

Fourth of July Celebrated at Lake Fairfax

NEWS, PAGE 3

The Water Mine at Lake Fairfax in Reston during the Fourth of July celebration Saturday.

Vigil Held for
Investigator Silva

NEWS, PAGE 5

Making Summer
Reading Fun

NEWS, PAGE 8

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COMMENTARY

Recent Wins Call for Another

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



I continue to celebrate the human rights victories we have had recently in marriage equality, health care and housing. I voted against Virginia's marriage amendment defining marriage as being between a man and a woman when it came before the General Assembly and campaigned against it in the referendum; voters in my district voted against it. Now it is history! All Virginians can marry. Now we need to work against LGBT discrimination in other parts of our society. With the Affordable Care Act being found constitutional, we need to move forward in fully implementing it in Virginia by expanding Medicaid coverage to the working poor. A key benefit of accepting federal Medicaid dollars is that it would free up state funds for programs we currently are unable to fund adequately like mental health and education. As many as 400,000 Virginians could be helped as we accept back into the state tax monies Virginians have paid into the system.

The Supreme Court's ruling interpreting the Fair Housing Act of 1968 that housing discrimination doesn't have to be intentional to be illegal protects vulnerable populations. These advances remind us that we need to stay the course on other issues like gun violence and the Second Amendment. A study recently released by the Harvard School of Public Health found that between 1982 and late 2011 mass shootings occurred about every 200 days. After September 2011, however, the rate of mass shootings increased to one

every 64 days! Prior to the 1980s mass murders had not occurred. Since Columbine and Virginia Tech, the rate of terrorism by mass murderers using guns has accelerated. A timeline in a recent issue of *Mother Jones*

dramatically shows the increased frequency of mass shootings. (blogs-images.forbes.com/dandiamond/files/2015/06/MassShootings.png) Since the shootings at Virginia Tech in 2007, there have been more than two dozen slaughters using guns. I join President Obama in wondering what kind of nation we have become and when we are going to insist that political leaders do something about gun violence.

Recent Supreme Court rulings in other areas convince me that commonsense gun safety measures can be enacted into law and pass any constitutional challenge. As Thomas Jefferson once wrote in words that are inscribed on the Jefferson Memorial, "institutions must advance also to keep pace with the time." A militia of armed citizens is not required for our times. Trying to enact legislation to keep guns out of the hands of violent or mentally ill people is not an attack on the Second Amendment rights of law-abiding gun owners. Bills are being introduced in the Congress and in the General Assembly that would put the Second Amendment freedom in perspective with the public's safety. I will continue introducing bills for universal background checks. Insist that your elected representatives support these bills. If there are those who would want to take the resulting laws to the Supreme Court, let's go. Our recent victories call for another!

WEEK IN RESTON

Photo Exhibit to Celebrate Reston Diversity

In September 2015, We Make Reston, an INSIDE OUT Project, will be created by the people of Reston and coordinated by Reston Community Center and the Initiative for Public Art - Reston. We Make Reston will feature large-scale photographic portraits representing the diverse faces of Reston. The outdoor exhibit will be unveiled at the Reston Multicultural Festival on Saturday, Sept. 26 at Lake Anne Plaza. The photos will be on display for up to four weeks depending on weather impact.

Submissions will be accepted Wednesday, July 15 (9 a.m. EST) through Sunday, Aug. 9 (5 p.m. EST). For submission guidelines and more information, please visit www.restoncommunitycenter.com/

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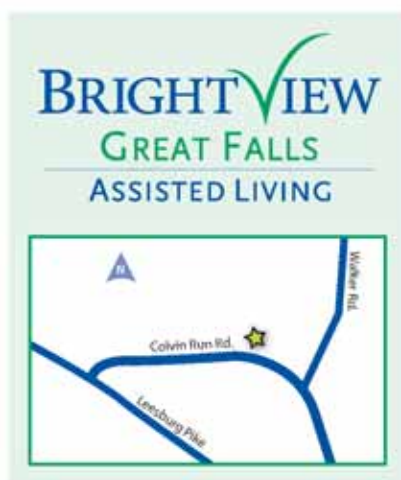
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The Hard to Tell Band, a Rockabilly and Blues Band, performs at Lake Fairfax in Reston.



Gracie Zheng makes bubbles with Anita Chan, of Fairfax and Stephen Porter of Washington, D.C., at Lake Fairfax in Reston.

Fourth of July Celebrated at Lake Fairfax

In spite of the rainstorm, Lake Fairfax in Reston provided a fun outing for the Fourth of July celebration last Saturday. On the 239th birthday of America, visitors set up barbecues by the lake, enjoyed the Water Mine and hanging out to the sounds of the Hard to Tell Band, before the fireworks later that evening.

— STEVE HIBBARD

People riding rafts on the Rattlesnake River at the Water Mine at Lake Fairfax.

PHOTOS BY
STEVE HIBBARD/
THE CONNECTION



People enjoy riding rafts on the Rattlesnake River at the Water Mine at Lake Fairfax during the Fourth of July in Reston.

WWW.CONNECTIONNEWSPAPERS.COM



Dennis Alvarenga, of Fairfax, tries his hand at fishing.



Enya and Kristie, of Chantilly, do a little dancing at Lake Fairfax on the Fourth of July.

RESTON CONNECTION ♦ JULY 8-14, 2015 ♦ 3

OPINION

Yes to Nonpartisan Redistricting

Politicians shouldn't be choosing voters.

Virginia's Congressional map is unconstitutional because African American voters are packed into District 3, according to the U.S. District Court for the Eastern District of Virginia. The problem will have to be remedied by drawing new boundaries.

The issue could be appealed to the U.S. Supreme Court.

In statewide elections, Virginia voters have chosen Democrats in the last two presidential elections, for U.S. Senate, for Governor, Lieutenant Governor and Attorney General. Every single official elected statewide is a Democrat.

Democrats won by a comfortable margin in most cases, but elections were close. In one case the margin was razor thin. (Attorney General Mark Herring beat Republican Mark Obenshain by 165 votes out of more than 2.2 million cast, and that was an election that had serious and immediate consequences, if you ever need an argument for the importance of your vote.)

It's reasonable to assume that a state so clearly leaning blue, but close to evenly divided would be about evenly divided in political representation.

But in fact, the Virginia House of Delegates consists of 67 Republicans and 33 Democrats.

Virginia's delegation to the U.S. House of Representatives consists of eight Republicans and three Democrats.

Virginia's 11 Congressional districts should be split about evenly. You could understand a split five Dems and six Republicans; or five Republicans and six Democrats. A four and seven split would smack of some unusual cir-

cumstance. But three and eight?

The problem is gerrymandering.

The solution, which the Supreme Court just OK'd, is allowing the lines to be drawn by a non-partisan commission.

Both political parties have been guilty of this when in power, although new technology and better data have made the process more egregious, the effects more damaging.

Political parties should not control the drawing of political districts. Gerrymandering thwarts the will of the electorate. It is especially damaging in a Dillon rule state, like Virginia, where localities have only the power explicitly granted to them by the General Assembly. This is particularly unfair to localities like Fairfax County, Arlington and Alexandria, whose electorate

EDITORIAL

Pet Photos for the Pet Connection

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.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a

and local officials have views that differ greatly from those of the majority of Virginia's General Assembly.

The reason Virginia's Congressional map has been ruled unconstitutional is about race; packing all the African American voters in one district and conceding that district to Democrats in order to reduce the power of African American voters in the adjacent districts. A similar challenge is in the works concerning districts in Virginia's House of Delegates.

It's long past time to take these decisions out of the hands of the officials who use the redistricting process to choose their own voters and effectively grant themselves lifetime appointments.

— MARY KIMM

LETTERS TO THE EDITOR

An American Muslim's Prayer in Honor of Independence Day

To the Editor:

"Allah has made you brethren one to another, so be not divided. An Arab has no preference over a non-Arab, nor a non-Arab over an Arab; nor is a white one to be preferred to a dark one, nor a dark one to a white one." Over 1400 years ago, the Prophet Muhammad (peace and blessings of God be upon him), addressed early Muslims in his farewell address with teachings that are still very relevant today.

The Charleston Shooting and other such despicable incidents have highlighted a need for us to continue to work on these basic human relations.

We must treat one another as brethren, regardless of race, religion, or gender. It is imperative that we instill humility and the love of mankind in our hearts with

such purity and wholesomeness that it radiates with our every action and thought, to help fill this world with peace.

We are blessed to be citizens of the greatest country of the world. As someone who immigrated here with her parents at the tender age of one and a half, I was raised to be grateful for every freedom, for every resource, for every right and responsibility. I watched my parents struggle to ensure that we realize the many blessings being citizens of the United States of America allows us.

This year Independence Day falls in the month of Ramadhan, the most holy month in the Islamic calendar.

It is during this sacred month when Muslims fast from sunrise to sunset and use their humble and pious state to pray and do chari-

table works with even more zeal. So in honor of the 239th birthday of our beautiful home, I would like to use the most magnificent power I have as a believer, and raise my hands in prayer.

I pray that my home finds peace from all the hurt and torment it still struggles with from the past and heals from the pain. I pray that this continues to be a place where people come to find opportunities not found or attained elsewhere, and that their struggle is respected and met with compassion and patience – not contempt.

I pray that as citizens we understand that in service lies glory. It is our duty, both civically and in my case religiously, to protect and honor our land; to volunteer to beautify it, help improve its condition from before, and provide our services to those in need.

May my children serve this country in the most excellent and sincere manner; and may they use their knowledge and power to advance good works and God's love.

May we be safe from all forms of prejudice and discrimination. May the love, pride, and allegiance I feel for my country never be questioned by those who are looking for reasons to spread hate and intolerance among the land.

May God continue to bless America in countless ways and preserve its status as a beacon of peace and prosperity, justice and humanity, for the rest of the world to respect.

Amen.

Love for all, hatred for none.

Aisha Khan
Herndon

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NEWS

Vigil Held for Investigator Silva

Sympathy and solidarity in Reston after athlete's death.

A competitor in the Fairfax 2015 World Police & Fire Games Investigator Carlos Silva of Brazil was killed and two other bicyclists were seriously injured Thursday, July 2 after a front tire blowout caused a chain reaction crash at Prince William Forest Park in Triangle, Va. Two other riders remain in serious condition. One was identified as National Park Service ranger Ryan Levins. Levins worked as a ranger at Gettysburg and Harpers Ferry. The other is a man from Canada. Both of the injured riders were listed in critical condition at Inova Fairfax Hospital. "This has been a horrible loss, we will do everything we can to support our injured colleagues," Fairfax Police Chief Ed Roessler said in a Thursday night news conference. Police say the bicyclists were all wearing proper safety equipment at the time of the crash. "He loved to be here. He loved to train and most of all, he loved his career, and his daughter," Alexandre Manzan, a colleague of Silva's said. Friday, July 3 at 8 p.m. a Catholic memorial service and vigil was held at Reston Town Center Pavilion for Carlos Silva who traveled to the United States to compete in the games.

FIFTY-EIGHT RIDERS were in the contest, race officials said, and Silva, 48, was behind the leading cyclists but at the front of the middle group. The crash occurred on the second lap of a seven-mile paved loop. Witnesses told police the tire blowout could be heard by competitors and spectators. After the crash, emergency medical personnel from Prince William and Fairfax counties were at the scene to render aid. The cyclists were taken to the hospital, and Silva died from his injuries about 5 p.m. One of the critically injured riders underwent surgery on Thursday evening.

Ahead of the vigil, a moment of silence was held at WPGF events. Brazilians stood with flags as Silva was honored posthumously with a gold medal. At the memorial service, co-workers shared some words about Silva. "He was a perfect man, a perfect father, co-worker, best friend and a human being that I can't explain with words," said Alexandre Manzan,



An impromptu memorial for Inspector Carlos Silva was set up by the Mercury Fountain at Reston Town Center. A competitor in the Fairfax 2015 World Police & Fire Games, Silva died in bike crash.



On Friday, July 3 a vigil was held at Reston Town Center for Inspector Carlos Silva of Brazil. Reston Town Center was the central location for World Police & Fire Games athletes and the host of the Athletes Village.

one of Silva's teammates.

At the Friday vigil, the Brazilian national anthem played and a Catholic priest led a service, where Silva's family members and teammates embraced one another. "Carlos choose to spend his life being a servant of the people," said Father Bill Korpi, Chaplin with the Fairfax County Fire and Rescue Department. Korpi spent most of Friday preparing for the vigil.

The Northern Virginia Emerald Society Pipe Band, which performed at the opening ceremony and closing ceremony for the games, performed at the vigil to honor Investigator Silva. An impromptu memorial for Silva was set up by the Mercury Fountain at Reston Town Center. "The county was able to show how grateful they are to first responders and how we as community shared in their sorrow and grief," said Barry Biggar, president and CEO of Visit

Fairfax.

"Our condolences go to his family, friends and team," said president of the World Police and Fire Games Federation, Michael Graham. Fairfax County Board of Supervisors Chairman Sharon Bulova and supervisors John Foust (D-Dranesville) and Michael R. Frey (R-Sully) attended the vigil and offered sympathy for the departed. "He died for his community and the people he loved. Fairfax County will never forget Carlos," said Bulova.

RESTON TOWN CENTER was the central location for World Police & Fire Games athletes when they arrived. "It was a beautiful vigil," said Fairfax County Sheriff Stacey Kincaid, who attended the event with Fairfax County Fire Chief Richard Bowers Jr.

- RYAN DUNN

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3 11116 Stuart Mill Road, Oakton — \$1,625,000



1 2750 Marshall Lake Drive, Oakton — \$1,680,000



15 3183 Pond Mist Way, Oak Hill — \$1,045,000



16 12703 Autumn Crest Drive, Oak Hill — \$1,041,300



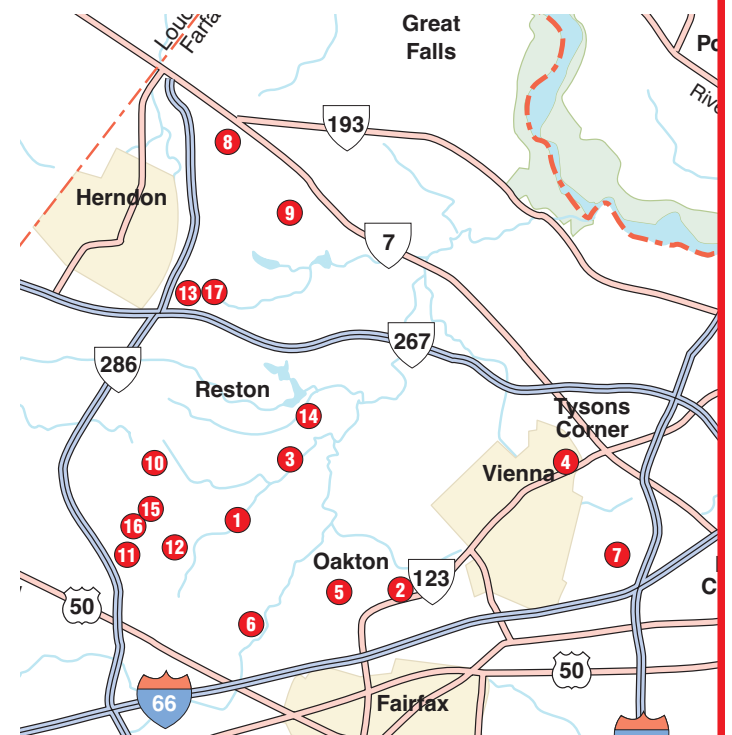
11 3402 Blakesley Hall Court, Oak Hill — \$1,160,000



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2 2776 CHAIN BRIDGE RD	5	..	5	..	1	VIENNA	\$1,670,000	Detached	0.82	22181	OAKTON GLEN	05/04/15
3 11116 STUART MILL RD	5	..	4	..	1	OAKTON	\$1,625,000	Detached	2.66	22124	OAKMONT WEST	05/27/15
4 350 CHURCH ST NE	5	..	5	..	1	VIENNA	\$1,605,019	Detached	0.42	22180	350 CHURCH ST NE	05/05/15
5 2907 HUNTING HILLS CT	7	..	4	..	2	OAKTON	\$1,510,000	Detached	1.16	22124	HUNTING HILLS	05/04/15
6 3428 WAPLES GLEN CT	4	..	4	..	1	OAKTON	\$1,500,000	Detached	0.96	22124 ..	THE RESERVE AT WAPLES MILL	05/08/15
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15 3183 POND MIST WAY	5	..	4	..	1	OAK HILL ...	\$1,045,000	Detached	0.42	20171	OAKTON RIDGE	05/05/15
16 12703 AUTUMN CREST DR ...	5	..	4	..	1	OAK HILL ...	\$1,041,300	Detached	0.24	20171	OAKTON RIDGE	05/08/15
17 11990 MARKET ST #1914	2	..	2	..	1	RESTON	\$1,000,000	Hi-Rise 9+ Floors		20190 ..	MIDTOWN AT RESTON TOWN .	05/01/15
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HomeLifeStyle



PHOTOS COURTESY OF GTM ARCHITECTS

Doug Roberts and Jessica Parker Wachtel of GTM Architects added a balcony with views of the bay to a rear bedroom of this Chesapeake Bay vacation home.



This Chesapeake Bay vacation home with renovations by Doug Roberts and Jessica Parker Wachtel of GTM Architects has an abundance of windows that allow in sunlight and offer views of the water.

A House by the Sea

BY MARILYN CAMPBELL
THE CONNECTION

As the sweaty days of summer slog on, many are dreaming about a home by the sea, a wistful retreat where cares flow as freely as an ocean breeze. A few local designers share seaside secrets for an idyllic hideaway.

When a Bethesda, Md., family decided to update and expand their vacation home on the shores of the Chesapeake Bay, functionality and style were top priorities.

Doug Roberts and Jessica Parker Wachtel of GTM Architects in Bethesda added more than 1,400 square feet, but kept many of the existing features of the 3,792-square-foot beach house, which was built in 1985.

"What was unique about this project is that the family's father had originally designed this home himself," said Roberts. "It's modern with lots of glass and cathedral ceilings. The family didn't want to change that. They just wanted to expand it."

The home now has an open floor plan, including a kitchen that flows into the family room, an exercise and recreation room, glass garage doors, an outdoor shower and a wet bar. The windowsills are lower, allowing in more light and expanded water views. The home's bathrooms and five bed-

rooms were updated, adding a balcony with views of the bay to a rear bedroom.

"The work was all consistently done, so you really can't tell that there was an addition," said Roberts. "We replaced all of the materials — flooring, tile, trim — and put down new materials throughout."

AN ALEXANDRIA COUPLE wanted their second home on the Eastern Shore to exude a calm serenity. They achieved that feel with white walls and furniture at the recommendation of interior designer Grace Nelson of Nelson Design Lab in Arlington.

"White exudes peace and quiet," said Nelson. "They wanted their beach house to be the opposite of the chaos of Washington, but they didn't want it to be too far removed modernity. They still wanted their luxuries."

Among those amenities are a kitchen equipped with a Bosch dishwasher and a built-in Subzero refrigerator. The kitchen's white cabinetry is accented with natural pine knobs and pulls that match the pine flooring.

A bay window in the living room allows for majestic ocean views. That seascape can also be enjoyed from the clawfoot soaking tub in the master bathroom.

Design ideas for beach homes.

WHEN THE OWNER of a Rehoboth Beach, Del., condominium decided to rent her property to beach goers, she wanted to marry casual elegance and durability.

Designer Sallie Kjos of Grey Hunt Interiors in Chantilly helped the homeowner, whose primary residence is in Great Falls, choose furnishings that created a relaxed, modern look.

"When you're designing a beach property that is also used as a rental, you want to find something that is durable and can be cleaned easy and can stand up to the sand," said Kjos. "You don't over accessorize a beach property, especially if it's a rental."

They created an office space "because a lot of people have to work even when they're on vacation," said Kjos.

A chandelier made of natural capiz shells, with an easy-to-clean lacquered finish, hangs over the wooden dining room table. The result is a beach feel, but with a modern twist, says Kjos.

"We tried to get away from the stereotypical beach décor with motifs like seagulls and driftwood," she said. "We wanted to use water-like colors because it makes for a relaxing environment, but we mixed the city with the ocean and created a flow throughout the house so that it connected visually."

the surf, and surroundings that makes a vacation house feel like a home. When Potomac, Md., architect James Rill went looking for a Vero Beach, Fla., vacation home, he was inspired by his favorite sport: baseball. "It's very close to the Nationals spring training center," he said.

"It was a dump when we got it," he said. "When my wife first saw it, she was ready to kill me, but we stripped it to the bone and cleaned it up."

When designing the space, Rill wanted to make sure the materials he and his wife chose could stand up to the sand and surf environment of south Florida. The couple wanted the single-level dwelling to have a look that was simple and clean. They chose dark red tile flooring and sea-inspired furnishings in blue and white.

"It has a subtle elegance," he said. "It doesn't call attention to itself."

The new kitchen opens up to the family room and is devoid of large appliances, which Rill says are unnecessary in homes such as his.

The home accommodates Rill's parents, also baseball fans who make the trek to spring training camps. "We took the master suite and we made it into a nicer, handicapped accessible space."

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PHOTOS BY CAMILLE KIDWELL/THE CONNECTION



From left, Jonathan Gomez - age 11 (just got his coupon book), Donovan Swartz - age 10, Elizabeth Franco - age 13, and Jason Gomez - age 8, at the Summer Reading registration desk at Reston Regional Library.

A busy day at the Reston Regional Library.

Making Summer Reading Fun

Children who meet a reading challenge receive a prize.

BY CAMILLE KIDWELL
THE CONNECTION

Summer days are great for lounging by the pool, laying in the sun and relaxing with a good book. The Fairfax County Public Library is helping to make reading even more fun for families through the Summer Reading Program.

"The Summer Reading Program is a wonderful partnership with Fairfax County Public Schools,"

says Ted Kavich, Program and Educational Services manager. "We have a reading challenge for kids, so that when they read a certain number of books, they receive a prize. In addition, we have other things going on, such as performers and many events. All of the fun and excitement is all about reading."

Reading becomes a fun summer activity through this competition for prizes. Upon completing the program, each student receives a

coupon book to places such as Clay Café Studios, Six Flags America and Splash Down Waterpark.

Recommended reading lists are provided by the library, that gives a list of books appropriate for a specific age or reading level. This can be a very helpful tool for both children and parents, but following the list is not mandatory. Children are able to read whatever interests them to participate in the program, making the venture even more enjoyable. It is also impos-

sible to be too young- children from birth to sixth grade may sign up, and each student must read 15 books (or have the books read to them). For students in grade 7-12, six books must be read. Reading logs can be tracked online via the Fairfax County Public Library website, or on paper that can be picked up at your local branch library. What students do not know is that by reading over the summer, they are better preparing themselves for the upcoming school year. "Stud-

ies have shown that when kids come back to school in the fall, their reading levels dip, so we want to keep them reading over the summer!" said Kavich. "So we do all this fun stuff and are delighted to get people excited about reading." From book sales, music shows to creative writing clubs, the library has events for all ages, all summer. More information about registration, books, events and prizes can be found at <http://www.fairfaxcounty.gov/library/srp/>.

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CALENDAR

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

ONGOING

Herndon Town Calendar

Photography Exhibit. Through July 26 at ArtSpace Herndon, 750 Center Street, Herndon. Twenty-six professional and amateur photographers submitted 90 entries to the competition. The photographs were taken within the corporate limits of the Town of Herndon. Many of the entries depict people participating in seasonal or community events.

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.

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.

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



The 6th Annual Ukulele Festival will be on July 11, from 11 a.m. - 5:30 p.m. at 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.

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. Registration at: serveavillage.org.

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 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 Bowman 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.

TUESDAY/JULY 14

Home Food Preservation. 7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn to preserve your garden's bounty at this introductory class, covering a variety of methods, including canning, fermentation, drying/dehydration, and freezing. Learn the science behind food preservation, safety precautions, kitchen set up, and jar and equipment prep as well as food

and recipe selection. Reservations required by July 11. Fee: \$5/person RA members, \$7/person Non-members. naturecenter@reston.org.

Under the Sea.

10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Opportunity to meet live sea creatures. Ages 6-12.

Pokemon Club.

2:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bring your Pokemon trading cards to trade or play the Pokemon game. Ages 6-12.

THURSDAY/JULY 16

Dragonfly Class: An Introduction.

7 - 8:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Learn about the fast and fascinating lives of Reston's "flying dragons." Learn to identify Reston's common dragonflies, and get a basic introduction to their bizarre behavior and complex history. Reservations required by July 13. Fee: \$5/person, or free for Dragonfly Count participants. naturecenter@reston.org.

School's Out Book Discussion

Group. 6 p.m. Reston Regional Library, 11925 Bowman Towne Drive Reston. Join this lively discussion of "Running out of Time" by Margaret Peterson Haddix. <http://www.fairfaxcounty.gov/library/branches/rr/>

SATURDAY/JULY 18

The Art of Camouflage.

11 a.m. - Noon. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Some animals simply blend in, while others take camouflage to amazing levels. From green-colored frogs and bugs blending into the undergrowth to moths that resemble bird droppings, there are amazing examples of camouflage right under our noses. Explore the gardens and trails in search of hidden critters. Reservations required by July 15. Fee: \$5/person RA members, \$7/person Non-members. naturecenter@reston.org.

SUNDAY/JULY 19

Dragonfly Count.

10 a.m. - 4:30 p.m. Meet at Bright Pond - Park at the end of the Bright Pond Lane cul-de-sac. Adults. Join local dragonfly experts, learn tips on identification and have fun while helping to obtain important information on our fast-flying friends. Reservations required by July 16. naturecenter@reston.org.

TUESDAY/JULY 21

The Kindercise Show.

10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive Reston. Sing and dance with Wolf Trap teaching artist John Taylor. All ages.



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My Manifesto, Sort Of



By KENNETH B. LOURIE

Being diagnosed with a terminal form of cancer (no, they're not all "terminal") is "a heck of a thing," to extrapolate a bit from Jim Valvano's memorable 1993 ESPY Awards speech given a few months before he succumbed to his cancer. It's not as if there's anything you can do in life, beforehand, to prepare for a cancer diagnosis; and there's even less you can do to prepare for a "terminal" diagnosis, as in my case, when my oncologist – whom I had met 10 minutes earlier – first told me that he "could treat me but he couldn't cure me," followed by a "13-month to two-year prognosis." Surreal is the word I used to describe then what I heard/what I felt, and is also a word I've often heard other cancer patients use in recounting the details of the moment when their lives changed forever: when the diagnosis of cancer is confirmed by the oncologist sitting directly across from them. Perhaps you think (hope) that age, experience, education, etc. will carry you through that appointment and the many other cancer-related appointments to follow; the reality is, at least it was for me, you'll never know how you're going to react until after you've reacted.

With respect to "beating" the cancer; anticipating success, expressing confidence, taking control, hoping and praying, laughing and crying; how it all plays out is somewhere between anybody's guess and why not? Unbridled optimism may be a great start, but accepting your new reality and reacting/planning accordingly is often a road far less traveled. Having to travel that road because of an unexpected cancer diagnosis (I was a lifelong non-smoker, basically asymptomatic with no family history of cancer) is a trip fraught with danger and unimaginable hurdles: mentally, physically, emotionally and spiritually. You really don't know what's around the next corner, and what's worse, you really won't know until you get there – and then it might be too late. Let me summarize it this way: it won't be a walk in the park unless you derive pleasure from doing so, and if you do, walk a lot. Finding calm ("serenity now") in the midst of a cancer diagnosis, and likewise attempting to eliminate stress and anxiety is much easier said and written about than actually done. Managing that stress (and anxiety) is the challenge. And if one can somehow traverse, navigate, manipulate even, this path of least resistance; at least on paper, potentially, there might be some light at the end of your tunnel that's not an oncoming train. That being said, once a malignancy is confirmed, there are no more guarantees. Actually, there is one: you'll be changed forever in ways you can't imagine.

Surviving a cancer diagnosis/"terminal" prognosis is a work in progress, literally; except, you might not make any progress, and statistically speaking, you might not survive. Nevertheless, thinking you have no future is the quickest way to not having one. Whether it's delusions or illusions or just plain confusion, moving forward with a smile on your face and a bounce in your step will help create the kind of positive energy necessary to survive this ordeal. It's not exactly a recipe for success, but it might be a way to avoid disaster – for a while, anyway.

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

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AREA ROUNDUPS

Suspects Identified and Charged in Recent School Vandalisms

Detectives investigating two school vandalisms identified and charged four suspects – two adults and two juveniles.

Fairfax County Police asked for the public's assistance in identifying the suspects who vandalized the football fields at Herndon High School and South Lakes High School.

The first incident occurred at Herndon High School between 11 p.m. on Sunday, May 31, and 8 a.m. on Monday, June 1. The second incident occurred at South Lakes High School between 11 p.m. on Saturday, June 6, and 1:50 p.m. on Sunday, June 7.

Ryan Jeffrey Wait, 18, of 11706 Great Owl Circle in Reston and a 17-year-old male from the Reston area were each charged with one count of defacing public property, a misdemeanor, for the vandalism at Herndon High School. Wait was arrested on June 24.

Two males are charged in the South Lakes High School vandalism. A warrant is outstanding for an 18-year-old Reston-area man who is out of the area for the summer. A 17-year-old male from the Herndon area was also charged with one count of defacing public property.

The suspects spray-painted derogatory, bias phrases and inappropriate images on the football fields of both schools, causing more than \$6,000 in damage to the turf fields.

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/JULY 11

One-To-One Technology Help. 11 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Stop by for a Saturday session with a technology volunteer who will assist with eBooks, smartphones and tablets. <http://www.fairfaxcounty.gov/library/branches/rr/>

TUESDAY/JULY 14

ESL For Beginners. 10 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Tuesday conversational group. <http://www.fairfaxcounty.gov/library/branches/rr/>

SATURDAY/JULY 18

One-To-One Technology Help. 11 a.m. Reston Library, 11925 Bowman Towne Drive, Reston. Stop by for this Saturday technology assistance help session. <http://www.fairfaxcounty.gov/library/branches/rr/>

TUESDAY/JULY 21

Spanchats. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join this ongoing Spanish Spanchats conversation group. Beginners to fluent are welcome. <http://www.fairfaxcounty.gov/library/branches/rr/>

THURSDAY/JULY 23

Social Security Workshop. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Stop in for a social security workshop. <http://www.fairfaxcounty.gov/library/branches/rr/>

TUESDAY/JULY 28

Spanchats. 7 p.m. Reston Library, 11925 Bowman Towne Drive, Reston. Join this ongoing Spanish Spanchats conversation group. Beginners to fluent are welcome. <http://www.fairfaxcounty.gov/library/branches/rr/>

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SPORTS

Herndon Coach Wins Two Medals

Police detective and youth wrestling coach earns two medals in World Police and Fire Games.

BY MEREDITH BILLMAN-MANI
THE CONNECTION

Most athletes never get a second chance to live their dreams. Twenty-five years after his last wrestling match Jay LaWalt was able to make that happen in front of his friends, family and a crowd of adoring young fans he's been coaching for years. He won bronze medals in both Freestyle and Greco-Roman style wrestling at the World Police and Fire Games. Horace "Jay" LaWalt is a detective with the Fairfax County Police. He lives with his wife Maria and two sons in Herndon. He was a wrestler in high school and college. Like many athletes, his sports dreams were absorbed by the realities of everyday life. LaWalt stayed engaged in wrestling through the years and began coaching when his sons were old enough to wrestle. He has stayed on as a coach for the Herndon Reston Rattlers to teach children even when his own boys weren't participating because of his passion for the sport.

OVER SEVERAL DAYS LaWalt won two bronze medals during the games. One for freestyle wrestling and one for Greco-Roman style wrestling. While LaWalt is pleased with the medals he brought home, he doesn't hide his disappointment that they weren't silver or gold. "I'm disappointed but I'm not angry about that. It's paid off," said LaWalt. "I tell these guys all the time that when you outwork the other guy, typically, you win." Sportsmanship is as important to LaWalt as accolades. One of the things he's most proud of is being able to live that message for the kids he coaches who turned out to watch him wrestle. "I showed them it's not the worst thing in the world to lose. It's how you handle it. You have to lose graciously. Trust me, on the inside there were all these feelings but I knew they were there and they were watching me like a hawk," said LaWalt. The Commissioner for the Herndon Reston Rattlers, Tess Rollins said, "We are so fortunate [the Games] are in our backyard. A lot of kids came out and their parents came out on their lunch breaks. Kids were very anxious they weren't going to get back from camp in time to see coach Jay compete. They just thought it was the coolest thing ever. Here their coach was competing on a world stage and they were thrilled." Many police and fireman initially signed up to compete in the games but as the months wore on and the grinding regiment of training became reality, only those with true dedication stayed the course. Matt Sanders was LaWalt's sparring partner for seven months. Sanders first thought LaWalt was joking when he said he was going to compete in the games and asked to help him train. "When I realized he was serious, I started sparring with him and we started working out three to four times a week." LaWalt dropped 35 pounds during training and got



Lt. Rex Pageria and Det. Horace LaWalt pose with their medals.

PHOTOS BY TESS ROLLINS



Champion wrestler Horace LaWalt poses with his sons Beau and William, in gray, and fans.

into prime shape to wrestle. Sanders was there for the matches and says, "He left it all on the mat and put in 200 percent effort. Two bronze medals is an outstanding accomplishment."

AS MUCH AS others credit LaWalt's efforts, he insists it's other people that enabled him to participate in the games. "Matt committed himself to me completely and dedicated as much time as I did. I can't say enough about him. My wife and family also supported me the whole time, through months of this. I could not have asked for more support than I got from home," said LaWalt. "You know, I had some unfinished business as an athlete. This was the first time, athletically, I have put a plan in place and worked it. It was a process but it paid off," said LaWalt. He and Sanders have become close friends and are working on a plan for the next games scheduled to be held in Montreal. They're going for the gold.



PHOTO PROVIDED BY DERECK BAKER

Fairfax Finest won gold in the women's 5-on-5 basketball competition at the World Police and Fire Games.

World Police and Fire Games Come to a Close

The World Police and Fire Games ended July 5 with law enforcement winning 1,308 gold medals, and firefighters bringing home 513 gold medals.

Law enforcement collected a total of 3,168 medals, including 1,036 silver and 824 bronze. Firefighters totaled 1,268 medals, including 417 silver and 338 bronze.

The United States held a large advantage in the medal count, winning 1,777, including 696 gold. Canada amassed the second-most medals with 429, including 172 gold. Russia won 207 medals (126 gold), Spain brought home 193 (77 gold) and Brazil tallied 174 (58 gold).

Several local teams/athletes captured gold during the 10-day event, including a pair of first-place finishes in 5-on-5 basketball. Fairfax Finest won gold in the women's competition, and Fairfax County PD won the men's 18+ Division II event.

Fairfax County firefighter Monica Harding won gold in the 18+ individual full gear stair climb. Fairfax County Fire and Rescue's Holly Melendez finished first in the women's 30+ under 67.5 kg bench press.

In cross country, Fairfax County Fire and Rescue's Caldwell Clarke took gold in the 10,000 meters.

In police motorcycle competition, Richard Mattison of the Fairfax County Police Department finished first in the 18+ expert skill level cone event. Kevin Palizzi placed first in the



PHOTO CONTRIBUTED

Fairfax County firefighter Monica Harding won gold in the 18+ individual full gear stair climb at the World Police and Fire Games.



PHOTO BY BRENT SCHNUPP

Fairfax County Fire and Rescue's Holly Melendez finished first in the women's 30+ under 67.5 kg bench press at the World Police and Fire Games.

18+ challenge ride. The Fairfax County Police Department finished first in the team cone event.