

## Reston Triathlete Goes National

SPORTS, PAGE 8

Emily Landeryou, 15, a rising junior at South Lakes High, running the 5K.



OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ SPORTS, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO COURTESY OF KIRSTEN LANDERYOU

## Time to Mourn

NEWS, PAGE 3

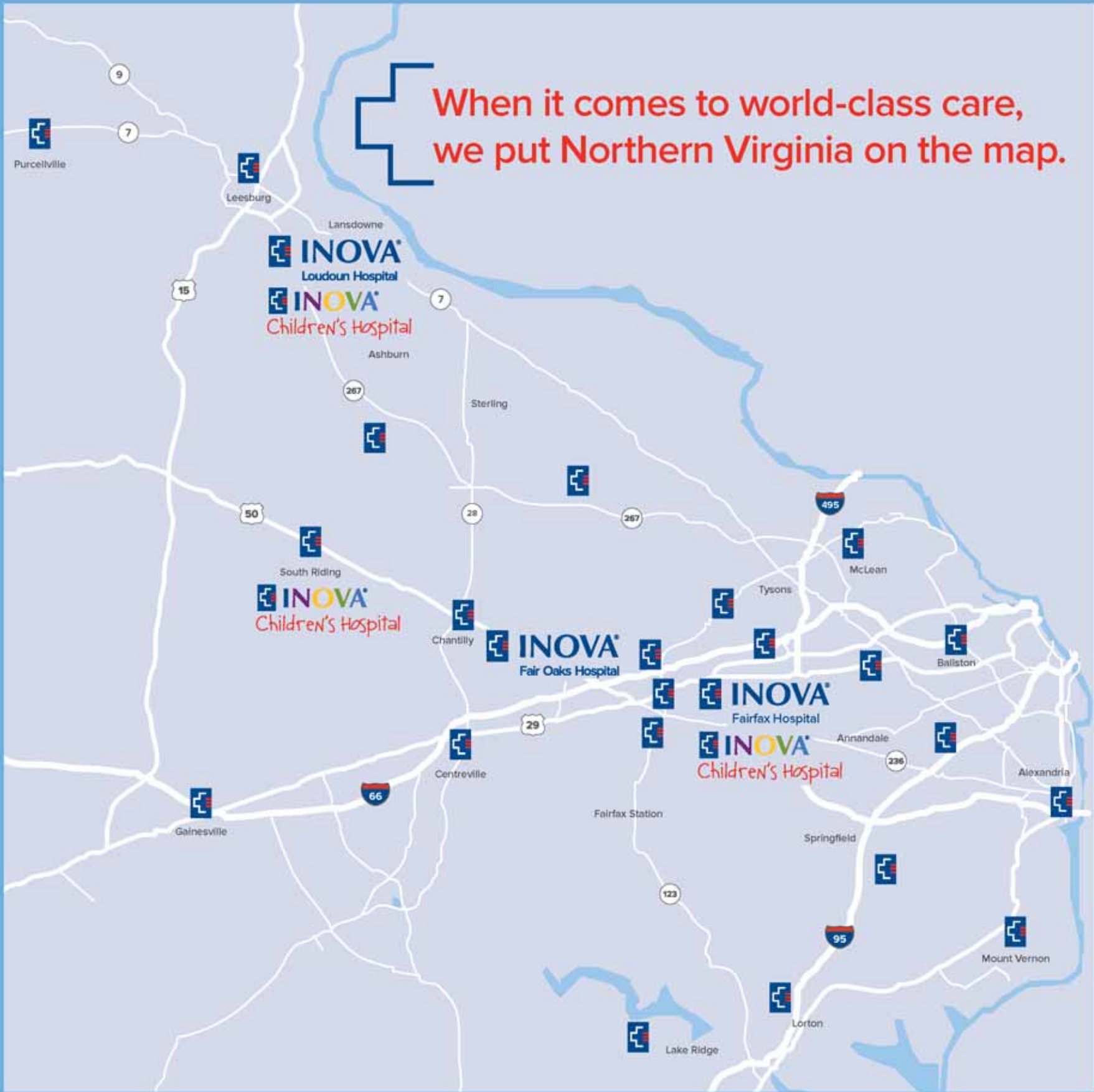
## Herndon Football to Take the Next Step

SPORTS, PAGE 8

## HomeLifeStyle

PAGE 6

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PHOTO COURTESY OF PRIDE OF HERNDON

**Holly Novak, 18, of Reston, and Dale Neibaur and Kyle Mathers, both 19, died in a car crash near Greenville, Texas, after a wrong way driver hit their SUV about 2 a.m. on Friday. The three were friends and former students at Herndon High School.**

## Kyle Mathers, 19, Dale Neibaur, 19, Holly Novak, 18

BY KEN MOORE  
THE CONNECTION

**Grief counseling is available at Herndon High School.**

**H**erndon High School alums Kyle Mathers, 19, Holly Novak, 18, and Dale Neibaur, 19, had no chance of surviving.

“They were wonderful kids who were actively involved in the Herndon school community. They were a positive influence on their peers and respected by their teachers,” said William Bates, principal of Herndon High School.

“The Herndon community is devastated and hurting. Please keep the families of these students and all of us who have been impacted in your thoughts and prayers,” he said.

**THE THREE** traveled to Texas for a gaming conference with classmates Kevin DiCicco and Hannah Galbraith.

Texas Highway Patrol troopers “were dispatched to a wrong way crash on highway I30” at approximately 1:50 a.m. on Friday, Aug. 9, according to police reports.

Kenneth Frazier, 78, drove with his dog in the wrong direction on the highway. Frazier hit the SUV with the five 2014 Herndon High School graduates head-on.

A driver of a tractor trailer traveling behind the SUV “saw the crash happen,” said State Trooper Kyle Bradford of the Texas Highway Patrol. “It was right after the crash occurred,” Bradford said, “and he was unable to avoid the collision.”

Both cars ended up in flames; the three Herndon teenagers were killed immediately and pronounced

dead on the scene, according to police reports, as well as Frazier, the driver going the wrong way.

DiCicco and Galbraith “were transported, one via care flight to Parkland, and the other via ground to Hunt Regional Medical Center,” according to police reports.

Bradford called it a “terrible scene.”

**A CANDLELIGHT VIGIL** was held Sunday night at Trinity Presbyterian Church on Dranesville Road in Herndon.

“We send our prayers to Kevin and Hannah for their recovery,” according to Herndon’s Band webpage.

Grief counselors will be available to talk with students, staff and the community at Herndon High School this week.

County personnel are also available.

“Our staff can recommend resources to help anyone who is wrestling with painful grief and needs some counseling and support,” said Belinda Buescher, communications director with the Fairfax-Falls Church Community Services Board, Merrifield Center.

“Your readers can always call our main entry and referral number at 703-383-8500, or even our 24/7 emergency services if necessary (703-573-5679). It may not be CSB that winds up providing the counseling but they can certainly provide referral information and assess the severity of the concern. It can be very helpful.”

SEE TIME TO MOURN, PAGE 11



**Holly Novak (left) with fellow band member Julia Picchiottino.**



**From left — Kyle Mathers and Dale Neibaur at a band event.**

PHOTOS COURTESY OF JULIA PICCHIOTTINO



PHOTO BY ALICJA JOHNSON/THE CONNECTION

**The vigil attracted more than just the close friends of the deceased and The Pride; hundreds were in attendance.**

## Herndon Holds a Vigil for Teenagers

BY ALICJA JOHNSON  
THE CONNECTION

**T**he parking lot of Trinity Presbyterian Church was overflowing this past Sunday, so much so that police officers were on the scene guiding people to parking spots. It seemed as though the whole town had gathered at the church to remember three bright individuals. Herndon was struck by a tragedy Friday morning, Aug. 7, when three recent Herndon High School graduates were killed in a car accident in Texas. Kyle Mathers, 19, Dale Neibaur, 19, and Holly Novak, 18, were beloved members of the Herndon community, which gathered together at the church to hold a vigil for the teenagers.

Mathers, Neibaur, and Novak were a part of The Pride of Herndon Marching Band, and the band played a large role in the service. Members of The Pride brought refreshments and also performed favorite pieces of the three former musicians, as well as a hauntingly beautiful flute melody that Novak had been composing.

Kevin DiCicco, 19, one of the survivors of the car accident spoke to the attendees at the vigil via a video conference call, recounting the tale of what happened on that early Friday morning. Hearing DiCicco speak was reportedly “reassuring,” and “moving,” according to some attendees. “It’s not fair that this had to happen to them; they didn’t deserve it. They were the nicest people in the world [...] with so many people that loved them,” DiCicco said of his friends. “Whether you believe in heaven or whatever you believe in, they’re okay

now. They’re not in any pain, and they’re loved...even beyond life they’re still loved.” Words cannot describe the level of grief in the room while he spoke of the accident. Following DiCicco’s speaking was a powerful slideshow.

Novak, Mathers and Neibaur were role models for their friends and within The Pride. “The coolest thing about these three people is that they would always come into school at seven in the morning for all four years, and just crack jokes and be happy,” said Dylan Van Viersen, who had been friends with Neibaur since kindergarten. “They didn’t care about what anyone else thought...they lived their lives the way they wanted to, and that’s what made them so courageous.”

The vigil attracted more than just the close friends of the deceased and The Pride; hundreds were in attendance. “It was a beautiful ceremony,” said Jake Carll, longtime classmate of Neibaur and Mathers. “Seeing how everyone is paying their respects – it’s great,” Carll said, in regards to the huge turnout for the vigil. “It’s weird because there are people who didn’t know them who are here for them,” Van Viersen noted.

Although it’s a sad time for Herndon and The Pride, it’s also a time they reminisce on the great contributions of Holly, Dale and Kyle. As Herndon High School’s trademark rock in the front lawn reads: Holly, Kyle, Dale: You are THE PRIDE.

Hannah Galbraith, 18, is still in the ICU in Dallas. DiCicco and her loved ones are asking all for prayers towards her recovery. Updates on Galbraith’s health can be found on the Facebook page “Prayers and Support for Hannah.”

## 'Our Community Deserves Better'

**Strongly worded recommendations for police on transparency and public trust; FCPD has miles to go.**

**O**utrage over the shooting death of John Geer of Springfield on Aug. 29, 2013, by a Fairfax County Police officer led the Fairfax County Board of Supervisors to form of the Ad Hoc Police Practice Review Commission, which began meeting in March 2015. The Communications Subcommittee was the first to give recommendations to the full commission, and the report pulled no punches.

"Communications in recent high-profile use-of-force and critical incident cases were mishandled, inadequate and untimely, leading to loss of public trust and questions about the legitimacy of police actions. ... Our community deserves better."

"The failures in both communications and its Freedom of Information Act policies have created this crisis of confidence for FCPD. ... There must be significant change coming from the leadership of the county and the Fairfax County Police Department. No longer can they just pay lip service to the idea of transparency. Real change is needed – now. ...

"It is well past time for the Fairfax County Police Department to start providing timely, honest and effective communications with everything it does. We deserve nothing less. ...

"Constant 'happy talk' breeds suspicion, while being direct and clear about mistakes and failures as well as accomplishments results in increased credibility."

The Communications Committee, led by former Fairfax County Public Information Of-

ficer Merni Fitzgerald, calls for: a culture change to favor releasing as much information as possible; policy change to encourage transparency and accountability by establishing a culture of disclosure; adopting a predisposition-to-disclose, with public records presumed to be public and exemptions strictly and narrowly construed.

For example, the committee calls for: releasing the names of officers involved in any police shootings within one week; releasing video from body cameras, dashboard cameras and any other digital record of a police-involved shooting death immediately; a continuous process of information declassification for cases that are no longer active or are closed; releasing actual police reports, with redactions where necessary, rather than creating summary documents; providing unfettered access to blotter-type information to include a list of every incident and call with the basic who/what/when/where/how information.

The full report is eight pages, well-written and well worth reading.

**CHANGE IN CULTURE** is not coming automatically or easily to the Fairfax County Police Department. While the FCPD has released reams of information to the commission, that has not included much requested and needed information for the commission and its subcommittees to meet established scope of work.

For example, the Use of Force Subcommittee is tasked in its scope of work to "review

### Read Report Online

<http://www.fairfaxcounty.gov/policecommission/subcommittees/materials/final-recommendation-communication-subcommittee.pdf>

(not investigate) recent use of force incidents (lethal and non-lethal) involving FCPD as well as review any existing data summarizing all FCPD use of force interactions, officer involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015."

In May, the committee asked what documents and reports would be available and when.

The following response was posted in June: "The Chief of Police will post a synopsis and other information regarding the department's officer involved shootings but will not be releasing any case reports, files or documents from the criminal or administrative case."

That response does not reflect a culture of transparency.

But what's worse is that on Aug. 10, just weeks before the subcommittee's final recommendations are due to the full commission, the committee still has not received the synopsis promised, or even a list of officer-involved shootings resulting in death or injury, and in-custody deaths from 2005 to 2015.

FCPD Chief of Police Edwin Roessler is scheduled to present the synopses to the committee on Aug. 12. All commission and subcommittee meetings are open to the public, see <http://www.fairfaxcounty.gov/policecommission/>

— MARY KIMM,  
MKIMM@CONNECTIONNEWSPAPERS.COM

*Mary Kimm, Connection editor and publisher, serves on the Ad Hoc Police Policies Review Commission. The opinions expressed here are her own, and do not speak for the commission.*

### EDITORIAL

arrives?" I said "Yes." He said "OK," and went back to his cruiser to wait.

While we waited, I noticed I had my Bible. So, I took out a piece of paper and wrote a note to Trooper Fulk. I don't remember what I wrote, but I wanted him to know that we appreciated his dedication, care, and concern for our safety.

His call for assistance arrived prior to ours, at which time he returned to our vehicle and said that we were in good hands, and he was going to depart now. I asked him if he was an angel, to which he replied, "I don't think so," with a smile. I handed him the note I'd prepared for him, and said I wouldn't be surprised if you were to disappear when you return to your car. Although he denied being an angel, he was our angel that day. He saved the lives of my grandchildren, my son and I. We feel he deserves to be recognized for putting his life in danger as he does everyday diligently protecting

and serving us all. I don't want to imagine what could have happened had Trooper Fulk not been there. My son is off to training camp, my grandchildren are off to summer camp, and I am home thanking the Lord for Trooper Fulk.

**Pearl Royal**  
Herndon

### 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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### LETTERS TO THE EDITOR

## An Angel in State Trooper Disguise

To the Editor:

On July 13, 2015, I was driving to Reagan National Airport to pick up my son when I noticed the low fuel light was flashing. I told my two grandchildren, who were with me, that we needed to get gas. Yet, I decided to keep going as to not have my son waiting for me at the airport. I figured we could circle back after picking him up and get gas then. However, on our way back around, we took the wrong exit, overshooting the gas station. We attempted to keep going until the next gas station, but ran out of gas in the process. My son stated, "Mom, we are out of gas." I responded with, "Are you serious, can you back up? We are in the middle of the highway?" He said "No mom, we can't move." Panic set in. I reached for my roadside

assistance card and tried to call for help, but my hands were shaking from fear of being hit by an oncoming vehicle. Just then, a state trooper pulled up behind us with flashing lights. I found out later that it was Trooper Chad Fulk. He quickly approached our vehicle and asked if we were alright. I, feeling responsible for our predicament, said we ran out of gas. He said "Don't worry, I need to get you all to safety because I almost creamed you coming around that curb. Do you mind if I bump you to a safe location?" We said "Sure, please."

Trooper Fulk gently bumped us to safety. He came back to our vehicle and asked, "Do you all have someone coming," because he noticed that I still had the roadside assistance card in my shaking hand. I said "Yes." Trooper Fulk said, "I'm going to call for help and we will see who gets here first." After he called, he smiled at me and said "Would you feel better if I stayed with you until someone



## COMMENTARY

# Keeping Up to Date

BY KENNETH R. "KEN" PLUM  
STATE DELEGATE (D-36)



Most professions have opportunities or requirements to ensure that members of the profession stay current in their knowledge. Some of these requirements are established by professional associations for their members, and others are required by law as a protection for consumers. While I consider public service to be a profession, there are no preservice or in-service requirements to serve in office. Getting elected is the only prerequisite to being a member of the legislature other than being a citizen and voter of the required age. Once elected, public officials vote on numerous bills that establish continuing education requirements for other professions.

As an educator for nearly 30 years I was required to have completed certain courses before becoming a teacher and to take a given number of courses every few years. There were no such requirements for my becoming and remaining a legislator. Upon my first election I was given a few hours of orientation and that was it. While I do not propose continuing education requirements for legislators, an argument could be made that it might improve the process as well as the product. I have sought continuing education opportunities on my own that might help me serve my constituents more effectively.

My experience is that the annual summit of the National Conference of State Legislatures (NCSL) provides the best continuing education I can get as a legislator. In NCSL, states are referred to as "laboratories of democracy" as the states face most of the same challenges but often take different approaches to meet them. As lawmakers come together from

throughout the country, there are numerous opportunities to share experiences and to learn from each other. I attended the NCSL Summit last week and heard presentations on topics as diverse as cloud computing security and liability, effectiveness of tax incentives to attract economic growth, alternative funding mechanisms for higher education, steps to ending economic inequality of women, and common sense measures to end gun violence. While

the challenges across the country are essentially the same, the approaches taken by the states are very different based on their traditions and partisan control among other factors.

NCSL's emphasis is on research and background information on issues unlike its counterpart the American Legislative Exchange Council (ALEC) that provides legislators with the actual text of conservative legislation. Many of ALEC's proposals have become very controversial because they are so extreme and because they have been written to satisfy certain business interests.

At NCSL there are presentations by stakeholders, but they are balanced with opposing points of view. Researchers are part of the discussions as are subject area experts. I have found most sessions to be thought-provoking, and over the years I have found many ideas to improve my constituent services. Some of what I learned may lead to legislation that I will have drafted and introduce; all the discussions make me better informed to debate the issues when they come before the House of Delegates. Certainly the experience helps me keep up to date.

### Editor's Note

John Lovaas is away. His Independent Progressive column will return in the Aug. 26 issue of the Reston Connection.

### CRIME REPORT

The following incidents were reported by the Reston District Police Station.

**RECKLESS DISCHARGE:** 2200 Corporate Park Drive, Aug. 5. An employee reported damage and several holes to the front of a building that appeared to be gunshots. It is unknown where the shots came from and no injuries were reported.

**BURGLARY:** 11400 block of Great Meadow Drive, Aug. 4. A resident reported someone entered the residence and took property.

**SHOOTING INTO AN OCCUPIED DWELLING:** 2200 Monroe Street, Aug. 3 at about 10:35 p.m. A security guard reported hearing loud noises and located bullet holes in the front door to a building. It is unknown where the shots came from. No one was physically injured.

**ASSAULT:** 13100 block of Parcher Avenue, Aug. 1 at about 1:34 p.m. A man was approached by four male juveniles. The suspects assaulted the victim and fled. The victim did not require medical attention. The suspects were described as males in their teens. One of the suspects was wearing a black T-shirt. A second suspect was wearing a white T-shirt, blue jean shorts and a red baseball hat.

**BURGLARY:** 1000 block of Aziza

Court, Aug. 1 at about 9:24 a.m. A homeowner reported someone entered the home and took property.

**BURGLARY:** 1900 block of Crescent Park Drive, July 27 at about 4:09 p.m. A resident reported someone went into the garage and took property.

**BURGLARY OF AN OCCUPIED DWELLING:** 100 block of Chatham Colony Court, July 27 at about 10 p.m. A resident was sitting on her porch and heard a noise in her home. She went to check and saw a male running away from the home. Property from inside the front door was taken. No description on the suspect.

**STOLEN VEHICLES:**  
2500 block of Fox Hound Court, 2007 Toyota RAV4.  
1600 block of Becontree Lane, 2002 Toyota  
1600 block of Becontree Lane, 2012 Toyota Corolla

**LARCENIES:**  
1600 block of Oak Spring Way, wallet from residence.  
2100 block of Enright Place, property from vehicle.  
Wiehle Avenue/Reston Station Boulevard, bicycle from metro.  
11900 block of Winterthur Lane, cash from residence.

2300 block of Hunter Woods Plaza, beverage from business.

10100 block of Clover Glen Drive, property from business.

1700 block of Bracknell Drive, merchandise from business

11100 block of Branton Lane, property from residence

2500 block of Camberwell Court, property from residence

2100 block of Centreville Road, purse from business

2300 block of Hunters Woods Plaza, merchandise from business

2400 block of Masons Ferry Drive, cash from residence

1900 block of Reston Metro Plaza, bicycle from residence

2300 block of Hunters Woods Plaza, merchandise from business

2500 block of John Eppes Road, property from vehicle

2300 block of Soapstone Drive, property from business

11800 block of Sunrise Valley Drive, merchandise from business

12300 block of Sunrise Valley Drive, property from vehicle

11100 block of South Lakes Drive, beverage from business

2100 block of Enright Place, wallet from residence

1600 block of Parkcrest Circle, bicycle from residence

2000 block of Royal Fern Court, packages from business

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Sun Design's Roger Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent — evoking a cabin-like ambiance — creates an invitation to sit and interact that had previously been missing from a nondescript corner.



PHOTOS BY GREG HADLEY

BEFORE: Wood panelling, wainscoting, and a sled ceiling with faux rafters were among the dated interior details that defined the home's previous interior.

## Home's Makeover Enhances Family Life

With time constraints, Sun Design converts large, dated house into residence that satisfies everyone's agenda.

BY JOHN BYRD

Meet Roger Lataille, senior design consultant at Sun Design Remodeling and — more importantly — a remodeling resource homeowners turn to, and return to, whenever they need expert advice, hands-on support and commitment.

Case in point: in 2012, a north Arlington couple engaged Lataille to execute a top-to-bottom makeover to their 2,300-square-foot home. The goal was to implement functional improvements within a “transitional” interior design style that would work well for a growing family. Delivered on time and within budget, the owners dubbed the results “exceptional” in every detail.

Now, two years later, and with two daughters growing rapidly, the couple asked Lataille for ideas for an addition. As it turned out, the terrain around the property was too steep. While space enlargement discussions were still underway, however, the couple learned that elderly neighbors a few doors up the street were planning to sell their nearly 5,000-square-foot colonial.

This was a promising development for Lataille's space-cramped client, but far from a slam-dunk.

The neighbor's house had been built in the late 1960s and hadn't been upgraded in decades. Still, more living space was a tantalizing proposition, and the couple soon asked Lataille for an assessment on remodeling the house to the standard he had achieved in their current residence.

In short order, Lataille and the clients



Sun Design's “transitional”-style interior design solution concentrates on pleasing contrasts. The 3.6-foot-by-8-foot cook top island and three stool dining counter features a walnut-colored base topped with a granite surface. The dark-stained oak flooring is offset by ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.



BEFORE: The existing kitchen's dated Colonial accents included Dutch-style maple cabinet facings, a mosaic tile back splash and a vinyl counter surface.

walked through the house and — before any decision had been reached regarding a possible purchase — the designer developed preliminary sketches depicting several remodeling scenarios.

What was obvious to everyone from the start was that the existing house was seriously dated, even degraded in places — and that the desired upgrade would require considerable vision, budget-mindedness and team performance.

Adding to the drama: if the deal went through, the new owners wanted to put their current house on the market immediately, remodel the purchased property at once and move into their new residence as soon as possible.

There would be no interim period of rental properties or furniture in storage.

“Looking back, the qualitative difference between the interiors of the two houses was profound,” Lataille said. “The house being considered for purchase was like something from a 1970s movie set. There was large-pattern floral wall paper, wainscot paneling in many rooms; the family room adjacent to the kitchen was covered by a sled ceiling with faux exposed timbers.”

Moreover, the interior design style, Lataille elaborates, may have once been loosely described as rustic.

“But the look was plainly anachronistic in 2015,” he added, “A far cry from the contemporary transitional style my clients wanted.”

The kitchen, likewise, featured outmoded Colonial accents that including Dutch-style maple cabinet facings, a Delft mosaic tile back splash, and vinyl counter surfaces. There was even a 30-year-old microwave — “really a kind of museum piece,” Lataille said — “embedded in the food prep island.”

Downstairs, a spacious multi-function lower-level zoned as “game room,” “playroom” and “work room” had become stale from lack of use.

There was a tired old kitchenette in a rear

SEE HOME'S MAKEOVER, PAGE 7

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# Home's Makeover Enhances Family Life

FROM PAGE 6

corner — which meant that fixtures needed for sinks and refrigerators were already in place. But much of the lower level was little more than a partly below-grade basement — hardly a place for upbeat family entertainment.

**IN THE PLUS COLUMN:** the house featured generously-sized rooms and segues, large windows accessing abundant natural light and an appreciably “open” first floor plan with sight lines in three directions.

“The kitchen-centric first level plan had considerable potential,” Lataille said, “but it needed a more cohesive interior — one that would support a more intimate scale.”

The first feature Lataille slated for deletion: the sled roof.

By uniformly dropping the ceiling to the standard 8 feet, the visual experience of anyone in the room now shifts to horizontal sight lines dominated by large windows and outside landscaping. The more sharply articulated indoor-outdoor continuum, in turn, adds focal points and intimacy — yet is more expansive.

To highlight perspective, Lataille proposed a stacked stone hearth for a sitting

## Details

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. Call 703-425-5588 or visit [www.SunDesignInc.com](http://www.SunDesignInc.com).

area adjacent to the open kitchen. The textural vertical accent — evoking a cozy cabin-like ambiance — creates an iconic invitation to sit and interact that had previously been missing from a nondescript corner.

With a panoramic view on one side and the open kitchen on the other, the redesigned niche is transformed into a cozy spot for sitting by the window with a book, or chatting with the cook as meals are prepared.

With the exception of moving interior walls a few inches, the kitchen footprint remains fundamentally the same. Here, Lataille concentrated on introducing wholly new elevations — eliminating all vestiges of the Colonial-style finish work while developing a brightly luminous interior scheme composed of granite surfaces and ivory-hued cabinet facings.

The 3.6-foot-by-8-foot cook top island and three stool dining counter now features a dark walnut-colored base topped with a dappled granite surface. The dark-stained



PHOTO BY GREG HADLEY

**By dropping the sled roof to the standard eight feet, the designer introduces a scale more appropriate to the family room's size and purpose. French doors with sidelights now connect the space to a 17-foot-by-31-foot deck complete with hot tub and outdoor kitchen.**

oak flooring, by extension, perfectly contrasts with the ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.

French doors with sidelights now connect the family room to a 17-foot-by-31-foot deck complete with hot tub and outdoor kitchen. The front stairs in the foyer have been re-finished; existing decorative capitals refurbished.

Downstairs, the once darkly cavernous lower-level has been elevated into an all-purpose family play area. Exposed vertical support beams are encased in dry wall, which, likewise, wraps HVAC vents. New wood-grained vinyl flooring, recessed lights

and tawny/golden wall paint lend the space a light, cheerful ambiance.

The new play room features billiards, pinball and a card table where Dad hosts a weekly card game. The stacked stone tile fireplace situated in front of an L-shaped configuration of couches offers a perfect spot to watch a plasma screen TV mounted above the hearth.

The old kitchenette, transformed into the family's downstairs refreshment center, provides step-saving convenience that makes entertaining easier for everyone.

Family life — at its most fulfilling.

*John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years.*





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# Reston Triathlete Goes National

BY CAMILLE KIDWELL  
THE CONNECTION

Imagine competing in a 750 meter open water swim, then a 12-mile bike and lastly a three-mile run. Exhausted yet? Emily Landeryou, a 15-year-old rising junior at South Lakes High School and elite triathlete can compete in such a race with ease.

Landeryou is a member of the "Junior Elite Team" at Endorphin Fitness Fairfax. The club participates in the USA Triathlon Junior Elite Circuit. In the circuit there are four races in Richmond, Wisconsin, Washington and Iowa. In these races, the top 17 competitors qualify for the National Competition. These competitions are unique because drafting is allowed in both the swim and the bike portion of the race. "In no other local tri can you do that, you must be three feet apart from people on the bike" Landeryou said. "That's what makes them so special. It's a shorter course that you do multiple times."

"The start of the swim is the scariest part. There are 75 girls in every race. That is a lot, because we start really close to each other; there are 75 girls in a line at one time. This makes it very hard to get ahead... people even swam over me in Richmond!" Landeryou said laughing. "The biking isn't as aggressive, we actually work together. You pull for a certain



PHOTO COURTESY OF KIRSTEN LANDERYOU

**Emily Landeryou, 15, a rising junior at South Lakes High and her coach, Kevin Mallon from Endorphin Fitness Fairfax.**

## Emily Landeryou, 15, a rising junior at South Lakes High, competes at national level.

amount of time and then you drop back. You are so close that if one person crashes, everyone crashes. It makes it go so much faster. We've hit almost 30 miles per hour in some races. The pack mentality changes everything.

"I've only done two races, the second one I did was in Wisconsin. There I got ninth overall, which qualified me for Nationals."

**LANDERYOU** only began competing in triathlons in March, making her achievements all the more impressive. This is Landeryou's first year and she has already qualified for Nationals.

While Landeryou is a natural athlete, she also must work seriously to compete at such an elite level. The training is intense, and competitors are often responsible to keep track of their own workouts and progress. "We have an app called Training Peaks. You can't do all the practices with your coach, so today I had to do an hour and a half swim, an hour and fifteen minute race prep, which is a bike and run."

Also being a top tier swimmer, Emily attends practices for her swim

club in addition to her own personal training. "It's a bit stressful, but I really like to run, and I like the training. I really like to compete in triathlons, so the training is worth it."

Landeryou is passionate about achieving her goals and working as hard as necessary to do so. During the school year she attends swim practice for three hours a day, and then gets in another workout after. Often she would wake up even earlier for a morning run. Her coach at Endorphin Fitness, Kevin Mallon, said: "Emily's determination to qualify for Nationals sets her apart from most athletes her age. She is by far one of the toughest young ladies I have ever coached. Her work ethic and leadership ability will allow her to continue to be successful. I am excited to see what the future has in store for Emily, I know she will do great!"

"We just try to keep up!" said her mother, laughing. "We love to see that fire and motivation coming from her."

**BESIDES TRAINING**, Landeryou loves to read, sleep and make new and exciting foods. As a big sister, she also enjoys taking her younger siblings out to places and explore, always on a bike or a jog.

Landeryou placed 26<sup>th</sup> individually and tenth in the relay at the National Competition in Ohio on Aug. 1.

# Davis Enters Second Season as Herndon Football Coach

## Senior receiver Blanding is potential breakout athlete.

BY JON ROETMAN  
THE CONNECTION

With the Herndon football team's first practice of the season nearing an end, rising senior Dominic Blanding, a varsity newcomer, lined up in the right slot and took off down the field. Rising junior quarterback Adam Kucik, a first-year varsity starter, spotted the open receiver and lofted a deep pass.

Blanding had made his way behind the defense, but had to slow down as the pass was underthrown. Blanding made the catch, regardless, and headed toward the end zone.

The Hornets have to replace two offensive standouts — quarterback Ryan McLaughlin and running back Lamik Bumbrey — from a 2014 team that nearly made the playoffs. But second-year head coach Jeremiah Davis is optimistic Herndon has the athletes to take the next step.

"We were right there last year," Davis said of Herndon's 4-6 finish. "We know what it's like to be right there — win a game and you're in [the playoffs]. Now we've got to



**Rising senior Dominic Blanding figures to be one of Herndon's top offensive threats in 2015.**

get over that hump."

Herndon hasn't made the playoffs since 2008.

Davis said one of his biggest challenges during his first season as head coach was getting Herndon students interested in football. This year, he wants to get the community more involved.

"Last year was really about winning the school," Davis said. "We did some things — put up some posters, involving kids, going class to class, just winning over the school,



**Herndon rising junior Adam Kucik enters his first season as the Hornets' starting quarterback.**

getting them football friendly. This year is about winning the community. ... People don't want to support losers."

Blanding, while light on football experience, could play a major role as the Hornets try to build a winner. His first season of organized football was last year as a member of the Herndon JV team. This year, he's confident he can make a significant impact, setting a goal of scoring 15 touchdowns.

"I'm just very excited for the season,"

Blanding said. "Even though it's my first [varsity] year, I still think I'm one of the best players in this state."

Davis said Blanding can play multiple positions.

"He has reached nowhere near his ceiling," Davis said. "Hopefully he shows that he's a good player this year and hopefully he has a career after high school."

"He's one of the receivers," Kucik said, "that you know if something goes wrong, you can try to find him."

Kucik saw playing time a sophomore. This year, he takes over as the starter at quarterback.

"He's well-versed in the system," Davis said. "... He can distribute [the ball]."

Rising senior running back Ronald DeCastro and rising senior receiver Keshawn Hamlin will also be offensive weapons for Herndon. Rising junior Cole Cooksey is a returning starter on the offensive line.

Rising senior safety Bruce Collins is a defensive standout. Rising senior Conor McLaughlin is an experienced cornerback.

Herndon opens the season on the road against Fairfax on Thursday, Sept. 3. The Hornets' first home game is Sept. 18 against Falls Church. Herndon will travel to face rival South Lakes on Oct. 9.

"I feel like we're moving along program-wise," Davis said.



# CALENDAR

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

## ONGOING

**"Birds of a Feather."** Saturday, 10 a.m. - 5 p.m. and Sunday, 12-5 p.m. through Sept. 3 at Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. Marie Straw works with different media, discovering the changing properties in each. In her works of acrylics and collage elements on paper, canvas, plywood and even tar paper, she is constantly experimenting to attain the look she wants to achieve. Straw is primarily self-taught through study with several local artists, art books and visiting art shows and museums.

### Take a Break Concert Series.

Thursdays, through Sept. 3. 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Listen to some great music live.

### Reston Concerts on the Town.

Saturdays, through Sept. 5. 7:30-10 p.m. at Reston Town Center. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. 703-912-4062.

[www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts)

### Summer Reading Program.

Saturdays, through Sept. 5. 10 a.m.-5 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/tr/>.

## WEDNESDAY/AUG. 12

**Precious Preschoolers.** 11 a.m. Herndon Library, 768 Center Street, Herndon. Explore fiction and nonfiction books about fun creatures while singing, playing and dancing. Age 3-5 with adult.

### Wednesday Morning Book Club.

10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Book Discussion Group. Adults.

## THURSDAY/AUG. 13

**Rock On, Reston!** 5:30-8:30 p.m. 11900 Market St., Reston. Bring a lawn chair or blanket and enjoy live music from the decades in the Pavilion.

**Sensory Friendly Storytime.** 10:30 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Storytime will provide plenty of time for interactive stories, songs, music and social interaction geared toward children with autism spectrum. Preschool.

**School's Out Book Discussion Group.** 6 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. A book discussion group for boys and girls. Join us for a lively

discussion of "The Boggart" by Susan Cooper. School ages.

### Traveling Players Middle School Ensemble.

7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Student actors will perform Moliere's classic comedy "The Learned Ladies."

## FRIDAY/AUG. 14

**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.

**"Peter Pan."** 6:30 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Join Reston Association for a chartered bus trip to experience "Peter Pan" at the Threesixty Theatre in Tysons. Fly to Neverland in a whole new way with a spectacular innovative live stage production that combines intimate theater-in-the-round, overhead surround CGI projection, actors in dazzling flying sequences forty feet in the air, and whimsical puppets that bring J.M. Barrie's classic tale to fantastical life. \$60-\$72.

## SATURDAY/AUG. 15

**RCC Community Coffee.** 9-11 a.m. Reston Community Center, 2310 Colts Neck Road, Reston. Families, friends, and neighbors are all invited. Enjoy complimentary food and beverages with casual conversation.

**Fish Fry.** 12-6 p.m. Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. All proceeds go towards Nigerian crisis relief.

### Reston Concerts on the Town Series.

7:30-10 p.m. 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the Pavilion for reggae, calypso, soca, and more with Jambulay and The Panmasters Steel Orchestra. Free Admission. [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

### Reston Farmers Market.

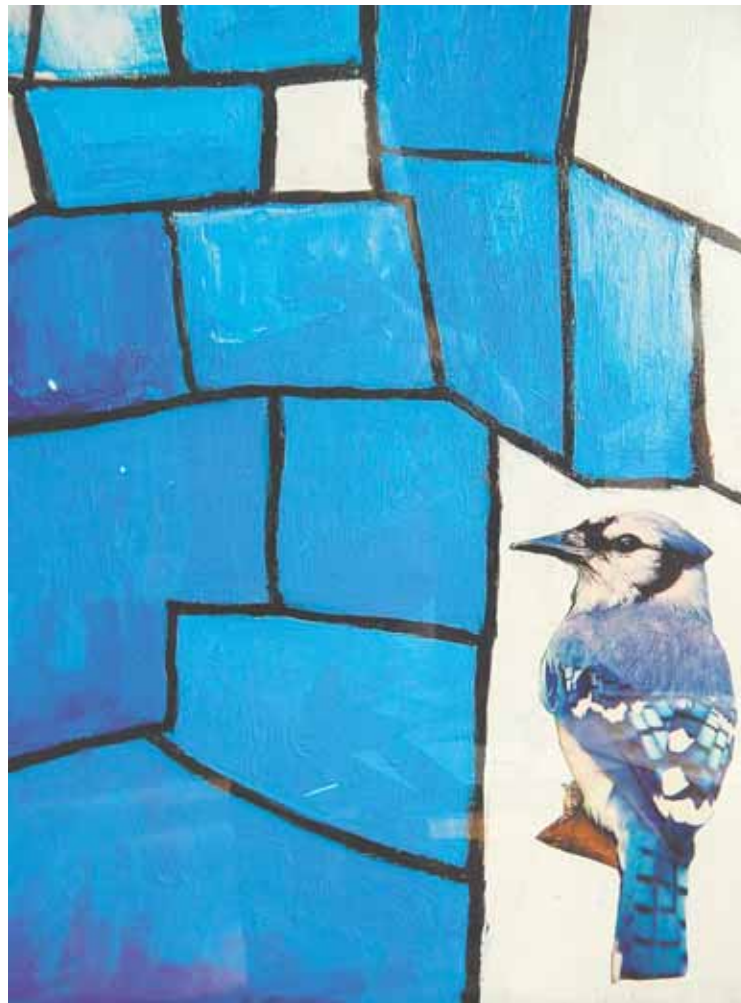
8 a.m.-noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

## MONDAY/AUG. 17

**Mr. Knick Knack.** 10:30-11:15 a.m. Reston Town Center, 11900 Market Street, Reston. Music for children.

**Mixed Media Workshop.** 5:30-8:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Fun with tissue paper, photos and experimenting. \$40. [www.artspaceherndon.com](http://www.artspaceherndon.com).

**Terrific Twos.** 11 a.m. Herndon Library, 768 Center Street, Herndon. Wear your favorite hat to storytime



View the exhibition of "Birds of a Feather" through Sept. 3 at Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. Marie Straw works with different media, discovering the changing properties in each. In her works of acrylics and collage elements on paper, canvas, plywood and even tar paper, she is constantly experimenting to attain the look she wants to achieve.

and enjoy stories, songs, games and rhymes about all kinds of hats. Age 2 with adult.

**Catch Some Fun & Sun.** 9 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Outdoor fun in nature through hikes, games and crafts. Explore and observe insects, trees and more on the trails at the park. \$60 activity fee. 703-689-3104.

**Splash and Explore.** 8:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Fish & Explore takes campers off-site to local waterways, rivers and lakes. Campers learn how to safely explore different bodies of water while splashing, floating and swimming.

**Nature Explorers Camp.** 9 a.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. This week-long camp includes a daily stop at the Water Mine Swimmin Hole plus nature activities like fishing, boating, hiking, nature crafts and games. Each week

also offers a natural science day.

## WEDNESDAY/AUG. 19

**Reston Duplicate Bridge Club.** 7-9 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Novice-intermediate and open games are offered. Teachers are available for those who wish lessons. The game is held every Wednesday evening on a year-round basis. Light snacks and beverages are provided. \$7-\$8.

## THURSDAY/AUG. 20

**Rock On, Reston!** 5:30-8:30 p.m. 11900 Market St., Reston. Bring a lawn chair or blanket and enjoy live music from the decades in the Pavilion.

**Herndon's Walk to End Alzheimer's.** 6-9:30 p.m. Jimmy's Old Town Tavern, 697 Spring Street, Herndon. Food, fun and raffle prizes.

**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 St., Herndon. [www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm](http://www.fairfaxcounty.gov/parks/farmersmarkets/herndonmkt.htm)

## THURSDAY-SUNDAY/AUG. 20-23

**Friends of the Reston Library Children/Teen Book Sale.** Thursday: 10 a.m. - 8 p.m. Friday: 10 a.m. - 5 p.m. Saturday: 10 a.m. - 4 p.m. Sunday: 1 - 3:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bbooks and materials for children, teens and educators.

## FRIDAY/AUG. 21

**RCC End of Summer Pool Party.** 4-7 p.m. Dogwood Pool, 2460 Green Range Road, Reston. Come and have a last hurrah before school starts. The pool party will have food starting at 5 p.m., entertainment, and fun for the whole family.

## SATURDAY/AUG. 22

**Back 2 School Bash.** 11 a.m. - 3 p.m. South Lakes High School, 11400 South Lakes Drive, Reston. An afternoon filled with interactive activities and important information to help prepare children of all ages and grades to go back to school.

**Reston Concerts on the Town Series.** 7:30-10 p.m. 11900 Market St., Reston. Bring your lawn chairs or picnic blankets to the Pavilion for A New Orleans porch party of Louisiana zydeco, high-energy blues. Free admission. [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts).

**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.

## SUNDAY/AUG. 23

**Reston Century Bike Tour.** 6:30 a.m. - 5 p.m. Pavilion & W&OD Trail. Riders select 33, 66 or 105 mile routes. Rain or shine. Post-ride party with food and music for participating cyclists; friends and family join for a \$15 fee. Register online. [restonbicycleclub.org](http://restonbicycleclub.org)

## WEDNESDAY/AUG. 26

**Meet Me at the Movies: Senior Movie Day.** 10 a.m. Reston Town Center, 11900 Market St., Reston. Reston Association presents "American Sniper." Refreshments and door prizes provided prior to movie.

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# B.D. Versus A.D.



By KENNETH B. LOURIE

If my experiences as a cancer patient/ "terminal" "diagnosee" are at all typical, then the following generalization might in fact be true: certain situations and/or feelings that were once tolerated before diagnosis are nearly impossible to tolerate after diagnosis: traffic, waiting in lines, rudeness, compromise, sacrifice, delayed/deferred gratification, to list just a few. Life becomes so much more precious, that wasting some of it – or the perception of wasting some of it – on unpleasant, unrewarding, aggravating, stressful, menial tasks, obligations, duties, etc. becomes almost too much to bear; on a consistent basis, anyway. It's a reverse bucket list. It's less about what you want to do/accomplish and more about what you don't want to do/endure. Avoiding unpleasantness becomes as important as finding happiness. Getting high on life is the epitome, but if you're frequently getting low on living, you are not merely adding by subtracting, you are neutralizing. And though there may be a net gain emotionally, the associated pain and suffering may ultimately minimize the benefit.

And minimizing benefits is hardly the stuff of which cancer patients' dreams are made. You need to maximize, not minimize. You need to reinforce every positive and eliminate any and all negatives, disconnecting and disengaging along the way if necessary; remembering that your life may depend on it. There's no future – literally and figuratively, in being miserable (or being made to feel miserable). Life is challenging enough without a cancer diagnosis. Being told by an oncologist that you only have "13 months to two years" to live turns that challenge into a directive almost. The prognosis is not so much given/meant as a guarantee as much as it is a presumption (based on a variety of tests/scans) that time will indeed tell. Nevertheless, it's difficult to not take those words personally, especially since you're hearing them from a professional. Believing them is hard enough, but devising some sort of strategy to embrace/assimilate and incorporate them into a lifestyle you want to live is sort of a management problem for which most of us haven't been trained and even less of us prepared for. It's hard knocks that school never taught. That was college prep., not cancer prep. And even though you're not exactly fending for yourself once you're in the cancer whirled, you are in a world not of your own making, and a world (of emotions) likely never imagined and certainly not anticipated.

How you navigate, how you survive becomes a series of very personal choices. After all, it's your life (actually in this column, it's my life), and we have to live it. Obviously I am responsible for my own actions, but I have to be responsible for my own "inactions," too. Solving problems, minimizing hassles, finding solace, accepting limitations, living and learning are all less effective if I'm distraught in the process. Happiness is one thing. Unhappiness is quite another.

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

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**THE CONNECTION**  
NEWSPAPERS

## Time To Mourn

FROM PAGE 3

**PRINCIPAL BATES** has a message on the school's web page:

"Our thoughts and prayers go out to the families and friends of these young people. We think of Herndon High School as one big family, and we mourn the loss of these three young people who had such promising futures," Bates wrote.

"Counselors will be at Herndon High School next week in the event that anyone needs to talk to them. With Sympathy, William Bates, Principal."

The Band is organizing donations to offset funeral expenses for the families.

Checks may be made to: Trinity Presbyterian Church, and mailed to 651 Dranesville Road, Herndon, VA 20170-3308; 3Herndon Band Relief Fund should be noted in the memo.

"They were great leaders, role models and friends to their fellow band members, and they will be missed by each and every one of us," according to the Band's webpage.

### BULLETIN BOARD

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

#### WEDNESDAY/AUG. 12

**Blood Drive.** 10 a.m. - 3 p.m. Accenture, 12018 Sunrise Valley Dr., 5th Floor. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS.

**ESL For Intermediate Students.** 11 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Richard's Wednesday conversational group. Adults.

#### FRIDAY/AUG. 14

**Summer Airport Concessions Retail and Restaurant Job Fair.** 10:30 a.m. - 2 p.m. Fairfax SkillSource Center Reston, 11484 Washington Plaza West Suite 110, Reston. The Dulles Food and Shops has partnered with the Fairfax SkillSource Center Reston to host a job fair for the new stores and restaurants opening at Washington Dulles International Airport in the coming months. Registration is required to attend this Information Session. Please call 703-787-4974 to sign up; TTY 711.

**Blood Drive.** 8 a.m. - 1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. The American Red Cross is facing a looming shortage of the blood types most needed by patients and is calling on eligible donors with O negative, B negative and A negative blood to give now to prevent an emergency situation. Blood donation appointments can be quickly and easily scheduled by using the Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS.

**ESL For Beginners.** 10 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Sandra's Friday conversational group. Adults.

#### ONGOING

**Free Support Group for Parents with Children with Autism.** Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

### TREE SERVICE

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### LANDSCAPING

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### MASONRY

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### PAVING

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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 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.

## 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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in Northern Virginia

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