

Expanding Circle of HOPE

NEWS, PAGE 6

Sue Padgett, Patty Gehring and Diana Katz smile for a photo near some donated pottery at the annual Empty Bowls fundraiser held at Herndon Floris United Methodist Church.

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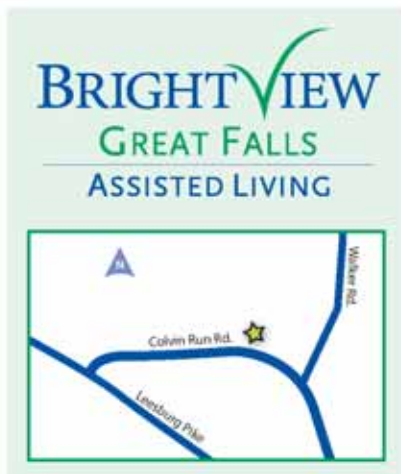
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OBITUARY

Willie L. Hudgins, Jr., of Reston, Dies

Willie L. Hudgins, Jr., be-loved husband of Cathy Hudgins — Fairfax County Hunter Mill District supervisor — died Saturday, April 11, 2015. He was 72 years old. Willie was born March 5, 1943, in LaCrosse, Va.

After attending both undergraduate and law school at Howard University, he and the Hudgins family moved to Reston. They have lived in Reston since 1969.

Willie's professional life spanned 39 years working as the section chief and chief litigator for the Antitrust Division of the Department of Justice. During that time, he worked on some of the largest merger antitrust cases in U.S. history and was recognized by Black Enterprise Magazine as one the leading minority litigators in the country. He went on to join the esteemed law firm of Kelley Drye, as partner before retiring in 2007.

In conjunction with his professional career, Willie was also a dedicated member of the commu-

nity. His service included volunteering for such organizations as: Rising Stars, an education program for young students; the South Lakes High School Tutoring Program; former chairman of the Reston Community Center Board of Governors; member of the Covenants Committee for Reston Association; commissioner of Reston Soccer; and an usher at St. Thomas à Becket Catholic Church.

Willie is survived by Cathy, his wife of 48 years, and his two sons, Tony and Michael.

There will be a public memorial service on April 25, 1 p.m. at St. Thomas Becket Catholic Church, 1421 Wiehle Avenue, Reston. In lieu of flowers, consider making contributions to the Brain Injury Foundation, the Initiative to Prevent and End Homelessness and/or So Others Might Eat (SOME).



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One-Arm Bandit, Artificial Turf, Meals Tax and Metro

Public hearing on proposed budget next Tuesday, April 28.

BY KEN MOORE
THE CONNECTION

Herndon's Town Council will host a public hearing next Tuesday, April 28 to give residents the opportunity to speak on all matters in this year's proposed budget and town plans.

"We want to make sure taxpayers have time to weigh in on the budget," said Councilmember Sheila Olem.

"Please do email us or see us," said Councilmember Grace H. Wolf. "We really want to see your input."

"We hope to hear from many of you. If you have a friend or neighbor, please bring them to help us decide how their tax dollars are spent," said Mayor Lisa Merkel.

Herndon Town Manager Arthur A. Anselene proposed this year's FY 2016 Budget of \$49,862,400, a 2.1 percent increase over the adopted FY 2015 Budget. The town's FY 2016 begins July 1, 2015 and extends to June 30, 2016. "A slight increase in residential real estate assessments is offset by a decrease in commercial assessments," said Anselene. "Accordingly, my proposed FY 2016 Budget calls for maintaining existing tax rates and continued focus on redevelopment of the downtown, planning for transit-oriented development near Metrorail's Herndon station and maintenance of the quality of our public facilities and infrastructure." The town real estate tax rate, meals tax rate and all other taxes and levies will remain at their current rates, he said.

A NEW AUTOMATED trash collection program called the "One Arm Bandit," will be implemented this year in Herndon, which includes purchasing 1,750 trash containers and 950 recycling containers for homes. The budgeted cost: \$420,000.

Another \$150,000 will help make Elden-Monroe Intersection Improvements and \$325,000 will be used for major road repaving throughout the town.

Herndon's Community Television Station is celebrating its 25th year. Herndon will support its efforts, which includes ensuring that all town meetings from Town Council to the Heritage Preservation Review Board are accessible. Money allotted: \$95,000.

Police radio equipment in the amount of \$210,000 will keep technology current for Herndon officers current with Fairfax county.

The Town Budget addressed the implementation this year of current projects like Herndon's automated trash collection and water meter readings. It also budgets for longer-term planning for projects such as bus, auto, pedestrian and cyclist access to



Town Manager Arthur A. Anselene presented this year's proposed budget to the Town Council Tuesday, April 14. The Town Council will hold a public hearing to give residents the opportunity to voice opinion on where money should be spent at its next Council Session on April 28.

the future Metrorail station; improvements to the intersection at Elden and Center streets; and park improvements to include

synthetic turf at Bready Park.

For example: \$700,000 has been reserved for sports fields

Budget By the Numbers

\$49,862,400

Herndon's budget for Fiscal Year 2016, which includes all funds (General Fund, Water and Sewer Fund, Golf Course Fund, Chestnut Grove Cemetery Fund, Downtown Parking Enterprise Fund and the Capital Projects Funds). The total reflects an increase of 2.1 percent over the adopted fiscal year 2015 budget.

\$6,472,000

Herndon's capital improvement fund.

\$419,000

One penny on the real estate tax rate is equivalent to approximately \$419,000 in tax revenues. The budget proposed keeps the real estate tax rate at \$0.2650 per \$100 of assessed value.

\$360,826

Average residential property value.

\$956.19

Average residential real estate tax bill. The average real estate tax bill will increase

\$31 this year, "that's the smallest increase we've had in the last three years," said Art Anselene, Town Manager.

\$2,111,000

A 2.5 percent meals tax translates to \$2,111,000 in revenue. The Town has seen an 8% increase since the FY 2015 budget. "We're seeing good activity in our restaurants which is positive economic news for our 120 restaurants," said Anselene.

75 cents

A 75 cent cigarette tax per pack raises \$340,000. 16 businesses sell cigarettes, said Anselene.

55 percent

Residential properties comprised 55 percent of real estate value in Herndon this year, 45 percent from commercial properties. That was reversed the last three years, said Anselene.

\$25

Motor vehicle license fee remains \$25 for private passenger and other vehicles less

and park improvements, including artificial turf to be installed at Bready Park.

\$325,000 will be given to Phase V of Herndon's Community Center.

\$70,000 is needed to replace fitness equipment and aquatic center bleachers at the Herndon Community Club.

\$80,000 will be used for a concept design to remodel the golf course club house.

\$819,000 is allocated for the Chestnut Grove Cemetery Fund.

\$1,000 will help the Herndon High School PTSA; \$3,000 will be given to help Kids at Hope; \$17,000 for the Herndon Foundation for the Cultural Arts, Council for Arts of Herndon, and NextStop Theater.

\$278,000 will be used to buy vehicles and equipment for snow removal and leaf collection.

\$203,000 will be used to replace three police cars and one motorcycle.

\$50,000 will be used for Metro Planning Initiatives and an additional \$50,000 to update Herndon's Heritage Preservation Review Guidelines.

Hard copies of the proposed budget are available for review at the Herndon Municipal Center and Herndon Fortnightly Library.

than 4,000 pounds. Motorcycles cost \$12 to maintain vehicle decal fee and vehicles that weigh more than 4,000 pounds cost \$32 per year.

\$4

Recycling fee remains at \$4 per quarter or \$16 per year.

\$26,295,300

Personnel costs for this upcoming fiscal year, an increase of \$925,500 from fiscal year 2015.

\$5.05

The sewer service rate base rate remains at \$5.05 per 1,000 gallons of water consumption. The sewer availability fee remains at \$7,490 for new, single-family homes.

\$2.90

Water service base rate remains at \$2.90 per 1,000 gallons of water consumption and the peak rate remains at \$4.95. Water availability remains at \$4,863 for new, single-family homes.

WEEK IN HERNDON

Sacrificing Hoops for the Environment

The Fairfax County Park Authority sacrificed a flooded vandalized basketball court for better stream valley restoration.

The basketball court at Sugarland Run Stream Valley Park has "fallen into

disrepair as a result of frequent flooding and is no longer usable," according to Fairfax County Planning And Zoning Documents.

The court was built in the 1970s at a time when building impervious in floodplains wasn't as uncommon as it would be today, said Gail Hoover.

The Park Authority asked to remove the court since there are better courts nearby.

The Park Authority will restore the area to its natural condition and improve existing stream valley trails, which will improve the environmental condition of the site, said Hoover at a public hearing before the Board of Supervisors on Tuesday, April 7.

"We thank the HOA for being reason

SEE WEEK, PAGE 5

OPINION

Connection Papers Win Awards

Variety of coverage honored at annual Virginia Press Association conference.

On Saturday, April 18, a group of journalists from the Connection Newspapers traveled to Roanoke for the annual Virginia Press Association event to collect awards

for business reporting, government writing, writing about health, science and the environment, feature writing, sports writing, column writing, obituaries, cartoons, entertainment pages and writing, public safety writing, editorial pages and writing, page design, informational graphics and more.

A look at the themes of some winning entries gives some insight into the mission at the Connection: to tell stories of significance, using reporting, data and analysis while getting to the heart of why the issues matter in local lives. In a time that we, like all newspapers, are functioning with reduced resources, it helps affirm that the effort can make a difference.

Bonnie Hobbs won for ongoing coverage of

EDITORIAL

a family's efforts to provide the best life for a son they call "not special needs, but a special person," and a second award for coverage of issues related to affordable housing and homelessness.

Judges call Michael Pope's business reporting "first-rate, data-driven reporting and analysis on important issues." Stories on driving habits, cesarean deliveries and the Affordable Care Act are called "well-researched, clearly written and engaging. The use of real-live people high up in stories to illustrate makes for very compelling material."

Vernon Miles won for breaking news coverage of Arlington's first same sex marriage, being "on the scene of a local event that has local, statewide and national significance. ... The story is multi-sourced; has a strong lead that gives readers a sense of the scene; places the

event in historic context; and captures the celebratory feel of the event."

On Pope government reporting: "Rather than regurgitating official statements, the reporter tells people's stories to illuminate the consequences of government decisions. This represents a model for all government reporting."

On Marilyn Campbell's reporting for Wellbeing: "These articles amount to personal guidance in the best sense of the term."

Even in recreation and entertainment, our mission is to provide our readers with the information they need to have fun, and our annual update to the "Insiders Guide to the Parks," brainchild of Jean Card, is designed to do that.

What are we missing? We rely on our readers to let us know. We invite your story ideas, your tips, your letters to the editor, calendar listings, photos of mothers for Mother's Day and fathers for Fathers Day, and more. Visit www.connectionnewspapers.com and click on "contact us," or email editors@connectionnewspapers.com

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Winners

Truncated list, for a complete list, see www.connectionnewspapers.com

Jon Roetman, The Vienna/Oakton Connection — Sports Writing Portfolio, First Place. *Madison's Koshuta Scores 39 Against 'Idol' Floyd; Oakton Girls' XC Repeats as State Champs; Madison Volleyball Drops Heartbreaker in State Final.* Judge's comments: Strong and clear writing and excellent storytelling helps game stories feel more like features. Excellent work.



Jon Roetman



Victoria Ross



Joan Brady

Victoria Ross, Oak Hill/Herndon Connection — Government Writing, First Place. *Let Sun Shine on Virginia's Financial Disclosure Laws, Mr. Horejsi Goes to Richmond; Bulova: 'This Will Be a Challenging Budget.'* Judge's comments: An engaging look at a lobbyist who fights for the little guy; an entertaining story on a political candidate, helping readers put the upcoming election into context; one of the better budgeting stories I've seen lately that helps readers understand how the county's budgeting process is going to cost them more money. The supporting sidebars help bring the message home.



Mary Kimm



Marilyn Campbell



Bonnie Hobbs

Joan Brady, Great Falls Connection — Column Writing, Second Place. *No, I'm Not a Parent; I Just Act Like One; Small Acts of Kindness; Nurturing Happy Memories.* Judge's comments: Brady draws on her wealth of experience with the foster parent system to write empathetically but authoritatively on family ties. And she does so with humanity and in-

sight. Her writing combines depth and subtlety with eloquence of expression. In some senses, her subject matter is narrow. But viewed through a different filter, it is universal. She writes engagingly on a consistent basis.

Marilyn Campbell, Chantilly Connection — Health, Science and Environmental Writing, Third Place. *Spiritual Wellness in the New Year; Consistent Bedtimes Aid Children; How To Age in Place Safely;* Judge's comments: These articles amount to personal guidance in the best sense of the term. They should serve as very helpful resources for readers of a variety of ages. In concise manner, they effectively made the

concepts clear and applicable to the reader. The aging in place article was particularly relevant and insightful, the childhood sleep story was unlike anything I'd ever read (and I have two kids) and really summed up how a specific approach to children's health makes sense. The spiritual health article was unusual, refreshing to see, and I love the variety of sources and comments.

Bonnie Hobbs, The Fairfax Connection — Personal Service Writing, Third Place. *Affordable Housing Lack Can Lead to Hunger; 'Help Us, Will You Please?' City of Fairfax to Tackle Affordable Housing; Council 'Honored to Support this Project;' 'Dream Come True' for Lamb Center.* Judge's comments: Solid writing and good follow-through on the housing issues. The writer did a good job of including income and free lunch data without breaking the flow of the story.

Mary Kimm, The McLean Connection — Editorial Writing, Third Place. *Trending in the Right Direction; Virginia Proves Elections Matter; More Affordable Housing Needed; Tragic Consequences; Deadly Medicaid Debacle.* Judge's comments: This submission consists of five well-articulated and well-grounded pieces tackling access to affordable housing and health care, a pair of closely related state and national issues with important local ramifications. The work combines passion with a persuasive factual underpinning.

Oak Hill & Herndon
CONNECTION

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NEWS

Citizen Kaufman, Attorney Yeatts

Herndon's 20 year town attorney to retire in June.

BY KEN MOORE
THE CONNECTION

Lesa J. Yeatts will replace Richard B. Kaufman as Herndon's Town Attorney in June.

"Our town attorney Richard Kaufman has chosen to retire. That's the only reason in the world we would ever have such a resolution on the floor this evening," said Mayor Lisa Merkel.

Merkel and the Town Council unanimously appointed Yeatts at last week's Town Council meeting Tuesday, April 14.

Kaufman is retiring after 20 years from Herndon's top legal position.

"I want to thank Richard again for giving us six more months because I know he talked about retiring in December. Look how happy he looks," said Jennifer Baker, vice mayor.

"He continues to be dedicated, putting in long hours. I see him walking home every night," she said.

Town Councilmember Sheila Olem says she's known Kaufman for years.

"I remind you that Richard will still live here and we will still have access to him," she said, "especially if you are a walker."

"I'm looking forward to getting to know citizen Richard because I've gotten to know Town Attorney Richard quite well over the last few years. I've learned quite a bit from him," said Merkel.

YEATTS BEGINS her employment with the Town of Herndon on June 15, 2015.

"It is with great regret that we announce a replacement for our esteemed town attorney, but I do look forward to welcoming Lesa. She's going to be a fine successor," said Councilmember Grace Wolf.

Yeatts will serve as legal advisor to the Herndon



Richard B. Kaufman



Lesla J. Yeatts

Town Council, town manager, town departments, boards and commissions, and town officials. She will prepare ordinances, resolutions, statutes, charter amendments and other legal documents; render legal opinions; prepare the town's legislative requests to the Virginia General Assembly; represent the town in courts, and generally serve as the town's chief counsellor on all legal and legislative matters, according to the Town Council. "Mr. Kaufman had the breadth of knowledge of so many subjects that it will be hard to fill those shoes by anybody. And I think Lesa has best chance of doing that," said Councilmember Jasbinder Singh.

At the end of her 20-plus year tenure with the City of Hampton, Yeatts served as senior deputy city attorney.

"She oversaw the provision of legal support to multiple city agencies, including economic development, planning, zoning, real estate and public works; to regulatory and advisory boards; and to the city council. She was responsible for maintenance of the city code; for drafting and preparation of city ordinances; for criminal prosecution for code violations and for legal representation of city officials; and for overall general counsel on legal issues and compliance with city and court policy," according to Town Council documents.

"We will celebrate Richard as we get closer to his retirement and we will also look forward to welcoming Lesa. We are all very excited to welcome her to Herndon," said Merkel.

WEEK IN HERNDON

FROM PAGE 3

able about losing its basketball court and thank the park authority for agreeing to fix the stream valley trail which is very much appreciated," said Supervisor John Foust.

Distracted Driving More Than Critical

Nearly four years ago, a friend of Councilmember Sheila Olem's son was killed by a distracted driver.

"His good friend Kyle was pushing his disabled vehicle off the road and he was hit by a distracted driver," said Olem. "There was no law and there is now."

Kyle, his friends, and his family "had to pay the ultimate price to let people know how dangerous distracted driving is," she said, "and, because of Kyle, [the law] finally passed the Virginia legislature."

"Surely, the driver who killed him will never come to complete grips with that," said Olem.

The Herndon Town Council passed a procla-

mation Tuesday, April 14, naming the month of April Distracted Driving Awareness Month.

"We will support the Herndon Police Department about raising awareness of distracted driving," said Vice Mayor Jennifer Baker.

"It's that reminder. We all know better," said Baker. "When driving a vehicle, it should be the only thing you do."

Texting and driving increases the risk of a crash by 23 times, according to the National Highway Administration. In 2012, 421,000 people were injured in crashes involving a distracted driver; 3,328 were killed.

Texting and driving is "one of the most dangerous things you can do while you're driving," said Sergeant Robert Galpin, during Herndon's Town Council meeting April 14.

Distracted driving is anything that takes your mind and eyes off the road.

Eight out of 10 crashes in Virginia are related to distracted driving incidents, he said. "A quick look away can cause a serious crash."

"Please don't text and drive. Even if you don't get caught, it's not worth the risk. You can destroy a family," said Olem.

— KEN MOORE

Kidney Walk

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MAY 16
FREEDOM PLAZA

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Joan Kasprowicz, Cathy Waters, and Roxanne Rice at the April Annual Empty Bowls fundraiser held at Herndon Floris United Methodist Church. Proceeds went directly to Food for Others, the largest distributor of free food to needy people in Northern Virginia.



PHOTOS BY RYAN DUNN/THE CONNECTION

Expanding Circle of HOPE

Empty Bowls event at Herndon Floris United Methodist Church raises \$36,025.68.

By RYAN DUNN
THE CONNECTION

On April 10, the 8th annual Empty Bowls event was hosted by the Giving Circle of HOPE at Floris United Methodist Church on Frying Pan Road in Herndon. Proceeds went directly to Food for Others, the largest distributor of free food to needy people in Northern Virginia. Tickets were \$25 and could be purchased at the door or online. The Giving Circle of HOPE was founded in January 2004 with four members. Since then, membership has grown to over 100 individuals.

For a small donation, guests attending the Empty Bowl fundraiser received a supper of soup, bread, a beverage and dessert and a handmade ceramic bowl they may keep as a reminder that there are those in our community with empty bowls. “There was a lot of pottery this year, we had over 700 pieces,” said Joan Kasprowicz, one of the founding members the Giving Circle of HOPE.

This year’s event raised \$36,025.68 — roughly \$10,000 more than in 2014.

In 2003, the four original founders of The Giving Circle of HOPE, Diana Katz, Joan Kasprowicz, Linda Strup, and Mary Narayan, were helping raise funds for a friend injured in an accident. The founders held their first organizing event in January 2004 and invited others to help formalize the new organization. The Giving Circle of HOPE is made up of male and female members, 50 percent of whom still work full-time. Voting members contribute \$365 or more annually and are eligible to vote on grants, participate in service programs, and attend social and special events.

“We just want to continue keeping people’s interest,” said Cathy Waters. A new addition to this year’s event was a pottery demonstration by Laurie



Tim Groszkowski, owner of Great Harvest Bread Co. Herndon, Vienna, and Ashburn; and other volunteers help with the April Empty Bowl fundraiser held at Herndon Floris United Methodist Church.

Perl in the church lobby. In 2015, the Giving Circle of HOPE will focus on sustainability, as the founders want the leadership and membership to grow and the organization to strengthen. They are working diligently to plan the next 10 years while maintaining the Giving Circle of HOPE brand. “Everything here is done by the generosity of others,” said volunteer Barbara Philipps. The service oriented event draws Girl Scouts from Vienna, Reston, and Great Falls. Approximately 90 Girl Scouts helped volunteer at the evening event. “It brings the community together and it serves a need,” said Scott Rakestraw, a congregant of Floris United Methodist Church.

A study at the University of Virginia estimates 24 percent of households in our region cannot adequately meet basic needs without help. While Fairfax County is one of the richest counties in America, almost 6 percent of the residents live below the federal poverty threshold. Many people struggle to survive in this area because of the high cost of living.

There will be an orientation for new and prospective members of the Giving Circle of Hope at the Reston Museum on Wednesday, May 6, beginning at 7 p.m. The event is open to the public and light refreshments will be served.

The 12th Annual Food for Others Golf Tournament, presented by First Potomac Realty Trust, will be held on May 11, at the Springfield Golf & Country Club, a private course in Springfield. Last year’s event raised over \$20,000 to benefit clients.

CALENDAR

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

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.

FRIDAY/APRIL 24

Environmental Film: A Fierce Green Fire. 7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. In honor of Earth Day, see the first big-picture exploration of the 50 year environmental movement from grassroots efforts to global activism and conservation to climate change. Directed by Academy Award nominee Mark Kitchell and narrated by Robert Redford, Ashley Judd, Van Jones, Isabell Allende and Meryl Streep. Co-sponsored by Friends of Reston. Reservations required by April 21. \$5 suggested donation RA members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

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.cbtnva.org/cinderella>.

SUNDAY/APRIL 26

Trout Fishing in America. 3 p.m. Reston Community Center, 2310 Colt Necks Road, Reston. A family-friendly concert presenting four-time Grammy nominee band Trout Fishing in America.

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.

SATURDAY/MAY 2

Opening Day of Reston Farmers Market. 8 a.m. - noon. Lake Anne Village Center, 11404 Washington Plaza W, Reston. Nearly all of your favorite vendors from last year will be there, as will four new ones we think you will enjoy. The Reston Farmers Market is sponsored by the Fairfax County Park Authority and features fresh, local fruits, vegetables, homemade foods and home-grown plants. For more information, go to www.restonfarmersmarket.com or call 703-318-9628.

Pirate Fest. 10 a.m. - 5 p.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. This festival celebrates



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.

Virginia’s seafaring past. Join with Ships Company Chanteymen singing traditional sea chanteys, tavern tunes and pirate ditties. Experience the life of a sailor first hand with our many fun activity stations. Wear your most dashing pirate clothes and enter our costume contest. Learn about global trade in the 18th century, and discover the luxury goods from international ports that compelled pirates to sail the seven seas.

Chocolate for Elephants 2015. 8 - 10:30 p.m. The Greater Reston Arts Center, Reston Town Center 12001 Market Street, Reston. Let’s do it again! We raised over \$23,000 at Chocolate for Elephants in 2013 and every penny went to charity, helping to rescue and rehabilitate orphaned baby elephants who have lost their families due to the tremendous increase in poaching for ivory! Please join us for another fun-filled evening of chocolate and charity to support Big Life Foundation, a 501(c)(3) organization that is saving the lives of elephants of East Africa.

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.fairfaxcountygov.org/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.

SATURDAY/MAY 9

This is My Country: An American Tribute. 4 and 7:30 p.m., Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Join The Reston Chorale as we celebrate America and honor those who keep it free with a patriotic pops concert. Free tickets for military personnel and their immediate families, as well as veterans, while supplies last. Tickets for all others: \$25/Adults, \$20 Seniors, Free for Youth 17 and under (with adult/senior ticketholder). For

tickets and information:
www.restonchorale.org.

FRIDAY/MAY 15

Senior Tea. 1 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. Special for May 15 we will feature singer Kitt Potter. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public.

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.

SATURDAY/MAY 23

Golf Customer Appreciation Day. Herndon Centennial Golf Course, 909 Ferndale Ave., Herndon. Stop by the Golf Course for it’s Customer Appreciation day. www.herndongolf.com.

MONDAY/MAY 25

Memorial Day Observance. 10 a.m. Chestnut Grove Cemetery, 831 Dranesville Road, Herndon. The Herndon Woman’s Club has partnered with Chestnut Grove Cemetery to honor our Veterans with the placement of dedication wreaths. 703-435-3480.

THURSDAY-SUNDAY/MAY 28-31

Herndon Festival. Check website for specific times. Herndon Town Green, 777 Lynn Street, Herndon. Four day outdoor festival with three entertainment stages, a carnival, two fireworks displays, Kid’s Alley with children’s art area, arts and craft show and more! All ages. Visit www.herndonfestival.net for more information.



PHOTO COURTESY OF RESTON COMMUNITY CENTER

Daniel Phoenix Singh

Linking Dance With Poetry and a Social Cause

“Persistent Voices” to explore the effect of AIDS.

By DAVID SIEGEL
THE CONNECTION

The visionary choreographer Daniel Phoenix Singh is returning to Reston CenterStage with a premiere of his newest dance theater work, “Persistent Voices.” Singh is known for crossing cultural and artistic boundaries in his dance works. He wants his works to communicate to an audience as “a vehicle for social change and community development.”

Singh’s new dance theater work “Persistent Voices” will explore the effect of AIDS. He was inspired by an anthology of poems entitled “Persistent Voices: Poetry by Writers Lost to AIDS” that he heard at a reading several years ago with Philip Clark co-editor of the book who is a Northern Virginia resident.

After he heard the poetry at the reading, Singh noted that he “was immediately drawn to the power of the words to take us to a place and time in the history of the LGBT community.”

“Persistent Voices” will celebrate “the lives and creativity” of eight D.C. area poets whose works are included in the anthology. “I hope the dance theater work will continue to honor and memorialize the work and lives of these poets,” said Singh.

Asked about the dance style for the performance of “Persistent Voices,” Singh indicated, “I am trying to find the right balance between the lush beautiful words and working on finding a way to shade in colors in the spaces the words open for us without weighing the words down...the sounds of the words and the move-

Where and When

Daniel Phoenix Singh performs “Persistent Voices” at Reston Community Center’s CenterStage, Hunters Woods, 2310 Colts Neck Road, Reston, VA. Performance on May 6 at 8 p.m. Tickets: \$15 (Reston)-\$30 (non-Reston). Tickets call 703-476-4500 or online at www.restoncommunitycenter.com. Note: Performance contains adult language

ment get equal play.”

The music will create an arc for the performance. “Most of the music came from different movie soundtracks, and are mostly instrumental. I’ve also used a few tracks with voices in them but deliberately chose them in other languages so that they don’t compete with the beautiful poetry you will be hearing during the performance,” added Singh.

Singh hopes that “the performance serves as a catalyst to spark dialogues around our emotional, physical, and sexual health in candid and supportive ways. Often the language around health is scientific and de-emotionalized. I know that the anthology gave me a way to feel and be in the experience and I hope the dance can live up to the magic of the words in letting people find an emotional connection”.

The CenterStage performance will also include excerpts showcasing Singh’s modern choreography along with the expressive grace and sculptured look of classical Indian dance, including a performance by dancer Sudha Radhakrishnan.

Note: This performance is part of the Reston Community Center’s (RCC) “Parents Time Out” program. This program is designed for parents to enjoy while their children between the ages of 4-9 are taken care of separately.

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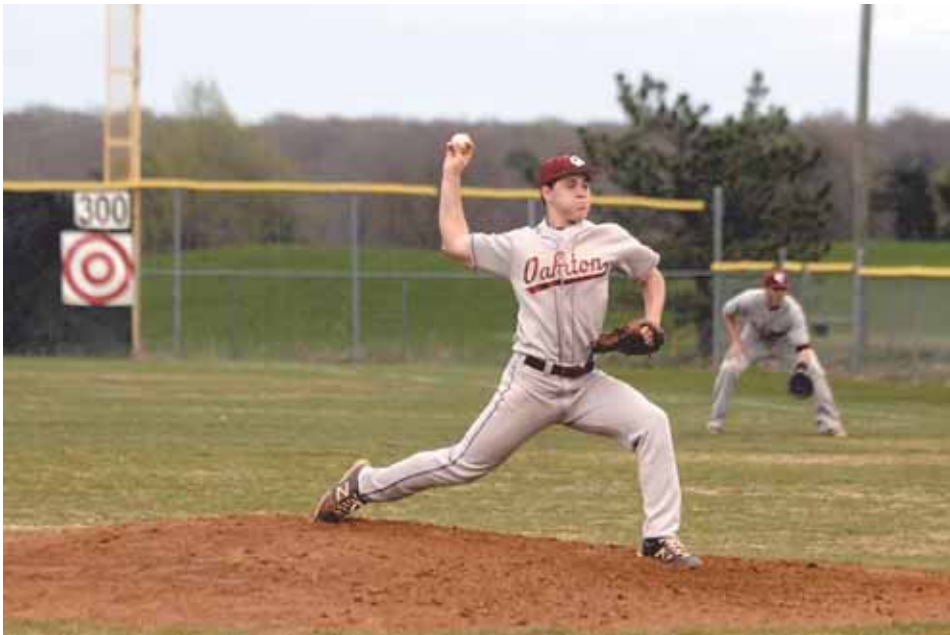
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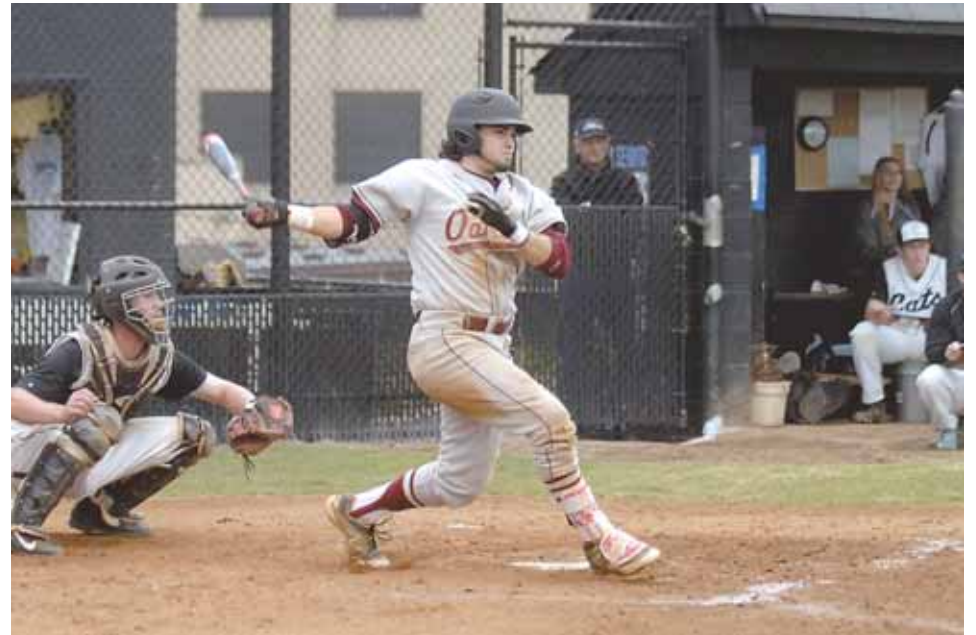
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Oakton senior Connor Jones pitched a complete game against Centreville on April 16, helping the Cougars win 8-2.



Oakton junior shortstop Joe Rizzo went 4-for-5 with two RBIs against Centreville on April 16.

Oakton Pitcher Jones Tosses Complete Game

Cougars improve to 9-0 with win over Centreville.

BY JON ROETMAN
THE CONNECTION

Oakton pitcher Connor Jones had to wait for his turn at the varsity level. As a junior, Jones was good enough to be a front-line starter for the Cougars. However, the right-hander was stuck behind a pair of senior standouts in Tommy Lopez, the Conference 5 Player of the Year, and RJ Gaines. With limited opportunities, Jones was relegated to bullpen duty and the role of No. 3 starter.

Now a senior, Jones entered the 2015 season with the opportunity to be “the man” for Oakton. With Lopez and Gaines having graduated, the Cougars were in need of a leader on the mound.

“If we didn’t have one of those guys, [Jones] would have been a starter, clearly,” Oakton head coach Justin Janis said. “We had three guys eat a lot of innings last year and he was one of them. That’s the nice part — he has experience. Coming into this year, we were hoping: ‘OK, now those two guys have graduated, you need to step up and be the bulldog, the No. 1 for us,’ and so far, so good.”

JONES EARNED A WIN and pitched his first complete game of the season against Centreville on April 16, allowing five hits while striking out four and walking none during an 8-2 Oakton victory at Centreville High School.

After Centreville’s Daniel Lachance tied the score at 2 with an RBI single in the bottom of the fourth inning, Jones retired the final 11 Wildcat batters.

Meanwhile, Oakton took a 4-2 lead in the sixth inning with an RBI double by sophomore catcher Ryan Davis and an RBI single



by junior shortstop Joe Rizzo.

The Cougars added four more runs in the top of the seventh.

“My change-up was definitely good,” said Jones, a third-year member of the Oakton varsity. “I consider it my best pitch. When it’s on, it’s pretty good. I like throwing it a lot in any count.”

The victory improved Oakton’s record to 9-0, including 3-0 in conference play.

“It’s been exciting,” Jones said of transitioning into the role of front-line starting pitcher. “It feels good to get some innings in, get a lot more big starts against teams like Centreville.”

Despite the graduation of its top two

pitchers and other impact players, the two-time defending Conference 5 champion Cougars have opened the 2015 season on fire. Oakton has wins over perennial contenders Lake Braddock and Madison, and entered Monday ranked No. 1 in the NOVA Baseball Magazine and Washington Post polls. The Cougars outscored their first three conference opponents — Westfield, Robinson, Centreville — 26-5.

“I was a little unsure,” said Janis, referring to what he expected out of the Cougars early in the season. “I knew we had some good players on the team, it was just a matter of how we then went out and performed. It’s still early, but to this point the

“My change-up was definitely good. I consider it my best pitch. When it’s on, it’s pretty good. I like throwing it a lot in any count.”

— Oakton senior Connor Jones

Head coach Justin Janis and the Oakton baseball team improved to 9-0 with a win over Centreville on April 16.

PHOTOS BY
CRAIG
STERBUTZEL/
THE CONNECTION

guys have played pretty well.”

Jones said Oakton can compete with any team.

“We know what we can do,” he said. “We know that we’re a good baseball team. If people think it or not, that’s their opinion, but we know we’re a good team and we know we can come out and compete with any team in the region and the state.”

While Jones has been a big part of Oakton’s success, sophomore Toma Shigaki-Than has also been a force on the mound, giving the Cougars two quality starting pitchers.

“Our sophomore pitcher Toma, he has stepped up huge for us,” Rizzo said. “... He just deals. He’s got great stuff.”

RIZZO, a third-year varsity player who is committed to the University of South Carolina, is the main threat in the Oakton lineup. Rizzo went 4-for-5 with a pair of RBIs against Centreville.

“He’s just a tireless worker,” Janis said. “He’s a baseball nut. Every single day is dedicated to making himself a better baseball player throughout the year.”

Davis had a double and two RBIs against Centreville. Senior Jagger James went 2-for-3.

Oakton was scheduled to face Chantilly on Tuesday, after The Connection’s deadline. The Cougars will travel to face Woodson at 6:30 p.m. on Wednesday, April 22.

Pins and Needles

By KENNETH B. LOURIE



This column isn't about acupuncture or knitting, any more than last week's column was about nausea. They are, however, both about the same thing: the life of a "terminal" cancer patient (and an extremely fortunate one at that), waiting and wondering – and worrying, hoping and praying – never more than now, not having heard the results of my most recent diagnostic scan, results of which can't come quickly enough and which, in point of fact, don't come quickly at all. More often than not, given that my oncologist wants to see me in person when he delivers the results – to explain and be available to answer any questions/discuss any strategy, etc. – typically, I don't learn my fate (to be honest about how I feel), until the Friday nine days after the previous week's Wednesday scan.

Not that I haven't been able to live with the anxiety and the eternity (again "live" being the operative word) and get accustomed to the ebb and non-preferred flow; I certainly have, it's more that the longer I live, the more it seems the veneer of tolerance and relative/comparative calm I've exhibited/maintained over these past six years and nearly two months, may be weakening. Not that I'm throwing in the towel (although I am doing laundry as I write), it's a simple admission I'm making that, as old as I hope to live, this process is getting older, faster. Now whether this sensation matters to my prognosis/future, who's to say; and I doubt whether my oncologist and/or any medical professionals with whom I interact could enlighten me in any sort of way. I am well aware that the day I received my diagnosis of stage IV, non small cell lung cancer (NSCLC): February 27, 2009, along with its "13 month to two year prognosis," is the day that any and all guarantees for better-than-average, longer-than-expected quality of life ended. If nothing else – as I had been forewarned by other cancer patients – oncologists, generally speaking, don't exactly "blow any sunshine up your skirt" (to quote the late, great McLean Stevenson as Lt. Col. Dr. Henry Blake from the classic, long-running television series M*A*S*H). And at the initial Team Lourie meeting, my oncologist definitely did not. Quite the contrary, I was encouraged, given the rather dire straits in which I now found myself, to "perhaps take that vacation I've always dreamed of," while I could. "What?!" I exclaimed. No more do I exclaim when I receive medical updates or even what I might call "down-dates," (negative, disappointing, dare I say, bad news). I've learned to take it all in stride. Although those strides seem to be getting shorter and less balanced – not a new symptom, just a metaphor. (If "new" symptoms persist for two to three weeks, I am to alert my oncologist.)

Nevertheless, there appears to be little I can do to speed up the flow of information between this doctor and this patient. E-mails do shorten the timeline, but it's the process/doctor's preferred method of communicating (heck, for all I know, legal requires face-to-face rather than computer-to-computer) which may ultimately shorten my timeline. I realize this is not my oncologist's intent (since he's proud of the success we've had together; in fact, he calls me his "third miracle patient"), but unfortunately, the effect may very well be the same. I guess for the time I'm still being, I'm sort of stuck.

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

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To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

SATURDAY/APRIL 25

Adults Basic Internet and Microsoft Office Tutoring. 1 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Schedule an appointment to get one-on-one help with computers, applications and navigation of the internet.

MONDAY/APRIL 27

NARFE Dulles Chapter 1241 Luncheon Meeting. 11:30 p.m. Amphora Diner, 1151 Elden Street, Herndon. Speaker: U. S. Representative Barbara Comstock (R-10th District). Please call in your reservation by, Thursday, April 23, to Louise Rooney 703-435-3523.

Reston Runners Women's Training Program. Eight week program for walkers and runners, run by women, for women. Program starts April 27 at 6:30 p.m. at South Lakes High School

For more information, or to register, go to www.RestonRunners.org

WEDNESDAY/MAY 13

Reston - League of Women Voters meeting on growth in Fairfax County. 7:30-9 p.m. North County Governmental Center, 1801 Cameron Glen Drive, Reston. Where is the County's growth going to go? What has changed in Fairfax County's land use and where do we go from here? Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

ONGOING

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

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

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

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. 703-938-2391 or www.epiphanypreschool.com.

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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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