

SPORTS, PAGE 8

WELLBEING

PAGE 6

Although Saturday was soaked with rain for most of the day, on Sunday, June 28, the weather was clear for competitions in Reston for events such as the Honor Guard competition, Open Water Swim and Ice Hockey.

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ SPORTS, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY RYAN DUNN/THE CONNECTION



Reston Area Restaurants Closing And Opening

NEWS, PAGE 3

Many Reasons to 'Keep the Greens'

OPINION, PAGE 6

JULY 1-7, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



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While you're here at the games, recognize Fairfax County public safety officials with a high-five. It might be the only support they get this year.

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Reston Area Restaurants Closing And Opening

New dining in the Reston area.

BY RYAN DUNN
THE CONNECTION

Spring brought several new restaurants to Reston Town Center, including the NEYLA Mediterranean Bistro which replaced Paulo's Ristorante, and Barcelona Wine Bar, a Spanish tapas restaurant known for its wine list. Bartaco, a restaurant with a beachy vibe and cuisine rooted in Mexican tradition opened at 12021 Town Square St., and has received over one hundred reviews on review site Yelp.

Sweet Heat BBQ at 1810 Michael Faraday Drive held a grand opening in March. The menu includes pulled pork sliders, mac 'n cheese, brisket, ribs, smoked chicken and more. Additional changes to the Reston dining selection are underway, with several restaurants planning to open.

Bento House Japanese Restaurant signed a lease for the former space of Active Family Chiropractic in Reston's Home Depot Shopping Center. Bento House will be a locally owned, counter service Japanese spot. It will carry rice, vegetables, fish and meat, traditional aspects of a Bento meal. Bento House owner Eric Zhou owns Masa Hibachi Steakhouse & Sushi in Silver Spring as well as East Moon Asian Bistro locations in Bowie, Glen Burnie and Kingstowne. The shopping center is owned by KLN Retail.

The Home Depot Center is a "convenience center" by the Reston Master Plan.

The 22-acre retail area at Baron Cameron Avenue and Reston Parkway was planned to be part of Reston Town Center, but was not developed to the scale as the town cen-



PHOTO PROVIDED BY RED'S TABLE

Red's Table, a restaurant planned for South Lakes Village Center near Lake Thoreau, plans to open in August. The restaurant project has been in the works since early 2014, when brothers Ryan, Matt and Pat Tracy took over the old Lakeside Inn space at South Lakes.

ter or Spectrum.

In May, pizza-and-sub restaurant Primo Italiano at Plaza America closed their doors. Reston Kabob, a locally owned restaurant in the Reston International Center's convenience center on Sunrise Valley Drive will close at the end of July. The restaurant was the last remaining tenant at the convenience center at 11844 Sunrise Valley Drive.

THE AREA is slated for a massive redevelopment. Chili's Bar & Grill across the parking lot closed at the end of 2014. Reston Kabob has served the area for 13 years.

Reston Kabob's Masoud Shoja says the restaurant was in talks with property owner

JBG about possibly returning. "It's more likely than not we will return," he said. "However, the projected completion date is set for 2017-2018 and a lot can happen from now until then." The Shojas will still operate their other restaurant, Grill Kabob, at 905 Herndon Parkway in Herndon.

Developer The JBG Companies is planning the second phase of its Reston Heights development, which will include a six-story residential building, a 15-story residential building, a five-story building that incorporates a parking garage with residences and retail space; and a 10-story building that mixes office space, parking and retail space.

Red's Table, a restaurant planned for

South Lakes Village Center near Lake Thoreau, plans to open in August. The restaurant project has been in the works since early 2014, when brothers Ryan, Matt and Pat Tracy took over the old Lakeside Inn space at South Lakes. The trio grew up in Reston and graduated from South Lakes High School. The name pays homage to their red haired grandfather, William "Red" Tracy, and the importance of sharing conversation over a meal. Originally planned to open in March, construction issues including a roof structural defect changed the timetable. The former Lakeside Inn site had not been remodeled in its 22-year existence.

The restaurant will have veteran chef Adam Stein at the culinary helm. Stein has experience at the Light Horse in Alexandria, Grady's and previously with The Queen Vic. The restaurant will have an emphasis on steaks, seafood and fresh food, in addition to a bread program with a range of scratch pies and cakes.

The kitchen plans to source ingredients from regional purveyors. There will be an open kitchen, exposed wood trusses, floor-to-ceiling windows overlooking Lake Thoreau and sliding barn wood doors for private dining. "We want the feel of everything to be transparent," Ryan says, "As customers walk by the kitchen, we want them to be close enough to see their food and even say hi to their chefs."

ALSO OPENING late this summer is Lake Anne Brew House, a nanobrewery located at 11424 Washington Plaza at historic Lake Anne Village Center. Under Virginia law, breweries can sell pints of beer on site without the need for food service. The owners of Lake Anne Brew House, Reston residents Melissa and Jason Romano, will work with local restaurants and caterers so patrons can order food items.

Reston's Kids R First Receives Donation

Coldwell Banker Residential Brokerage CARES, the charitable arm of Coldwell Banker Residential Brokerage (CBRB), has donated \$2,000 to local, Reston based nonprofit, Kids R First, for the second consecutive year. The contribution was presented by Coldwell Banker Residential Brokerage, Reston's Branch vice president, Mark Pergerson and real estate agent, Kitty Bernard to Kids R First president and founder, Susan Ungerer earlier this month.

Susan Ungerer, a since retired Fairfax County school teacher, founded Kids R First 17 years ago after seeing first-hand how some families struggled to supply their school age children with the basic tools they needed for their education. While working as a family assistance volunteer, she noticed that a lack of income forced families to sometimes make the tough decision of paying for things like rent and food or buying school sup-

plies. In response, Ungerer and other teachers began purchasing extra school supplies for students in 1995 and discreetly distrusting them.

Today, Ungerer's efforts have expanded, as Kids R First has provided approximately 208,400 children with new school supplies since its formal inception in 1998. In conjunction with other local nonprofits Cornerstones and Western Fairfax Christian Ministries (WFCM), Kids R First is now able to custom order age appropriate school supplies and other helpful materials for students each year.

In 2015 alone, Kids R First predicts it will service another 25,000 children at 90 schools in 13 communities in both Northern Virginia, Fairfax and Loudoun Counties.

Kids R First is a 501(c)3 nonprofit organization with a 100 percent volunteer based staff. To learn more about Kids R First, please visit www.kidsrfirst.org.



PHOTO CONTRIBUTED

Pictured, from left: Coldwell Banker Residential Brokerage, Reston Real Estate Agent Kitty Bernard, Kids R First President and Founder Susan Ungerer, Coldwell Banker Residential Brokerage, Reston Branch Vice President Mark Pergerson.

OPINION

Open Letter to Elected Officials and Candidates

Spend some of your campaign dollars in newspapers.

Here at the Connection, our email boxes are filling up with messages from people running for office. It's not surprising, since in November, virtually every state and local office in the commonwealth is on the ballot.

It's a good predictor for what will happen next in brick and mortar mailboxes of voters around the region.

What do candidates want from local newspapers?

Candidates, many of them incumbents, want to be quoted. They would like a reporter to come to their campaign announcements, to their kickoffs, to their forums. Candidates would like us to cover and print their statements on a variety of interesting and important issues. They would like to have their photos appear on the print and web pages of our newspapers.

And for the most part, we will. We will cover the issues, the campaigns, the opinions, the fundraising, the political record.

While competition in local races is limited, money is not.

Current campaigns are on track to top the money spent in 2011 State Senate races. In 2011, Virginia State Senate candidates spent more than \$42.5 million. They have already spent more than \$20 million in 2015.

In Virginia state house races, in 2013 (members of the Virginia House of Delegate, like U.S. Congress, run for reelection every two years) candidates spent \$35.9 million.

EDITORIAL

In an example of the money these races can attract, here is an extreme example from two years ago. In the 2013 race for House of Delegates District 34, Barbara Comstock raised \$1.4 million, narrowly defeating Kathleen Murphy (50.64 percent to 49.21 percent) who raised nearly \$700,000. Comstock went on to win the U.S. House seat vacated by longtime Rep. Frank Wolf, and Murphy went on to win the District 34 seat in a special election.

Comstock to her credit spent more than \$5,000 (about one-third of one percent) on newspaper ads (most in Korean publications), but more than \$87,000 on mailers. More surprising in a race for Virginia House of Delegates was that Comstock spent more than \$500,000 on TV and radio ads.

Murphy spent \$29,570 on mailers, \$950 on newspaper advertising and \$161,200 on TV and radio ads. (SOURCE: VPAP.org)

In other contested House races in 2013, it was more common to see expenditures between \$100,000 and \$300,000 per candidate. Most candidates spent zero dollars in community newspapers. Nearly every candidate spent tens of thousands of dollars on filling up voters' mailboxes with glossy mailers.

Of course it makes sense for candidates to target individual voters by mailing directly to their homes. But does it really make sense to do that to the exclusion of other methods of reaching voters? Consider that 91 percent of voters who contribute to campaigns read newspapers in print or online, according to an independent study in 2012.

The Connection will not be endorsing candidates in the November elections. We'll be covering the local races to the best of our ability no matter who spends money on advertising. Other local newspapers will also cover the races without regard to advertising dollars.

That's not why we do what we do.

But to put on my publisher's hat (and not my editor's hat) for a minute, if you have a big marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the recent and abrupt closure of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as a recent and extreme example.

One California community in Los Angeles proposed legislation to let residents opt out of receiving election-related mail during a hotly contested mayoral election "where both campaigns and their supporters had flooded the mailboxes of registered voters with dozens of direct mail pieces," according to The Argonaut, a weekly newspaper there. Sound familiar?

But it's more than a charitable effort.

For the same reasons that the campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last local election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; newspapers and their websites consistently outscore other media for being "reliable," "accurate" and "in-depth" about local civic and political issues; newspaper political advertising is the least "annoying" of any medium; 91 percent of voters who contribute to campaigns read newspapers in print or online.

Just a suggestion ...

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Democrats Unable to Field Team in Virginia

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

When it comes to winning control of the state legislature in Virginia, the Democratic Party of Virginia are the major league equivalent of a cellar-dweller, a last place finisher. At present, Democrats are unable to field a full team to even play the game.

They find themselves in the minority in both the Virginia Senate and the House of Delegates. Outnumbered 21-19 in the former and by a whopping 67-32 by the Republicans in the latter, the D team is unable to score runs for the Governor's positive agenda or work through creative compromises with the conservatives on the other side. This situation is unlikely to change in this year's election cycle or for a generation unless the Democrats start playing as a team and get se-



INDEPENDENT PROGRESSIVE

rious about fielding candidates for every position.

Let's look at the numbers. All 140 legislative seats are up for election this year—100 in the House of Delegates and 40 in the Senate. The Democrats are not playing like a team bent on winning. Although outnumbered 67-32 in the House, the Party is leaving 44 seats unchallenged—yes, they are putting up candidates for just 56 seats, a bare majority if they were to win every single seat. Forty-four seats are preemptively surrendered to the Republicans. Like playing a baseball game with only five of your nine positions covered.

For the Senate, the Dems are trying slightly harder—running candidates in 30 districts, leaving 10 Republicans unchallenged. With

luck, it is conceivable that they could add a couple of seats to their current 19, and eke out a majority. But, I doubt it. More likely, the Republicans will add to their existing majority. Surely, it would be better to run hard in every district, and not simply bail out in so many.

Party officials and officeholders tell me it is very hard to get candidates in many gerrymandered districts. No doubt. But, it is not going to get easier by ceding "difficult" districts to the forces of darkness. The good Democrats in those districts feel abandoned and over time less likely to identify with the Party.

What to do? Few Dem officeholders take responsibility for party building—i.e. putting out the effort to be leaders in candidate search squads, actively mentoring future candidates, and sharing their bulging campaign chests with potential and new candidates. Since they are often un-

challenged themselves in gerrymander land, they do have the time and \$\$ to play a much bigger role. Incumbents also have the capacity to inspire others to commit more time and energy to achieve our common public policy goals. The Party faithful need a spark and they need stronger leadership to be able to compete throughout the Commonwealth.

Speaking of good people doing good things, Reston lost one of its best on June 12 when Mary Ellen Craig passed away. Mary Ellen was a bright light in our community serving, among other things, as a PTA President and as an inspiring ethical and energetic Reston Association Board President committed to making this a better place. Her character and compassion carried over into work helping clients through difficult divorces with her gentle, caring touch. I hope we'll see more like her in Reston's future.

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COMMENTARY

Happy Fourth!

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

Our federal holiday the Fourth of July, or Independence Day, is known for fireworks, parades, picnics, concerts, baseball games, family reunions and of course retail sales. In the midst of all of our "Red, White, and Blue" festivities, we need to remind ourselves that the Fourth is about the celebration of freedom as expressed in the Declaration of Independence. While we tend to forget the list of grievances we as colonists had against the Mother Country that are enumerated in the Declaration, almost everyone remembers its most significant message: all men are created equal and have certain rights that can't be taken away—life, liberty, and the pursuit of happiness. Everyone recognizes that the statement was aspirational; specifically it did not include women or slaves who made up a significant percentage of the population in the South.

The history of our country has been a movement towards realizing the liberties that are associated with the Fourth of July. The great compromisers who put together the Constitution and its Bill of Rights could not resolve the contradictions in our stated goal and the practices of society. It took a civil war and hundreds of thousands of deaths to free the



slaves and another century of struggle to extend civil rights to persons of color. Recently we were starkly reminded of how far we still need to go to expunge racism from our society. The horrific massacre of nine people at a Bible study in Charleston, South Carolina, puts into focus the extent to which some people are willing to go with their Confederate flag and symbols to glorify a conflict that was about a segment of society that was willing to go to war. They fought to keep their ability to take away life, liberty, and the pursuit of happiness as well as the property of others. The Civil War was not about states' rights; it was about people who wanted to continue a lifestyle and economy on the backs of their slaves which the southern states were willing to allow. If any "rights" were lost in the Civil War, it was a mistaken notion that one should have a right to discriminate against others.

The Fourth of July was followed in our history by a long list of men and women who worked hard to extend the promises of the Declaration of Independence to everyone. Our celebration of the event that happened a long time ago needs this year as much as ever to include a commitment to work for freedom for all, to reject hate and divisions, and to ensure that the inalienable rights of all men and women to life, liberty and the pursuit of happiness are enjoyed in this country.

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WELLBEING

“We always remind people that the best and safest way to enjoy July 4th is to go to a professional show.”

— Lieutenant Sarah-Maria Marchegiani, Arlington County Fire Department.

July 4th Safety

From swimming to fireworks, safety precautions for a festive Independence Day.

BY MARILYN CAMPBELL
THE CONNECTION

It was a near accident at camp last summer that sparked action by one parent. Elementary school-aged campers splashed in the pool. Everyone was having fun. Then tragedy almost struck.

Jackie Wheeler says one second her 7-year-old son was frolicking on top of the water and the next he was bobbing just below the surface, gasping for air.

“One of the counselors took his eyes off of Noah for one second, and he started to struggle,” said Lee. “Ultimately, the lifeguard had to jump in and save him.”

Wheeler didn't witness the incident, but its recounting was difficult for her to hear. That brush with danger became a defining moment for her family. She enrolled her son, who is now 8, and her daughter Ava, who is 4, in private swimming lessons at the YMCA in Bethesda, Md.

“I want them to be safe around the water, and I want them to be able to save themselves or someone else if necessary,” said Wheeler.

She's not the only one thinking about safety. As Independence Day approaches and time spent at the pool, outside in sweltering temperatures and at fireworks shows increases, public health and safety officials are working to raise awareness about potential hazards.

WATER SAFETY

Ensuring that children learn to swim and keeping a close watch on them at the pool or beach are two ways that officials encourage water safety.



PHOTO COURTESY OF JACQUELINE WHEELER LEE

Ava and Noah Lee take private swimming lessons in Bethesda, Md. Safety officials encourage parents to make sure their children learn to swim.

Parents and caregivers should also be mindful of recreational water illnesses, which are caused by swallowing or coming in contact with contaminated water in swimming pools and other bodies of water. Help reduce the risk of recreational water illnesses by showering with soap and water before entering a pool, taking frequent bathroom breaks and conducting regular diaper checks followed by washing hands with soap and water, say local health officials.

HEAT SAFETY

Sunburn is another health concern when swimming outdoors.

“Protect your skin and eyes from the sun's damaging rays [by] wearing protective clothing and sunglasses,” said Kenya Fluellen, associate professor of nursing at Northern Virginia Community Col-

Details

Local Fireworks Laws and Safety Information

- ❖ Arlington: <http://fire.arlingtonva.us/fire-code-information/fireworks/>
- ❖ Alexandria: http://alexandriava.gov/fire/info/news_firedisplay.aspx?id=62314
- ❖ Fairfax County: www.fairfaxcounty.gov/fr/prevention/fmfireworks.htm
- ❖ Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/fireworks.html

Heat and Car Safety

- ❖ www.safercar.gov/parents/index.htm

Water Health and Safety

- ❖ www.redcross.org/prepare/disaster/water-safety
- ❖ Arlington: <http://health.arlingtonva.us/environmental-health/recreational-water-illness-rwi/>
- ❖ Alexandria: <http://alexandriava.gov/AquaticHealth>
- ❖ Fairfax County: www.fairfaxcounty.gov/hd/eh/pools/pool-safety.htm
- ❖ Montgomery County: www.montgomerycountymd.gov/mcfrs-info/tips/citizens/pool.html

lege in Alexandria, Virginia. “Always use sunscreen with a minimum SPF of 30.”

Heatstroke is the number two killer of children after car crashes, and Fairfax County has joined with the National Highway Traffic Safety Administration to remind parents and caregivers about the dangers of leaving children unattended in a car, particularly during the summer, which can lead to heatstroke and even death.

“You should never leave a child alone in the car, and that is certainly true in the summer when the temperatures are on the rise and cars get hot very quickly,” said John Silcox, public safety information officer, Fairfax County Health Department.

Fairfax County officials say there were 30 heatstroke deaths of children left in vehicles in 2014. Most parents simply forgot their children were with them. “Put something in the back of your car, such as a bag or a cell phone, so you'd be certain to check before leaving the car,” said Silcox.

FIREWORKS SAFETY

While fireworks are synonymous

with July 4th celebrations, creating a fireworks display at home is illegal in some local jurisdictions. In both Alexandria and Montgomery County, Md., for example, all fireworks are illegal to possess or discharge, including gold label sparklers. In Fairfax County, any firework that explodes, emits a flame, sparks higher than 12 feet, or performs as a projectile is prohibited. Arlington County has similar prohibitions.

“We always remind people that the best and safest way to enjoy July 4th is to go to a professional show and let the professionals handle it and just enjoy the show,” said Lieutenant Sarah-Maria Marchegiani, spokeswoman for the Arlington County Fire Department. “Some people don't know that sparklers are dangerous for kids. They burn hot enough to cause third degree burns. We recommend that adults be the only ones to ignite fireworks.”

If you do want to put on your own backyard Independence Day illumination show, check local regulations, allow fireworks to cool completely and douse them with water before discarding them, advises Marchegiani.

Many Reasons to ‘Keep the Greens’

BY LAURIE IRONSIDE

In the last few days, homeowners abutting Reston National Golf Course have been alarmed to find red and white markings along the edges of their properties. Anxiety around the fate of this beloved part of our community runs high, so it wasn't long before someone dug up the reason: The markings are for the Hurricane Junior Golf Tour, which runs June 24- 25, and do not signal the imminent arrival of bulldozers and the end of Reston as we know it. We can all breathe easier for the time being.

The tournament demonstrates that there are other interests at stake in the effort to keep Reston National Golf Course as perpetual open space and, specifically, a golf course. The tournament's website states that the Hurricane Junior Golf Tour's mandate is to provide junior golfers an opportunity to play exceptional courses (emphasis added) in a competitive environment. Participants are staying at the Sheraton Hotel on Sunrise Valley Drive, and local restaurants and businesses are no doubt enjoying increased patronage as well while the golfers and their families and sponsors are here.



PHOTO BY CONNIE HARTKE

Hurricane Junior Golf Tour was played at Reston National Golf Course on June 24- 25.

Reston's businesses, as well as the business of golf itself, recognize the merits of this nationally acclaimed course. The tournament is another reminder that there are a lot of reasons to “Keep the Greens” (Rescue Reston's lawn sign).

So breathe easy, everyone. The golf course isn't going away, not now and

hopefully not ever.

Thomas (TJ) Repczynski, 15 of Fairfax Station, won the event.

Other Northern Virginia finalists included Curtis Holland, 16 of Oak Hill (4th place); William Swirski, of Fairfax (6th place); Nick Antonacci, 17 of Chantilly (tie 7th place);and John Schindler, 15 of Vienna (tie 7th place).



PHOTO BY
RYAN DUNN/
THE CONNECTION

Enjoying Antique Car Show

Reston resident Jose Rodriguez brought his 1967 Corvette to the Sully Historic Site's 42nd Annual Antique Car Show on June 21 at Chantilly. Rodriguez was impressed with the layout of the car show, and enjoyed the opportunity to speak with other car enthusiasts.

Taste of Reston Attendees Get Disaster Preparedness Kits

Ahead of Saturday evening's storm, Northern Virginia residents received a critical lesson in emergency preparedness and received free disaster preparedness kits from The Allstate Foundation and Points of Light at the Taste of Reston in Reston Town Center on June 20. The event was part of a nationwide disaster preparation and education tour.

Research shows 85 percent of Americans are unprepared for disasters, leading to unnecessary loss of property and lives. Nearly half of Americans also lack the emergency supplies necessary for use in the event of a disaster. With the Washington metropolitan region entering a season that has the potential to bring severe weather, the time to prepare is now.



PHOTO CONTRIBUTED

Taste of Reston attendees show off the free disaster preparedness kits they assembled at The Allstate Foundation and Points of Light's disaster readiness event on Saturday, June 20.

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ROUND HILL, VA Fantastic home in desirable Devonshire community. Newly updated 4 BR, 4 BA cape cod on 3 acres. Inviting front porch. New paint inside and out, refinished HW floors, new SS appliances, finished lower level w/ au-pair in-law suite/ kitchenette, tons of storage, trex deck perfect for entertaining, trane HVAC, anderson windows. Main level master suite. \$595,000
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ROUND HILL, VA - Absolutely charming Cape Cod located in town but very private on a dead end street. 3 BR, 2.5 Bath w/ first floor master suite, hardwood floors, custom kitchen, formal dining and living room, family room with wood stove & loads of light, french door leads to deck with hot tub or for dining, lovely yard w/ mature landscaping, pond, detached garage w/ electric & loft, & even a chicken coop. \$379,900
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SPORTS

Athletes on Fire

World Police and Fire Games weekend events near Reston Town Center.

BY RYAN DUNN
THE CONNECTION

Rain which lasted throughout Saturday, June 27 canceled several outdoor events in the Fairfax 2015 World Police & Fire Games. Yet a sunnier Sunday permitted competitions to continue in Fairfax County. In Reston, Honor Guards marched at the Reston Town Center pavilion, police dogs did an obstacle course at Lake Fairfax Park, and more than 100 open water swimmers swam two miles in Lake Audubon. Fairfax County Police Officer Sean Martin won the 35+ age group in the Open Water Swim (44:01). At Reston SkateQuest on 1800 Michael Faraday Ct., novice division teams participated in the Ice Hockey competition. The Novice Championship will be held on Friday, July 3.

"I am excited to watch all the games, it is a lot of fun," said Mark Kordalski. Kordalski and Steve McFarland, firefighters with Fairfax County Fire and Rescue are both assisting the World Police & Fire Games Ice Hockey games held at Reston SkateQuest. Ice Hockey games are also being held at Ashburn Ice House, and Prince William Ice Center at Dale City. "It has been interesting to see all the different sports representatives," said Caitlin Warren, a front desk receptionist at SkateQuest and student at NOVA Community College. Lake Fairfax Park in Reston will host the Cross Country and Rugby games scheduled to begin Tuesday, June 30. For more info on the 2015 Games, visit fairfax2015.com.

The Fairfax 2015 World Police & Fire Games end July 5. Reston Town Center has another athletic event it will host on July 4, the annual Firecracker 5K.

The sixth annual Firecracker 5K on Saturday, July 4 will be sponsored by Reston-based Leidos and benefit the USO of Metropolitan Washington. In this "Battle of the Branches" competition, whichever military branch has the most registered runners will have donation to the USO made on its behalf.

The race is July 4, 8 a.m. at Reston Town Center. Registration is \$35 and is open online through July 2. Price jumps



PHOTO BY RYAN DUNN / THE CONNECTION

Reston hosted an Honor Guards competition on Sunday, June 28. Winners of four gold medals were the Fairfax County Sheriff's Office Honor Guard.



IMAGE PROVIDED BY 2015 WORLD POLICE & FIRE GAME

A map showing the Champion Square and Pavilion at Reston Town Center.

to \$40 July 2-4. Discounts for Under 14 or Active Military.

The course goes on streets through Reston Town Center, as well as on Cameron Glen Drive, Sunset Hills Road, Reston Parkway

and Town Center Parkway. Roads will not be blocked to traffic, but lanes could be blocked. The course is relatively flat. For more info on the Firecracker 5K, see www.prraces.com/firecracker.

CALENDAR

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

ONGOING

Reston Concerts on the Town. Saturdays, through Sept. 5. 7:30-10 p.m. at Reston Town Center. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion Saturday nights. Free. Rain or shine. 703-912-4062. www.restontowncenter.com/concerts

Take a Break Concert Series. Thursdays, through Sept. 3. 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. Listen to some great music live.

Herndon Friday Night Live. Fridays, through Aug. 28. 6:30 p.m. at 777 Lynn Street, Herndon. Listen to great music on Friday nights during the summer. herndonrocks.com/schedule.php.

Summer Reading Program. Saturdays, through Sept. 5. 10 a.m.-5 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/rr/>.

Frying Pan Farm Arts in the Parks. Wednesdays, through Aug. 19. 10-11 a.m. Frying Pan Farm Park Amphitheater, 2739 West Ox Road, Herndon. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid-friendly atmosphere, and forge a connection between kids and parks. Call 703-437-9101.

SATURDAY-FRIDAY/JUNE 27-JULY 3

World Police & Fire Games Athletes'

Village: Ice Hockey. 8 a.m. - 10 p.m. Reston Skatequest, 1800 Michael Faraday Court, Reston. Thousands of athletes from 70 countries will converge in Fairfax County for 10 days of competitions. Entertainment and activities will be hosted by Reston Town Center during the games. Fairfax2015.com.

MONDAY-FRIDAY/JUNE 29-JULY 3

World Police & Fire Games Athletes'

Village: Billiards. 8 a.m. - 6 p.m. Breakers Sky Lounge, 2445 Centreville Road, Herndon. Fairfax2015.com.

MONDAY-TUESDAY/JULY 6-7

Box Turtles. 10 - 11 a.m. Hunters Woods Pavilion - 2501 Reston Parkway, park at Hunters Woods Pool. Meet the nature center's box turtle up close. Learn why they are called "box" turtles, what they eat and where they live. Ages 18 months to 35 months. Fee: \$7/child RA members, \$9/child Non-members. naturecenter@reston.org, 703-476-9689.

TUESDAY/JULY 7

Robin and His Merry Band. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Impression Theatre presents the music story of Robin Hood. Ages 6-12.

WEDNESDAY/JULY 8

Wednesday Morning Book Club. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Book discussion group. Adults.

Precious Preschoolers. 11 a.m. Herndon Fortnightly Library 768 Center Street, Herndon. Sharks: We'll sink our teeth into books about these very special fish and learn through songs, poems, and movement. Ages 3-5 with adult.

THURSDAY/JULY 9

Butterfly Class: An Introduction. 7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Discover the colorful and diverse lives of Reston's "flying flowers." Learn how to identify Reston's common butterflies, and get a basic introduction to their life history. Reservations required by July 6. Fee: \$5, or free for Butterfly Count participants. Adults. naturecenter@reston.org, 703-476-9689.

Around the World Musical Adventure. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Music and movement with Miss Susan.

FRIDAY/JULY 10

Fireflies in July. 7:30 - 9 p.m. Brown's Chapel - 1575 Brown's Chapel Road. Fireflies, or lightning bugs, are insects that produce their own light. Discover what makes them glow and why they want to be seen in the darkness. Take a short hike in search of flashing fireflies and make a glowing craft. Reservations required by July 7. Fee: \$7/person RA members, \$9/person Non-members All ages. naturecenter@reston.org, 703-476-9689.

SEE CALENDAR, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 8

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>.

SATURDAY/JULY 11

6th Annual Ukulele Festival. 11 a.m. - 5:30 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. The free festival features performances by several acclaimed ukulele musicians, music demonstrations, open to the public morning jam session, festival vendors, and other family friendly activities. The event features a wide variety of music genres ranging from blues, traditional Hawaiian, swing, to folk. www.lakeanneplaza.com

Reston Farmers Market. 8 a.m. - noon. Saturdays, May 2-Nov. 14. Named the best farmers market in Northern Virginia by Virginia Living Magazine. Lake Anne Village Center, 11401 North Shore Drive, Reston. <http://www.fairfaxcounty.gov/parks/farmersmarkets/restonmkt.htm>

Butterfly Count. 9:30 a.m. - 12:45 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Meet fellow butterfly lovers, learn tips on identification and have fun while helping to collect important information on our fluttering friends. Data will be submitted to the North American Butterfly Association for their national 4th of July Butterfly Count report. Reservations required by July 9. naturecenter@reston.org, 703-476-9689.

5K Trail Run. 7:30 a.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Noufal Hair Salon will sponsor a 5K trail run and one mile walk to benefit the African village of Vihiga, Kenya. Cost of participation is \$18 for adults and \$8 for those under 16. All proceeds from the event will be donated toward the construction of a sustainable library in Kenya. This library will also include a room for volunteers to stay while participating

July 4th in Fairfax County

SATURDAY/ JULY 4

Vienna 4th of July Festival and Fireworks Show. 12-9 p.m. Vienna Town Green, 144 Maple Avenue, East, Vienna. Free event with food and drink, music, family games, children's entertainment and more. Fireworks show begins at 9:15 p.m. <http://www.viennava.gov/index.aspx?nid=894>

McLean 4th of July Fireworks Celebration. 8 p.m. Cooper Middle School, 977 Balls Hill Road, McLean. Food and music. Shuttle buses will be available at St. John's Episcopal Church at the McLean Community Center. <http://www.mcleancenter.org/special-events>

Great Falls 4th of July Celebration & Parade. 8 a.m. - 6 p.m. Village Centre Green, 776 Walker Road, Great Falls. 5K walk/run, blood drive, Little Patriot Parade, and floats, horses, antique cars and pets making a loop in the Main Parade. Fireworks start after dusk at Turner Farm Park. <http://www.celebrategreatfalls.org>.

Herndon 4th of July Celebration. 6:30 p.m. Bready Park, Herndon Community Center, 814 Ferndale Avenue, Herndon. A family-fun event featuring games, arts and craft activities, bingo, food face painting, balloon artists, and fireworks. Fireworks show is choreographed to music and begins at dark, approximately 9:30 p.m. www.herndon-va.gov.

Lake Fairfax Fireworks Spectacular. 4-8 p.m. Lake Fairfax, 1400 Lake Fairfax Drive, Reston. Live music, enjoy the Water Mine park and more. <http://www.fairfaxcounty.gov/parks/lakefairfax/>

Firecracker 5K for the Troops. 8 a.m. Reston Town Center, 11900 Market Street, Reston. A 3.1 mile race, live music, face painting, waving flags, and free massages. praces.com/firecracker/

Historic Pohick Church 4th of July Tours. 1-3 p.m. Pohick Church, 9301 Richmond Highway, Lorton. Costumed history docents will give free guided tours of the historic colonial church. <http://www.pohick.org>

July 4th in Paradise. 11 a.m.-7 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Open for normal business hours with live music and food available throughout the day. <http://www.paradiseparkwinery.com>

Fairfax's Independence Day Celebration & Fireworks. 10 a.m.-10:30 p.m. in the Downtown Fairfax Historic District. Independence day parade, historical tours, games, entertainment and fireworks begins at 7 p.m. www.fairfaxva.gov.

Mount Vernon's An American Celebration. 8 a.m.-5 p.m. George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway, Mount Vernon. Daytime fireworks in patriotic colors fired over the Potomac River at 1 p.m. The event also includes an inspirational naturalization ceremony for 100 new citizens, military re-enactments, a special wreath-laying ceremony, free birthday cake for all and a visit from the "first" first couple, "General and Mrs. Washington." www.mountvernon.org.

in health, education, and environmental projects in Kenya. Registration for the event can be found at: serveavillage.org.

a group of friends, bring the lawn chairs and a picnic and enjoy flicks under the stars.

MONDAY/JULY 13

Sensory Friendly Story Time.

10:30 a.m. Reston Regional Library, 11925 Bowmn Towne Drive, Reston. The multi-sensory story time provides plenty of time for interactive stories, songs, music and social interaction and is geared toward children with special needs. Birth-5 with adult.

SUNDAY/JULY 12

Lake Anne Summer Film Festival:

E.T. 8 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. The free outdoor festival will take place each month on selected Sunday's and will feature some great flicks from classic to comedy. Grab a date, the family or

Call for Pet Connection Photos

The Pet Connection, a twice-yearly special edition, will publish on July 22, and photos and stories of your pets with you and your family should be submitted by July 15.

Our favorite pictures include both pets and humans. We welcome short stories about how you got your pet, a noteworthy talent or anecdote about your pet, tales of the bonds between your family and your pet, plus drawings, paintings or other artwork of your pet by children or adults.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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The Vienna/Oakton
Connection
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Connection

NOTICE OF SUBSTITUTE TRUSTEES'

SALE OF PROPERTY OWNED BY

HUNTER MILL WEST, L.C.

LOCATED AT

10736 SUNSET HILLS ROAD, RESTON, VIRGINIA

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT

July 2, 2015, AT 4:00 P.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the "Deed of Trust"), made by HUNTER MILL WEST, L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 2, 2015, beginning at 4:00 p.m. The public auction for the sale of the property previously scheduled for June 18, 2015 was continued to July 2, 2015.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as 10736 Sunset Hills Road (Tax Identification Number: 0183-02-0004) located in Reston, Fairfax County, Virginia, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the "Property").

TERMS OF SALE

ALL CASH. The Property will be offered for sale "AS IS, WHERE IS" and will be conveyed by Substitute Trustees' Deed (the "Substitute Trustees' Deed") subject to all encumbrances, rights, reservations, rights of first refusal, conveyances, conditions, easements, restrictions, and all recorded and unrecorded liens, if any, having priority over and being superior to the Deed of Trust, as they may lawfully affect the Property.

The Substitute Trustees and the Beneficiary disclaim all warranties of any kind, either express or implied for the Property, including without limitation, any warranty relating to the zoning, condition of the soil, extent of construction, materials, habitability, environmental condition, compliance with applicable laws, fitness for a particular purpose and merchantability. The risk of loss or damage to the Property shall be borne by the successful bidder from and after the date and time of the sale. Obtaining possession of the Property shall be the sole responsibility of the successful bidder (the "Purchaser").

A bidder's deposit of \$150,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to prequalify any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale with the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memo-

randum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale date, TIME BEING OF THE ESSENCE with regard to the Purchaser's obligation.

Settlement shall take place at the offices of Venable LLP, 8010 Towers Crescent Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall also pay all past due real estate taxes, rollback taxes, water rents, water permit renewal fees (if any) or other municipal liens, charges and assessments, together with penalties and interest due thereon. The Purchaser shall also pay all settlement fees, title examination charges, title charges and title insurance premiums, all recording costs (including the state grantor's tax and all state and county recordation fees, clerk's filing fees, congestion relief fees and transfer fees and taxes), auctioneer's fees and/or bid premiums, and reasonable attorneys' fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Purchaser shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, and/or the Beneficiary for any condition with respect to the Property that may not be in compliance with any federal, state or local law, regulation or ruling including, without limitation, any law, regulation and ruling relating to environmental contamination or hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction should permit such a claim to be made, such agreement shall serve as the overwhelming primary factor in any equitable apportionment of response costs or other liability. Nothing herein shall release, waive or preclude any claims the Purchaser may have against any person in possession or control of the Property.

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees' fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Deed of Trust or applicable law or otherwise as the Beneficiary shall elect. There shall be no refunds. Such forfeiture shall not limit any rights or remedies of the Substitute Trustees or the Beneficiary with respect to any such default. If the Property is resold, such re-sale shall be at the risk and the cost of the defaulting bidder, and the defaulting bidder shall be liable for any deficiency between its bid and the successful bid at the re-sale as well as the costs of conducting such re-sale. Immediately upon conveyance by the Substitute Trustees of the Property, all duties, liabilities and obligations of the Substitute Trustees, if any, with respect to the Property so conveyed shall be extinguished, except as otherwise provided by applicable law.

Henry F. Brandenstein, Jr., Substitute Trustee

Patrick W. Lincoln, Substitute Trustee

FOR INFORMATION CONTACT:

Henry F. Brandenstein, Jr., Esq.

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Quality of Life



By KENNETH B. LOURIE

Throughout my nearly six and a half years of cancer treatment, starting at the initial Team Lourie meeting on February 27, 2009, when my oncologist suggested I take that vacation I've always dreamed of (to which I exclaimed "WHAT!?!"), my quality of life has always been important to him. Whenever there has been a treatment blip on my radar, and changes had to be considered/made to my protocol, my oncologist has regularly asked if I wanted to continue treatment, take a break from treatment or stop it altogether and enjoy, if possible, whatever above-average good health I was experiencing while I could, because I might not experience it again and if I did, it might not last too long. Ergo my quality of life. Diagnosis-to-date however, I have always opted to continue to damn the torpedoes and infuse full speed. Oddly enough, continuing to infuse has worried me less than not infusing at all.

As I progress through year seven, I am wondering yet again about quality of life. Though we are not at any kind of crossroads - treatment or otherwise, and my lab work continues to indicate that my body is able to tolerate my every-three-week infusions of Alimta, I do have my less-than-stellar moments. This is particularly so for the seven to ten days immediately following my infusion. It is during this time when a certain predictable side effect occurs, having first manifested itself about six months ago, to make me less pleasant than I'd prefer to be. What happens is I don't eat, not too much anyway. Because I can't. Because I won't. Because something somewhere - internally, psychologically, physically - is preventing me from doing so. In general, the whole idea of eating is a total turn off. And given my nature/proclivities, I need it to be a turn on. As a result, I'm always hungry. And then I get tired from not eating (no energy). Then I take a nap. Then at bedtime, I'm unable to fall asleep because I've slept some already. Eventually, I do get some sleep, but I end up having a restless, interrupted, short, REM-less sleep and wake up tired the next day when the routine starts all over again; except now I'm tired to begin the day and don't have any interest in breakfast, so I get no boost to start. The marijuana pills I wrote about don't help. Consequently, I seem to be stuck in this cycle of depressing miserableness (is there any other kind?). Not gaining any pleasure from one of the staples of my existence is an extremely discouraging set of circumstances and is making Kenny a very dull boy, or at least duller than I usually am.

But, and it's a HUGE but, the treatment is so-far-so-good, working; the tumors have not grown or moved - and I'm alive and reasonably well.

Still, one week of every three, I'm not a happy camper (and if I were actually camping - out of doors - I'd be even less happy, since I don't camp). The question becomes, sort of: is camping all that important (euphemistically speaking)? Obviously, to me, living hungry is more important than dying satiated. But I don't like being depressed and miserable one third of my time. That is an in-e-quality of life with which I'm not particularly pleased. Life goes on though, and for that, I'm over-the-top grateful - and amazingly, maybe even randomly, lucky. I just wish I could savor my next meal as much as I savor my survival. As my Auntie Irene used to say: "This too shall pass," until two weeks from now, that is.

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



WHY IS IT SO HARD TO GET IN SUMMER SHAPE?

Every year it happens...

Spring and summertime roll around, and we panic about putting on our summer clothes. Arms seem too jiggy for short sleeves. Legs feel too lumpy for shorts or a bathing suit. And "abs"? Let's not go there.

It happens every year, and when we don't take action, it just gets worse over time. The fitness options out there can feel daunting. Some are too intimidating or intense. Some seem like they could never get the results you want quickly. Some are too expensive. And so, another year goes by without reaching your summertime fitness goals.

Why not make this year different?

At Koko FitClub, we believe there's a better way to get fit. We are a unique training gym, combining patented fitness technology with the latest in exercise science and training methodologies to get you the results you really want.

And at Koko, we know that COACHING is the key to success. (In fact, Koko is a Japanese word that means "one to one.") That's why we include coaching with every single workout – from our one-of-a-kind, 24/7 digital coaching, to personal 1:1 training with a caring, supportive, certified fitness coach. With Koko, you'll always know exactly what to do, every step of the way, for the fastest results.

We feel we have the best gym in the world, but let us prove it to you. We invite you to try **30 days of coaching and complete fitness at Koko FitClub for just \$30. No risk. No obligation. Just great results!** If you don't love Koko in 30 days, we don't deserve you as a client. It's that simple.

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

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



*Some restrictions may apply. See club for details.

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



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

~ Michael James, Member,
Koko FitClub, Herndon

"I have always been active: skied and golfed for years... As I aged, I noticed that muscle tone and balance were not what



they used to be. Koko meets all my needs: the option to work out on my schedule, the ability to work at my own pace and intensity because of the individualized program, and enough competitive spirit to keep me motivated. If I can do it at my age, then I encourage anyone of any age to do it. My balance, blood pressure and weight have all improved with Koko. I LOVE it!"

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