

Last Piece of the Downtown Puzzle?

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Herndon Town Council will hold a public hearing on its plans to purchase the Ashwell property, which it says clears the path for its comprehensive downtown development project envisioned in the Downtown Master Plan.



More Area Residents Bike To Work

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Pride of Herndon on Display at Disney World

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Last Piece of the Downtown Puzzle?

Council schedules public hearing on potential purchase of Ashwell property for Tuesday, May 26 at 7 p.m.

BY KEN MOORE
THE CONNECTION

The Herndon Town Council will consider purchasing approximately 1.67 acres of land in Herndon's historic downtown.

"What I'm hearing is people are ready for this," said Mayor Lisa Merkel, who called this a priority when she was campaigning to be on the Town Council.

The purchase clears the way for a comprehensive development project in the downtown, in accordance with the Downtown Master Plan adopted by the Town Council in 2011.

The Herndon Town Council will hold a public hearing on an ordinance to approve the contract on Tuesday evening, May 26 at the Herndon Council Chambers at 765 Lynn St. at 7 p.m.

HERNDON WILL PURCHASE the land from Ashwell, LLC for \$3.519 million if the

Town Council approves the project to add to the three acres of downtown land it already owns.

"For years, people have said it would be great if we could incorporate the Ashwell property into our downtown plan," Merkel said.

Following an environmental assessment, the town expects to close on the purchase within 120 days, according to Town documents.

The land will then be rezoned in conformity with the adjacent town owned property, which allows for mixed-use commercial and residential development. Completion of these processes will result in nearly five acres of town-owned land, available for private development, according to Town documents.

The town anticipates that an open solicitation to developers will be issued by year's end.

THE TOWN'S MASTER PLAN envisions



PHOTO BY KEN MOORE/THE CONNECTION
Mayor Lisa Merkel and Director of Public Works Robert B. Boxer walk the downtown area, showing improvements and plans in the works.

a mix of retail, office and residential development, to include four-story mixed-use/residential structures; three-story mixed-use/commercial structures; a jointly-funded public/private parking structure; an arts center and more.

The town has invested just under \$5 mil-

lion, \$2.87 million of which was obtained through federal and state grant funding, to facilitate undergrounding of utilities and is completing streetscape upgrades throughout the downtown.

Developments already under way include construction of 17 single-family homes at Center and Vine streets, and plans for mixed-use development (townhomes, condominiums, and retail space) at the corner of Elden and Monroe streets.

"The Town of Herndon has been envisioning a comprehensive redevelopment in our downtown for decades," according to Merkel. "We made significant strides toward that vision by adopting our Downtown Master Plan."

"Until this purchase, however, we have been limited in our ability to effectively position downtown Herndon for comprehensive redevelopment, as much of the necessary land was under private ownership," Merkel said.

The Town of Herndon gives residents the opportunity to track progress on the downtown projects on its website www.herndon.va.gov.

More Area Residents Bike To Work

BY RYAN DUNN
THE CONNECTION

On Friday, May 15, commuters swapped gas pedals for bike pedals in the metropolitan Washington region to participate in the annual Bike to Work Day (BTWD) event. Registration for the event increased 4 percent over last year. The first BTWD was held in the region in 2001. Participants were encouraged to register for the event and then check in at one of the 79 pit-stops within the District of Columbia, Maryland and Virginia.

This year's Bike to Work Day had the highest ever registration in the D.C. metro area with more than 17,500 riders, and in Herndon pit-stop registration at 428 was an increase of 19 percent over the previous best. "It is exciting to see the growth in participation knowing that it means more people are choosing a clean, fun, and healthy way to get to work," said Cindy Roeder, director of the Town of Herndon Parks and Recreation.

Mild weather encouraged an increase in participation, and the W&OD Trail had a steady stream of bicyclists using the trail to arrive to their destinations. Co-organized by Commuter Connections and the Washington Area Bicyclist Association (WABA), cyclists enjoyed free refreshments, bike tune-ups, entertainment, and pit-stop giveaways. "We're



PHOTO BY RYAN DUNN/THE CONNECTION
This year's Bike to Work Day had the highest ever registration in the D.C. metro area with more than 17,500 riders, and in Herndon pit stop registration at 428 was an increase of 19 percent over the previous best.

grateful for the ongoing support from Bike to Work Day participants, volunteers, sponsors, and elected officials who've allowed the event to grow bigger and better each year," said Director of Commuter Connections Nicholas Ramfos.

At Herndon, biking store A-1 Cycling was the first bike shop sponsor for the Town of Herndon and helped begin the Herndon

bike pit stop. In 2013, the bike and coffee shop Green Lizard Cycling opened a lease at the Nachman Building in downtown Herndon on 718 Lynn Street. Bike mechanics and employees with A-1 Cycling and Green Lizard helped tune and repair bikes, and refreshments including bread from Great Harvest Bread Company was available. The Herndon Pit Stop had morning

Reston and Herndon host pit stop for cyclists on Bike to Work Day.

and afternoon hours from 4 to 6:30 p.m., with lively entertainment compliments of the kids from Bach to Rock Herndon.

"It's exciting to see how Bike to Work Day has grown and been supported by the residents, businesses, and organizations in the region," Nicholas Ramfos, director of Commuter Connections, said in a statement.

A pit stop at Reston was located on the Plaza at the Wiehle-Reston East Metrorail Station. The location is above Fairfax County's first secure bike parking facility, blocks from the W&OD Trail. Over 500 riders stopped by, five of whom won Reston Bicycle Club water bottles and memberships.

Virginia ranks 13th nationally among states in supporting bicyclists, and tops in the South, according to the Virginia Department of Transportation (VDOT). The commonwealth moved up from 18th in last year's survey, conducted by the League of American Bicyclists.

In October last year, Fairfax County adopted a comprehensive 10-year Bicycle Master Plan. Fairfax County will get about 34.6 miles in new bicycle lanes or markings, as the Virginia Department of Transportation starts its summer paving program, according to a news release from the county.

Remembering on Memorial Day 2015

On Memorial Day, take at least one minute to reflect on those who have died.

On Memorial Day, we remember all of those who have died in military service, more than 400,000 in World War II, more than 30,000 in Korea, more than 50,000 in Vietnam.

EDITORIAL

As many as 620,000 soldiers died in the line of duty in the Civil War, stunningly about 2 percent of the population at that time. To compare, while more than 2.5 million soldiers have served in Iraq and Afghanistan, that number is still less than one percent of the U.S. population.

Since Sept. 11, 2001, more than 6,800 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

On Memorial Day, there are many ways to remember the fallen, including a visit to Arlington National Cemetery, or many other local commemorations. But at a minimum, wherever you are, you can observe a moment of silence at 12:01 p.m. along with Iraq and Afghanistan Veterans of America (IAVA), or you can set your own moment at some point during the day.

More than 52,000 U.S. military service members have been wounded in action, although that number is likely to be revised upward. In 2013, the military confirmed traumatic brain injury in more than 220,000 of the more than 2.5 million troops who have served in Iraq and Afghanistan.

The long-term consequences of many of these injuries, including mental health consequences, are unknown, but they will require a national commitment to excellence in health care and services for both active duty military personnel and veterans. Virginia's U.S. Senators Mark Warner and Tim Kaine continue to advocate for better service from the Veterans Administration.

Since Memorial Day 2014, with military operations winding down in Afghanistan, the Department of Defense announced the deaths of two military service members from Virginia. Sgt. Charles C. Strong, 28, of Suffolk, died Sept. 15, 2014 in Herat province, Afghanistan while conducting combat operations. Sgt. David H. Stewart, 34, of Stafford, was one of three Marines who died June 20, 2014 while conducting combat operations in Helmand province, Afghanistan.

EVERY YEAR before Memorial Day, *The Connection* names the local men and women who have died in military service since Sept. 11, 2001.

Army Sgt. Lyle D. Turnbull, 31, of Norfolk, died Oct. 18, 2013 in Kuwait, from a medical emergency. Capt. Brandon L. Cyr, 28, of Woodbridge, was one of four airmen who died April 27, 2013, near Kandahar Airfield, Afghanistan, in the crash of an MC-12 aircraft.

1st Lt. Robert J. Hess, 26, of the Kings Park West neighborhood of Fairfax, was killed by enemy fire on April 23, 2013, Afghanistan. Hess was known as "RJ" and graduated from Robinson Secondary School in 2005, where he played football, lacrosse and was the captain of the swim team. He was a U.S. Army Blackhawk helicopter pilot who deployed to Afghanistan on April 11, 2013. His family remembers his sense of humor and his natural leadership ability.

Master Sgt. George A. Banner Jr., 37, of Orange, died Aug. 20, 2013, of injuries sustained when enemy forces attacked his unit with small arms fire in Wardak Province, Afghanistan.

Spc. Caryn E. Nouv, 29, of Newport News, was one of two soldiers who died July 27, 2013 in Ghazni Province, Afghanistan, of wounds suffered when enemy forces attacked their vehicle with an improvised explosive device and small arms fire.

Lance Cpl. Niall W. Coti-Sears, 23, of Arlington, died June 23, 2012, while conducting combat operations in Helmand province, Afghanistan. Coti-Sears loved music, played the guitar, composed songs and entertained family and friends at holiday gatherings. Niall was very close to his grandfather, William Coti, who was a Marine. "He was always my protege," William Coti told the *Arlington Connection*. "He always wanted to be a Marine and he followed my example. It weighs heavily on me that this had to happen."

Chief Warrant Officer Five John C. Pratt, 51, of Springfield, died May 28, 2012 in Kabul, Afghanistan, when his helicopter crashed.

Staff Sgt. Jessica M. Wing, 42, of Alexandria, Va., died Aug. 27, 2012 in Kuwait City, Kuwait.

In February, 2012, Brig. Gen. Terence J. Hildner, 49, of Fairfax, was the highest ranking military officer to die in the war. Hildner died Feb. 3, 2012 in Kabul province, Afghanistan.

Sgt. Aaron X. Wittman, 28, of Chester, Va., died Jan. 10, 2013 from small arms fire. Sgt. David J. Chambers, 25, of Hampton, Va., died Jan. 16, 2013 from a roadside bomb. Sgt. Robert J. Billings, 30, of Clarksville, Va., died Oct. 13, 2012 when enemy forces attacked with an improvised explosive device. Staff Sgt. Jonathan P. Schmidt, 28, of Petersburg, Va., died Sept. 1, 2012 from enemy small arms fire. 1st Lt. Stephen

C. Prasnicki, 24, of Lexington, Va., died June 27, 2012, from a roadside bomb.

Aaron Carson Vaughn, 30, was one of 30 American service members and 22 Navy SEALs killed Aug. 6, 2011 when their Chinook helicopter was shot down in Afghanistan. Vaughn's family has ties to McLean and Burke. He is survived by his wife, Kimberly, and their two children.

Spc. Douglas Jay Green, 23 of Sterling, died Aug. 28, 2011, when insurgents attacked his unit using a roadside bomb in Afghanistan. Green enlisted in 2007, after attending Potomac Falls High School.

Pfc. Benjamin J. Park, 25, of Fairfax Station, died June 18, 2010 at Zhari district, Kandahar, Afghanistan, of injuries sustained when insurgents attacked his unit with an improvised explosive device.

May 12, 2010, Donald J. Lamar II, 23 of Fredericksburg, was killed in Afghanistan. Christopher D. Worrell, 35 of Virginia Beach, was killed in Iraq on April 22, 2010. Steven J. Bishop, 29 of Christianburg, was killed March 13, 2010 in Iraq. Kielin T. Dunn, 19 of Chesapeake, was killed Feb. 18, 2010 in Afghanistan. Brandon T. Islip, 23 of Richmond, was killed Nov. 29, 2009, in Afghanistan. Stephan L. Mace, 21 of Lovettsville, died Oct. 3, 2009 in Afghanistan.

Bill Cahir, 40 of Alexandria, died Aug. 13, 2009 of a gunshot wound while conducting combat operations in the Helmand Province of Afghanistan. After Sept. 11, 2001, Cahir decided to leave his career as a journalist and join the Marine Corps. His application to become a Marine was denied because of his age, but he successfully lobbied members of Congress to get a special exemption.

Lance Cpl. Daniel Ryan Bennett, 23 of Clifton died Jan. 11, 2009, in Helmand province, Afghanistan. 2nd Lt. Sean P. O'Connor of Burke died Oct. 19, 2008 while stationed at Hunter Army Air Field, Savannah, Ga. O'Connor was an athlete in soccer, baseball and football who attended Fairfax County Public Schools and was a 1999 graduate of Bishop Denis J. O'Connell High School in Arlington.

Pfc. David Sharrett II, 27 of Oakton, died Jan. 16, 2008 in Iraq. On Oct. 24, 2008, his father, David H. Sharrett, was on hand as the Oakton Post Office on White Granite Drive was renamed to honor his son. But the senior Sharrett has battled to learn the truth about his son's death, that he was killed by his lieutenant in a "friendly fire" incident. In April, 2012, Sharrett Sr. obtained documents confirming some of the details of his son's death and a subsequent cover-up.

A FEW WAYS TO PAY TRIBUTE ON MEMORIAL DAY

- ❖ **Monday, May 25, Arlington National Cemetery, National Memorial Day Observance** to honor America's fallen military service members. 10:30 a.m., prelude by U.S. Marine Band. 11 a.m., Presidential Armed Forces Full Honor Wreath-Laying Ceremony at the Tomb of the Unknown Soldier, to be followed by an observance program hosted by the Department of Defense in Arlington's Memorial Amphitheater. Free and open to the public. Attendees are encouraged to be at the Tomb of the Unknown Soldier or seated in the amphitheater by 9:30 a.m. Free parking and shuttle in the Arlington National Cemetery Welcome Center's parking lot from 8 a.m. to 7 p.m.
- ❖ **OBSERVE A MOMENT OF SILENCE** at 12:01 p.m. This Memorial Day, Iraq and Afghanistan Veterans of America (IAVA) will lay a wreath before the Tomb of the Unknown Soldier at Arlington National Cemetery at 12:01 p.m. and urges people across the country to pause for a national moment of silence to honor those who have made the ultimate sacrifice.
- ❖ **Alexandria - May 25, 11 a.m. - Memorial Day Ceremony** - Versace Plaza/Memorial in Alexandria, Mount Vernon Recreation Center at 2701 Commonwealth Ave.
- ❖ **Arlington - May 25 - Air Force Association's Memorial Day Ceremony, 9 a.m.** commemorative Memorial Day wreath-laying ceremony at 9 a.m., at the Air Force Memorial - 1 Air Force Memorial Dr., Arlington
- ❖ **Herndon - May 25 - Herndon Memorial Day Observance** - Town of Herndon Memorial Day Observance, Chestnut Grove Cemetery, 10 a.m.



Remembering on Memorial Day 2015

FROM PAGE 4

Lt. Col. Thomas A. Wren, 44, of Lorton, died in Tallil, Iraq on Nov. 5, 2005. Marine Capt. Michael Martino, 32 of the City of Fairfax, died Nov. 2, 2005, when his helicopter was brought down in Iraq.

1st Lt. Laura M. Walker of Oakton was killed on Aug. 18, 2005, in Kandahar, Afghanistan. CW4 Matthew S. Lourey of Lorton died from injuries sustained on May 26, 2005 in Buhriz, Iraq. Operations Officer Helge Boes of Fairfax was killed on Feb. 5, 2003, while participating in counterterrorism efforts in eastern Afghanistan.

Among other local lives lost: Lance Cpl. Tavon Lee Hubbard, 24, of Reston; 1st Lt. Alexander Wetherbee, 27, of McLean; 1st Lt. Jeff Kaylor, 25, of Clifton; Coast Guard Petty Officer Nathan B. Bruckenthal, 24, of Herndon; Army Chief Warrant Officer Sharon T. Swartworth, 43, of Mount Vernon; Command Sgt. Maj. James D. Blankenbecler, 40, of Mount Vernon; Capt. James F. Adamowski, 29, of Springfield; Sgt. DeForest L. Talbert, 22, of Alexandria; Marine Cpl. Binh N. Le, 20, of Alexandria; Staff Sgt. Russell Verdugo, 34, of Alexandria. Army Capt. Mark N. Stubenhofer, 30, from Springfield; Marine Gunnery Sgt. Javier Obleas-Prado Pena, 36, from Falls Church; Marine Sgt. Krisna Nachampassak, 27, from Burke; Army Staff Sgt. Nathaniel J. Nyren, 31, from Reston; Marine Lance Cpl. Tenzin Dengkhim, 19, from Falls Church; Navy Chief Joel Egan Baldwin, 37, from Arlington; Maj. Joseph McCloud, of Alexandria, and Major Gloria D. Davis, 47 of Lorton.

Capt. Jesse A. Ozbat, 28 of Prince George, Va., died on May 20, 2012 in Afghanistan from a roadside bomb. Constructionman Trevor J. Stanley, 22, of Virginia Beach, Va., died April 7, 2012 while deployed to Camp Lemonnier, Djibouti. Pfc. Michael W. Pyron, 30, of Hopewell, Va., died Jan. 10, 2012 in Afghanistan. Maj. Samuel M. Griffith, 36, of Virginia Beach, Va., died Dec. 14, 2011 in Afghanistan. Staff Sgt. James Ronald Leep Jr., 44 of Richmond, died Oct. 17, 2011 at Forward Operating Base Kalsu in Iraq. Spc. Levi Efrain Nuncio, 24 of Harrisonburg, died June 22, 2011 in Afghanistan. Capt. Michael Wray Newton, 30 of Newport News, died June 11, 2011 in Afghanistan. Capt. Charles A. Ransom, 31,

of Midlothian was one of eight airmen who died April 27, 2011, at the Kabul International Airport, Afghanistan, from gunfire. Sgt. Sean T. Callahan, 23, of Warrenton died April 23, 2011 in combat in Afghanistan. Sgt. 1st Class Anthony Venetz Jr., 30, of Prince William died Jan. 28, 2011 in Afghanistan, after being seriously wounded months before. Spc. Sean R. Cutsforth, 22, of Radford, died Dec. 15, 2010 in Afghanistan. Spc. William K. Middleton, 26, of Norfolk died Nov. 22, 2010 in Afghanistan. Staff Sgt. Christopher F. Cabacoy, 30, of Virginia Beach died July 5, 2010, in Afghanistan.

If you know of someone who should be included in this list, or if you would like to share how you are honoring the memory of a family member or friend lost, or about the progress of someone injured, please let us know.

— MARY KIMM.

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Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Pride of Herndon on Display at Disney World

Herndon High marching band and color guard participate in the Main Street Electrical Parade.

BY JENNIFER LOUDENSLAGER

On April 22, Herndon High School's marching band and color guard embarked on a trip to Walt Disney World where they were invited to participate in some wonderfully enriching events. The concert bands attended a Disney Performing Arts workshop called "You're Instrumental!" at a recording studio in the Epcot Theme Park, where they learned and played several famous Disney songs, including tunes from *The Lion King*, *The Little Mermaid* and *Tarzan*. Afterwards, they received a recording of their performance accompanied by footage from the animated films.

The color guard participated in Disney's "Auxiliration" workshop at the Costume and Audition Building where they learned a new routine in under two hours and then performed it with Disney dancers. This workshop gave the students a sense of what it is like to audition to be a Disney cast member. They were taught a routine using flags and given a chance to audition for the casting agents. After all of them were hired as honorary cast members, they were taught two additional dance-oriented routines that incorporated various props, and they received a surprise visit from Goofy who joined them for the final run-through of the performance.

FOR THEIR GRAND FINALE, on the night of Saturday, April 25, the entire band marched from the beginning of Main Street

to Frontierland in the Magic Kingdom as a prelude to the Main Street Electrical Parade. This parade features floats that are covered in hundreds of thousands of electronically controlled lights that flash in time with a synchronized soundtrack. Marching in this parade is one of the highest honors the Walt Disney Company can bestow on a marching band.

Carlee Craze, a senior at Herndon High School and co-captain of the color guard, said, "It was an amazing experience to be able to march in the parade. It was my first time in Disney World and I got to be an honorary cast and crew member. We all had so much fun. It will always be a part of our memories and something that not many of us may be able to do again."

The HHS Band Parents Association supplied the band with LED lights to add to the magic of the event. There were lights on the drum majors' uniforms, on the color guard flags, around the bell of the tubas, on the drumsticks and on every marcher's shako.

In addition to the large contingent of parent chaperones in attendance, more than 75 friends and family members were there to cheer them on as The Pride went marching by, adorned with lights and playing "Cantina" from *Star Wars* – a song that gen-



Marching by Cinderella Castle on April 25, 2015.

erated a lot of cheers from fans young and old in the crowd.

Lindsay Eastham, also a senior and co-captain of the color guard, enjoyed seeing the backstage area prior to the parade. "Everyone was so friendly... Prince Charming even waved at me," she said. She was thrilled to perform in the Magic Kingdom

as well. "I especially liked hearing the little kids in the crowd respond to the flags and the lights when we were marching by. They were so excited! The entire trip was a great experience."

For Senior Kyle Jones, the trip to Walt Disney World was special for another reason. Although he is a member of Herndon High's concert bands, he doesn't usually get to participate in marching band activities because he plays football in the fall, during the regular marching band season. In fact, he hadn't had an opportunity to march with the Pride of Herndon since his freshman year. "Being a part of the Disney cast and playing in front of thousands of people is nothing that can be replicated; but most importantly, I spent time with my Herndon band family. I learned a lot. I learned that you can do whatever you put your mind to when you surround yourself with people with the same mindset as you."

REFLECTING on the fact that it had been quite a while since he had marched, Jones said "Marching wasn't as hard as I thought it would be. I started where I left

off as a freshman, a little off tempo, but I pulled through during the parade. This was a once in a lifetime chance. Who else can say they marched down Main Street in Disney World? This trip was the best band trip I've been on throughout high school, and I will brag about it to everyone throughout my years of living."

Herndon Holds Technology and the Arts Reception

Award ceremony for winners of countywide art competition.

BY RYAN DUNN
THE CONNECTION

On May 13, the Council for the Arts of Herndon announced the winners of the 2015 Tech Arts Competition at a special reception, held in honor of student artists. First, second, and third-place winners from the fields of digital art, digital photography and digital animation were awarded, and the winning artworks will be displayed at ArtSpace Herndon in an exhibit titled "Technology Changing Art" through May 24.

Speaking at the reception were President of the Council for the Arts of Herndon (CAH) Michael O'Reilly, and Executive Director of the CAH Signe Freidrichs. "I loved the artwork this year," said Freidrichs. "The animation keeps getting more and more sophisticated!

Falls Church High School program in animation is fantastic. Animation Judge Tim Ingle was really overwhelmed with how great the entries were. Some really great work comes out of Madison High School, as well as all the other Fairfax County High Schools. Kudos to the teachers who support their students with all their hearts."

The keynote speaker of the event was Chris Doud, Creative Strategies manager for Leidos Corporation. Judging the entries in this year's competition were Keith Naquin, Lee Love and Tim Ingle.

The mission of the Technology and the Arts Competition is to promote students' artistic expression through technologically based media, encouraging students to develop their artistic skills, showcase student talent developed through school curriculum, and add skilled, creative thinkers to the job market.

In the category of digital art, winners for

third place were Olivia Newell of WT Woodson High School, second place a tie with Jessica Kim of South County High School and David Hyde of Centreville High School. First place went to Callie Brinker of South County High School.

For digital photography, Alyssa Hepworth of Fairfax High School won third place, Rebecca Posada of Woodson High School second, Hannah Goeller of South County High School won first place.

In the categories of digital animation, third place went to Wes Rogers of Falls Church High School, second to Max Johnson of Falls Church High School and first prize went to Lucas Lotta of McLean High School. Janay Turner, business manager with the Arts Council of Fairfax County, presented a \$1,000 Uphoff Scholarship award to Lucas Lotta, first prize winner from the digital animation category from McLean High School.



PHOTO BY RYAN DUNN/THE CONNECTION

Lucas Lotta, a senior at McLean High School, won a scholarship award for the animation piece he entered for the 2015 Tech Arts Competition. The scholarship was presented on May 13 at the ArtSpace Herndon.

CALENDAR

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

THROUGH FRIDAY/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 21

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>.

FRIDAY-THURSDAY/MAY 22-23

Brides Against Breast Cancer. 6 p.m. Shertaon Reston Hotel, 11810 Sunrise Valley Drive, Reston. Brides Against Breast Cancer is a national nonprofit that tours the country selling donated wedding gowns with the proceeds directly going towards programs and services for people who are impacted by cancer. Tickets: \$5. <http://www.bridesagainstabreastcancer.org>.

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.

PetMAC Cat Adoptions. 12-2 p.m. PetMAC will host Cat Adoptions with Homeless Animal Rescue Team (HART). They will have all kinds of great kitties and cats available for adoption at PetMAC. Stop by and meet these furry felines. www.petmac.org.

WEDNESDAY/MAY 27

Young Science Explorers. 11 a.m. Herndon Library, 768 Center Street, Herndon. All aboard for S.T.E.A.M. (science, technology, engineering, art, and math) storytime. Create your own Lava Lamp and learn about density at the same time. Age 3-5 with adult.

THURSDAY/MAY 28

A Man for All Seasons. 7:30 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Powerful drama about one man's struggle between his conscience and his king. <http://www.nextstoptheatre.org/>

THURSDAY-SUNDAY/MAY 28-31

Herndon Festival. Thursday: 6-10 p.m. Friday 5-11 p.m. Saturday: 10 a.m. - 6 p.m. Sunday: 10 a.m. - 7 p.m. 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. www.herndonfestival.net

SATURDAY/MAY 30

Jimmy Gaudreau & Moondi Klrin. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Jimmy and Moondi have been a part of the bluegrass music scene for several decades having played, as individuals, in many of the very top bands of the genre such as The Country Gentlemen and Chesapeake. Admission: \$15. Children under 12 are free.

Arts & Crafts Fair. 10 a.m. - 2 p.m. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Silent Auction, homemade desserts and fine china light lunch. Funds will support a comprehensive emergency



PHOTO CONTRIBUTED

Carnival Rides are traditionally one of the most popular festival attractions at Herndon Festival, May 28-30, Herndon Town Green, 777 Lynn Street. This four day outdoor festival has three entertainment stages, 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.

Events Honoring Memorial Day

SATURDAY/MAY 23

Salute the Troops: The Reston Chorale Patriotic Sing-Along. 2 p.m. Reston Town Center, 11900 Market Street, Reston. The Reston Chorale will be saluting America's troops and honoring those who serve with a patriotic sing-along. The Reston Chorale is also collecting items for care packages to send to troops deployed overseas. Attendees are encouraged to bring donations of items such as single-serve snacks; powdered drink mixes; non-aerosol, unscented toiletries; paperback books and magazines; hand-held games (and non-lithium batteries), and playing cards. www.restonchorale.org. 703-834-0079.

SUNDAY/MAY 24

Annual Memorial Day Concert. 5 p.m. St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The National Men's Chorus will present their annual Memorial Day concert. Patriotic songs will be played. Tickets: \$20 at the door. www.nationalmenschorus.org.
17th Annual Ride of the Patriots. 6:30 a.m. Route 29 between Draper Drive and Eaton Place. Fairfax Harley Owners Group and Patriot Harley-Davidson's gathering of the motorcycle riding community will pay tribute to America's servicemen, women and veterans and raise awareness of American POW and MIA soldiers of all wars.

After assembling at the Patriot Harley-Davidson on Lee highway in Fairfax, a parade of bikers will follow a route to the Pentagon where it will join other bikers to the National Mall and the Vietnam Veterans' Memorial to pay their respect.

MONDAY/MAY 25

Great Falls Annual Freedom Memorial Day Ceremony. 11 a.m. Freedom Memorial behind Great Falls Library, 9830 Georgetown Pike, Great Falls. The event will include a Taps bugler, patriotic songs by the St. Thomas a Becket Catholic Church Family Choir/Ensemble, remarks by retired Marine Corps Lieutenant General Arthur C. Blades, a reading of the names and bell-ringing for each of the 25 residents of Great Falls who have fallen in service to our country, a wreath-laying by local dignitaries, and a raising of the flags by Boy Scout Troop 55. The proceedings will conclude with the dedication of a white oak tree to the memory of the founder of the Great Falls Freedom Memorial, the late retired Marine Corps Colonel Pete Hilgartner.
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 Veterans with the placement of dedication wreaths. 703-435-3480.

response and recovery program to assist the Nigerian families made homeless and suffering by the attacks of Boko Haram. The response will include temporary shelters, emergency food, household supplies, clean water and sanitation, and trauma healing programs helping to bring peace to Nigeria.

SUNDAY/MAY 31

5K/10K Races. 7:30 a.m. Herndon Town Green, 777 Lynn Street, Herndon. A race that takes you through historic downtown Herndon during the Herndon Festival

weekend. www.herndonfestival.net.

SATURDAY/JUNE 6

The 2nd Annual Born to Run Memorial 5K and Family Fun Run. 8:30 a.m. Sponsored by the Franklin Middle PTA, it's in tribute to former Franklin P.E. teacher Jannine Parisi, a domestic-violence victim who died Nov. 20, 2013. The majority of proceeds will go to the National Alliance on Mental Illness of Northern Virginia. All participants will receive medals, and those registered by May 24 will receive commemorative T-shirts. <https://www.herndonfestival.net>

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South Lakes Baseball Ends Regional Tournament

**Wojciechowski
throws four-hitter,
strikes out 11
against W-L.**

BY JON ROETMAN
THE CONNECTION

In 2014, the South Lakes baseball team entered the Conference 6 tournament as the No. 2 seed and in prime position to end the program's lengthy regional tournament drought, which reached all the way back to 2003.

But despite having standout Matt Wojciechowski on the mound during the quarterfinals, the Seahawks lost at home to a McLean team that caught fire during the postseason, eventually reaching the state tournament.

The defeat ended South Lakes' season.

ONE YEAR LATER, the Seahawks were back at home in the conference quarterfinals and Wojciechowski, now a senior, was back on the bump. The right-hander ran into trouble early against Washington-Lee on Friday, surrendering a solo homer to pitcher Teddy Herbert in the first inning, but Wojciechowski's performance during the final six innings helped ensure South Lakes' season would continue.

Wojciechowski baffled the Generals, allowing just four hits while striking out 11 as the Seahawks earned their first regional berth in more than a decade with a 3-1 victory on May 15 at South Lakes High School.

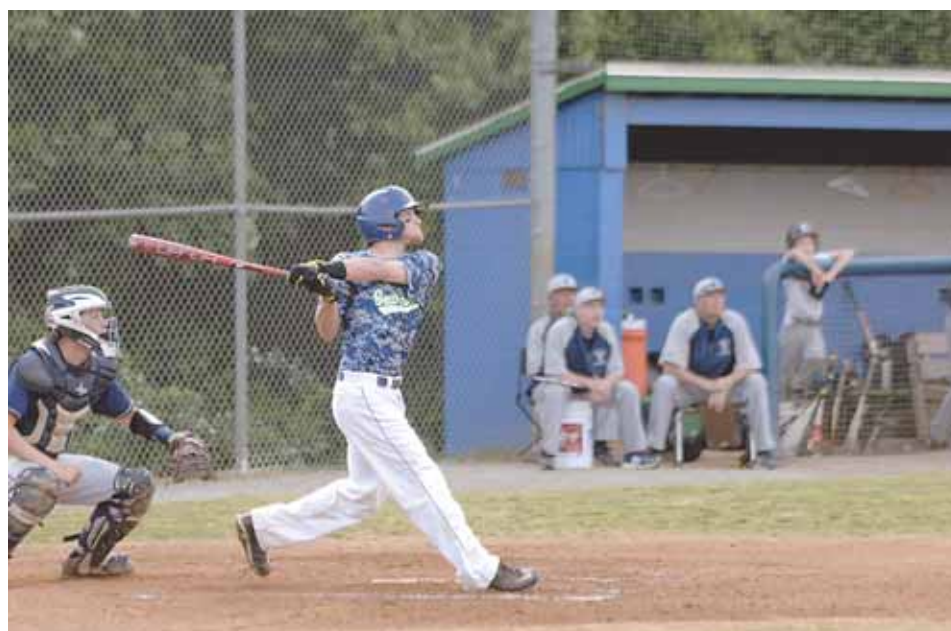
South Lakes, the No. 3 seed, was scheduled to face No. 2 Madison in the semifinals on Tuesday, after The Connection's deadline.

"At the beginning of the year we had two goals: make the regional tournament and win the [conference]," Wojciechowski said. "Goal one is accomplished and now on to goal two. It's a great feeling and a huge win for our program in general."

With the score tied at 1, W-L had runners at first and second with two outs in the top of the sixth inning with Herbert, who had already homered, at the plate.



Matt Wojciechowski struck out 11 and helped the South Lakes baseball team earn its first regional berth since 2003 with a 3-1 victory over Washington-Lee on May 15 in the Conference 6 tournament quarterfinals.



South Lakes catcher Jared Abelson went 2-for-3 with an RBI against Washington-Lee on May 15.

Wojciechowski got out of trouble by striking out Herbert, leading to a celebratory reaction from senior catcher Jared Abelson.

South Lakes took the lead with a pair of runs in the bottom of the sixth, and Wojciechowski finished off the Generals by striking out the side on 10 pitches in the seventh.

"We couldn't ask for more," W-L head coach Doug Grove said about having Herbert at the plate in the sixth inning. "He's been our horse all season long. Right guy in the right situation. [Wojciechowski] made good pitches. ... You saw what he was made of in the seventh inning - 10 pitches, nine for strikes."

Wojciechowski surrendered a solo home run in the first inning, but allowed just three singles the rest of the game. He threw 89 pitches, including 65 for strikes, and did not walk a batter.

"In baseball you have to have a short memory because that can happen all the time," Wojciechowski said about giving up the first-inning homer. "After that I was like, 'I'm bearing down, they're not scoring again.' ... On the mound I'm a bulldog and if I say I'm going to do something, I'm going to go out there and do it."

W-L didn't lead for long as Abelson tied the score at 1 with a two-out RBI double in the bottom of the first. The senior catcher finished the night 2-for-3.

"We all knew that one run wasn't going to win this game and it turned out true," Abelson said. "When I hit that double I think it just sparked a little ... swagger. We were probably pretty nervous coming in - win one game and we go to regionals for the first time [since 2003]."

The score remained tied until the bottom of the sixth, when Herbert walked South Lakes first baseman Kyle King with the bases loaded, forcing in what proved to be the game-winning run.

TWO BATTERS LATER, with two outs and the bases still loaded, South Lakes center fielder Jonah Goll added an insurance run with a straight steal of home, sliding in just under the tag.

"It was just kind of the situation," said first-year South Lakes head coach Morgan Spencer, who was a Herndon assistant last season. "We try to cover every aspect of the game and that's something that we work on. We just felt that [Herbert] was pretty focused on the batter at that point in time and felt if we could get to a certain point down the line that we were going to take a shot. Jonah saw it and went. Worked out perfect, obviously."

Herbert suffered the loss, allowing three runs on four hits. He walked five and struck out six.

Pinch hitter Johnny Micka and shortstop Marty Gryski each had a single for South Lakes. Second baseman Will Burgess had two hits for W-L, and first baseman Cameron Anderson had one.



Pat Kendrick, former Head Women's Volleyball Coach at George Mason University brings over 30 years of coaching to the Patriot Volleyball Camps to be held at the Cassel's Awards Volleyball Courts in Herndon (off of Route 28). The camp schedule is as follows:

July 10-12, Friday through Sunday: High School All Skills #1 (rising 9th through 12th graders), 6-9 pm on Friday, 9 am - 3 pm on Saturday and Sunday. Cost: \$170.

July 25-26, Saturday and Sunday: Elementary/Middle School All Skills (rising 5th through 8th graders), 1 - 6 pm on Saturday and Sunday. Cost \$140.

August 1-2, Saturday and Sunday: High School All Skills #2 (rising 9th through 12th graders), 9 am - 3 pm on Saturday and Sunday. Cost \$150.

Each camp is discounted \$10 if registered by June 8th. There is also a discount for signing up for both High School Camps. Here's the link for online registration <https://campscui.active.com/orgs/PatriotVolleyballCamp>. For further information contact Pat Kendrick @ pkendric@gmu.edu.

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THE CONNECTION
NEWSPAPERS

Parents' Role in Educating about Alcohol and Drugs

Suggestions for talking to teens about staying safe.

BY MARILYN CAMPBELL
THE CONNECTION

Craduation, prom and the summer before heading off to college are some of the highlights of a teen's high school experience. While the season brings landmark events, it can be marred by the consequences of engaging in harmful activities.

Parents can play a pivotal role in keeping teens safe. The Unified Prevention Coalition of Fairfax County reports that teens cite their parents as the leading influence for them not to drink, and say that it is not difficult to get alcohol from their family home, older siblings or friends. Initiating a dialogue with teens about the dangers of unsafe behaviors such as drinking and drug use can be daunting for some parents.

"We know that teens who receive consistent messages from their parents about their expectations that their child not use alcohol are much less likely to use," said Diane Eckert, deputy executive director, Unified Prevention Coalition of Fairfax County.

The season brings celebratory activities and less supervision, and therefore more opportunities to take chances, said Eckert. It's critical that parents "sit down with your teens and talk with them about your expectations," she said. "With less structure and more excitement, teens can find themselves taking more risks, so it's important for parents to be involved."

Conversations about safety during activities where teens will have more freedom can be difficult to navigate. "For sure those are hard conversations," said Amy L. Best, Ph.D., professor of Sociology and chair of the Department of Sociology and Anthropology at George Mason University in Fairfax. "Parents want to be careful not to drown out the fun times that prom and graduation also represent. It's about finding balance. Part of it is about finding ways to talk about the risks without your teen walking away feeling hyper-vulnerable and disempowered."

The dialogue should be factual and non-threatening. "Ask open-

ended question about what is going on at school and with their friends," said Best. "It easier to open those conversations when you're not talking about your child, and you're collecting information about what is going on at school and with their friends." Best is author of "Prom Night: Youth, Schools and Popular Culture" (2000 Routledge), which was selected for the 2002 American Educational Studies Association Critics' Choice Award.

Difficult conversations are made easier if there is a history of open, honest communication between a parent and child. While parents should make their expectations for their child's behavior clear, Best warns against lecturing or talking down to a teen. "The prom should not be the first time that these conversations occur," she said. "It's really important that kids to be able to express their feelings and have an active role in the conversation. Trust has to be built into the relationship in order for that to happen."

A concrete plan for ensuring safety should be part of the conversation. "Kids are often in situations where alcohol is being consumed and they may not be the ones consuming it," said Best. "So safe driving arrangements are important."

"The good news is that a lot of kids are opting out of drinking and greater awareness around the potential for sexual assault," said Best. "The message has to be communicated in advance and schools have a role to play in that."

In Arlington, School Resource Officers are collaborating with local high schools to focus on alcohol use prevention and awareness programs now that prom and graduation season is underway. Programs such as "Drive to Stay Alive" and "Prom Promise" are in place to educate students in having a safe and fun prom season. One of the roles of the officers is to provide positive guidance to students "and to act as positive role models both inside and outside the school environment."

Kathy Ely, spokeswoman for Connelly School of the Holy Child, an all-girls school in Potomac, Md., says her school, as well as most schools, have safety plans in place. "We understand the pressures that these girls are under, and work hard to educate them about effects not just now but for their future," she said.

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In Contrast



By KENNETH B. LOURIE

Even though my previous CT Scan "looked good," nonetheless I am already, two months out, thinking about my next scan, scheduled for July 15. I am not nervous or anxious about it yet. But I am something. Typically, those emotions begin a week or so before the scan and last a week or so after, until we learn the results. What I am addressing in my own way, is what challenges some cancer patients, certainly me: we can't leave well enough alone and, as a related condition, might not savor the moment/good news because the underlying diagnosis – in my case, non-small cell lung cancer, stage IV – is so bad, and by bad I mean incurable. In fact, that was the first thing I remember my oncologist saying to me/Team Lourie: "I can treat you but I can't cure you."

Nevertheless, here I am six-plus years later, alive and abnormally well, given my original prognosis: "13 months to two years." Still undergoing chemotherapy, still not cured; characterized by my oncologist as his "third miracle." As I wait for the other shoe to drop, other than experiencing symptoms – which I rarely have – and evaluating my every-three-week pre-chemotherapy lab work, the diagnostic scans (CT Scan for me mostly, occasionally an MRI or a bone scan) are the best indicators of tumor growth, movement and/or new activity. To get the clearest radiological picture/assessment, often a dye (a.k.a "contrast") is injected into the patient to provide the computerized tomography what it needs to create a more detailed rendering of the affected area. Given my pre-existing, chemotherapy-affected kidney damage, and factoring in that the "contrast" would be filtered through the kidneys, causing potential stress to that organ, per doctor's orders (or lack thereof), I've not had a CT Scan with contrast for three or four years (and I usually have four CT Scans per year).

However safe he/we have been, neither my oncologist nor I are the least bit sorry about it. He has been able to reasonably track the tumors in my lungs; and so far, so good (amazing, actually). But, for the next scan, he has ordered that it be completed with contrast. When I asked him why now/what about my elevated creatinine/kidney function, his answer was something about my levels being higher than normal but not trending up, so, since it's been years, he thought it prudent – and timely, all things considered – to proceed. Seemed reasonable, so I consented; so "contrasting" we shall go.

I can't imagine there will be confirmation that all is indeed well and what the oncologist initially feared was trouble two months ago will be even less of a concern than he expressed two weeks ago when we last met and discussed the findings of this most recent scan. But what do I know? Certainly it's possible. I'm living proof of that. Still, this next scan/result is two months away. I shouldn't even be thinking about it now. I should be enjoying the positive findings of my last scan, not anticipating what could possibly be worse with the next one. But I am.

This is the life, albeit an extremely lucky one, of a "terminal" cancer patient (this one, anyway). I want to live for today but it's hard not to worry about tomorrow.

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

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Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggy 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.

Why not make this year different?

At Koko FitClub, we believe there's a better way to get fit. We are a unique training gym, combining patented fitness technology with the latest in exercise science and training methodologies to get you the results you really want.

And at Koko, we know that COACHING is the key to success. (In fact, Koko is a Japanese word that means "one to one.") That's why we include coaching with every single workout – from our one-of-a-kind, 24/7 digital coaching, to personal 1:1 training with a caring, supportive, certified fitness coach. With Koko, you'll always know exactly what to do, every step of the way, for the fastest results.

We feel we have the best gym in the world, but let us prove it to you. We invite you to try **30 days of coaching and complete fitness at Koko FitClub for just \$30. No risk. No obligation. Just great results!** If you don't love Koko in 30 days, we don't deserve you as a client. It's that simple.

Come see yourself a little differently this summer. Call or stop by the club. Meet our team of caring fitness professionals. Talk with our members (they ROCK). Come see how strong you truly are. You CAN get in great shape this summer, and we are here to help.

Yours in good health,
Nick Konarski, General Manager,
Koko FitClub of Northern Virginia



*Some restrictions may apply. See club for details.

"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,
Koko FitClub, Reston



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