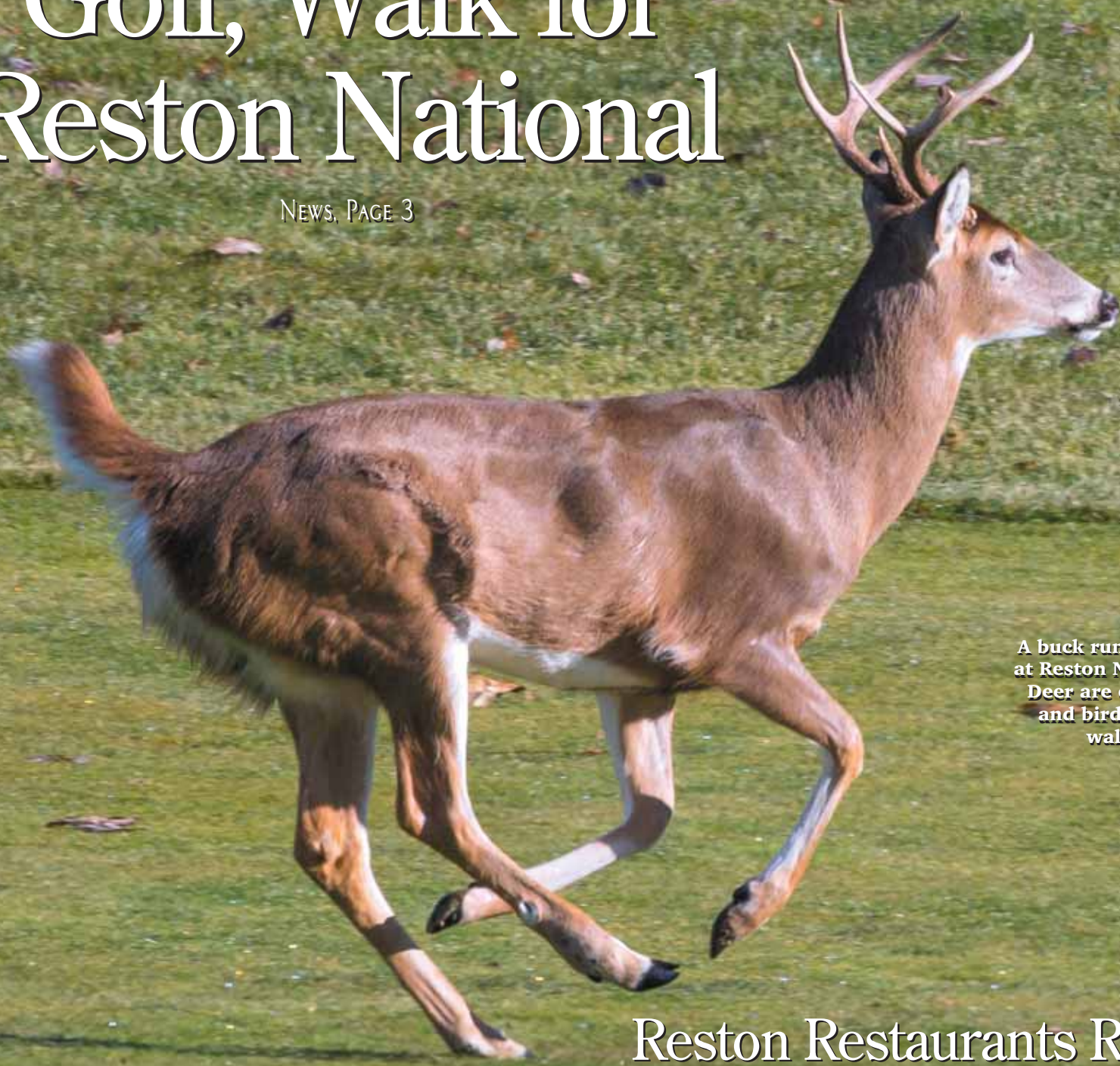


Golf, Walk for Reston National

NEWS, PAGE 3



A buck runs across the Fairway at Reston National Golf Course. Deer are one of many animals and birds likely along nature walk planned for Oct. 5.

Reston Restaurants Rearrange

NEWS, PAGE 3

South Lakes Volleyball Finishes Fourth at NVVA Invitational

SPORTS, PAGE 8

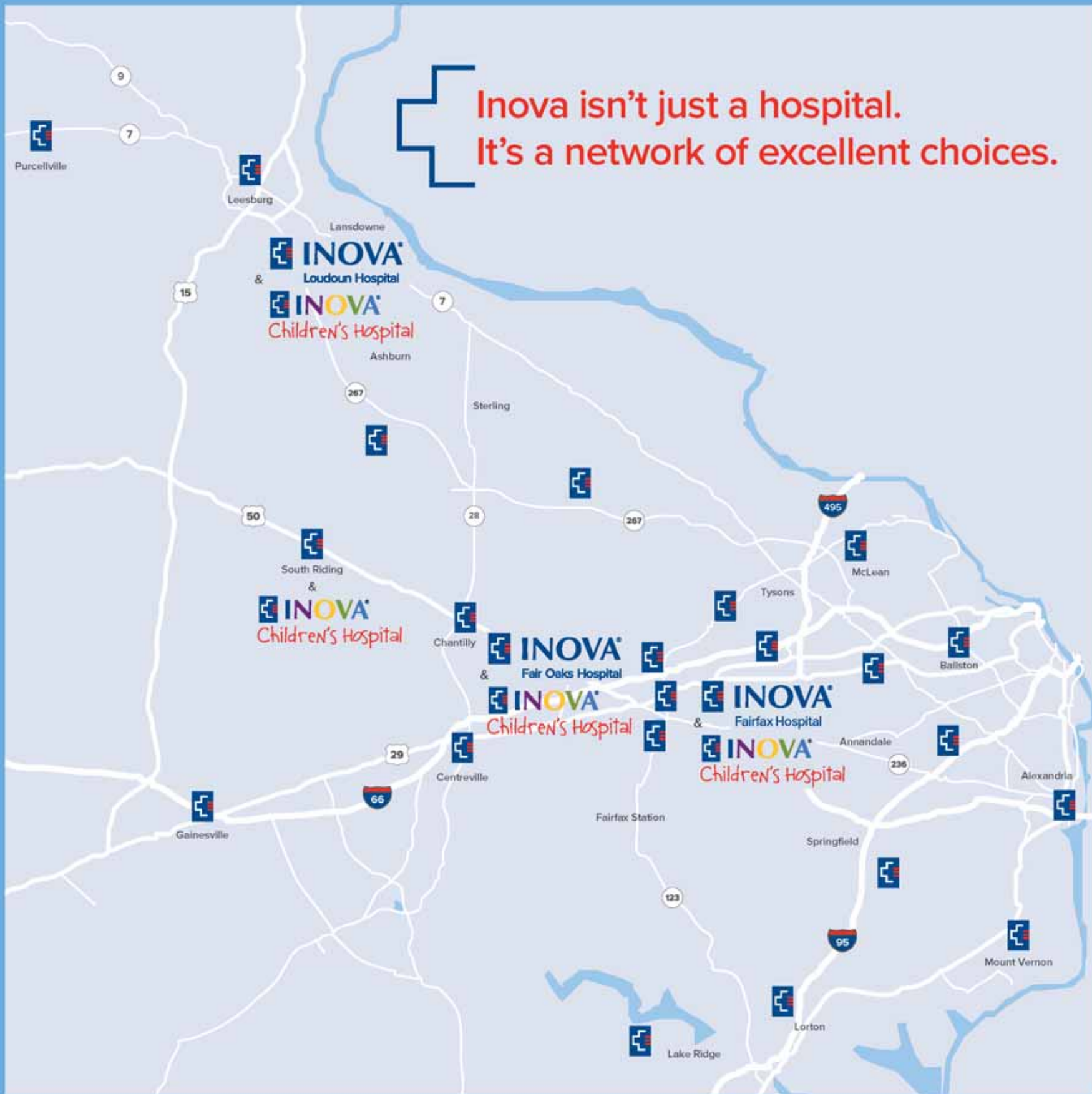
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 9 ♦ SPORTS, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

PHOTO BY ED HASS

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Inova Fairfax Hospital / Inova Children's Hospital
3300 Gallows Road, Falls Church

Tournament, Nature Walk for Reston National

Rescue Reston plans Oct. 5 events on the golf course to raise money and awareness.

BY KEN MOORE
THE CONNECTION

Ed Hass knows where the foxes keep their dens along the Reston National Golf Course. He found an occupied den this spring, and when the kits were born he took more than 100 photos.

"That was pretty special. They were real little, they could hardly walk and were so wobbly," he said. "They didn't have a clue to what I was. How cool is that?"

"I spend a lot of time out there with a camera. I may go out for two-to-three hours and take up to 75 photos," said Hass. "It keeps me in touch with the surroundings and keeps me in touch with what's going on in Reston."

Rescue Reston will hold a fundraising golf tournament and nature hike Monday, Oct. 5 at Reston National Golf Course, three weeks before Rescue Reston's lawsuit is scheduled to be heard in Fairfax County Circuit Court.

Proceeds from these events will help fund efforts to block residential development proposed on the golf course.

The next hearing in Fairfax County Circuit Court is on Oct. 23 at 2 p.m. regarding Reston National Golf Course. Fairfax County, Reston Association and numerous petitioners who border the golf course property have filed appeals asking for a review of the Board of Zoning Appeals (BZA) April decision regarding how RN Golf Management must proceed to potentially turn the 166-acre Reston National Golf Course into medium-density residential housing.

Rescue Reston is a grassroots volunteer

organization comprising supporters who oppose redevelopment of Reston National Golf Course into residential housing or any site development other than a golf course or comparable open space.

"What better way to tell the investor-owner of Reston National Golf Course (RNGC) that you support Reston's planned recreational open space than a fun afternoon golfing or hiking, followed by dinner on the clubhouse patio," according to Rescue Reston.

BILL BURTON and the Reston Historic Trust led a nature walk a couple of years ago. Burton identified a lot of birds, butterflies and aquatic life. "It really opened my eyes," said Connie Hartke, of Rescue Reston.

The two-hour nature hike will begin at 3 p.m. on Monday, Oct. 5, along with the golf tournament and other events that will run from 1-7 p.m.

"I wanted to do something for the people that don't just love golf," said Hartke.

Burton calls the land along the course, a "maintained environment," which fosters rich diversity of wildlife.

Bluebirds love the Reston Golf Course, he said.

"They've done an inventory of different habitats because it has to be maintained," he said.

The golf course is a Certified Audubon Cooperative Sanctuary Program Golf Course, which means that the course management is committed to protecting local environment, conserving natural resources and providing wildlife habitats.

The Reston National property contains "edge habitat" and "old field habitat with



PHOTO BY ED HASS

Fall at the fifth tee of Reston National Golf Course.

Rescue Reston's Golf Classic and Nature Walk

See www.rescuereston.org
Reston National Golf Course
11875 Sunrise Valley Drive
Monday, Oct. 5, 2015 from 1 - 7 p.m., Guided Nature Walk, 3 p.m.
For golf/nature hike questions, contact golf@rescuereston.org or phone 571-449-6060.

hardwood cover" for a great diversity of wildlife. The latter habitat is among the most endangered in Fairfax County.

"The golf course is such an integral part of this community. We have supporters who live on it, supporters who golf on it, supporters who run on it, supports who love going through it, supporters who love wildlife on it, and supporters who drive past it,"

Hartke said. "It's such an integral part of Reston."

RESTON NATIONAL is the home course for the South Lakes High School Golf Team.

Ed Hass, who spends the better part of most days photographing the wildlife in and around the course and Bill Burton, geologist, birder and amateur astronomer, will lead the walk.

"I'm pretty familiar with the surroundings here. I've lived here 40-some years and I've been shooting [photos] since 2008," said Hass.

So far, he's taken photos of 90 species of birds that live on the course, or stay temporarily on the course during migration season in the spring.

He's seen numerous kinds of wildlife. "If they're out there [on Oct. 5], I'm pretty sure Bill or I will see them."

Reston Restaurants Rearrange

Several Reston restaurants undergo renovations, new businesses come to town.

With summer ending, business will be back to usual once schools return to session. There will be some changes to the dining selection, including the anticipated arrival of the restaurant Red's Table. Co-owner Ryan Tracy, one of three brothers and Reston natives who own and operate the restaurant, stated the official opening will be Labor Day, Monday, Sept. 7. The restaurant will offer local steaks, and fresh fish at its location by Lake Thoreau at 11150 South Lakes Drive.

Lake Anne Coffee House changes ownership next week and will close for renovations into November, new co-owner Eve Thompson said. Lake Anne residents Eve Thompson and husband Rick purchased the coffee house in July. Beginning Sept. 12, the coffee house patio will be open on Satur-

day mornings during the Reston Farmers Market and Craft Market. Residents can try new coffee blends from Manassas-based Monument Coffee Roasters and pastries from Sterling's Baguette Republic.

A new restaurant will be taking the former location of Macaroni Grill in Reston. Not Your Average Joe's, a Massachusetts-based restaurant chain, has signed a lease for 1845 Fountain Drive in Reston. Permits have been filed for renovations. Not Your Average Joe's has 20 locations including Bethesda, Gaithersburg, Leesburg and Woodbridge. The menu was directed by Executive Chef Jeff Tenner, with culinary roots from New England. No opening date has been announced. The Macaroni Grill closed sud-

SEE RESTAURANTS, PAGE 9



PHOTO COURTESY OF RED'S TABLE

The bar at Reston's much anticipated restaurant Red's Table. The restaurant will offer local steaks and fresh fish at its location by Lake Thoreau at 11150 South Lakes Drive.

OPINION

How to Vote; It Matters

Voting begins in two weeks, Sept. 18.

Election Day is Nov. 3, and on that day, virtually every state and local office is on the ballot. In-person absentee voting begins Sept. 18, barely two weeks from now. Virginia Law allows voters to absentee vote if they could be “working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day.” You’re allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015. You can check your registration status online by going to www.sbe.virginia.gov.

It’s also worth noting that new, more restrictive voter identification regulations took effect last year.

FAIRFAX COUNTY: Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth’s Attorney, Sher-

iff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Soil and Water Conservation Board (vote for 3), School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

As of last summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality’s electoral board in order for their provisional ballot to be counted.

Virginia’s photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the “acceptable” forms of identification: Valid Virginia Driver’s License or Identification Card; Valid Virginia DMV issued Veteran’s ID card; Valid United States Passport; Other government-issued photo identification cards (must be issued by U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; Valid college

FOR MORE ELECTION INFORMATION

❖ Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>
12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

❖ State Board of Elections, 804 864-8901
Toll Free: 800 552-9745 FAX: 804 371-0194
email: info@sbe.virginia.gov
<http://www.sbe.virginia.gov>

or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer’s business; Virginia Voter Photo ID Card obtained through any local general registrar’s office. “Valid” is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar’s office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

Time to Act Virginia

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

Virginia made history last week—not for the kind of event for which we would like to be remembered, but one nonetheless that took place on our soil and will be talked about around the globe. Virginia is home of the first on-camera televised and social media exposed mass murder.

A disgruntled television worker shot a reporter and her guest and the cameraman while the show was being televised and then publicized his deed on Facebook and Twitter before shooting himself.

In the 2009 Virginia Tech massacre, 32 students and professors were killed in the deadliest shooting incident by a single gunman in this country. In the future, Smith Mountain Lake that has been known as a wonderful place to have a lakeside home for weekend or retirement living will also be known for the live murders on television just as the excellent university that Virginia Tech is always will be remembered in part for



the massacre that occurred there. Aurora, Colo., Newtown, Conn., and other places are getting the same kind of blight on their names as the epidemic of mass murders accelerates at an alarming pace.

As astounding as what seems to be a growing tolerance in this country for

mass murders occurring in school houses, on college campuses, in theaters and now on television is, the paralysis of elected officials to do anything about it is truly baffling. The Founding Fathers certainly had none of the present carnage in mind when they wrote the Second Amendment about a standing militia. Certainly the current state of affairs does not promote life, liberty or the pursuit of happiness among the citizenry. Shocking also is the ability of gun manufacturers and their advocates to turn these situations into opportunities to promote more gun sales and to propose arming of school teach-

ers, college students, citizens and now I suppose television reporters. Rather than gun safety measures being put into place, there has been a steady erosion of such laws in Virginia and throughout the country.

Part of the solution is expanded mental health services to respond to the needs of individuals who may become violent. Virginia expanded funding for mental health programs after the Virginia Tech massacre but reduced it again soon thereafter. It took a violent attack on a member of the legislature by his own son to get the money restored. Laws need to be strengthened to ensure thorough background checks so that those whose mental illness causes violence do not get access to guns.

We are past time to act. I trust that voters will look at incumbents’ records on gun safety legislation and will vote accordingly. I will continue to introduce and work hard to pass expanded background checks for gun purchasers. Let’s turn this around and make history again by making Virginia one of the strongest states to take decisive action to prevent gun violence.

BULLETIN BOARD

Email community events to herndon@connectionnewspapers.com by the Friday prior to the following week’s paper.

WEDNESDAY/SEPT. 9

“Why Don’t People Vote?” 7:30-9 p.m. North County Governmental Center, 1801 Cameron Glen Drive, Reston. League of Women Voters

meeting on why don’t people vote. What is the future of the U.S. democracy if the number of citizens who turn out to vote for its leaders continues to decrease? There is an election every year in Virginia, and this year is the quadrennial “big one” – with 95 candidates on Fairfax ballots in November. Join in the

discussion. Free, open to the public. 703-757-5893. Background papers at www.lwv-fairfax.org.

ONGOING

Free Support Group for Parents with Children with Autism. Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

Food Addicts in Recovery.

Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free 12 step program for anyone suffering from food obsession, overeating, under-eating or bulimia.

Reston
CONNECTION

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NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ❖ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmattulla
Editorial Assistant
703-778-9410 ext.427
arehmattulla@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman
Sports Editor ❖ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Ryan Dunn
Contributing Writer
@rdunnmedia

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Photography:

Deb Cobb, Louise Krafft,

Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com





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LEESBURG, VA Custom-built stone, brick, and cedar estate on 3.54 acres w/ amenities ideal for life style full of entertaining, leisure, & enjoyment. Features include heated indoor pool, a sports pub, a reg. racquetball court w/ hoop, audio/video system w/ 2 home theaters, rooftop deck, picnic pavilion w/ gas barbecue, potting shed, 2+ 2-car garages, & caretaker apartment.

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ROUND HILL, VA - A long winding drive, past a picturesque pond, leads to an exquisite brick & stucco colonial on 10+ gorgeous acres. 12 room residence includes 4 BR, 5.5 BA, stunning family room with vaulted ceilings and full stone wall fireplace; tiled sun room w/ wet bar. Pool, spa...

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Peter Pejasevich 540-270-3835 • Scott Buzzelli 540-454-1399



MARSHALL, VA - Exquisite property with 1st floor master suite, HW floors, saltillo tiles, plus carpet, 5 fireplaces, 2 offices, Viking/Miele appliances, high speed internet, extensive gardens, tankless water heater, 3 bay garage w/ courtyard, 2 paddocks, 9' ceilings. Many updates and improvements!

\$1,150,000

Walter Woodson 703-499-4961



ROUND HILL, VA Fantastic home in desirable Devonshire. Newly updated 4-6 BR, 4 BA cape cod on 3 acres w/ room for pool. Low maintenance exterior. New paint inside & out, new SS appliances. Main lvl master suite, finished lower level w/ aupaar/ inlaw suite/kitchenette, tons of storage, Trex deck, Trane HVAC, Verizon Fios.

\$569,000

Mary Kakouras 540-454-1604



MARSHALL, VA - Charming cottage with 3 BR 2.5 BA. Perfect weekend or full-time living. Amenities include Viking range, soapstone counters, exquisite hardwood floors, restful porches, wood-burning fireplace, French doors. 2,200+/- sq ft, fenced yard. Peaceful home about 10 minutes from Middleburg.

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Walter Woodson 703-499-4961



LEESBURG, VA - Rarely available 3BR, 2BA condo with golf course views. Corner unit at the back of community backing to trees. Nicely kept condo with hardwood floors, washer and dryer in unit, and extra storage. Great investment opportunity, currently rented on a m/to m lease 1200 month, tenant would love to stay. Convenient commuter location with quick access to RT7, RT15, and Dulles Greenway.

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WELLBEING

Workplace Fitness

Employer-based health and wellness programs are good for business.

BY MARILYN CAMPBELL
THE CONNECTION

It's Wednesday afternoon and a cohort of George Mason University staff, students and faculty hit the pavement. Clad in attire ranging from running shorts and brightly colored sneakers to neutral walking shoes and business suits, the group takes part in "Who's Walking Wednesdays," part of an initiative to get moving for health and wellness.

"It's really important to connect faculty and staff into well-being and wellness practices," said Janet Walker, life/work connections manager at George Mason University. "It benefits everybody in terms of their own personal health and wellness. It creates a community where people interact over more than just work."

The effort underscores the role of workplace health and fitness programs can play in decreasing stress and improving overall well-being.

A National Institutes of Health study of more than 29,000 employees who participated in comprehensive workplace health programs that included components such as fitness, weight control and smoking cessation, showed a 14-percent decline in illness over a two-year period, as well as a six-percent increase in productivity.

Workplace health programs can also consist of health education, fitness programs, health coaching and screenings.

"There's all sorts of research about how time spent outdoors and taking walking breaks at work fosters creativity and problem solving," said Jeanne Bliss, director of marketing, Center for the

Advancement of Well-being at George Mason.

Bliss says university officials hope to impact the well-being of 10 million people within the next four years through the center. "We want to be a replicable model for well-being," she said. "That has been one of our strategic 10-year goals."

"We're in a position to help the next generation in terms of how they connect with their own workforce in terms of health and well-being," said Brandice Valentino, director of well-being programs and mindful living coordinator at the Center for the Advancement of Well-being. "Our programs focus on topics for well-being and integrating mindfulness practices."

Amy K. Turner, executive director of Innovation Health, a Northern Virginia health insurance company formed as a result of a partnership between Aetna and Inova, says her company has improved the health of its workforce through tailored employee wellness programs.

Innovation Health has also created corporate wellness programs for its corporate clients.

In fact, the company received the Loudon Chamber of Commerce Healthy Business Award, which honors the winners of the Loudon Healthy Business Challenge, a competition designed to recognize Northern Virginia businesses that have improved the health of their workforce through tailored employee wellness programs.

A group mentality is one of the keys. Group fitness activity can lead to success, say experts. "I feel like when you do it in a group and



PHOTO COURTESY OF GEORGE MASON UNIVERSITY

Staff, students and faculty at George Mason University take part in "Who's Walking Wednesdays," an effort to increase physical activity and well-being. Research shows that workplace health programs can lead to increased productivity.

you're part of a group, you're more committed," said Turner. "It holds people accountable and promotes success."

"Our 'Get Active Challenge' is where employees set fitness goals and challenge other teams within their corporation," she said. "It

engages employees to work together in teams, challenges them. We've found that it improves employee satisfaction."

Fairfax County Announces Drug Take-Back Day on Sept. 26

The Unified Prevention Coalition of Fairfax County, in partnership with Fairfax County Neighborhood and Community Services, Fairfax-Falls Church Community Services Board, Fairfax County Police Department, Covanta, the Drug Enforcement Agency and more than 130 local pharmacies will host its fourth annual Drug Take-Back Day, Operation Medicine Cabinet Cleanout, on Saturday, Sept. 26. According to the 2013-2014 Fairfax County Youth Survey, over 13 percent of high school seniors have used painkillers without a doctor's order. Moreover, four out of five heroin abusers report prior abuse of prescription drugs.

"There is an alarming connection between prescription drug abuse and heroin abuse," said Whitney Strand, executive director for the Unified Prevention Coalition. "To combat this community issue, we need to provide a free, safe, confidential, and eco-friendly solution for Fairfax County's young adults. Operation Medicine Cabinet Cleanout, with the help of countless local partners and law enforcement, achieves just that."

Individuals can bring unused or expired medi-

cations (pills or liquids – no pressurized canisters or needles) to any of the eight local Fairfax County district police stations for disposal from 8 a.m. to 2 p.m. on Saturday, Sept. 26.

Drop-off sites

♦Fair Oaks District Station, 12300 Lee Jackson Memorial Highway, Fairfax, VA 22033

♦Franconia District Station, 6121 Franconia Road, Alexandria, VA 22310

♦West Springfield District Station, 6140 Rolling Road, Springfield, VA 22152

♦Mason District Station, 6507 Columbia Pike Annandale, VA 22003

♦McLean District Station, 1437 Balls Hill Road McLean, Virginia 22101

♦Sully District Station, 4900 Stonecroft Boulevard, Chantilly, VA 20151

♦Reston District Station, 1801 Cameron Glen Drive, Reston, VA 20190

♦Mount Vernon District Station, 2511 Parkers Lane, Alexandria, VA 22306

Visit www.unifiedpreventioncoalition.org for more information about proper disposal of medications year-round.



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NEWS

LearningRx Donates School Supplies

Emily Smith of LearningRx delivering donated school supplies to Clearview Elementary in Reston.



PHOTO CONTRIBUTED



Reston's First and Only Residential Resort

Imagine a luxury apartment residence overflowing with spaces that allow you to be healthier, to be more relaxed, to be more connected, to enjoy every day to its fullest. Now imagine all of this located just steps from the dining, shopping and entertainment of Reston Town Center. It might seem like a dream, but at The Harrison, it's real.

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1800 Jonathan Way, Reston, VA 20190
844.607.8514 | LiveHarrisonApts.com



NOTICE TO THE PUBLIC OF AN APPLICATION BY COLUMBIA GAS OF VIRGINIA, INC., FOR APPROVAL TO AMEND AND EXTEND A SAVE PLAN PURSUANT TO VIRGINIA CODE § 56-604 AND TO IMPLEMENT A 2016 SAVE PLAN INFRASTRUCTURE RELIABILITY AND REPLACEMENT ADJUSTMENT IN ACCORDANCE WITH SECTION 20 OF ITS GENERAL TERMS AND CONDITIONS CASE NO. PUE-2015-00071

On August 3, 2015, Columbia Gas of Virginia, Inc. ("CGV" or "Company"), filed with the State Corporation Commission ("Commission") an application for approval to amend and extend its SAVE Plan pursuant to Chapter 26 of Title 56 (§ 56 603 *et seq.*) of the Code of Virginia ("SAVE Act") and for approval to implement a 2016 Infrastructure Reliability and Replacement Adjustment ("IRRA") in accordance with Section 20 of its General Terms and Conditions ("Application").

In its Application, the Company requests a \$5 million annual increase in authorized expenditures, to \$30 million per year, over a five-year extended term (2016-2020) of its SAVE Plan. According to the Company, the increase in authorized expenditures will facilitate the accelerated replacement of approximately \$150 million of SAVE eligible natural gas infrastructure during the extended term ("Phase 2") of the SAVE Plan. CGV is not proposing to modify the scope of eligible infrastructure replacements to be performed under the SAVE Plan and is not proposing any other substantive changes to the terms and conditions of the SAVE Plan. While the current SAVE Plan is not scheduled to expire until December 31, 2016, the Company is proposing to implement Phase 2 of the SAVE Plan effective with the first billing unit of January 2016, to address an anticipated shortfall in authorized 2016 funding.

CGV also requests authority to implement a 2016 IRRA in accordance with Section 20 of its General Terms and Conditions, as contemplated in the State Corporation Commission's ("Commission") November 28, 2011 Order Approving Amended SAVE Plan and Rider in Case No. PUE-2011-00049, as modified by the July 3, 2013 Order Approving Amended SAVE Plan in Case No. PUE-2013-00015, and including the increased funding authorization proposed herein. The Company's SAVE Plan, as amended was authorized pursuant to the SAVE Act.

The Company represents that, if approved, the proposed amended SAVE Plan would increase the average residential customer's annual bill by \$11.28 in 2016.

The details of these and other proposals are set forth in the Company's Application. Interested persons are encouraged to review the Company's Application and supporting testimony and exhibits for the details of these proposals.

The Commission entered an Order for Notice and Comment that, among other things, directed the Company to provide notice to the public and provided interested persons an opportunity to comment on the Company's Application.

A copy of the Company's Application may be obtained at no charge by requesting a copy of the same from the Company's counsel, James S. Copenhaver, Esquire, Columbia Gas of Virginia, Inc., 1809 Coyote Drive, Chester, Virginia 23836. The Application and related documents also shall be available for review in the Commission's Document Control Center, Tyler Building, First Floor, 1300 East Main Street, Richmond, Virginia 23219 between the hours of 8:15 a.m. and 5 p.m., Monday through Friday, excluding holidays. Interested persons also may download unofficial copies from the Commission's website: <http://www.scc.virginia.gov/case>.

On or before September 29, 2015, interested persons may file written comments on CGV's Application with Joel H. Peck, Clerk, State Corporation Commission, P.O. Box 2118, Richmond, Virginia 23218. Interested persons desiring to submit comments electronically may do so, on or before September 29, 2015, by following the instructions on the Commission's website: <http://www.scc.virginia.gov/case>. Comments shall refer to Case No. PUE-2015-00071.

On or before September 29, 2015, interested persons may request that the Commission convene a hearing on the Company's Application by filing a request for hearing with the Clerk of the Commission at the address set forth above. Requests for hearing shall refer to Case No. PUE-2015-00071 and include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

COLUMBIA GAS OF VIRGINIA, INC.

SPORTS

South Lakes Volleyball Finishes 4th

The South Lakes volleyball team has two star hitters, a new head coach and some lofty goals.

On Saturday, that combination earned fourth place at the NVVA Invitational.

The Seahawks, led by head coach Mike Ware, defeated South County and lost to eventual champion Oakton in the second round of pool play before falling to Fairfax in the third-place match on Aug. 29 at the Virginia Volleyball Center in Sterling.

“Considering that they’re getting used to my system and Vela [McBride] was only out of her walking boot for three days and had only practiced the day before with the team for the first time, we did pretty well,” Ware wrote in an email. “Our overall performance didn’t meet my expectations, but we’ll be a force to reckon with before this season is over.”

“It was our best finish at this tournament in years.”

Ware, who has 16 seasons of international-level playing experience, takes over the South Lakes program after coaching club ball the last three seasons at Areyto Volley in Ashburn. The Seahawks went 9-16 last season and failed to qualify for regionals.

This year’s team is led by a pair of senior standouts in McBride, who is committed to Navy, and Melody Caloyannides.

“Players like Melody and Vela don’t come around every day,” Ware wrote. “Yes they’re tall, fast, smart, and athletic, but they’re also great leaders who are super competitive. They lead by example with their strong work ethic and coachability. Many times they’re the first at practice and the last to leave. I have to chase them away at times. I’m going to miss them tremendously when they are gone.”

Ware called senior Kristina Brownell “a dynamic outside hitter who can turn bad sets into highlight reel kills,” and also mentioned juniors Rachel Abelson and Kristin Allgaier as key players.

South Lakes faced Stuart on Tuesday, after The Connection’s deadline. The Seahawks will travel to face T.C. Williams at 7:15 p.m. on Thursday, Sept. 3.

“My expectations and goals are pretty high and I’ve set a high standard for this team,” Ware wrote. “Our goals are to win our conference and go undefeated at home. Our dream is the state finals.”

— JON ROETMAN



Melody Caloyannides and the South Lakes volleyball team placed fourth at the NVVA Invitational on Aug. 29.



South Lakes senior Vela McBride is committed to Navy.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

WEEK IN RESTON

Grill Fire

A charcoal grill fire caused \$232,000 of damage to a single-family home at 11526 Hemingway Drive in Reston, according to the Fairfax County Fire and Rescue Department.

“A charcoal grill on the deck too close to combustibles caused the fire,” according to fire officials.

“Never use a grill on apartment or condominium balconies,” according to the fire department. “This practice is one of the biggest dangers with grills. It is unsafe and against the law.”

Units responded to a townhouse fire Sunday, Aug. 30, 2015, at approximately 1:40 a.m.

“Firefighters encountered smoke and fire coming from all levels of a middle unit, three-story townhouse upon arrival,” according to the fire department. “Firefighters conducted an aggressive exterior and interior fire attack and brought the fire under control in approximately 20 minutes.”

Since the fire began outside the house, smoke alarms did not activate, according to the fire department. Occupants from several townhouses all escaped unharmed and there was minor damage to adjacent townhouses.

Two occupants of the townhouse that burned have been displaced and are receiving Red Cross support, according to the fire department.

Grills should be placed at least 15 feet from any home, building or combustibles to ensure adequate air circulation. Charcoal must be kept dry and spare propane bottles should be stored outside away from the home. And place hot ashes in metal containers. “Never place hot ashes in paper or plastic bags or containers,” according to the fire department.

Mental Health Crisis Call

According to Fairfax County Police Department, an officer responded to a Reston residence on Aug. 30 at 7:01 p.m. to a report of “an adult male acting violent towards himself and family members.”

“When officers arrived, the man was located in the basement of the residence in a very aggressive state, destroying property and with obvious signs of self-inflicted injuries,” according to police reports.

“After failing to heed to officer’s verbal commands, the Pepperball system was deployed,” according to police, “however, the man’s aggressive behavior continued.”

Officers used a taser on the man, and took him into custody. He was transported to a local hospital where he was treated for non-life-threatening injuries and for a mental health evaluation.

Juveniles Charged with Robbery

A 16-year-old from Sterling and another 16-year-old from the Herndon area were charged with robbery on Aug. 29, according to Fairfax County Police, who gave the following account of the events.

A victim was sitting in his vehicle at the 13300 block of Woodland Park Road at 6:35 p.m. on Aug. 29 and was approached by two male juveniles. “The suspects displayed a knife and demanded property. The suspects took property and fled to a nearby apartment complex,” according to Fairfax County Police.

The suspects were arrested with assistance of a police helicopter and K9 team, according to police.

— KEN MOORE

BULLETIN BOARD

Email community events to reston@connectionnewspapers.com by the Friday prior to the following week’s paper.

WEDNESDAY/SEPT. 9

“Why Don’t People Vote?” 7:30-9 p.m. North County Governmental Center, 1801 Cameron Glen Drive, Reston. League of Women Voters meeting on why don’t people vote? What is the future of the U.S. democracy if the number of citizens who turn out to vote for its leaders continues to decrease? Why was last year’s midterm election turnout across the county at the lowest since

1942? There is an election every year in Virginia, and this year is the quadrennial “big one” – with 95 candidates on Fairfax ballots in November. Turnout projections are that fewer than 30 percent of registered voters will select the state and local officials who will determine the policies that affect the everyday lives of all residents. Why do the other 70 percent allow others to make the decisions for them? Join in the discussion. Free, open to the public (men and women), call 703-757-5893. Background papers at www.lwv-fairfax.org.

ENTERTAINMENT

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

ONGOING

"Birds of a Feather." Saturday, 10 a.m. - 5 p.m. and Sunday, 12-5 p.m. through Sept. 3 at Reston Art Gallery & Studios, 11400 Washington Plaza, Reston. Marie Straw works with different media, discovering the changing properties in each. In her works of acrylics and collage elements on paper, canvas, plywood and even tar paper, she is constantly experimenting to attain the look she wants to achieve. Straw is primarily self-taught through study with several local artists, art books and visiting art shows and museums.

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.

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

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/tr/>.

WEDNESDAY-SATURDAY/SEPT. 2-5

Lake Anne Plaza Jazz Week. Lake Anne Plaza, 1609 Washington Plaza, Reston. The week will feature a variety of jazz themed events that will take place from live music, merchant activities, to a featured film part of Lake Anne's ongoing Summer Film Festival series.

WEDNESDAY/SEPT. 2

Babytime. 10:30 a.m. Herndon Library, 768 Center Street, Herndon. Rhymes, songs, stories with music for you and your baby. Come enjoy time with your child while building an early literacy foundation. Age birth to 18 months with adult.

THURSDAY/SEPT. 3

Millennial Readers Book Club. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interested in discussing great books and connecting with other Millennials who love to read? Explore fiction and non-fiction of all types starting with September's title, Tracy Kidder's *Strength in What*



Popular Brazilian vocalist Cissa Paz will be performing at the Lake Anne Jazz Festival on Sept. 5 at 2 p.m. at 1609 Washington Plaza, Reston.

Remains. Adults from early 20s to early 30s.

THURSDAY-SUNDAY/SEPT. 3-13

Kiss Me Kate. A jazzy musical comedy about a divorced couple staging an outlandish musical version of "Taming of the Shrew." For tickets and show timings visit www.nextstopHerndon.com.

SATURDAY/SEPT. 5

Lake Anne Jazz Festival. 2 p.m. Lake Anne Plaza (Waterfront), 1609 Washington Plaza, Reston. Showcasing a variety of talented local emerging artists and national jazz performers. Beer garden on site. Visit <http://lakeanneplaza.com/event/9th-annual-lake-anne-jazz-festival/>.

Reston Concerts on the Town Series Finale.

7:30-10 p.m. Reston Town Center, 11900 Market St., Reston. Celebrating the 25th anniversary season with an extended schedule. Dance the night away with Motown, rhythm & blues by Dave Akers & the Soul Shakers.

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>

MONDAY/SEPT. 7

Herndon Labor Day Festival. 11 a.m. - 5 p.m. at Herndon Town Green, 777 Lynn St., Herndon. Great music, a craft show, food, 12 wineries and micro-brews and culinary demonstrations. Visit www.herndon-va.gov for more.

TUESDAY/SEPT. 8

Reston Garden Club Meeting. 1 p.m. Nature House, Walker Nature Center, 11450 Glade Drive, Reston. Guest speaker, Karen Rexrode, will be constructing and putting together a "Miniature Garden." She will be combining dwarf and alpine plants, figurines and accents to create a delightful and enchanting garden in miniature.

Toddler Story Time. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Fun stories, songs, and finger plays. Age 2 with adult.

THURSDAY/SEPT. 10

New Belgium Brewing 2015 Clips Beer & Film Tour. 7 p.m. Reston Town Center, 11900 Market St., Reston. An evening of unique brews from New Belgium Brewing Company paired with inspiring short films. Sample New Belgium's Lips of Faith specialty beers along with popular classics.

FRIDAY-SATURDAY/SEPT. 11-12

ChalkFest. Friday: 12-11 p.m. Saturday: 8 a.m. - 4:30 p.m. Reston Town Center, 11900 Market St., Reston. Free for spectators, participants register for a fee which includes supplies. Rain or shine. Information: publicartreston.org.

FRIDAY/SEPT. 11

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. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public.

SATURDAY/SEPT. 12

Book Discussion. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Author Michael Delapena discusses his novels *The Coyote Wars* and *The Last Coyote*, thrillers about domestic terrorists and the FBI team attempting to stop them. Adults.

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.

SUNDAY/SEPT. 13

Reston Triathlon. 7 a.m. Lake Audubon, Twin Branches Road, Reston. Swim, bike and run in the "Reston World Championships." Visit www.restontriathlon.org/tri.

MONDAY/SEPT. 14

Lego Club. 4:30 p.m. Herndon Library, 768 Center Street, Herndon. Come have fun, use your imagination and keep your engineering and problem solving skills flowing with an abundance of LEGO bricks. Age 5-12.

THURSDAY/SEPT. 17

Meditation with Gerry Gorman. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn simple techniques to help you deal with the stresses of everyday life. Adults.

FRIDAY/SEPT. 18

Double Symphonies. 7:30 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. Pro Arte Chamber Orchestra of Greater Washington season opener. Tickets: \$10-\$25. www.PACODc.org.

SATURDAY/SEPT. 19

Susco 8K. 8:30 a.m. South Lakes High School, 11400 South Lakes Drive, Reston. Running for brain aneurysm and organ donation awareness. www.susco8k.com.

SUNDAY/SEPT. 20

Family Fun Day. 2-4 p.m. Lake Anne Plaza, Reston. Join the Reston Historic Trust & Museum and Robert E. Simon, Jr. for Family Fun Day and Membership drive on Lake Anne Plaza. There will be live music, children's activities, beer tasting, and fun for the entire family. www.restonmuseum.org

THURSDAY/SEPT. 24

Live More Block Party. 11 a.m. - 2 p.m. Reston Town Center, 11900 Market St., Reston. Learn the benefits of new transportation options, including Silver Line Metro, plus entertainment, face painting, refreshments, giveaways and more.

SATURDAY/SEPT. 26

Reston Multicultural Festival. 11 a.m.-6 p.m. Lake Anne Plaza, Reston. The Reston Multicultural Festival celebrates all the entertainment, dress, food, and cultural treasures from all over the world that are all here in Reston. Rain or shine. Free.

Restaurants

FROM PAGE 3

denly in December.

Hispanic Heritage Month begins Sept. 15 and continues to Oct. 15. Both restaurants Barcelona Wine Bar and Bartaco have opened at Reston The Avant luxury residential building for several months, and offer different takes on Hispanic cuisine. The beach-themed Bartaco offers a Mexican menu of creative tacos and rice bowls, while Barcelona Wine Bar is known for its small plates and tapas-centric menu.

Not all business developments have been food focused. Random Words Marketing Group, a new member of the Greater Reston Chamber of Commerce, invites the broader business community to a ribbon cutting event Thursday, Sept. 3 at their office at 11710 Plaza America, Suite 2000. Food and drinks will be served in the second floor salon. The mission of Random Words Marketing is to provide results-oriented advertising, public relations and marketing.

Wednesday, Sept. 9, Chipotle will try to hire 4,000 new employees across the country with what company is calling "National Career Day." Management at the burrito chain wants to find 4,000 new crew members to boost its employee ranks by 7 percent. Places which are hiring will include sites in Northern Virginia such as Ashburn.

On Aug. 21, Chick-fil-A at 12160 Sunset Hills Road temporarily shut its doors for a major remodeling project. According to franchise owner David Kim the restaurant will reopen in October. Reston's Chick-fil-A has been very supportive of local teams and school fundraisers.

— RYAN DUNN

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PET Peeve



By KENNETH B. LOURIE

Since it's never too early to start worrying about one's next scan, especially if it's a scan which shows more detail than the typical CT Scan, and a scan you've not had since February, 2009 (I refer to the PET Scan [positron emission tomography] I have scheduled for mid October), I'll begin worrying about it now – in print. Incidentally, the PET Scan in '09 was the last diagnostic scan I had before my surgical biopsy confirmed a malignancy. I still remember the phone call/conversation I had with my thoracic surgeon when he gave me the PET Scan results. He told me the scan indicated positive for cancer. I replied/asked, having gained a little advance knowledge on the subject, that "aren't there a lot of false positives on PET scans and that's why they're not used as often?" To which the doctor responded: "That's partially true. But you lit that scan up like a Christmas tree. If it's a false positive, it's a world-record false positive." I don't recall if I laughed out loud or just snickered (at that time, I certainly wasn't aware of the consequences of the results, which of course were hardly a laughing matter). Nevertheless, it remains one of my favorite cancer stories.

A few weeks later, Team Lourie was sitting in a man's office who I/we had never met before (my oncologist), listening to him tell me that I had stage IV, non-small cell lung cancer which was incurable and that I likely had "13 months to two years" to live – at age 54 and a half. To say I lost my sense of humor at that point is a bit of an overstatement. However, you lose something. Fortunately, as you regular readers know, eventually I regained my footing and my sense of humor and have remained determined to laugh and joke and smile in the face of the adversity that I – and many other "terminal" patients – endure. Still, cancer is not for everyone. Even after six and a half years, the challenges persist and the fears rarely fade away. Having my first PET Scan in more than six and a half years sort of reignites those fears and of course reminds me of how I got into this mess in the first place: the pain in my left-side rib cage that migrated to the right-side for no apparent reason and the associated difficulty I had inhaling and bending at the waist; the New Year's Day Emergency Room Appointment; the X-Rays that day and again a week later; the follow-up appointment with a pulmonarary doctor; the subsequent CT Scan; the appointment with the thoracic surgeon; the on-off and back-on-again PET Scan; the biopsy and then the hammer: the midday call from my primary care physician advising me that the biopsy confirmed the malignancy and the rest, as most of you readers know: chemotherapy; yada, yada, yada.

But that next PET Scan is not for almost two months. In the interim, why can't I channel my best Alfred E. Neuman of Mad Magazine: "What – me worry?" and enjoy relative good health? Much easier said and written than actually done. Unfortunately, it's very difficult. As a characterized-as-"terminal" cancer patient, especially one who's far outlived his original prognosis, to not think you have – to quote Radar O'Reilly from a long-ago M*A*S*H episode – "One foot in the grave and the other on a banana peel," is a mind that does matter.

But there's no future thinking like that, only an acceptance of the past. If I do indeed want to "live long and prosper," worrying about things I can't control is hardly the recipe for lasting success. The PET Scan will get here soon enough and the results will be illuminating whether they're positive (bad) or negative (good). It will just be another hurdle/obstacle to overcome. This is not to say that it ever gets easy, but making it harder by worrying about it months in advance serves absolutely no purpose and likely causes more harm than good, certainly more anxiety.

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

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-Werner Heisenberg

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Jillian May Reagan, of Reston, earned a Bachelor of Arts degree with a major in communication and a major in cinema from Denison University. A dean's list student, she was a recipient of the Denison Alumni Scholarship and the Scott C. Schurz Endowed Scholarship. She is a member of Kappa Kappa Gamma sorority.

Herndon High School Senior, **Charlie Shen**, earned four perfect scores consecutively on the National Latin Exam. He is one of 10 students in the entire country to have done so. Sophomore Kyle Nielsen will represent Virginia as the History specialist on the Novice level Certamen team at National Junior Classical League Convention this summer. Sophomore Dora Drezga, who earned this honor last year, earned a spot as an alternate on the Intermediate level Certamen Team. The Certamen team is sponsored by Latin Teachers, Emily Lewis and Bethany Abelseth

Momentum Realty and Holly Weatherwax are extremely proud to announce the recipient of the 2015 Momentum Realty Book Scholarship at Herndon High School. This year's recipient, **Ester De La Cruz** of Herndon, will attend Northern Virginia Community College where she plans to study nursing. The award was presented on June 11 at the Herndon High School Senior Awards Ceremony.

Emily George, of Herndon, has been placed on the Dean's List in recognition of academic excellence during the spring 2015 semester at New River Community College.

Kendall Crouther, of Herndon, Master of Urban Education, graduated from Union University May 16 during spring commencement services of the 190th graduating class at Oman Arena.

Adam John of Reston is among four students named to the Phi Theta Kappa Top Ten All-Virginia Academic Team during a recognition ceremony April 22, in Richmond. The four students were nominated by Northern Virginia Community College. John, 25, studied biology at NOVA's Loudoun Campus and served as president of the Alpha Zeta Rho chapter of Phi Theta Kappa. He completed two research-based internships and will transfer in the fall to Columbia University to study neuroscience. He hopes these experiences will help him gain acceptance to a MD-Ph.D. program so he can pursue medical research in brain function.

Teams of students from three Fairfax County public schools won top honors in the recent Virginia State Odyssey of the Mind tournament. Top teams came from **Fox Mill Elementary School, Greenbriar West Elementary School, and Carson Middle School**. First place winners advance to the Odyssey of the Mind World Finals scheduled for May 20 at Michigan State University.

The team from Fox Mill Elementary won first place in the Runaway Train Division II competition. Team members are Amy Appler, Katie Wagner, Ashvita Vadicherla, Nicholas Bravo, Krithik Nadella, Tanvi Bhat, and Vijay Rudraraju.

The Carson Middle team won first place in the Pandora's Box Division II competition. Team members are Charlotte Cai, Noah Ginsburg, Wen Ip, Ryan Jones, Maya Nakhre, Charlotte Peterkin, and Ethan Waple.

From examining the genes in the monkey flower, to exploring the Rev. Martin Luther King's political, social and theological beliefs, to epilepsy therapies, to sustainable tourism, 38 **University of Virginia** undergraduates will pursue 36 grant-funded research projects this summer. Thirty-five of the proposals received Harrison Undergraduate Research Awards and another student has had his research underwritten by the Stull family of Dallas. This marks the 16th year of the program, which helps further a key component of the U.Va. student experience: hands-on research.

The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. In February, a Faculty Senate committee selected the winners, who receive up to \$3,000. Faculty mentors who oversee the projects receive \$1,000.

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