

Oak Hill ♦ Herndon CONNECTION

Town of Herndon Vice Mayor Jennifer Baker with Fairfax County Board of Supervisors Chairman Sharon Bulova and Mayor Lisa Merkel by the Herndon GreenFare, a new innovative cafe and learning center that serves organic food.

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MARCH 9-15, 2016

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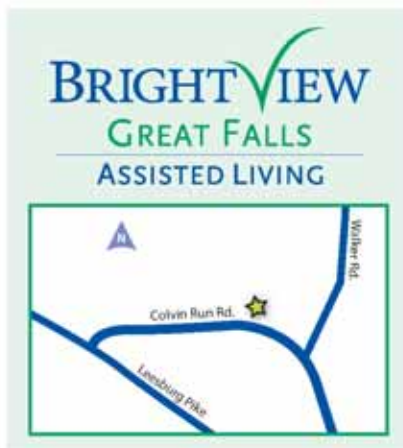
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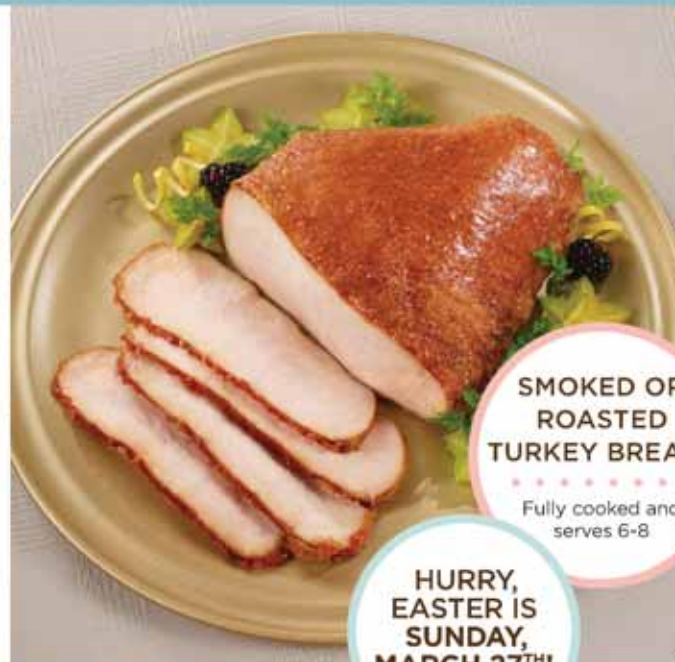
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Restaurant on a Mission

GreenFare, full service coffee and espresso bar on wheels open in Herndon.

Monday, March 7, members of the Herndon Town Council including Mayor Lisa Merkel and Vice Mayor Jennifer Baker and Fairfax County Board of Supervisors Chairman Sharon Bulova joined in the official ribbon cutting for a new business at the Herndon K-Mart Shopping Center. GreenFare is a Herndon restaurant offering organic, whole plant food prepared oil free. The restaurant utilizes seasonal and local produce and prepares all food in the kitchen, so the freshness is evident. "Whole food, plant-based and delicious is what you can expect from the new GreenFare in the K-Mart shopping center," said Mayor Lisa Merkel.

Located at 408 Elden Street in the town of Herndon, the restaurant is open 11 a.m. to 9 p.m. daily. Opened this past November, GreenFare is an innovative community cafe and learning center that serves organic, whole plant food in concert with medical professionals, environmentalists and animal welfare advocates who believe an optimal diet can transform the world. "We're not a restaurant, we're a mission," said restaurant owner and CEO Gwyn Whittaker. A graduate of Virginia Tech, she lost her husband to a heart attack at the age of 50.

"Forks Over Knives" provided a wake-up call and was such a hopeful and powerful message, that people aren't destined to suffer or die from heart disease, or most of the common chronic illnesses in our country, if they choose a whole plant diet free of the addictive salt, sugar and fat. I reached out to T. Colin Campbell, who was kind enough to meet with me and ignite my mission to share this knowledge with others whom I thought could benefit," stated Whittaker.

WHITTAKER was motivated by biochemist T. Colin Campbell's studies on nutrition, and the documentary film "Forks Over Knives." The March 7 ribbon cutting ceremony was held from 6-7p.m. in front of the GreenFare store. A tent was set up with book signings by special guest T. Colin Campbell. Free appetizers and Kombucha put the crowd in the mood for the ribbon cutting. The kitchen is run by Justin Matthews, an alumnus of LAuberge Chez Francois. The restaurant's operations manager is Pericles Silva, who has a degree in Sports Nutrition and developed the Healthy Eating program at Whole Foods in Reston for five years.

Unprocessed dishes included a chickpea and kale bowl, vegetable chili, spinach and sweet potato lasagna, eggplant lasagna (eggplant instead of noodles) and Gardener's pie. The Herndon restaurant has also welcomed musical artists to share their skills with patrons. On Thursday, March 10, beginning at 7 p.m. guitarist Rich Barry will play at GreenFare.

In addition to hosting one of Fairfax County's microbreweries, Herndon is the base of a craft roasted, small batch coffee business. Weird Brothers Coffee serves the Northern Virginia area including Reston, Herndon, Sterling, Vienna and Tysons Corner. The business offers full service coffee and espresso bar on wheels that travels to different commuter sites every morning.

Weird Brothers Coffee is the creation of Paul and Kenny Olsen, two self-described weird brothers who have had a life-long love affair with fresh roasted, quality coffee.

SEE MISSION, PAGE 9



PHOTO COURTESY OF JENNIFER BAKER

Monday, March 7, members of the Herndon Town Council joined the public for an official ribbon cutting for the GreenFare restaurant at 408 Elden Street in Herndon. The restaurant is open 11 a.m. to 9 p.m. daily.



Herndon based Weird Brothers Coffee is the creation of Paul and Kenny Olsen, two self-described weird brothers with a love for fresh roasted, quality coffee. Their mobile coffee vehicle or wagon also offers smoothies, pastries and other treats to compliment their roasted coffee blends.

PHOTO COURTESY OF WEIRD BROTHERS COFFEE

Herndon's Downtown: 'Game-Changing Project'

See proposals at the Town's new website at www.herndon-va.gov; click on the "Latest News" tab.

BY KEN MOORE
THE CONNECTION

Two companies, The Stout & Teague Company and Comstock Development, responded to the Town of Herndon's Request for Proposals to redevelop 4.675 acres of land in historic downtown into "an attractive, mixed-use downtown."

"We look forward to working with town officials and community stakeholders on this game-changing project for downtown Herndon," according to Stout

& Teague's proposal. "The project will fulfill the vision of the Downtown Master Plan and stimulate further downtown Herndon development."

According to its executive summary, Comstock "envision[s] a mixed-use project that will be multifamily-focused, but will also address the Town's parking and public amenity needs."

"The project will include walkable outdoor space, designed to activate the streetscape and enhance connectivity. The design proposes a vital public realm that will encourage urban, outdoor activity while

creating an authentic 'place,' framed by architecturally significant buildings," according to Comstock.

THE TOWN'S VISION for the redevelopment calls for four-story (mixed-use/residential) and three-story (mixed-use/commercial) structures, a jointly funded public/private parking structure, and an 18,000-square-foot arts center, among other features.

The Town Council and an internal committee will select which proposals qualify for the second phase, a presentation to the

public tentatively scheduled for June. The Council hopes to select the top proposal in July, and "the town anticipates that a contract will be awarded by the end of 2016," according to Town documents.

The property is located within the town's Heritage Preservation District and has been included in the National Register of Historic Places since 1991.

STOUT & TEAGUE has worked with the Town in planning for development at the Innovation Station on the Silver Line and revitalizing Herndon Commerce Center at 754 Elden Street.

"We stand to benefit from the success

SEE DOWNTOWN, PAGE 5

Bringing Back the Electric Chair

In a word: Barbaric.

No doubt Virginia and Texas will be the last two states to continue with the death penalty until, inevitably, evolving standards of decency lead the U.S. Supreme Court to declare that the death penalty is unconstitutional.

But fear of loss has motivated the Virginia General Assembly to amend a law that allows prisoners facing execution to choose between lethal injection and the electric chair so that the electric chair is used if drugs for lethal injection are not available.

It's barbaric, and execution debacles with electrocution and unproven drugs for lethal injection could speed overall rejection of the death penalty.

Most representatives from our area voted against, but in the House of Delegates, which voted 62-33 for the electric chair, Dave Albo, Jim LeMunyon and Vivian Watts voted in favor; Tim Hugo didn't vote but registered that he intended to vote yes. (Voting no were Jennifer Boysko, David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam,

Paul Krizek, Mark Levine, Alfonso Lopez, Bob Marshall, Ken Plum, Mark Sickles, Marcus Simon and Rip Sullivan. Kathleen Murphy didn't vote but registered that she intended to vote no.)

The Virginia Senate voted for the electric chair 22-17. From our area, only Dick Saslaw voted in favor of the electric chair. Voting no were George Barker, Adam Ebbin, Barbara Favola, Janet Howell, Dave Marden, Chap Petersen, Scott Surovell and Jennifer Wexton.

Residents of the 35th Senate District could rightfully question whether they are getting the representation they expect from Senator Saslaw (D), who without doubt will continue to be reelected until he chooses to retire.

Saslaw voted for mandatory use of the electric chair if lethal injection drugs are not available, worked to kill legislation that would protect consumers from predatory lending and interest rates of more than 200 percent, and was chief patron of the notorious proffer bill, which, if signed by Gov. Terry McAuliffe as passed, will result in localities losing the ability to temper costs of development and likely property tax increases.

EDITORIAL

LETTERS TO THE EDITOR

Protecting Arts Programs in Schools Questioning (Some) Rules

To the Editor:
After reading the article, "Fairfax County: Parents, Community Supporters Rally to 'Invest in Kids'" by Tim Peterson (Connection, February 18-24), spending on public education is clearly becoming a huge concern. Being a former student of Fairfax County, I remember how important programs related to the arts were to many students. Many students gained an interest in music beginning at an

early age. Without the availability of the classes or the teachers, many young children may have never discovered their hidden talents or interests in the field.

I strongly believe spending should not cut out the arts from public education, and students should continue to receive the same opportunities we did when we were in elementary school.

Roxana Jahanbani
Great Falls

Lifting Stigma from Drug Users

To the Editor:
I believe that your in-depth look at Northern Virginia's heroin subculture ("Police Arrest 20 for Heroin Use in One Day," Connection, March 2-8, 2016) was a step in the right direction towards helping to lift the stigma from drug users. You chose to expand upon the stories of the 20 people recently apprehended for the possession and/or distribution of heroin instead of simply focusing on the crime itself.

I applaud how the fine men and women of the police departments of Loudoun, Fairfax, and Prince William counties chose to opt for rehabilitating those arrested instead of simply detaining them and risking that they return to drugs. Instead of placing a "bandage" on the chronic issue, they

decided to treat the wound itself in order to prevent it from happening later on. It was very thoughtful and sensitive of them to realize that this wasn't just a private trouble in the lives of the addicts, but instead a public issue in their community that needed to be rectified.

Helping the victims out of their addictions instead of just incarcerating them may have also helped in reducing the number of deaths attributed to heroin and the health consequences that result from its use as well. All in all this was a very well written paper and your dedication to providing the whole truth about the situation is refreshing and welcomed.

Preston Taylor
Springfield

Making Good Choices On Saint Patrick's Day

Washington Regional Alcohol Program (WRAP), will offer the 2016 St. Patty's Day SoberRide program, providing free cab rides to would-be drunk drivers throughout the Washington-metropolitan area next Thursday, March 17.

SoberRide will be available for 12 hours starting 4 p.m. on St. Patrick's Day and continuing until 4 a.m. on Friday, March 18 as a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

Make your own plans to celebrate safely by having a designated driver, celebrating where you can take public transportation or spend the night. But if those plans go awry, area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) for a no-cost (up to a \$30 fare), safe way home. For more information, visit www.soberride.com.

— MARY KIMM

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Principal of the Year

Fairfax County Public Schools named Herndon Middle School Principal Justine Klena the 2016 Outstanding Principal.

"She is the visionary, the planner, the problem solver, and most importantly, she is the lead learner," says Cassie Eatmon, ESOL teacher.

Klena has been Herndon Middle School's principal since 2008.

"When I came to Herndon Middle School last year, I quickly learned why great teachers make this school their home," said instructional coach Emily Preston. "Justine exemplifies what it means to be a collaborative leader. She models what it is to be a learner, promotes the best interests of students at every turn, and maintains perspective by keeping a close tie to what is happening in classrooms."

KLENA SERVED as assistant principal at Herndon and Cooper Middle Schools prior to being named principal at Herndon Middle School. She earned her bachelor's degree in history from Georgetown University and master's degrees in both special education and educational leadership from George Mason University. She completed a teacher certification program at the University of North Carolina-Chapel Hill, according to Fairfax Public Schools documents.

Klena offers support to families who live in poverty or have experienced traumatic border crossings.

"We now host a major community event to supply food to families through the Generosity Feeds program, and regular meals are provided through Herndon Helping Hands," said Klena.

Herndon Middle School offers reunification counseling, parent education and weekend English classes for students and families.



PHOTO COURTESY OF FCPS

Principal Justine Klena, Herndon Middle School

One wing of the school is designated for the Family Resource Center. This year, the school's bike club gave away 22 bicycles—refurbished by Herndon Middle students—to needy families.

OFFICIALS PRAISE Klena for giving necessary support to each student to succeed academically as well as socially. Her teachers encourage students from all backgrounds to engage in activities including performing arts, National Junior Honor Society, Spanish for

Fluent Speakers and higher level classes. "During every meeting, dialog and debate, she will listen, reflect and bring the group back to the purpose of the conversation, which at HMS is always, 'What is best for students?'" said Preston.

Klena focuses on equitable access for all students into rigorous courses; during the past school year, 10 percent more black and Hispanic students were taking four honors classes. In addition, 28 pre-algebra students, mostly English language learners, were enrolled in algebra honors in ninth grade, setting them on a course for more advanced math in high school. She also works with Herndon Pyramid elementary school principals offering the Young Scholars program to open honors classes to more students from diverse backgrounds.

Klena set a course to make meeting student needs the primary focus and providing teachers with more support to accomplish this. She instituted professional conversations with staff members at quarterly Snack and Study meetings, invited teachers to take a course on "Differentiation for Diverse Learners," and created an environment characterized by collaboration and trust that encourages innovation.

—KEN MOORE

Herndon's Downtown

FROM PAGE 3

of the development of the Town's parcels, and will likewise suffer from an inferior project on the site," according to Stout & Teague's proposal. "We have every incentive to ensure that the project is of high quality and to pursue it to successful completion."

In its executive summary, some of the concepts presented by Stout & Teague include: a 31,000, three-story commercial building that incorporates the 18,000-square-foot arts center, 9,500 square feet of retail space and 3,500 square feet of office space; a 100-to-120-room, four-story hotel as the principal facade on Elden Street; 18-22 townhouses ranging from the upper

\$400,000 to upper \$500,000; a 60-unit condo building with views of the W&OD Trail and Town Green; and 450-to-475-car garage in the center of the site that will be screened by street-front uses.

Fairbrook Hotels and Tradition Homes LLC and Evergreene Homes have already pledged interest in working with Stout & Teague on the project.

Stout & Teague says it will fulfill the vision of the Downtown Master Plan "and will be a catalyst for further development in downtown Herndon by:

- ❖ Providing an expanded and permanent home for the arts in downtown Herndon.

- ❖ Expanding and permanently hous

SEE DOWNTOWN, PAGE 9

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HomeLifeStyle

Buying or Selling?

BY ANDREA WORKER
THE CONNECTION

Here we are, once again right on the heels of the Spring-Summer real estate season when it seems like “For Sale” signs become the most common lawn ornament or condo window decoration. Television shows like “House Hunters,” “Property Brothers,” “Love it or List It,” and their like make the process of buying or selling a property seem mostly a breeze, filled with afternoons sipping cocktails at the Tiki Bar while you make one of the most important decisions of your life. Selling, and certainly buying a new home should be an occasion for celebration, but you might not be doing too much of that unless you understand the basics of either process and have them well under control.

With help from some knowledgeable sources like the Northern Virginia Association of Realtors (NVAR), the National Association of Realtors (NAR) and some respected local experts, here's a bit of a primer on buying or selling a property. We're going for the basics here with a few comments about our local market. We will give you some resources for more information before we sign off. Ready? Here we go!

Let's start with our sellers, since for the most part, they have the most work to do to get the job done. First question. Use an agent or go it alone? You may think only saving the real estate agent fees is the basis for the answer, but if you decide to be your own agent, be sure you have done the homework on legal and regulatory requirements, and be prepared for the paperwork. Sadly, one misstep here could be pretty costly and there goes those potential savings. And are you ready to be your own marketer and be available night and day and weekends to show your property? Another thought...many potential buyers are not comfortable dealing directly, especially during negotiations, with the homeowner and would prefer the buffer of a trustworthy agent that they can really share their thoughts with. Statistics have also shown that properties for sale by owner more often receive lower initial offers, since the buyer might mistakenly believe that the seller is in a more difficult financial situation and may accept a lower-than-market



PHOTO BY ANDREA WORKER

What's wrong with this picture? It's a gorgeous kitchen, but real estate agents will tell you that the green plastic cup, the dishwashing soap and the drainboard should all vanish from the selling photos of your house, and certainly during any showings.

value offer.

Let's assume that you are working with an agent. Hopefully, you asked all the right questions before signing an agreement to sell. Don't be shy. It's okay to “interview” several agents and ask for references. Ask to make contact with their last two or three clients – not just the ones that they offer up as testimonials. What's their typical “Days on Market” and how do their times compare to others. And a biggie – what's the average variation between the initial listing price and the final sales price? The answer here may spare you some disappointments and provide some indication about your real estate agent's skills at pricing your property and negotiation the best price.

Now what? Put on your thickest skin, open your wallet just a tad, listen to that agent, and before you even have that first showing:

Be realistic about your asking price. “Don't be too aggressive,” cautioned real estate agent Jennifer Boyce of Long and Foster in Burke. Anita Lasansky, CRB, managing broker-vice president Long and Foster Reston North Hills-Herndon, agrees with that advice, and adds that sellers around the Wiehle Metro station in Reston shouldn't expect a big bump in sales price just because of Metro's arrival. Lasansky has seen sellers factor in 5-10 percent increases on that basis, but “it just hasn't had that effect,” she said. Getting a pre-appraisal or advice from a lender can help in setting the best realistic sales price, since

most buyers will need a mortgage.

Think about getting a pre-sale home inspection. This could cost a bit. Think at least \$500, depending on the size and age of the property. The buyer will have an inspection done, but being proactive could help locate potential problems that might stall, or even end a sale. Even if you don't go for the professional inspection, take a look around and get on with those repairs or more affordable upgrades you've been meaning to tackle. If you think that bigger ticket items like a new roof or replacement of major appliances might be an issue, at least get estimates on costs to help in negotiating with your potential buyers. While you're at it, locate those warranties and manuals – something that really impresses those buyers, while last-minute searches could pose a problem at closing.

Clean and get organized. Here's where you need that thick skin. Your agent isn't casting aspersions on your personal taste or “dissing” your kids, pets, hobbies, etc. when she tells you to neutralize as much as possible, put away the toys and pet paraphernalia, and all the other stuff that is part of our comfortable living. Your agent is merely looking out for you, and making your home appealing to the widest pool of potential buyers. Pay special attention to closets and bathrooms, and no, don't use the spare bedroom as the storage catch-all. If there isn't space inside the house, con-

sider the smallest space at a storage facility for the the extra boxes, furniture, gadgets and whatnots while your property is on the market.

First impressions. That means check out curb appeal, from the condition of lawn and landscape to the front entryway. Trim those bushes. Edge that grass. Put down some new mulch, and clean up those oil spots on the driveway. Inside might await an affordable Taj Mahal, but if your buyers won't cross the threshold because of what they see on the outside... Even adding a pot of bright flowers, a seasonal wreath, and maybe a new doormat can help.

Photos. Unless you are one gifted photographer, let the professionals handle this one. Most buyers today do their scouting online. Lots of quality photos attract the most visitors. Equally, photos that don't show off each room to advantage, or contain pets wandering by, the piled-high laundry basket, or a reflection of the photographer can put your property on the “don't want to see that one” list.

❖ Do the “Sniff Test.” This one is critical for homes with pets or smokers. Again, put on your thick skin armour. Refrigerators, garbage disposals, trash cans and carpets can be odoriferous stumbling blocks to a good showing. Give your home a thorough airing out before show time, especially in the kitchen.

❖ **Stage it** – Consider a professional “stager” or at least give each space a neutral, de-cluttered living “story” that helps buyers visualize themselves right at home. To highlight upgrades or bring attention to items/features in a room, you might add an attractive picture frame with a few well written and formatted sentences on classy writing paper. Of course, a little light music and a plate of yummy cookies make everyone feel welcome.

❖ **Put away small valuables, jewelry and medications.**

❖ **Don't hang around** – and take Fido or Fifi with you if possible. If not, confine pets to crates or one room and be sure to warn agents in advance. Be sure you have left contact information in case of questions or issues.

❖ **Make your property accessible** – Selling a home is often a numbers game. As disruptive as it can be, the more people who look, the better chance of a sale.

Good Advice:

“I let sellers know that they need to expect that some of their privacy will be compromised...their home needs to be in showing condition every day before they leave, clean kitchen, beds made, everything put away, pets secured and comfortable, and that the home smells clean and fresh. I always suggest they visit model homes to see examples of what buyers fall in love with and why.”

– Megan Bailey, Bailey Fine Properties,
Megan@baileyfineproperties.com

“Some of my absolutes ... for buyers, please be careful what you say. There could be a recording device in the house. Not unusual anymore with today's security technology. For example, don't look at pictures and say that their children look creepy. Yes, I have had this happen, but luckily it wasn't recorded. Sellers, put away medications and jewelry. It's rare, but prescription drugs are the number one item that 'goes missing' during open houses or showings.”

– Smita Lal, Long and Foster Reston North Hills-Herndon

FOR BUYERS. Just as with the sellers, buyers should shop around for a trusted real estate partner. Again, ask those questions, get those referrals and be sure that your agent understands your needs and expectations and that you understand the process as they describe it.

The best starting place is making sure that you know what you are looking for. Single family house with an enormous backyard or a “zero lot?” A condo in an urban setting with Metro access, or a more resort feel with access to walking/biking trails or other amenities? The National Association of Realtors suggests developing a “Home/Neighborhood Wish List,” prioritizing from “must have” to “it would be nice if ...” and reviewing the list after a few viewings to see if your thoughts have changed.

Some of the basics as advised by the NVAR and NAR and some of their area experts:

❖ **Get pre-qualified.** Better yet, get pre-approved by a lender before you start looking. In many markets within Northern Virginia, buyers still out number inventory, so pre-approval can help set your offer apart. Megan Bailey of Bailey Fine Properties says “Buyers must be pre-approved before going out to look at homes with me. It's important to know that they feel comfortable ... by having the lender provide them with a “Good Faith Estimate” to break down the costs and to make sure the lender can finance the home. Taking someone to look at homes out of their price range ... sets the client up for disappointment.”

❖ **Think about resale.** This may sound counter intuitive at this point, but especially for first-time buyers with an average of 10 years in the home, it's good to think ahead and consider what the area and the home might be like when it's time to move on.

❖ **Keep repair, maintenance and running costs in mind.** Even a brand-new home may require some work or customizing to suit your lifestyle, so consider those costs. You may have the approval for that attractive

“Recently had a listing that needed a bit of updating. The seller was fine with spending some money to get their home in selling condition, but balked at my suggestion to replace the fluorescent lighting in the kitchen. Four months later, the seller finally agreed to spend the \$1000 to replace the light. We ratified a contract 5 days after the work was done. Moral of the story: If you are hiring a pro to help you buy or sell a home, listen to their advice. They do this for a living, not once every 5 – 10 years. By the way, lighting is super important. Current and bright, please.”

— Andy Krumholz, Keller Williams Realty, Utopian Homes

“I always tell my sellers, ‘To be clear, I will give you a list of customized items to prepare your home. It will be in order of importance. You may not agree with the list, and I understand that, but I assure you, the more you complete, the fewer days on the market, and of course at the right price.’ So far I haven't missed.”

— Lisa Carlisle, Long and Foster Reston North Hills-Herndon

“McMansion” but are you prepared for the electric bills, mowing that acre, and the property taxes on top of the monthly mortgage? Ask the seller for details on utility costs and other maintenance that the property requires, i.e. pool upkeep.

❖ **Don't go “house-blind.”** When you are so taken with the house that you might ignore factors that will ultimately make for a poor buying decision. Visit the property several times, inside and out, at various times of the day and on different days of the week to get a real feel for the neighbor-

hood.

❖ **Research.** Your agent can direct you to resources where you can check out local schools. Even if you don't have school-aged children, it's something to think about for re-sale — or any kids you may be adding to the family.

“A properly priced property in good condition is still the fastest mover,” are the words to the wise from Anita Lasansky CRB, managing broker-VP Long and Foster Reston North Hills-Herndon with her more than forty years of local experience.

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Oakton junior Delaney Connolly finished with 15 points against Woodbridge on Saturday.



Maddie Royle and the Oakton girls' basketball team advanced to the state semifinals for the second straight year.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Hot Start Propels Oakton to State Semifinals

Cougars open with 20-2 run against Woodbridge.

BY JON ROETMAN
THE CONNECTION

With the Oakton girls' basketball team having secured a return trip to the state final four, head coach Fred Priester explained what the Cougars learned from last year's semifinal loss to Bethel that could help during this season's quest for a state championship.

"Last time, I don't want to say we came out timid, but Bethel dropped about five 3-pointers on us in the first minute-and-a-half," Priester said, "and we were playing scramble ball the rest of the time."

Judging by Oakton's performance against Woodbridge in the state quarterfinals, the Cougars have a firm grasp on what it takes to start a game in non-timid fashion.

Oakton, the 6A North region champion, opened Saturday's contest with a 20-2 run and defeated 6A South No. 4 seed Woodbridge 70-47 at Robinson Secondary School. The Cougars remained undefeated and advanced to the state semifinals, where they faced



Oakton senior Alex Marquis scored 12 points during the Cougars' state quarterfinal victory over Woodbridge on Saturday.

Langley on Tuesday, after The Connection's deadline.

After a pair of Woodbridge free throws cut the Oakton lead to 6-2 with 5:29 left in the opening quarter, the Cougars scored 14 straight points, including a pair of 3-pointers by Maddie Royle. Oakton ended the first quarter with a 23-5 advantage and extended the lead to 27-5 with buckets by Alex Marquis and Delaney Connolly early in the second quarter.

A Connolly 3-pointer gave Oakton a 34-14 halftime advantage and the Cougars led by as many as 27 points in the second half.

"We come out with a really high intensity every single game — a lot of energy," Connolly said. "We push the ball hard. We kind of ad-

just our speed depending on the team that we're playing and all of us know our roles so we come out knowing what we have to do to score points."

Marquis said the Cougars weren't taking Woodbridge lightly after Herndon, the 6A North region's No. 4 seed, upset 6A South champion Woodside the previous night.

"We knew that Herndon came out and beat the No. 1 ranked team of their region," Marquis said, "so we knew that anything could happen and we knew that we were going to have to come out strong and just play our game and we couldn't take anything for granted."

Royle led Oakton with 21 points, including 11 during the Cougars' dominant first quarter, and grabbed eight rebounds. Connolly finished with 15 points and nine rebounds. Kailyn Fee scored 14 points and knocked down four 3-pointers, and Marquis added 12 points.

Oakton finished with eight 3-pointers.

With so many scoring options, how does Priester decide who gets the ball?

"It's not a seamless process, I will tell you," the Oakton head coach said. "We have certain rules for certain people, but the fact of the matter is, if someone hits one, let's get them the ball again as quickly as possible. ... I always have had a rule for as long as I've been



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon guard Indeya Sanders, seen during the 6A North region tournament, scored her 1,000th career point during the Hornets' win over Woodside on Friday.

Herndon Girls' Basketball Wins Program's First State Game

The Herndon girls' basketball team made its first-ever state tournament game a memorable one.

Herndon, the 6A North region's No. 4 seed, upset 6A South champion Woodside 53-41 on Friday during the state quarterfinals at VCU in Richmond.

The Hornets advanced to the semifinals, where they faced two-time defending state champion Cosby on Tuesday, after The Connection's deadline.

Herndon, the Conference 5 runner-up, earned a state berth by beating Conference 8 champion Battlefield 50-48 in the region semifinals on Feb. 24. The Hornets then lost to Fairfax in the semifinals on Feb. 26 and Langley in the third-place game on Feb. 27.

Despite the low seed, head coach Cornelius Snead said the

Hornets can play with any team.

"As far as being the No. 4 seed, we didn't play well against Fairfax, and against Langley, they just made a few more plays than us down the stretch," Snead wrote in an email. "Nevertheless, we are in the state tournament and all we needed was an opportunity we feel we can beat anyone on any given night." Indeya Sanders led Herndon with 22 points. The junior guard reached 1,000 points for her career.

"We got great contributions from Sabrina Tolbert, Maureen Curran, Shawnice Gresham, Devyne Newman and Janiece Loney," Snead wrote, "but [it was an] all-around great team effort."

The win improved Herndon's record to 21-7.

—JON ROETMAN

coaching, especially when you have shooters: I'll tell you when to stop shooting."

Oakton improved to 29-0 with the win over Woodbridge. It was the Cougars' 55th victory in their last 56 games dating back to December of 2014, including a pair of Conference 5 and 6A North region championships. Oakton's only defeat during that stretch was the 73-63 loss to Bethel in the 2015 state semifinals.

Despite falling behind 17-4 in the first quarter, the Cougars had

a chance to tie or take the lead in the fourth quarter.

"Last year was [our] first time ... going to the state tournament," Marquis said about the players on the 2015-16 Oakton roster, "so I think now that we've been there, we know what it's like and we know how it feels to lose in the semifinals and none of us want that to happen again, so we'll be ready."

Oakton's last state championship came in 2012, when the Cougars finished 31-0.

CALENDAR

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

ONGOING

Mind, Heart, Vision. March 15-27. ArtSpace Herndon, 750 Center St., Herndon. Juried exhibit showcases the extraordinary artworks of Herndon High School art students embarking upon their senior thesis. artspaceherndon.com. 703-956-9560.

Herndon Town Calendar Photography Competition. Deadline June 7 at 2 p.m. ArtSpace Herndon and the Council for the Arts of Herndon present the Sixth Annual Herndon Town Calendar Photography Competition. Professional and amateur photographers are invited to submit entries to the Herndon Town Calendar Photo Competition. Subjects for all entries must be located within the corporate limits of the Town of Herndon. artspaceherndon.com. 703-956-9560.

Book Drive. Through March 18. Herndon United Methodist Church, 701 Bennett St., Herndon. The church is collecting books, movies, and CDs. Funds generated from this drive will be used to support local, national, and international mission projects. 703-206-8988.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-\$5. 703-464-6200.

Regina Petrecca's Paintings. February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. www.leagueofrestonartists.org.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

"Crimes of the Heart." Feb. 25-March 20. Thursdays, 7:30 p.m. Fridays, 8 p.m. Saturdays, 2 p.m., 8



PHOTO CONTRIBUTED

Tom Mindte and Patuxent Partners will showcase their blue grass stylings at a performance at Holy Cross Lutheran Church in Herndon on Saturday, March 12.

p.m. Sundays, 2 p.m., 7 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Uncover sordid events of the past when the three Magrath sisters gather to await news of their family patriarch, living out his last hours in the local hospital. This award-winning play is known for its grave-yet-hysterical, touching-but-dysfunctional portrait of a Mississippi family. \$35. www.nextstoptheatre.org. 866-811-4111.

THURSDAY/MARCH 10

Lecture "Soft Force: Women in Egypt's Islamic Awakening." 6:30-8 p.m. IIIT Library, 500 Grove St., Suite 200, Herndon. Dr. Ellen McLarney will sign books after the lecture. 703-230-2846.

FRIDAY/MARCH 11

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. Free. artspaceherndon.com. 703-956-9560.

SATURDAY/MARCH 12

Dive-In Movie: "Inside Out." 6-9 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Bring your floats and rafts, kick back and relax and enjoy a movie in the pool. Children under 12 must be accompanied by guardian. Children under 6 must have parent or guardian in the water. Cost is admission to HCC. herndon-va.gov.

703-435-6800 ext. 2128.

Bulldog Kissing Booth. 10 a.m.-4 p.m. PetMAC, 11412 Washington Plaza West, Reston. On the Rebound Bulldog Rescue Foundation will be bringing their very popular bulldogs in their St. Paddy's Day finest, to give kisses for dollars! All money raised at the kissing booth will support Bulldog Rescue. 571-325-2099.

13th Annual Kids' Trout Fishing Derby. 8 a.m.-noon. Herndon Police Station, 397 Herndon Parkway, Herndon. At the Sugarland Run Trail Stream. Trout Unlimited will be on site to help clean and store your catch. Teens and adults, age 16 & up, must have a valid Virginia State Fishing License to fish. herndon-va.gov. 703-435-6800 ext. 2109.

Master Classes with Amanda McKerrow and John Gardner. 10:30 a.m.-2:30 p.m. Classical Ballet Theatre, 320 Victory Drive, Herndon. Former principal dancers with American Ballet Theatre. Advanced/Pre-professional and advanced beginning/intermediate level classes. \$22.50-\$35. Space limited. Register at 703-471-0750.

Lucky Leprechaun 5K. 8:30 a.m. Reston Town Center, 11911 Democracy Drive, Reston. Run like you've got the luck of the Irish on your side. Enjoy a fun-filled celebration at the finish line. <http://www.prraces.com/luckyleprechaun/>.

Blue Grass Concert. 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Tom Mindte and Patuxent Partners will headline this performance. Free-\$15. 703-435-8377. <http://hlclbluegrass.wordpress.com>.

SUNDAY/MARCH 13

Women's Choral Festival. 4-6 p.m. Community of Faith United Methodist Church, 13224 Franklin Farm Road, Herndon. Capital Harmonia hosts its first Celebration of Women Choral Festival to commemorate Women's History Month. Free, donations encouraged. www.capitalharmonia.org. 703-989-4007.

NoVa Mini Maker Faire. 11 a.m.-5 p.m. Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. South Lakes High School, 11400 South Lakes Drive, Reston. Collection of Northern Virginia tech enthusiasts, engineers, woodworkers, artists, and craftspeople. Opportunity for kids to learn to make things. <http://makerfairenova.com/>.

Ice Breaker 5K. 7:45 a.m. 200 Spring St., Herndon. <http://www.active.com/herndon-va/running/distance-running-races/herndon-ice-breaker-5k-2016>.

Dunkin' for Dollars. 3-7 p.m. Sport and Health, 13037 Worldgate Drive, Herndon. Recommended donation \$18 per player. Seventh-grade boys. All levels welcome. Proceeds go to three charities. <http://dunkinfordollars.myevent.com>.

TUESDAY/MARCH 15

Creative Connections: Professional Development with Glen Kessler. 7:30-9:30 p.m. ArtSpace Herndon, 750 Center St., Herndon. Glen Kessler, founder and manager of the Compass Atelier, will present - "How to See and Mix Colors with Certainty." His color wheel tool and paint mixing demos will provide an interesting approach for artists to get to 'the perfect color.' Free. artspaceherndon.com. 703-956-9560.

WEDNESDAY/MARCH 16

Opening Reception Mind, Heart, Vision. 6-8 p.m. ArtSpace Herndon, 750 Center St., Herndon. Juried exhibit showcases the extraordinary artworks of Herndon High School art students embarking upon their senior thesis. Free. artspaceherndon.com. 703-956-9560.

SATURDAY/MARCH 19

Victor Haskins. 7-9 p.m. ArtSpace Herndon, 750 Center St. Herndon. Trumpet and electronic wind instrument player, composer/arranger, bandleader, and educator. Originator of ImproviStory, a genre/concept of music where storytelling drives the creation of improvised music, all derived from audience suggestion and interaction. \$10-\$15. ArtSpaceHerndon.org. 703-956-6590.

Mission

FROM PAGE 3

fee. As an Army veteran, Paul experienced many customs and cultures across the country and the world. A trip to Ethiopia and the ancient city of Harar captured Paul's imagination and fed his desire to share the world's best coffees with family and friends. Kenny has also traveled extensively over the years working in many industries including coffee roasting and behind the counter as a barista.

Their mobile coffee vehicle or wagon also offers smoothies, pastries and other treats to complement fresh roasted Weird Brothers Coffee. Recently, Weird Brothers announced a partnership with the Boutique Bakeshop at 336 Elden St., Herndon. The Bakeshop will soon be selling Weird Brothers beans, and the demand for coffee drinks may determine if Weird Brothers coffee will also be sold there.

ORIGINAL WEIRD BROTHERS Coffee blends offered by the brothers include Morning Kickstarter, a medium roast which features notes of caramel and garden blossoms to help start the day. The flavor Weird But Fierce is a bold roast with rich flavors of chocolate and citrus intertwined. Walking on Sunshine, a breakfast blend, has a full body and nuanced citric acidity rounded out with hints of caramel and toffee notes. To find out more about the Weird Brothers and where they will be selling their coffee, visit www.weirdbrothers.com/weird-coffee.html.

Herndon's Downtown

FROM PAGE 5

ing adequate public parking in a central and convenient location to serve the project and surrounding downtown businesses participating in the Public-Shared Parking program. ... ❖ Bringing new retail/restaurant uses to reinforce the already established character of downtown Herndon as an entertainment and dining hub.

❖ Bringing new residents, hotel guests, and businesses as customers for existing businesses both daytime and evening.

❖ Improving the financial position of the Town by adding a significant increment of taxes from a property currently fully exempt and off the tax rolls."

COMSTOCK HIGHLIGHTED many of its projects around Reston and Herndon, including transit-oriented development at Reston Station and Loudoun Station, Dulles Town Center, RiverHouse Infill Development in Arlington and Bethesda Row in Bethesda, Md.

"The collaborative relationship and experience gained throughout the Reston Station and Loudoun Station development processes will be brought to the Herndon Downtown Redevelopment Project and will help ensure success," according to its summary.

"The mix of retail, residential, and Arts Center uses are accessed by a small scale street framework. Direct access is provided from the W&OD Trail into the Arts Walk paseo, which leads into the two public plazas across from the Town Hall and along Elden Street. This offers a development that is nestled into the contextual fabric, enhancing the historic character and heritage of the Town of Herndon."

Comstock says its proposed development will include 280 residential units, an 18,000-square-foot arts center, 20,000 square feet of retail and approximately 770 parking spaces.

"The project will be subject to a condominium regime, allowing for fee ownership of the components of the project by Comstock and the Town," according to Comstock.

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And It's Just So Happening Now



By KENNETH B. LOURIE

The day after my seven-year anniversary. And not that I want to stop recounting the years since February 27, 2009 – years for which I am most proud to have survived – and thrived even, I must look forward because it's the future that lies ahead, not the past. Medicine, science and nutrition are particularly evolving disciplines with revelations, discoveries and life-changing/life-saving/life-affirming research in the offing. Nevertheless, having beaten my original, extremely discouraging, life-expectancy odds/prognosis: "13 months to two years," (received at age 54 and a half no less), doesn't mean that I can rest on my unexpected and certainly unpredicted survival. I wish the past was indeed prologue but we're discussing cancer here; I'm more afraid the past may simply be a prelude and that my epilogue may suffer the consequences.

But not to worry. I'm not weakening in my resolve, just being realistic and honest. Cancer is not the preferred diagnosis when one is planning one's future. Even so, rates of survival seem to rise every day now, and research studies, clinical trials (and tribulations) and non-Western alternatives, assure that presently, if not in the very near future, great promise exists that many more of us afflicted with this terrible disease can begin/return to live relatively normal lives, making cancer more of a chronic, treatable/manageable-type condition rather than what it is now, in many cases (not all, of course): a terminal one, or at least one with an abbreviated life expectancy.

Still, I'm not counting on any magic pill to cure what ails me. This whole cancer thing is my responsibility. I must do all I can to keep my own house in order. Relying, depending or anticipating even that some opportunity will present itself to rid me of my cancer cannot be my plan "A." Plan "C" maybe? As such, in the interim, I must steady on and stay the course and try to remain open to new and different strategies, all the while attempting to find calm in the midst of a very distressing set of circumstances.

And diagnosis-to-date, I think I've done a pretty good job of bearing the unbearable. Not that I had any training or experience in such endeavors (I had a relatively easy childhood in a middle-class home, with two loving parents, and minimal sickness and/or loss with which to contend). Nevertheless, through DNA or a nurturing environment or thousands of years of evolution, it turns out I'm made of sterner stuff than I might have imagined. As an effect, or so it seems, I have endured my challenges with aplomb and good humor; and if ever there were a situation that called for it, receiving a terminal diagnosis at age 54-plus would certainly qualify.

But just like, at a fairly young age, crying over spilled milk doesn't change the facts, neither does bemoaning the facts of a malignant diagnosis – in whatever alternative state you get to: denial and/or drink or disillusion, change anything. It may blur your reality, but the reality is: this particular problem is likely not going away, and the sooner you buck up and gain control, the sooner you can get on with your life. Granted, you have to allow for the shock of the diagnosis/prognosis to permeate your brain, almost like osmosis, and it definitely won't happen overnight, that's for sure. Probably it will happen when you experience your first chemotherapy infusion/radiation treatment. That's when you'll know you're not in Kansas anymore – unless you're actually in Kansas. And when symptoms and hair loss occur, you'll be one-hundred-percent convinced that you've officially entered your own "twilight zone."

And that's what this anniversary part two column has been about: moving forward somehow. Whether staying the course or changing protocols/treatment, maintaining a positive attitude in this constant cycle of wondering if you can still live long and prosper, the future likely holds out more hope than the past.

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

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At her first session, Barbara could barely lift any weight. Her FitCoach, Tyler, encouraged her to stay positive. He guided her through 25-30 minute workouts, just 2-3 times a week, and discussed healthier eating. Within 30 days, Barbara saw results. The workouts were exciting and (finally!) she could do push-ups!

After several months training with her FitCoach, Barbara is 50% stronger. She looks fantastic. She is strong, fit and, most importantly, healthy.

Tyler is impressed. “To see someone who has gone through so much and is now achieving her goals – it’s incredible. Barbara always wants me to challenge her, and I love it! What makes me most proud is the simple fact that she is proud of herself. I may have helped along the way, but if she hadn’t made the first step to come into Koko FitClub, none of this would have been possible.”

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Take your first step towards a healthier, stronger, fitter YOU this year. Try Koko FitClub for 30 days for just \$30. Come work with our coaches, meet our members, and see what makes the Koko so special. There is no obligation. If you don’t love Koko in 30 days, we haven’t earned your business.

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