

Reston Hosts Sprint Triathlon

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From left, Nathan Richardson and Koen Van Winkle ride during the cycling portion of the Reston Sprint Triathlon Sunday, June 3.

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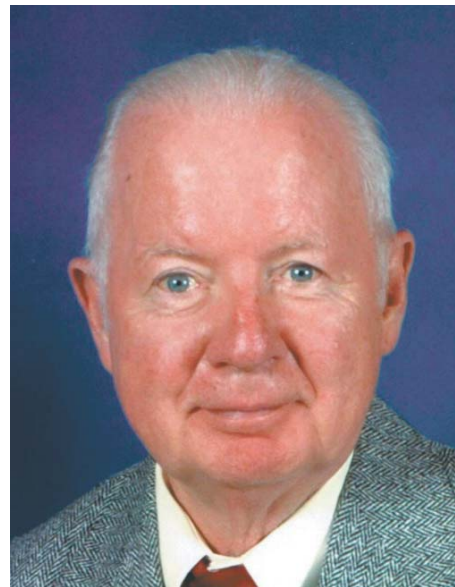
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OBITUARY

Francis M. (Frank) McClarnon, of Reston, Dies


Longtime Reston resident Francis M. (Frank) McClarnon passed away on May 29, 2012, at Reston Hospital, after suffering a stroke on May 19. Frank moved to Reston in 1974 with his wife, Agnes, and four children, Mary Alice (Jay) Minnix, John (Carol) McClarnon, Michael McClarnon, and Martin (Tina) McClarnon. Known to many as "Uncle Frank," he was a coach for Reston Soccer Association, a longtime member of the Blackthorn Stick and Northern Virginia Ceili (Irish dance) Clubs, and a member of St. Thomas a Becket and St. John Neumann Catholic communities. Born and raised in the Bronx, N.Y., by Mary Sheridan McClarnon of County Mayo, Ireland, and Fred McClarnon of County Fermanagh, Ireland, Frank earned his Ph.D. in Civil/Structural Engineering from Carnegie Institute of Technology (now part of Carnegie Mellon University). He then worked as a professor of civil engineering at Fenn College in Cleveland, and Brooklyn Polytechnic Institute (now Polytechnic Institute of New York University). He spent most of his career with McDonnell-Douglas Automation, in St. Louis, Missouri, and in 1974 transferred to Falls Church, Va., at which time the family moved to Reston. Frank worked for the U.S. Defense Mapping Agency for the last 12




Francis M. (Frank) McClarnon

years of his career, and after retirement, tutored local high school students in math and physics. A devoted family man, Frank is survived by his wife and children, as well as by his four grandchildren, Cara and Diana Minnix, Sean and Matthew McClarnon, and his sisters, Betty (Brian) Daly and Marion (Tom) Farrell.

In lieu of flowers the family asks that memorial contributions be made in his name to the Wounded Warrior Project online at www.woundedwarriorproject.org.



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Goats at Kidwell Barn at Frying Pan Farm Park, where an assault of two goats, a calf and a chicken occurred sometime between the night of May 26 and the morning of May 27.

PHOTOS BY
ALEX McVEIGH/
THE CONNECTION



Reward Offered In Frying Pan Attacks

\$7,500 offered for information leading to arrest and conviction.

BY ALEX McVEIGH
THE CONNECTION

The Fairfax County Park Authority announced a \$7,500 reward for information leading to the arrest and conviction of the person or persons suspected of attacking animals at Frying Pan Farm Park sometime the night of May 26 or the morning of May 27. The slashing attacks left a chicken, a calf and two goats wounded.

The reward money was donated by a group of anonymous citizens who were concerned about the attack, as well as the Friends of Frying Pan Farm Park.

"The community has always supported Frying Pan Farm Park, even through this instance, and we've had an outpouring of anonymous donors for a reward," said Jack Pitzer, president of the Friends of Frying Pan Farm Park. "We're so excited by the support for this park during this time, by their support of the park and the raising funds for this reward."

OFFICER BEVERLY SELLERS of the Fairfax County Police Department Reston District said she met with park staff last week to make sure people are aware of the surroundings.

"There is a very, very well equipped staff here at the farm, and the police department cares about these animals and wants to see this case solved," she said.

Park Manager Tawny Hammond brought out the calf, Henry, who still has stitches in his head.

"The stitches should be coming out next week, he's been doing very well," she said. "He's healing nicely and should hopefully be ready for the 4-H Fair we host at the beginning of August, and the other goat, calf and chicken are healing nicely."

Hammond said the animals are generally used to interacting with humans and wouldn't have reason for fear prior to the attacks.

"Of course initially they were traumatized, because what happened was horrible, but they're on the mend," she said. "It did change their behavior a little, but they're rebounding."

The barn at the park can be left unlocked and open due to fire and heat concerns, depending on the weather. The staff have implemented security mea-



Frying Pan Farm Park Manager Tawny Hammond feeds Henry, one of the animals that suffered cuts on the head in a slashing attack last weekend.

sures at the park

"We don't want to divulge specific actions that will be taken, but we have met with staff and we have put in security to protect staff and volunteers. All of our staff work as buddy pairs and we have radios on site," said Judy Pedersen, spokesperson for the park authority. "Security has been beefed up, and we believe that visitors to the park, as well as our animals, will be safe."

THE MAY 26 ATTACKS came one month after a possibly related slashing attack on three horses on an adjacent farm on April 26. Police spokesperson Lucy Caldwell

"Since we've had two separate incidents, it does elevate in the minds of detectives investigating this case," she said. "Detectives and animal control officers are investigating both cases, and we have many of the same detectives on both cases. At this point, other than the proximity and location, we don't have a lot of physical evidence that we can talk about that would link them. But logically, it makes sense that we'll be working them together."

Fairfax County Board of Supervisors Chair Sharon Bulova was on hand at the Monday press conference, and even helped feed Henry and show him to farm guests.

"I don't know how anyone can even comprehend hurting an animal like this," she said.

Information about the incidents can be reported to the Fairfax County Police Department Crime Solvers by phone at 866-411-8477, online at www.fairfaxcrimesolvers.org, or by texting TIP187 plus a message to 274637 or by calling 703-691-2131.

Cows with Attitude

Frying Pan Park is a model for Plourde and Reed's Udder-ly Witty picture book.

BY ERIN HODGE
THE CONNECTION

"And the cows meant it," the final line of "Only Cows Allowed," was the starting point for author Lynne Plourde. "It just popped into my head one day," she said. "The cows had some attitude."

Anyone who reads "Only Cows Allowed" can see the cows' attitude for themselves—their spunk is evident in the story and the accompanying artwork done by Rebecca Harrison Reed of Clifton. "I've always wanted to illustrate a humorous story about animals," said Reed. "And Lynne is a very humorous writer. An effective marriage of art and text makes it a success as a picture book."

And a success it was. On June 4, Reed will travel to New York City for the National Independent Publisher Book Awards, in which "Only Cows Allowed" earned the bronze award for all ages. And indeed, the book can be enjoyed by children as well as their parents.

"It's important when writing a book to consider how the reader feels," explained Plourde. "You need to tap into their emotions, and identify with them." The puns and word jokes run abundant in "Only Cows Allowed," making it the perfect book to read aloud to children.

Plourde's clever wordplay is only complemented by the facial expressions of the animals in Reed's drawings, based on the animals she observed in Herndon's Frying Pan Farm Park. In particular, the farm's jersey cow, Dandy. "She had a funny, unique personality," Reed said. "All of the cows are somehow based on her."

"I could see how the trait's in her drawings reflected Dandy and the Park," said Nicole Falceto, a member of the Frying Pan Farm Park staff. She led Reed through the park and positioned the cows to help with Reed's observations. The experience there, according to Reed, was great fun. "I really got to know the animals—they completely lent themselves to the



Illustrator Rebecca Harrison Reed with Dandy, Frying Pan Park's Jersey cow.



Author Lynne Plourde snaps a photo of a cow with attitude.

story."

Plourde's own experience with cows on her uncle's farm in Newport, Maine was part of the inspiration for her story. "He's crazy about his cows," she said with a laugh. "He might love them more than his wife!"

"Only Cows Allowed" takes place on a New England farm, displaying the influence these experiences had on her. "Just taking one good picture with those cows was nearly impossible; you can't control them, so you just keep smiling and wait for them to do it on their own time."

Whether they're in Newport, Maine or Herndon, cows have attitude. Plourde and Reed experienced this firsthand, and their collaborative story "Only Cows Allowed" is the perfect way to tell that tale.

Community Services Budget Under Scrutiny

\$8 Million budget hole threatens programs, public review underway.

By VICTORIA ROSS
THE CONNECTION

The Fairfax-Falls Church Community Services Board, which provides social services to thousands of the county's most vulnerable residents and has come under fire for an \$8 million budget shortfall, was given a temporary reprieve by the Fairfax County Board of Supervisors.

At its May 22 meeting, the board ultimately approved a plan that directs the Human Services Council to collect input from the public and social service advocates - a plan that temporarily takes critical services provided by the CSB off the chopping block.

But the decision was not a simple one, and came after vigorous debate and calls for more financial scrutiny of the agency, which administers social service programs to more than 22,000 county residents.

After the meeting, Supervisor Jeff McKay (D-Lee) said he would like to see an independent audit of the agency to examine the scope of the CSB's financial problems.

Supervisor Pat Herrity (R-Springfield), in a May 25 letter to the Auditor of the Board, also suggested a financial review of the agency "to ensure that the CSB is not unnecessarily wasting money, considering their looming budgetary problems."

RELATIONS between the CSB and the board have been strained since the agency revealed a larger-than-expected budget deficit in early May. Some supervisors suggested the information about the financially troubled agency came too late in the budget process to adequately explore the reasons behind the shortfall and develop viable solutions.

"It troubles me that we're stuck with this here, stuck with this now, and we're not in budget (discussions) where we can do anything about it," said Herrity, who suggested that the CSB look to private health insurance companies to help to offset the cost of services. "We want people who don't have private health insurance to be able to get into the program."

During fiscal year 2013 budget hearings in the spring, the social services agency raised a red flag when it announced it had, for the first time in its history, started a waiting list in March for services delivered by the Infant & Toddler Connection.

The ITC provides evaluations and early intervention services for infants and toddlers (up to age three) who have a developmental delay. Therapies include physical, speech, occupational and vision and hearing. Any delays in treatment, according to medical experts, can compound and intensify developmental delays, creating signifi-



Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) and Supervisor Penny Gross (D-Mason) questioned George Braunstein, the director of the Fairfax-Falls Church Community Services Board, about current and projected budget shortfalls that threaten the agency's programs.

Public Meetings

At its May 22 meeting, the Fairfax County Board of Supervisors directed the Human Services Council to offer the public a chance to review, evaluate and comment on the CSB's proposed budget management plan. There will be three public meetings:

❖ Organizations and Advocacy Groups: Monday, June 4, at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center

❖ Families and Consumers: Monday, June 11 at 7 p.m. in rooms 230 A and B, 2nd floor of the Pennino Building. In addition, individuals may participate in a phone question session at this meeting by calling 703-324-2001.

❖ Organizations and Advocacy Groups: Monday, June 18 at 7:30 p.m. in conference center rooms 9 and 10 in the Fairfax County Government Center.

To sign up in advance to speak at the meetings, to request ADA accommodations or to submit written comments, contact Dwight Curtis at Dwight.Curtis@fairfaxcounty.gov. Or call 703-324-5630, TTY 711.

To submit comments online, visit www.surveymonkey.com/s/fairfaxfallschurchCSBplan.

The Human Services Council will consider all input and present recommendations to the Board of Supervisors at its July 16 meeting.

cant learning problems when children enter school.

During the second tense meeting with CSB director George Braunstein on May 22, board members expressed unanimous frustration and disappointment that the agency was considering scaling back services for at-risk children, people with intellectual disabilities and substance abuse problems to address the current \$8 million shortfall that is projected to increase to \$9.4 million in the fiscal year 2013.

Supervisor Penny Gross (D-Mason) said earlier proposals by the CSB to close budget gaps - such as shutting down substance abuse treatment centers and facilities for adults and children suffering from mental illness - were unacceptable.

"I don't like being in this position because I've generally tried to be very supportive of things at the CSB, but I am really uncomfortable with these recommendations and I'd like to be able to say no because it cuts services," Gross said. "But if I vote no on recommendations, where else do we go? I guess I'm just venting, because I don't have a suggestion of what we need to do. I am extremely unhappy."

"I don't want anyone to think we're approving recommendations everyone is troubled by," said Chairman Sharon Bulova (D-At-large). "We're looking for ways to mitigate the reductions that were presented."

Braunstein told the board a combination of factors led to the agency's deepening financial crisis, including reduced federal funding and a steep increase in demand for CSB services. The demand for ITC services has jumped 38 percent in the past two years, and 165 children are currently on the waiting list, Braunstein said.

"The CSB, at least during first three years, managed to absorb local budget reductions and not reduce access to services," Braunstein said. "The strategies we used the last three years just didn't work this past year."

In fiscal year 2011, CSB expenditures totaled approximately \$155 million dollars. In February, the CSB notified the county of a potential \$8.3 million hole in its current budget, which prompted the board to establish a \$4.2 million cushion during the budget discussions.

Bulova noted that CSB programs in other parts of Virginia are funded with a combination of federal and state dollars.

"In Fairfax County, the reverse is true. We pay about 70 percent of CSB programs, and we do as much as we can because these are populations we care deeply about," Bulova said.

During the board's discussion, several supervisors questioned whether it was even necessary to approve any of the interim measures before them.

"The fundamental question I have is why



George Braunstein, the director of the Fairfax-Falls Church Community Services Board, appeared before the Fairfax County Board of Supervisors for the second meeting on May 22.

are we acting on this period? Why does this need our stamp of approval," said Supervisor Jeff McKay (D-Lee).

After some deliberation about the need for the board's approval, the board approved a "plan process" that includes public forums facilitated by the Human Services Council.

The Human Services Council will facilitate a public review process to prioritize, review, and evaluate the impact of the CSB's proposed budget management plan on individuals, families, provider network, and the human services system.

THE BOARD also authorized the following interim actions for the Community Services Board. The measures, Bulova said, are first steps before more comprehensive actions are taken to address the projected budget shortfall:

❖ The Infant and Toddler Connection (ITC) early intervention services waiting list will be maintained while continuing CSB-provided assessment and facilitation of potential next steps and resume early intervention referrals as State funding is available.

❖ Employment and day services will be initiated for 19 new high school graduates with intellectual disability who have urgent needs upon graduation.

❖ The allocation of contract rate adjustment funds to CSB contractors will be suspended pending final carryover decisions by the Board of Supervisors.

❖ All measures to contain costs through further efficiencies and probationary staff reductions will be immediately taken.

"The CSB serves our most vulnerable populations in Fairfax County. In partnership with the CSB, Advisory Groups and organizations, and with our County workforce we will work our way through this challenge," said Bulova.

NEWS



Evelyn Ramirez of Community Canteen adds a dollop of homemade whipped cream to fresh pound cake with berries at the 2011 Taste of Reston Festival.



Crowded Streets, the self-proclaimed "second best Dave Matthews Band" performs on the main stage Saturday, June 18, 2011 at the Taste of Reston.

PHOTOS BY ALEX McVEIGH/THE CONNECTION

Celebrating Taste Of Reston

**At Reston Town Center
June 15-17.**

Taste of Reston, recently voted 2012 Best Food Festival of Northern Virginia by Virginia Living, is expected to draw record crowds to Reston Town Center. Produced by the Greater Reston Chamber of Commerce, this event features the region's best cuisine, family activities, live entertainment, a weekend-long carnival and a new Wine 'n Dine section with cooking demonstrations from local chefs. For the first time in the festival's 20 plus year history, non-perishable food donations will be collected in support of the Capital Area Food Bank as part of the 2012 Governor's Bowl Chamber Challenge Food Drive.

Beginning on Friday, June 15 at 3 p.m., restaurants and vendors will line the streets of the Reston Town Center. Live music will fill the air with favorites such as The Fabulous Daltones, the Fuzz and Almost Journey. Guests can learn how to cook with wine and re-create their restaurant favorites at home in the new Wine 'n Dine section. The YMCA Fairfax Reston will offer games and prizes, Fear Factor and Man vs. Wild in the Family Fun Zone!. Kids can en-

MORE INFORMATION

- ❖ **When:** Friday, June 15, 3 p.m. – 11 p.m.
Saturday, June 16, 12 p.m. – 11 p.m.
Sunday, June 17, Carnival Only, 10 a.m. – 8 p.m.
 - ❖ **Where:** Reston Town Center, 11900 Market Street, Reston, VA 20190.
 - ❖ **Beverages:** Beers on tap include Bud Light, Dominion Ale and Starr Hill Northern Lights India Pale Ale. Wine provided by Market Cellars and The Wine Cabinet.
 - ❖ **Restaurants:** Big Bowl; Buffalo Wing Factory; Clyde's of Reston; The Counter; Hyatt Regency Reston; Il Fornaio; La Sandia Mexican Restaurant; Mamma Lucia of Reston; Milwaukee Frozen Custard; Midtown Kabob; Melting Pot; Mon Ami Gabi & Community Canteen; Obi Sushi; Paolo's Ristorante; Paradise Ice Cream; Pitango Gelato; Pollo Peru; Robeks Fruit Smoothies; Sweetgreen; UNO Chicago Grill; Vie de France; Vinifera Wine Bar & Bistro.
 - ❖ **Entertainment:** The Fabulous Daltones; Abby Miller; School of Rock; The Fuzz; Almost Journey.
- For a complete entertainment lineup visit <http://www.restontaste.com/music>.

joy the Taste of Reston Carnival open during event hours on Friday, June 15 and Saturday, June 16 with a bonus carnival day on Sunday featuring all-you-can-ride from 10 a.m. - 2 p.m. for \$25.

Taste of Reston event admission is free. Food tickets are \$1 per ticket or \$20 for 24 tickets. Carnival tickets are \$1 per ticket or \$20 for 24 tickets. Advance tickets on sale online, www.RestonTaste.com, or at the Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston.

BULLETIN BOARD

THURSDAY/JUNE 7

Coffee and Contracting: GovCon Networking. 8 a.m. Greater Reston Chamber of Commerce, 1763 Fountain Drive, Reston. Morning networking series for Government Contractors. \$10-\$15. 703-707-9045 or communications@restonchamber.org.

FRIDAY/JUNE 8

Friday Forum Business Networking. 7:30 a.m. Sheraton

Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

HYS Comets White U16 Travel

Team Tryouts. 6:30 p.m. Herndon High School, 700 Bennett St., Herndon. Trained and coached by

Todd Hamlin (USSF B License) with Total Futbol. 703-489-6686 or www.eteamz.com/hyscometswhite.
GovCon: Partnering for a Smarter Planet, Grow your Business-Network, Panel Discussion & Matchmaking with IBM. 7:30-11 a.m. IBM, 2300 Dulles Station Blvd. Dulles Station West, 1st Floor Suites 102 & 103, Herndon. Networking, panel discussion and breakfast. 703-707-9045 or communications@restonchamber.org.

Free Remodeling & Design Seminars!

Sat., June 9th — 10am-2pm

Where: 5795B Burke Centre Pkwy, Burke, VA 22015 (behind Kohl's)

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- How to Finance Your Remodel
- Reinventing Your Home for Today's Lifestyle

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reston@connectionnewspapers.com

OPINION

Primary Voting

Statewide primary on
Tuesday, June 12.

On Tuesday, June 12, Virginia will hold a statewide Republican primary for U.S. Senate, plus numerous more local primaries for U.S. House of Representatives and localities.

In the City of Alexandria, there is a critical and hotly contested contest for City Council, which has been chronicled by Alexandria Gazette Packet reporter Mike Pope. You can read the coverage online here: <http://www.alexandriagazette.com/news/Election/Alexandria>

Alexandria, Arlington and parts of Fairfax County are affected by the Democratic primary for the 8th district of U.S. House of Representatives, with U.S. Rep. Jim Moran facing former Navy pilot Bruce Shuttleworth. The winner will face Republican Patrick Murray of Arlington in November.

Reston and some other parts of Fairfax County, represented by Moran for the past 10 years, will now be in District 11; incumbent Gerry Connolly will face the winner of next week's Republican primary in November. Voters in the Republican primary in district 11 will choose between Ken Vaughn and Chris Perkins.

There is no primary for either party in the 10th Congressional District. U.S. Rep. Frank Wolf (R) will face Democrat Kristin Cabral in November.

In the U.S. Senate Republican Primary, George Allen faces Bob Marshall, Jaime Radtke and E.W. Jackson. The winner will face Democrat Tim Kaine in November.

Connection coverage of the Senate and Congressional races so far is available at <http://www.connectionnewspapers.com/news/Election/National/>

EDITORIAL

LETTERS TO THE EDITOR

Running for U.S. Senate

To the Editor:

I am a 21-year member of Virginia's General Assembly who never voted for a tax increase. I would like to ask your readers to vote for me in the June 12 Republican U.S. Senate primary.

I wrote the 2010 law challenging Obamacare which gave Attorney General Cuccinelli legal sanding to sue the Obama Administration. I voted against adding "stimulus" money to Virginia's Budget in 2009, and against "borrowing" \$620 million from the Virginia Retirement Fund to pay general obligations, and I oppose Congress shifting Social Security funds.

This year my bill passed to prevent Virginia from participating in a 2011 federal law, which allowed "detaining" American citizens without proof, trial, legal counsel or ability to face an accuser on mere suspicion of supporting terrorism. Japanese Americans heavily supported my bill. I oppose America moving toward a police surveillance state.

In 2006 I devised the one-man, one-woman Marriage Amendment to Virginia's Constitution, approved by voters. I recently led the effort to block the appointment of a social liberal activist who wanted to be a Virginia judge.

In 1976, I devised the Hyde Amendment blocking federal taxes for abortion. I support protecting the lives of all children before birth.

In 2007, I was the only cur-

rent state legislator to sue Richmond's entire political establishment: Democrat Governor Tim Kaine, the Republican Attorney General and the Republican Speaker, for supporting a law establishing unelected taxing authorities. In 2008, the Virginia Supreme Court unanimously struck down the 14 new taxes imposed by these appointed bodies.

Without my successful suit Virginians would have likely seen more unelected taxing bodies violating the principle of "no taxation without representation."

Now I am suing UVA for Michael Mann's global warming papers being used by Barack Obama to cripple America's manufacturing and energy production with needless regulations and many hundreds of billions in taxes.

I will fight to develop America's vast Coal, Oil Shale, Oil and Natural Gas resources to stop the flight of almost \$770 billion a year to foreign regimes, many hostile to America, and promote jobs, improve our economy and prevent war.

I know how to play political hardball with the parliamentary rules from my 6 years as a congressional staffer and 21 years in the Assembly.

My website is bobmarshall2012.com. My cell phone, 201-259-3756. Please vote for me at your regular poll June 12 and ask your family and friends around Virginia to do likewise. Thank you.

Del. Bob Marshall
(R - Manassas)

Vacation Time

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

Jane and I just returned last week from a wonderfully relaxing, ten-day vacation in Italy. It was our first visit to that country. We both love history, and Italy provides plenty of it. From exploring the ruins of the Coliseum and the Forum in Rome to the mercantile capital of its time in Venice and to the beauty of the arts in Florence we could not have had a better time. We discovered while driving along the mountain ridgeline in Tuscany why some call the vistas the most beautiful in the world.

For every big vacation we take we go on many mini-vacations, as we call them, for a day, a weekend, or for several days. All are driving trips, and many are right here in Virginia. They are good for couples, families, and grandparents. There is an endless list of places to go in Virginia.

Recently Trekaroo, an Internet-based travel blog, started listing its "top ten things for families to do" in each of the 50 states. I found its list for Virginia to be particularly interesting. Two of its top ten recommended attractions for Virginia are Colonial Williamsburg and Jamestown, both former Virginia state capitals, and the Frontier Culture Museum near Staunton. Colonial Williamsburg is peerless as a reconstructed town with re-enactors. On nearby Jamestown Island it is now possible to see the outlines of the original fort that for many years was thought to have been lost to erosion of the island. The Archaearium displays the many items the archaeological work has uncovered in the last decade. Nearby Jamestown Settlement has a beautiful museum and

outdoor re-creation of the original fort and the three ships that brought the first settlers in 1607. Check www.historyisfun.org.

Another recommendation of Trekaroo is the Frontier Culture Museum (www.frontiermuseum.org) near Staunton. Four different historic farms were moved from their countries of origin including Wales, Germany, and Scotland and reconstructed at the museum. Most recently an Igbo village was constructed to authentically depict the lifestyle of African people who were captured, enslaved, and brought to this country. At all the sites, re-creators in appropriate costume tell the story of adaptation from the country of origin to America. I serve on the boards of the Jamestown-Yorktown Foundation and the Frontier Culture Museum and highly recommend both as impressive and enjoyable destinations for your next mini-vacation.

Trekaroo recommends Shenandoah Caverns near Woodstock (www.shenandoahcaverns.com), but my first choice would be Luray Caverns (www.luraycaverns.com) not because it is in my home county of Page but because it has the most color and stone formations. Certainly visit a Virginia limestone cavern whether it is one of these two or Endless, Skyline, or Natural Bridge Caverns. Speaking of Natural Bridge, Trekaroo recommends a stop there, an arching geological formation carved out of limestone (www.naturalbridgeva.com).

Lots to see and do in Virginia. I expect to take several mini-vacations this summer. Lots of opportunity to learn and to relax. Maybe I will see you at one of these stops.

COMMENTARY

UPCOMING ELECTIONS AND VOTER INFORMATION

❖ Virginia State Board of Elections website at www.sbe.virginia.gov/

❖ Fairfax County Office of Elections website at www.fairfaxcounty.gov/elections or contact the Office of Elections at 703-222-0776, TTY 711.

❖ Arlington County Office of Voter Registration, 2100 Clarendon Blvd., Suite 320, Arlington, 703.228.3456, TTY 703.228.4611. <http://www.arlingtonva.us/departments/voterregistration/voterregistrationmain.aspx>

❖ Alexandria Board of Elections, 132 North Royal Street, Alexandria; 703.746.4050. <http://alexandriava.gov/Elections>.

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NEWS

Pictured, from left, row 1: Mouna Penmetsa, Stephanie Cox, Michelle Geary, Katherine Murphy, Emma Miller-Cvilikas, Emily Kangelaris, Dana Rosenberg, Jennifer Schmid, Sonya Wali; Row 2: Andrew Kovalenko, Tom Braudaway, Tim McManus, CEO/President of Reston Hospital Center, Vincent Ascrizzi, VP of Reston Hospital Center Medical Staff, Paras Gupta, Syreya Kamineni.



PHOTO
CONTRIBUTED

Reston Hospital Center Awards Scholarships to Area Students

Reston Hospital Center awarded eight Fairfax County high school seniors with scholarships in recognition of their excellence in education and passion for pursuing a career in healthcare.

Each year the Medical Staff at Reston Hospital Center offers \$12,000 in scholarships to ten local high schools, and the hospital's Volunteer Services department offers scholarships to deserving high school seniors who currently volunteer at the hospital. Over the years, Reston Hospital Center has awarded more than \$200,000 in academic scholarships to students in Northern Virginia.

The recipients of the Reston Hospital Center Medical Staff scholarships are: Louisa Aboagye – Herndon

High School, Tom Braudaway – Oakton High School, Emma Miller-Cvilikas – Herndon High School, Michelle Geary – James Madison High School, Syreya Kamineni – South Lakes High School, Katherine Murphy – Oakton High School, Dana Rosenberg – Langley High School and Sonya Wali – South Lakes High School.

The Volunteer Services scholarships were awarded to Paras Gupta – Briarwood High School and Emily Kangelaris – Trinity Christian School.

The Reston Hospital Center Medical Staff and Volunteer Services Department congratulate these outstanding students, and are proud to support their continuing education and passion for healthcare.

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News



PHOTOS BY DEB COBB/THE CONNECTION

New Aircraft Lands at Dulles

Boeing 747-8 Intercontinental lands at neighboring airport.

Touchdown! The first ever passenger flight of Boeing's 747-8 Intercontinental lands at Dulles Airport on June 1, shortly after noon. Operated by Lufthansa, the new aircraft will fly the Frankfurt-Dulles route six days a week. New design features of the aircraft include wings with raked-back tips and engines with scalloping that enhances fuel efficiency. At over 250 feet long, the plane is now the longest commercial aircraft built in the United States.

The new Boeing 747-8, operated by Lufthansa is met as it lands at Dulles Airport after its first ever commercial flight with a water cannon salute.

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/JUNE 6

The 20th Century's Greatest Volcanic Eruption: Mt Katmai 100 Years Later. 7 p.m. USGS. 12201 Sunrise Valley Drive Reston. Bill Burton on the June 6-8, 1912 eruption of Mount Katmai in Alaska, which was 30 times larger than the 1980 eruption of Mt. St. Helens, causing widespread devastation and inspiring heroic efforts at survival. Learn what lessons there are for modern-day monitoring of volcano hazards. Free. Federal facility, photo ID required. Requests for sign language interpreting require at least two weeks notice. jcorley@usgs.gov or 703-648-7770.

THURSDAY/JUNE 7

Tom Principato. 7:30 p.m. Frying Pan Park, 2709 West Ox Road, Herndon. Blues. Free. 703-324-7469.

Get the Led Out. 8 p.m. Wolf Trap Center for the Performing Arts, 1551 Trap Road, Vienna. Rock music. www.wolftrap.org.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

One-on-One English Practice. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for an appointment. Adults. 703-242-4020.

FRIDAY/JUNE 8

"Flowers for Algernon." 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. After experimental surgery to dramatically increase his IQ, a man's life is changed forever. \$20. www.eldenstreetplayers.org.

30th Celebrate Fairfax! Festival. 6 p.m.-12 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with Legends of Hip-Hop at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

SUNDAY/JUNE 10

Herndon High School Baccalaureate Ceremony. 4 p.m. Herndon High School, 700 Bennett St., Herndon. The Herndon High School PTSA invites families and friends of the Graduating Class of 2012 to "Faith in the Future," celebrating the class of 2012. hellsternfamily@cox.net.

"Annie Jr." 3 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. With almost 60 local students. \$5-\$10. www.stagepresencenow.com.

30th Celebrate Fairfax! Festival. 11 a.m.-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Live concerts on seven stages, with The Legwarmers at 4:30 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

MONDAY/JUNE 11

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for non-native speakers. Adults. 703-242-4020.

TUESDAY/JUNE 12

One-on-One English Practice. 1:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. Adults. 703-242-4020.

One-on-One Computer Tutoring. 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

Money Matters. 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Little Book of Common Sense investing: the only way to guarantee your fair share of stock market returns by John Bogle. Adults. 703-242-4020.

Ballet Class. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Basic motor skills, coordination, balance and rhythm. No siblings permitted. Age 3-4 with adult. 703-689-2700.

The Scrolls: The Missing 18 Years. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author and geologist James Mercer will talk about his book, a fictional adventure story about the discovery by two geologists of a cache of scrolls. 703-689-2700.



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Taste of Reston/June 15-17

♦ **When:** Friday, June 15, 3 p.m. – 11 p.m.
Saturday, June 16, 12 p.m. – 11 p.m.
Sunday, June 17, Carnival Only, 10 a.m. – 8 p.m.

♦ **Where:** Reston Town Center, 11900 Market Street, Reston, VA 20190.

♦ **BEVERAGES:** Beers on tap include Bud Light, Dominion Ale and Starr Hill Northern Lights India Pale Ale. Wine provided by Market Cellars and The Wine Cabinet.

♦ **Restaurants:** Big Bowl; Buffalo Wing Factory; Clyde's of Reston; The Counter; Hyatt Regency Reston; Il Fornaio; La Sandia Mexican Restaurant; Mamma Lucia of Reston; Milwaukee Frozen Custard; Midtown Kabob; Melting Pot; Mon Ami Gabi & Community Canteen; Obi Sushi; Paolo's Ristorante; Paradise Ice Cream; Pitango Gelato; Pollo Peru; Robeks Fruit Smoothies; Sweetgreen; UNO Chicago Grill; Vie de France; Vinifera Wine Bar & Bistro.

♦ **Entertainment:** The Fabulous Djaltones; Abby Miller; School of Rock; The Fuzz; Almost Journey.

For a complete entertainment lineup visit <http://www.restontaste.com/music>.

Pat Benatar & Neil Giraldo at 8 p.m. More than 300 exhibitors, food vendors, crafters and interactive activities. ExxonMobil Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, festival foods, the Inova Train Ride to Good Health and nightly fireworks. www.celebratefairfax.com.

Art Doesn't Lie – People Lie

Reston Community Players New Play Projects presents the world premiere of the fully staged play "Fake" by Jim Gordon on June 15 and 16 at 8 p.m. at the CenterStage Theatre in the Reston Community Center. Tickets for general public are \$20 for adults and \$17 for seniors and students. Reston Community Players subscribers' prices are \$15 for adults and \$12 for seniors and students. Tickets can be purchased online at <http://purchase.tickets.com/buy/TicketPurchase>, by phone at 703-476-4500 or in person at the CenterStage Box Office.

WHERE AND WHEN

Reston Community Players' New Play Project "Fake" by Jim Gordon. Secrets and scandals in the world of high-priced art.

DATES: June 15 and 16 at 8 p.m.

WHERE: CenterStage Theatre in the Reston Community Center, 2310 Colts Neck Rd. in Reston.

ADMISSION: \$12-20. Purchase tickets online at <http://purchase.tickets.com/buy/TicketPurchase>, by phone at 703-476-4500 or in person at the CenterStage Box Office.

INFO: www.restonplayers.org

A rehearsal of 'Fake' by Reston Community Players New Play Project with cast members Gay Freese, Dan Beckhard, Phillip Archery, Rich Claar, and Amy Treat.

Directed by Hannah R. Archery and produced by Daryl Hoffman and Carol Watson, "Fake" tells the story of Fred Meyers (Dan Beckhard), an artist who is blacklisted from selling his art. Adding insult to injury, his ex-girlfriend, museum curator, Grace Barlow (Amy Treat), ditched him for the critic who had him blacklisted and Meyers' current wife, Linda (Kathleen Kinsolving), has a boyfriend. So, Meyers is angry. When fake art turns up in Barlow's museum, Barlow hires Helen Chisholm (Gaye Freese) to find out how \$500,000 got into Meyers' bank account. Meyers' wife Linda is more concerned with getting the money and recruits her dimwit boyfriend, Mike (Samuel Sharp), to help. Meyers and Chisholm discover they share a troubled history and become romantically involved but their plan to reunite Chisholm with her daughter is threatened when complications arise. In addition to Beckhard, Kinsolving, Freese, Treat and Sharp, the cast also includes Richard Claar and Phillip M. Archery.

This production is the world premiere of "Fake," which has moved through three staged readings with the New Play Project and is the first NPP play to be fully staged at Reston Community Players.



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NEWS



**Swimmers line up
 for the first part
 of the Reston
 Sprint Triathlon,
 a quarter-mile
 swim at Lake
 Newport Pool
 Sunday, June 3.**

PHOTOS BY
 ALEX McVEIGH/
 THE CONNECTION

Reston Hosts Sprint Triathlon

**Event raises
 money for
 Reston Interfaith.**

BY ALEX McVEIGH
 THE CONNECTION

Eight hundred swimmers, cyclists and runners showed up to do all three the morning of Sunday, June 3 at Lake Newport Pool and the surrounding roads for the sixth annual Reston Sprint Triathlon. The event was hosted by the Reston Association and the CORE Foundation, which assists nonprofit fundraising.

"It's been an annual tradition for my family to come down for the past three or four years," said Chris Dobbins of Reston. "My brother ran in it for two years, and even though he's retired, we like to come out and support the event, and cheer everyone along."

Triathletes began the day with a quarter-mile swim in the Lake Newport Pool before running into the parking lot, grabbing their bikes and cycling 12 miles. After their three laps around the course, the bikes were ditched and the event was concluded with a three-mile run.

"This was my first time putting together all three," said participant John Allen of McLean. "I'm a biker first and foremost and I like to run 5Ks when I can, but getting in the pool, especially to start was very difficult, and then you add another 15 miles of biking and running to it, it's safe to say I'll be feeling it this week."

Allen and other runners who didn't have as much triathlon experience said the toughest part was working the transitions.

"It was tough going from being soaking wet and working on your



Cyclists prepare to start the 12-mile bike ride portion of the Reston Sprint Triathlon Sunday, June 3.

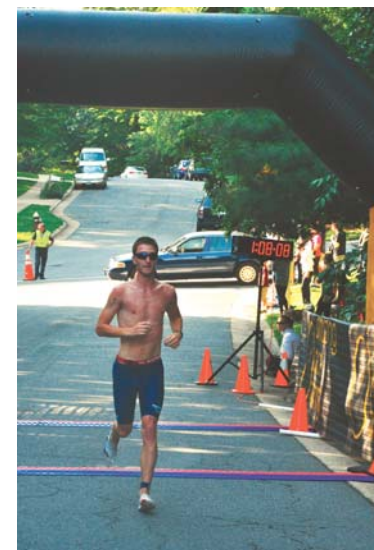


Bob Akers finishes the last leg of the Reston Sprint Triathlon Sunday, June 3.

shoes, clicking them onto the bike pedals and taking off, all while trying to keep moving and an eye on the clock," he said.

Deborah Lorber of Herndon came to watch a friend do the race, and she walked away from the event with a new respect for the athletes.

"I'm in awe of the endurance it takes to complete in three differ-



Teagan Miller finishes the Reston Sprint Triathlon with an official time of 1:05:29, good for 20th overall finisher at the Reston Sprint Triathlon Sunday, June 3.

ent types of race and put it all together," she said. "And it's nice that this whole thing was to raise money for a good, local cause."

More information on the race, including complete results, can be found at www.restonsprinttri.org.

WELLBEING

The Power of Touch

Reiki masters credit the practice with promoting healing.

BY MARILYN CAMPBELL
THE CONNECTION

“May I touch you?” asks Marion Werner, a willowy woman with shoulder-length blonde hair. Her hands descend lightly on her patient’s chest.

This is Reiki, a decades-old, Japanese mind-body technique used for relaxation and stress relief that is gaining acceptance in the United States. During a session, a client lies on a massage table, fully clothed. Practitioners rest their hands on or just above the client’s body, palms down. They use a set of eight to 12 hand positions, each held for about two to five minutes.

While some healthcare professionals dismiss the practice as quackery, major medical centers including those at the National Institutes of Health (NIH) and George Washington Hospital’s Center for Integrative Medicine now offer it to patients, and medical schools have integrated mind-body courses into their curriculum.

Reiki is credited with promoting healing and addressing a host of ailments from post-traumatic stress disorder (PTSD), depression and anxiety to infertility, heart disease and the side effects of cancer treatment.

“A relaxed body and mind gives us a foundation for healing,” said Springfield, resident Christine Mosley, a Reiki master who also practices in Fairfax Station.

However, practitioners don’t claim to be healers. “It’s like when you get a cut, the body responds and heals the cut. You might get stitches to help the healing, but your body is actually doing the healing,” said Werner, a Reiki master in Chevy Chase. “It is a capacity that we’re all born with but, stress can make it difficult for the natural healing process to work. Reiki treatment encourages relaxation and balance in the system.”

SOME PRACTITIONERS believe that Reiki is a mechanism for tapping into a universal energy that supports the body’s natural ability to heal itself, but this notion is not commonly accepted among physicians in the United States.

“In China and Japan they know it works and they don’t care how it works,” said Dr. David



Reiki Masters Christine Mosley, of Springfield; Naning Sugeng, of Potomac, and Marion Werner, of Chevy Chase, perform Reiki self-treatments.

PHOTO BY
MARILYN CAMPBELL/
THE CONNECTION

Rosenthal, medical director of the Leonard P. Zakim Center for Integrative Therapies at Dana-Farber Cancer Institute in Boston and a professor of medicine at Harvard Medical School. “In this country we have to show not only that it works, but how it works. ... I think the evidence is getting there, but I don’t think it is totally there yet.”

Reiki can be given to those who are dying and to their families. “It can help impart a sense of peace and acceptance,” said Naning Sugeng, a practitioner in Potomac, who, along with Werner and Mosley, offers free services to cancer patients and wounded veterans.

Comfort for America’s Uniformed Services (CAUSE), a nonprofit organization that offers respite to wounded members of the military, provides free Reiki treatments to battle-weary soldiers and their family members and caretakers. “It is so gentle that it can be used on shrapnel wounds and recent amputations to improve wound healing and relieve phantom pain,” said Mosley who is also the coordinator for CAUSE’s Reiki program at Fort Belvoir in Virginia.

PRIVATE SESSIONS with a Reiki master can cost between \$75 and \$100 an hour. The profession is not regulated, but traditional Reiki training and certification has three levels of expertise. While classes for the first two levels can be completed in two-day classes, preparation for the third, or master, level can take years.

Locally, Reiki treatments are offered at the Pain and Palliative

Care Service at the NIH Clinical Center in Bethesda, Inova Loudoun Hospital’s Life with Cancer program and the Center for Integrative Medicine at George Washington University Hospital in Washington, D.C.

Still, doctors say more large-scale studies are needed before Reiki becomes a mainstream practice. “Not only is there not enough research, but a lot of the Reiki research has been criticized for not being rigorous enough compared to the standards that are in place to study other medical interventions,” said Dr. John Pan, founder of the Center for Integrative Medicine at the George Washington University Medical Center in Washington and a faculty member at the George Washington University School of Medicine and Health Sciences.

Researchers at George Mason University conducted a study of patients in Inova’s Life with Cancer program to determine whether yoga, Reiki, or meditation would help alleviate symptoms of chemotherapy-induced peripheral neuropathy (CIPN).

“At the conclusion of the study, each group, with the exception of the control group, showed [improvement], but the results were not statistically significant,” said Paul G. Clark, PhD, LCSW, assistant professor of social work. “What we did learn was that these therapies are worth studying on a larger scale.”

In 2011, Rosenthal co-authored a study of 18 men with prostate cancer and found that Reiki helped ease their anxiety. “It does relax

people, it does decrease stress acutely,” he said, adding that Reiki can be an alternative for patients who have an aversion to relaxation techniques such as massage or

acupuncture. “There are some people who do not like their bodies being rubbed and do not like needles being put into their skin.”

Reiki is also credited with calming jittery preoperative patients. Kate Snipes, a 41-year-old wife and mother of two, received Reiki treatments before and after a prophylactic double mastectomy. She recalls feeling tranquil post-treatment, void of the anxiety that had gripped her before the procedure.

“I felt more at peace with [the surgery],” said Snipes. “I felt pain relief, and I felt more comfortable and relaxed in the parts of my body that were kind of tense.”

REIKI IS GENERALLY SAFE and NIH’s National Center for Complementary and Alternative Medicine says that no serious side effects have been reported.

“It won’t cause harm, but some people may not respond to it,” said Pan. “It is an individualized process. What works for one patient may not work for another.”

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Oakton senior catcher Mandy Krage makes a catch against the fence in foul territory near the first-base dugout against South County in the Northern Region softball semifinals on May 30 at Madison High School.



Oakton High sophomore pitcher Allison Davis releases the ball during the Cougars Northern Region semifinals playoff game versus South County last Wednesday, May 30.

Davis, Krage Lead Oakton Softball to States

BY JON ROETMAN
THE CONNECTION

Sophomore Allison Davis performed like the Northern Region Pitcher of the Year. Senior catcher Mandy Krage came through like a veteran in the clutch. Together, the duo lifted the Oakton softball team to a berth in the state playoffs.

Davis hurled a three-hit shutout and Krage drove in the winning run in extra innings as the Cougars defeated South County, 3-0, in eight innings during a regional semifinal matchup on May 30 at Madison High

School.

Davis, recognized as the region's top pitcher, struck out 16 Stallions while walking just two. However, South County pitcher Rebecca Martin matched Davis zero for zero through seven innings. In the top of the eighth, Oakton loaded the bases with one out. After a Cougar strikeout, Krage came to bat and quickly fell behind 0-2. But the senior co-captain wouldn't be denied, delivering a soft single up the middle to break a scoreless tie. Senior Hayley French and sophomore Alana Peters each added an RBI single to give Oakton a 3-0 advantage.

"Whenever I get down in the count, I

know to choke up and take shorter swings," Krage said. "I knew that [Martin] was going to try to get me out — she wasn't going to give me any balls or walk me. I had my eye on the ball the whole time and our coach always tells us to hit up the middle and that's what I did. ...

"Once I hit first I just saw [Emily Corridon] hit home and I basically knew that we won at that moment."

Davis said she had faith her battery mate would come through when it mattered most.

"She just always comes up in the clutch situations," Davis said, "and she always gets

a hit, too."

Davis allowed just one runner to reach third base. South County loaded the bases with two outs in the third inning, but Krage made a catch against the fence in foul ground near the first-base dugout to end the threat.

"She was on," Krage said of Davis. "She did a phenomenal job. ... She really was hitting her spots well."

Oakton lost to Stone Bridge in the region final, 5-4, on June 2. The Cougars traveled to face Cosby in the state quarterfinals on June 5. Results were not available prior to The Connection's deadline.

SPORTS ROUNDUPS

The **Herndon Youth Soccer** (HYS) Comets White is a U16 travel team from Northern Virginia that will be hosting tryouts for their upcoming WAGS U17 fall 2012 season. The Comets are looking for motivated, dedicated, skilled and athletic players at all positions. The Comets are trained and coached by Todd Hamlin (USSF B License) with Total Futbol. Interested players are encouraged to attend tryouts on the following dates: Friday, June 8 from 6:30 to 8 p.m. at Herndon High School; and Wednesday, June 13 from 8 to 9:30 at Herndon. For more information about the Comets White, please contact coach Todd Hamlin at twhamlin@gmail.com or 703-489-6686. The team website is at: www.eteamz.com/hyscometswhite/

The **rising U14 Reston United '98** travel girls' soccer team (WAGS, Div. 2) is looking to

add several players for the 2012-13 season. The team will be holding tryouts during its regular practice sessions on Mondays, Wednesdays and Fridays or Saturdays. For more info about the schedule and last minute changes visit the team website at www.eteamz.com/RestonUnitedGirls98/; Or contact coach Apostolos Georgiou at tolisg2@gmail.com, or at 703-689-2506. Or contact team manager Maureen Lalor at maureen@lalorfamilys.us

The United team is professionally coached and participates in year-round conditioning and tournaments. Any committed girl interested in the team with a birth date after Aug. 1, 1998 is welcome to join any training sessions.

Westfield High will host the upcoming Virginia High School League (VHSL) State AAA Spring Sports Jubilee from Tuesday, June 5 through Saturday, June 9. The Spring Jubilee will determine state

AAA champions in baseball, softball, boys' and girls' tennis, soccer, and lacrosse. Westfield High is located at 4700 Stonecroft Blvd. in Chantilly.

Baseball and softball competitions will be held at Westfield High with semifinals games set for Friday, June 8, and finals games scheduled for Saturday, June 9.

Tennis matches for boys and girls will be played at Jefferson District Park (7900 Lee Highway, Falls Church) on Thursday, June 7; Friday, June 8, and Saturday, June 9.

Girls' and boys' soccer semifinals are scheduled for Friday, June 8. The finals games will be held on Saturday, June 9. Both semifinals and finals contests will take place at Westfield.

Also at Westfield will be the boys' and girls' lacrosse semifinals, scheduled for Tuesday, June 5 (girls' semifinals) and Wednesday, June 6 (boys' semifinals). Finals are set for Saturday, June 9.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Cougars Enjoy Outstanding Postseason

Oakton High senior attack Carly Palmucci (18) and her girls' lacrosse teammates have enjoyed an outstanding postseason. The Cougars defeated Centreville, 14-7, on May 11 to win the Concorde District tournament championship. And on May 25, Oakton completed a four-game sweep at the Northern Region playoffs with a 9-7 victory over Langley. In a first round state playoff game last Saturday, June 2, the Cougars overwhelmed Loudoun County, 20-2. They were scheduled to play a state semifinals game at Western Albemarle on Tuesday, June 5 of this week.

HOME SALES

In April 2012, 105 Reston homes sold between \$1,200,000-\$100,000.

Address	BR	FB	HB	..	Postal	City...	Sold Price ...	Type	Lot AC	..	PostalCode	Subdivision
1938 UPPER LAKE DR	5	3	1	RESTON	\$1,200,000	Detached	0.40	...	20191	RESTON
11330 WOODBROOK LN	6	3	1	RESTON	\$907,400	Detached	0.31	...	20194	RESTON
1270 NEW BEDFORD LN	4	3	1	RESTON	\$875,000	Detached	0.32	...	20194	RESTON
1337 DASHER LN	4	4	1	RESTON	\$784,000	Detached	0.38	...	20190	HUNT AT LAKE FAIRFAX
11429 NIGHT STAR WAY	4	3	1	RESTON	\$778,500	Detached	0.21	...	20194	RESTON
1330 DASHER LN	4	3	1	RESTON	\$760,000	Detached	0.26	...	20190	HUNT AT LAKE FAIRFAX
11814 TRIPLE CROWN RD	4	3	0	RESTON	\$750,000	Detached	0.65	...	20191	RESTON
2010 BEACON PL	4	3	1	RESTON	\$720,000	Detached	0.17	...	20191	RESTON
1924 LOGAN MANOR DR	3	3	1	RESTON	\$715,000	Townhouse	...	0.04	...	20190	RESTON
11100 WEDGE DR	5	3	0	RESTON	\$700,000	Detached	0.29	...	20190	RESTON
2528 SPANISH MOSS CT	5	3	2	RESTON	\$695,000	Detached	0.45	...	20191	FOX MILL WOODS
2431 ALBOT RD	5	2	1	RESTON	\$695,000	Detached	0.54	...	20191	RESTON
1279 LAMPLIGHTER WAY	4	3	1	RESTON	\$695,000	Detached	0.23	...	20194	RESTON
2515 FOXCROFT WAY	5	2	1	RESTON	\$685,000	Detached	0.96	...	20191	RESTON
11220 WEDGE DR	5	3	0	RESTON	\$675,000	Detached	0.38	...	20190	RESTON
1830 FOUNTAIN DR #502	2	2	1	RESTON	\$675,000	Hi-Rise 9+ Floors	20190	PARAMOUNT
11420 HOLLOW TIMBER CT	4	3	1	RESTON	\$647,000	Townhouse	...	0.10	...	20194	RESTON
11776 STRATFORD HOUSE PL #902	2	2	0	RESTON	\$642,000	Hi-Rise 9+ Floors	20190	STRATFORD
11990 MARKET ST #513	2	2	0	RESTON	\$635,000	Hi-Rise 9+ Floors	20190	MIDTOWN AT RESTON TOWN
2400 SUGARBERRY CT	5	2	1	RESTON	\$635,000	Detached	0.44	...	20191	RESTON
11776 STRATFORD HOUSE PL #708	2	2	0	RESTON	\$630,000	Hi-Rise 9+ Floors	20190	STRATFORD
10804 MIDSUMMER DR	4	3	1	RESTON	\$620,000	Detached	0.36	...	20191	RESTON
1874 POST OAK TRL	4	3	0	RESTON	\$615,000	Detached	0.42	...	20191	RESTON
1932 LAKEPORT WAY	3	3	1	RESTON	\$600,000	Townhouse	0.08	...	20191	RESTON
10909 HOWLAND DR	5	2	1	RESTON	\$598,000	Detached	0.53	...	20191	RESTON
11640 MEDITERRANEAN CT	5	3	1	RESTON	\$595,900	Patio Home	...	0.07	...	20190	...	MEDITERRANEAN VILLA CLUSTER
10913 HUNT CLUB RD	4	2	1	RESTON	\$585,000	Detached	0.31	...	20190	RESTON
11649 MEDITERRANEAN CT	4	3	1	RESTON	\$565,900	Patio Home	...	0.10	...	20190	RESTON
12402 BROWN FOX WAY	4	3	1	RESTON	\$555,000	Detached	0.12	...	20191	THE COURTS OF FOX MILL
2106 THOMAS VIEW RD	4	3	0	RESTON	\$550,000	Detached	0.49	...	20191	RESTON
1948 CRESCENT PARK DR	3	2	1	RESTON	\$529,000	Townhouse	20190	LINCOLN PARK
2422 PONY LN	4	2	1	RESTON	\$529,000	Detached	0.59	...	20191	RESTON
1445 ALDENHAM LN	4	2	1	RESTON	\$527,000	Detached	0.36	...	20190	RESTON
2238 CEDAR COVE CT	4	3	1	RESTON	\$525,000	Townhouse	0.06	...	20191	RESTON
10806 WINTER CORN LN	3	2	1	RESTON	\$525,000	Detached	0.44	...	20191	RESTON
11508 WILD HAWTHORN CT	3	2	2	RESTON	\$515,000	Townhouse	0.05	...	20194	RESTON
11552 BRASS LANTERN CT	3	3	0	RESTON	\$510,000	Townhouse	0.07	...	20194	RESTON
1355 HERITAGE OAK WAY	3	2	2	RESTON	\$495,000	Townhouse	0.04	...	20194	RESTON
11511 RUNNING CEDAR RD	4	3	0	RESTON	\$480,000	Detached	0.42	...	20191	RESTON
11805 GREAT OWL CIR	3	2	2	RESTON	\$475,000	Townhouse	0.04	...	20194	RESTON
2510 FAUQUIER LN	4	3	0	RESTON	\$450,000	Detached	0.52	...	20191	RESTON
1830 FOUNTAIN DR #603	2	2	0	RESTON	\$445,000	Hi-Rise 9+ Floors	20190	PARAMOUNT
1271 WILD HAWTHORN WAY	3	2	2	RESTON	\$442,500	Townhouse	0.03	...	20194	RESTON
2038 SWANS NECK WAY	3	2	1	RESTON	\$440,000	Townhouse	...	0.04	...	20191	RESTON
11775 STRATFORD HOUSE PL #303	2	2	0	RESTON	\$414,500	Garden 1-4 Floors	20190	STRATFORD
12073 TRUMBULL WAY	2	2	1	RESTON	\$405,000	Townhouse	20190	LINCOLN PARK
1557 TWISTED OAK DR	3	1	2	RESTON	\$400,000	Townhouse	...	0.05	...	20194	RESTON
11800 SUNSET HILLS RD #120	2	2	0	RESTON	\$399,000	Hi-Rise 9+ Floors	20190	CARLTON HOUSE
1549 TWISTED OAK DR	3	2	2	RESTON	\$398,000	Townhouse	0.03	...	20194	RESTON
11309 HEADLANDS CT	3	2	1	RESTON	\$397,000	Townhouse	0.06	...	20191	RESTON
12001 MARKET ST #360	2	2	0	RESTON	\$395,000	Mid-Rise 5-8 Floors	20190	MARKET STREET TOWN CENTR
1566 POPLAR GROVE DR	3	2	2	RESTON	\$392,000	Townhouse	0.03	...	20194	RESTON
11687 NEWBRIDGE CT	4	3	1	RESTON	\$385,000	Townhouse	0.04	...	20191	RESTON
11951 ESCALANTE CT	3	3	1	RESTON	\$385,000	Townhouse	0.04	...	20191	RESTON
2184 POND VIEW CT	3	2	2	RESTON	\$385,000	Townhouse	0.04	...	20191	RESTON
2117 GLENCOURSE LN	3	2	2	RESTON	\$385,000	Townhouse	0.04	...	20191	RESTON
11677 NEWBRIDGE CT	5	4	1	RESTON	\$383,000	Townhouse	0.00	...	20191	RESTON
1510 POPLAR GROVE DR	3	2	2	RESTON	\$380,000	Townhouse	20194	RESTON
12001 MARKET ST #243	2	2	0	RESTON	\$370,000	Garden 1-4 Floors	20190	MARKET STREET TOWN CENTR
12001 MARKET ST #356	2	2	0	RESTON	\$370,000	Garden 1-4 Floors	20190	MRKT ST AT TWN CNTR COND
11990 MARKET ST #908	1	1	0	RESTON	\$370,000	Hi-Rise 9+ Floors	20190	MIDTOWN AT RESTON TOWN
11707 BRIARY BRANCH CT	3	3	1	RESTON	\$369,900	Townhouse	0.05	...	20191	RESTON
11053 SAFFOLD WAY	4	3	1	RESTON	\$365,000	Townhouse	0.05	...	20190	RESTON
12170 ABINGTON HALL PL #201	2	2	0	RESTON	\$360,000	Garden 1-4 Floors	20190	MADISON PARK AT WEST MAR
1552 CHATHAM COLONY CT	3	2	1	RESTON	\$348,000	Townhouse	0.03	...	20190	RESTON
1688 OAKTREE CT	3	3	1	RESTON	\$333,500	Townhouse	0.02	...	20194	RESTON
1674 BAYFIELD WAY	3	2	1	RESTON	\$332,500	Townhouse	0.03	...	20194	RESTON
11400 WINDLEAF CT #E	2	2	0	RESTON	\$331,000	Garden 1-4 Floors	20194	SUTTON RIDGE
12000 MARKET ST #426	1	1	0	RESTON	\$330,000	Garden 1-4 Floors	20190	SAVOY AT RESTON TOWN CNTR
11846 BRETON CT #19B	2	2	1	RESTON	\$325,000	Townhouse	20191	GLADE AT HUNTERS WOODS
11406H WINDLEAF CT #8	2	2	1	RESTON	\$325,000	Garden 1-4 Floors	20194	SUTTON RIDGE
11926 ESCALANTE CT	3	2	1	RESTON	\$315,000	Townhouse	0.03	...	20191	RESTON
11531 BUTTONWOOD CT	2	2	1	RESTON	\$307,000	Townhouse	0.02	...	20191	RESTON
12000 MARKET ST #261	1	1	0	RESTON	\$306,000	Hi-Rise 9+ Floors	20190	SAVOY AT RESTON TWN CNTR
1855 STRATFORD PARK PL #310	2	2	0	RESTON	\$305,000	Garden 1-4 Floors	20190	STRATFORD
1379 GARDEN WALL CIR #614	2	2	0	RESTON	\$305,000	Townhouse	20194	BALDWIN GROVE
12102 PURPLE SAGE CT	3	1	1	RESTON	\$278,500	Townhouse	0.03	...	20194	RESTON
1922 BELMONT RIDGE CT	2	2	0	RESTON	\$278,000	Townhouse	0.02	...	20191	RESTON
1411 CHURCH HILL PL #1411	2	2	0	RESTON	\$278,000	Garden 1-4 Floors	20194	HAMPTON POINTE
12001 MARKET ST #106	1	1	0	RESTON	\$260,000	Garden 1-4 Floors	20190	MARKET STREET TOWN CENTR
1491 CHURCH HILL PL #1491	2	2	0	RESTON	\$259,000	Garden 1-4 Floors	20194	HAMPTON POINTE
11144 BEAVER TRAIL CT #11144	2	2	0	RESTON	\$255,000	Garden 1-4 Floors	20191	NANTUCKET AT RESTON
2301 SOUTHGATE SQ	3	1	1	RESTON	\$254,900	Townhouse	0.06	...	20191	RESTON
2216 SPRINGWOOD DR #101	3	2	0	RESTON	\$245,000	Garden 1-4 Floors	20191	SPRINGWOOD
2388 SOUTHGATE SQ	3	1	1	RESTON	\$240,000	Townhouse	0.03	...	20191	RESTON
2217 COPPERSMITH SQ	3	1	1	RESTON	\$236,000	Townhouse	0.04	...	20191	RESTON
1936B VILLARIDGE DR #B	2	1	0	RESTON	\$229,900	Garden 1-4 Floors	20191	VILLARIDGE
1326 NORTHGATE SQ	3	1	1	RESTON	\$219,900	Townhouse	20190	RESTON
11928 BARREL COOPER CT	3	3	1	RESTON	\$218,500	Townhouse	0.03	...	20191	RESTON
11701G KARBON HILL CT #510A	2	2	0	RESTON	\$216,000	Garden 1-4 Floors	20191	BRISTOL HOUSE
1650 PARKCREST CIR #1B/101	2	1	0	RESTON	\$212,000	Garden 1-4 Floors	20190	BENTANA PARK
2288 WHITE CORNUS LN	3	1	2	RESTON	\$210,000	Townhouse	0.03	...	20191	RESTON
2223 HUNTERS RUN DR #2223	2	2	0	RESTON	\$204,000	Garden 1-4 Floors	20191	HUNTERS CROSSING
11841 SHIRE CT #1A	1	1	0	RESTON	\$191,000	Garden 1-4 Floors	20191	HUNTERS WOODS VILLAGE
11821 BRETON CT #2B	2	1	0	RESTON	\$190,000	Garden 1-4 Floors	20191	HUNTERS WOODS VILLAGE
11114 BEAVER TRAIL #0	1	1	0	RESTON	\$190,000	Garden 1-4 Floors	20191	NANTUCKET AT RESTON
1427 NORTHGATE SQ #27/32B	2	2	0	RESTON	\$188,700	Garden 1-4 Floors	20190	NORTHGATE
11613 VANTAGE HILL RD #12B	2	1	1	RESTON	\$184,000	Garden 1-4 Floors	20190	VANTAGE HILL
1785 JONATHAN WAY #D	2	1	0	RESTON	\$178,000	Garden 1-4 Floors	20190	PARCRESTON
11745 LEDURA CT #T2	2	2	0	RESTON	\$165,000	Garden 1-4 Floors	20191	SPRINGWOOD
2006 COLT'S NECK RD #4/22B	2	1	0										

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24 Metaphysics



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21 Announcements

21 Announcements

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21 Announcements

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Haven't I Learned Anything?



By KENNETH B. LOURIE

I'm not going to beat myself up too badly; after all, I do have terminal cancer. However, I am disappointed in my behavior of late, especially as it relates to my status as a still-active (thank God!) cancer patient/survivor undergoing treatment. Here I thought I was "Mr. Experience," a three-years-plus cancer survivor having endured all the ups and downs associated with the diagnosis, prognosis, chemotherapy, diagnostic scans, appointments with my oncologist, lab work, etc., so that blips in any or all of the aforementioned categories wouldn't faze me, understanding that there's no future in overreacting to any of it; taking it all in stride and maintaining an even keel as the key to surviving the unrelenting pressure.

And yet, I've overreacted; anticipated a negative outcome and worried about a result that has not been confirmed; heck, it hasn't even been tested for. It's not even time for it to be tested. Moreover, there are not even indications that when tested, the problem will arise. Still, I'm planning for a negative result and trying to circumvent its treatment and financial impact. In summary, I'm trying to control the uncontrollable (cancer) and in so doing I am making myself miserable. Rather than deal with the consequences as they present themselves, I am attempting to solve them in advance – before they are actual consequences. Part of me feels this is prudent, given my underlying diagnosis, and part of me (I am a Libra) feels that I am putting the cart before the horse, as they say, and creating a problem where as yet one doesn't exist.

If a problem with my lab work does present itself, it will be bad/complicated enough then. It doesn't need to be bad/complicated before it actually happens, does it? I'm supposed to be able to deal with the punches. I've been punched – so to speak – for over three years now; this is nothing new. Sure, the drug is new, and its potential complication is new, but it's really just more of the same stuff: cancer, only different. So why am I struggling emotionally? I have been there and I have been doing it. What's changed?

I would have thought that year one, especially the first few weeks and months of treatment, entering the unknown world of heavy-duty chemotherapy, would have generated more anxiety and deeper emotional troughs than year four: less heavy-duty chemotherapy, more experience being a cancer patient. But that has not been the case. Perhaps the unexpected change in treatment – for better or worse (to be determined) is causing this reaction. Though I'm not in any pain as a result, I do sense a change in momentum, sort of. I imagine I'll get over it, but I shouldn't have to "get over it." I should never have gotten under it. I should have recognized the signs/circumstances and not allowed myself to fall victim to its emotional tentacles. Having been diagnosed with terminal cancer at age 54 is bad enough on its own. I don't need to make it any worse.

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



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