

Herndon's free outdoor music show, Friday Night Live, started on May 1 and will continue on Friday evenings through Aug. 28. The event takes place at the Herndon Municipal Center.

Herndon Hosts Friday Night Live

NEWS, PAGE 3





WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggly for short sleeves. Legs feel too lumpy for shorts or a bathing suit. And "abs"? Let's not go there.

It happens every year, and when we don't take action, it just gets worse over time. The fitness options out there can feel daunting. Some are too intimidating or intense. Some seem like they could never get the results you want quickly. Some are too expensive. And so, another year goes by without reaching your summertime fitness goals.

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Nick Konarski, General Manager,
Koko FitClub of Northern Virginia

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WE CHANGE LIVES

"One word for me that describes the Koko experience – transformative. At the age of 46 and after not working out for 16 years, I joined



the 30-day [trial] this past summer to try something new. I had no energy, I was overweight, and saw a pretty bleak future physically for the path I was on. After a couple of weeks I was hooked... The whole program is arranged for me, taking into account my strengths/weaknesses and ensuring that I continue to progress. I'm now wearing the same size pants as my college days. It really is true that lean muscle and fitness is the fountain of youth. My girls are appreciating a MUCH more active dad. If every gym in the country had this system, I think we'd have a lot more happy people who have transformed their lives as well."

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance were not what



they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member,
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The first Friday Night Live of 2015 was held Friday May 1 in downtown Herndon. The free, outdoor event is one the most popular outdoor concert series in the D.C. area. Each Friday evening May through August, the music series brings bands playing rock, reggae, and funk to hundreds of fans.



Reston resident Brian Moran attended the first Friday Night Live show in downtown Herndon with his family.

Herndon Hosts Friday Night Live

Friday Night Live music returns to Herndon.

BY RYAN DUNN
THE CONNECTION

The evening of Friday, May 1, downtown Herndon hosted the year's first Friday Night Live with the band Go Go Gadget. Sponsored by organizations including Volkswagen Group of America and the Worldgate Center, Friday Night Live (FNL!) is one the most popular outdoor concert series in the D.C. area. The concert has been ranked as a "Must See" for Fairfax County, and is recognized by the Virginia Tourism Corporation.

The event is hosted at the Town Green near the Fortnightly Library and Municipal Building at 777 Lynn Street. "It is great for the community," said event volunteer Max Harwell. This year is the 21st year of Friday Night Live, and each year FNL! donates money from tips to Herndon High School's After Prom and All Night Grad Parties. "It is going to be a great summer event," said Art Anselene, Herndon's Town Manager.

"FNL is always the market that starts my summer, I am so glad the Herndon council has not made any changes to this event," said Reston resident Leslie Loges.

Previously, Herndon council member Jasbinder Singh made inquiries on changes to the layout of Friday Night Live, yet no changes have been made. "We have been attending for about 18 years, it is one of my favorite things of the week," said Reston resident Brian Moran, who attended the performance with his family.

The founder of Friday Night Live, Doug Downer, was unable to attend the year's first concert. However, George Price, a board member of the FNL group along with many other volunteers was present. "I have seen



Band members of the band Go Go Gadget with Herndon resident George Price, a board member of the Friday Night Live group. The band Go Go Gadget was the first band to play at the 2015 Herndon Friday Night Live.

Richard Downer, father of Friday Night Live founder Doug Downer, and Delegate and former Herndon Mayor Tom Rust (R-86) at the first Friday Night Live show in Herndon 2015.

PHOTOS BY
RYAN DUNN/
THE CONNECTION



four generations together listening to music here," said Price. "We will not charge anything for this event, it is designed to bring people to Herndon." Approximately 50 non-paid volunteers including members of the Herndon Optimists Club help provide directions and check bags. The family friendly, outdoor event is cancelled if weather conditions become unfavorable.

This was musician Eric Henkels first time performing at Herndon Friday Night Live. "I think it is fantastic to play live music for people. The lineup of bands for this summer includes some talented people," said Henkels. Songs the band Go Go Gadget played included tunes by Elvis, Katy Perry, and Sublime. Town of Herndon council members and Mayor Lisa Merkel attended the year's first FNL show. "Friday Night Live has been Herndon's signature summer event for 21 years and counting," stated Mayor Merkel. "I was a fan and supporter even before moving into Town, and applaud the Chamber for its efforts to bring such a family friendly, free event to the heart of Herndon every summer." Over the past couple of months I've heard from hundreds of others who feel the same way and feel passionately that Friday Night Live should remain a fabulous and free summer tradition. "I couldn't agree more and I look forward to many summers ahead!"

"It is a great community event, and as both a Herndon citizen and Town Council member I support Friday Night Live," said Town Council Member Sheila Olem. Food stands from local restaurants including Jimmy's Tavern, Dairy Queen and JJ Deli sell snacks and food. Beer and beverages are sold on the site until 9:30 p.m. No alcoholic beverages may be brought into the event, and no pets are allowed. Friday Night Live concerts will continue on Friday evenings at Herndon until Aug. 28. There will not be a FNL event on Friday, May 29 as the Herndon Festival will be taking place.

Visit www.herndonrocks.com for updates and more information.

Council of the Arts of Herndon to Host 'Play It Forward'

On May 7, the Council for the Arts of Herndon (CAH) will again be teaming up with Jimmy's Old Town Tavern to provide an evening of live music; food and drinks; raffle prizes; all for a wonderful cause.

The Play it Forward program is an instrument donation program. CAH collects good quality instruments for students who would otherwise not have been able to rent them. The program was first proposed in 2013 by Laura Readyoff, owner of The Music Loft, who was hearing from local music teachers who were concerned about losing frustrated young musicians whose resources could not cover the cost of purchasing or renting good quality instruments.

Readyoff proposed that the CAH fund a modest program to collect and refurbish used instruments that had been gathering dust in people's closets and attics, in order to provide these young future musicians

Event Details

May 7, 6 - 9 p.m., Jimmy's Old Town Tavern, 697 Spring Street, Herndon.

with such limited resources with the tools that would make practicing more joyful and effective.

Since then, this program has become an annual event, culminating with celebratory fundraiser at Jimmy's Old Town Tavern. This event includes live music by Jerry Irwin, in addition to the raffles and giveaways.

The first Play it Forward event at Jimmy's Old Town Tavern, April 2013. From left, Grace Han Wolf (immediate past president, CAH), Signe Friedrichs, Executive Director, CAH and Elysa Birman, Board member and owner, Friendly Computers Herndon



COURTESY PHOTO

The Herndon Duck Donuts offers made to order donuts along with premium roasted coffees. The Herndon branch is the first franchise in Fairfax County. Other locations are scheduled to open in Virginia this year.



PHOTO BY RYAN DUNN/THE CONNECTION

Duck Donuts Opens at Herndon

Donut store now open at BB&T Center in Herndon.

The Duck Donuts store on Elden Street near Herndon Parkway had crowds of clients this weekend, the first days of their opening. A breakfast and brunch restaurant, the Duck Donuts in Herndon replaces a space formerly occupied by Milwaukee's Frozen Custard which closed in November 2014.

Offering warm, delicious and made to order donuts along with premium roasted coffees, Duck Donuts was started at the Outer Banks of North Carolina. Founded by Russell A. DiGilio, the first store opened in 2006. The Herndon location is the first branch for the franchise in Fairfax County. Duck Donuts are served hot, with toppings ranging from classic powdered sugar to chocolate, peanut butter or strawberries icing. Toppings include shredded coconut, sprinkles, chopped peanuts and even

bacon. Donuts can be sold by singles, half-dozen, dozen, or bucket.

The Fairfax store is scheduled to open in June this year.

Managing the Herndon site are General Manager Alvin Barnuevo and Operations Manager Rue Rusike. Barnuevo says the Herndon location will offer special, seasonal flavor items during holidays such as Valentine's Day and St. Patrick's Day. The Herndon location employs about 20 persons. Patrons can view their doughnuts being made as they order them. Normal business hours for the store will be 6 a.m. to 7 p.m.

Town of Herndon Mayor Lisa Merkel said, "Herndon's anticipation of the Duck Donuts opening has been incredible. 'Nearly every day, someone asked me if I knew when the big day would finally arrive,' stated Merkel. 'If the first weekend's lines were any indication, I have a feeling they will rival Georgetown Cupcake as a dessert destination in Herndon.'" For more information on Duck Donuts, visit <http://duckdonuts.com>.

—RYAN DUNN

From left — Kristin Quinn, advanced brain trainer at LearningRx, Jackson Hill, LearningRx student, 11, Reston, Sebastian Velazquez, LearningRx student, 12, Herndon, and Emily Smith, assistant director, LearningRx Reston.



PHOTO CONTRIBUTED

LearningRx Wears Blue for National Autism Month

LearningRx of Fairfax, Leesburg, Vienna, and Reston and N. Potomac, Md., are supporting autism research from April 15-30 by going blue.

For each LearningRx student that wears blue, LearningRx will donate \$10 to the Autism Society of Northern Virginia in Falls Church and the Autism Society of Montgomery County, Md. Also, new students with autism will receive more than 50 per-

cent off of brain training at \$199 for five hours of brain training throughout April. "We know autism affects many people, and many of our students struggle with autistic symptoms as well; it's important to support autism research," said Maureen Loftus, executive director of LearningRx of Reston and Vienna.

For more information, visit www.learningrx.com.

WEEK IN HERNDON

Arts Herndon Announces Interim Board

Council for the Arts of Herndon and The Herndon Foundation for the Cultural Arts have announced the members of the newly formed interim board for Arts Herndon. The interim board will finalize the by-laws and organizational structure for the new organization, and will oversee the transition as the Foundation and the CAH combine to create this new parent institution. The interim board will also elect the first board of directors for Arts Herndon. The interim board will then dissolve.

Six board members from each organization were elected to serve on this interim board. From the Council for the Arts of Herndon Board of Directors, interim board members will be Elysa Birman, Owner of Friendly Computers; Cathy Lanni, Sales Associate at Long & Foster Real Estate, Inc.; Sheila Olem, Councilmember of Herndon Town Council; Margaret O'Reilly, Owner of Margaret A. O'Reilly, PC; Mike O'Reilly, Principal in the O'Reilly Law Firm and formerly Mayor of Herndon; and Laura Readyoff, Owner of The Music Loft. The Herndon Foundation for the Cultural Arts has elected to the interim board Harlon Reece, Retired Marine Corps Officer and President of ArtSpace Herndon; Mercia Hobson, Fine Arts Ceramicist and retired teacher of the hearing impaired; Martin Steinhobell, Managing Partner, Valens Point, LLC; Peter Toth, Fine Art and Professional Photographer and Retired Corporate/Advertising Executive; David Birtwhistle, CEO, Northern Virginia Transportation Alliance; and Lori Culp with the National Rural Utilities Cooperative Finance Corporation.

MOTHER'S DAY PHOTOS



From left: Elijah, Adam and Cindy Green, of Oak Hill. Cindy and the boys rode bikes on the Maryville-Alcoa Greenway trail, in Alcoa, Tenn., and stopped for a rest break at the bridge extending over Alcoa Highway.



Frank Pincoski, dressed as Santa, with his mother, Anna Pincoski, of Herndon. Even Santa has a Mommy and here she is! Happy Mother's Day.



Elizabeth Sadlack, of Herndon, with her daughters Cora and Sadie at a cafe in Salzburg, Austria.

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"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." – Bill W.

"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." – Sophia C.



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OPINION

Hunger Is Widespread

Saturday, May 9, is the postal carriers food drive; put a sturdy bag with food donation next to your mailbox that morning.

EDITORIAL

There are families dealing with hunger in every county in the United States, including here in Northern Virginia.

In Fairfax, there are 67,190 people who are food insecure, (facing hunger at some point monthly) which is more than 6 percent of the population, according to a report by Feeding America.

In Arlington, 8.7 percent of the population is food insecure, 18,750 people. In Alexandria, 10.8 percent of the population faces hunger at least monthly, that's 15,540 people.

You can see the national data by county in an interactive map: <http://map.feedingamerica.org/>

ON SATURDAY, MAY 9, as they deliver mail, postal carriers will collect donations of non-perishable food left by residents near their mailboxes. They will be joined by retired letter carriers, by family members and friends, and by volunteers to help collect and distribute the sacks of non-perishable food items that get left next to mailboxes that morning.

People are encouraged to leave a sturdy bag containing non-perishable foods such as canned soup; canned vegetables; canned meats and fish; pasta; peanut butter; rice or cereal next to their mailbox before the regular mail delivery on Saturday. Carriers will bring the food to local food banks, pantries and shelters.

The annual food drive is held in more than 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and Guam. Last year almost 73 million pounds of food was collected in the one-day event for people in need throughout the United States.

CHILDREN ARE AFFECTED by hunger disproportionately, with nearly 30 percent of students in Fairfax County Public Schools poor enough to receive subsidized meals at school, which is an incredible 51,968 students. That percentage is more than 31 percent in Arlington with more than 7,700 students poor enough to get meal benefits. In Alexandria, 60 percent of students are poor enough to get meal benefits; that's almost 8,600 students.

Many of these students go hungry on weekends, during school closures for bad weather and in the summer. More on that soon.

In the meantime, leave a bag of food out by your mailbox on Saturday.

LETTERS TO THE EDITOR

Mother's Day and Islam

To the Editor:

A man once asked the holy Prophet Muhammad (may peace and blessings of Allah be upon him), "O Messenger of Allah! Who has the most right to the best treatment from me? The Prophet replied, "Your mother. The man asked, "Then who?" The Prophet said, "Your mother." The man asked again, "Then who?" The Prophet again said, "Your mother." The man asked again, "And after that?" The Prophet replied, "Your

father" (Bukhari and Tirmidhi).

To truly appreciate the awesome significance of this particular incident, one must remember that this took place more than 1,400 years ago, in a completely male dominated society; a society where women were treated no better than slaves.

In Islam the role of a mother is recognized as being so pivotal in the upbringing of the children - as well as in shaping the future of mankind and society - that Mus-

lims are taught that the attainment of paradise lies under their mother's feet.

Not only does this paradise refer to the one in the hereafter, but it also refers to a social paradise in this world...peace, blessings, and security which are obtained after respecting and honoring your mother each and every day, regardless of how difficult the circumstance may be.

So while it's thoughtful and sweet to pause our busy lives once

a year to overtly celebrate everything our mothers mean to us with flowers and gifts, it is more important that we also instill the practice of honoring them daily by making them proud of the manner in which we conduct ourselves; as well as attending to their growing needs with the same care, compassion, love, and patience as they once extended to us when we were children.

Aisha Khan
Herndon

Law Enforcement, the Mentally Ill and the Pursuit of Justice

BY STACEY A. KINCAID
SHERIFF, FAIRFAX COUNTY

Across the nation, people are having serious discussions about how to alter the dynamic that too often exists between some law enforcement officers and individuals. Out of each case, we learn something that will help us go forward. So, as justice pursues its course in Fairfax County with regard to the tragic death of Natasha McKenna, let's not lose sight of the real underlying problem: the systemic mishandling of mentally ill patients who have few or no resources, and law enforcement's struggle to deal with untreated or undertreated individuals.

There is a teachable moment here for those of us who have dedicated our lives to law enforcement and for members of the community who believe in dignity and fairness for those who come into

contact with the criminal justice system.

All of us are eager — and many are impatient — for the investigation into Ms. McKenna's death to be concluded. This incident has not been forgotten or ignored. From the beginning, the Sheriff's Office has cooperated with the investigation fully. The recent completion of a report by the Office of the Chief Medical Examiner means the investigation is nearing a close. I have not offered more than passing comment because, as both a law enforcement official and a citizen, I do not want to prejudice the outcome of an investigation in advance of the facts by answering questions to which I do not have the answers, or by anticipating actions I might take once all the facts are known. I admit to having been disappointed that someone chose to release internal documents — for

COMMENTARY

the same reasons I think anyone interested in justice and fairness would be.

In the meantime, and for the foreseeable future, our jail will continue to be a warehouse for individuals with mental illness who have been unable or unwilling to access effective clinical care, social services and housing in the community.

About 40 percent of the inmates in our jail have been identified as needing some level of mental health care during their incarceration.

More than a quarter have a serious mental illness — often combined with a substance abuse disorder — that requires intervention, regular treatment and medication management.

The Sheriff's Office is working to improve mental health care at the jail, but as of this writing, we have no available options to properly divert individuals under arrest

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Healthy Relationships for Life

Researchers say meaningful friendships help preserve health.

By MARILYN CAMPBELL
THE CONNECTION

Bill and Betty Kenealy, of Springfield, make it a point to socialize regularly with their long-time friends, many of whom are other couples they met through work and through the activities of their five children. They've watched their children become adults, worked, retired and even survived cancer. Now they're living together in a retirement community in Springfield. Bill is 85 and Betty is 81.

"We enjoy meeting for dinner on a regular basis or playing cards or dominoes and Bingo," said Bill.

One of those couples is George and Peggy White, both 80. They met when Bill and George were stationed together in the military. Both couples speak fondly of the strength they get from their friendships.

"All of us have different stories and have different backgrounds," said Peggy White, 80. "It's been an interesting and rewarding."

Healthy friendships and strong social connections provide more than interest, say researchers. They are vital to one's mental, physical and emotional wellbeing. A study by the National Institutes of Health show that people who are socially isolated are more likely to die of heart disease than those who have close relationships. While it might be more challenging to make friends as one ages, the benefits are worth the effort say researchers.

"Research shows that social connections are more important for health, longevity and cognitive functioning than any other variable," said Linda Gulyn, professor of psychology at Marymount University in Arlington. "Social support ... increased likelihood of getting proper health care, compliance with health treatments, diet, activity [and] mental health."

A HEALTHY SOCIAL NETWORK is credited with longevity. "Social support at all stages of the lifespan reduces people's stress levels, and this in turn promotes physical health," said Linda Cote-Reilly, Ph.D., associate professor of psychology at Marymount University. Seniors who have active so-



George White, 80, stays socially connected by volunteering for the West Springfield police department. He and his wife, Betty, also 80, stay connected with friends.

cial connections are better able to fight disease, they experience greater psychological well-being and reduced incidence of depression, Cote-Reilly said.

Social isolation can lead to depression and physical health issues.

"One of the things that research has shown is that social isolation is a killer," said Dominique S. Hubbard, professor of psychology who studies social exclusion and ostracism at Northern Virginia Community College. "One of the most fundamental things that we need is meaningful social connections and a sense of belonging."

In fact, researchers point to a variety of studies that link health and longevity with fulfilling relationships.

"There is this really amazing study done in Alameda County, Calif., that followed almost 5,000 residents for nine years, and found that the best predictor of mortality rates were people who indicated they had few meaningful relationships, meaning that people who answered they had many meaningful relationships were more likely to be alive than those with few," said Georgeana Stratton, Ph.D., (associate professor of psychology at Northern Virginia Community College in Sterling. "Even when they ... only look at people with cancer or heart disease, they still found that those with many meaningful relationships did better than those who answered few.

"Their social relationships were the best predictor of health and death, meaning it predicted better than other things they measured like smoking and stress," said Stratton.

Seniors are more susceptible to the harmful effects of a dearth of companions. "Isolation is potentially very damaging to all of us, but most especially to seniors," said Pamela Stewart, assistant dean of psychology, Northern Vir-

ginia Community College, Annandale campus. "Friendships keep us balanced and generally more positive. They help to keep us busy, can give us a focus and keep us more happily engaged in the world around us."

Retiring and relocating creates challenges when attempting to maintain existing friendships. "Unfortunately, for many the pool of friends becomes smaller as one ages," said Stewart. "We lose touch with our former work mates and a fair percentage of our friends may have moved away or passed away."

Those who are no longer in situations that offer natural opportunities for social interactions can still recreate a circle of friends.

"Seniors can replace those by adding new things," said Hubbard. "Consider joining a class or a bridge club. The key is to have consistent, positive interactions."

Donating one's time offers an opportunity for staying connected.

"Volunteering at a local school or animal shelter or even getting a part time job is a great way to meet people and stay engaged and current," said Joyce Schwartz, a geriatric social worker who lives in Potomac, Md. "Pursuing a hobby, working out a gym or attending lectures are good too, especially if they're free or discounted activities for seniors."

STILL, STAYING ENGAGED socially and developing new friendships can become increasingly challenging, as one gets older.

"Physical disabilities and illnesses can increase the likelihood that a person is hospitalized or homebound in later adulthood, which can lead to social isolation and depression," said Cote-Reilly.

Also important, said Cote-Reilly, is distinguishing connections that offer positive social interaction from those that simply provide contact with another person.

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SPORTS

61 Sports Events over 10 Days

Fairfax County hosting the 2015 World Police & Fire Games.

BY BONNIE HOBBS
THE CONNECTION

A huge event on a scale Fairfax County has never before seen — that's the 2015 World Police & Fire Games. It'll run June 26-July 5 and promises to be a once-in-a-lifetime experience for area residents.

"We expect over 12,000 first responders from more than 70 countries," said county police Maj. Rich Perez, who's heading up security. "There'll be 61 sporting events spanning 10 days, and with more athletes than the summer Olympic Games."

Perez is in charge of bringing together 37 different federal, local and state entities to provide security for the events. These groups include the county Fire and Rescue Department, Sheriff's Office, Virginia State Police, the U.S. Department of Homeland Security, the TSA, ATF, and Department of State.

The World Police & Fire Games started in San Diego, Calif., in 1985 and are held every two years. "We're celebrating the camaraderie, honor, courage and athleticism of first responders from around the world," said MPO Michelle DuBois, one of the county Police Department's athletic outreach ambassadors.

Both active and retired fire and law-enforcement personnel will be competing. "This is the 30th anniversary of the games, so there'll be dignitaries here, too," said DuBois. "And it's also the 75th anniversary of the Fairfax County Police Department."

THE OFFICIAL website is Fairfax2015.com and, said Perez, "It's getting 9 million hits a day. The local, economic impact is expected to be \$70 million to \$80



Police officers Rich Perez and Michelle DuBois discuss the upcoming World Police & Fire Games.

million for those 10 days." That's because, in addition to the athletes, themselves, an estimated 30,000 visitors are also expected to attend the games here.

Some 80 county firefighters and 50 county police officers are registered to participate, including Police Chief Ed Roessler Jr. "He registered for the triathlon and has been diligently working out and preparing for it," said Perez.

Some other local first-responders will be defending their awards won previously. Fire Department Battalion Chief Jerome Williams won a gold medal in stair climbing in the last games, held in New York. And county police officer, Lt. Mark Kidd, is the current gold-medal holder in darts.

But all the participants are special, said Bill Knight, president of the World Police & Fire Games. "These athletes are truly he-

roes from around the world," he said. "And they deserve to be treated like Olympians."

The various athletic competitions will be held at 53 different venues, but more than 70 percent of the games will take place in Fairfax County. Athletes will participate in events including archery, badminton, baseball, beach volleyball, bench press, billiards, body building, bowling, boxing, cross country, cycling, darts, dodge ball, flag football, golf, hockey, judo, karate, lacrosse, half marathon, motocross, motorcycle and mountain biking. They'll also vie in orienteering, paintball, pistol and rifle competitions, police service dogs, rowing, rugby, skeet shooting, soccer, softball, swimming, table tennis, tae kwon do, tennis, track and field, triathlon, ultimate firefighter, volleyball, wrestling and wrist wrestling.

Several of the events will be held in the

local communities. There'll be baseball at Westfield High; Toughest Competitor Alive at the Cub Run Rec Center; clays, skeet and trap shooting, Bull Run Regional Park; cycling, police driving track in Chantilly; darts, Fairfax County Police Association Hall in Fairfax; and lacrosse, Centreville High.

GMU will also host baseball games, as well as basketball, bodybuilding, boxing, swimming, tennis, and track and field. At the Reston Town Center will be the athlete village and check-in, plus the half marathon and honor guard competitions.

Martial arts will be held at NOVA's Ernst Center, and weightlifting will be at the Herndon Community Center. Meanwhile, archery, cycling, mountain biking and orienteering will take place in Fairfax Station's Fountainhead Regional Park. And Tysons Corner will host dodge ball and stair racing.

MASS TRANSIT will be used as much as possible to transport the athletes to and from each venue.

"There's no cost to attend and view any of the events," said DuBois. "So we encourage people to bring their families and friends to them and enjoy."

But such a huge undertaking can't be accomplished without volunteers, and some 4,000 of them are needed. Signups are at <http://fairfax2015.com/volunteer>.

"We need medical personnel at each venue to cover the athletes, volunteers and spectators," said DuBois. "People are also needed to check in the athletes and direct them to the next station. Volunteers must be 18 or older and able to read, write and communicate in English. They must also pass a background check to keep everybody safe."

Urging people not to pass up this opportunity to lend a hand, she said, "You can play a key role in one of the largest, multi-sport, multi-venue events in the world. Instead of just watching, you can be a part of history."

Herndon's Conference Record, 5-2

Herndon junior Graham Seitz pitches against Chantilly on May 1. The Hornets lost 7-1, dropping their Conference 5 record to 5-2. Herndon faced Westfield on Tuesday, after The Connection's deadline. The Hornets will host Centreville at 6:30 p.m. on Friday, May 8.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

CALENDAR

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

FRIDAY/MAY 1-AUG. 28

Herndon Friday Night Live. 6:30 p.m. 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. Visit herndonrocks.com/schedule.php for more.

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. <http://www.fairfaxcounty.gov/parks/wp-farm-mkt.htm>.

Food Truck Thursdays. 11 a.m. - 2 p.m. Reston Town Square Park. First Thursday of the month, a variety of food truck vendors.

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

Spring Farm Day. 10 a.m. - 3 p.m. Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come see puppet shows, do some crafts or play some games. You can even milk a real cow. \$8 if at the door, \$7 if bought in advance, kids under 2 free.

MONDAY-TUESDAY/MAY 11-12

Slimy Salamanders. 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 18 months to 35 months. Salamanders look like lizards, but they are actually amphibians with moist skin. Get your hands messy while learning how this slimy skin protects them. Enjoy a snack while reading *The Salamander Room* by Anne Mazer. Go on a short hike to discover where salamanders live and what they eat. Reservations required by May 6. Fee: \$7/child RA members, \$9/child Non-members. naturecenter@reston.org, 703-476-9689 and press 5.

WEDNESDAY/MAY 13

Technology Changing Art Exhibit Artist Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The opening reception and awards presentation for the 11th Annual Council for the Arts of Herndon Tech Arts



PAINTING BY ANN BARBIERI

The Northern Virginia Fine Arts Festival will take place Friday-Saturday, May 16-17, at Reston Town Center, and provides an interactive experience to view, purchase, and experience art directly from the artists who have created it.

Competition. This competition features artists from Fairfax County public high schools. The exhibit and artists reception are free and open to the public. <http://www.artspaceherndon.com/technology-changing-arts/>

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.

Herndon Pyramid Concert. 7 p.m. Herndon High School Auditorium, 700 Bennett Street, Herndon. This is a great opportunity to hear many talented instrumentalists from Herndon High, Herndon Middle School and their feeder elementary schools. Bring the whole family and enjoy performances from each of the following ensembles: Elementary Area Band, Herndon High School Saxophone Ensemble, Herndon Middle School Symphonic Band, Herndon United Methodist Church Percussion Ensemble, Herndon High School Wind Ensemble, Herndon High School Indoor Guard and Herndon High School Indoor Drumline. Admission is free.

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. Tickets, per-person, \$25 in advance, \$30 at the door. Semi-formal. <http://www.artspaceherndon.com/spring-gala/>.

Herndon High School's Annual Paige Saucedo 5k Memorial Fundraiser. 9 a.m. - noon. Herndon High School, 700 Bennett Street, Herndon. Herndon High School will host the 4th Annual Paige R. Saucedo 5K Scholarship Walk/

Run. Registration is \$20 per adult and \$10 per child (under 18). T-shirts will be given to 5K registrants as supplies last. Proceeds of event will benefit Herndon High School ESOL students demonstrating academic excellence and financial need to support post-high school opportunities. Two 1st place \$500 scholarships will be awarded to student race winners, male and female (age 14 - 18) regardless of second language criteria.

Teddy Bear Picnic. Herndon Fortnighly Library, 768 Center Street, Herndon. 2 p.m. All ages and their favorite stuffed animal enjoy stories, songs, and activities.

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By KENNETH B. LOURIE

Cryptic? Hardly. Words I can live with the for the next three months until my next CT Scan? Absolutely. I'm going to stop now before I make this initial paragraph a priceless MasterCard moment. What this column is about, however, is an update about the good-make-that-great news I received electronically from my oncologist late Friday afternoon, two days after I had completed my most recent CT Scan, and a full week before our next face-to-face appointment, when the scan results both good and bad are typically shared and discussed. And though my oncologist understands and appreciates – per last week's column – that waiting is excruciating for the patient/survivor; his fear of providing misinformation and/or misinterpreting the radiologist's report, and in turn my overreacting to one or the other, accounts for the timeline that probably doesn't suit either one of us.

Nevertheless, it is what it is, it's what it has been and I doubt, living into the future, it will be any different. Writing a column or two about its drag on my coefficient is healthy enough, I suppose (better to get it out than to keep it in, the mental health professional might say). But I'm guessing the correlating/paralleling universe might be that obsessing/"compulsing" over something I can't change is likely not good for this soul or psyche either. And if there's any substance to the anecdotal claim that cancer patients/survivors who can eliminate some stress from their lives will have a better outcome/longer life, then the sooner I understand and accept control and/or lack thereof, with respect to my treatment/process/overall cancer experience (maybe a few other areas, too), the more rewarding my future will be. As Clint Eastwood said near the end of *Magnum Force*: "a man got to know his limitations," so too must a patient know and accept his.

I likely can't change how and when my doctor communicates to/with me, though. He has procedures; I have mine. He has rules, preferences, timelines, etc. As the patient, I would say mine are probably different. As to the oncologist who has kept me alive six-years-going-on-seven after originally giving me a "13-month to two-year" prognosis, my reply to his e-mail was more wordy: "Thank God and thank you! Now we can relax a little bit until we see you at our next appointment on the 24th." To say we're looking forward to that next appointment would be a bit naïve. Still, we're not in fear for our lives, as sometimes has been the case.

Once in-office, we'll look at the computer and compare the two previous scans, and likely evaluate and discuss the past, present and future. These meetings are as much about strategy as anything else. I certainly don't expect any guarantees, nor do I expect any warm and fuzzies. I'm sure he'll be smiling as will we, and be grateful as well, for our amazing good fortune. Nevertheless, this is an extremely serious business with an unpredictable outcome. Moreover, as much as I appreciate MasterCard's "Stand Up To Cancer" campaign; being a cancer patient is hardly priceless. In fact, it's all it's cracked up to be. That being said, when the three words typed in your e-mail subject box are the title of this column, for the moment, all is right in your world – until the next scan of course, three months hence. It's a cycle of loom for sure, but it sure beats the gloom it could have otherwise been.

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

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The McLean Connection
The Great Falls Connection

MONDAY/MAY 11

Writers Group for Adults. Herndon Fortnighly Library, 768 Center Street, Herndon. 7 p.m. All level of writing experience are welcome and will receive support and feedback. The group reviews work-in-progress from up to three members each month.

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.

Wednesday Morning Book Club for Adults. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 10:30 a.m. Call branch for title.

ESL for Intermediate Adult Students. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 11 a.m. Join Richard's Wednesday conversational group.

Precious Preschoolers. Herndon Fortnighly Library, 768 Center Street, Herndon. 11 a.m. Ribbit, Ribbit: Frogs Fact and Fiction. Ages 3-5 with adult enjoy stories, songs, rhymes, and games about these fun amphibians.

THURSDAY/MAY 14

ESL for Advanced Adult Students. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 10 a.m. Join Richard's Thursday conversational group.

Baby Steps Storytime. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 10:30 a.m. Ages 12-24 months with adult enjoy an interactive storytime.

FRIDAY/MAY 15

ESL for Beginner Adult Students. Reston Regional Library, 11925 Bowman Towne Drive, Reston. 10 a.m. Join Elayne's Friday conversational group.

MONDAY/MAY 18

NARFE Dulles Chapter Luncheon Meeting. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon. Topic: Protecting Yourself against Financial Crimes. Speaker: Tom Polhemus, Financial Crimes Unit, Fairfax County Police. Please call and make your reservation to Louise Rooney at 703-435-3523 no later than Thursday, May 14.

WEDNESDAY/MAY 20

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

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.

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

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.

OPINION

Garza Calls Community to Help #saveFCPS

Superintendent says FCPS faces deficit of more than \$100 million; FCPS excellence at risk.

Statement from Fairfax County Public Schools Superintendent Karen K. Garza following the Fairfax County Board of Supervisors passage of the Fairfax County Fiscal Year (FY) 2016 budget:

Once again, we find that the Fairfax County Board of Supervisors has failed to fully fund Fairfax County Public Schools (FCPS). This is extremely disheartening — we entered this budget year making a good faith effort to work collaboratively with the Board of Supervisors. We worked for nearly a year with the County Executive and the Board of Supervisors to develop a reasonable budget that met only the very minimal needs of FCPS, and in the end they did not deliver.

Supervisors are sending a clear message that they are unconcerned about the increasing challenges of our students, our teachers, and our schools. The supervisors refused to fully fund our budget for the 2015-16 school year (FY 2016), when faced with a nominal \$7.6 million deficit. We

have grave concerns as to what will happen in the 2016-17 (FY 2017) school year when we face a devastating shortfall of more than \$100 million.

The entire Fairfax County community has a critical decision to make: either we invest the necessary funds in our students and schools, or we will have to work together to decide what to cut — and we cannot cut our way to excellence.

Due to years of chronic underfunding coupled with a decade of significant enrollment growth and increasing student needs, we will not be able to sustain the current quality nor the full range of academic programming we currently offer our students. We have sought to protect the classroom to date, but with the scale of the FY 2017 shortfall, we will have to take a serious look at the programs that we must cut starting in the 2016-17 school year. These cuts will likely affect all current academic programming including limiting elective choices, reducing career and technical pro-



Karen K. Garza

grams, impacting advanced offerings, and again raising class sizes at all levels. We must make these difficult choices by December 2015 because students begin their course selections in January 2016.

Since 2008, we have cut 2,175 positions and nearly a half-billion dollars from our budget affecting every school and department. We have fallen so far behind in teacher salaries that we are no longer competitive and are losing talented staff to neighboring school districts. Our teachers are the reason FCPS students excel and achieve. Losing our most experienced teachers will have a significant effect on student performance and will ultimately affect the reputation of FCPS. Fairfax County public schools are frequently cited as one of the main reasons that businesses choose to relocate to the county, and Fairfax has some of the highest property values in the country, but without excellent schools as a foundation — corporate investment in Fairfax and property values will decline.

In the education of our children, every year matters; we cannot hope to make up deficits in their education in their later years. It is critical we take action now.

I hope our community will join me to #saveFCPS.

CONNECTION FILE PHOTO

Nondiscrimination and Gender Identity

School Board to consider policy change.

BY TIM PETERSON
THE CONNECTION

When the members of the School Board reconvene on May 7, they're scheduled to act on whether or not to add "gender identity" to the list of nondiscrimination categories for all Fairfax County Public Schools students, employees or applicants for employment. The current list in the board's policy item 1450 includes age, race, color, sex, sexual orientation, religion, national origin, marital status and disability.

A new business item at the board's April 23 meeting was a recommendation to adopt this policy change, "To ensure conditions of nondiscrimination and equal opportunity in the school system" (language from the draft new policy).

The proposed change drew several

speakers during the citizen participation portion of the meeting.

Del. Bob Marshall (R-13), representing parts of Prince William and Loudoun counties, opposed adding gender identity to the nondiscrimination list based on the board lacking the authority to do so.

"Seven Attorney Generals from 1982 through 2010, in eight opinions, all concluded that the General Assembly is the only body with authority to establish or change public policy to define classes for forbidden discrimination," Marshall said in his remarks. "In that time, five Attorney Generals published six formal opinions dealing with local government including school boards."

Marshall and other speakers also referenced an opinion issued earlier this year by current Attorney General Mark R. Herring that local school boards can, in fact, include sexual orientation and gender identity as part of nondiscrimination policies. Herring said the state constitution and law provide "power fairly implied from the express grant of authority."

However Marshall urged the board to

look at a larger body of past opinions "in light of possible citizen legal response."

Andrea Lafferty, president of the Traditional Values Coalition and mother of a school-age child in Fairfax County, also opposed the policy change. "There is a way to accommodate transgender students and still protect the other students' privacy rights, and the rights of parents," Lafferty said in her remarks. She referenced a public School Board discussion in March that she said "none of the important issues of concern or the real issues to be faced," such as bathrooms, changing rooms and the impact of teachers in the classroom.

"Children need and deserve a psychologically stable and emotionally secure environment in which to learn — your policy change threatens this," Lafferty said.

West Potomac High School teacher and sponsor of the school's Gay-Straight Alliance Robert Rigby favored the policy change.

"From hearing from students and parents, I can say that harassment and discrimination based on sexual orientation have decreased during my time working for Fairfax," Rigby said in his remarks. "How-

ever, transgender students students and students who do not display traditional gender expression continue to experience a great degree of of harassment; their friends and family members also hear some amazingly negative comments."

Manny Solon, a Fairfax County resident, also spoke in favor of the change, comparing having a gender identity different from your body to Alzheimer's disease.

"To have that feeling and to not be able get out and express yourself is a hell on earth," Solon said, "and I think we owe it to ourselves and to these kids, who are our kids to go and speak up for them." The next meeting of the Fairfax County School Board will be at 7 p.m. on May 7 at Luther Jackson Middle School, 3020 Gallows Road in Falls Church. To email the School Board, contact fairfaxcountyschoolboard@fcps.edu. More information about requesting to speak at meetings is available at www.fcps.edu/schlbld/meetings/requestspeak.shtml.