

Herndon Remembers Fallen

NEWS, PAGE 3

On Memorial Day, the Herndon Chestnut Grove Cemetery major road was lined with 61 American flags, casket flags on loan from families of deceased veterans.

35 Years Old:
80,000 Strong
SUMMER FUN, PAGE 6

Police: Attempted Robbery
Results in Death
NEWS, PAGE 10

SUMMER FUN
PAGE 6

Rules on Noise Set To Change

Board of Supervisors scheduled to resume discussion and vote on proposed Noise Ordinance on June 23.

By Ken Moore
The Connection

Dranesville District Supervisor John Foust asked to defer a proposal to adopt a new chapter of the county's noise ordinance to September so the board could have more time to weigh testimony of more than 30 speakers at the public hearing, May 12.

Instead, the vote was delayed until June 23.

"You have a big challenge ahead of you, but peace and quiet in our neighborhoods is an important commodity to have," said Robert Winer, of Clifton.

"More effort is needed to resolve the issue," said Joyce Harris, a 31-year resident of McLean. "Protecting the rights of residents in a residential neighborhood should be a primary goal of the ordinance. Please defer your vote and allow more time to develop a solution that works for this issue."



Joyce Harris, of McLean, testifies before the Board of Supervisors on the mandated rewrite of the county's noise ordinance.

MORE THAN 30 speakers testified including: Greg Budnik who discussed helicopter noise from training runs at Fort Belvoir; Mark Grove of Fairfax whose wife was

recuperating from cancer treatment and had to contend with music from a supermarket across the street that had permits to play music until 11 p.m.; Keith Elgin,

worship director of Vine Church in Dunn Loring, who wants to create events such as outdoor movies and concerts during the summer months; to neighbors in Reston who say they can not get relief from noise of nearby dog parks; to those who take their dogs to dog parks to spare neighbors from noise.

Sheila Casey, of Reston, said she can hear mowers on a nearby golf course before dawn with maintenance crews sometimes using headlights on lawnmowers before 5 a.m. "All I know is when those lawn mowers are running, I can turn on my air conditioning, I can put in my earplugs, and I still hear the noise," she said.

Issues don't seem as simple when engaging with the details.

"When babies cannot sleep, when the elderly cannot rest, when a voice teacher cannot instruct, when a family cannot share a meal together on their patio, when a homeowner has to close her windows and move to another part of the house just to make a telephone call, when a cancer patient cannot recuperate and rest in

her yard because music is amplified in the neighborhood at intrusive levels, then we know something is not right with life in Fairfax County," said Harris.

FAIRFAX AND OTHER Virginia governments have to rewrite their noise ordinance as a result of a Virginia Supreme Court decision overturning the ordinance in Virginia Beach, according to county documents.

The overall goals of the proposed Noise Ordinance is to recognize that there will always be certain levels of noise that occur in the normal course of daily living; to allow certain levels of daytime noise so that people can live, work and play during the day; and to minimize noise at night so residents have an appropriate quiet environment in their homes at night.

Supervisors will also engage the School Board on the issue of amplified sound from high school campuses.

For more, see <http://www.fairfaxcounty.gov/dpz/zoning/noiseordinance/>

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Retired U.S. Air Force Brigadier General Lyn Sherlock was the guest speaker at the 2015 Memorial Day Observance at Herndon Chestnut Grove Cemetery.



PHOTOS BY RYAN DUNN / THE CONNECTION

Herndon High School Junior Naval ROTC students Lana Truese, Bella Back, Ian Herring and Bryce Lippmann helped with the posting of colors at the Memorial Day Observance in Herndon.

Herndon Remembers Fallen American Legion holds observance at Herndon cemetery.

BY RYAN DUNN
THE CONNECTION

Herndon residents came together on Monday, May 25 at Herndon Chestnut Grove Cemetery to commemorate Memorial Day. The annual ceremony featured members of the American Legion, Herndon High School Naval JROTC and guest speaker retired U.S. Air Force Brigadier General Lyn Sherlock. Over one hundred persons attended the ceremony, including local officials, such as Supervisor John Foust (D-Dranesville) and Town of Herndon Vice Mayor Jennifer Baker.

Herndon councilmember and commander

of American Legion Post 184 David Kirby welcomed everyone to the event. After an invocation by Post Chaplain David Womack, Kirby discussed the significance and history of Memorial Day. "Let us not forget what Memorial Day means," said Kirby. "Remembering our fallen once a year is not enough," said Kirby, who then introduced guest speaker retired General Lyn Sherlock.

Both General Sherlock and Post Commander Kirby laid wreaths on the graves of unknown soldiers at the cemetery, and Post 184 legionnaire Eric Claunch performed a sounding of "taps." Members of the Herndon Naval Junior ROTC helped prepare the annual Avenue of Flags in the cemetery. The major road was lined with 61

American flags, casket flags on loan from families of deceased veterans. Chestnut Grove Cemetery, located at 831 Dranesville Road in Herndon, is a community heritage resource, providing 25 acres as an active historic cemetery. "The speakers were wonderful," said Roger Claff, a Herndon resident and scoutmaster. "As we work with families, we always ask if the loved one was a veteran, and we can pass this information to the American Legion," said cemetery manager Mike Moore. The families can then loan the flags to American Legion for the Avenue of Flags on Memorial Day and Veterans Day. The Town of Herndon took over operation of the cemetery in 1997, and in 1999 the Town Council adopted the Chest-

nut Grove Cemetery Master Plan. In 2000, due to the historical significance of the cemetery and many of the individuals buried there, the Town designated the cemetery as a Heritage Preservation District. Herndon resident, Army sergeant and Vietnam War veteran Wayne Kidwell is buried at Chestnut Grove Cemetery. Herndon's American Legion Post #184 is named after him.

The American Legion, sometimes referred to as simply The Legion, is a veterans organization providing financial, social and emotional support to members of the United States Armed Forces, veterans, and their dependents.

To learn more about the American Legion and local chapters, visit www.legion.org.

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 sophisti-



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.

cated! 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. The first Tech Arts Competition was held by the Council for the Arts of Herndon in 2005.

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. The Uphoff Scholarships jury panel consists of 18-20 arts professionals and rotates on an annual basis. This panel selects the top ranking portfolios from all seniors across Fairfax County public, private, and homeschooled submissions. The Arts Council of Fairfax County juries the top candidates based on this pre-selection.

Council for the Arts of Herndon (CAH) and Herndon Foundation for the Cultural Arts (HFCA), are planning to merge the two organizations to form a new entity known as Arts Herndon. It is anticipated that Arts Herndon will be a working organization by July 2015, and the two legacy organizations will dissolve as soon as they are able to complete projects begun under their previous names.

OPINION

Voting, June 9

No, not for Hillary or Jeb or Carly. Locally, June 9, 2015 is an Election Day that counts.

To listen to the national news, one would think that the next Presidential election is in November. But no. That's November 2016. In the meantime, every year is an Election year in Virginia, and in 2015, virtually every state and local office is on the ballot.

In heavily Democratic districts (or any district that is solidly one party or the other), any real competition comes in the primary.

That's June 9 in parts of Fairfax County in the Mount Vernon magisterial district, and in House of Delegates Districts 44 and 45.

Four Democrats are on the June 9 ballot seeking to be the Democratic nominee to replace retiring Gerry Hyland as the Mount Vernon representative to the Board of Supervisors. Hyland has represented Mount Vernon since 1988.

Two Democrats are seeking to be the party nominee for House of Delegates District 44. Scott Surovell is giving up the seat he has held since 2009 to run for State Senate to replace retiring Sen. Toddy Puller (D-36).

Five Democrats are on the ballot on June 9 for House of Delegates District 45, to replace Del. Rob Krupicka who is stepping down.

If you live in one of the affected districts, you will vote on June 9 at your usual polling place. Be sure to bring photo identification.

IN FAIRFAX COUNTY, in November, all 10 members of the Board of Supervisors are on the ballot including district members and the chairman.

Also on the ballot: all members of the School Board including district members and three at-

large members.

Fairfax County's Constitutional Officers, Sheriff, Clerk of Court and Commonwealth's Attorney are on the ballot in November, as are three members of the Northern Virginia Soil and Water Conservation District Board Directors.

EDITORIAL Every seat in the Virginia General Assembly will be on the ballot, including all State Senate and House of Delegates seats. So every Fairfax County voter will face a variety of critically important choices in November. But first, consider the options on June 9.

On the Ballot June 9, Democratic Primary, Fairfax County

MORE ON Fairfax County voting: <http://www.fairfaxcounty.gov/elections/upcoming.htm>

Member Board of Supervisors, Mount Vernon District, Democratic Primary

Four Democrats vie to replace retiring Gerry Hyland
♦ Daniel G. "Dan" Storck, Email: danforsupervisor@gmail.com, Website: <http://www.danstorck.org/>

♦ Candice L. Bennett, Email: candice@electcandicebennett.com, Website: <http://www.electcandicebennett.com>

♦ Timothy J. Sargeant, Email: timmtvernon@gmail.com, Website: <http://www.timsargeant.com>

♦ John R. "Jack" Dobbyn Jr., Email: info@jackdobbyn.com, Website: <http://www.jackdobbyn.com>

Mount Vernon Gazette/Connection coverage of the Mount Vernon Supervisor race

<http://www.connectionnewspapers.com/news/2015/may/20/mount-vernon-candidates-look-for>

LETTERS TO THE EDITOR

Displeased with the Headline

To the Editor:

I was deeply displeased to read that your newspaper decided to use "The Importance of Including Everyone" as your headline for Tim Peterson's article about the Fairfax County School Board's vote on including gender identity to their nondiscrimination policy. As a journalist, I believe this smacks

of bias and was entirely unnecessary.

The editors could have easily lead with a generic news headline, like "Fairfax County School Board Votes on Gender Identity." Instead, seeing the words they chose gave me the distinct and awkward impression that they were using a news story to not so subtly tell us

the newspaper supports the school board's decision. In truth, the decision was not about including everyone, just those with "gender identity" issues.

While I applaud Peterson for getting comments from parents on both sides of the issue, the article would have benefited from him probing the deep-seated rationales

for each person's conclusion. My guess is that there was much, much more than bathroom and locker room awkwardness that got those hundreds of parents to show up to the school board meeting.

Juliana Erikson
McLean

Putting an End to Slaughter of Horses

To the Editor:

Whether in recreation, work, or war, horses have been a part of America's culture for hundreds of years. After horses' loyal service, sending them to slaughter is a betrayal to them and a dishonor to us.

Every aspect of horse slaughter is nothing but pain and terror for these trusting animals. Whether in

the U.S. or across our borders, it was never and cannot be made humane. When horse slaughter plants operated in the U.S. before being shut down in 2007, horses endured long distance transport and suffered severe injuries in horrific conditions.

Furthermore, the existence of domestic plants didn't prevent horses from being exported to

Mexico and Canada.

If horse slaughter plants are ever allowed to reopen here, it would come at the cost of millions of taxpayer dollars each year. At a time when Congress is focused on fiscal responsibility and the USDA's budget is already stretched thin, taxpayers shouldn't be forced to foot the bill to enable a practice that 80 percent of Americans op-

pose.

I urge U.S. Rep. Barbara Comstock and U.S. Senators Warner and Kaine to please co-sponsor the Safeguard American Food Exports Act (H.R. 1942/S.1214) to put an end to the slaughter of American horses once and for all.

Cynthia Longo
Oakton

mary-victory/

<http://www.connectionnewspapers.com/news/2015/apr/16/democrats-debate-district-supervisor/>

Member House of Delegates, 44th District, Democratic Primary

Two Democrats compete for the nomination to replace Scott Surovell who is running for Virginia Senate District 36, to replace retiring Toddy Puller

♦ Paul E. Krizek, Email: paul@paulkrizek.com, Website: <http://www.paulkrizek.com>

♦ Justin M. Brown, Email: justin4va@gmail.com, Website: <http://www.brown4delegate.com>

Member House of Delegates, 45th District, Democratic Primary

Five Democrats vie to replace Rob Krupicka who is stepping down.

♦ Mark Levine, Email: mark@markfordelegate.com, Website: <http://www.markfordelegate.com>

♦ Julie Jakopic, Email: juliejakopic@gmail.com, Website: <http://www.juliefordelagate.com>

♦ Clarence Tong, Email: clarence.tong@gmail.com, Website: <http://clarencetong.com/>

♦ L.M. "Larry" Altenburg II, Email: larry@larryaltenburg.net, Website: <http://altenburgfordelagate.net/>

♦ Craig Fifer, Email: craig@fiferfordelagate.com, Website: <http://www.fiferfordelagate.com>

Connection coverage of the race for the 45th <http://www.connectionnewspapers.com/news/2015/may/19/fight-45th/>

Member Board of Supervisors, Mason District, Democratic Primary

Incumbent Penny Gross is facing her first primary challenge

♦ Penelope A. "Penny" Gross, Email: gross.penny@gmail.com, Website: <http://www.pennygross.com>

♦ Jessica M. Swanson, Email: swanson.jessica@gmail.com, Website: <http://www.swansonforfairfax.com>

Republicans, Party Canvass, June 4. Republicans in the 44th and 45th House District and 30th Senate District will choose candidates at a Party Canvass (sometimes called a firehouse primary) on Thursday, June 4, 6:30 - 8 p.m., at Minnie Howard Campus, 3801 W. Braddock Road, Alexandria.

There are no other Republican canvasses scheduled in any other state or local race in Fairfax County. The Sully district GOP Canvass for member of the Board of Supervisors was held in April. See <http://fairfaxgop.org/>

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

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'Do More 24' to Support the Unified Prevention Coalition

Area residents are invited to support the substance abuse prevention work of the Unified Prevention Coalition of Fairfax County (UPC) June 4 in the Do More 24 fundraising campaign for local nonprofits. And it can be as easy as dining out June 4 at one of the local restaurants – including six Glory Days Grill locations, The Auld Shebeen and O'Sullivan's Irish Pub – that will donate a portion of their proceeds to UPC as part of this special fundraiser.

Do More 24 is a local, annual 24-hour fundraiser hosted by the United Way of the National Capital Area. On Thursday, June 4, community members and businesses in the D.C. metropolitan area are asked to contribute to local nonprofits that are confronting our region's most pressing challenges.

"Too many young people in our community are suffering from heroin and painkiller addiction and overdose, marijuana use and alcohol abuse," said Lisa Adler, president of the nonprofit UPC. "Substance abuse is a public health issue needing a community response, and the Unified Prevention Coalition needs financial support to continue our vital work to prevent substance abuse by teens and young adults and its negative consequences affecting families and our community. We're grateful for the restaurant partners that have generously joined us to highlight the need to support prevention efforts."

Gary Cohen, Glory Days Grill's vice president of operations, invites county residents to "join with us on June 4 to help raise funds to support this important work."

For a complete listing of restaurants (and hours of participation) in the Do More 24 campaign on behalf of UPC, see www.unifiedpreventioncoalition.org.

Adler also encouraged individuals to make a tax-deductible donation online at www.unifiedpreventioncoalition.org during the campaign, which will run from June 1-5. She noted that \$10 is saved for every \$1 spent on prevention.

JOB FAIR

SATURDAY/MAY 30

Northern Virginia Family Service
Job Fair. 9-10:30 a.m. NVFS, 10455 White Granite Drive, Oakton. NVFS is expanding its shelter operations in locations throughout Northern Virginia, and will be holding a job fair for human service professionals. New positions will begin mid-June 2015. Dress professionally, bring your resume and be prepared for on-the-spot interviews. View positions at www.nvfs.org/careers.



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SUMMER FUN

35 Years Old: 80,000 Strong

The 35th annual Herndon Festival will be held May 28-31 in downtown Herndon. The outdoor festival features big name entertainment on three stages, a carnival, two fireworks displays, children's hands-on art area, arts & crafts show, business expo, 10K/5K race and fitness expo, and an array of food vendors. See www.herndonfestival.net or call 703-787-7300. "Two must sees this year, check out the Roller Derby demo on Thursday at 7 p.m. and the Wind Art Display on Saturday," according to the Town of Herndon.

THE FIRST FESTIVAL was organized in 1981 by the Herndon Department of Parks and Recreation and the Greater Herndon Jaycees "to bring together Herndon's newer and older communities, promote the town and its business community and enhance Herndon's quality of life and community spirit."

The four-day event attracts approximately 80,000 people each year and 1.96 million people have attended the festival the last 35 years. For context: the first festivals were one and a half days long and attracted about 8,000 people, according to the Town of Herndon.

Volunteers contribute an average of 1,000 hours of support each year to the Herndon Police Citizens' Support Team, Virginia State Police, Fairfax County Sheriff's Office and town staff, including the Herndon Festival Executive Advisory and Planning Committees.

Visit www.herndonfestival.net.

Festival Entertainment Schedule

Herndon Festival features a full schedule of entertainment on three stages with acts for the whole family, so there is always something to listen to and watch.

*The Municipal Center Stage features headline performers during the late afternoon and evening hours.

*The Cafe Stage features local and regional singer/songwriters.

*The Depot Stage features headline performers of regional and national acclaim during the evening hours. Saturday afternoon you can enjoy a variety of up and coming rising stars and Sunday enjoy past cafe performers in our Amped-Up program.

Arts and Crafts Show Booth Listing

The Herndon Festival Arts and Crafts Show promises to be one of the best ever in 2015 - with more than 100 talented artisans displaying and selling their arts and crafts. The show opens on Friday, May 29 from 6 - 9 p.m. and continues throughout the weekend, with additional vendors on Saturday, May 30 from 10 a.m. - 6 p.m., and in select locations until 9 p.m., and Sunday, May 31 from 10 a.m. - 6 p.m.

The streets of historic downtown Herndon will be filled with booths selling clothing, jewelry, furniture, country crafts, folk art, dolls, baby accessories, photography and fine art. The Arts and Crafts Show is a major attraction for the Festival and the 2015



PHOTOS CONTRIBUTED

The 35th Annual Herndon Festival, the largest free event in Northern Virginia, will be held May 28-31.

show has an impressive selection of professional crafters. So come and enjoy

Carnival

Everyone loves a carnival! Can you smell the cotton candy? Can you hear the kids screaming from the top of the Ferris Wheel? There will be over a dozen rides and games at this year's carnival.

Carnival Access Policy

Each person wishing to enter the carnival area must purchase a minimum of \$5 in ride tickets each day. Tickets may be used on any ride in the carnival area. An exception will be granted to a parent who is accompanying their children. The parent will not have to purchase ride tickets for themselves if they have already purchased \$5 in ride tickets for each child they are accompanying. Re-admittance to the carnival area will be granted any time that same day, without having to purchase additional tickets, if your hand was stamped when leaving the carnival area and you have a minimum of three tickets.

The parents are encouraged to accompany children under 12 in the carnival area.

Prices for 2015 Herndon Festival

*Single Ticket - \$1.25

*Book of 30 Tickets - \$30

*Book of 50 Tickets - \$45

*All-you-can-ride wristband offered for Thursday 6 - 10 p.m. and Saturday 10 a.m. - 2 p.m. for \$16 per day.

Thursday wristbands can be purchased at the Herndon Community Center ahead of the Festival or on-site at the carnival on Thursday evening. Saturday wristbands can only be purchased on-site at the carnival. Wristbands and tickets are nonrefundable.

Fireworks

Thursday, May 28

Saturday, May 30

The Town of Herndon schedules fireworks on Thursday and Saturday evenings. "Start looking skyward around 9:30 p.m.," according to Festival organizers.

Check the status of Festival events at 703-435-6866 in case of severe weather.

10K/5K Road Race

Herndon Community Center Sunday, May 31, 7:30 to 9 a.m.

There is on site registration for the Festival's 5K and 10K road races through historic downtown Herndon. Awards are presented to the top two finishers from each age group from the 10-and-under to 70-and-over.

Following the race, participants can enjoy refreshments, door prizes, music and an award ceremony. Breakfast breads and muffins have traditionally been provided compliments of Great Harvest Bread company.

The race will begin and end at the Herndon Community Center.

See www.herndonfestival.net for registration and other logistical information, including parking.

Shuttle Bus and Other Options

The Herndon Festival is located in historic downtown Herndon, 777 Lynn Street. Free shuttle bus is located at: Herndon High School, 700 Bennett Street, Worldgate Shopping Center, 13037 Worldgate Drive.

The bus service operates Thursday, 6-10 p.m., Friday, 5-11 p.m., Saturday 10 a.m. to 11 p.m., and Sunday, 10 a.m. to 6 p.m.

Accessible Parking

Handicapped parking is available off Center Street at the Herndon Municipal Center parking lot. To gain access to the handicap parking, vehicles must have a DMV issued disabled parking placard or plates.

Take the Metro Silver Line to the Festival

Ride the Metro Silver Line to the Wiehle-Reston stop, then take the 950 Fairfax Connector bus directly to the Herndon Festival or you can take the 505 Fairfax Connector bus to Reston Town Center Transit Station and transfer to the Ribs 5 bus, which take you to the Festival.



PHOTOS BY TRACI J BROOKS STUDIO/COURTESY OF NEXTSTOP THEATRE

Gloria DuGan, director, "A Man for All Season" with actor Sun King Davis.

Thought-provoking Classic

"A Man for All Season" arriving at NextStop Theatre.

BY DAVID SIEGEL
THE CONNECTION



Gloria DuGan, director, "A Man for All Seasons."

Where and When

NextStop Theatre presents "A Man for All Seasons" at Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Performances May 28-June 21. Thursday at 7:30 p.m., Friday at 8 p.m., Saturday, May 30 and June 6, at 8 p.m., Saturday, June 13 and June 20 at 2 p.m. and 8 p.m., Sundays at 2 p.m., with Sunday, June 7 at 2 p.m. and 7 p.m. Tickets: \$28. For tickets call OvationTix: 866-811-4111 or visit www.nextstoptheatre.org

Note: "A Man for All Seasons" contains adult situations that may not be appropriate for all audiences.

lenged to grapple" with the ideas raised by playwright Robert Bolt. As an example, when trying to "save your life" would you sign a document you don't believe in?

NextStop's artistic director, Evan Hoffmann, described director DuGan as "one of the most celebrated, prolific, and successful directors in the history of our organization."

One unique role is "the Common Man." "He interacts directly with the audience, provides a framework for the story, and steps in and out of scenes with almost every other character," said Richard Sherman who plays the character. "The Common Man experiences a wide range of emotions." He "even unwittingly helps the story along to its ultimate end."

Inviting audiences to witness "A Man for All Seasons" for themselves, Sherman added that it is a play "beautifully told with drama, humor, intelligence, and an impressive sense of humanity."



COURTESY PHOTOS

Mary Carmen Catoya



Lauren Edson

Renowned Artists Lead Intensive in Herndon

Auditions for exceptional dance opportunity to be held June 20.

Classical Ballet Theatre invites serious ballet dancers in the Washington Metropolitan Area to a one-week, summer dance intensive with two renowned artists – Mary Carmen Catoya, a principal dancer with Miami City Ballet, and Lauren Edson, an award-winning choreographer and former company member of the

Trey McIntyre Project. Held Aug. 31-Sept. 4, 2-9 p.m., the intensive is designed for current professional dancers and professional track students with at least four years of ballet technique training, and it includes instruction by Catoya and Edson each day. It also involves an optional opportunity to be part of original choreography that Edson

will create exclusively for Classical Ballet Theatre. All dancers participating in choreography are required to rehearse and perform the premiere of Edson's new work.

Auditions will be held on Saturday, June 20, 10:30 a.m.-noon. Interested dancers should call 703-471-0750 for further information.

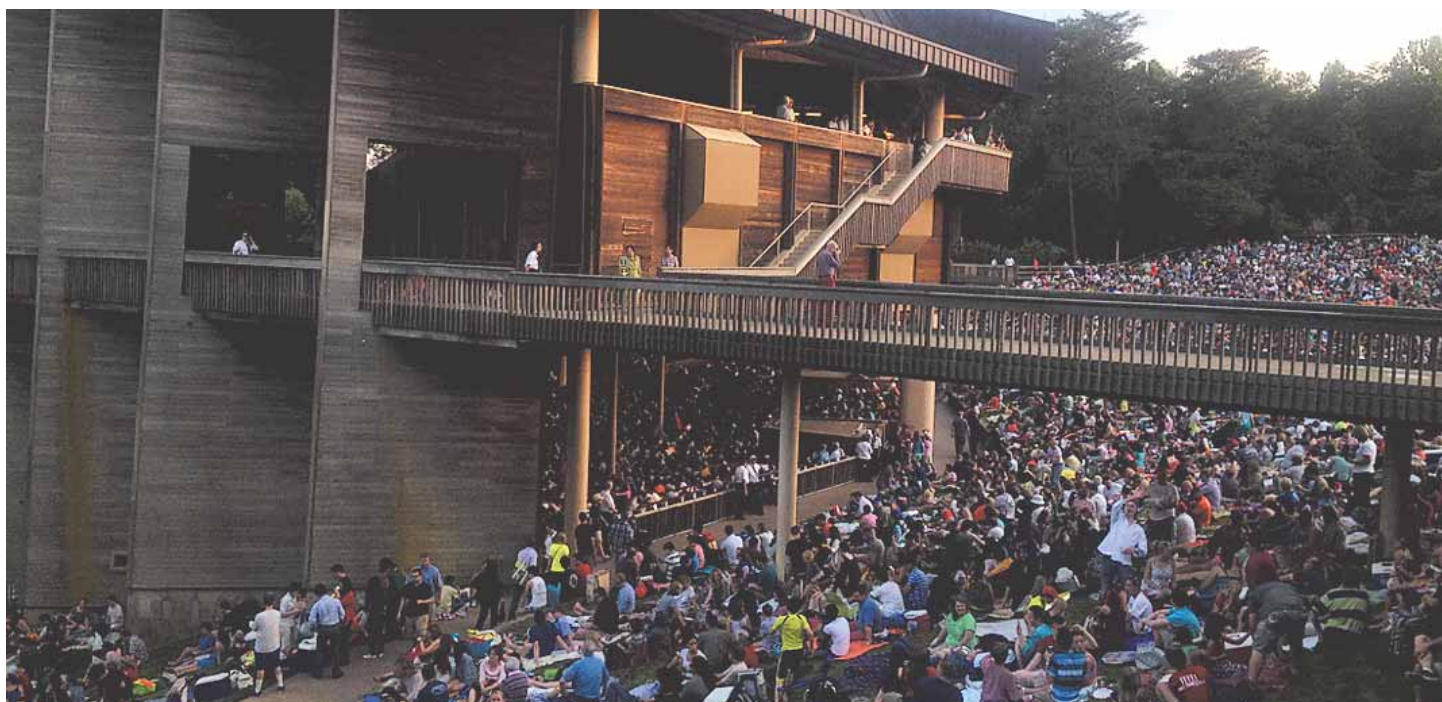


PHOTO BY RIAN DUNN/THE CONNECTION

Summer Season Opens at Wolf Trap

"The President's Own" United States Marine Band launched Wolf Trap National Park for the Performing Arts' summer season with a program of concert band favorites. A fireworks display followed the free concert. In addition to the Filene Center season, Wolf Trap also offers Children's Theatre-in-the-Woods, which runs June 23-Aug. 8, and performances at The Barns at Wolf Trap by Wolf Trap Opera.

Chantilly Baseball Beats Oakton for Conference 5 Championship

DiCesare drives in winning run, earns victory on mound.

BY JON ROETMAN
THE CONNECTION

After driving in the go-ahead run in the bottom of the fifth inning, Chantilly's Jared DiCesare stepped on the mound and ensured there would be no three-peat for the Oakton baseball team.

DiCesare gave the Chargers the lead with an RBI single down the third-base line and the junior right-hander pitched three innings of scoreless relief as Chantilly defeated Oakton 2-1 in the Conference 5 championship game on May 22 at Westfield High School.

Facing the Cougars in the conference/district final for the third straight year, the Chargers fell behind 1-0 after Oakton shortstop Joe Rizzo blasted a solo homer in the third inning. The Cougars remained in front until the bottom of the fifth, when Chantilly senior Kordell Hutzell tied the score with an RBI double off Oakton pitcher Toma Shigaki-Tham. Three batters later, DiCesare snuck a grounder down the third-base line, giving the Chargers a 2-1 lead.

"[Shigaki-Tham] located [the pitch] perfectly, but I know I just didn't want to get behind in the count, so I wanted to see if I could drive something," DiCesare said. "Thankfully, I found a little hole down third-base line."

DiCesare, who came on in relief in the top of the fifth inning, retired six of the final seven batters he faced to secure the win.

"Payback," DiCesare said, "feels great."

DiCesare allowed two hits, walked one and struck out one in three shutout innings.

"He's been consistent for us," Chantilly head coach Kevin Ford said about DiCesare. "He's our third baseman [and he] might be our best pitcher. As we've moved more and more into the postseason, we've looked to go to him more. He's just really tough on the mound. He throws strikes. He just throws strike after strike after strike."



Oakton sophomore pitcher Toma Shigaki-Tham suffered a tough-luck loss against Chantilly in the Conference 5 championship game on May 22, allowing two runs on four hits in six innings.

Chantilly will be Conference 5's No. 1 seed in the 6A North region tournament and will host Stonewall Jackson at 6:30 p.m. on Friday, May 29. Oakton will be the conference's No. 2 seed and will host Battlefield.

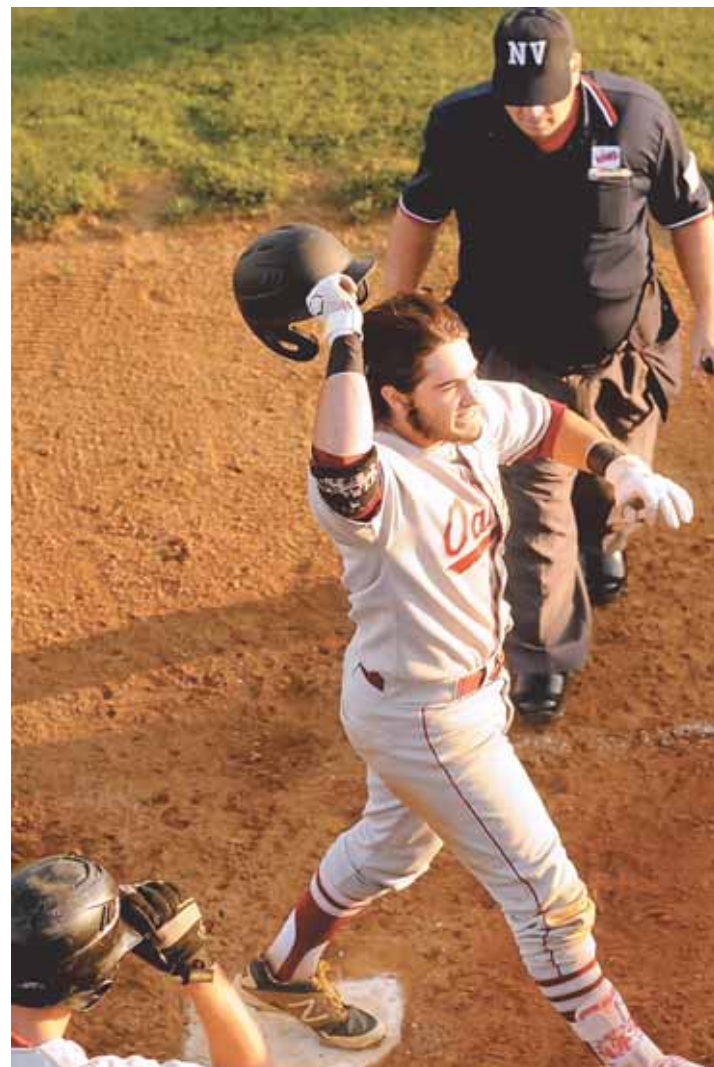
Oakton defeated Chantilly in the 2013 and 2014 conference/district championship games. Last year, the Chargers won both regular-season matchups before losing to the Cougars 5-1 in the conference final. Chantilly would bounce back, however, win-

ning the region championship and advancing to the state championship game.

This season, Chantilly again won both regular-season meetings with Oakton, but this time found a way to win a third time.

The Chargers' last district championship came in 2008, when Chantilly beat Oakton at Westfield High School.

"It means a lot," Ford said. "This is the third time in a row it's been Chantilly and Oakton and we finally had to go to a neutral site to win one. ... Maybe Westfield is



PHOTOS BY LOUISE KRAFFT/THE CONNECTION

Oakton shortstop Joe Rizzo touches home plate after hitting a solo home run in the third inning of the Conference 5 championship game on May 22.

our lucky place."

DiCesare finished 2-for-3 at the plate. Hutzell and Brady Ryan each had a hit for the Chargers.

Shigaki-Tham suffered the loss for Oakton. The sophomore right-hander allowed two runs on four hits over six innings. He walked two and struck out eight.

"I thought he was really good tonight," Oakton head coach Justin Janis said. "... He mixed all his pitches. He really didn't give up a lot of hard-hit balls."

South Lakes Track Teams Win Conference 6 Championships

South Lakes successfully defended its titles in winning both the boys' and girls' 2015 Conference 6 outdoor track and field championships May 19-20 in Reston.

It is the fifth consecutive title for the girls' team and the second straight and seventh in the past eight years for the boys' team. The girls scored 142 points. James Madison was second with 101 and Langley finished third (78). On the boys' side, SLHS scored 191 points, followed by Madison (96) and McLean (74). Both teams also won the Conference 6 indoor championships last February.

Junior Skander Ballard dominated the

two-day competition, leading a sweep of the 400 meters (50.15), as a member of the winning 4x400 meter relay team (3:27.83), finishing second in the 200 meters (22.87), triple jump (42-01.75) and pole vault (12-00.00) and placing third in the long jump (20-00.25). Junior Nikolai Waithe and seniors Sam Arpee and Ryan LaPorte teamed with Ballard in the 4x400.

Eric Kirlaw, also a junior, won the long jump (20-03.50), triple jump (42-04.25) and teamed with sophomore Timiebi Ogobri, junior Anas Fain and senior Timothy Logan in winning the 4x100 meter relay (44.43).

Fain also won the 300 hurdles (41.38) and finished second (15.04) to senior Nathan Stone (14.93) in the 110 high hurdles. Fain was third in the high jump (5-08.00) and triple jump (41-11.25). Stone took second in the high jump (6-02.00).

In the girls' team victory, sophomore Devyn Jones won the 100 meter hurdles (15.13), finished second in the 300 meter hurdles (47.36) and long jump (17-03.25) and teamed with seniors Comfort Reed, Ozioma Chinaka and sophomore Nikayla Hoyte for second in the 4x100 meter relay (50.60).

Reed won the triple jump (36-05.50) and was fourth in the long jump (16-07.25).

Chinaka, who was second in the shot (28-02.00), fourth in the pole vault (7-09.00), teamed with senior Claire Nieusma, junior Golden Kumi-Darfour and sophomore Jessica Lister to win the 4x400 meter relay in 4:01.72. Nieusma also won the 300 meter hurdles in 47.36 and was fourth in the 100 hurdles (17.35).

South Lakes will compete in the 6A North region championships May 28-29 at James Robinson Secondary School in Fairfax.

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 28

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.

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. Visit www.herndonfestival.net for more information.

FRIDAY/MAY 29

Family Splash at RCC Pool. 7-9 p.m. Drop in for a night of family fun. The family splash entry fee is \$15.50 Reston/\$31 Non-Reston (for groups up to seven people). Groups of eight or more must pre-register by calling the Aquatics Service Desk at 703-390-6150. - See more at: <http://www.restoncommunitycenter.com/attend-shows-events-exhibits/event-detail/2015/05/29/default-calendar/family-splash-at-rcc-pool-May29#sthash.IFURYgJK.dpuf>

SATURDAY/MAY 30

Jimmy Gaudreau & Moondi Klirin. 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. They magically blend their vocals and mastery of mandolin and guitar into an evening of magnificent music. 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 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.

PetMAC Grand Opening. 1-4 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. World Champion dogs from the Chesapeake Dock Diving Dog Club will demonstrate their amazing leaps and jumps into the lake. There will also be Dog Scent Work demos by Kissable Canine, cooking demonstrations by Culinary Cooking School, face painting, music, as well as free giveaways and raffles. For more information, call the shop at 571-325-2099.

We've Got Your Back Race for Spinal Health. 9 a.m. - noon. 1831



PHOTOS 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.

Wiehle Avenue, Reston. Join the Spinal Research Foundation for a timed 5K, 1 mile Fun Run, Healthy Living Festival, Kids Corner and celebration of Spinal Champions. If you've overcome back or neck issues, be sure to register as a Spinal Champion to receive your official T-shirt, exclusive access to the Spinal Champion Tent and VIP benefits, including free post-race brunch and massages.

SATURDAY/MAY 30-SEPT. 5

Reston Concerts on the Town.

7:30-10 p.m. Reston Town Center. The 25th season is extended through September 5 and kicks off with swing/jump blues favorite Big Joe & the Dynafloes. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association. Alcohol permitted at restaurants only. Concert information: 703-912-4062 www.restontowncenter.com/concerts

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. Both races are USATF Certified. For registration and information visit www.herndonfestival.net.

FRIDAY/JUNE 12

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public.

SATURDAY/JUNE 13

Creative and Musical Writing Workshop. 3-4 p.m. ArtSpace Herndon, 750 Center Street, Herndon. A workshop with singer, writer and poet Andrew McKnight. An interactive peek, "under the hood," with an award winning songwriter, this 1-hour workshop

explores how to express one's interest in a subject through words and/or music through use of writing exercises, examples and interactive discussion. Simple structure of songs, and the basics of melody and meter will be explored. Participants do a variety of exercises building towards development of original works collectively or individually during the session. Free and open to the public. Ages 10+. Tickets: \$15. Visit www.artspaceherndon.org for more information.

Music of the Shenandoah. 6:30 p.m.

ArtSpace Herndon, 750 Center Street, Herndon. The Herndon Foundation for the Cultural Arts' three concert series at ArtSpace Herndon celebrates the contribution of Virginia's string bands to the foundation of modern American music, connecting Herndon to Virginia's roots music. Tickets \$15. For more information and to purchase tickets: <http://www.artspaceherndon.com/dominion-notes-concert-series/>

SUNDAY/JUNE 14

Love Your Body Yoga Festival. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. www.belovedyoga.com.

WEDNESDAYS/JUNE 24-AUG. 19

Frying Pan Farm Arts in the Parks.

10-11 a.m. Frying Pan Farm Park Amphitheater, 2739 West Ox Road, Herndon. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Call 703-437-9101.

FRIDAY-SUNDAY/JUNE 26-JULY 5

World Police & Fire Games.

Thousands of athletes from 70 countries will converge in Fairfax County for 10 days of competitions. Entertainment and activities will be hosted by Reston Town Center during the games. Fairfax2015.com

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The Unified Prevention Coalition (UPC) works with people like you and organizations across Fairfax County to reduce these numbers. UPC works to prevent underage drinking, binge drinking, prescription drug abuse, and use of heroin and other drugs. UPC's prevention programs save lives as well as money: \$10 is saved for every \$1 spent on prevention.



Give Where You Live Do More 24 on June 4!



Do More 24 is a one-day movement powered by United Way of the National Capital Area that encourages donors to contribute to local non-profits. **UPC asks for your support** to enable us to continue our prevention work in Fairfax County.

Support These Fairfax County Restaurants on June 4

A percentage of their June 4 proceeds will go to the Unified Prevention Coalition (UPC):



Glory Days Grill
(locations in Burke, Centreville, Fairfax, Herndon, Lorton and Reston from 5 p.m. to midnight)



The Auld Shebeen
(from 4 to 10 p.m.)



O'Sullivan's Irish Pub
(all day)

For the latest list of supporting restaurants and to make your personal donation, visit www.unifiedpreventioncoalition.org.



For more information or to get involved, call 703-938-8723 or visit www.unifiedpreventioncoalition.org.

Join the Unified Prevention Coalition of Fairfax County in creating a community where youth grow up safe and drug free.

Funding for this ad is provided by the federal SAMHSA Virginia Strategic Prevention Framework State Incentive Grant.

Special thanks to
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NEWSPAPERS

NEWS

Police: Attempted Robbery Results in Death

Herndon man, 24, killed in Reston; two charged in robbery.

Rashad Kejuan Daye, 24, of the Herndon area, was killed Sunday, May 17 during a robbery attempt, according to Fairfax County Police.

Police charged Eddie Rodriguez, 22 of Woodbridge, and Dominique May, 18 of Reston, with attempted robbery and use of a firearm in the commission of a felony.

Four men, including Daye who was killed, entered an apartment in the 11600 block of Stoneview Square around 2:50 p.m. on Sunday afternoon, May 17, according to Lucy Caldwell, public information officer with Fairfax County police.

Detectives believe it was "a robbery attempt that led to an altercation and shooting, resulting in the death of a 24-year-old man that was in the apartment," according to Fairfax County Police reports.

The "men entered an apartment, engaged in some sort of disagreement and one was



Eddie Rodriguez, 22, of Woodbridge.



Dominique May, 18, of Reston

POLICE PHOTOS

shot, another was wounded, and others fled the scene," according to police reports. "There were at least two men at home in the apartment, neither [were] injured."

According to police, "subsequent investigation revealed that the men were known to each other and that the incident was not characterized as 'random.'"

Police said that the weapons believed to be involved in the crime were recovered on scene.

The investigation continues, Caldwell said.

— KEN MOORE

BULLETIN BOARD

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

SATURDAY/MAY 30

Family Yard Sale. 8:30 a.m. 1580 Poplar Grove Drive, Reston. Big selection of baby items, toys, baby girl clothes, feeding supplies, etc.

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.
Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

Arabic-speaking Older Adult Social Visits. Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers. Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.

FARMERS MARKETS

THURSDAYS

Herndon Farmers Market. 8 a.m.-12:30 p.m. Thursdays, May 7-Nov. 12. Twelve Vendors sell a variety of products including kettle corn and fresh made Italian pasta. Old Town Herndon, 700 Block of Lynn Street, Herndon. www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm

SATURDAYS

Reston Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm

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Good is not good, where better is expected.
-Thomas Fuller

21 Announcements

21 Announcements

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-Thomas A. Edison

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ZONE I AD DEADLINE:
MONDAY NOON

Mad Man



By KENNETH B. LOURIE

Really, Matthew Weiner; on the penultimate episode of "Mad Men," Betty Draper/Francis had to be diagnosed with lung cancer with her life expectancy said to be "nine months," with nothing more than "palliative care" available? Weren't there any other suitable diseases appropriate from which to choose? I realize it was the 70s, but...? Was her diagnosis for dramatic effect because lung cancer has been and is such a scourge and its mere mention will elicit the desired viewer reaction? Or were you trying to draw attention to a terrible disease, the research for which is woefully underfunded while it continues to kill more people than the next four cancer diagnoses combined, including breast cancer?

As a lung cancer survivor, I get tired of lung cancer being the go-to disease when entertainment writers want to gasp their audience into emotional submission. When in doubt...actually, you're never in doubt if a character is diagnosed with lung cancer. That diagnosis will definitely shake up your audience. Everyone knows that a diagnosis of lung cancer is not for the faint of heart (and weak of mind) and that its indication, confirmation and association will strike the kind of fear and loathing Hunter S. Thompson never really addressed.

It's a fine line between hope and prayer, and living and enduring for those of us afflicted with this very-often terminal disease. Ergo, we don't need any negative publicity, especially when the context is one that heightens the severity of the diagnosis and increases the anxiety and inevitability of its presumptive outcome. Certainly, increasing awareness helps, but I'd rather it not always be in a negative light to make people feel bad – or is it badly, or both? It's bad enough already; it doesn't need to be made worse, just for ratings.

Granted, in the time frame of these last episodes (the late 60s, Richard Nixon has just been elected), when Betty was diagnosed, palliative care apparently was all that was available for late-stage lung cancer (did they even have stages then?), so her prognosis was pretty grim. And I realize her diagnosis was one of many story lines that had to be wrapped up – or not, in the final episodes, and wasn't necessarily a main focus. But that's not the point I'm addressing. Hearing the words "lung cancer" in yet another tear-jerking semi-send-off scene with Henry Francis crying into Sally's lap in her dorm room after telling her about her mother's condition, and later showing Sally – the former brat, home unexpectedly from boarding school, dutifully hand-washing the dishes in the kitchen sink, while her mother sits wistfully at the kitchen table, was almost too much: showing a family uncharacteristically coping – and not coping, because of this death-sentence diagnosis/prognosis.

It's almost as if lung cancer is a prop; to be used whenever news needs to be shockingly, horribly bad. Well, a diagnosis of lung cancer isn't so bad, not so bad as it used to be, anyway. Sure, "lung cancer" are not exactly words you want said in your direction, but six-plus years later, I'm living proof that indeed it's not as bad as Mad Men dramatized. Cancer is hardly a chronic-type disease yet, but its patients are not without many treatment options. Moreover, research and clinical studies across the world show great promise and continue to evolve. I only wish the writers who continue to invoke lung cancer in their scripts might evolve a little bit too.

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

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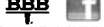
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WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

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.

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.

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,
Koko FitClub, Reston

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