

HomeLifeStyle

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Evie Adams, 2, prefers to stay local when shopping for produce and treats. Here, she enjoys a pastry from Grace's Pastries, 370 Elden Street. The Herndon Farmers Market runs by the government center every Thursday morning until Nov. 10, 2016, from 8 a.m. to 12:30 p.m.

We the Students

BY REEM NADEEM
THE CONNECTION

Rachel Carson Middle School wins first place in Civic Education Competition.

Defying the stereotype of politically apathetic teenagers, Rachel Carson Middle School students won first place in the We the People National Invitational on May 2. Rachel Carson students competed against students from middle schools all over the country.

The We the People Competition, hosted by the Center for Civic Education, is organized similarly to a congressional hearing. The competition is divided into six units, based on the units of a textbook. Students must give four-minute opening speeches and then answer judges' questions for another six minutes.

Coached by their civics teacher Cynthia Burgett, the team from Rachel Carson has been preparing for this competition since the school year began. Volunteers from around the area, such as Doug Landau whose children attended Rachel Carson Middle School, helped coach the team as well.

"In a day and age where most kids in eighth grade don't know who their legislators are, what the Constitution means, or how our system of government works, you have a rare group of junior high school stu-



PHOTOS BY REEM NADEEM/THE CONNECTION

David Lacalle, Mia Yang, Kevin Fu, Janice Li, Sujit Kalva of Rachel Carson Middle School kicked off the weekend long invitational.

dents who not only understand the Constitution backwards and forwards, understand how our government works, but how it got to be where it is and where it may be going," Landau said.

Although the competition was based on the Constitution, discussion with the judges often centered on current national issues such as accessibility of voting to members

of the working class, the role of religion in governance and Edward Snowden. Teammates were encouraged to disagree with one another and argue their case.

"Civil discourse – that's something that I try to pride myself on as a teacher. You can disagree, but it doesn't mean you have to be disagreeable," Burgett said.

Although Burgett has been preparing her

students since the start of the school year, she requires them to research and write their own speeches so that they are prepared to answer the judges' questions and engage in discussion.

"We think of this document as 200 years old and irrelevant today, and by connecting – and that's something the judges really appreciate, seeing the connections, that the kids understand the importance of the founding, the importance of this old document and how it sustains us today," Burgett said.

While understanding the Constitution is important for the students to understand current events, these connections also help students learn to identify problems they may experience themselves.

"So they need to know that they can't have a teacher indoctrinating them, and conversely – because I've known this to happen – teachers making negative comments about a religion," Burgett said.

Although a structured competition with highly qualified judges may be a source of anxiety for many, eighth-grader Janice Li welcomed the discussion portion of the competition.

Li said: "I was nervous at first but then once you start talking and once you start getting into your Q&A session, the nerves start to go away, you get more comfortable."

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Vegetables from J&W Valley View Farm.

PHOTOS BY KEN MOORE/THE CONNECTION



Henry and Charlie Berg, 10 months. "We were curious and wanted to see what this was all about," said Jasper and Clara's mother Brittany Adams, of Herndon. "And to enjoy good food," said Vicki Berg, Henry and Charlie's mother.

Opening Day: Veggie Slam

Farmers Market runs May through November, Thursday mornings, 8 a.m. to 12:30 p.m.

BY KEN MOORE
THE CONNECTION

Herndon Farmers Market vendor James E. Bourne III, a farmer, writer and speaker, knows how to change a customer's relationship with food with one interaction.

"When I do a farmer's market, I'm looking to build a sense of community," said Bourne. "This is a partnership. It's not just you buying food from a nameless person, a nameless entity, and then you go home. This is a partnership between the eater and the grower. We're in this together."

For 20 years, Bourne has farmed the land that has been his family's farm for 325 years, "a colonial era farm," he said.

Bourne will be at the Herndon Farmers Market for the duration of the season, from May through Nov. 10, on Thursday mornings from 8 a.m. to 12:30 p.m. at 777 Lynn St.

"I'm responsible for my product. They are shaking the hand that feeds them," said Bourne.

"**OPENING DAY** is always exciting," said Market Manager John Dudzinsky, who is also the Town's Community Forester and Arborist. "Everybody comes back, we get to see the local people come back."

"The first day is like the last day. You always look forward to getting going again," said Jose Medino, of Santa Cruz Produce.

Medino knew customers he hasn't seen



Marla Vargas-Munday, owner of LAJ Foods, makes fresh plant-based foods in Loudoun. Her husband's family is from Herndon and she will have a table at the Herndon's Farmers Market through Nov. 10.

since last year's market by name. He offered Town Manager Art Anselene a taste of his strawberries, knowing the strawberries would sell themselves.

"Here at a farmers market, it's seasonality," said Bourne. "You get to be familiar with what's growing in cool weather, your lettuces, your arugulas, your spinaches, all your greens. And then you get to see the transition as it gets into warmer weather."



Twins Jasper and Clara, 10 months, enjoy their first Herndon Farmers Market.

You get your tomatoes, your watermelons, your peppers, your corn.

"And then you get to see it transition back into your cooler weather where you have your root vegetables, like sweet potatoes and butternut squash."

MARLA VARGAS-MUNDEY, owner of LAJ Foods, stirred a pot of fresh soup from freshly picked produce to serve on the drizzly chilly opening day of the Herndon's Farmers Market.

Vargas-Munday has a table at this year's Herndon's Farmers Market for the first time.

Her husband's family is from Herndon. She met her husband a few blocks from the Farmers Market at Sylvano's, now Mediterranean Breeze.

"I'm kind of the newbie," she said while stirring fresh hot soup made from fresh Loudoun County produce.

Laura Wigglesworth, a rookie vendor last year, is now a veteran, selling her fresh granola products.

"We're happy to be back, happy to see everyone again," she said.

Brad McCleaf, of McCleaf Orchards, had four varieties of apples ready for opening day.

"They wanted another fruit vendor here. We said, 'Yes, we'll try it out for a year,'" said McCleaf, "and now we're in year four. I love it. I love the people here."

Brad McCleaf works the market part-time, on his days off from his full time job. His brother works their family's farm in Biglerville, Pa., and was in Montgomery County at the Potomac Village Farmers Market the same day Brad McCleaf was in Herndon.

"My full time job, I don't have to be there until 9 a.m.," he said. "It's a lot of work, man. People don't understand how hard the work is" in farming.

HERNDON'S COMMUNITY FORESTER inherited his job as Market Manager 28 years ago, from a former assistant town manager.

"He thought since I was the Community Forester and Arborist, and dealt with plants, I would be the proper person to oversee the market. Ever since then I've been doing it," said Dudzinsky.

SEE TASTE, PAGE 7

OPINION

America's Anti-Trafficking Efforts...

... Hollow victories for public accolade.

BY DR. KIMBERLY MEHLMAN-OROZCO

Each day there is more media on the human trafficking scourge in America with heart-wrenching stories about women, men, and children who are forced, defrauded, or coerced into exploitation. Whether it is the pimped child, the indentured migrant laborer, or the domestic slave, the headlines are always the same “victim saved” and “offender arrested,” but this narrative masks the reality of the situation. Despite being arrested, few traffickers are ever convicted of human trafficking offenses and those who are typically receive “slap on the hand” sentences. All the while, the majority of trafficking survivors are re-victimized and criminalized through arrest, prosecution, detention, and/or deportation. These victims are rarely “saved” as the media stories suggest, but rather remain “disposable people” in the shadows of heartland America.

I first became aware of this reality gap while sitting in an audience of anti-trafficking policy makers, law enforcement officials, and service providers, listening to Frank Wolf (R), mem-

ber of the U.S. House of Representatives from Virginia's 10th district. There were multiple news agencies recording his speech and taking down notes. He was touting the human trafficking prosecution of Peach Therapy, an erotic massage parlor located in my hometown, midway between my mother's home and my high school. Unbeknown to most in the community that surrounded it, the business was a front for a full service brothel. According to the official Department of Justice press release, the massage parlor proprietor, Susan Lee Gross, was bringing girls from South Korea to New York, and trafficking them down I-95 to my Virginian suburb, for the purpose of commercial sexual exploitation.

Representative Wolf portrayed the conviction as a prime example of the efficacy of his federally-funded efforts to combat human trafficking locally. However, prosecuting erotic massage parlors engaged in human trafficking is often described as “playing a game of whack-a-mole;” shut one down and another will pop right back up, sometimes in the same location or under a different name. Victims are often afraid to cooperate with law enforcement and legal representation for offenders will exploit their credibility gaps, such as undocumented foreign national status, drug use, or coerced co-offending. If law enforcement gets too close, offenders will strategically “sell” the business and change the name in order to evade arrest

and prosecution, bringing investigators back to square one.

Not for a lack of trying from law enforcement, but less than .01 percent of human traffickers are ever convicted for their crimes.

The need to combat human trafficking is one of the few issues that all politicians, Republican or Democrat, can agree on. For example, in the race for presidency, Bernie Sanders, Hillary Clinton, Marco Rubio, and Carly Fiorina (to name a few) have all discussed the need to address the human trafficking scourge in the United States. However, legislators, law enforcement, and victim service providers need to be forthcoming regarding the lack of efficacy of current anti-trafficking efforts. Without an evidence base of support, passing new pieces of costly legislation may not be the answer. America needs to understand that behind the politicians touting arrests for public accolade and the click-worthy headlines on federal prosecutions, human trafficking enterprises continue to flourish in plain sight.

With human trafficking especially, law on the books has yet to translate to law in action.

Author Dr. Kimberly Mehlman-Orozco holds a Ph.D. in criminology, law and society from George Mason University, with an expertise in human trafficking. She currently serves as a human trafficking expert witness for criminal cases and her book, “Hidden in Plain Sight: America's Slaves of the New Millennium,” is contracted for publication with Praeger/ABC-Clío.

Who Is My Neighbor?

BY CHRISTOPHER FAY

A recent public meeting concerning Fairfax County's plan to build a temporary shelter for the homeless in Lincolnia brought forth a flood of complaints to the effect of, “yes, we need a shelter, we care about the homeless, but we don't want a shelter anywhere near us.” Some people likened homeless people to criminals.

But who are the homeless? For many people, “homeless” conjures an image of a single man or woman camping in a park with makeshift materials, begging on a corner, or asleep on the Metro for want of a place to lay their heads. In fact, the average age of a homeless person in America is only nine. Of the 3.5 million homeless people in our nation, 1.35 are children. Forty-two percent of children in homeless families are under the age of six. Similarly, 49 percent of the homeless families with children in the Fairfax-Falls Church community are experiencing homelessness due to domestic violence. A homeless person is more likely to be a victim of crime than a perpetrator.

Yet the misconceptions persist. As the Executive Director of Homestretch, a program for homeless families, I see homeless people every day. Homestretch provides housing and comprehensive services designed to propel homeless families out of poverty and crisis. Given the opportunity to develop skills, restore their health, acquire an education, extinguish

debts and increase their income, most families flourish. You might be amazed to learn who around you was once homeless. It could be the person cleaning your teeth at the dentists' office. Or the barista making your skinny latte. It might be your third grader's beloved teacher, the accountant doing your taxes, or the chef at your favorite lunch spot. It might be your cosmetologist or bus driver. It might be the plumber who just fixed that pesky leak in your kitchen. It could be your phlebotomist, your gardener, or your personal trainer. Graduates of Homestretch have entered each of these fields. One recent Homestretch graduate just earned her pharmacist's license. She came into Homestretch homeless and in crisis, fleeing domestic violence, with a young daughter. Given an opportunity to start a new life, she seized the chance. From homelessness to a pharmacist in four years – who among us could do that? What homeless people need is what we all need when crisis strikes – compassion, support, love. And a safe place to sleep, cer-

tainly.

In a political season when we are closing our hearts to the homeless and to refugees, we might want to remember that Joseph, Mary and the infant Jesus were virtually homeless, and certainly refugees, when they fled Judea for Egypt to avoid the violence of Herod. Dr. Martin Luther King, Jr. said, “The ultimate measure of a man is not where he stands in times of comfort and convenience, but where he stands in times of challenge and controversy.”

Together, as a humane community, let's welcome even the “least of these our brethren”, the homeless, into our midst. Surely, giving them a shelter in our neighborhood is the least we can do.

Christopher Fay is Executive Director of Homestretch, which has earned many honors including the Governor's Best Housing Program in Virginia Award, the Blue Diamond Award from the Fairfax County Chamber of Commerce for Outstanding NonProfit, and awards from Leadership Fairfax and Volunteer Fairfax.

CLASSES AND SEMINARS IN HEALTH

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, May 10, 7-8 p.m.** This will be an open discussion on caregiving. Register beforehand at www.fairfaxcounty.gov/olderadults and click on Caregiver Support/Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

Fairfax County is offering the following free Chronic Disease Self-Management programs:
♦ **Take Control of Your Health and Your Happiness. Tuesdays, May 3-June 7, 10:30**

a.m.-12:30 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)

♦ **Diabetes Self-Management Program. Fridays, May 6-June 10, 10 a.m.-12:30 p.m.** Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Register online at www.fairfaxcounty.gov/olderadults and click on Chronic Disease Management Program or call **703-324-5489**, TTY 711. (Preregistration required.)

Oak Hill & Herndon
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Rain did not stop the Town of Herndon's Department of Public Works from hosting an open house event on Thursday, May 5, and Friday, May 6, at the Public Works Maintenance Complex.

Herndon Hosts Big Truck Days

Weather does not stop Town of Herndon's Department of Public Works.

BY RYAN DUNN
THE CONNECTION

“It was a little wet this year, but this event has been a favorite for kids and parents alike for many years,” said Robert B. Boxer, Director of the Town of Herndon's Public Works. “It is a chance to show off some of the things we do and the equipment we use, as well as provide some education outreach on matters such as recycling,” said Boxer. Boxer has been director of Public Works at the Town of Herndon for thirteen years. Food donations were also accepted for a local food bank LINK. Forty-seven bags of groceries were later delivered to LINK.

The Town of Herndon's Department of Public Works hosted its annual “Big Truck Days,” an opportunity for children and their parents to see the town's big trucks and heavy equipment on display. Souvenirs were provided to children. Big Truck Days were held Thursday, May 5, 9 a.m.–3 p.m., and Friday, May 6, 9 a.m.–7 p.m. at the Public Works Maintenance Complex, 1479 Sterling Road. Attendees were encouraged to bring non-perishable food donations for the needy.

Since 1960, the American Public Works Association or APWA has sponsored National Public Works Week. Across North America, and more than 29,000 members in the U.S. and Canada use this week to energize and educate the public on the importance of public works to their daily lives. This includes planning, building, managing and operating at the heart of their local communities to improve everyday quality of life.



PHOTOS BY RYAN DUNN/THE CONNECTION

Friday, May 6 visitors brought their umbrellas to the Town of Herndon's Department of Public Works open house event.

In August, Reston Association's Central Services Facility at 12250 Sunset Hills Road hosts their annual Totally Trucks event. The purpose of the event is to display the trucks and vehicles used by the Reston Association to children and families in the community.



POLICE PHOTO

Detectives have released photos of a vehicle they believe to be involved in the thefts.

Police Investigate Series of Tire and Rim Thefts; Seek Public's Assistance

Since February, there have been 10 incidents of tires and wheels stolen from 11 GMC or Chevrolet model vehicles in the Herndon, Chantilly, Fairfax and Vienna areas. The majority of cases occurred within the Fair Oaks police district but three cases were from the Reston, McLean and Sully districts (one each).

Detectives of the Criminal Investigations Section believe these cases are related and have determined the thieves are targeting SUVs, large body trucks and Corvettes manufactured by General Motors. The suspects appear to be traveling along the Fairfax County Parkway to reach the targeted areas and it appears the majority of thefts are taking place between Sunday and Tuesday between 2 a.m. to 4:30 a.m. In all cases, the vehicles were parked outside close to the home, either in the driveway or in the street.

The incidents were reported on the following dates. Location and type of vehicle are also listed:

- ❖ Monday, Feb. 1: 8200 block of Madrillon Estates Drive, Vienna; 2010 Chevrolet Corvette
- ❖ Saturday, Feb. 13: 4800 block of Autumn Glory Way, Chantilly; 2014 GMC Denali 1500
- ❖ Wednesday, Feb. 17: 2200 block of Stirrup Iron Lane, Reston; 2013 GMC Sierra
- ❖ Tuesday, March 8: 4500 block of Stone Pine Court, Chantilly; 2015 GMC Sierra
- ❖ Monday, March 21: 3000 block of Heritage Farm Court, Herndon; 2013 and 2008 Chevrolet Corvettes (two vehicles)
- ❖ Tuesday, March 29: 13100 block of Bramblewood Lane, Herndon; 2015 GMC Sierra
- ❖ Friday, April 1: 3000 block of Hughsmith Court, Herndon; 2015 Chevrolet Tahoe
- ❖ Sunday, April 3: 12800 block of Shadow Oak Lane, Fairfax; 2015 Chevrolet Suburban
- ❖ Tuesday, April 12: 3200 block of Orchard Glen Court, Herndon; 2010 Chevrolet Corvette
- ❖ Wednesday, May 4: 3800 block of Highland Oaks Drive, Fairfax; 2015 GMC truck

Detectives have released photos of a vehicle they believe to be involved in the thefts. The vehicle was seen on April 3 in the 12800 block of Shadow Oak Lane in Fairfax around the time of the theft that occurred in that location. The vehicle appears to be a silver 2011 to 2015 Ford Explorer SUV.

Anyone who owns a GM manufactured vehicle is encouraged to park in a well-lit area and immediately report any suspicious noise, persons or vehicles to police. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text “TIP187” plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

—FCPD PUBLIC AFFAIRS BUREAU

Local Designer Honored for Remodeling Reston Townhouse

Home transformation gives family of five more living space.

BY MARILYN CAMPBELL
THE CONNECTION

A Reston-based designer was chosen as the National Association for the Remodeling Industry (NARI) Capital CoTY (Contractor of the Year) Grand Award Winner in the category of "Entire House Under \$250,000" recently. Mina Fies, CEO of Synergy Design and Construction, was recognized for remodeling a Reston townhouse that was built in 1968.

"We are very honored. We're up against a lot of people because there are some really great contractors out there," said Fies. "We were able to pull it all together with a high level of detail, with the client living in the basement and a lot of moving parts. Winning the award was icing on the cake."

The family of five had lived in the home for 14 years and two of the three children had gone off to college when the owners decided it was time for an update. "The birds are leaving the nest, and the family



PHOTO SYNERGY DESIGN AND CONSTRUCTION

Mina Fies, CEO of Synergy Design and Construction, was honored for remodeling a Reston townhouse

wanted to open up the space and make the rooms larger for entertaining," said Fies.

The kitchen was transformed from a cramped space to one that is light and airy. The cabinets were painted and a new backsplash added. Removing a wall from

the front of the home created a larger foyer and allowed for a free-flowing space from the foyer to the living and dining rooms.

The most dramatic transition was on the second floor of the home where the bedrooms are located. "They had a tiny master

bedroom and bathroom and no master closet," said Fies. "They wanted to re-work it so there was a master closet."

The Synergy team reconfigured the bedrooms, creating openness and closet space. A fourth bedroom was converted into a new, more spacious master bathroom. The small master bathroom became a closet. All the bedrooms were updated with paint, lighting, new doors, and new flooring.

"From a living perspective it appears much larger and makes it easier to move about," said Bob Meixner, the homeowner. "We can fit many more people in the house comfortably that we could before and they can move around more easily."

The Meixner family lived in the basement of the townhouse during the 90-day remodeling project. "It was like the early days of marriage when you have a small one bedroom apartment, but Synergy went out of their way to make it as easy as possible."

Meixner said that he and his family enjoy entertaining, which is much easier to do in the new space. "The biggest Aha moment came over the holidays. We generally have our immediate family and all our kids' friends for Christmas Eve dinner," he said. "We were always packed in, but this past Christmas people could move around more freely. It's been a family tradition for years and this time it was more spacious."



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Taste of Season at Farmers Market

FROM PAGE 3

“People go into withdrawal symptoms after the market closes. They say, ‘Oh my god, the market’s closing. Now what do I do?’” he said.

“They know the produce is fresh, it’s been picked the day of the market or the day before,” he said. All vendors must be located within 125 miles of the market.

Dudzinsky has planned Farmers Market Fun Days from June 30 to Aug. 28 with puppet shows, jugglers and more to make the event even more family friendly.

Evie Adams, 2, knows the importance of shopping locally, getting really excited at the table of Grace’s Pastries, that has its home at 370 Elden St.

“WHEN WE OPEN these farmers markets, we’re allowing people to eat fresher, closer to home, with much less process,” said Bourne. “If we simply stayed away from processed foods we



KEN MOORE/THE CONNECTION

John Dudzinsky has been the market manager for the Herndon’s Farmers Market for 28 years. The Herndon Farmers Market runs through October on Thursday mornings by the government center. Dudzinsky is also the Town’s Forester and Arborist.

would improve our health in general, tremendously. Every nutritional study says that. The farmers market is the gateway for all those things to happen.”

“We’ve bought into a system of eating that is very convenient and actually tastes good on the outset but is really nailing us on the backside,” he said.

Bourne, owner of The Lamb’s Quarter, sells meat and eggs at the Herndon market. “I don’t care what the label the grocery store carries, I’m still beating it in terms of quality,” he said.

“There’s so many amazing things here. You know what you’re going to have in a grocery store day after day, week after week, it will change a little bit. But usually it changes simply because they’ve switched something on the aisle so you are attracted to buy more stuff.”

He described how the texture of his eggs and the color of the yolks will change when the chickens are out on pasture and the grass gets greener.

“You’re really getting closer to the earth and what really makes food good,” he said.

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Herndon freshman Jonathan Durette scored five goals against Westfield on May 6.



Tyler Durette, left, and the Herndon boys' lacrosse team fell to Westfield, 12-11, on May 6 in the opening round of the Conference 5 tournament.

Herndon Boys' Lax Nearly Pulls Off Postseason Upset

Hornets lose by one goal in Conference 5 tournament.

BY JON ROETMAN
THE CONNECTION

For the Herndon boys' lacrosse team, Friday's Conference 5 tournament matchup with Westfield resulted in controversy, frustration and disappointment.

Head coach Dave Baggetta is hopeful the result also leads to a boost in confidence for the Hornets.

Despite producing a 2-9 record during the regular season and failing to win a conference game, Herndon trailed by one and had possession with less than 30 seconds remaining Friday. The Hornets, however, failed to score and had their season end with a 12-11 loss to Westfield on May 6 in the opening round of the Conference 5 tournament at Westfield High School.

During Herndon's final possession, the clock operator started the clock prematurely, allowing at least six seconds to run off. Baggetta said while he was frustrated by the clock error, it did not cost Herndon the game.

"When the clock runs like that, it's definitely frustrating but that is part of having home-team advantage," Baggetta said. "But the flip side of that is we had opportunities throughout the course of the game that we didn't finish on. So while that would have been one more opportunity for us that may have given us a chance, we had other ones throughout the course [of the game]. Westfield played a good game start to finish. It would have been nice to have that full 25 seconds, it would have given us a chance to finish strong, but at the end of the day, that's not what would have won or lost the game. There were other opportunities."



Herndon's Erick Emelio scored two goals against Westfield on May 6.

PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION

Westfield took a 12-9 lead when Kevin Petrillo scored with 8:30 remaining in the contest. Herndon's Cliff Painter answered with a goal nine seconds later, and then neither team scored for the next seven-plus minutes.

Herndon's Joe Wilson found the back of the net with 44 seconds remaining, cutting the Westfield advantage to 12-11, but the Bulldogs were able to hold on.

"I knew they were going to come ready to play and they did," Westfield head coach Phil Polizzotti said, "and we were lucky to get out of here with a win."

Westfield defeated Herndon 7-5 on April 1 during the regular season. The Hornets lost their other four conference games by an average of 10 goals.

On Friday, Herndon, the No. 6 seed, gave No. 3 Westfield all it could handle and Baggetta is hoping the Hornets can build off the performance during the offseason.

"I look at tonight as a perfect example of what happens when you play as a team and you play with confidence," Baggetta said. "What I hope is that the boys learn from this and over the months to come that confidence grows so that when they start off next season, they're able to come out with confidence to start."

Freshman attackman Jonathan Durette had a big night for Herndon, scoring five goals — all in the first half.

"He's done a nice job for us growing as a freshman," Baggetta said. "He's done a real nice job of working off ball and working

the crease area and I felt like tonight was just a continuation of what he's been doing throughout the year. Tonight, the one difference was I think we were doing a little bit better job of finding him on the crease and I also think he did a little bit better job of finishing his shots."

Senior midfielder Erick Emelio scored two goals for Herndon. Tyler Durette, Conor McLaughlin, Wilson and Painter each scored one.

Sean Eckert and Joey Franchi each scored three goals for Westfield.

Westfield led 5-3 at the end of the first quarter. The score was tied 8-all at halftime.

"We came out in the first half kind of loafing around, expecting it to be an easy win," Eckert said. "At halftime, we regrouped and we got together."

Westfield improved its record to 8-7 and secured a berth in the 6A North region tournament. The Bulldogs will travel to face No. 2 seed Centerville in the conference semifinals at 7 p.m. on Wednesday, May 11.

Herndon finished the season with a 2-10 record.

"I don't know if we played every situation as smart as I would have liked to have seen us," Baggetta said, "but there was definitely growth in terms of effort and confidence and communication, for sure."

Basketball Champs Head to Florida in July

The Vogues 4th grade National team went undefeated and won the Potomac Valley AAU District Qualifier Tournament. They will compete in the AAU National Championships in Florida this July.



From left: Samantha Wallace, Assistant Coach Cheryl Wu, Abby McCarthy, Isabella Soon, Keira McCloskey, Ava Wu, Head Coach Alan Wang, Avery Griepentrog. Front row: Simone Pendleton, Hannah Wakefield, Keira Scott. Not pictured: Brooke Bundy, Milly Garvert, Finley Tarr.

PHOTO CREDIT

CALENDAR



PHOTO CONTRIBUTED

Encore Chorale will perform romantic pieces, blues and Broadway favorites on Saturday, May 14 at United Christian Parish in Reston.

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on the Friday prior to the following week's paper. Photos/artwork encouraged.

ONGOING

"Two Views." Through June 2. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Works by Pat Macintyre and Gail Axtell-Erwin. RestonArtGallery.com.

Team Trivia at Kalypso's. Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsosportstavern.com.

Open Mic Night at Kalypso's. Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660. www.kalypsosportstavern.com.

Karaoke at Kalypso's. Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. www.kalypsosportstavern.com.

Reston Concerts on the Town. 7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. restontowncenter.com. 703-579-6720.

Wells and Barnes: Seats of Power. April 21-June 18. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Collaborative exhibition featuring artists Gayle Wells Mandle and her daughter, Julia Barnes Mandle. Gayle and Julia use the motif of chairs as a vehicle to examine society's eternal power struggle. 703-471-9242. restonarts.org.

Charlene Fuhrman Schulz Exhibit. May 3-22. ArtSpace Herndon, 750 Center St., Herndon. "Unlimited" is an exhibit that celebrates the 400th anniversary of William Shakespeare's death. www.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.

Volunteers. The McLean Community

Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training provided. Call the scene shop manager at 703-304-3176 to schedule a visit and talk. www.McLeanPlayers.org.

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.

THURSDAY/MAY 12

Reston Hospital Center's Robot Night. 6:30-8:30 p.m. Reston Hospital Center Pavillion II Lobby, 1850 Town Center Parkway, Reston. Meet the entire team using the da Vinci XI technology. Hors d'oeuvres and beverages. For information, contact 703-689-9030.

Jimmy Robinson. 6:30 p.m. ArtSpace Herndon, 750 Center St., Herndon. Virtuoso guitarist, one of the best in New Orleans. \$15. artspaceherndon.com. 703-956-9560.

DEADLINE FRIDAY/MAY 13

Arts Festival Submission. Herndon Senior Center, 873 Grace St., Herndon. Submit your fine arts in any medium, crafts of any type and/or perform. Show open to all creative people 50 years of age and older. Leave your labelled work, or sign up to perform, at the center no later than 4 p.m. Friday, May 13. 703-464-6200.

FRIDAY/MAY 13

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center St., Herndon. Visit the gallery and view the current exhibit. Enjoy a cup of tea. Free. 703-956-9560. www.artspaceherndon.com.

Gospel Choir of the Castle Church. 7:30 p.m. Good Shepherd Lutheran Church, 1133 Reston Ave., Herndon. Forty-four member choir from Wittenberg Germany. Program will include traditional American spirituals as well as folk songs from other countries. Free. 703-437-5020.

SATURDAY/MAY 14

Encore Chorale Spring Concert. 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston.

Medley of romantic Rodgers and Hart pieces, blues favorites by Hoagy Carmichael, and a rousing medley from the Broadway show "Guys and Dolls." Free. encorecreativity.org.

Dock Diving Competition. 1-4 p.m. 11404 Washington Plaza W, Reston. PetMAC - Lake Anne will be bringing diving dogs back to Lake Anne with World Champion dogs from the Chesapeake Dock Diving Dog Club. These amazing dogs will dazzle spectators with their amazing leaps and jumps into the lake. lakeanneplaza.com.

Reston Community Yard Sale. 8:30 a.m.-noon. 12000 Sundrise Valley Drive. Almost 100 families will be selling a variety of items so this event is a great opportunity to find things for a new home or a college dorm. In case of rain, call 703-435-6577 the morning of the event, for a recorded message. Rain date 5/15.

SUNDAY/MAY 15

Reston Community Orchestra. 4 p.m. Reston Community Center, 2310 Colts neck Road, Reston. Concert features Juggler and Comedian Jonathan Austin at free, family-friendly performance. This high energy guest artist promises big laughs and split second timing. Free. restoncommunityorchestra.org. 571-449-7095.

TUESDAY/MAY 17

Folk Club of Reston-Herndon. 7:15 p.m. Amphora's Diner Deluxe-Herndon. 1151 Elden St., Herndon. Dave Nachmanoff, a California-based performer with more than a dozen albums, performs. \$10/\$9. 703-435-2402. restonherndonfolkclub.com.

Herndon Senior Center 11th Anniversary and Arts Festival. 10 a.m.-noon. Herndon Senior Center, 873 Grace St., Herndon. Free. 703-464-6200.

WEDNESDAY/MAY 18

"The Supreme Court After Justice Scalia." 8 p.m. 1441 Wiehle Ave., Reston. Dr. David Cole, George J. Mitchell Professor in Law and Public Policy at Georgetown University. Free. <http://www.nvhcreston.org/>. 703-863-7639.

FRIDAY/MAY 20

GRACE's Festival Launch. 6:30 p.m. Reston Town Center, 12001 Market St. #103, Reston. Enjoy artsy beverages, savory creations, an amazing silent auction, and mingle with the artists in town for the weekend festival. \$100. restonarts.org. 703-471-9242.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

MAY

5/25/2016.....Connection Families • Summer Fun, Food, Arts & Entertainment
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JUNE

6/1/2016..... Wellbeing
6/8/2016..... Father's Day Dining & Gifts
6/8/2016..... HomeLifeStyle
6/15/2016..... A+ Graduations & Summer Learning
6/15/2016..... Father's Day Dining & Gifts
Father's Day is June 19

6/29/2016..... Connection Families

JULY

7/6/2016..... Wellbeing
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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on the Friday prior to the following week's paper.

WEDNESDAY/MAY 11

League of Women Voters — Reston. 7:30-9 p.m. Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. Mental health services in Fairfax: What is available? and "Diversion First: What is it?" Join the discussion. Free. lwv-fairfax.org. 202-263-1311.

THURSDAY/MAY 12

Second Phase of W&OD Trail Lightning Project. 7 p.m. Town of Herndon Council Chambers, 765 Lynn St., Herndon. Presentation on the proposed second phase W&OD Trail lighting project. 703-787-7300.

WEDNESDAY/MAY 18

Annual Blood Drive. 1-6:30 p.m. Home Suites Dulles International Airport, 13460 Sunrise Valley Drive, Herndon. Special appearance will be made by "Lewis the Duck." 703-793-1700 ext. 7815.

"The Supreme Court After Justice Scalia." 8 p.m. 1441 Wiehle Ave., Reston. Dr. David Cole, George J. Mitchell Professor in Law and Public Policy at Georgetown University. Free. <http://www.nvhcreston.org/>. 703-863-7639.

Reston Network Analysis Community Meeting. 7-9 p.m. South Lakes High School Cafeteria, 11400 South Lakes Drive, Reston. Evaluate the conceptual grids of streets and road elements at gateways to the Reston Transit Station Areas (TSAs), which would result in traffic flowing at acceptable conditions while maintaining a walkable grid of streets. Call FCDOT at 703-877-5600. or go to <http://www.fairfaxcounty.gov/fcdot/restonnetworkanalysis/>.

WEDNESDAY/MAY 25

DMV2Go at the Pavilion. 9 a.m.-4 p.m. Reston Town Center Pavilion. DMV wireless office on wheels — apply or renew ID card and driver's license; get driving records, vehicle titles, license plates, and more. Information on all services at <http://re.ston.tc/P9HLkh>. 703-579-6720.

THURSDAY/MAY 26

Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive. A monthly book discussion group that focuses on business leaders and markets. May's title is "The Safe Investor" by Tim McCarthy. 703-397-0420.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

Adult Sunday school will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

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21 Announcements

ABC LICENSE

Lake Anne Coffee House Redux trading as Lake Anne Coffee House, 1612 Washington Plz N. Reston, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer on/off Premises; Mixed Beverage on Premises license to sell or manufacture alcoholic beverages. Eve Thompson, Managing Partner

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Selling When I Should Be Buying



By KENNETH B. LOURIE

There's a familiar sales expression/advisory that says: "It worked so well I stopped doing it." As a long-time (seven-plus years) cancer survivor, I can relate. There are some nutritional and lifestyle changes I've made over the years that have worked so well – presumably, that I've stopped doing them: ingesting three teaspoons of pureed asparagus twice daily, drinking 12 ounces of water mixed with baking soda at least once a day, starting mornings with a fruit and vegetable smoothie, swimming laps in my local pool three times a week, and in general, making fruits and vegetables ("eat the rainbow") more of a priority in my diet and less of a happenstance.

Granted, I've added (I wouldn't say replaced) a few supplements along the way and have continued to do so as a means not to a premature end, but overall, I'm hoping that less is indeed more; rationalizing along the way that maintaining my sunny disposition, positive attitude and sense of humor was more important in this battle royal than being miserable, while adhering to a stricter schedule of non-Western, anti-cancer alternatives.

If anything has been true in my cancer experience, it has been that I've remained true to myself. To invoke a classic Clint Eastwood quote from the movie, "Magnum Force": "A man's got to know his limitations," and I definitely know mine. I've always wanted to know the truth from my oncologist, however discouraging on occasion it has been; and as concerns my nutrition/behavior/lifestyle choices, I might as well be Popeye the Sailor Man, because "I yam what I yam." Certainly, change in general can be good – and necessary quite frankly, but if it makes one miserable in the interim, and in the aftermath too; constantly stressing about how to manage and how to get from point "A" to point "B" and even to point "C," – then what have I really accomplished?

As much as I've tried to assimilate all the information concerning cancer and living with/surviving cancer, I've tried to balance it (after all, I am a Libra) with what I can and cannot absorb/do. Obviously, I don't want to die due to my own neglect/stubbornness/stupidity, but neither can I afford (figuratively speaking) to self-impose unhappiness and anxiety. It's difficult and challenging enough to endure the physical, emotional and spiritual effects a diagnosis of "terminal" cancer can cause; but piling on with external demands, albeit demands that potentially could impede the cancer, are still demands nonetheless. And another thing I've learned from my cancer career (some career), is that my capacity to manage additional demands has been somewhat (I wouldn't say totally) diminished. It's as if my tolerance gene has mutated somehow, just like the healthy genes which have likewise mutated and now become malignant.

However, remaining close-minded to the evolution in lung cancer research and treatment (Immunotherapy, as an example) which has finally happened recently (six new drugs approved by the F.D.A. in 2015 alone; as many as had been approved in the last decade), and considering as well the no-longer-presumptive relationship between nutrition and one's overall health, seems even to me to be penny wise and pound foolish. Moreover, it just doesn't make sense. I suppose that if I want to stay in the game, I have to get back into the game. It will only be too late when the game is over.

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

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THE CONNECTION
NEWSPAPERS

ENTERTAINMENT

Stage Magic Comes to NextStop Theatre

Musical 'City of Angels' at Herndon stage.

BY DAVID SIEGEL
THE CONNECTION

Hollywood's 1940s golden age of fearless private eyes and wise-cracking femme-fatales working as partners to solve crimes while testing the boundaries of love is next for Herndon's NextStop Theatre. It is "City of Angels," a multi-Tony Award winning musical.

The jazzy feel of "City of Angels" is an homage to the great film noir style of movie-making of post-WWII Hollywood. The musical also combines a play-within-a-play as the real meets the reel.

"City of Angels" is an unbelievably exciting, extravagant and challenging musical that rarely gets produced," said Evan Hoffmann, NextStop's artistic director. "We love having the opportunity to stretch ourselves as a company, not to mention the

chance to bring a great work back to people's attention."

"I love the music and the complexity of the characters in this show," noted Hoffmann. "Working with the actors to create these types of iconic film noir types is such a fascinating process." The production has a 14 cast composed of both NextStop veterans and actors making their debut on the NextStop stage.

"City of Angels" was written by Larry Gelbart known for writing the movie "Tootsie" and television's "M*A*S*H*." The score is by Tony, Grammy and Emmy winning Cy Coleman. Lyrics are by David Zippel. The show has about two dozen funny and moody numbers under the baton of musical director Elisa Rosman with a six member band.

Ryan Burke plays Stone, a fictional "cool" private detective conjured into life by a stressed-out writer named Stine played by



Bobby Libby plays Stein in "City of Angels" at NextStop Theatre.



Ryan Burke plays Stone in "City of Angels" at NextStop Theatre.

Bobby Libby. They are each other's alter ego, interacting across time and reality. The audience takes in "City of Angels" through Stone and Stine as the two learn who to count on.

Burke and Libby spoke of the show's great music and lyrics. "The music is one of a kind. It is able to not only capture the sound of a very specific era, but it delivers the es-

Where and When

NextStop Theatre presents "City of Angels" at 269 Sunset Park Drive, Herndon. Performances May 12-June 5. Thursday at 7:30 p.m., Friday at 8 p.m., and Saturday at 8 p.m. Sunday at 2 p.m. with Saturday, June 4 at 2 p.m. and 8 p.m. Sunday, May 22 and June 5 at 2 p.m. and 7 p.m. Tickets: \$40. Call 866-811-4111 or visit: www.nextstoptheatre.org **Note:** "City of Angels" is a mature musical. May not be appropriate for all audiences.

sence of what made that era so unique," said Burke. For Libby the music "takes the show to a different level, when words alone are not enough to punch up the emotions."

The production includes returning NextStop performers Katie Keyser, Katie McManus, John Loughney, Scott Harrison, Shaina L. Murphy as well as accomplished actors making their NextStop debut.

"City of Angels" is a musical with "some pretty serious drama, action, romance and seduction and we don't shy away from any of it," added Hoffmann.

Herndon Rocks in May

BY RYAN DUNN
THE CONNECTION

The month of May has several upcoming art and music related events in Herndon. These include the annual Friday Night Live hosted on the Town Green in downtown Herndon, as well as music events at ArtSpace Herndon. Friday Night Live is held outdoors in downtown Herndon, on Friday nights from May 6-Aug 26. Weather conditions can cancel events, as was the condition on Friday, May 6. For more information about Friday Night Live or the scheduled entertainment, check out Herndonrocks.com.

As mentioned on the webpage, FNL! is a free event that features popular local and regional acts from up and down the east coast. Most of the performing bands play rock and roll covers from classic to modern rock. They also offer some variety with a little reggae, funk and original music thrown in. The 22nd season of Friday Night Live! begins on Friday evenings around 6:30 p.m. and ends around 10:30 p.m.

Scheduled to play on May 13 is The Rockets; and on May 20 is Split Decision + Darcy Dawn & Company. The final Friday Night Live show is scheduled for Aug. 26.

"Once Upon a Time" will be the final Herndon High School Cabaret show for the Class of 2016 Seniors. Two shows will be held on Saturday, May 14, at 2 p.m. and 7:30 p.m. Tickets \$10 at the door, \$5 students, seniors and faculty. The annual Broadway Cabaret, directed by Dana and Jim Van Slyke is one of



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

PHOTOS BY RYAN DUNN/THE CONNECTION



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

Herndon High's favorite events. This year's show features performances from: Phantom of the Opera, Footloose, Aida, Wicked,

Aladdin, Seussical, Dream Girls, Newsies, Big Fish and many more.

Virtuoso guitarist Jimmy Robinson is re-

turning to ArtSpace Herndon on Thursday, May 12 at 7 p.m. Tickets for the show are \$15. Considered one of the best guitarists in New Orleans, this iconic artist will be making an appearance in Herndon during his 2016 world tour. Based in New Orleans, Jimmy Robinson has been recording and touring for over 40 years. Robinson has received critical praise for his unique virtuoso approach to the guitar, and his rich compositional skill.

From April through June the Herndon community is celebrating "Bless Me, Ultima," by Rudolfo Anaya, with a full calendar of events held at various venues in Herndon. A kick-off party was held at Herndon Fortnightly Library. The program will include book discussions for children, teens, and adults, a performance event by NextStop Theatre, storytelling, and more. Arts Herndon's The Big Read program is presented in partnership with the Fairfax County Public Schools, Herndon Fortnightly Library, NextStop Theatre Company, the Herndon Senior Center, MEDA, and Dominion Virginia Power.

Sunday, May 15 at 4 p.m. there will be a reading event at Trinity Presbyterian Church, 651 Dranesville Road, Herndon. "How Night Came From the Sea, An Interactive Latin American Musical and Storytelling Presentation" will be free and open to the public. The event will be appropriate for pre-k through fifth graders and their families. The audience will take part in the stories by using call and response, creating sound effects, singing and playing some instruments.