

Herndon Festival Hosted in Downtown

NEWS, PAGE 6

Food and craft vendors filled the streets of downtown Herndon for the 35th Annual Herndon Festival, a time-honored event for historic downtown Herndon.

WEEK IN HERNDON

Herndon MOMS Club To Host Balloon Bonanza

The MOMS Club of Herndon will host monthly meeting on Thursday, June 18 from 10 a.m.-12 noon at the Trinity Presbyterian Church playground (651 Dranesville Rd, Herndon). In case of rain, the meeting will move inside the church. All Herndon, VA (zip codes 20170 and 20171) stay at home mothers and their children are encouraged to attend. Bring the children, score a cool balloon, and hang out with the club mem-

bers for the morning.

For more information or to RSVP contact: Kelly McArter, Membership VP at Herndon_moms_info@yahoo.com.

The MOMS Club ("Moms Offering Moms Support") is an International nonprofit support group specifically for mothers who have chosen to stay home with their children with over 2,000 chapters in seven countries.

BULLETIN BOARD

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

TUESDAY/JUNE 9

Alzheimer's Warning Signs. 7-8 p.m. Tall Oaks Village Center, 12052 North Shore Drive, Reston. Learn how to tell the difference between Alzheimer's and typical aging and steps to take if you recognize a warning sign in yourself or someone you know. Call 800-272-3900 to register.

WEDNESDAY/JUNE 10

Reston - League of Women Voters meeting on affordable housing in Fairfax County. 7:30-9 p.m., North County Governmental Center, 1801 Cameron Glen Drive, Reston. How big is our homeless population? How and when can we end homelessness? Join in the discussion. Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

TUESDAY/JUNE 23

INOVA Blood Drive.

12 p.m. - 7:30 p.m. The bloodmobile will be located beside Reston Town Center Pavilion near Williams-Sonoma. On-site registration. Schedule appointments at 1.866.256.6372 or online at www.inova.org/donateblood

ONGOING

Food Addicts in Recovery. Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or www.foodaddicts.org.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

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FATHER'S DAY OPEN HOUSE | Tuesday, June 9 | 11 am to 3 pm

Join us for our salute to Father's Day and learn more about The Crossings at Chantilly. Win a Total Wine Gift Card.

Sales Office, 13921 Park Center Rd., Suite 355, Herndon, VA 20171

A SALUTE TO SUMMER RECEPTION | Thursday, June 11 | 4 to 6:30 pm

Heritage Hunt Golf and Country Club, Cardroom, 6901 Arthur Hills Dr., Gainesville, VA 20155. RSVP by June 9th at (703) 872-7593 or sfields@thecrossingsatchantilly.com.

UNDERSTANDING VA BENEFITS | Thursday, June 25 | 6:30 to 8 pm

Saul Cardona, M.Div., Community Veteran Liaison, VITAS Healthcare.

Light refreshments will be provided.

Floris United Methodist Church, Fellowship Hall, 13600 Frying Pan Rd., Herndon, VA 20171.

Event is free and open to the public.

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For a complimentary auction estimate with a view to sell in the upcoming sale, please contact Mr. Oster. He will be in the area on these dates:

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News



Doug Downer's father was one of the founding members of Herndon's Chamber of Commerce.



PHOTOS BY KEN MOORE/THE CONNECTION

Owner Hank Allen gives a tour of Signarama to Mayor Merkel, Lauri Swift and Dennis Holste.

Just Stopping By in Herndon Marking business appreciation month in Herndon.

BY KEN MOORE
THE CONNECTION

More than 1,300 businesses have made Herndon their home. On Wednesday, May 27, Mayor Lisa Merkel, Dulles Regional Chamber of Commerce membership director Lauri Swift, Dennis Holste, Town of Herndon economic development manager, and Stephanie Barko, events manager with the chamber, visited six businesses to mark the occasion.

Panera opened its new location at Worldgate Herndon last week, and in addition to a ribbon cutting, Panera hosted a bread cutting to start the events.

10 a.m.

Panera Bread
13041 Worldgate Dr., Herndon, Va.
703-251-0084
www.panerabread.com

Panera Bread is one of Herndon's newest businesses, and held a ribbon and bread cutting ceremony last Wednesday, May 27 in its new Worldgate location.

"For people with a busy schedule who want to get in and out quickly," said Yonas Fisseha of Panera.

Customers can order online, order to go, avoid lines, and have orders ready to be picked up or delivered.

The Herndon Panera is one of the first five Panera's to operate in its new format, and the second of three in Northern Virginia (Alexandria has opened, and a Sterling location is in the process.)

"It's a new way of operating," he said.

10:44 a.m.

Washington Dulles Marriott Suites
13101 WorldGate Drive, Herndon, Va.
703-709-0400
www.marriott.com

Marriott opened its Herndon hotel at the beginning of 1990.

Views from its top balconies are lovely.

Many class reunions hold receptions here as well as wedding parties, said Kristen Murphy of Marriott.

11:02 a.m.

Quality Chiropractic and Rehab
102 Elden Street, Suite #12, Herndon, Va.

703-581-8999

<http://qualitychirova.com/>

"I'm about to work with two patients," said Dr. Camille T. D'Amato.

She left the Town of Herndon balloons for her colleague, Dr. Frankie Velez.

"Ahh, you're the Mayor," said Velez.

Dr. D'Amato and staff are scheduled to volunteer at the Athletes Village in Reston helping those participating in the World Police and Fire Rescue Games next month.

She also donates time to soccer tournaments.

11:38 a.m.

HRI Associates
718 Pine Street, Herndon, Va.
703-435-3500

Doug Downer started working in the HRI insurance agency, his family business, immediately after graduating from Old Dominion University in 1982 and has been the sole owner and president since 2005.

Doug Downer's father, Richard Downer, was one of the original founders of the local Chamber of Commerce.

HRI Associates, which offers homeowners insurance, auto insurance, commercial insurance, life and health insurance, insur-



Chiropractors Dr. Camille T. D'Amato and Dr. Frankie Velez from Quality Chiropractic and Rehab.

ance quoting, business insurance and personal insurance, moved to the former church on Pine Street in 2008.

11:59 a.m.

Dairy Queen
779 Station Street, Herndon, Va.

703-481-6173

"You all are late," said Dairy Queen's Zaki Zakaria, with a smile.

Zakaria says 99 percent of his customers are repeat customers.

He knew Chamber of Commerce membership director Lauri Swift's order before she ordered, a Mint Chocolate Extreme.

The Herndon Festival's carousel was visible through the Dairy Queen's Window.

12:28 p.m.

Signarama
Hank Allen, Owner
703-481-8858

Signarama moved to the middle of the Reston-Herndon Business Park the first weekend in May. The new space gives the company the opportunity to do vehicle wraps inside the business all year round.

"I am a pretty happy camper," said owner Hank Allen.

"Since we started in Herndon, I wanted to do what we could to stay in Herndon," said Allen, who established his business approximately 18 years ago.

"There's nothing else in northwest Fairfax County that has this kind of space," he said.

He gave the Mayor and Chamber of Commerce a tour of his company, including where a vehicle wrap was being done and a banner being made in action.



Panera Bread is one of Herndon's newest businesses. First the bread ceremony and then ...



The giant scissors and the ribbon cutting ceremony.

OPINION

Overdose Deaths Are Preventable

New “safe reporting” law encourages people to seek help in time.

The death rate due to heroin overdose more than doubled between 2010 through 2013, according to the Centers for Disease Control (CDC), with an average increase of 37 percent per year in the United States.

What the statistics don't say is that most of these deaths are preventable nearly to the last breath. Heroin and other opioids affect the part of the brain which regulates breathing, and opioids in high doses can cause respiratory depression and death.

Naloxone, which is effectively an antidote to opioid overdose, will completely reverse the effects of an opioid overdose if administered in time.

Emylee Lonczak, a McLean teenager who died of an overdose in what was reported to be her first encounter with heroin, might still be alive if the people with her at the time had taken her to a hospital or called 911.

New legislation designed to protect people seeking help for friends experiencing overdose should make it simpler to do the right thing.

State Sen. Chap Petersen sponsored the bill, Safe Reporting of Overdoses, which was signed

by Gov. Terry McAuliffe last week.

“The next step is to get the word out to young people: If a friend is in distress, you have a responsibility and now you have legal protections. Do the right thing. Make a call to save a life,” said Petersen said after the Governor signed the bill.

The law also applies to alcohol overdoses. Petersen collaborated with a Fairfax High School classmate, Gerald Lawson, now a professor at Virginia Tech, in pressing for protection for Good Samaritans in these circumstances.

The Food and Drug Administration last year approved a hand-held auto-injector designed for family and caregivers who might be witness to an overdose to administer a single dose of the drug naloxone.

Safe reporting of overdoses SB 892, summary as passed.

Establishes an affirmative defense to prosecution of an individual for (i) simple possession of a controlled substance, marijuana, or controlled paraphernalia; (ii) intoxication in public; or (iii) the unlawful purchase, possession, or consumption of alcohol if such individual sought or obtained emergency medical attention for himself or for another individual because of a drug-related or alcohol-related overdose and if the evidence for the charge was obtained as a result of the individual seeking or obtaining emergency medical attention. The bill provides that the affirmative defense may only be invoked by an individual who (a) remains at the scene of the overdose or at any location to which he is transported for emergency medical attention until a law-enforcement officer responds to the report of an overdose or, if no law-enforcement officer is present at either the scene or the other location, cooperates

with law enforcement, (b) identifies himself to the responding law-enforcement officer, and (c) cooperates, upon request, with any criminal investigation reasonably related to the drug or alcohol that resulted in the overdose. No individual may assert this affirmative defense if the emergency medical attention sought or obtained was during the execution of a search warrant or during the conduct of a lawful search or a lawful arrest.

Send Photos for Father's Day

Father's Day is Sunday, June 21, and once again the Connection will publish a gallery of Father's Day photos.

Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos as soon as possible, with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 15.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

COMMENTARY

Time to Re-think 'LEOBR'

BY BURTON JAY RUBIN

Some 20 months on, the Fairfax County police officer who shot and killed John Geer remains on “paid administrative duty,” despite the \$2.95 million settlement the county has agreed to pay his family. The Commonwealth's Attorney is also seeking to empanel a grand jury to consider criminal charges.

Officer Adam Torres' continued tenure on the Fairfax County Police Force is due to something often referred to as “LEOBR,” “Law Enforcement Officers' Bill of Rights;” a law in effect in Virginia that provides police officers with special job security protections unavailable to other workers.

Most members of the workforce, in contrast, are subject to the “employment-at-will” legal doctrine, under which they may be fired for any reason or no reason at all, except for certain very limited discriminatory reasons. Under Virginia's LEOBR, if you are a police officer, you cannot be discharged, even if you hurt someone, disobeyed orders, abused your office, or even broke the law,

without first being notified in writing of the basis for your dismissal, given an opportunity to respond orally and in writing, with the assistance of a lawyer if you wish, and then, after all that, given the right to file a grievance under state or local procedures, your choice.

There were no LEOBR laws for most of our nation's history. They came into effect in the early 1970s as a result of a campaign by police special interest groups. Prior to that time, police were actually held to a higher standard of conduct than citizens generally.

In New York City, for example, police officers were required to cooperate fully with criminal investigations to the point of waiving their constitutional privilege against self incrimination or lose their jobs. That requirement was found to be unconstitutional by the U.S. Supreme Court in a 1968 decision called *Gardner v. Broderick*. Even though the officer in that case actually won, police interest organizations pressed the issue, resulting in what might be regarded as a “second helping” of employment rights reflected in LEOBR laws today.

It is sometimes said that the extraordinary job security accorded to police officers is justified by the dangerous nature of their work. Just what the connection is between how dangerous a job is and the special job security provided to people in that job is not explained. At any rate, the fundamental premise is false. The average police officer serves his entire career without ever firing his weapon in defense of himself or anybody else.

According to Time.com, law enforcement is not even among the 10 most dangerous jobs in the United States. Logging and roofing are and we don't provide workers in those occupations with special job security rights. According to figures from the FBI, the number of officers killed by criminals has declined since the '70s when LEOBR laws came into effect, and now stands at its lowest point. Unfortunately, the number of citizens killed by police has increased during that same period and now stands at its highest point.

Sometimes, it is said that special job protection rights for police officers are justified because

they are the targets for unjustified charges of wrongdoing. That police officers may be falsely accused of misconduct is undoubtedly the case, as it is for University of Virginia frat boys, Duke University La Crosse players and child care workers, yet none of these groups is accorded special legal protections unavailable to the general public.

Let's be very clear, we are not talking about punishing someone or in any way short circuiting the process to which everyone is entitled before being found guilty of a crime and possibly sent to jail. We are talking only about how long a community must keep a police officer on the job, paying him, after that community has lost all confidence in that officer and the officer has lost his ability to serve in the position for which he was hired.

When an officer has lost his community's confidence and trust, that community should be able to ask that individual to find employment elsewhere. We need to re-think our LEOBR laws.

The writer is an attorney and civic activist in Northern Virginia.

Oak Hill & Herndon
CONNECTION

www.ConnectionNewspapers.com

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

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NEWS

Dulles Regional Chamber Receives Education Award

The Fairfax Chapter of Phi Delta Kappa recently honored the Dulles Regional Chamber of Commerce as the 2015 Friend of Education for its commitment to education. The award recognizes an outstanding person or organization that improves the quality of the educational experience for students in their community. The presentation was made at the Country Club of Fairfax on May 20.

Accepting on the chamber's behalf was Eileen Curtis, President of the Dulles Regional Chamber. Jay Garant, who oversees Office of Business-School Partnerships for Fairfax County Public Schools, cited the Chamber's long-standing commitment to education.

It is a partner to six area schools in western Fairfax: Centreville, Chantilly, Herndon, and Westfield High Schools, as well as Mountain View Alternative High School and Chantilly's Governor's STEM Academy. In that capacity, the chamber



Accepting the award on the chamber's behalf was Eileen Curtis, president of the Dulles Regional Chamber.

has, over the years, staged student job fairs, ethics days, college fairs, and financial literacy training. It provides STEM-H scholarships to each of its partner schools, and it involves the students in STEM-H (Science, Technology, Engineering, Math, and Health) related programs, such as cybersecurity and healthcare jobs of the future.

A unique educational offering of the Dulles Regional Chamber is its annual public recognition of Educators of the Year for each partner and member school.

This year, the presentations were made at the chamber's Chantilly Day, with FCPS Superintendent Karen Garza assisting in the presentation.

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PHOTOS BY LOUISE KRAFT/THE CONNECTION

Crossfield Sixth Grader Wins Clean Air Partners Award

WUSA9 meteorologist Howard Bernstein, Crossfield Elementary School sixth grader Faiza Ibrahim, Virginia State Delegate Eileen Filler-Corn (D-41) and AAA spokesman Lon Anderson pose for a photo at the annual Clean Air Partners Awards ceremony last Wednesday evening at the Torpedo Factory in Alexandria. Faiza received first place in the Category #1 slogan contest. Category #1 included students in Virginia, D.C. and Maryland in grades fourth through sixth. Her slogan is "Take a bike, plant a tree, make the world a better place for you and me!"



Faiza Ibrahim, of Crossfield Elementary School, winning slogan.

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Streets of downtown Herndon were filled with booths selling jewelry, furniture, crafts, photography and fine art during the 35th Annual Herndon Festival.



North Carolina woodcrafter Keith Hartman was one of the many artists who brought merchandise to the 35th Annual Herndon Festival in downtown Herndon. The festival ended on Sunday, May 31.

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

ONGOING

THROUGH SUNDAY/JUNE 28

HestiaMa'at Exhibit. ArtSpace Herndon, 750 Center Street, Herndon. In Hestia Ma'at artists Milagros Pongo from Paraguay/Peru, Alex Garcia from the Dominican Republic, Celso Trufel, from the Dominican Republic, and Vicky Benitez, from Uruguay/Paraguay present a bold exhibit of art and photography resonating with the artists' spirit of inner peace and faith in life.

THROUGH FRIDAY/AUG. 28

Herndon Friday Night Live. 6:30 p.m. 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. Visit herndonrocks.com/schedule.php for more.

SATURDAYS/MAY 30-SEPT. 5

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

THURSDAY/JUNE 4

Community Cookouts. 5 p.m. Hunters Woods Pool, 2501 Reston Parkway, Reston. Bring the family out for a free cookout at the pool. Cookouts are co-sponsored by Reston Association and the Reston Community Center. Hot dogs, hamburgers, chips and drinks are provided along with live music. **Farmers Market.** 8 a.m. - 12:30 p.m. Old Town Herndon, 700 block of Lynn Street, By the Red Caboose. Every Thursday vendors sell products they grow and are located within a 125-mile radius.

FRIDAY/JUNE 5

Ikebana International Special Event. 10 a.m. Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Ikebana is the ancient art of Japanese flower arranging. There will be a Ginza, starting at 10 a.m., featuring pottery and Japanese artifacts, with a small exhibition of flower arrangements from members of different Ikebana schools. Luncheon will be seated at 11:30 a.m., followed by the demonstration at 1 p.m. It is possible to attend only the demonstration, if wished. The guest demonstrator is Naohiro Kasuya, Iemoto(headmaster) designate of the Ichiyo School of Ikebana, Tokyo Japan. His father, Akihiro Kasuya, the current headmaster, is traveling with him.

SATURDAY/JUNE 6

Hestia Ma'at Exhibit Artist Reception. 7-9 p.m. ArtSpace Herndon, 750 Center Street, Herndon. An opening reception of this bold exhibit of art and photography resonating with the artists' spirit of inner peace and faith in life. The exhibit and artists reception are free and open to the public.

The 2nd Annual Born to Run Memorial 5K and Family Fun Run. 8:30 a.m. Sponsored by the Franklin Middle PTA, it's in tribute to former Franklin P.E. teacher Jannine Parisi, a domestic-violence victim who died Nov. 20, 2013. The majority of

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CALENDAR



“Inter-Play” is a show of a new series of oil and acrylic paintings by Claudia Samper on exhibit from June 5 until July 2 at Reston Art Gallery & Studios, 11400 Washington Plaza.

proceeds will go to the National Alliance on Mental Illness of Northern Virginia. All participants will receive medals, and those registered by May 24 will receive commemorative T-shirts. For more information and to register, go to <https://pracing.enmotive.com>.

History of the C&O Canal. 2 p.m. Reston Regional Library, 119235 Bowman Towne Drive. Mike High, author of the C&O Canal Companion, will present an illustrated lecture on the ways Great Falls, the Potomac River, and the C&O Canal shaped the history of Northern Virginia. Books will be available for sale and signing. Adults.

Herndon Fortnightly 20th Birthday. 11 a.m. Herndon Library, 768 Center Street, Herndon. Beautiful Fortnightly Library building opened its doors in June 1995. Help us celebrate our birthday with crafts, stories, a balloon artist, and other party activities. Story time starts at 11 a.m., with crafts and balloon artist from 12-2 p.m. All Ages.

SUNDAY/JUNE 7

Solar Oven Workshop. 2 - 4 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults and children 10+ years. Solar ovens use sunlight to slow cook or warm foods without electricity or other fuel sources. Join us for a solar cooking demonstration and build a simple oven to take home for your yard or next camping trip. All supplies and recipes provided. Co-sponsored by Reston Community Center. Reservations required by June 3. Fee: \$7/person RA members, \$9/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

MONDAY/JUNE 8

Fun with Eric Carle. 9 a.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Children are introduced to a variety of Eric Carle books while playing games and learning about life cycles and nature. The fun includes arts and crafts, puppetry, acting, hiking and songs. An activity fee of \$5 is due on the first day. Bring snack, lunch and drink daily. For information call 703-689-3104. (Katydid Camps) to register, call 703-222-4664.

WEDNESDAY/JUNE 10

Precious Preschoolers. 11 a.m. Herndon Library, 768 Center Street, Herndon. Jump and Jam: We will rock to stories, songs, and rhymes

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Time-honored Festival Returns to Herndon

Town celebrates 35th Annual Herndon festival.

By RYAN DUNN
THE CONNECTION

Thursday, May 28 was the first day of the 35th Annual Herndon Festival, a time-honored event for historic downtown Herndon. This year featured many of the same favorite events including carnival rides, music entertainment and fireworks. The streets of downtown Herndon were filled with booths selling jewelry, furniture, crafts and fine art. The festival ended on Sunday, May 31.

The Herndon Festival Business Expo was held on Saturday and Sunday along historic Pine Street. Over 50 business vendors were available to have conversations and discuss a variety of businesses including home improvement, health and wellness, animal care, education, insurance and more. Herndon Community Television, HCTV, provided live coverage of the festival. “I think the festival is a good way for the community to become stronger,” said Herndon High school sophomore and HCTV volunteer Allie Kassraie.

The festival took place in downtown Herndon, on Lynn Street and surrounding areas.

Offsite parking and shuttle buses from Herndon High School and Worldgate was available. Admission to the festival was free, while tickets were required for carnival rides.

There were four entertainment

stages with a variety of musical acts each day, including a Fleetwood Mac tribute band, a Simon and Garfunkel tribute band, hip-hop, country, and more. There was a Kids Alley stage with entertainment such as the Unicycle Lady, Monkey Man, mimes and jugglers.

Signe Friedrichs, ED of the Council for the Arts of Herndon, said, “The children’s hands-on art area was magnificent this year. Chair Elysa Birman came up with some amazing crafts. Potter’s Fire’ owner Mike Faul provided the amazing chalk art created by Melody Sarecky, and hundreds of volunteers turned out to make this the best event ever!”

“The festival introduces a lot of people to our business here,” said Herndon resident and Great Harvest Bread employee Walter Little. Runners participated in the 2015 Herndon Festival 10K and 5K races, held on May 31. Both the 10K and

5K courses were USATF certified. Awards were presented to the top two finishers from each age group from the 10 and under, to 70 and over. Following the race, participants enjoyed refreshments, door prizes, music and an award ceremony. Leaders in the 5K were Andrew Goldman with a time of 00:15:52, and for the 10K Dickson Mercer at 00:34:40.

The outdoor festival created a dynamic experience combining the fun of an outdoor concert series with the thrill of a summertime carnival. Throughout the four-day event, there were two fireworks displays, as well as a Roller Derby demo on Thursday and Wind Art Display on Saturday. Major sponsors for this year’s festival included Volkswagen Group, Dulles Electric, Flagship Carwash and Xfinity.



Carnival rides were one of the attractions in this year’s annual Herndon Festival. The outdoor festival creates a dynamic experience combining the fun of an outdoor concert series with the thrill of a summertime carnival. Throughout the four-day event, there were two fireworks displays.



Herndon Community Television volunteers helped provided live coverage of the 35th Annual Herndon Festival held from May 28-31 in downtown Herndon. Pictured are Herndon High students Jack Norcross and Emily Yen.

PHOTOS BY RYAN DUNN / THE CONNECTION.

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SPORTS

South Lakes senior Tess Rayle allowed two runs — one earned — in six-plus innings in the pitcher's circle and went 2-for-4 at the plate against South County on May 29.



PHOTO BY LOUISE KRAFFT/THE CONNECTION

South Lakes Softball Falls to South County in Region Tournament

Seahawks finish season with winning record.

BY JON ROETMAN
THE CONNECTION

With the score tied and the bases loaded in the bottom of the seventh inning, the defending state champion South County softball team had the chance to finally shake the up-and-coming South Lakes Seahawks and advance to the 6A North region quarterfinals.

Next up in the Stallions batting order: Cara Yates. Did head coach Gary Dillow have any advice for his shortstop?

"She's a senior. She's been through a lot," Dillow said. "... I didn't need to say anything to her."

Yates came up clutch, driving in the game-winning run with a single as the Stallions defeated the Seahawks 2-1 on Friday in the opening round of the regional tournament at South County High School.

A SINGLE by South County second baseman Sydney Haas, a walk to pitcher Aubrey Bates and a single by center fielder Victoria Figueroa loaded the bases with no outs in the bottom of the seventh, setting the stage for Yates. The senior shortstop fell behind 0-2 before pulling a pitch through the left side of the infield.

"I was just pretty much looking to get the ball in play because I felt like if I just hit it hard somewhere we would get a run in," Yates said, "and if I didn't, I knew the people behind me would."

South County was scheduled to face Robinson on Monday in the region quarterfinals.

Yates and sophomore Haas each finished 2-for-3 at the plate. Figueroa, a freshman, went 2-for-4. Senior third baseman Elyssa Dunn and Bates each had a double, and senior first baseman Riley Wilkinson had a single.

Yates' walk-off single gave South County its only lead of the night against a South Lakes team making its first regional tournament appearance in at least five years. The Seahawks, the No. 3 seed from Conference 6, took a 1-0 lead in the top of the third inning, when third baseman Jazmyn Stokes' single and a South County error allowed a run to score.

The Stallions, the No. 2 seed from Conference 7, tied the score during the following half inning when a South Lakes error allowed a run to score.

South County pitcher Aubrey Bates took over from there, surrendering just a pair of infield singles dur-

ing the final four innings. The junior right-hander earned the win in the pitcher's circle, allowing one unearned run on seven hits while walking one and striking out four in seven innings.

South Lakes had at least one runner in scoring position in four separate innings, but managed just one run.

"She did great," Dillow said about Bates. "She didn't have her best stuff tonight and she just kind of battled through. They had some good at-bats and they had quite a few baserunners. Aubrey pitched out of jams when she got into them. I'm very happy with her performance tonight."

Former South County standout Rebecca Martin was the Stallions' go-to pitcher in big games during her four-year career, culminating with a victory in the 2014 state championship game. Did Bates feel any pressure taking over the role of regional-playoff pitcher?

"I didn't really feel much pressure," she said. "I just went into it like any other game."

Winning Friday's game kept South County's season alive and improved the Stallions' record to 17-5. Meanwhile, South Lakes ended its most successful season in recent years with a 14-9 record.

"These guys truly turned the program around in the last few years," said first-year head coach Carlos Soto, who spent the previous six seasons coaching the JV program. "South Lakes hasn't had a great history of getting his far."

SENIOR PITCHER Tess Rayle gave the Seahawks a chance to win both in the circle and at the plate. The right-hander allowed two runs — one earned — on nine hits in six-plus innings. She walked one and struck out three.

"I don't know what their pitcher was throwing," Dillow said. "She was very crafty. [She] kept us off balance. We didn't get a whole lot of good swings on the ball."

At the plate, the South Lakes' leadoff hitter and only senior starter finished 2-for-4, including a double to deep left-center in the top of the first inning.

"At the beginning of the season, Tess was probably batting fifth, sixth," Soto said. "She worked her way up to bat [in] the leadoff spot and she was our spark almost every time she was there."

Sophomore third baseman Stokes, sophomore catcher Danielle Barr, sophomore center fielder Natalie Pritz, sophomore shortstop Rachel Abelson and junior first baseman Anne DiMaio each had a single.

Rayle earned first-team all-conference honors. Stokes was a member of the all-conference second team.

HERNDON CONNECTION SPORTS EDITOR JON ROETMAN
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PHOTO BY ED LULL

The South Lakes girls' 4x400 relay team of Claire Nieuwsma, Jordan Lozama, Golden Kumi-Darfour and Devyn Jones turned in a record-setting performance at the 6A North region meet.

South Lakes Girls' 4x400 Relay Team Sets Record at Regionals

With all four members running sub-60 minute splits, the South Lakes girls' 4x400 meter relay team won the event and eclipsed a 28-year-old region meet record at the 6A North region outdoor track and field championships on May 30 at Robinson Secondary School.

Seniors Jordan Lozama (58.1), Claire Nieuwsma (57.7), junior Golden Kumi-Darfour (56.5) and sophomore Devyn Jones (59.7) ran a 3:52.50 in winning the event and setting the record. The previous mark of 3:54.01 was set by Hayfield Secondary School in 1987.

Both the boys' and girls' SLHS teams finished sixth in the 26-team event.

The girls' 4x800 relay team of freshmen Olivia Beckner and Emily McGrath and juniors Monica Lannen and Kumi-Darfour finished fifth with a school-record time of 9:24.37. Sophomore Nikayla Hoyte and seniors Ozioma Chinaka, Comfort Reed and Samantha Webb ran a 50.01 for fourth place in the 4x100 meter relay.

Along with their relay accomplishments, several members also did well in individual events: Jones was third in the 100-meter hurdles (15.26) and fifth in the 300-meter hurdles (47.26). Kumi-Darfour took third in the 800 meters (2:16.83), Nieuwsma finished fifth in the 400 meters (59.21) and Webb was seventh in the 100 meters (12.78). Senior

Natalie Schauer scored for the Seahawks with her eighth-place finish in the discus throw (96-04.00).

Senior Nathan Stone led the boys' team with a photo-finish victory in the 110 high hurdles (14.84). Junior Anas Fain finished third in that event (14.78) as well as in the 300-meter hurdles (39.58). Fain teamed with juniors Nikolai Waithe, Skander Ballard and senior Sam Arpee for third in the boys 4x400 meter relay (3:22.59). Ballard, junior Eric Kirlew, senior Timothy Logan and sophomore Timiebi Ogobri ran a 43.59 for sixth place in the 4x100 meter relay.

In individual events, Kirlew finished fifth in the triple jump (44-11.75), senior Jeremiah Norman was seventh in the discus (129-02.00), junior Alex Rudison also placed seventh in the pole vault (12-00.00) and Ogobri was sixth in the 100 meters (11.38). Arpee, who ran a state qualifying time of 50.16 in Friday's preliminaries, finished seventh in the 400 meter finals (51.07).

On the opening day of competition (May 28), junior John LeBerre and seniors Andrew McCool, Collin Weirick and Sean Miller finished ninth in the 4x800 meter relay but with a state qualifying time of 8:08.06.

SLHS will have all six relay teams competing in the 6A State Championship June 5-6 in Newport News.

Nysmith 'Know Brainers' Keep on Competing

Eighth graders take "You Be the Chemist" and Odyssey of the Mind challenges.

BY ANDREA WORKER
THE CONNECTION

The school year is coming to a close – but that doesn't mean there isn't time for the students at the Nysmith School in Herndon to squeeze in a few more competitions and maybe a trophy or two before that last bell rings.

Eighth grader Shaan Bhandarkar did his school proud recently, being one of only four students from Fairfax County to reach the "You Be the Chemist" State Challenge in Suffolk, Va. Presented by the Chemical Educational Foundation, the competition is a national contest that encourages students in grades 5-8 to explore chemistry and STEM (Science, Technology, Engineering and Math) concepts. The contest is in a quiz-bowl format, and the students take on the challenge as individuals, rather than in teams. Going at it alone didn't seem to phase Bhandarkar as he made his way through the practice, school and regional rounds to the state event, answering the series of questions with only 10 seconds allotted for each one.

Bhandarkar has participated in math competitions in the past, but this was his first foray into chemistry at a competitive level. "I am pretty passionate about chemistry," he said. "This seemed like a really great opportunity to learn more and to go beyond the classroom and our regular curriculum."

While Bhandarkar wishes he could have taken the state crown and advanced to the nationals ("I would have liked to have done that and gone even further for my school and all the people who supported me.") his reasons for entering the competition were more personal and long-term than the first prize title.

"This experience helped me prioritize my time and my learning methods. This is a step towards other things I can learn and accomplish," Bhandarkar said.

While Bhandarkar was busy preparing to be regularly peppered with questions about chemistry, another group of Nysmith students were stretching their educational horizons as the school's "Odyssey of the Mind" team.

CALLING THEMSELVES the "Nysmith School Know Brainers," eighth graders Bryce Nabulsi (Great Falls), Chris Huynh (Potomac Falls), Anika Schipma (Oakton), Chris Nguyen (Chantilly), Maxwell Jones (Herndon) and Ilina Gobburu (Herndon) started getting ready months ago to defend their State Championship Title and take aim at nationals held May 20 – 23 at Michigan State University in East Lansing, Mich.

"Odyssey of the Mind" is the largest in-



Shaan Bhandarkar, of Potomac Falls, is an eighth grader at The Nysmith School in Herndon. A member of the school's "MathCounts" team and a winner of the school's annual Science Fair, Shaan turned his academic attention to the individual "You Be the Chemist" competition, going all the way to the State Challenge this year. "It was a great experience," said Shaan. "I had never focused on chemistry like this before, so I learned a lot."



From left — Bryce Nabulsi, Anika Schipma, Ilina Gobburu, coach Marwan Nabulsi, Chris Huynh, Maxwell Jones and Chris Nguyen took time out of their busy schedules and their preparations to talk about their experiences as the Nysmith School's "Know Brainer" Team.

ternational creative problem-solving competition, with some 800 teams, ranging from kindergarteners to college-aged students from around the U.S. and 25 other countries registered to compete in their age and geographic divisions. Maybe it's experience talking (this group, with the exception of newest team member Chris Huynh, has been participating in the event for four years), but the Know Brainers didn't show any signs of pre-finals jitters during an interview at the school.

"Sure, I get a little nervous about things I can't control," admitted team member Nabulsi, "but you get help from the whole team during the competition. They're your backup, and we have learned to improvise when we need to."

Anika Schipma agrees. "One time we had a problem with our presentation, but the rest of the team just fixed things as we went and I didn't even know there had been a problem until afterwards." It probably helps that the team actually does presentation

'Know Brainers' Compete in World Finals

The Nysmith School "Know Brainers" are back from the World Finals of the "Odyssey of the Mind" competition at Michigan State University, held between May 20 - 23. After winning their division in the Virginia State event, the eighth graders finished in eighth place out of the 46 teams that competed in their division and their chosen problem. It's the team's fourth straight year to reach the finals.

PHOTOS BY ANDREA WORKER/THE CONNECTION

"fire drills" to practice for potential pitfalls, or it could be that the team has chosen "Experiencing Technical Difficulties" as their problem to work and present.

Tasked with designing, building and demonstrating various devices, the team has to work within a theme where technical failures occur and must be resolved. The competition includes a "hands-on" piece, a verbal portion, and a combination of both, as well as a spontaneous segment. There is a list of tasks that must be included in the problem-solving endeavour, they are scored on how creatively they present their solutions, and there's one more major twist – all of their creations must be powered by rubber bands! If that requirement wasn't enough to make a few heads spin, when the students compete, their project paraphernalia must fit into no more than two boxes of specific measurements and must be constructed on site as part of the competition.

THE TEAM has worked their chosen problem throughout the school year and already presented their efforts at the regional and state events, "but it keeps changing," said Maxwell Jones. "You take the feedback you get and go back and adapt your project to make it better and give your team a stronger chance at going all the way." Making changes along the way doesn't throw the members of the "Know Brainers" at this stage of their journey. The hardest part according to Schipma, with nods and lots of vocal agreement from all, was the brainstorming and decision-making sessions before everyone was agreed and the project could begin taking shape. The Nysmith gang agreed that this was a long, but effective process and came with its own benefits, like learning to listen, to compromise and to work as a team. "And even some carpentry skills," laughed Ilina Gobburu.

With their graduation from the Nysmith School looming, these youngsters are focused and ready for their final competition, but admit that it will be difficult to say goodbye. "We've built such a great bond," said Nabulsi, "with each other, with other school friends and our great teachers."

Weight For It; Wait



By KENNETH B. LOURIE

Given some post-chemotherapy eating challenges I've experienced during the past few months, and the subsequent weight loss which has occurred, my oncologist has prescribed Dronabinol, common brand name: Marinol. Dronabinol, a.k.a. THC, is "a man-made form of the active natural substance in marijuana" synthesized to stimulate my appetite. It's been my observation over the six-plus years that I've been a chemotherapy patient, that weight loss is a particularly worrisome indicator. Steps are often taken to make sure that the patient – especially during the six-hours-per-day, three-days-a-week, heavy-duty chemotherapy often infused at the beginning of treatment – eats regularly and ingests sufficient vitamins and nutrients. Though I haven't suffered too much of late, other than the eating/tasting problem I've described, my oncologist was quick to this fix. No eating is no good. And even though the potential side effects: "dizziness, drowsiness, confusion, feeling 'high,' an exaggerated sense of well being, lightheadedness, nausea, vomiting or stomach pain," don't exactly turn me on; neither do they bum me out. I need to eat – doctor's orders – so if marijuana pills are the ticket, then I'm ready to buy. Someone has to do it, and as a cancer patient/survivor trying to stay in the game, these pills are a much appreciated resource to help fend off an evil adversary.

This is a road I have been down before – in the 70s, but that was more of a pleasure trip. This is a completely different road – and trip, and therefore one that requires thinking and treating outside of the box, if necessary. And since I don't want to be boxed, I need to remain open to remedies and alternatives that might offer a glimpse into a future that six years ago was not assured. In fact, assurances were the last thing I was given. What I was given, as you regular readers know, was a "13-month to two-year" prognosis with a corollary admission from my oncologist: "I can treat you but I can't cure you." Having successfully navigated an extremely bumpy road since February, 2009, I am still afraid for myself and fearful of my circumstances. Nevertheless, giving in is not an option. Nor is giving up. These pills are just another addition to my ever-expanding arsenal (most recent additions: wheat grass, beta glucans, dandelion root, milk thistle). This is a dynamic time in cancer research and when one considers the conventional along with the non-conventional, there are reasons for hope and dare I say, excitement, for our respective futures.

It's ironic to consider that back in the day, smoking marijuana was thought to possibly contribute to or even cause lung cancer and now, decades later, it is being prescribed by oncologists for their lung cancer patients to help them cope with the side effects of their treatment. When we first met my oncologist, it was mentioned that I smoked pot in the 70s and perhaps that was a cause of my current diagnosis. The doctor's response was that he wasn't interested in the past; he was only interested in the present/future and treating me forward. And so too have I embraced that philosophy. My life now is about securing a future, not explaining a past.

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

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

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

**30
Days
for \$30**
No obligation

*Some restrictions may apply. See club for details.

WE CHANGE LIVES

"One word for me that describes the Koko experience – transformative. At the age of 46 and after not working out for 16 years, I joined



the 30-day [trial] this past summer to try something new. I had no energy, I was overweight, and saw a pretty bleak future physically for the path I was on. After a couple of weeks I was hooked... The whole program is arranged for me, taking into account my strengths/weaknesses and ensuring that I continue to progress. I'm now wearing the same size pants as my college days. It really is true that lean muscle and fitness is the fountain of youth. My girls are appreciating a MUCH more active dad. If every gym in the country had this system, I think we'd have a lot more happy people who have transformed their lives as well."

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance



were not what they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

~ Karen Spahn, Member,
Koko FitClub, Reston

Koko
A Digital Gym

**Changing lives right here
in Northern Virginia**

To get started with your 30-day trial,
simply call or stop by a location below.

Koko FitClub of Great Falls | 571-612-2330
Koko FitClub of Herndon | 571-612-2331
Koko FitClub of Reston | 571-612-2333
Or click! try.kokofitclub.com/30daynova