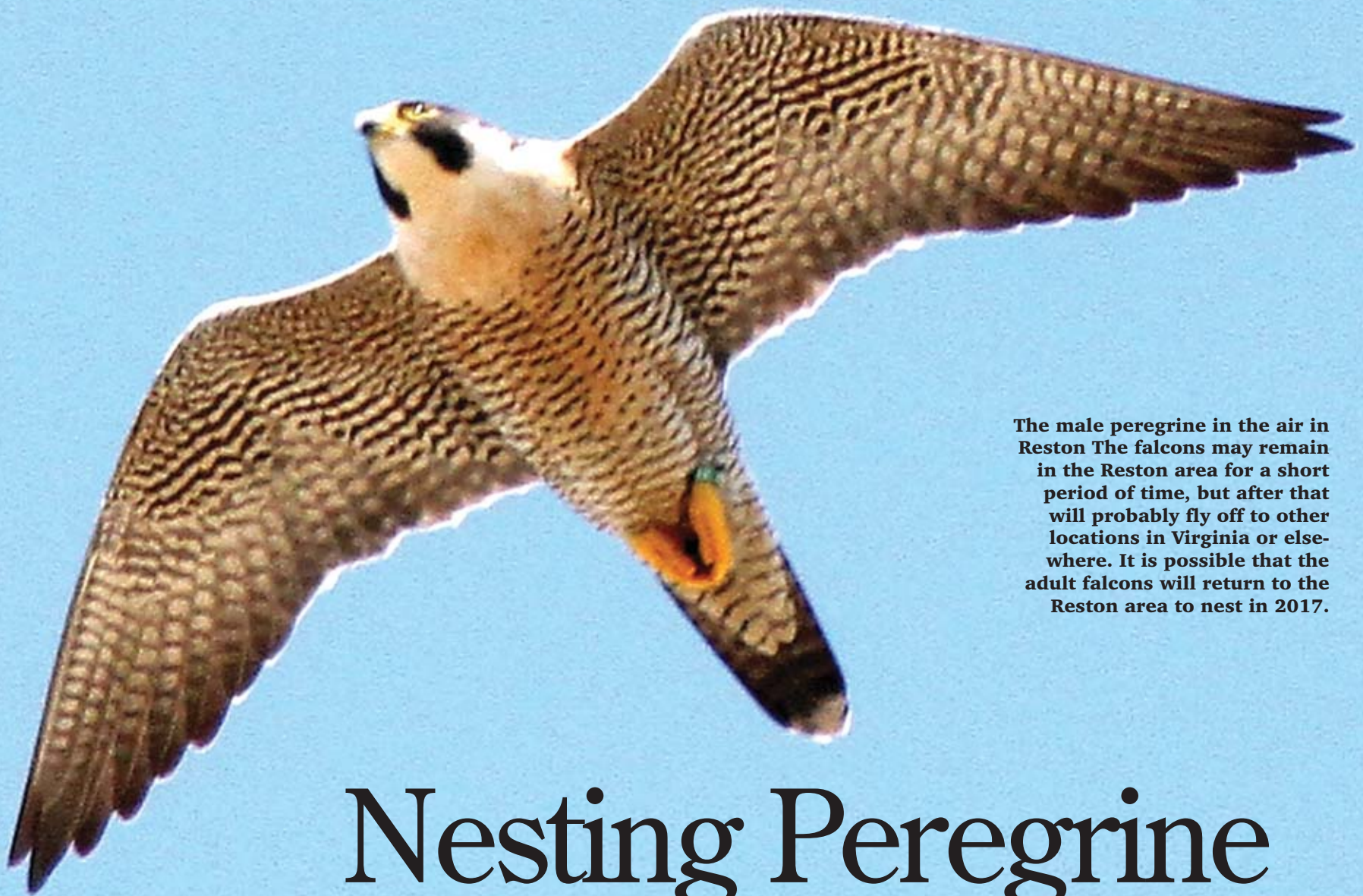




# Reston CONNECTION

HomeLifeStyle

PAGE 6



The male peregrine in the air in Reston. The falcons may remain in the Reston area for a short period of time, but after that will probably fly off to other locations in Virginia or elsewhere. It is possible that the adult falcons will return to the Reston area to nest in 2017.

## Nesting Peregrine Falcons in Reston

NEWS, PAGE 8

### Cleaning Up the Tetra Mess?

NEWS, PAGE 3

### Reston Swimmers Beat Their Own Records

SPORTS, PAGE 12



**JUNCTION SQUARE**

LEARN HOW YOU CAN ENJOY YOUR PRIVATE SKY LOUNGE TODAY.

**NOW SELLING**

SCHEDULE YOUR PRIVATE APPOINTMENT & EXPERIENCE THE EXCITEMENT COMING TO DOWNTOWN HERNDON

LEARN MORE: [LIVEJUNCTIONSQUAREVA.COM](http://LIVEJUNCTIONSQUAREVA.COM)

Experience the best in new townhome construction in Downtown Herndon at JUNCTION SQUARE.

Offering a variety of home types, from modern townhomes with up to 3,000 square feet to a select number of elevator townhome-style condominiums. Each home features spacious layouts all located in the heart of Downtown Herndon.

**NOW UNDER CONSTRUCTION**

**NEW HOMES FROM THE MID \$600s**

703.665.1213

711 MONROE STREET | HERNDON, VA 20170

TRADITION HOMES

McWilliams Ballard

## PEOPLE



PHOTO CONTRIBUTED

### Principal Fulfills His Promise: Gets 'Slimed'

For a Read Across America Challenge, Principal Shane Wolfe of Aldrin Elementary offered to be "slimed" by every student who read the most books from their class, if the student body as a whole read 15,000 books. The students read voraciously through the spring and as a result, reached their goal—surpassing 15,000 books. Pictured here disguised in wig and mustache, in what has become one of Principal Wolfe's trademark, student-inspired, year-end assemblies, Principal Wolfe fulfills his promise—as two students "slime" him at the assembly held on the last day of school.

**—Join Us For An—**

**OPEN HOUSE**

**The Crossings at Chantilly**

Join us to learn more about our community and take advantage of our outstanding pre-opening pricing specials.

The Crossings at Chantilly offers 24/7 licensed nursing, 1 and 2 bedroom independent living apartments, assisted living and memory care solutions.

We provide 24 hour security, lifestyle activities built to suit your preferences, farm to table dining and more! Make The Crossings at Chantilly your choice for exceptional senior living.

**Join Us For an Open House to Learn More:**

Tuesday, July 12, 2016 | 11 AM - 2 PM  
Thursday, July 21, 2016 | 11 AM - 2 PM  
Thursday, August 4, 2016 | 11 AM - 2 PM  
Tuesday, August 16, 2016 | 11 AM - 2 PM

To RSVP for any of these events, contact us today at 703.994.4561.

[thecrossingsatchantilly.com](http://thecrossingsatchantilly.com) | 703.994.4561

13921 Park Center Road, Suite 355  
Herndon, VA 20171

**THE CROSSINGS**  
AT CHANTILLY

**Summertime is Move Time**

Do you *Dream* of opening your OWN SALON?

**YOUR SALON STUDIO HAS EVERYTHING YOU NEED:**

- High-end styling chair and shampoo station
- Similar packages for other aesthetic professionals
- Your own lockable Salon Studio
- Electronic entry for 24/7/365 access for you and your clients
- Break room and laundry facilities
- All utilities and Wi-Fi included

**BENEFITS OF A CIRQUE SALON STUDIO:**

- Escape the noise and drama of a traditional salon or spa
- A schedule that suits your life and your client's needs
- Keep more of your profits
- Sell the retail products you love and keep 100% of the profits

**Two weeks free rent and other incentives for leases signed by July 31, 2016**

**CIRQUE SALON STUDIOS™**

Improve your life and fulfill your professional dreams.  
Call or text for tour & info: (301) 655-3308  
[cirquesalonstudios.com](http://cirquesalonstudios.com)



# Cleaning Up the Tetra Mess?

This week's update on Tetra property, interviews for public members of review board to be conducted July 18.

BY KEN MOORE  
THE CONNECTION

**R**eston Association announced Monday that it seeks volunteers from its membership base to "assist the Board Governance Committee in its selection of a firm to review the budgetary, administrative and governance aspects of RA's purchase, planned use and renovation of the Lake House property, formerly known as Tetra, including the recent capital cost overruns associated with renovation of the facility."

Distrust fills the Tetra property, and RA's handling of the purchase.

"Reston Association has long been criticized for lack of transparency and autocratic decisionmaking. Tetra is just the latest and most costly example that will financially saddle RA homeowners for decades," according to Terry Maynard, of Reston 20/20.

In its news releases, Reston Association states that "RA members voted in a referendum in the spring of 2015 to allow the association to purchase the Lake House property located at 11450 Baron Cameron Ave. It was known at the time that the 3.476 acre waterfront property and aging building would need to be renovated."

The purchase price was \$2.65 million.

One third of eligible Reston Association voters cast ballots, with 53 percent of those voters in favor of authorization for RA Board of Directors to borrow \$2.65 million to purchase the Tetra property, formerly known as the Reston Visitors Center. During the month-long referendum, dozens of people

on both sides of the debate held a robust dialogue on the merits of purchasing the property.

At the time, many opponents objected to the cost of the building and the value of the purchase. The assessed value was about half the purchase price.

"The independent Tetra audit task force, to be selected soon by a special committee composed of the four Reston Association Board Governance Committee members and three Reston residents, will have a challenging task reviewing the Tetra [Lake House] debacle,"

Maynard said in a statement. "They will have to determine why and how RA negotiated and paid roughly twice the market price of the Tetra property, then overspent its Tetra renovation forecast by nearly three-fold, and did so without prior RA Board budget approval."

Volunteers selected this week will meet with the RA Board Governance Committee in July and August to review responses to RA's request for proposals and provide recommendations to the Board of Directors on firms in August.

The volunteer panel will also evaluate findings of the selected firm before presenting them to the board.



PHOTO BY KEN MOORE/THE CONNECTION

**Reston Association is setting up a review process after criticism of its purchase and cost overruns of the Tetra property, now called the Lake House property or facility.**

Candidates with professional experience in accounting, auditing, law, construction project management, governance and internal controls are encouraged to apply, according to RA.

RA indicates the the final report would include a review of the processes and internal controls that were followed across the organization from association staff, to the RA Board of Directors and RA contractors in handling all decision-making, governance, administrative and financial aspects of RA's purchase, including the referendum, planned use and renovation of Tetra that have led to cost overruns and revenue shortfalls.

## Reston 20/20 Identifies Key Issues for RA's Investigation of the Lake House Purchase and Renovation

The Reston 20/20 Committee has sent to the RA Board of Directors a paper identifying eight key issues it believes must be investigated in the upcoming audit of the Lake House purchase and renovation. The issues begin with disclosing the details of discussions that led to the secret deal with Tetra Properties to the near tripling of the property's renovation costs in 2016.

Reston 20/20 puts the capital cost overruns associated with these Tetra issues at \$2.9 million if RA follows through with the proposed grounds improvements, a cost of more than \$130 per RA household in additional assessment fees, lost RA services or unplanned reserve draw-downs.

Reston 20/20 Co-Chair Tammi Petrine said, "It is vitally important that whoever

investigates the mess made of the Tetra purchase and renovations addresses these eight critical issues or RA will have wasted additional tens, if not hundreds, of thousands of our assessment fee dollars in the Tetra property morass. It is far past time for RA to fully account for the poor decisionmaking and waste of RA homeowner funds on Tetra over the last year."

The list of Tetra issues focuses on a number of errant financial and procedural steps Reston 20/20 says RA made throughout its acquisition and renovation of the property. Among the issues are how RA so badly miscalculated the renovation costs for the Lake House, seeing projected costs rise from \$259,000 to \$687,131 this year alone, and why RA has committed to spending this sum without having passed any budget for Lake House renovation.

"Our list of key issues is based on RA documents available to the public as well as critical gaps in the availability of information essential to understanding RA's decisionmaking," said Terry Maynard, Reston 20/20 Co-Chairman. "Without understanding the reasoning behind the decisions leading to the production of these documents and the hiding of others, we will be unable to prevent the waste of RA member assessment fees in the future."

The Reston 20/20 key Tetra issues statement comes the day before RA's Board Governance Committee meets to discuss key issues around the selection of an independent contractor to carry out the Lake House audit. The Committee was scheduled to meet Tuesday, July 12, 6 p.m., at the RA Conference Center - after the Connection deadline.

## WEEK IN RESTON

## Red Cross Issues Emergency Call for Blood and Platelet Donations

The American Red Cross has issued an emergency call for blood and platelets, urging all eligible donors to give now to replenish an extremely low summer blood supply.

Blood donations have fallen short of hospital needs for the past few months, resulting in about 39,000 fewer donations than what's needed, as well as a significant drawdown of the overall Red Cross blood supply. In addition, the Independence Day holiday may have caused many regular donors to postpone donations due to vacation plans. A recent Red Cross poll revealed that more than 75 percent of donors surveyed indicated vacation plans this summer, many of them occurring the weeks before and after July 4.

"Right now, blood products are being distributed to hospitals faster than donations are coming in, which is why we are making this emergency request for donations," said Nick Gehrig, communications director, Red Cross Blood Services. "Donations are urgently needed now to meet the needs of hospital patients in the coming days and weeks. If you've thought about giving blood and helping to save lives, now is the time to do it. It's the blood donations on the shelves that help save lives when an emergency occurs."

## How to Help

To schedule an appointment to donate, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-733-2767. The Red Cross is extending hours at many donation sites to allow for more donors to make an appointment to give.

Those unable to give can still help by encouraging others to give through a SleevesUp virtual blood drive at [redcrossblood.org/sleevesup](http://redcrossblood.org/sleevesup), giving of their time through volunteerism or making a financial donation to support Red Cross humanitarian work across the country and around the world.

## Upcoming Blood Donation Opportunities

Reston

July 13, 10 a.m. - 3 p.m., Reston Library, 11925 Bowman Towne Drive

July 14, 9 a.m.-2 p.m., VMware, 12100 Sunset Hills Road, Suite 600

July 15, 8 a.m.-1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive

# OPINION

## Be Part of Our Annual Community Guide

### Share tips in upcoming Newcomers and Community Guides.

**T**he Connection's annual Newcomers and Community Guides will publish Aug. 24 with a deadline of Aug. 17.

A bevy of interns, plus staff writers and editors, are preparing this year's 15 individual editions, but we need help from our readers.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your

neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites?

What tips do you have for someone getting to know the community?

#### EDITORIAL

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

We will publish a selection of local tips along

with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year's community guides by going to [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers.

Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/>. Send in your Insider's Tips by Wednesday, Aug. 17.

For information on advertising, email [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) or call 703-778-9431.

See [www.connectionnewspapers.com/advertising](http://www.connectionnewspapers.com/advertising).

#### LETTERS TO THE EDITOR

### Supervisor Hudgins Shows Appreciation to Fairfax County Police Department

To the Editor:

In response to the horrific events in Dallas, Texas, I felt it was important to show our community appreciation for the Fairfax County Police Department and their work in our community. Two weeks ago, we came together to celebrate the opening of our North County Governmental Center and Reston District Police Station. My office is co-located with the Reston District Station and we are able to build a productive working relationship through our proximity. The past few days have caused an array of emotions in the community. We must remember our officers are putting themselves in harm's way to keep us all protected. In the spirit of this appreciation, we have created a signboard for members of the community to share their appreciation. Many folks have already stopped by with expressions of their support. The signboard is available on our office door at the North County Governmental Center (1801 Cameron Glen Drive, Reston). You are invited to stop by to add your comments and appreciation. For additional information please contact Paul Davis at 703-478-0283, or via email at [huntermill@fairfaxcounty.gov](mailto:huntermill@fairfaxcounty.gov).

**Supervisor Catherine M. Hudgins**  
D-Hunter Mill District

### Misinterpretation and Misdirection

To the Editor:

This is a response to Mr. Peter Storm's specious letter, ("What Was the Founding Fathers' Intent?" (Connection, July 6-12, 2016) and the broader leftist propensity toward historical misinterpretation and misdirection regarding the 2nd Amendment.

Mr. Storm applied a selective "Founding Fathers" taxonomy (limited to the 56 signers of the Declaration) to assert that it's not possible to determine the Founders' intent behind the 2nd Amendment because they were "hardly involved" in authoring the Constitution, save the six men who signed both.

With this logic, readers are presumably supposed to feel compelled to forswear an originalist hermeneutic and submit to the latest progressive assault on individual liberties.

Not so fast. This is a distinction without a difference.

Whether the authors and signers of the Constitution are binned as "Founders" or not has almost no bearing whatsoever on one's ability to discern their intent, or on their authority when it comes to interpreting what they wrote or agreed to. Besides, the more widely accepted taxonomy for the "Founding Fathers" is one that includes the delegates to the Constitutional Convention, a taxonomy to which our own National Archives subscribes.

And irrespective of how narrow or broad one's definition of "the Founding Fathers" is, the historical record is replete with compelling evidence that those men recognized and sought to protect an individual right to bear arms, as

the Supreme Court reaffirmed most recently in Heller, and in so doing, serve as a check on the abuse of federal power.

So, when your readers hear things like Representative Connolly's call for reinstatement of the scary-looking (er...assault) weapons ban, they can easily consult any number of fellow Virginian Founders to see how contrary to their intent such proposals are: Thomas Jefferson and Richard Henry Lee (Declaration signers); or George Mason and James Madison (Convention delegates).

Progressives rely heavily on emotional appeals and logical misdirection to advance their anti-gun agenda, counting on the public to have forgotten their history. Your readers should not fall for it.

**Jonathan Clough**  
Springfield

### School Board Politics and Transgender Policy

To the Editor:

The perception from many like me is that the Fairfax County School Board is hungry for national media attention as evidenced by their 2015 vote on the Gender Non-Conforming and Transgender Student Policy. The fact is the board has had a strong nondiscrimination policy for many years, its verbiage covered, race, gender, culture, etc. So why did the board take it upon itself to identify and present the transgender issue when only .3 percent (according to a Williams Survey) of the population identified with this issue on a national

level? A question never really posed to the board.

The Fairfax County School Board has lost its focus of the real issues such as the delivery of education in a global environment, renovations of current facilities in a timely manner, partnering education opportunities with institutions of higher learning, expanding language programs to the elementary schools, etc. It is my understanding the gender issue became a topic of discussion due to the persistence of a few individuals who took it to an at large member and then later to the local Democratic party. However, board members are to be impartial of political party loyalties but let us not be naive, board votes are driven by party directives.

Our education board is broken if they are letting political parties determine Board topics and votes on matters of curriculum and other issues for the sake of gaining party votes during an election year. Let there be no misunderstanding, this is exactly what the transgender issue is all about, party votes and expanding a social agenda. It is doubtful parents and constituents know the board's vote in 2015 impacted the budget, student sports, the use of bathrooms, locker rooms, etc. Their seven-page policy is not meant for the occasional light reader.

The board has hit a sensitive nerve with their constituents and parents on this issue and now prefers to shy away from additional media controversy and discussion. Common sense and true educational issues have been lost in Fairfax County.

**Elizabeth Torpey Bradsher**  
Former Fairfax County School Board Member  
Fairfax Station

## Reston CONNECTION

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

@RestonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

**Published by**  
**Local Media Connection LLC**

**1606 King Street**  
**Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
**reston@connectionnewspapers.com**

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Abigail Constantino**  
Editorial Assistant  
703-778-9441  
[aconstantino@connectionnewspapers.com](mailto:aconstantino@connectionnewspapers.com)

**Ken Moore**  
Community Reporter  
240-393-2448  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

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

**Debbie Funk**  
Display Advertising/National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**

Steven Mauren

**Managing Editor**

Kemal Kurspahic

**Art/Design:**

Laurence Foong, John Heinly

**Production Manager:**

Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

**CIRCULATION: 703-778-9427**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





## COMMENTARY

# Unlocking Northern Virginia

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

**W**eekly during the General Assembly session and several times monthly during the remainder of the year I travel the Dulles Toll Road to the Beltway to I-95 South to Richmond. Since I travel south early in the mornings and return late in the day I can generally make the trip in two hours. Mine is a reverse commute, but I witness in the lanes going in the other direction the bumper-to-bumper, slow-moving traffic experienced by commuters daily.

Express lanes on the Beltway—I-495—along with its widening have helped relieve congestion with the exception of the American Legion Bridge that is like a parking lot much of the time. I-95 is its own parking lot during commuting times.

Fortunately, relief is on the way, but the size of the transportation projects requires years for completion. Widening with express lanes and using traffic management technology will bring some relief to the I-66 corridor. The most promising congestion relief for the region was announced recently with Virginia receiving a \$165 million federal FASTLANE grant that will be leveraged to fund \$1.4 billion in multimodal transportation projects in the congested I-95 corridor. The entire undertaking is being called the Atlantic Gateway Project.

For the highway commuters I see stuck in traffic on my trips to Richmond, the project will fund the extension of Interstate 395 express lanes about 7



miles north to the Potomac River and I-95 express lanes about 10 miles south towards Fredericksburg. A new I-95 bridge will be built across the Rappahannock River. For rail commuters and rail freight the project includes the construction of 14 miles of new track along the CSX rail corridor crossing the Potomac River to enhance freight, commuter and passenger rail routes. Mass transit options will be expanded with 1,000 new parking spaces for commuters along I-95 and I-395.

The federal money coming from the United States Department of Transportation competitive grant program, FASTLANE, is part of a \$4.6 billion, 5-year program that was passed in Congress in 2015 after years of delay and inaction. The project in Virginia has national significance in that it will help unlock the most congested part of I-95 on the East Coast. Not only will Virginia commuters realize relief, but it will be shared by travelers from New York to Florida. Likewise, commerce will be enhanced with the railway and highway improvements.

Added to the \$165 million in federal money will be \$565 million in private investment by Transurban and CSX Transportation through public-private partnership agreements and \$710 million in state transportation funds. Construction on some parts of the project will begin as early as 2017.

The multimodal approach being used in this corridor establishes a significant precedent that must be followed to successfully unlock other areas of Northern Virginia from some of the worst traffic congestion in the country.

## VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, August 9, 7-8 p.m.** We will discuss "When Your Loved One is Hospitalized". Register beforehand at [www.fairfaxcounty.gov/olderadultservices](http://www.fairfaxcounty.gov/olderadultservices) and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

NEW FAIRFAX COUNTY PODCASTS:  
\* **50+ Podcast: Northern VA Senior Olympics.** Jim MacKenzie, chairman of the Northern Virginia Senior Olympics, discusses the Sept. 10-21, 2016 games.

\* **50+ Podcast: Enhanced Mobility Survey.** Susan Shaw, the county's new Mobility Manager, explains why you should take the county's enhanced

mobility survey. To take the survey, go to [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and look in the "Hot Topics" box. The survey deadline is Aug. 1.

\* **50+ Podcast: Meet the Insight Memory Care Center.** Robin McGlothlin, assistant director for the Insight Memory Care Center in Fairfax, discusses how this program provides services to people with dementia and their families.

### OPPORTUNITIES

**Meals on Wheels** urgently needs a route assistance in the **Franconia** area. Volunteer needed to print and deliver updated route pages to the Manchester Lakes Retirement Community building in **Kingstowne**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit

[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **Card-Making Crafter** to lead a group using various mediums. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in **Alexandria** needs a **Garden Helper** to help maintain the vegetable/perennial garden and instructors for the following classes: **Basic Woodworking, Italian** and **Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.



PHOTO CONTRIBUTED

**A great Fourth of July: American troops open packages from Reston Chorale.**

## Soldiers Receive Party-in-a-Box

To the Editor:

On the Friday before Independence Day, nine large boxes from The Reston Chorale reached a platoon of American soldiers stationed halfway around the world. They contained a Fourth of July Party-in-a-Box, handmade thank you cards, snacks and sports equipment, health and hygiene products, books, games, DVDs and more – even the fixin's for s'mores.

All of these items were generously donated to The Reston Chorale's Care Packages for the Troops Drive – part of our annual Star-Spangled Sing-Along at Reston Town Center on the Saturday before Memorial Day. Now in its second year, this drive has delivered 650 pounds of donated goods for American soldiers serving overseas.

This year, our care package donations were combined with support from the USO to create a memorable Fourth of July celebration for a large platoon serving far from home.

The soldiers were very happy to receive them, sending this message: "We can't express our gratitude enough! You have made this a great 4th of July for all the troops here. Several people said they forgot [where

they were] for a few hours due to all the decorations, snacks and various items from home."

The Reston Chorale extends our sincere thanks to Reston Connection for highlighting this event in your pre-Memorial Day edition, and to all those who supported our Care Packages for the Troops campaign.

In particular, we thank Reston Town Center and Charm City Concierge for their logistical support; the employees of CACI National Security Solutions (NSS) and NSS Tetra, comScore, Inc., and Gate Gourmet for supporting the campaigns in the workplace; members of Girl Scout Troop #3649 for providing dozens of Girl Scout Cookies, and the volunteers, members and friends of The Reston Chorale for their ongoing support. We also wish to thank Northrop Grumman for enabling The Reston Chorale to launch this effort in 2015.

Because of such strong support, men and women serving our country know they are remembered, and that our community is truly grateful for their service and sacrifice.

**Ruth Overton**  
President, The Reston Chorale

## Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

**10% down**  
nothing until the job  
is complete for the  
past 17 years



**Free Estimates**  
**703-999-2928**

## TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Select your  
products from  
our Mobile  
Showroom  
and Design  
Center

Fully Insured &  
Class A Licensed  
Since 1999



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

## THINKING OF SELLING YOUR HOME?

**Min & Jimmy**  
YOUR Neighborhood Specialists!



### FREE

- Staging Consultation
- Right-Priced Analysis
- Tips to Improve Value

**CALL US TODAY!**  
**OVER 2,000 HOMES SOLD**

**Samson Properties**  
Top Dollar/  
Quick Results  
Since 1986  
**FIVE-STAR SERVICE!**

[www.virginiahomeforyou.com](http://www.virginiahomeforyou.com)  
**703.307.4095**

## North Reston BARBER SHOP

**\$1.00 OFF**  
**All Haircuts!**  
Walk Ins Welcome  
**703-707-0040**

**1675 C Reston Parkway**  
Hours: Monday-Friday 9 AM to 8 PM  
Saturday 8-6 • Sunday 9-6



HomeLifeStyle

# Bright White

By MARILYN CAMPBELL  
THE CONNECTION

The clean, crisp look of a white kitchen has staying power and versatility, according to the National Kitchen and Bath Association. The organization reports that white cabinetry is the top choice for 67 percent of its members. In fact, the percentage of homeowners requesting white kitchens has increased by 20 percent over the past two years.

The trend is also apparent locally, said designers. When a family of five returned to the Washington, D.C. area after spending 30 years in the U.S. Foreign Service, they settled into their home in Bethesda, a 1960 brick Dutch colonial that they purchased in 1986. They decided to give the home a makeover because, after being a rental for many years, it felt dated and dingy. The family felt that the kitchen was old, dark and closed-off from the living room. They needed a larger space to accommodate their family of five.

The homeowners knew they wanted the new kitchen space to be free flowing and light-filled. They also wanted to incorporate some of their existing furniture, such as an antique table and chairs.

Designed by Bruce Wentworth of Wentworth Inc., the new kitchen is sunny and spacious. It includes white cabinetry and an island with dark gray granite countertops. A large stainless sink, dishwasher, pull-out trash and bookcase for cookbooks make the island functional. Facing the dining room is a shallow cabinet with mullioned glass doors.

Granite tops the counters in the remainder of the kitchen and white cabinetry houses a sub-zero refrigerator, microwave drawer, small prep sink and a gas range with a stainless steel range hood. “Wall cabinets with clear glass mullioned cabinet doors [give] visual depth and make space feel larger,” said Wentworth.

When the owners of an Arlington home decided to update their dark and dated kitchen, they opened the space to the living and

White kitchens are a trend with staying power.

dining rooms and added natural lighting and white cabinetry. The result was a room with a crisp and airy aesthetic. The new, open concept allows the homeowners to better interact with family and friends.

“Prior to the remodel, the kitchen was essentially closed off to the rest of the home,” said April Case Underwood of Case Design/Remodeling. “I think the grouping of materials the client selected with us are unique, definitely not cookie-cutter, and these make the space really interesting,” Underwood said.

Among the fixtures, accessories and materials used are Caesarstone countertops, a marble and granite backsplash and reclaimed shelving, provided by homeowners, which, “made the kitchen look more unique and gave it an eclectic feel,” said Underwood.

“I think in general the perfect combination of the various materials, from smooth and glossy to rough and textured, is simple but interesting and shows beautifully,” said Underwood.

A large picture window overlooking an expansive backyard is the focal point of a white kitchen in Falls Church. When the homeowners decided to renovate and expand the space, they enlisted the help of designer Keira St. Claire of Anthony Wilder Design Build, Inc. The project included adding additional space to the back of the house and removing a wall between the kitchen and the dining room.

“Although we opened up the wall between the kitchen and dining room, one challenge was maintaining a distinction between the two spaces, which was important to the client,” said St. Claire. “In order to create a feeling of separation, while preserving the sense of openness ... [we designed] a custom glass cabinet piece, which is accessible from both rooms,” said St. Claire.

The new unit gives the homeowners extra storage and a place to display their crystal. Sunlight from the new picture window in the kitchen reflects off the crystal stemware and refracts, causing both rooms to glisten with radiant, natural light.

White cabinetry was contrasted against dark wood as part of a kitchen renovation in Centreville. While the basic layout of the kitchen remained the same, the space, which was designed by Allie Mann of Case Design Build, Inc., was brightened with white cabinetry, a built-in pantry and a custom cherry wood island. “The white kitchen is classic and timeless,” said Mann. “It can work with most color accent palettes.”

A cramped and dark Potomac, Maryland, kitchen was lightened, brightened and redesigned to give the home’s owners a connection to their natural surroundings, which included a landscaped yard created for outdoor entertaining.

The kitchen was designed by Jim Rill of Rill Architects who added a working island around which the family can gather and prepare meals. He described the new look as a, “simple clean design with subtle elegance.”

We added functional space with lots of windows and a place for everything, so kitchen could be cleaned up and used an entertain-



PHOTO BY GEOFFREY HODGSON

In this kitchen, designed by Wentworth, Inc. a cabinet with mullioned glass doors face the dining room.

ing area,” Rill said.

The family wanted a white kitchen, he said, because it, “cre-

ates a great backdrop for art and accentuates the exterior colors of spring, winter and fall.”



BUY MORE, SAVE MORE

SAVE UP TO **\$2,400**

ALL OUTDOOR FURNITURE

In-Stock only.

Create space for living.

Sterling I 46301 Potomac Run, Unit 150, 20164

Mon-Sat 10am-9pm, Sun 11am-6pm



**CREATE**

DC AREA HOMEOWNERS CHOOSE CASE  
BECAUSE QUALITY IS EVERYTHING.

With more than 50 years of transforming homes in the DC metro area, Case offers the highest quality in design and craftsmanship, unbeatable client service and the best warranty in the business.

Visit [casedesign.com](http://casedesign.com) or call 703.241.2980 to schedule your free design consultation today.

**CASE**  
BECAUSE IT'S YOUR HOME

**MAIN-LEVEL REMODELED HOME TOUR**  
Saturday, July 16<sup>th</sup>, 12pm-4pm  
6609 Robin Road, Springfield, VA 22150



REINVENT YOUR HOME TO ENRICH YOUR LIFE \*

Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home.

**THIS IS A MUST-SEE REMODELED HOME!**



**SUN DESIGN**  
ARCHITECTURAL DESIGN-BUILD FIRM

Major Remodels • Additions • Kitchens  
Baths • Basements • Outdoor Spaces  
703.425.5588 [SunDesignInc.com](http://SunDesignInc.com)

We bring great days, and nights, to families.

**Assisted Living**

*Social isolation is a concern of the past*, replaced by friends, family and a full calendar of tailored programs addressing all dimensions of wellness.

Everyone's *quality of life is enhanced* by specially designed amenity and gathering spaces, apartment homes, gardens and outdoor recreational areas.

**Wellspring Village®**, a specially designed neighborhood for people living with dementia

"I'm passionate about serving people living with dementia and their families. I did my homework before joining the Brightview team and *Wellspring Village® is the finest program of its type in the area*. If someone you care about is living with dementia, please give me a call." – Cindy Eggleston, Regional Health Services Director

*Families tell us everyone benefits* because the outstanding care and support we provide reduces worry and stress.

**BRIGHTVIEW**  
GREAT FALLS  
ASSISTED LIVING

Please call Carolyn for more information at 703-759-2513  
10200 Colvin Run Road • Great Falls, VA 22066

**OPEN HOUSE • Saturday, July 23 • 11 a.m. – 1 p.m.**





PHOTOS BY DONALD M. SWEIG



Male Peregrine falcon in the air over Reston on March 22, 2016.



Male Peregrine falcon, on left, flies off after mating/copulating with the female on corner of Reston Office building on March 24, 2016.

# Nesting Peregrine Falcons in Reston

BY DONALD M. SWEIG

In June 2015, there was a mystery in Reston. Two young, recently hatched, Peregrine falcons were found on the ground by local Reston residents. The birds, which presumably had fallen from a nearby nesting location, did not seem to be seriously injured, but were not yet able to fly.

The young falcons were taken to the Raptor Conservancy of Virginia for some short term rehabilitation, and soon after were successfully released into the wild in Shenandoah National Park as part of an ongoing Peregrine falcon relocation and re-introduction program of the National Park Service and the Center for Conservation Biology in Williamsburg, Virginia. For the falcons it was a happy ending. But the mystery in Reston remained. Where had the young falcons come from? There were no known breeding pairs of Peregrine falcons or known nesting locations anywhere near Reston. And, finding the nesting location was not a trivial matter.

Peregrine falcons were once a regular, though uncommon, breeding bird in Virginia. In Northern Virginia, they were known to have nested in the 1930s, and perhaps as late as 1941, near the mouth of Difficult Run and the Potomac River. However, by the early 1960s, due to shooting, egg collecting, and primarily the widespread use of pesticides such as DDT, the Peregrine falcon had been extirpated in Virginia and much of the eastern United States and southern Canada. In the early 1970s, Peregrine falcons were listed as a federal endangered species and received other federal protections as well.

Meanwhile, in the late 1960s, an unprecedented and innovative captive-breeding program was initiated, primarily at Cornell University and the Peregrine Fund in upstate New York. Subsequently, in Virginia, a Peregrine falcon restoration program was begun in 1978. Between 1978 and 1993



Note the bird on the far left exercising wings; it is actually slightly up in the air over the ledge.



PHOTOS BY DONALD M. SWEIG

Four juvenile Peregrine falcons perched together on nesting ledge on June 7, 2016.

more than 240 young captive-reared Peregrine falcons were released in Virginia. There are now over 25 known nesting pairs in the Commonwealth.

Currently the Center for Conservation Biology, in cooperation with other Virginia and federal agencies, has primary responsibility for monitoring and managing the known breeding pairs of Peregrine falcons in Virginia. So, a previously unknown nesting site used by the Peregrines in Reston was of more than passing interest. In hopes of locating the Peregrine nesting site in Reston, in early 2016 trained raptor spotters, working with the Center, began monitoring the skies in and around Reston looking for Peregrine falcons.

By late March 2016, a probable nesting site had been located on an office building in Reston. The birds had been seen mating/copulating on other nearby office buildings, a sure sign of their intention to breed. It was determined that the female had probably laid eggs and was beginning to incubate in very late March or early April. The actual nesting location was sufficiently obscured so that it was not possible to see it from the available observation points. So there was nothing left to do but baby wait.

Peregrine falcons incubate their eggs for about a month before hatching and it takes another five or six weeks for the birds to be able to fledge and fly from the nest area.

Normally, biologists from the Center for Conservation Biology would attempt to access a known Peregrine falcon nesting site before the birds fledge in order to determine the sex of the young birds and the place identifying bands on their legs. In Reston, as the nesting location was on private property and there were security and other concerns, the CCB was not able to access the nest, and so trained volunteer observers were once again asked to help. In mid-May, the adult falcons were observed delivering food to the nesting ledge for the hatchlings by a CCB observer, and a day later by myself. Provisions were also made for rescue and rehabilitation should one of the young falcons again be found on the ground. Fortunately, no such rescues were needed.

Then on June 4, three young Peregrine falcons, and perhaps a fourth, were seen on the nesting ledge and reported to the CCB. Three days later, on June 7, I was able to observe and photograph four juvenile Peregrine falcons at the nest site. At this

point, there was much wing flapping by the young birds on the nesting ledge and one of the birds seemed almost ready to fly. Three days later, no young or adult falcons were observable at the nest site. Presumably they had fledged and flown off the ledge. A couple of days after that, at least one, perhaps two, young falcons were seen flying around and perching on the office buildings in Reston, and there was one short but dramatic exchange of food between an adult and a juvenile in the air over Reston, with much loud calling by both birds. As all four of the young falcons had presumably fledged successfully, no further monitoring was done.

The falcons may remain in the Reston area for a short period of time, but after that will probably fly off to other locations in Virginia or elsewhere. It is possible that the adult falcons will return to the Reston area to nest in 2017.

Keep your eye out in the skies over Reston this summer you might see young or adult Peregrine falcons flying around, or perhaps late next winter or early spring, you might see the adults returning for another nesting season. A Peregrine falcon is a dramatic and memorable bird to see in the air.



# CALENDAR

Send announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Mapping Moments.** July 13-Aug. 28. ArtSpace Herndon, 750 Center St., Herndon. An exhibit featuring of vibrant abstracts which will draw the viewer into the worlds of international artist Caroline Morgan and Jay Young Gerard. 703-956-9560.

**Beginners Chair Yoga.** July 5-Aug. 30. 6-7 p.m. Herndon Senior Center, 873 Grace St., Herndon. Yoga for beginners with a teacher who specializes in yoga with 50+ in mind. \$10/\$20. 703-464-6200.

**"The Way I See It" Exhibit.** Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

**"Paint and Beyond."** July 1-29. Monday-Friday, 8 a.m.-5 p.m. U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Free. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**Yoga on the Plaza.** 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. [lakeanneplaza.com](http://lakeanneplaza.com).

**Team Trivia at Kalypso's.** Tuesdays, 8 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Open Mic Night at Kalypso's.** Mondays, 7-10 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Karaoke at Kalypso's.** Wednesdays, 9:30 p.m. Kalypso's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso's and sing your hearts out! 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Mr. Knick Knack.** 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. [restontowncenter.com](http://restontowncenter.com). 703-579-6720

**Herndon Friday Night Live.** 6:30 p.m. Through Aug. 26. 777 Lynn St., Herndon. Features the most popular local and regional acts from up and down the east coast. Free. For more information or for the performance schedule, go to [herndonrocks.com](http://herndonrocks.com).

**Take a Break Concert Series.** Thursdays. 7 p.m. June 16-Sept. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. [lakeanneplaza.com](http://lakeanneplaza.com).

**Summer Entertainment Series.** June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what's playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performance/>.

**Reston Concerts on the Town.** 7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. [restontowncenter.com](http://restontowncenter.com). 703-579-6720.

**All-comers' Group Fun Run at Potomac River Running.**



PHOTO CONTRIBUTED

**Kelly Snyder's easy brush strokes and fresh colors, in her acrylic painting "Fruit for Sale," capture the summer mood at the Paint and Beyond Exhibit showing at the U.S. Geological Survey in Reston through July 29.**

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

**Patrick Dougherty Public Art Installation.** Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore "A Bird in the Hand," a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

## THURSDAY/JULY 14

**Farmer's Market Fun Days.** 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Yosie, lively children's sign-along. Free. [herndonva.gov](http://herndonva.gov).

## FRIDAY/JULY 15

**Crazy in Stereo and Six to Midnight Concert.** 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Crazy in Stereo's five different members sing lead vocals in multiple combinations. Come hear the band known for their versatility and harmonies. Free. [info@herndonrocks.com](mailto:info@herndonrocks.com).

## SATURDAY/JULY 16

**Opening Reception Mapping Moments.** 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. An exhibit featuring of vibrant abstracts which will draw the viewer into the worlds of international artist Caroline Morgan and Jay Young Gerard. 703-956-9560.

**Funny Girl Takeover Comedy Show.** 8:30-10:30 p.m. Ned Devine, 2465 Centreville Road, Herndon. Comedian Eryca Nolan is taking over Ned Devine's with Funny. Show features Franqi French, Jani Tillery, Vijai Nathan, Pam Werts and Robyn Schall. \$10. 571-292-7371.

## SUNDAY/JULY 17

**Concert4aCause.** 4-10 p.m. Town Green Lawn, 777 Lynn St., Herndon. Rocknocos, Gonzo's Nose, High Valley and Cassadee Pope. \$20/\$40. <http://bit.ly/Concert4aCause>. 703-739-6750.

## MONDAY/JULY 18- FRIDAY/JULY 29

**Summer Stem Camps.** South Lakes High School, 11400 South Lakes Drive, Reston. VEX IQ Robotics. and VEX1 Robotics. Register at [www.nvcc.edu/systemic](http://www.nvcc.edu/systemic) or contact

SySTEMic Solutions Regional STEM Coordinator Aleksander Marthinussen at 703-530-2894 or [systemic@nvcc.edu](mailto:systemic@nvcc.edu) for more information.

## WEDNESDAY/JULY 20

**Summer Cinema Series.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An Alain Resnais Academy Winner. French with English subtitles. Adults and teens. 703-397-0420.

## THURSDAY/JULY 21

**Introduction to Doing Business with the Intelligence Community.** 8 a.m. Leidos Conference Center, Freedom Square One, 11951 Freedom Drive, Reston. Features executives from three of the 17 federal intelligence agencies, including the Office of the Director of National Intelligence, the National Security Agency and the National Geospatial-Intelligence Agency. \$35/\$50. For more more information, please contact Ashleigh Dorfman, CSEP, events and development director at 703-707-9045 or [ashleighd@restonchamber.org](mailto:ashleighd@restonchamber.org).

**Color Me Happy.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, turn loose your inner artist and discover that coloring is for grown-ups, too. Choose from a collection of intricate designs and bring them to life with color. Coloring pages, pens and pencils provided, or bring your own. 703-397-0420.

## FRIDAY/JULY 22

**The Reflex Concert.** 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear The Reflex in concert as they perform '80s-era music. Free. [info@herndonrocks.com](mailto:info@herndonrocks.com).

**Accidental Red Band.** 8-10 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Jazz standards, pop, and blues from the 30s to today. Benefits National Alliance on Mental Illness. \$20. 866-811-4111.

## SATURDAY/JULY 23

**Chris Grabenstein.** 2 p.m. Barnes and Noble Booksellers Tysons, 7851 L. Tysons Corner Center, McLean. Grabenstein will read and sign copies of his newest book Mr. Lemoncello's Library Olympics. 703-506-2937.

## THURSDAY/JULY 28

**Farmer's Market Fun Days.** 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Billy B Brennan, the natural science song and dance man. Free. [herndonva.gov](http://herndonva.gov).

# COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

**ST. ANNE'S  
EPISCOPAL  
CHURCH • Reston**



**8:00 a.m.** Holy Eucharist, Rite I  
**10:00 a.m.** Holy Eucharist, Rite II  
**5:00 p.m.** Come Just as You Are  
Contemporary Service

Nursery care provided at 10:00 a.m. service

The Rev. Laura Cochran, Priest-in-Charge

**703-437-6530**  
[www.stannes-reston.org](http://www.stannes-reston.org)  
1700 Wainwright Dr., Reston

**To Highlight  
your Faith  
Community,  
Call Karen at  
703-917-6468**



## Be Part of The Pet Connection in July

Send Your Photos & Stories Now to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or complete our online form at [connectionnewspapers.com/pets](http://connectionnewspapers.com/pets)

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

# SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

## JULY

7/27/2016.....Connection Families: Our Pets

## AUGUST

8/3/2016.....Wellbeing

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

## SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) for more information.



**THE  
CONNECTION**

Newspapers & Online

**703-778-9431**

[www.ConnectionNewspapers.com/Advertising](http://www.ConnectionNewspapers.com/Advertising)

## Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



# Penchant for Pills



By KENNETH B. LOURIE

If I have done anything consistently well in my seven-plus years of being a cancer patient, it is to have ingested upwards of 50 pills or so every day. For all I know (and of course, I know very little), the presumptive benefits of these various pills might actually have had a positive effect and extended my life. Or perhaps, it has merely been a placebo-type effect. I think (certainly hope) they should be positively affecting me, so they are.

Swallowing 50 pills a day is not a hardship – for me. In fact, I know of some cancer patients who take hundreds of pills per day (and some protocols that require it). In addition, there are still others who take coffee enemas, spend time in oxygen chambers and saunas, immerse themselves in Epsom salt baths, get infused with massive doses of vitamin C, use essential oils (Frankincense as an example); grow, blend and then drink their own wheat grass; and on and on and on. All in an attempt to stabilize and/or kill the cancer cells.

Am I living proof that what I am doing is working (keeping the cancer cells from growing/moving)? Impossible to say. However, it doesn't seem to be hurting; I will admit to that. But given the fact that the FDA (Food and Drug Administration) doesn't research/analyze/corroborate/dispute the alleged benefits of non-prescription supplements, I may actually be winging and praying my way through life. No matter. I'm happy to live with the consequences of my actions. Quite frankly, it would be naive to think that if I took no action I'd experience similar results. In the cancer-patient world, wishing and hoping likely doesn't make it so. Being proactive, at least for me, has been a path of least resistance. Doing nothing would have been giving in to the disease, which I have no intention of doing. Ergo, to keep my pill inventory fully stocked, I either mail-order them or shop locally. I try to reorder/buy so that I never miss a dose. But if I do, I try not to stress over it. I figure the years-long effort I've made has built up enough pill-equity in my body that it will barely notice a day or two without dandelion root, beta glucons or my newest pill: Chinese wormwood (as but a few examples).

I guess one could characterize my philosophy as mind over matter. I don't mind not knowing – definitively, whether or not any of what I'm doing is helping. Unfortunately, there are very few guarantees in cancer treatment. But so far, according to my quarterly CT scans, semi-annual PET scans and yearly MRI, I see no reason to change horses whether I'm mid-stream or struggling to reach dry land. At this juncture, I seem to have found a balance between what I'm capable of doing and what I'm not capable of, and am not worried about what I'm not doing/have not done. Given my nature and personality, I can only do what I can do. And early on in my cancer experience, I realized my limitations and decided to not beat myself up emotionally over tasks I couldn't complete or strategies I couldn't employ. Moreover, there's a certain amount of control one has to cede to your new reality as well as some you need to maintain – for your own sanity.

Speaking of which, Albert Einstein is alleged to have said: "Doing the same thing over and over again but expecting different results is the definition of insanity." Well, call me crazy if you want but I am happy to continue doing the same thing over and over again and expect similar results.

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

# EMPLOYMENT

## ASSISTANT BOOKSTORE MANAGER

(Springfield Campus)  
**Mid \$20s**  
401k, 2 wks vacation  
Lots of advancement oppts!  
[jsmith@bncollege.com](mailto:jsmith@bncollege.com)

**Software Developer:** dsgn, dvlp, test & impl sftwr apps using exp w/ SQL Server, C#, ASP.Net, HTML5, CSS3, JavaScript, JQuery, Telerik Rad Controls, WCF, MVC, GIT, Visual Studio, NUnit, Log4Net, Team City, Jira & IIS; perf unit & integrtn tstg. Reqs MS in comp sci, info systems or eng. + 1YR exp. Job in Reston, VA. Email resumes to Clinical Care Options, LLC.- [hr@clinicaloptions.com](mailto:hr@clinicaloptions.com)

**Software Architect:** anlyz, dsgn, dvlp, test & impl bus app sftwr using Enterprise & SOA Architecture, Java, C#, JavaScript, Oracle DB, Oracle Siebel, Oracle SOA Suite, Oracle Policy Automation (OPA), Oracle APEX, SQL, Jenkins, Selenium, JMeter, Liferay, WebLogic, Tomcat & IIS; perf system, integrtn & UAT tstg. Reqs BS/MS in comp sci, info systems or eng. + 5YR exp (3YR w/ MS). Job in Herndon, VA. Email resumes to The Athene Group, LLC- [hr@theathenegroup.com](mailto:hr@theathenegroup.com)

## OLD DOMINION HOME CARE

Immediate Shifts Available  
CNA's and Companions  
Flexible Hours  
Must have a valid driver's license  
[Olddominionhomecare.com](http://Olddominionhomecare.com)  
**703-273-0422**

## COMPUTER PROGRAMMER

Correct errors by making appropriate changes and rechecking the program to ensure that the desired results are produced. Conduct trial runs of programs and software applications to be sure they will produce the desired information and that the instructions are correct. Write, update, and maintain computer programs or software packages to handle specific jobs such as tracking inventory, storing or retrieving data, or controlling other equipment. Write, analyze, review, and rewrite programs, using workflow chart and diagram, and applying knowledge of computer capabilities, subject matter, and symbolic logic. Perform or direct revision, repair, or expansion of existing programs to increase operating efficiency or adapt to new requirements. Master's degree in Computer Science or Information Technology. Knowledge of and/or experience with SQL, Excel, VBA, HTML, PHP, JavaScript, Dreamweaver, Photoshop, CSS, Macromedia Flash, Google Apps Script, and Mambo CMS. Res. To job location: Zerion Software Inc. Attn: HR 13665 Dulles Technology Dr, Ste 110 Herndon, VA 20171

# HOME & GARDEN

ZONE I: • RESTON  
• HERNDON • LOUDOUN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE I Ad DEADLINE:  
MONDAY NOON

## ELECTRICAL

## ELECTRICAL

## IMPROVEMENTS

## IMPROVEMENTS

## K & D ELECTRIC

**COMMERCIAL / RESIDENTIAL SERVICE**  
Family Owned & Operated  
Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...  
**Licensed/Bonded/Insured**  
Office 703-335-0654  
Mobile 703-499-0522  
[lektrkman28@gmail.com](mailto:lektrkman28@gmail.com)

## GUTTER

## GUTTER

## GUTTER CLEANING

Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards  
**PINNACLE SERVICES**  
lic/ins **703-802-0483** free est.  
email [jamie@lawnsandgutters.com](mailto:jamie@lawnsandgutters.com)  
web: [lawnsandgutters.com](http://lawnsandgutters.com)  
Friendly Service with a Friendly Price!

## IMPROVEMENTS

## IMPROVEMENTS

## A & S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**

LICENSED  
Serving All of N. Virginia



## RN. CONTRACTORS, INC.

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patio's, Custom Deck, Painting

We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic  
**Phone: 703-887-3827**  
E-mail: [rncontractorsinc@gmail.com](mailto:rncontractorsinc@gmail.com)  
[www.rncontractors.com](http://www.rncontractors.com)

## Picture Perfect Home Improvements

**(703) 590-3187**  
Remodeling Bathrooms, Kitchens & Basements  
Exterior & Interior Repair, Painting, Carpentry,  
Wood Rot, Drywall, All Flooring, Decks

•FREE Estimates •EASY To schedule  
•FAST & Reliable Service •NO \$\$\$ DOWN!

Handyman Services Available  
<http://www.pphionline.com/>  
"If it can be done, we can do it" **BBB**  
Licensed - Bonded - Insured

## Power Washing

Go from Green to Clean. We clean Houses, Decks, Fences, Patios, etc. Deck Staining and Sealing, Exterior Wood Rot, Deck & Fence Repair.  
**Licensed & Insured • Free Estimates**  
email: [jnave@comcast.net](mailto:jnave@comcast.net)  
**703-987-5096**

## LAWN SERVICE

## LAWN SERVICE

## J.E.S. Services

Your neighborhood company since 1987  
**703-912-6886**



## Landscaping & Construction

Free Estimates • Fully Licensed & Insured  
• Planting & Landscaping Design  
• Drainage & Water Problems  
• Concrete Driveways, Replacement or New  
• Patios and Walks • Masonry Work or Dry Laid  
• Paver, Flagstone, Brick, any style you choose  
• Retaining walls of all types  
*All work Guaranteed*

## MASONRY

## MASONRY

## Alfredo's Construction Company, Inc.

•Concrete Driveways  
•Patio's •Sidewalks  
•Stone •Brick  
**Phone:**  
VA: (703) 698-0060 • MD: (301) 316-1603  
[www.alfredosconstructioncompany.com](http://www.alfredosconstructioncompany.com)

## PAVING

## PAVING

## GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways,  
Flagstone, Concrete  
**FREE ESTIMATES**  
Licensed, Insured, Bonded  
**703-250-6231**

## TREE SERVICE

## TREE SERVICE

## Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.  
**Summer Cleanup...**  
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience – Free estimates  
**703-868-5358**

**24 Hour Emergency Tree Service**



## LANDSCAPING

**A&S CONSTRUCTION**  
SOD, Mulch, Clean-Up  
Leaf Removal  
Hauling.  
**703-863-7465**

The reward  
of a thing  
well done, is  
to have done it.  
- Ralph Waldo  
Emerson

## TILE/MARBLE

## TILE/MARBLE

## BRENNAN TILE

**Bathroom Remodeling** Partial or Full. Kit.  
Floors, Backsplashes. Specializing in Ceramic,  
Porcelain, Glass Tiles and Natural Stones.  
Also repair work. 35 yrs exp.  
**www.brennan-tile.com**  
**703-250-2872**  
Licensed • Bonded • Insured

Nothing is too small to know, and  
nothing too big to attempt.  
-William Van Horne

# CLASSIFIED

## HOW TO SUBMIT ADS TO

## THE CONNECTION Newspapers & Online CLASSIFIED

### DEADLINES

Zones 1, 5, 6.....Mon @ noon  
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:  
classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

## EMPLOYMENT

### DEADLINES

Zones 1, 5, 6.....Mon @ noon  
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:  
classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

## ZONES

- Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection
- Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette
- Zone 4:** Centre View North  
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## 21 Announcements

## 21 Announcements

## VW - PORSCHE - AUDI DIESEL OWNERS

On June 23rd, Virginia attorney  
Mike Melkersen became the first attorney  
nationwide to receive a reported settlement  
directly with Volkswagen.

**Mike can help you decide if  
you should get out of the class  
action.**

To find out more, call or visit our website:

**Mike Melkersen**  
**9633 S. Congress St.**  
**New Market, VA 22844**  
**1-844-4VWCash**  
**1-844-489-2274**

**www.vwlemonlawsuit.com**

## 21 Announcements

## 117 Adoption

**ABC LICENSE**  
Sodexo Operations, LLC trad-  
ing as Sodexo Operations,  
LLC 1910 Oracle Way,  
Reston, VA 20190. The above  
establishment is applying to  
the  
VIRGINIA DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL for a Mixed Bever-  
age Caterer license to sell or  
manufacture alcoholic  
beverages. Lorna Donatone,  
President  
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

**Adoption**  
Loving family seeks to adopt  
infant. Will pay medical and  
legal expenses. Call or text at  
571-306-3667.

**Light tomorrow  
with today!**  
-Elizabeth  
Barret Browning

## 21 Announcements

## 21 Announcements

## 21 Announcements

## MULTI-PROPERTY REAL ESTATE AUCTION

**Wed July 20th @ 2pm**  
Auction will be conducted at: Town Point Club Conference Room  
101 W. Main St, Norfolk VA 23510  
**OVER \$3.5 ++ MILLION DOLLARS  
OF PROPERTIES TO BE AUCTIONED OFF!!**  
**Bid Live & Simulcast for Remote Bidding**  
**10 BANK OWNED PROPERTIES ORDERED SOLD  
& 1 TRUSTEE FORECLOSURE ORDERED SOLD**  
• 1011-1019 Ches. Ave Chesapeake VA • 2216 County St Portsmouth VA  
• 1503 Shillelagh Rd Chesapeake VA • 1021 High St Portsmouth VA  
• Lot 7 & Lot 11 Beale Dr Disputana VA • Parcel 6 (A1) Rocks Lndng. Rd Smithfield VA  
• 2400 Indian River Rd Norfolk VA • 135-139.5 & 141-143 Lee St Suffolk VA  
• 1215 Colonial Ave Norfolk VA-TRUSTEE  
**COMMERCIAL -INCOME PRODUCING & RESIDENTIAL**  
Property Due Diligence, Terms & Registration:  
**atlanticREmarketing.com**  
VAF#359 **ATLANTIC** ASSET MANAGEMENT GROUP, INC. William J. Summs, Sr.  
Auctions | Real Estate | Appraisals | Marketing 757-461-6867

## 21 Announcements

## 21 Announcements

## 21 Announcements

## LIFETIME www.metalroofover.com

**METAL ROOFING**  
**1-800-893-1242**  
**WE FINANCE!**

**Single Wides • Double Wides • Houses**  
**WE ALSO BUILD GARAGES, SHOPS & BARNs**  
VA CAROLINA BUILDINGS, INC

## 21 Announcements

## 21 Announcements

## 21 Announcements

## MULTI-PROPERTY REAL ESTATE AUCTION

**Wed July 20th @ 2pm**  
Town Point Club Conference Room  
101 W. Main St, Norfolk VA 23510  
**OVER \$3.5 ++ MILLION DOLLARS  
OF PROPERTIES TO BE AUCTIONED OFF!!**  
**10 OREO BANK PROPERTIES  
& 1 TRUSTEE FORECLOSURE  
ORDERED SOLD**  
**COMMERCIAL -INCOME PRODUCING & RESIDENTIAL**  
Property Due Diligence, Terms & Registration:  
**atlanticREmarketing.com**  
VAF#359 **ATLANTIC** ASSET MANAGEMENT GROUP, INC. William J. Summs, Sr.  
Auctions | Real Estate | Appraisals | Marketing 757-461-6867

## 21 Announcements

## 21 Announcements

### NOTICE OF SUBSTITUTE TRUSTEES'

**SALE OF PROPERTY OWNED BY HUNTER MILL WEST,  
L.C.**

### LOCATED AT

**10736 SUNSET HILLS ROAD, RESTON, VIRGINIA**

**SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT  
COURT**

July 22, 2016, AT 9:00 A.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the "Deed of Trust"), made by HUNTER MILL WEST, L.C., a Virginia limited liability company, now securing CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the debt secured thereby, and being instructed to do so by the Noteholder, the undersigned Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 22, 2016, beginning at 9:00 a.m.

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

### TERMS OF SALE

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

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

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

## 21 Announcements

## 21 Announcements

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

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

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

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

/s/ Henry F. Brandenstein, Jr., Substitute Trustee

FOR INFORMATION CONTACT:  
Henry F. Brandenstein, Jr., Esq.  
Venable LLP  
8010 Towers Crescent Drive, Suite 300  
Tysons Corner, Virginia 22182  
(703) 760-1600  
11700929-v1

## THE CONNECTION NEWSPAPERS

## CLASSIFIED

*For Local...*

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

*For All  
Your  
Advertising  
Needs...*

*It Works.  
Week  
After Week.*

**703  
917-6400**

*Place  
Your  
Ad  
Today!*

THE CONNECTION  
to your community



## SPORTS

# Reston Swimmers Beat Their Own Record

To celebrate July 4, some teams had a patriotic theme for their meets and decked themselves and their pools in red, white and blue! Meet 4 also saw the Reston Swim Team Association many swimmers beat their own records from earlier in the season.

Team records set on Saturday include:

❖ Casey Storch of Lake Newport shaved time off of his men's 15-18 50 freestyle for a time of 31.43, beating his own record from the previous meet.

❖ The Lake Newport men's 15-18 200 medley relay team of Michael George, Casey Storch, Jack Edgmond, and Dan Ni set a new record with a time of 1:57.99, beating their own record set at the previous meet.

❖ Hailey Brown of Ridge Heights beat her own record from the start of the season with a time of 39.11 in girls' 9-10 50 backstroke.

❖ A Ridge Heights team record of 2:09:51 was set in the girls' 6-18 age 200 freestyle relay by Kelsye Brown, Hailey Brown, Hailey Wang, Katie Falcone, and Paige Sogandares, beating a record from 2005.

❖ Ryan Ha of Lake Audubon swam the men's 15-18 50 backstroke in 29.05, beating a record set in 2010.

❖ The North Hills women's 11-12 age 100m Medley Relay team of Alison Wan, Samantha Sciortino, Ada Langston, Katie Cazenias set a record of 1:09.15 to beat the previous record set in 2013.

Hunters Woods Blue Marlins 569, Lake Anne Stingrays 474

For Hunters Woods, double event winners were Matthew Beach, Glenn Broderick, Mary Carol Cook, Amanda Cornette, Mira Cuthill, Audrey Flynn, Amber Li, Andrew Li, Sean Montagne, Prana Owen, Ryan Vintimilla, and Brian Zhou. Triple event winners were Quinn Owen, Megan Slater, Gwyneth Wagner, Albert Xu, and Kevin Zhang.

For Lake Anne, double event winners were Luke Bowen, Aaron Cramer, Francisco Espinoza, Morgan Stup, Nadinka Taylor, Jocelyn Wulf, and Fred Zhang. The triple event winners were Emily Meilus and Devin Truong.

Lake Audubon Barracudas 596, Glade Dolphins 568

For Lake Audubon, double event winners were Zachary Bell, Christopher Chadsey, Sumaya Finney, Elliot Fricker, Ian Ha, Ryan Ha, Suya Haering, Riley Lender, Nathaniel Mathias, Valeria Novoa, Aidan Scanlan, and Nathan



**Glade July 4: Glade Swim team wearing red, white and blue.**



**Ridge Heights record-setting relay team: Bottom right to left: Kelsye Brown, Hailey Brown; top right to left: Paige Sogandares, Katie Falcone, Hailey Wang.**

Vikhman. Triple event winners were Max Daum, Matthew Fritz, and Jackson Harriot.

For Glade, double event winners were Marco Anguizola, Maryn Arseculeratne, Deirdre Curry, Ryan Erickson, Isabelle Gilleo, Sam Joyner, Sabine Soltys, and Reagan Tobias. The triple event winners were Niki Chava, Emily Landeryou, and Sophia Landeryou.

Lake Newport Lightning 639, Ridge Heights Sharks 509

For Lake Newport, double event winners were Caitlin Connelly, Catie George, Ryan Giebel, Nathan Ho, Neil Kumar, Emi Redican, Joseph Redican, Zoe Van Winckel, and Vania Zeledon. Triple event winners were Alexandra Connelly, Jeffery George, Anna Redican, Casey Storch, Julia Wang, Zach Wang, Sarah Zhong, and Michael Zhou.

For Ridge Heights, double event

winners were Ethan Boswell, Hailey Brown, Hannah Liu, Ryan Vanderhoof, and Hailey Wang. The triple event winner was Katie Imel.

North Hills Hurricanes 584, Autumnwood Piranhas 495

For North Hills, double event winners were Sean Burke, Daniel Doman, Ryan Luczak, Samantha Sciortino, Sarah Sciortino, Fiona Shaw, David Wrigley, and William Xu. Triple event winners were Allison Boone, Marlee Czarny, Caelen Grange, Ryan Grimes, Daniella Ramsey, Joseph Sciortino, and Miles Yang.

For Autumnwood, double event winners were Cameron Edgington, Alex Hansen, Grace Kennedy, Maddie Larson, Max McDermott, Diya Murthy, Sara Norford, Andrey Smiryagin, and Jordana H Sweeney. Triple event winners were Blake Jackson, Anne Kennedy, and Luke McDermott.



**The crowd enjoys the Ukulele Festival at Lake Anne Plaza in Reston.**

## Ukulele Festival At Lake Anne

The Seventh Annual Ukulele Festival was held at Lake Anne Plaza in Reston on Saturday, July 9. It featured performances by several ukulele musicians, music demonstrations, a morning jam session, festival vendors and family friendly activities. The event featured music genres ranging from blues, traditional Hawaiian, swing and folk.

"I consider this the only ukulele festival in Northern Virginia. It's nice to see it grow every year. And the weather felt like we were definitely in the Islands. We're always happy with the great turnout," said Maurisa Potts, marketing direc-

tor for Lake Anne Plaza.

The Northern Virginia Ukulele Society meets the second and fourth Sunday at Cafe Montmartre at Lake Anne Plaza in Reston. Local uke players exchange chords and tabs, teach each other techniques, play and sing for one another, songwrite and have jam sessions.

This year's festival was sponsored by the Lake Anne Merchants Association, the Reston Community Center, the Friends of Lake Anne and the Northern Virginia Ukulele Society. Visit the website at <http://www.meetup.com/NoVA-Uke-Ensemble>.

— STEVE HIBBARD



**Jill Pierce (front) performs the Otea Dance from Tahiti during the Ukulele Festival at Lake Anne Plaza in Reston.**

**Eliana Pangelinan and Jill Pierce of the Isa Pacifika Dancers (Traditional Hawaiian Dance Performance) during the Ukulele Festival at Lake Anne Plaza on Saturday, July 9. Sabia Isa is in the background. They are part of MSE Productions of Reston.**



PHOTOS BY STEVE HIBBARD/THE CONNECTION