased to have opened our second Herndon location, equipped with a more interactive feel for our members and services for local business owners." To mark the occasion, Curtis, McDonald and Leo Cardillo, vice chairman, Board of Directors cut a special ribbon made of money



Chris McDonald, Northwest Federal president/CEO; Leo Cardillo, vice chairman, Northwest Federal Board of Directors; and Eileen Curtis, president of the Dulles Regional Chamber of Commerce.

created in support of Credit Union Miracle Day. Along with the cash ribbon, McDonald also announced an annual donation to Children's Miracle Day, saying, "One of the many ways we serve our communities is through our Northwest Federal Credit Union Foundation. Its mission is to strengthen our community through our scholarship, mentoring and youth outreach programs." Linda Rogus, executive director of the Foundation, presented a check representing this donation to former Northwest Federal President/CEO Juri Valdov and Sarah Turner, Director of Credit Union Miracle Day. They are members of the Board of Children's Miracle Network and accepted both the cash ribbon and check on its behalf. All donations Northwest Federal makes to the charity are directed to Children's National Medical Center in Washington, D.C. 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](http://www.nwfcu.org).

PHOTO CONTRIBUTED