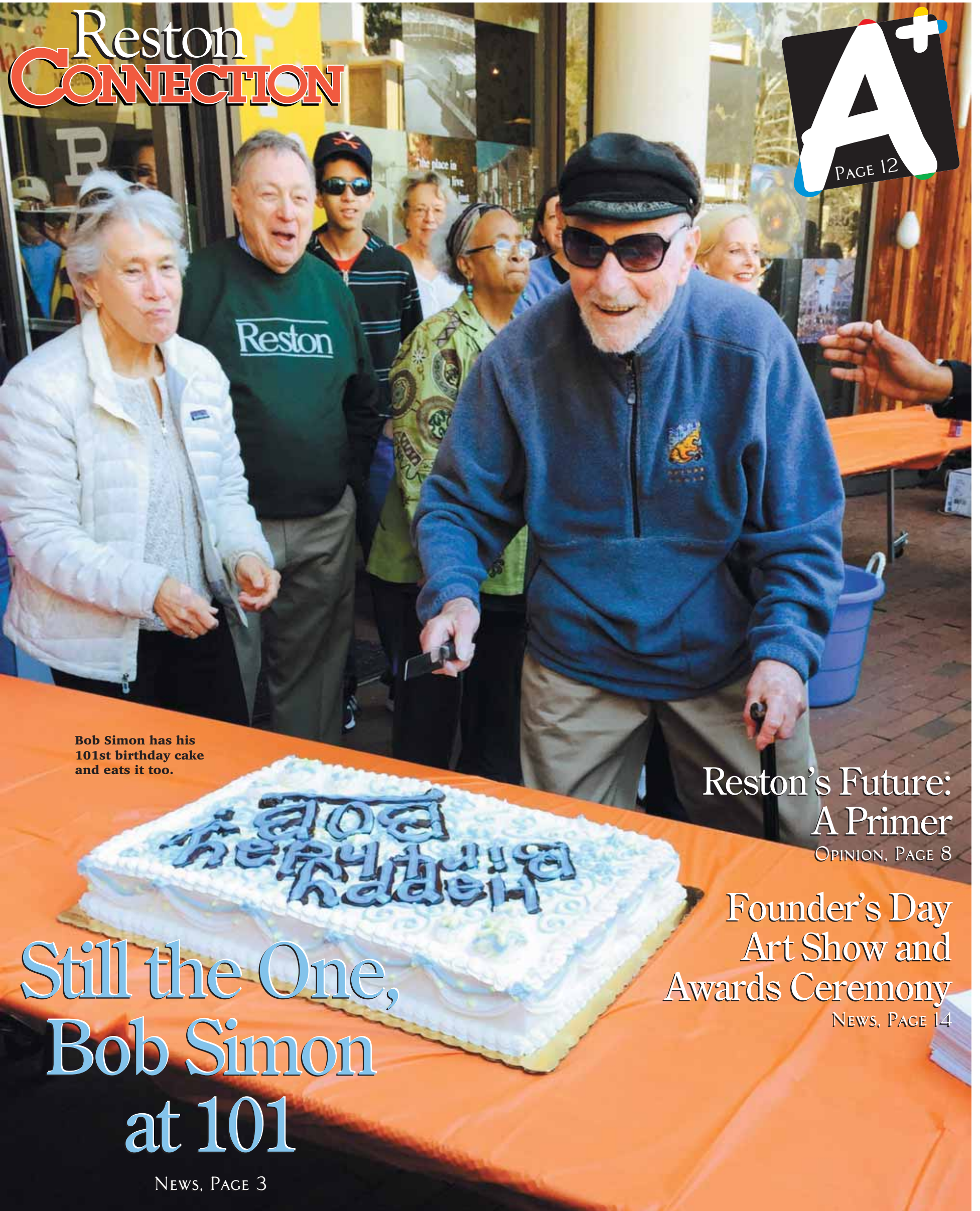


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PHOTO BY KEN MOORE/THE CONNECTION



Bob Simon has his 101st birthday cake and eats it too.

Reston's Future:  
A Primer  
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Founder's Day  
Art Show and  
Awards Ceremony  
NEWS, PAGE 14

## Still the One, Bob Simon at 101

NEWS, PAGE 3



# WE CHANGE LIVES



## Maybe it really is you. Maybe you really don't belong in a "gym."

Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

Yours in fitness,  
The Team at Koko FitClub



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

\*Some restrictions may apply. See club for details.

Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me



to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!

- Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however,

I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

- Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



- Scott Kreitz

**Koko**  
A Digital Gym

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

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571-612-2330

Koko FitClub of Herndon  
571-612-2331

Koko FitClub of Reston  
571-612-2333

[www.kokofitclub.com](http://www.kokofitclub.com)





Eva Desrosiers had the best seat in the house in front of Lake Anne next to Bob Simon, the bronze version, with her daughter Michelle and granddog Rusty.



The South Lakes High School saxophone quartet opened with the Star Spangled Banner and featured Julia Rose, freshman; James Heiman, sophomore; David Clark, sophomore; and Nathan Hamlett, freshman.

## ‘101 and Tons of Fun’

Founder’s Day celebrates Reston’s first 51 years and Bob Simon’s first 101 years.

BY KEN MOORE  
THE CONNECTION

**A**fter Bob Simon cut his 101st birthday cake, Jo Marshall and the band Natural Selection sang, “You’re Still the One.”

A few hundred people celebrated Founder’s Day Saturday, April 11 at Lake Anne Plaza, honoring Robert. E. Simon 101st birthday and Reston’s 51st birthday.

“We’re still having fun, and you’re still the one,” sang Natural Selection; the guitarist is a biology professor from George Mason University.

Jo Marshall and the Bobby Pins sang with the band; she called herself the perfect example of what makes Reston a perfect place to live throughout a lifetime.

“I’ve lived here since 1973 and I’m in my fourth house. I’m a perfect example of how you can live in Reston in every stage of your life,” she said, thanking Simon for his vision, as did everybody in attendance Saturday.

Eva Desrosiers and her daughter Michelle Desrosiers took the best seat in the house, next to Bob Simon in front of Lake Anne. The bronze Bob Simon.

“We’ve been here a long time and we love Reston. We thank Mr. Simon for founding it,” said Eva Desrosiers.

Abby Godenschwager, 8 months, enjoyed her first Founder’s Day celebration on a picturesque Saturday at Lake Anne Plaza. Her mom Emily Godenschwager moved to Reston two years ago. “I love the culture. And the people. I want Abby to grow up in



Bob Simon cuts the cake celebrating his 101st birthday on April 11, 2015.

a diverse community.”

“Founder’s Day is one of the staples on my calendar,” said Sharon Bulova, chairman

SEE CELEBRATION, PAGE 4



Beverly Cosham, chair of the Reston Community Center, wrote lyrics to honor Bob Simon Saturday. “A hundred one and tons of fun, that describes our Bob Simon, stand up and cheer our Founder today.”

PHOTOS BY  
KEN MOORE/  
THE CONNECTION



Abby Godenschwager enjoyed her first Founder’s Day Saturday, April 11 at Lake Anne Plaza with her mom Emily Godenschwager.



“To think someone started with nothing and made a place like this. It cheers you to no end,” said Nina Terry, pictured with her son Mark Terry and daughter-in-law Lynn Terry.



# Founder's Day Celebrated

FROM PAGE 3

of the Board of Supervisors. "Reston has such a wonderful quality of life."

"I've lived in Reston for eight years and I've tried to live and be a part of all of it," said School Board member Pat Hynes.

"What a delight to live in a community like Reston. Bob, thank you for the vision you had," said Del. Ken Plum, whose grandson was born this week. "He'll make a great addition to the Reston community."

Simon turned 101 on Friday, April 10. Founder's Day began approximately 11 years ago.

"I came to the very first of these Founder's Days and I was a little worried because Bob was 90 and I thought we were taking a bit of a chance," said Sen. Janet Howell. "Eleven years later, I've decided I'm not going to worry about Bob Simon."

"We wouldn't think of being anywhere else. Thank you, Bob," said Howell.

Bob Simon rode to Founder's Day in style, in a bicycle limousine that Sharron Wubbels helped pro-



**Joseph Letteri, a sophomore at South Lakes High School, placed third in 5K earlier in the morning and is pictured with his mother Raba Letteri.**

vide for with Reston U.S.E.

"He's accessible. He's caring," said Wubbels, about Simon. "He gets rides from us because he lost his license."

Many during the ceremony gave creative flair to match Simon's creative vision.

South Lake High School's saxophone quartet opened with the Star Spangled Banner and fea-

tured David Clark, sophomore, on soprano, Nathan Hamlett, freshman, on alto, Julia Rose, freshman on baritone, and James Heiman, sophomore, on alto.

The South Lakes High School rock band Catchin' Toads performed as well as The Reston Chorale's "Simon Singers" who sang Jo Marshall's original "Restonation" about living, working and playing in Reston. "Robert Simon's inspiration: Thank you, Bob, for your creation. Thank you, Bob, for Reston, Happy Birthday, Reston," she wrote.

Beverly Cosham, chair of the Reston Community Center, wrote her own song to honor Simon:

"A hundred one and tons of fun, that describes our Bob Simon, stand up and cheer our Founder today," Cosham sang. "Bob Simon carved from dirt and clay, this vision we see here today, not exactly Heaven but very close. Once you come to visit, you'll wanna stay, so come and get a load of Reston today! Let's thank Bob Simon!"

Howell, Plum, Hynes, and Bulova sat next to the bigwig Bob Simon and performed in a humorous game show quiz about Reston.



PHOTOS BY KEN MOORE/THE CONNECTION

**Del. Ken Plum, School Board member Pat Hynes, Sen. Janet Howell and Chairman Sharon Bulova got special permission to sit in the reserved seating section with the bigwigs, Bob Simon and his wife Cheryl Terio-Simon.**

"Do I have to answer the question, with a question?" said Plum. "Are we being set up?" asked Howell.

During the ceremony, Simon was asked to finish the sentence, "To love Reston..."

"To love Reston is to love life," said Simon.

Joseph Letteri, a sophomore at South Lakes High School, said he loves the Reston community. He placed third in the 10-19 age divi-

sion of the the 12th annual Nature House 5K at the Walker Nature Center earlier in the morning before coming to Bob Simon's birthday bash.

"I want to thank Mr. Simon for all he has created for us," said Letteri.

Nina Terry loves the history of Reston. "To think someone started with nothing and made a place like this. It cheers you to no end," she said.

## SECURE DOCUMENT SHREDDING

### SATURDAY, APRIL 25

### 8 a.m. to Noon

## North County Human Services Ctr

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All paper should be **dry** and **removed from binding**.

**Other prohibited items include:** plastic document covers, metal binder clips, floppy discs, CDs, newspapers, junk mail, film and photographs.

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# A ragweed pollen as a treatment for a ragweed allergy?

It's called immunotherapy.

**RAGWITEK.**  
An immunotherapy tablet made from ragweed pollen.



  
**RAGWITEK**<sup>®</sup>  
Short Ragweed Pollen Allergen Extract  
Tablet for Sublingual Use 12 Amb a 1-U

Make an appointment with your allergy specialist and ask if RAGWITEK is right for you.



Not actual size.

Immunotherapy is what RAGWITEK is all about—it uses ragweed pollen, which may help you gradually build tolerance so you become less sensitive to that very same allergen. RAGWITEK is a once-a-day tablet that dissolves quickly when placed under the tongue. After taking it, don't swallow for at least 1 minute. Taken over time, it helps treat that allergic reaction which causes eye and nasal symptoms associated with ragweed allergies.

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen.

RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout the ragweed pollen season.

RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.


## Important Safety Information about RAGWITEK

- RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get immediate medical treatment right away if you have any of the following symptoms after taking RAGWITEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take RAGWITEK if you have severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; have ever been diagnosed with eosinophilic esophagitis or are allergic to any of the inactive ingredients contained in RAGWITEK.
- For home use of RAGWITEK, your doctor will prescribe epinephrine if you have a severe allergic reaction after taking RAGWITEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of RAGWITEK must be taken in the doctor's office. After taking the first dose, you will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- You should tell your doctor about any medicines you take.
- Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please read the Brief Summary on the following page for more detailed information.**

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 **MERCK**



## Brief Summary



# RAGWITEK®

Short Ragweed Pollen Allergen Extract  
Tablet for Sublingual Use 12 Amb a 1-U

Carefully read the Medication Guide before you start taking RAGWITEK® and each time you get a refill. This Brief Summary does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or if you want to learn more about RAGWITEK.

### What is the Most Important Information I Should Know About RAGWITEK?

RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get medical treatment right away if you have any of the following symptoms after taking RAGWITEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of RAGWITEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you have a severe allergic reaction after taking RAGWITEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine.

Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

### What is RAGWITEK?

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen. RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout ragweed pollen season. RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

### Who Should Not Take RAGWITEK?

You should not take RAGWITEK if:

- You have severe, unstable or uncontrolled asthma
- You had a severe allergic reaction in the past that included any of these symptoms:
  - o Trouble breathing
  - o Dizziness or fainting
  - o Rapid or weak heartbeat
- You have ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You have ever been diagnosed with eosinophilic esophagitis.
- You are allergic to any of the inactive ingredients contained in RAGWITEK. The inactive ingredients contained in RAGWITEK are: gelatin, mannitol, and sodium hydroxide.

### What Should I Tell My Doctor Before Taking RAGWITEK?

Your doctor may decide that RAGWITEK is not the best treatment if:

- You have asthma, depending on how severe it is.
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD).
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.

- You are pregnant, plan to become pregnant during the time you will be taking RAGWITEK, or are breast-feeding.
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to RAGWITEK.
- You are taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
  - o beta blockers and alpha-blockers (prescribed for high blood pressure)
  - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
  - o diuretics (prescribed for heart conditions and high blood pressure)
  - o ergot alkaloids (prescribed for migraine headache)
  - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
  - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of RAGWITEK. Ask your doctor or pharmacist for advice before taking RAGWITEK.

RAGWITEK is not indicated for use in children under 18 years of age.

### Are There Any Reasons to Stop Taking RAGWITEK?

Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing, or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking RAGWITEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

### How Should I Take RAGWITEK?

Take RAGWITEK exactly as your doctor tells you. RAGWITEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take RAGWITEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of RAGWITEK in your doctor's office. After taking the first tablet, you will be watched for at least 30 minutes for symptoms of a serious allergic reaction. If you tolerate the first dose of RAGWITEK, you will continue RAGWITEK therapy at home by taking one tablet every day. Take RAGWITEK as prescribed by your doctor until the end of the treatment course. If you forget to take RAGWITEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of RAGWITEK, contact your healthcare provider before restarting.

### What are the Possible Side Effects of RAGWITEK?

The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side

effects, by themselves, were not dangerous or life-threatening. RAGWITEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to RAGWITEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of RAGWITEK talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

This Brief Summary summarizes the most important information about RAGWITEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about RAGWITEK that was written for healthcare professionals. For more information, go to: [www.ragwitek.com](http://www.ragwitek.com) or call 1-800-622-4477 (toll-free).

**The Medication Guide has been approved by the U.S. Food and Drug Administration.**

Manufactured for: Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.**, Whitehouse Station, NJ 08889, USA

Manufactured by:  
Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

**For more detailed information, please read the Prescribing Information.**

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Revised: 04/2014

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RESP-1125099-0007 01/15





# NEWS



PHOTO CONTRIBUTED

From left — Jeff Culver, chief operations officer, Middleburg Bank; sixth grade bank employees; Leah Hartsuff, assistant VP/regional banking manager, Middleburg Bank; Barbara Gist, assistant principal, Aldrin Elementary.

## Student-run Bank Opens at Aldrin Elementary

As part of a new business partnership, Aldrin Elementary has announced the grand opening of a student-run branch of Middleburg Bank. Aldrin faculty sponsors and Middleburg Bank representatives will train and supervise student “employees.” Positions include a manager, assistant manager, three tellers, and two marketing specialists. All students will have the opportunity to open a Cool Fox Account with the bank. The goal of the bank is to promote school wide financial literacy, offer leadership opportunities to students and to integrate math curriculum into the experience of banking.

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Fairfax County

# COMMUNITY CLEAN-UP

**SATURDAY, APRIL 25**

## Household Hazardous Waste Disposal

from 9 a.m. to 2 p.m. at the  
Reston South Park & Ride  
(Lawyers Rd and Fox Mill Rd, Reston)

Household Hazardous Waste from residents will be accepted at no charge. We will **not** accept business or commercial waste, lead acid batteries, automobile batteries or propane tanks.

For complete details, go online to  
[www.fairfaxcounty.gov/recycling](http://www.fairfaxcounty.gov/recycling),  
or call 703-324-5052, TTY 711.

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For reasonable ADA accommodations, please call  
703-324-5230, TTY 711.






## Counting Homeless; Solution Is Housing

Results of the annual census of homeless show progress, persistence of the problem, and some worrying trends.

**O**n the night of Jan. 28, 2015, there were 1,204 people who were literally homeless in the Fairfax County area.

Of those, 715 were people in 213 homeless families, with 431 homeless children; 347 of those children were under 12. Sixty-two percent of the adults in these homeless families are employed, but don't earn enough to avoid becoming homeless. Domestic violence was identified as the cause of homelessness for 41 percent of the people counted in homeless families. Women made up 78 percent of the adults in homeless families.

Men accounted for 77 percent of the single homeless people.

Of the single homeless people, 55 percent, 268 people, are identified as having serious mental illness; 203, or 42 percent were identified as chronically homeless.

Twenty-five percent of the single homeless individuals were employed.

Eight percent were veterans. Four percent, or 21, were former foster children.

Some troubling trends:

This year, 123 or 25 percent of the single homeless people were over 55.

This year, 52 or 11 percent of the single

### COMMENTARY

homeless people were transitional adults, aged 18-24.

This year, 58 percent of homeless individuals in families and 43 percent of single homeless people counted were African American. This is disproportionate to the overall African American population of 9.7 percent.

This year marks a reduction of 21 homeless people, or approximately 2 percent reduction over the previous count in 2014. It is a decrease of 34 percent since 2008 when there were 1,835 literally homeless people counted, including 1,091 in families. The Fairfax County Office to Prevent and End Homelessness credits adoption of housing first and rapid rehousing models, heightened prevention efforts and prioritizing housing for longest and most vulnerable homeless for continuing decrease.

What's needed is more affordable housing, more housing affordable to those with very low income, more affordable housing designated for formerly homeless people with the supports they need. Without a commitment to more affordable housing, it will be impossible to continue to reduce the number of homeless people in the region.

It's critical to note that those who are literally homeless are a small part of the problem. In terms of preventing homelessness, literally thousands of families live at risk of becoming homeless in our region. Very high housing costs combined with the growth of low-wage service jobs mean that many families are one unexpected bill away from homelessness. Nonprofits in the county play a huge role in preventing homelessness by responding to crises.

As the development of the Silver Line brings a wave of new residential construction in the county, we must insist that affordable housing be a part of that growth.

### Mother's Day Photos

Mother's Day is May 10 and, every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM),  
[@MARYKIMM](https://twitter.com/MARYKIMM)

## Reston's Future: A Primer

BY KEN KNUEVEN  
PRESIDENT, RESTON ASSOCIATION

**A** lot has been discussed recently in the blogosphere regarding the Reston Association Board's unanimous decision to send to member referendum the question of borrowing up to \$2.65 million for the purchase and renovation of the old Reston Visitors Center and the associated open space it sits on. This 3.47 acre parcel is located at the southeast end of Lake Newport and sits between the Association's Lake Newport tennis court complex on one side, and the cherished park area known as Brown's Chapel Park on the other.

Here's why we're trying to save this building and the open land it sits on...

Ownership of this property would create a contiguous band of 98 acres of Common Area property, parkland and recreational amenities so desperately needed by our growing community.

During the past 50 years, Reston has seen substantial growth and expansion and there's no denying more development is on the way.

We're all seeing it happen right in front of us. Tower cranes, chopped up roads, detour signs, and those yellow county sandwich-boards are everywhere, announcing public hearings regarding new development/redevelopment projects. Just look at the recent efforts already underway: Reston Station, Lake Anne Redevelopment (just across the street from the Visitors Center), The Harrison Apartments, Reston Heights, Fairway Apartments, Reston Town Center North, the proposed redevelopment of Tall Oaks, and now St. Johns Woods.

In each instance the owners/developers are doing everything they can to maximize their property rights – pushing the limits on size and density. This will have an impact on our existing facilities and natural resources.

**WE HAVE TAKEN STEPS** to ensure our founding principles are upheld, while also striving to maintain a balance of sustainability and progress. We recently passed two Land Use Resolutions in coordination with the County, the Reston Planning &

Zoning Committee as well as developers to be involved early in the process – and they're working. We are being proactive, having real conversations about impacts to the RA and its member's properties.

Yet, sometimes we have to take even more proactive steps, championing with fervor, the protection of our open spaces. A good example is the Reston National Golf Course. We are working closely with the dedicated and powerful grassroots efforts of Rescue Reston, providing legal and staff resources to make sure this threat to our community never happens – to the point of purchasing the golf course if necessary, an action fully embraced by Rescue Reston, Reston2020, Reston Citizens Association and members like you and me.

This brings me to the old Reston Visitors Center. Currently, the Fairfax land designation for this parcel is "convenience center." This designation envisions that the property will be developed to a mix of convenience, retail, office and personal service uses. The property is zoned to allow office space, with the option to add to

the space a two-story building, with an approximately 6,930-square-foot restaurant, having a footprint that could extend 50 feet into Lake Newport.

The latest Reston Comprehensive Plan Phase II identifies the following Vision for the four Reston Convenience Centers:

"Vision — The Sunrise Valley, Lake Newport, Soapstone, and Fairways Convenience Centers will continue to serve as small commercial centers for their respective surrounding neighborhoods."

Owners and developers will work with their land use attorneys to make sure their property rights can leverage and maximize these designations in this booming Reston market.

This point has already been tested with the Visitors Center. The owner is going to sell the property — and knows his property has significant value in the hands of the right developer. We see this as the opportunity to step in and do something that is rare these days – add open, greenspace to our natural resources portfolio.

SEE A PRIMER, PAGE 17





# OPINION

## D-Day for Reston National Golf Course

By **CONNIE HARTKE**, PRESIDENT  
RESCUE RESTON

**B**y the time you read this, the Board of Zoning Appeals (BZA) will have made its decision on the technical merits of the claim by the owners of Reston National Golf Course (RNGC) that they should be allowed to sidestep the normal process to develop 166 acres of open space into residential housing.

We hope the BZA also considered the property rights of the thousand-plus homeowners and businesses who border this Audubon Certified Sanctuary golf course, not just the interests of its owners, RN Golf and Northwestern Mutual.

It is a fact that Northwestern Mutual invested slightly more than \$5 million in 2005 in order to become the majority owner of these 166 acres in the heart of Reston. Had anyone imagined this land could be developed, it would have had a far greater price tag.

This property owner is not being hurt by its small investment in one of the most profitable golf courses in the D.C. metropolitan area. When asked at the hearing how financially viable the golf course is, the owner's attorney answered "...economically very viable."

Here are a few examples from the websites of Reston businesses and organizations that rely on the recreational amenity of Reston National Golf Course:

\*Westin Reston Heights: "The Westin Reston Heights is located just steps from Reston National Golf Course, one of Northern Virginia's favorite courses. Designed by the legendary Ed Ault and proudly managed by Virginia-based Billy Casper Golf, Reston National is a great place to learn, practice, and play golf."

Home to the Mid-Atlantic's best Nike Golf Learning Center, the golfer development programs at Reston National are among the nation's best. A 150-seat, covered outdoor patio is the ideal setting for golf outings and golf events in Reston. Conveniently

located in the heart of Reston, just off the Dulles Toll Road midway between Dulles Airport and the Washington Beltway, and right across the street from The Westin Reston Heights, Reston National is easily accessible from anywhere in the greater Washington D.C. area."

❖ Sheraton Reston Hotel: "We're the only hotel in Reston to have a golf course in our backyard! Sheraton Reston Hotel is located just steps from Reston National Golf Course, one of Northern Virginia's favorite courses."

❖ 11800 Sunrise Valley Drive [International Building]: "...11800 Sunrise Valley Drive is a 15-story building providing stunning views of the Reston National Golf Course and a prominent top of building signage opportunity visible from the Dulles Toll Road."

❖ South Lakes High School Golf Teams: The Reston National Golf Course is their home course.

Tens of thousands of Reston residents relied upon the open space that defines Reston. Our #10 ranking in the 2014 Money Magazine's "best places to live" lists the "range of lakes, pools, shopping areas, golf courses, and more" that make Reston unique.

Owning this "very viable" golf course is not hurting the property rights of RN Golf Management. The property rights of well over 1,000 homeowners bordering the course would be severely damaged by development.

Radiating out from that will be the damage to other residential and business owners. Reston's transportation and school networks would become untenable by this unplanned development in what has been a hallmark planned community.

Rescue Reston expects the BZA to uphold the decision of the County Zoning Administrator to maintain the Reston National Golf Course as open space. However, we will remain vigilant and stand ready to oppose any efforts to overturn the BZA decision on appeal, or to otherwise pursue the development of the golf course.

### LETTERS TO THE EDITOR

#### Inappropriate 'Choices'

To the Editor:

My name is Donna McHugh and I am writing in response to your article ["Moving: From Institution to Community"] printed on April 2 regarding the Northern Virginia Training Center.

I am the sister and co-guardian

of my 58-year-old brother Joseph F. McHugh (Joe) discussed in the article. He lives at the Northern Virginia Training Center (NVTC). Joe is minimally verbal, non-ambulatory, has serious digestive issues with spasticity and without continual preventative medical

routines, performed by others at NVTC, he would be dead.

The article states that we have been provided a multitude of community placement choices. The choices presented to me and Joe's other legal guardians have been

SEE LETTERS, PAGE 17

**When "That will never happen to me" happens.**

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Photo by Ed Knepley

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# CELEBRATION: BOB SIMON AT 101

## Bob Simon Celebrates 101 Years



1966

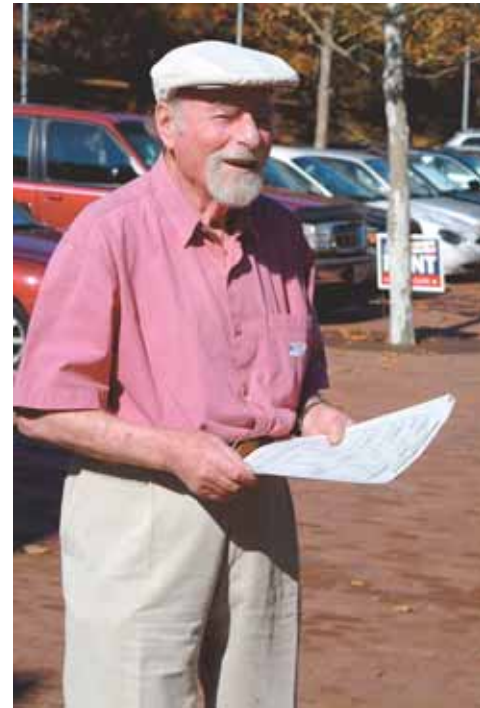
Robert E. Simon Jr., was born in New York City in 1914. After graduating from Harvard, Simon took over the family real estate management and development business. In 1961, with the proceeds from the sale of a family property, Carnegie Hall, Simon purchased 6,750 acres of land in Fairfax County which would become Reston.



1968



1986



2004

### TIMELINE: 101 Years of Robert E. Simon Jr.

**1914:** Robert E. Simon Jr. Born  
**1922:** Robert E. Simon Jr.'s Grand Tour of Europe, School in Paris  
**1925:** Robert Simon Jr.'s Father Purchases Carnegie Hall from Louise Carnegie  
**1931:** Robert E. Simon Jr. Graduates from Horace Mann  
**1935:** Robert E. Simon Jr. Graduates from Harvard  
**1935:** Father, Robert E. Simon Sr. Dies  
**1942:** Robert E. Simon Jr. Enlists in the U.S. Army  
**1946:** Robert E. Simon Jr. Leaves U.S. Army as a Captain  
**1960:** Robert E. Simon Jr. Sells Carnegie Hall to New York City for \$5 million  
**1960:** Robert E. Simon Jr. signs contract to purchase 6,750 acres of farmland and woods located between DC and the airport under construction (to be named Dulles)  
**1962:** Fairfax County Board of Supervisors adopts Residential Planned Community Ordinance (RPC)  
**1964:** Singer Electronics Laboratory and Air

Survey Corporation open for business. First residents move in.  
**1964:** Carnegie Hall Declared a National Historic Landmark  
**1966:** Official dedication of Reston with presentations by Poet Laureate Steven Spender and NYC Parks Commissioner August Hecksher, interior Secretary Stuart Udall and representatives of 37 countries with "New Towns"  
**1997:** Robert E. Simon Jr. returns to Reston and move into condo on 13th floor of Heron House  
**1998:** Robert E. Simon Jr. meets Cheryl Terio, his wife  
**2002:** Reston designated a National Planning Landmark  
**2004:** The first Founder's Day was celebrated on April 17, 2004, on Reston's 40th Anniversary.

**SOURCES:** Robert E. Simon Jr.; Reston Museum Biography of Robert E. Simon Jr.; George Mason University Libraries; Reston Connection Archives.



2008: Chuck Veatch leads the community in singing "Happy Birthday" to founder Bob Simon.



2009: The honored couple, Cheryl Terio Simon and Robert E. Simon Jr., Reston's founder, watch the Reston Community Orchestra's Brass Quintet.



2011



2012: Robert Simon cuts the birthday cake at the annual Founder's Day celebration at Lake Anne Saturday, April 14, on the occasion of his 98th birthday.



2013: Reston founder Robert Simon blows out his birthday candles as the crowd sings "Happy Birthday" at Lake Anne Saturday, April 13 on Simon's 99th birthday.



2013: Reston founder Robert Simon gets a 99th-birthday hug from Beverly Cosham during the Founder's Day celebration Saturday, April 13, at Lake Anne.



2014: Robert Simon smiles while holding the U.S. President's proclamation honoring him for his 100th birthday.



2015: Bob Simon cuts the cake celebrating his 101st birthday on April 11, 2015.



2008: Reston founder Bob Simon and resident Lee Rau listen as Jennifer Lapple conducts the Flute Force during its performance on Founder's Day.



2012: Reston residents sing "Happy Birthday" to Reston founder Robert Simon on the occasion of his 98th birthday.



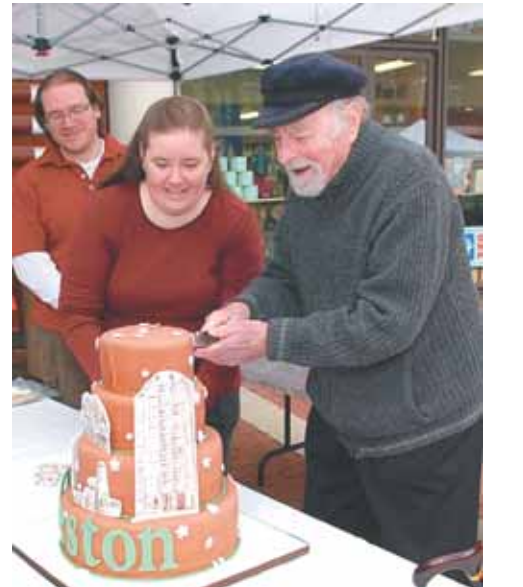
2007: Bob Simon with a bust of his father at Carnegie Hall. Simon sold Carnegie Hall, using the money to buy the land that would become Reston.



CONNECTION FILE PHOTOS AND CONTRIBUTED PHOTOS



2009: Bob Simon, who had just turned 95, toasts the people of Reston, the town he founded 45 years ago.



2011: Mary and David Supley Foxworth of the 'Mallow Drama' bakery watch Bob Simon cut his birthday cake at the celebration of his 97th birthday.



# Moving for Academic Excellence

Researchers say frequent physical activity can lead to success in school.

BY MARILYN CAMPBELL  
THE CONNECTION

Inside an elementary school classroom in Bethesda, Md., a class of third grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacrificing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and budget dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy Beringer, Ph.D., assistant dean, early childhood education and substance abuse, Northern Virginia Community College in Alexandria. "Based on research findings this appears to be counterproductive to the development of the



PHOTO COURTESY OF NORWOOD SCHOOL

Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.

**"The more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read, or that essay they need to write."**

— Dominique Banville, Ph.D., George Mason University

whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to not only make students move during class time, but also to provide them with knowledge that will allow them to be active outside of school.

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegoraro Schull, Ph.D., professor, early childhood education, Northern Virginia

## Resources for Movement Activities

**Recessitate**, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit <http://oranda.org/products/recessitate>.

**"10 Simple Ways to Encourage Physical Activity in the Classroom."** These suggestions do not require equipment and are easy to incorporate throughout the day. Visit [www.yourtherapysource.com/10simple.html](http://www.yourtherapysource.com/10simple.html).

COMPILED BY IVY BERINGER, PH.D., NORTHERN VIRGINIA COMMUNITY COLLEGE

Community College in Alexandria. "Everyone needs to learn how to run, stretch, climb, be agile and use rules in a group. In a fundamental way, it teaches children to not be sedentary."

**ONE SOLUTION** for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."

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## CAREGIVING

Have fun, learn something new, and unleash your creative spirit! Fairfax County, the Arts Council of Fairfax County, and AARP Virginia invite you to celebrate the **Creative Aging Festival** in May 2015. This month-long festival features over 100 events including art exhibits, dance, musical performances, poetry readings, lectures, wellness programs and classes in watercolor, woodworking, knitting, clogging, tap, piano, photography, & more! Find the events calendar at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Creative Aging Festival!

Fairfax County presents **Legal Tools for Caregivers: WEBINAR**. As a family caregiver you may need to make legal and health care decisions

for a loved one. This free Webinar will cover durable powers of attorney, trusts, guardianship, and advanced medical directives. Join us on Wednesday, May 6, Noon-1 p.m. Find out more and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Fairfax County will sponsor **Strategies for Managing the Stress of Caregiving** on Tuesday, May 12, 7-8:30 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, **Falls Church**. Find out more about this free event and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Fairfax County presents **"Alive Inside"** Movie and Discussion on

Saturday, May 16, 10 a.m.-Noon. This free movie focuses on the Music & Memory program's ability to combat memory loss and restore meaning to the lives of those with Alzheimer's disease. Insight Memory Care Center, 3953 Pender Dr., Ste. 100, **Fairfax**. Find out more and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Get the facts about health insurance for older adults at Fairfax County's free presentation on **Medicare 101**. Tuesday, May 19, 3-4:30 p.m. at the City of Fairfax Regional Library, 10360 North St., **Fairfax**. Register beforehand at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm).



**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.

**SATURDAY/APRIL 18**

**Bicycle Safety Rodeo.** 1-4 p.m. Lake Newport Pool, 11601 Lake Newport Road, Reston. Join the Reston Association, RA's Pedestrian and Bicycle Advisory Committee, The Reston Bicycle Club, and Safe Routes to School. Children will complete 8 safety stations and earn their bicyclist's license. The Reston Bike Club will be doing bicycle & helmet inspections. Contact Ashleigh@reston.org or 703-435-6577. Ages: 5 - 12.

**SATURDAY/APRIL 25**

**Adults Basic Internet and Microsoft Office Tutoring.** 1 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Schedule an appointment to get one-on-one help with computers, applications and navigation of the internet.

**MONDAY/APRIL 27**

**Reston Runners Women's Training Program.** Eight week program for walkers and runners, run by women, for women. Program starts April 27 at 6:30 p.m. at South Lakes High School. For more information, or to register, go to www.RestonRunners.org

**ONGOING**

**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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To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to: editors@connectionnewspapers.com

Or to mail photo prints, send to:  
The Reston Connection,  
"Me and My Mom Photo Gallery,"  
1606 King St.,  
Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

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**Sterling resident George Thigpen near his work "Simon," a black and white collage portrait of Reston founder Robert E. Simon.**

PHOTOS BY RYAN DUNN/  
THE CONNECTION

## Founder's Day Art Show and Awards Ceremony

### League of Reston Artists display art at Reston Community Center.

BY RYAN DUNN  
THE CONNECTION

**O**n April 12, friends and members of the League of Reston Artists met at the Jo Ann Rose Gallery located at the Reston Community Center for a reception. The reception was a Founder's Day Art Show and award ceremony. On April 11, many Reston residents enjoyed the 14th Annual Reston Founder's Day, celebrating Reston turning 51 and its founder, Robert E. Simon turning 101. "This group is very inclusive," said League of Reston Artists president Jim Schlett. "We have many art tours across the Reston area and continue an active scholarship program." For two days, Friday, April 17 to Saturday, April 18, the Herndon Branch lobby of Northwest Federal Credit Union will become an impressive art gallery for a special community partner event with the League of Reston Artists.

The League of Reston Artists (LRA) was established almost 50 years ago, and one of the Founding Members, Reston resident Pat MacIntyre, helped with a presentation of awards. "This group really does wonderful work," said MacIntyre. "It was difficult to choose winners." MacIntyre is a graduate of Corcoran School of Art and owner of Reston Art Gallery and Studios (RAGS) located at Lake Anne Plaza. The League of Reston Artists sponsors exhibits, workshops and

programs for artist members, a meeting group for photography lovers and makers, the Reston Photographic Society, and opportunities for artists at every stage of their interests and impulses.

Sterling resident George Thigpen took the Founder's Day Choice award for his work "Simon," a portrait collage of Reston founder Robert E. Simon. "I have been doing works in this style for 23 years, it took about two months or 200 hours to complete this piece," said Thigpen. The first place prize was won by Karen Danenberger for her work "Walking in Reston." Second place was awarded to Pam Blehert for her work "Conversation, Starbucks, North Point." Third place was presented to Gennara Moore for her work "The Good Mood." Many of the art pieces on display at the Jo Ann Rose Gallery are available for purchase.

A self-published book about the exhibition was available for purchase, and painters were available to discuss their work. "The purpose of the book and exhibit was to examine the heart of Reston," said Antonella Manganeli, one of the participating artists who has a piece on display in the show. Herndon resident Melanie Stanley has two pieces in the exhibit. One of her works is mixed media piece called "North Village Owl."

"I worked on the owl piece for about a month," said Stanley. Stanley remarked she has greatly enjoyed her association with the LRA.

**Artist Pam Blehert Coulter accepting her second place award from art judge Pat MacIntyre at the Jo Ann Rose Gallery located at the Reston Community Center.**



**Langley High School presents "Book of Days," a murder mystery that raises questions about small town politics and society. Playing April 23-25 at 7 p.m. at Hunter Woods Elementary School, 2401 Colts Neck Road, Reston.**

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

#### WEDNESDAY/APRIL 15

**Home Food Preservation.** 5 - 7 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. This introductory class will cover food preservation methods, including canning, fermentation, drying/dehydration, and freezing. Learn about the science behind food preservation, safety precautions, kitchen set up, and jar and equipment prep as well as food and recipe selection. There will be a "dry" demo of the procedure for filling jars and ample time for questions. Guest Presenter: Katie Strong, Virginia Cooperative Extension. Co-sponsored by Reston Community Center. Reservations required by April 10. Fee: \$5/person RA members, \$7/person Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

#### THURSDAY/APRIL 16

**Senior Container Gardening.** 1 - 2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn what flowers and herbs grow best in containers and how to arrange them creatively. Listen to a presentation then plant a small container to take home. Contact [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or 703-435-6530 for reservations. Reservations required by April 10. Fee: \$10/person RA members, \$14/person Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**Poetry Readers Roundtable.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An informal discussion of the life, times, and work of Edgar Allan Poe. Adults.

#### FRIDAY/APRIL 17

**Jewelry Making Workshop.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. You will learn the basics of jewelry making and create your own original piece in this hands-on workshop. We provide the materials, participants bring the imagination! Registration is required for this event. Adults.

#### SATURDAY/APRIL 18

**Washington Area Folk Harp Society 2015 Annual Concert.** 7:30 p.m. Knox Presbyterian Church, 7416 Arlington Blvd., Falls Church. WAFHS presents "The Harp Goes Creative," featuring Abigail Palmer, Jo Morrison, Heatherwood Harp Ensemble, Southern Maryland Harp Circle, and a Many-Harp Grand Finale. Tickets at the door. \$15 Adults. \$10 Students and Seniors. For info and directions visit [www.wafhs.org](http://www.wafhs.org).

**Weekend Bluegrass Concert: Ash Breeze.** 6:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Ash Breeze is a new breath of fresh air on the bluegrass music scene recording on the Mountain Fever Record label. These fine young musicians are the future of bluegrass and they are full of energy, a love for their music and talented beyond belief.

#### WEDNESDAY/APRIL 22

**Earth Day Planting.** 1 - 4 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 and up. Celebrate Earth Day by planting a variety of

native plants in the gardens including shrubs, ferns and wildflowers. Wear clothes that can get dirty and bring gloves if you have them. We will have some gloves available and will provide tools for planting. Contact [habrock@reston.org](mailto:habrock@reston.org) or call 703-476-9689 to sign up. Reservations required by April 19. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

#### WEDNESDAY-SUNDAY/APRIL 22-26

**Reston Friends Big Book Sale.** Wednesday, April 22— 5 - 8 p.m. Preview Night Thursday, April 23— 10 a.m. - 8 p.m. Friday, April 24— 10 a.m. - 5 p.m. Saturday, April 25— 10 a.m. - 4 p.m. Sunday, April 26— 12 noon - 3:30 p.m. (Library itself opens at 1 p.m.) Reston Regional Library, 11925 Bowman Towne Drive Reston. Come and browse thousands upon thousands of great books in great condition. From the latest popular titles and classic favorites to the rare and unexpected fiction and non-fiction. The Reston Friends have something for everyone! Yes, we do restock, for as long as supplies last.

#### THURSDAY-SATURDAY/APRIL 23-25

**"Book of Days."** 7 p.m. Hunter Woods Elementary School, 2401 Colts Neck Road, Reston. Langley High School presents "Book of Days," a murder mystery that raises questions about small town politics and society.

#### FRIDAY/APRIL 24

**Environmental Film: A Fierce Green Fire.** 7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. In honor of Earth Day, see the first big-picture exploration of the 50 year environmental movement from grassroots efforts to global activism and conservation to climate change. Directed by Academy Award nominee Mark Kitchell and narrated by Robert Redford, Ashley Judd, Van Jones, Isabell Allende and Meryl Streep. Co-sponsored by Friends of Reston. Reservations required by April 21. \$5 suggested donation RA members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

#### SATURDAY/MAY 2

**Pirate Fest.** 10 a.m. - 5 p.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. This festival celebrates Virginia's seafaring past. Join with Ships Company Chanteymen singing traditional sea chanteys, tavern tunes and pirate ditties. Experience the life of a sailor first hand with our many fun activity stations. Wear your most dashing pirate clothes and enter our costume contest. Learn about global trade in the 18th century, and discover the luxury goods from international ports that compelled pirates to sail the seven seas.

#### THURSDAY/MAY 7

**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 of Fairfax County, ensuring that your purchases will be fresh.



# ENTERTAINMENT

Cast of Reston Community Players' production of "The Fox on the Fairway." From left: David Segal, Dina Soltan, Zell Murphy, Bradley Dressler, Stephanie Walsh, and Kelly Thompson.



PHOTOS BY TRACI J. BROOKS  
STUDIOS/COURTESY OF  
RESTON COMMUNITY PLAYERS

## Some Lunacy for Springtime

Reston Community Players presents a fun, diverting show.

BY DAVID SIEGEL  
THE CONNECTION

"A great distraction from the everyday" is how director Adam Konowe describes the Reston Community Players' next production, "The Fox on the Fairway." And the madcap comedy was written by popular local area playwright, Ken Ludwig.

"Playwright Ludwig is a favorite of Northern Virginia audiences. Ludwig is well known for his uproarious 'Lend Me a Tenor,'" said Konowe (Reston). "With 'The Fox on the Fairway' there are plenty of surprises. What may seem familiar and normal explodes into great fun with plenty of chaotic connections."

"The Fox on the Fairway" is set in the supposed stuffy, straitlaced atmosphere of a private golf club readying for a tournament against its long-time opponent. While an important rivalry match; things are not going as hoped by Dickie Bingham, president of the golf club. Big bets have been made, but is a sure thing always sure thing? Add some unanticipated love interests and lost jewelry to complicate matters.

The six member ensemble includes new faces for Reston Community Players patrons. Veteran actor David Segal (Herndon) plays Dickie Bingham. Segal

### Where and When

Reston Community Players present "The Fox on the Fairway" at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. Performance Dates: April 24-May 9. Friday-Saturday evenings at 8 p.m. Sunday matinee, May 3 at 2 p.m. Tickets \$17-\$20. Call 703-476-4500 x3 or visit [www.restonplayers.org](http://www.restonplayers.org)

described his character as "obnoxious, loud, kind of a jerk, yet witty and not unlikable." He is trying to find a way to make the best of messy circumstances, many of which he created for himself.

Dina Soltan, a veteran of Northern Virginia community theater plays socialite Pamela Peabody, the ex-wife of Dickie Bingham. One of her favorite lines for her character comes as she gazes at one of his awful sweaters, remarking with some bite, "Did you have to kill it, or did it crawl onto your chest and just give up?"

Newcomer Bradley Dressler plays Justin Hicks, the assistant to Dickie Bingham. "I hope audiences laugh, I hope they cringe, I hope they have a wonderful evening. Above all, I hope we remind them that local theatre is wonderful," Bingham said.

The Reston Community Players production of "A Fox on the Fairway" is a Northern Virginia community theater premiere. For Joshua Redford (Reston), president of the Reston Community Players, "The Fox on the Fairway" is a "most fitting way to wrap-up a great 2014-2015 theater season; and thank our patrons with a wonderful comedy."

It is a fun, diverting show, that we hope "will bring a big smile and good cheer to the audience."

Who isn't ready for a romp right now? It's at Reston's CenterStage just for a short time.

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South Lakes' Emily McGrath produced a conference-qualifying time in the 3200 meters during the Northern Virginia Invitational last weekend at Robinson.



Devyn Jones and the South Lakes girls' track team competed at the Northern Virginia Invitational last weekend at Robinson.

PHOTOS BY PHOTO BY ED LULL

## South Lakes' Ballard Runs State-Qualifying Time In 400

Led by junior Skander Ballard's performance in the 400 meters, more than 20 South Lakes High School track athletes qualified for postseason meets at the Northern Virginia Invitational April 10-11 at James Robinson Secondary School in Fairfax.

Ballard finished third in the 400 meters with a state-meet qualifying time of 49.35. He also qualified for the Conference 6 meet in the pole vault (11-00.00, 7th) and long jump (20-03.00, 6th). Ballard, juniors Alex Rudison, Eric Kirlew and sophomore Timiebi Ogobri finished fourth in the 4x100 meter relay with a 6A North region-qualifying time of 44.40.

Rudison, Kirlew and Ogobri also qualified in individual events: Rudison in the pole vault (10-06.00, 10th, conference), Kirlew in triple jump (43-05.00, 2nd, region) and 100 meters (11.66, 11th conference), Ogobri in the 100 meters (11.64, 10th, conference) and 200 meters (23.61, 22nd, conference).

Senior Nathan Stone qualified for the region meet in both the 100 high hurdles (15.76, 3rd) and high jump (5-10.00, 6th). Fellow senior Sam Arpee ran a region qualifying time of 50.67 in the 400 meters (10th) and qualified for the con-



Timiebi Ogobri, right, competes for South Lakes at the Northern Virginia Invitational last weekend at Robinson.

ference meet with a 23.48 in the 200 meters (17th). Arpee, senior Collin Weirick, junior Nikolai Waithe and sophomore Ashton Reinhold finished sixth in the 4x400 meter relay in 3:31.30, meeting the region standard.

On the girls' team, senior Claire Nieuwma qualified for the region meet in both the 400 meters (59.98, 5th) and 300 meter intermediate hurdles (47.94, 4th). Sophomore Devyn Jones met region standards finishing second in the long jump (16-08.50) and third in the 100 meter hurdles

(15.47). She also qualified for the conference meet with her 48.89 (7th) in the 300 meter hurdles.

Freshman Olivia Beckner (2:26.82, 9th) and senior Augusta Durham (2:29.18, 12th) qualified for the conference meet in the 800 meters.

Senior Samantha Webb did the same in the 300 hurdles (5.56, 14th) and 400 meters (1:02.16, 17th). Natalie Schauer, also a senior, conference qualified in both throw events with a 27-10.50 (19th) in the shot and 78-04.00 (11th) in the discus.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Tyler Morgan (19) is a returning starter for the Oakton boys' soccer team.

## Oakton Looking for Fourth Concorde Title

Cougars defeat Herndon 1-0 on April 9.

BY JON ROETMAN  
THE CONNECTION

Two days after beating Robinson, 3-1, in an early-season Conference 5 match, a reporter asked Oakton senior forward Armand Jeffris what the victory meant in regard to the Cougars' confidence.

"Oakton, as a team, we don't really have a confidence issue," Jeffris said. "We go in planning on winning with the mentality that we want to win and we want to put these teams away. We are playing very good teams and it's always nice and always good to get a win under our belts. Battling through it and getting that win is tough sometimes, but you can always count on Oakton to pull through."

Oakton head coach Todd Spitalny was also asked about the significance of the win over Robinson, which entered the April 7 contest with a 4-0 record. Spitalny said it was just another conference match.

"It's our district," Spitalny said. "We've won it three out of the last four years. We don't plan on giving it up to anybody."

The Cougars have plenty of confidence early in the 2015 campaign. On April 9, Oakton defeated Herndon 1-0 in a rematch of last season's conference championship match. The victory extended the Cougars' win streak to four games following a season-opening loss to McLean on March 16.

Oakton senior Millan Khadka scored the lone goal against Herndon in the seventh minute with an assist from Jeffris.

Oakton has been one of the most competitive teams in Northern Virginia the last four seasons. The Cougars won the Northern Region championship in 2013, advanced to the state semifinals and finished the season with an 18-1-2 record.

Last season, however, Oakton was upset by West Potomac in the second round of regionals. The Cougars entered the match having won five straight, but lost 2-1 on their home field.

"It was an absolute upset in the match," Spitalny said. "We out-shot them 22-4. We dominated the game [but] we made two mistakes. ... To West Potomac's [credit], they won it. There's nothing I can say to take it away from them. Were we the better team? Absolutely. But you've got to win the match."

Jeffris said the Cougars use the loss as motivation.

"We are a very young squad, but the older players, the upperclassmen, definitely remember stuff like that," he said. "It does hurt and that is what drives us."

Jeffris, an all-state selection last season, is one of four returning starters for Oakton, along with junior defender/midfielder Trey Lodge, senior defender Sam Bundren and junior defender/midfielder Tyler Morgan.

After losing to McLean, 1-0, Oakton responded with wins against Lee (2-0), Yorktown (2-0), Robinson and Herndon. The Cougars then lost to West Springfield, 2-1, on Monday, dropping their record to 4-2.

Oakton will host Chantilly at 7 p.m. on Friday, April 17.



# Community Educational Resources

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



COMMENTARY

As a former teacher and educator, I like what I have been seeing recently of the vast array of educational resources in our community. Most of the programs involve partnerships that make them possible and that contribute in many ways to making them successful. As is often the case, there is little that is brand new, but no apologies are needed for adopting ideas and programs that have proven successful. Nor should a program be abandoned simply because it has been around for a while if it is otherwise working.

Aldrin Elementary School in Reston (<http://www.fcps.edu/AldrinES/>) cut the ribbon recently on a new branch of Middleburg Bank. The branch will be run by students and will serve students in the school. Not a new idea since many schools have real banks in them, but it is a program that I believe will contribute to financial literacy in a way that will stick with the children.

Likewise, I like what I see children learning about the environment through the efforts of

teachers and volunteers working through NoVA Outside ([www.novaoutside.org](http://www.novaoutside.org)), an alliance of environmental educators. At a recent School Environmental Action Showcase at George Mason University, I saw the results of teams from across the region celebrate the "Green or Eco"

work they are doing at their school and in their communities. The student teams applied STEM (Science, Technology, Engineering and Math) concepts to real, authentic environmental problems they identified including reducing waste, conserving energy, providing habitat for animal species, creating sustainable food programs, cleaning watersheds, and others.

A program with which I was involved at its inception in 1975, the Volunteer Learning Program (<http://www.fcps.edu/adulths/vlp/aboutvlp.html>), continues to provide personalized volunteer tutoring to Fairfax County adults and court-involved juveniles who are seeking help to complete a high school credential while getting better prepared for work or further education. In addition to helping thousands of young people and adults to complete

their education and get better jobs, the program is one of the most cost-effective in local government. A small staff of professionals trains caring and talented adults to provide tutoring to others allowing the program great flexibility in overcoming the complexities of learners' locations throughout the county and their work and personal schedules. The learners are current or future parents of children in Fairfax County Public Schools. These children are bound to benefit because of the positive experiences of their parents in this program. I taught another course this semester for the Osher Lifelong Learning Institute of George Mason University (<http://olli.gmu.edu/>). This is another program with which I was involved from the beginning. It uses its more than a thousand members to teach courses and to take courses across a wide range of intellectual pursuits. No one gets paid to teach, and no one gets credit for learning. No one complains because it is all about the fun of learning. And it is fun!

Our community is truly blessed with a wide variety of educational resources for learners of all ages. Let me know if you would like to get involved, and I can help steer you in the right direction.

LETTERS  
FROM PAGE 9

inappropriate. The community does not have the skills or supports necessary for his real medical needs for his survival. We are actively investigating and reviewing choices — but nothing is available. There are not comparable and appropriate choices in Northern Virginia like we were promised. Currently, my only choice is the Central Virginia Training Center in Lynchburg, Va., which is slated to close in 2020 and go through the process of placement/discharge all over again which is stressful and full of anxiety.

No one can predict the future of the state-funded a-la-carte waiver, currently funded at 60 percent, which is being offered as my brother's source of funding while currently he has a fully-funded (100 percent) Medicaid/Medicare federal waiver which means whatever his needs are they are met, so from a fiduciary standpoint as a legal guardian why would I change that? I can't predict how he will react to a new home, staff and routine. My hope is this will be a positive transition. But, I strongly feel that the impending closure date is unrealistic and makes me wonder if the department/state is more interested in "discharge" and closure than fostering the correct and appropriate placements.

Finally, the Commonwealth of Virginia has had 40 years to develop community homes and resources. Virginia has the solution to serve many of its citizens including the medically fragile by using the property they already have and renovating it to meet individual/group needs. This is a solution that involves compromise and cooperation and would have Virginia leading the country.

I fear that my brother as well as many of the remaining residents will not find good, appropriate placements.

**Donna McHugh**  
Centreville

# Wolf Trap—A Park and Theatre

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

One of the many advantages of living in this wonderful place called Reston is having the national treasure, Wolf Trap Farm Park, right around the corner. Wolf Trap was created by the Congress in 1966 as a national park following the donation of the 130-acre grounds by Catherine Filene Shouse to the United States. Imagine—something good done by the Congress when it still functioned! Wolf Trap was created as the first national park for the performing arts, and it has operated through a partnership of the National Park Service and the non-profit Wolf Trap Foundation for the Performing Arts. From the start, there has been a strong emphasis on its cultural side, the wonderful performance venue, and less on the natural resources side of the park. In fact, Wolf Trap is recognized as one of the very best performing arts centers in the country. Just take a look at the coming attractions for the 2015 season! The top musicians, singers, comedians come to Wolf Trap and you have to be fast on your well-heeled feet to get inside—or even on the grass.

In the last few years, the National Park Service has been paying more attention to the Park's 130 natural acres bordering the Dulles Toll Road on one side and encircled by several well-to-do neighborhoods the rest of the way around. A new, local nonprofit start-up calling themselves Friends of Wolf Trap (FOWT) is partnering with the NPS to enhance the natural resources of the Park, to educate the public about them, and to make the natural areas more accessible and attractive.

A first step to help make the natural areas

more accessible, was to expand and improve paths for the public to use for hiking the lovely property. To accomplish this, NPS partnered with the Potomac Appalachian Trail Club and local Boy Scouts to blaze new trails in the Park, to construct convenient trail markers and foot bridges. At the same time, NPS staff and volunteers have replanted several areas mostly covered in non-native and invasive plant species with all-native varieties. Already, PATC's work has made it easier and more enjoyable to walk the Park, and the native plantings are attracting more birds and other wildlife.

Speaking of birds, the Audubon Society of Northern Virginia is also a collaborator with both NPS and the Friends of Wolf Trap. Audubon volunteers have engaged for nearly two years in conducting ongoing inventories of birds residing in or migrating through the Park. To date, these avid birders have spotted

and officially recorded over 120 species of birds in the Park! Pileated Woodpeckers, Northern Flickers, Scarlet Tanagers, Barred Owls, Red-tailed Hawks, numerous warblers, and tiny Ruby-crowned Kinglets are just a few of the birds in the inventory to date. The next step will be to create a bird list scorecard for children and other Park visitors to use and record their own sightings when they come to Wolf Trap. Similarly, other knowledgeable volunteer citizen scientists are inventorying flora and fauna throughout the Park to be incorporated in future education programs for future visitors—including school children, scouting groups and others interested in learning more about this special place.

If you're looking for a nice place for some interesting easy-to-moderate difficulty hiking, come to Wolf Trap. A great place to get close to nature as well as being one of the greatest entertainment venues anywhere! [Full disclosure—I previously served on the Board of Directors of the Audubon Society of No. VA, and currently serve on the FOWT Board.]

## Reston's Future: A Primer

FROM PAGE 8

**BY PURCHASING THE PROPERTY,** Reston Members would take total control and ownership of this parcel, protecting it for future generations to come. We would repurpose the property for community and recreation purposes only, providing continuity of ownership and use with the surrounding RA recreational and greenspace parcels.

By removing the commercial office/

restaurant development potential on the site, we will be able to preserve and enhance the existing greenspace. Further, if acquired, we will plant more trees and shrubs as well as explore the feasibility of increasing greenspace on the parcel by reducing impervious surfaces (parking) that contribute stormwater runoff to Lake Anne.

We believe an increase in green space Common Areas is critical to offset the growth within Reston.

To learn more about this referendum to save the old Visitors Center, just click [HERE](#). In addition, we will be holding a Community meeting, April 21, at 6 p.m. at Brown's Chapel.

If you want to learn more about our efforts with regard to all of redevelopment/development projects impacting us, please go to the Reston Association Web Site and look under "Development & Future of Reston."

Thank you for taking the time to hear me out...



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The Mount Vernon Gazette

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**Zone 6:** The Arlington Connection  
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Connection  
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The Great Falls  
Connection

### 21 Announcements

**TRUSTEE'S SALE OF**  
12913 Alton Square, Unit #116  
Herndon, VA 20170

Pursuant to the terms of this subordinate Deed of Trust in the original amount of \$50,000.00 dated April 1, 2008 and recorded on November 10, 2010 in Deed Book 21362, Page 1833 of the Fairfax County land records, default having been made in the payment of the note thereby secured, the undersigned appointed Substitute Trustee, pursuant to the request of the holder of the Note thereby secured, will offer for sale at public auction at the front of the Fairfax County Circuit Court (Fairfax County Judicial Center, 4110 Chain Bridge Road) at Fairfax Virginia on April 23, 2015 at 11:30 AM the property more particularly described in the above Deed of Trust, located at the above address and briefly identified as follows:

Condominium Unit Number 12913-116 in WORLDGATE CONDOMINIUM, a Condominium, together with an undivided interest in the Limited Common Element Parking Space G1-33 and any other limited common elements appurtenant thereto, established by Condominium instruments duly recorded in Deed Book 8837 at Page 672, et seq., and any and all subsequent amendments thereto, among the land records of Fairfax County, Virginia  
Tax Number: 016414040116

The property and improvements will be sold in "as is" physical condition without warranty of any kind.  
TERMS OF SALE: Cash. A ten percent (10%) bidder's deposit in cash or certified check payable to the Trustee shall be required of the successful bidder at the time at the time of the sale before the bidding will be closed; settlement must be made within twenty (20) days or property to be resold at cost of defaulting bidder. The holder of the Note may credit bid the amount owed under the Note. Additional terms will be announced at the time of sale and the successful bidder will be required to execute and deliver to the Substitute Trustees a memorandum or contract of the sale at the conclusion of bidding. All costs of conveyancing, examination of title, recording charges etc. will be at cost of purchaser. Neither the Trustee or any other party guarantees or covenants to deliver, or in any way, obtain possession of the premises for any third party purchaser.

This property is subject to the following liens: (1) Deed of Trust from Jahangir Parandeh, a married man, to Suellen W. Wohlfarth, Trustee, securing GreenPoint Mortgage Funding, Inc., in the original principal amount of \$108,000.00, dated October 3, 2001, recorded October 4, 2001, in Deed Book 12276 at Page 786, corrected and re-recorded in Deed Book 20964 at Page 55 (corrects the legal description), assigned to GMAC Mortgage, LLC by Notice of Assignment recorded in Deed Book 21991 at Page 645; (2) Deed of Trust from Jahangir Parandeh, a married man, to Suellen W. Wohlfarth, Trustee, securing GreenPoint Mortgage Funding, Inc., in the original principal amount of \$13,500.00, dated October 3, 2001, recorded October 4, 2001, in Deed Book 12276 at Page 810, assigned to 15 HELOCS Financing, LLC, by Assignment of Deed of Trust recorded in Deed Book 19166 at Page 1891, assigned to ARM Recovery Trust, by Corporate Assignment of Deed of Trust recorded in Deed Book 23785 at Page 1986; (3) Judgment in favor of HL Mall Venture against Multinational Traders Inc. and Jahangir Parandeh, in the amount of \$220,920.61 plus interest at 18% from August 17, 1990, plus interest from the date of judgment at 9% plus late charges of \$11,046.03, dated August 10, 1992, docketed August 25, 1992 as Judgment Number 217327; (4) Judgment in favor of Worldgate Condominium Unit Owners Association against Jahangir Parandeh, in the amount of \$4,672.72, plus interest at 6% from September 1, 2005, and costs of \$38.00 and Attorney's fees of 20%, dated August 30, 2006, docketed September 14, 2006 as Judgment Number 414642; (5) Judgment in favor of Hachette Filipacchi Media U.S., Inc., d/b/a Elle Decor against Jahangir Parandeh, a/k/a John Parandeh and Versailles Design Center, Inc., d/b/a Versailles Design Center, Versailles Gallery, and Versailles, in the amount of \$57,000.00, plus interest at 9% from August 25, 2006, plus costs and attorney's fees, dated October 15, 2008, docketed October 15, 2008 in Judgment Book 155 at Page 1741; (6) Judgment in favor of Worldgate Condominium Unit Owners Association filed against Jahangir Parandeh, in the amount of \$9,171.00 plus interest at 6%, and costs of \$53.00 and attorney's fees of 20%, dated April 9, 2009, docketed April 16, 2009 in Judgment Book 161 at Page 1601; (7) Judgment in favor of Luis M. Neto and Julie N. Neto, against Versailles Developing Corp., Inc., a/k/a Versailles Developers Corp., and Jahangir Parandeh, in the amount of \$36,000.00, plus prejudgment interest in the amount of \$3,060.00, dated February 19, 2010, docketed March 15, 2010 in Judgment Book 171 at Page 1778; (8) Judgment in favor of Worldgate Condominium Unit Owners Association filed against Jahangir Parandeh, in the amount of \$8,339.00, plus interest at 6% from January 1, 2009, plus costs of \$53.00 and attorney's fees of \$1,600.00, dated October 1, 2010, docketed October 15, 2010 in Judgment Book 180 at Page 2179; (9) Judgment in favor of Valpak of Virginia, Inc., against Versailles Gallery, Inc. and Jahangir Parandeh, jointly and severally, in the amount of \$1,700.00; plus interest at the rate of 18% from June 11, 2011, plus 33.33% attorney's fees, dated October 30, 2012, filed January 7, 2013 in Judgment Book 207 at Page 1550. In addition, a judgment was docketed in the U.S. District Court for the Eastern District of Virginia on August 20, 2014, in favor of Irina Dmitriev in the amount of \$130,600.00 with prejudgment interest to commence on September 1, 2010.

Bond Consultants, LLC Substitute Trustee  
This communication is from a debt collector. This is an attempt to collect a debt and any information obtained will be used for that purpose.  
FOR INFORMATION CONTACT  
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## Up and Down and All Around



By KENNETH B. LOURIE

No. That's not my stomach talking. Nor is it the recurring effects of the six-plus years of chemotherapy. Fortunately, nausea has rarely been a part of that experience. However, like so many others, I have endured my share of side effects: I've lost my hair, lost weight, lost interest in food/lost taste, lost energy, lost sleep and a few other things I can't remember I've lost ("chemo brain"), but amazingly, I've not lost my life. Neither have I lost my will to live. Still, living with cancer is hardly the stuff of which dreams are made; more likely, they're nightmares. And though living is its own reward, for a cancer patient/survivor, it's not a given; you sort of have to take it.

To say that "living with cancer" – meaning you're the one afflicted – is like being on a roller coaster, would be unkind to all roller coasters. I can't really see that there are any thrills to being on board for this emotional/physical ride. Aside from there not being a safety bar, there are no guarantees that you'll survive the trip/ordeal; and unlike the ride at the amusement park, it's unlikely you'll want to go on again. For cancer patients, being diagnosed once is more than enough. And if your diagnosis is the terminal kind, once really is all there needs to be. Because if there's one thing that cancer has proved to be beyond a reasonable doubt, is an indiscriminate killer with reach beyond many a grasp.

Ergo; assimilating, integrating, processing this fact into your daily existence is hardly the pause that refreshes. It's more of the premature finish that you worry about. Immediately, your outlook on life changes. Whatever plans/expectations you may have had for a long life may have to be modified. I had a modest plan, more like a presumption: that I would live into my mid eighties, as both my parents had. Learning at age 54 and a half that my presumption turns out to be an assumption I shouldn't have made, is unsettling to say the least, and extremely disappointing to soften the most. Finding a level, a mechanism, a rationalization, a sense of purpose in the midst of such a devastating change of plans is the axis on which your life – with its cancer-related fits and starts – twists and turns.

As difficult as this challenge is, it is particularly difficult during the weeks leading up to your CT Scan and the days following, until your appointment with your oncologist when the results are finally discussed. Then you'll know where you stand or whether you should be sitting; whether your life hangs in the balance or whether the balance is completely out of whack. It's rare that you'll be pardoned; realistically speaking, all you can hope for is lighter duty. But that's the problem, there's nothing light about it. It's all heavy and often very unpredictable. And there's very little that's amusing about it. And unlike a roller coaster which has a beginning and an end with a middle to die for, cancer's beginning, middle and end is all to die for.

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

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