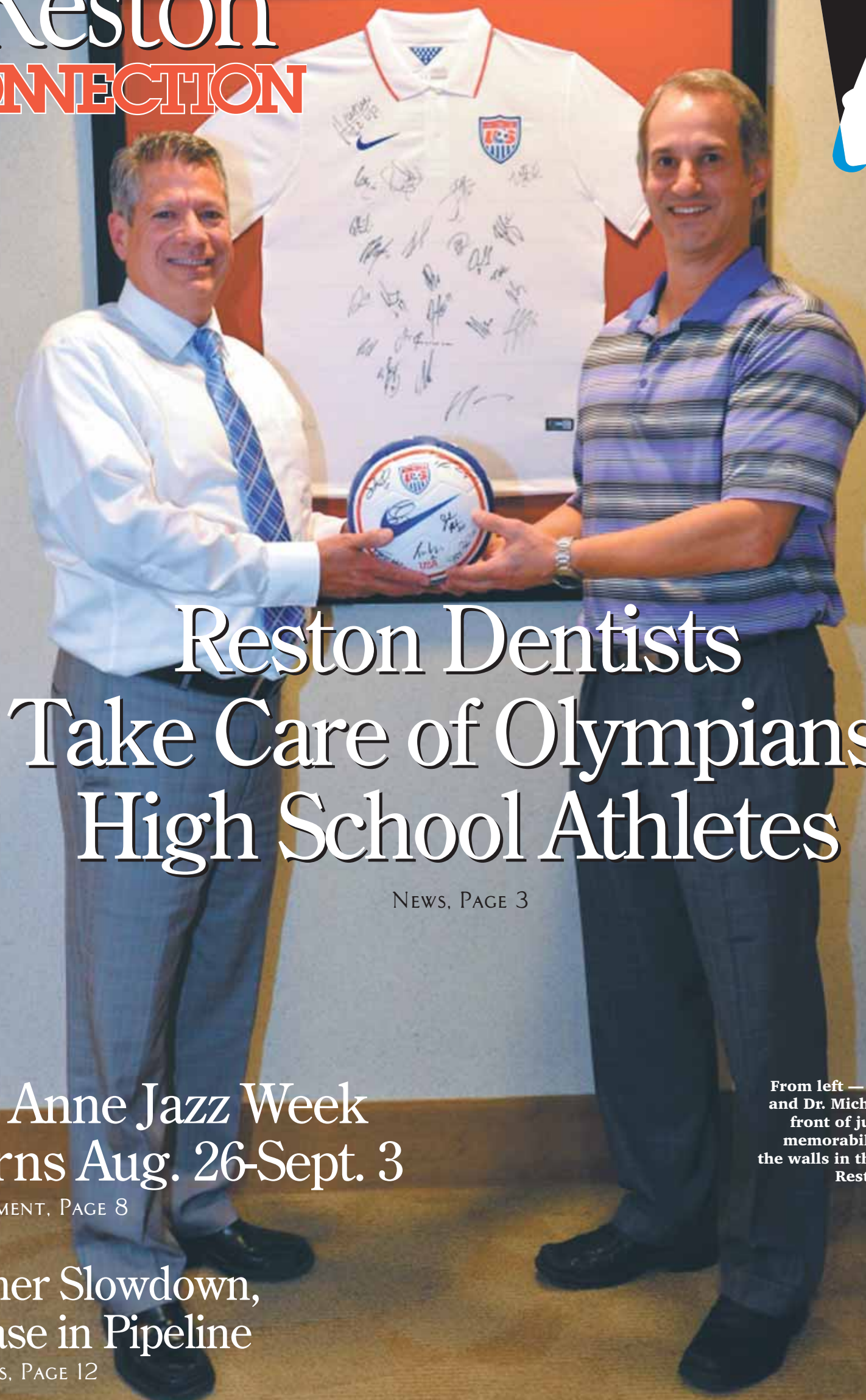
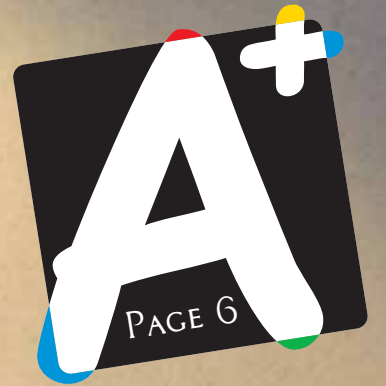




Reston CONNECTION



Reston Dentists Take Care of Olympians, High School Athletes

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Summer Slowdown, Increase in Pipeline

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From left — Dr. Emilio Canal, Jr. and Dr. Michael Messina pose in front of just one of the sports memorabilia that line many of the walls in their Dental Group of Reston Station practice.

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Two Reports of Fox Bites in Springfield Area

A fox or foxes are still at large after two reports of bites in the Springfield area on Monday, Aug. 8, Fairfax County Police said.

Animal Protection Officers of FCPD first responded to an incident of an 81-year-old woman being bitten while in her front yard in the 8600 block of Kenilworth Drive around 10:33 a.m. The woman went to a hospital for medical attention.

Police said the second incident happened around 1:57 p.m. later that day. An 84-year-old man was mowing his lawn in the 5600 block of Ventnor Lane when police reported he “was confronted and bitten by a fox.” The man also went to the hospital for treatment.

Animal Protection Officers have set traps for the animal or animals involved with the confrontations with humans, but have yet to bring anything in. It's still unknown,

then, whether the foxes involved have the rabies virus.

Though the aggressive behavior observed in the foxes is one of the signs of rabies, FCPD said.

The Animal Protection Police are asking residents to keep their dogs on leashes when walking in public areas.

“If bitten or scratched by an animal, wash the wound thoroughly with soap and water and seek medical attention right away,” the statement said.

Animal bites, sick and injured animals should be reported immediately to the Animal Protection Police at 703-691-2131, TTY 703-877-3715.

More information is available online at fcpdnews.wordpress.com/2016/05/22/what-you-need-to-know-about-the-rabies-virus/

—TIM PETERSON

Caregiving Events

Fairfax County is offering a new **Caregiver Support Group** the first Wednesday of each month beginning **Sept. 7, 10 a.m.** at Calvary Hill Baptist Church, 9301 Little River Tnpk., Fairfax. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm under Community Caregiver Support Groups or call **703-324-5489**, TTY 711.

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, September 13, 7-8 p.m.** We are having an open discussion on caregiving. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.



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NEWS

Reston Dentists Take Care of Olympians, High School Athletes

BY ANDREA WORKER
THE CONNECTION

Sadly, the Women's Olympic Team was eliminated from competition last week in a penalty shoot-out with Sweden. It was a disappointing result for the team that brought home the Gold at the last three Olympics, but whatever the cause that kept last year's World Cup Winners from a fourth Olympic title, we know it wasn't due to any dental issues suffered by the athletes. Not with the gang at the Dental Group at Reston Station in charge of that aspect of Team USA's preparations.

Dental health – and a custom-fit mouth guard – may not be the first thing you think of when contemplating the enormous amount of background work and support that goes into maintaining an Olympic calibre sports team, but a conversation with Dr. Michael Messina and Dr. Emilio Canal, Jr. and a visit to their Reston offices quickly made it clear just how much these “back benchers” contribute to a team's success.

IN EARLY JULY, the dedicated dentists travelled to Chicago to do screenings, x-rays and fittings for the women's mouthguards, borrowing office space from the Chicago Blackhawks hockey team. Then members of Team USA stopped by the Reston offices for final check-ups, treatments and to pick up those mouth guards – complete with Olympic logos – before heading off on their Rio adventures.

Messina and Canal formed a team of their own after meeting at Georgetown University School of Dentistry. Messina graduated in 1989. Canal joined the practice after his graduation in 1990. Dedication to their profession and a common love of sport have kept them going all these years. “I think we've only really had one disagreement since 1985,” said Dr. Messina.

Both Fellows of the Academy of Sports Dentistry, their initial physical introduction to sports dentistry happened when they were asked to be the “venue dentists” for the matches played during the 1994 World Cup at RFK Stadium in D.C. Since then, their involvement has only continued to grow. The two serve as Team Dentists for D.C. United, as well as their work with the US Soccer Federation National Teams and the US Lacrosse Science and Safety Committee and have travelled the country and sometimes even beyond in order to ensure that a dental issue doesn't interfere with an athlete's ability to perform, or that there is a trusted provider in case of a dental accident or emergency. “A tooth injury is an injury for life,” reminds Dr. Messina. “A bone break may heal stronger in the long run, but teeth don't replace themselves.”

The doctors also note that complete oral exams are an important part of team preparation to look for infections. Over the years they have seen their share of players who were under-performing because their bodies were busy fighting off a preventable infection.



PHOTO CONTRIBUTED BY DENTAL GROUP OF RESTON

Team members of the Dental Group at Reston Station gather with members of the Olympic Women's Soccer Team. From left: Dr. DiBenedetto, Dr. Messina, Alex Morgan, Meghan Klingenberg, Cristen Press, Julie Johnston, Dr. Moawad, and Carys Dannerberg. Front row, Kimberly Pinero and Ashlyn Harris.



PHOTO CONTRIBUTED BY DENTAL GROUP OF RESTON

Dr. Emilio Canal, Jr of the Dental Group at Reston Station gives Washington Spirit striker - and Team USA member - Crystal Dunn a complete exam to go along with her mouth guard fitting before sending her off to Olympic competition.

THEIR DENTAL PRACTICE covers all general dentistry and the full range of dental specialty surgery and procedures, but they call their work in sports dentistry their real “labor of love.” And it's not just national teams and big name sports stars that benefit from their dedication. Messina, Canal and the other dentists and staff members from the practice also volunteer their skills toward maintaining the dental health of

local high school teams, as well. The student athletes at South Lakes and Oakton High Schools are familiar with these professionals and the sports-related services are all provided free of charge. “Part of who we are and what we do is to give back to the community in the way that we can,” says Dr. Canal, who was recently inducted into the South Lakes Athletic Hall of Fame for his years of service to their teams.



PHOTO BY ANDREA WORKER/THE CONNECTION

From left — Dr. Emilio Canal, Jr. and Dr. Michael Messina pose in front of just one of the sports memorabilia that line many of the walls in their Dental Group of Reston Station practice. The two, along with the members of their team, have given countless hours to ensuring the dental health and safety of sports professionals, amateurs and student athletes over the years.

Yes, we are all disappointed that the Women's Soccer Team USA won't be standing on that highest podium in Rio this summer, but there are a lot of current and former athletes out there who think Dr. Messina and Dr. Canal and their team have already won the Gold.

The Dental Group at Reston Station is located at 1886 Metro Center Dr. Ste. 600 and can be reached at 703-318-8200. Their website is www.restondentist.com.

OPINION

Election 2016: Much at Stake Nationally, Locally

Possible record turnout should motivate more early voting.

Election Day is Tuesday, Nov. 8, and in some ways that seems like it can't possibly come soon enough. On Election Day in Virginia, polls are open from 6 a.m. - 7 p.m., but early voting begins Sept. 23, about five weeks from now, and voters should have plenty of motivation to vote early.

It's hard to articulate how much is at stake in the coming election, and it's not just about the choices for U.S. President. Turnout will be extremely high, if not record breaking.

Nearly 32 percent of voters nationally voted before Election Day in 2012, according to census data, compared with just under 30 percent in 2008 and 20 percent in 2004, the New York Times reported.

There are 19 valid reasons to vote absentee in Virginia, with one that applies to almost everyone who commutes to work. If you could be working and commuting to and from home for 11 or more hours between 6 a.m. and 7 p.m. on Election Day, you qualify to vote "absentee in person." If you vote absentee in-person you will fill out the application when you arrive at the in-person absentee location.

The deadline to register to vote on Election Day is Oct. 17.

Visit the Virginia Department of Elections website to check that you are registered or call Fairfax County Elections office at 703-222-0776.

Virginia has a stringent voter identification requirement, plan to bring photo identification with you to vote, whether that is absentee or on Election Day. Among accepted ID: valid Virginia Driver's License or Identification Card; valid Virginia DMV issued Veteran's ID card; valid U.S. Passport; other government-issued photo identification cards issued by the U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; valid college or university student photo identification card from an institution of higher education located in Virginia; valid student ID issued by a public school or private school in Virginia displaying a photo; 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. Any registered voter who does not possess one of the required forms of identification can 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

EDITORIAL

Constituencies in a Commonwealth

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



The 2010 Federal Census recorded slightly more than eight million persons living in Virginia. That means the legislature drawing boundaries for the 100-member House of Delegates had to divide the state into districts that each included 80,000 persons, give or take a percentage or two. Legislative districts may be geographically small in urban and suburban communities, but include several counties in rural areas. The intent of the constitutional requirement for redistricting is to make districts as equal as possible in the number of persons residing in them without regard to the size of the landmass on which they live.

The process of redistricting becomes complicated and very political, however, as incumbent leg-

COMMENTARY

islators attempt to draw lines around those persons most supportive of them—that process is commonly referred to as "gerrymandering." I and others have attempted to take politics out of the process to create fairer districts through the formation of a commission that would draw lines independent of any consideration of where incumbent legislators live. With a neutral party drawing lines, voters would pick their legislator rather than legislators picking their voters, as advocates of redistricting reform maintain. The effort toward a fairer process will continue in federal courts and in the legislature.

Persons who live in districts are referred to as constituents of the district's legislator. On average,

about half of constituents are registered to vote. Some people are too young, not yet citizens, or have not bothered to register to vote, but they are represented in the legislature. Legislators vary in opinion and attitude as to whether they represent all the persons in their district, those who register to vote or those who actually vote. I believe I have a responsibility to represent all the people who live in my district as best as I can.

Constituencies can go beyond legislative boundaries, however. My passion for education issues, for example, results in people from throughout the Commonwealth asking me for support and assistance. Likewise, my concern for the environment results in my working with people with the same interest from around the state. Some persons call on me for help if they are represented by legislators who do not support a concern that is important to them. Even in these instances I am work-

Ramping Up to Election Day

- ❖ **Sept. 23:** In-Person Absentee Voting Begins
- ❖ **Oct. 17:** Voter Registration Deadline - In-Person: 5 p.m., Online: 11:59 p.m.
- ❖ **Nov. 1:** Last Day to Apply for an Absentee Ballot by Mail, Fax, Email or Online: 5 p.m.
- ❖ **Nov. 5:** Final Day for In-Person Absentee Voting
- ❖ **Nov. 8:** Absentee Ballot Return Deadline: 7 p.m.
- ❖ **Nov. 8:** Election Day, Polls Open 6 a.m. - 7 p.m.

digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

While the Presidential election will take top billing, every seat in the U.S. Congress is on the ballot, with one hotly contested race in Northern Virginia.

In Fairfax County, voters will decide whether to enact a four percent meals tax, a topic voters will hear a lot more about in coming weeks. Bond questions include \$120 million in transportation bonds for Metro; \$107 million in bonds for parks; and \$85 million for building and renovating senior and community centers, and homeless shelters. More at <http://www.fairfaxcounty.gov/bond/>

For more information on voting in Fairfax County:

Voter Registration: 703-222-0776, TTY 711
Absentee Fax: 703-324-3725
Email: voting@fairfaxcounty.gov
Election Officer Info: 703-324-4735, TTY 711
Email: elect@fairfaxcounty.gov

— MARY KIMM

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Caregiving Events

September is Older Virginians' Mental Health Month and the county is hosting three community **presentations on caring for mental wellness**. Presenters are licensed county therapists and specialists in older adult wellness resources.

❖ Tuesday, Sept. 13, 11 a.m. to 12 noon

Herndon Senior Center – free and open to members and nonmembers, 873 Grace Street, Herndon

Call the Fairfax Area Agency on Aging at **703-324-5411** for registration and ADA accommodations.

❖ Monday, Sept. 19, 1-2 p.m.

George Mason Library, 7001 Little River Turnpike, Annandale

Call the Community Services Board's Public Information Line at **703-324-7006** for more information and ADA accommodations.

❖ Tuesday, Sept. 20, 1-2 p.m.

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria

Call the Community Services Board's Public Information Line at **703-324-7006** for more information and ADA accommodations.

Fairfax County is offering a new **Caregiver Support Group** the first Wednesday of each month beginning **Sept. 7, 10 a.m.** at Calvary Hill Baptist Church, 9301 Little River Tnpk., Fairfax. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm under Community Caregiver Support Groups or call **703-324-5489**, TTY 711.

Fairfax County is offering a free Chronic Disease Self-Management program **Sept. 12-Oct. 17 (Mondays), 1-3 p.m.** at The NeuroGrow Brain Fitness Center, 8280 Greensboro Dr., Ste. 240, McLean. Register beforehand or call **703-324-5489**.

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, September 13, 7-8 p.m.** We are having an open discussion on caregiving. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Telephone Caregiver Support Group. Call **703-324-5484**, TTY 711.

The **Fairfax Commission on Aging** meets on **Wednesday, September 21** at noon at the Centreville Regional Library, 14200 St. Germain Dr., Centreville. The public is welcome to attend and join in the comment period that begins each session. Find out more at www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm. Call **703-324-5403**, TTY 711 for meeting access needs.

Volunteer Opportunities

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at **703-324-5861**, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov.

The **Providence Community Center Senior Program** in Fairfax is looking for an **ESL Instructor** weekdays. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Program** in Alexandria is looking for a **Line Dance Instructor**, once a week. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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Create a Back-to-School Game Plan

Educators tell how to make the transition less jarring.

BY MARILYN CAMPBELL
THE CONNECTION

As a single mother of a fifth grade student, Christine Schull is already making back-to-school preparations. Her plans include more than purchasing notebooks, pencils and new shoes. She knows that she and her daughter will have to shift their schedules and prepare to get back into a scholastic mindset.

"She gets up early every day ... but because it is summer, she wants to go to bed late ... about two or three weeks out, I will be much more firm about her bed time," said Schull, assistant dean and professor of Early Childhood Education at Northern Virginia Community College in Alexandria. "Also, to start getting her academic muscles flexing, I usually supplement with some academic enrichment. I am hiring someone to work with her once a week just to give her a taste of what she will experience in fifth grade."

Whether a child's summer is packed with camps and vacations or filled with lazy days and complaints about being bored, students often find the back-to-school transition to be challenging. From the prospect of reuniting with friends to getting reacquainted with homework, it is not uncommon for children to experience mixed emotions about jumping back into a busy fall schedule.

"Going back to school is really more than just a one-day event," said Dr. Lisa Turissini, Ed.D. assistant professor and chair of the Department of Education at Marymount University. "This type of transition is about the forming of a new habit. Brain researchers agree that the forming of a new habit also includes the breaking of an old one."

Having a conversation with children and assessing their feelings about returning to school is a good place to start, recommends Licensed Clinical Psychologist Jerome Short, Ph.D., associate professor of Psychology at George Mason University.

"Children have a variety of ways of thinking, feeling, and acting toward the upcoming transition back to school," he said. "Some children are optimistic and excited about school and are already preparing for the first day. Others may be anxious or avoid thinking about a new school year, and may need more support, structure, and encouragement from parents to prepare themselves."

He encourages parents to listen to their children's concerns and expectations and empathize with their feelings. "Summarize what they tell you, and tailor your approach to their needs with their input," added Short.



PHOTO BY JAMES KEGLEY FOR NORWOOD SCHOOL
Science teacher Sarah Boor works with students at Norwood School. Educators say now is the time to prepare children for a return to school.

It's not just children who may experience school anxiety. Some parents may be worried about their children starting a new school, changing schools, facing more rigorous academics or dealing with difficult social situations. "Fear of the unknown can cause anxiety," said Turissini. "Working with your children to build resilience and manage their emotions can be beneficial for the whole family. Children are extremely capable of dealing with change, and parents can help them by creating an environment at home that encourages them to share their feelings about returning to school."

Reconnecting or connecting with other parents and students for support can help with the transition. "Others may help motivate, empathize, or make school preparations fun," said Short. "There are opportunities to increase children's communication abilities and social skills if they spend time together on school tasks."

Planning ahead and establishing a regimented sleep schedule in August can help parents get their children acclimated to the early wake up times for the upcoming school year. "If you want your child to have a less painful transition back to a new school year, now is the time to take proactive measures to change your child's bedtime routine," said Turissini.

"...[It] gives their biological clock time to adjust so the transition is not so abrupt," she said. "A regular bedtime and wake up time will build the needed structure into a child's schedule, and this new habit will help [a child] to embrace the new routine that the school year brings."

"Don't do it all at once, do it gradually," said Mark R. Ginsberg, Ph.D., dean of the College of Education and Human Development at George Mason University. "Start with [moving your children's bedtime] one-half hour earlier, then 15 minutes earlier."

Other recommend time adjustments include reestablishing routines that might have been lost during the summer. "If your summer has been schedule-free, get back to some of your old routines now. Start those regular family meal times or game nights," said Turissini.

In addition to rearranging sleep schedules, now is the time to tackle back-to-school shopping and schedule doctor visits. "Take a day to get those school clothes, school supplies, and backpacks purchased," said Turissini. "Make sure your child's physical exam is up to date. You know the school medical forms will be forthcoming."

Completing summer reading lists and other summer assignments can also get students ready to learn. "We want students to return to school learning ready, which means children should be reading for pleasure ... for about 30 minutes a day," said Karen O'Neill, head of Lower School at Norwood School. "Sustained reading is a skill that requires practice at home."

Parents can reinforce a child's interest in books by reading to their child or reading their own book while their children read. "Don't turn on the television in another room while your child reads," said Ginsberg. "Have a family reading hour. Modeling the behavior is powerful for the child." He suggests setting challenging and achievable goals and being mindful of those that could prove unrealistic. "Start with 20 minutes of reading and then increase it from there," he said.

"At least one week before the first day of school, create the morning routine that will allow your child to arrive at school with time to organize belongings, chat with friends, and create a mindset for learning," said O'Neill.

Invite children's participation when creating a back-to-school plan. "From my own experience as a parent and educator, it's best

to engage them in a conversation, rather than telling them what to do," said Ginsberg. "Rather than being directive, be collaborative with the child. Ask them what it is that they think they need to do to get themselves ready."

Going from a carefree summer to a structured school year packed with activities can be jarring for some students. To ease the blow, Turissini sug-

"Going back to school is really more than just a one-day event. It's about the forming of a new habit ... the forming of a new habit also includes the breaking of an old one."

— Lisa Turissini Ed.D.,
Marymount University

gests having candid conversations about the upcoming school schedule and ways in which the family can establish balance.

"Create a family calendar of school, extracurricular, and family activities," she said. "Allow for some downtime on the calendar for each child so they can choose to do whatever it is they would like. Kids don't inherently know how to add balance to their lives, so as a parent, it is important to look for the opportunities to model balance at home, work, school, and personal pursuits."

To ease anxiety about back-to-school transportation, Michele Claeys, associate head of school and head of middle school for Norwood School, suggests "if your child walks to school or takes a bus, walk the route together or check out the bus stop together." Whether traveling by car or bus or on foot, talk about what the schedule will look like on school mornings, including any chores that have to be done before leaving the house. Consider inviting your child to write out a schedule for the morning, including the time needed for each task.

Claeys also recommends taking time to review the curriculum for the upcoming year with your children, if it is available, and talk about some of the things they will be learning. "Hopefully this will inspire excitement about all the learning to come," she said.

SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by noon on Friday.

Eight students from Fairfax County Public Schools — all attending Thomas Jefferson High School for Science and Technology (TJHSST) — have been named semifinalists in the 2016 Intel Science Talent Search. The students, with their project names, are:

❖ Jake Cui, A Machine Learning Approach to Identifying Ordered Binding Regions on Order-disorder Protein Interfaces.

❖ Tarun Kamath, Marked Decreases in Pediatric and Young Adult Solid Organ Cancer Mortality in the United States Since 1940: Analysis and Hypotheses.

❖ Ava Lakmazaheri, Brain-actuated Robotics: A Logic-based Approach for Multimodal Programming and Operation of Assistive Humanoid Robots.

❖ Austin Mills, Demonstrating the Development of Heavy Metal Resistance in Non-tolerant Multigenerational Brassica rapa.

❖ Kunal Shroff, The Relationship Between Lethality and Genomic Instability in Euploid and Aneuploid Yeast Cells Expressing Pathological Huntingtin.

❖ Matthew Sun, Hyperacute Temporal Resolution with a Neural Population for Biologically Plausible Firing Rate Change Detection.

❖ Jason Wei, Improving Lateral Flow Immunoassay Sensitivity by a Palladium-catalyzed Dye Reaction.

❖ Michael You, Two-degree-of-freedom Bubble Oscillations in Elastic Vessels and its Application in Sonar-induced Marine Mammal Injuries.

The 300 semifinalists were chosen from more than 1,750 entrants and will receive matching awards of \$1,000 along with their school.

This is the 75th year of the Science Talent Search, which Intel has sponsored

since 1998, providing \$1.6 million in awards and scholarships to contestants.

Snigdha Srivastava and **Kate Hao**, of Herndon, are on the dean's list at Washington University in St. Louis.

Adam Zaman, of Herndon, is on the dean's list for spring 2016 at South Dakota School of Mines and Technology. He is studying mechanical engineering.

Dinesh Chowdary Inampudi, of Herndon, graduated with a master of science, May 2016 from the University of New Haven.

Kalla Fleger, of Reston, is on the dean's list for spring 2016 at the University of Minnesota Twin Cities. Non Degree, Coll of Continuing Education.

Elizabeth Ashley Drake, of Herndon, is on the dean's list at Hollins University for spring 2016.

Nii Martey Akita, of Oak Hill, graduated spring 2016 from St. Olaf College.

Matthew Francois Monos, of Herndon, and **William Wade McLaughlin**, of Reston, were named to the honors list for the 2016 spring semester at Averett University.

Reston, Virginia Amanda Lee Akers, of Reston, is on the honor list for Spring 2016 at Missouri University of Science and Technology.

Vi Thuy Lam, of Herndon, is on the spring 2016 dean's list at McDaniel College.

Margot Cumming, of Reston, is on the dean's list for May 2016 of the College of Agricultural and Life Sciences at the University of Wisconsin Madison.

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ENTERTAINMENT

Lake Anne Jazz Week Returns Aug. 26-Sept. 3

Week long activities to conclude with 10th Annual Lake Anne Jazz & Blues Festival.

Lake Anne Plaza has announced the return of their Lake Anne Jazz Week and the artist line up for their annual Jazz & Blues Festival, which will be celebrating its 10th anniversary this year. The Lake Anne Jazz Week will take place starting Friday, Aug. 26 and will conclude on Saturday, Sept. 3, Labor Day Weekend, with the 10th Annual Jazz & Blues Festival.

The week will feature a variety of jazz themed events that will take place from live music, merchant activities, to a free feature film classic, Jazz on a Summer's Day, on Aug. 26, part of Lake Anne's ongoing Summer Film Festival series and kicking off Jazz Week activities. The Jazz & Blues festival is a free, family friendly, all-day event that will take place from 1-9 p.m. and will showcase a variety of talented regional and national jazz & blues artists.

Jazz & Blues Festival Line Up (Sept. 3):

- 1 p.m. Adrian Duke
- 2 p.m. Mykle Lyons Sextet
- 3 p.m. Bubeck

- 4 p.m. Integriti Reeves
- 5 p.m. Clarence Penn
- 6 p.m. Sam Gunderson
- 7 p.m. Dixie Power Trio

Jazz Week Merchant Activities:

Chesapeake Chocolates, Wine, Gifts and More – Sept. 1: Virginia Wine & Cheese Tasting 6–7 p.m. Sept. 3: Wine and Chocolate Tasting 2–4:00 p.m. Free.

PetMAC Pet Nutrition Center – Jazz up your pet with 35 percent off all collars, leashes and apparel.

Reston Art Gallery - Browse locally-created works of art at Reston Art Gallery & Studios at Lake Anne Plaza. Choose from a variety of musically-themed works of art in various media such as acrylics, oils, watercolors, pastels and even mobiles and collages, and get 10 percent off. You may even get lucky and get to see the artist at work creating a masterpiece. Refreshments will be served.

Reston Museum – 20 percent off special edition Robert E. Simon martini and Bloody Mary glasses, each one etched with the signature of Reston's founder.



Poster announcing Jazz Festival.

What & Where

Lake Anne Plaza Jazz Week, Aug. 26-Sept. 3, 2016, at Lake Anne Plaza Waterfront - 1609 Washington Plaza, Reston. Free, rain or shine. Website: www.lakeanneplaza.com

Reston's Used Book Shop – 50 percent off on all jazz and blues themed books

Samantha Hu, Medical Chi-Kung Therapy – Free consultations during Jazz Week

Small Change Consignment - All musical toys will be 20 percent off at small change

off during jazz week

The festival is sponsored by Lane Anne Merchants, Friends of Lake Anne, the Reston Community Center, and Reston Association. For the full schedule of events/times, visit www.lakeanneplaza.com.

'Catch Me If You Can' at NextStop Theatre

BY DAVID SIEGEL
THE CONNECTION

Herndon's NextStop Theatre will be giving audiences something fun this September. As Evan Hoffmann, NextStop's artistic director, said in a recent interview, "we wanted a chance to do something that was completely different. 'Catch Me If You Can' is bright, happy and full of joy."

"Catch Me" will provide an energizing, colorful evening of musical entertainment for NextStop patrons.

"It is the perfect example of truth being stranger than fiction," Hoffmann said. "I think the writers of the musical decided that if the truth was that amazing, why not tell it with all of the style and pizzazz that it deserves."

The Tony Award winning musical follows the life of a mischievous, globe-trotting con artist named Frank Abagnale Jr. as he seeks fame and fortune through exploits including posing as a pilot, a doctor and a lawyer. Abagnale even finds the woman of his dreams. But, his many fabrications catch the attention of a persistent FBI agent who relentlessly pursues him.

A unique aspect of the musical is that the audience sees the story through the con artist's eyes as one big 1960s variety



PHOTO CREDIT TO TRACI J. BROOKS STUDIOS/COURTESY OF NEXTSTOP THEATRE

NextStop Theatre production of "Catch Me If You Can."

show.

In 2002, filmmakers used Frank Abagnale Jr.'s autobiography to create the popular movie "Catch Me If You Can." The book for the musical is by Terrence McNally. The score is by Marc Shaiman and Scott Wittman, who also composed "Hairspray."

Northern Virginia's Elisa Rosman, a frequent NextStop collaborator most recently for "City of Angels," will be conducting a

talented nine-piece orchestra in "Catch Me." There is a jaunty score that includes 20 songs.

Teaching artist and choreographer Rachel Dolan developed the show's large-scale choreographed numbers. Dolan has been recognized for her choreography with several nominations in the Helen Hayes Awards, which recognize excellent productions in the Washington, D.C. area.

Where and When

"Catch Me If You Can" at NextStop Theatre, 269 Sunset Park Drive, Herndon. Performances Sept. 8 to Oct. 9, 2016. Thursday, Sept. 8 and Sept. 22 at 7:30 p.m., Fridays at 8 p.m., Saturday, Sept. 10 at 7 p.m., Saturday Sept. 17 at 8 p.m., Saturday, Sept. 24 at 2 p.m. and 8 p.m. and Saturday Oct. 1 and Oct. 8 at 8 p.m. Sundays at 2 p.m. with performances at 2 p.m. and 7 p.m. on Sept. 18. Tickets: \$40. Call OvationTix at 866-811-4111 or visit www.nextstoptheatre.org.

Stage veterans Matthew Hirsh, who portrays Frank Abagnale Jr., and Russell Rinker, who plays FBI Agent Carl Hanratty are making their NextStop debuts as part of the show's 14-member cast.

Inviting audiences to this season's opening production of "Catch Me If You Can," Hoffmann promised plenty of flash.

"Come to see this amazing story. Stay to be wowed by this unbelievably talented cast of actors, dancers, and singers. Go home humming some of the catchiest show tunes you have ever heard," Hoffman said.

NextStop Theatre is entering its fourth season as the professional, nonprofit theater company serving the Dulles Corridor community and beyond.

"I could not be more excited about our fourth season," Hoffman said.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

“Golden Moments” by Lassie Corbett. Aug. 4-Sept. 1. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Artist exhibit. RestonArtGallery.com.

Mary B. Howard Artist Member Exhibition. Through Aug. 27. Greater Reston Arts Center, 12001 Market Street, Suite 103, Reston. Regional artists who support GRACE's mission of enriching community life through excellence in contemporary visual arts. restonarts.org

Zoosday — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an award-winning animal and miniature animal petting zoo with hands-on, educational experiences that children and their grownups will cherish! Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. restontowncenter.com

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.

Hutchison Solos at PenFed Realty Aug. through Sept 30 The exhibit is free and the office is open to visitors Monday through Friday from 9:00 am – 5:00 pm. at the office of PenFed Realty, 1886 Metro Center Dr., Reston, VA 20190. Karen Hutchison displays abstract expressions of her thoughts and emotions using color and texture. Visit the LRA web site at www.leagueofrestonartists.org

Artists Display “Eclectic Visions” at Ernst Center Aug through Oct. 7 The League of Reston Artists displays paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging through October 7 at the Richard J. Ernst Community Cultural Center on the Northern Virginia Community College Annandale Campus, Building CE, 8333 Little River Turnpike, Annandale, VA 22003. The exhibit is free and the gallery is open Monday through Friday from 10:00 am – 5:00 pm. Visit the LRA web site at www.leagueofrestonartists.org

“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.

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.

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.

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



Andrea Cybyk, Floating Forms 2, 2016, acrylic on paper, at Greater Reston Arts till Aug. 27.



Heidi Fowler, No. 022.32.016, 2016, acrylic and mixed media on panel, at Greater Reston Arts till Aug. 27.

audience? 703-707-0660.

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.

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. 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.

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.

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/performances/>.

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. 703-579-6720.

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

Dog Days of Summer — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and owners can frolic in the Pavilion as it is



Rahshia Sawyer, I Put On My Rib and Collarbone 002, 2016, archival inkjet, at Greater Reston Arts till Aug. 27.



Russ Bailey, The One That's Like a Base Line and a Melody, 2009, acrylic on canvas, at Greater Reston Arts till Aug. 27.

transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

Straight from San Diego Comic-Con! — Friday, Aug. 5 – Friday, Sept. 2, ArtInsights. Stop in to see exciting new art releases from Comic-Con International, and hear stories from three exclusive event panels. 703-478-0778 artinsights.com

Lines, Curves and Colors On exhibit August 31- October 2. At ArtSpace Herndon 750 Center St, Herndon, VA 20170. “Lines, Curves, and Colors” will present the talents of four artists working in different mediums. The show features one photographer and three sculpture artists whose combined works produce stunning individual pieces that merge into a balanced whole. The unified theme of the beauty of architecture—specifically exemplifying lines, curves, and colors—will hold your attention and imagination. Opening Reception Saturday September 9th, 7 – 9 p.m. For more information call 703-956-9560.

ValeArts Fall Show “Artful Aspirations” Sept 30 through Oct. 2 at 10 a.m. - 9 p.m. Friday 10 a.m. - 6 p.m. Saturday & Sunday at the Vale Schoolhouse 3124 Fox Mill Rd. ValeArts welcomes Reston artist Betsey Mulloy to the fall show “Artful Aspirations”. Contact: Diana Eichler or visit valearts.com

THURSDAY/AUG. 18

Farmer's Market Fun Days. 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Uncle Devin, a dynamic cross between Fat Albert and School House Rock. Free. herndon-va.gov.

FRIDAY/AUG. 19

For the Win Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. For The Win is a party band bringing a mix of hip hop, rock, go-go, pop, oldies, reggae, and more. Come hear them perform in concert. Free. info@herndonrocks.com.

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Lack of Food – For Thought

By KENNETH B. LOURIE



As I begin my post-chemo week of not eating/having minimal interest in food – and losing weight accordingly, I can't help worrying and wondering if this is a beginning of sorts. You see, what little I know about medical outcomes/chronic conditions is that maintaining/losing weight is an indicator of something; good, bad or indifferent, maybe, but something. Otherwise, why would the oncology nurses who take my vital signs: blood pressure, temperature, oxygen level and pulse, always have me step on a scale? My weight must be important.

I don't suppose gaining weight, however, is nearly the problem/concern that losing weight is, at least when you're being treated for a "terminal" form of cancer as I am: non-small cell lung cancer, stage IV. And neither do I know if the weight loss occurs because I don't feel like eating as I do now or is it because I'm still eating normally and yet am losing weight in spite of it? I just know – or think I know, that losing weight is a bit of a harbinger. Now whether it's reversible, I don't know. I only know that when it happens to me, every week to 10 days after my alimta infusion, I crater emotionally – for a variety of other reasons, too, and inevitably begin to contemplate my future, or more immediately, my present as it relates to my future. Unfortunately, despite the experience I have dealing with this 10-day struggle, I can't always fend off the daemons.

I tell myself a multitude of very familiar reminders: it's nothing new, it's merely the predictable side effect of the drug; you'll/your weight will bounce back, you always do; the treatment is keeping you alive/even shrinking your tumors (based on the most recent CT Scan); perhaps now you'll be able to extend your infusion interval to five weeks (as nine months previous, you had extended it to four weeks from three) and have one more relatively normal-feeling/eating week before that next infusion; and finally, even if the Alimta stops doing its maintenance-type thing (going on three years), there is now an entire new class of drugs/treatment: Immunotherapy, "OPDIVO," as an example, if you've seen the commercial, designed to stimulate one's own immune system to target the tumors with fewer side effects, that didn't exist when I was first diagnosed, so there are more treatment alternatives than ever before and considering my collateral kidney damage, more choices is particularly encouraging.

Yet all this internal bucking up, along with support from family and friends – who know Kenny's post-chemo eating drill, doesn't always stop the irrational, illogical and perhaps ill-conceived thoughts that penetrate and permeate whatever self-defense mechanisms I have employed – repeatedly, to stem this tide of negativity. As much as I would like to believe that familiarity breeds contempt and that my life will go on with nary-this-being-a-blip-on-my-radar, this "familiarity" doesn't breed anything but anxiety and all the related mental deficiencies associated with not exactly feeling your oats. And even though I've been here and done it since September, 2013, I still never know/can't know if this lack of eating and/or lack of interest in eating portends or not. Moreover, sometimes I wonder if the uncertainty is really the killer? I know it's not the cure.

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

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PHOTO BY BONNIE HOBBS/THE CONNECTION

Wednesday July 27, firefighters responded to the fire around 11 a.m. on the 12100 block of Fairfax Hunt Road.

Police to Release Name of Two-Year-Old Murder Victim

By TIM PETERSON
THE CONNECTION

Despite pleas from the girl's family, Fairfax County Police will soon release the name of the young victim who was found dead along with the body of Roy Eugene Rumsey, 58, at the scene of a house fire in Fairfax on July 27.

"We're trying to be sympathetic to the family," said Maj. Ed O'Carroll, director of the police Public Affairs Bureau.

O'Carroll said police have received "dozens of calls" from the family, friends of the family and the family's legal counsel, asking them to not release the name.

But on advice from the County Attorney, Fairfax County Police Chief Ed Roessler decided to move forward with the release.

"What we've been doing for decades is still accurate," O'Carroll said, "sharing the names of homicide victims."

O'Carroll confirmed Rumsey — the girl's father — murdered her, set the house on fire, then killed himself.

The department has grappled with the name release; it's unusual for there to be such a young victim.

"It's tragic for everyone," O'Carroll said. Virginia state senator and lawyer Scott Surovell (D-36) is representing the family of the dead child.

"The family is devastated by the sudden loss of their beautiful two-year-old baby," Surovell said in a statement. "She was an incredibly happy, vibrant and loving child. She will be forever missed. The family thanks you for respecting their privacy at this time."

Regardless the girl's age, O'Carroll said the case is still a homicide, and "the community has the right to know" the name of the victim.

Surovell declined to comment beyond the statement.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

THURSDAY/AUG. 18

Alzheimer's Association Walk To End Alzheimer's in Northern Virginia. Raffle Fundraiser 6-9:30 p.m. Jimmy's Old Town Tavern, 697 Spring Street, Herndon. <http://www.alz.org/walk>.

TUESDAY/AUG 23

INOVA Blood Drive, 12 - 7 p.m., beside Pavilion at Reston Town Center. Schedule appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration.

ONGOING

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email

Lisa.Callahan@fairfaxcounty.gov . Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Cantonese-speaking Social Visitor is needed in Falls Church to visit with an older adult female once or twice a month. 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or www.fairfaxcounty.gov/dfs/olderadultservices.

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ZONE I: • RESTON
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ZONE I Ad DEADLINE:
MONDAY NOON

21 Announcements

21 Announcements

28 Yard Sales

21 Announcements

Obituary



Roy Francis Perkins, Jr., age 88, of Herndon VA, died August 10, 2016, surrounded by his loving family. He was born in Providence, Rhode Island on May 15, 1928. He graduated from Brown Preparatory School (1945), Tabor Academy (1946), Yale University (BS, 1950) and obtained his law degree from Harvard University (1953). He served as an Army JAG Legal Corp. attorney in peacetime Germany after WWII, where he met his beloved wife, Erika Markowski. Following his military service, he was admitted into the DC Bar (1960) and practiced communications law.

He is predeceased by his adopted son, Theodore A.R. Perkins. He is survived by his wife of 55 years, Erika Perkins, who he loved very much, his twin daughters - Diane Perkins and her husband, Victor Mederos of Amissville, VA and their three children - Mark, Michael and Michelle; and Desiree Perkins and her husband, William Lee Duvall of Ruther Glen, VA and her two children - Alexis and Jonathan Sedgwick.

He loved sailing, working on his cars and spending time with his family.

He will be buried with his parents at Swan Point in Providence, Rhode Island.

28 Yard Sales

INDOOR FLEA MARKET SALE

SAT. AUG. 20 from 9 a.m. - 2 p.m. at 3951 Pender Drive Fairfax. (Route 50 to Waples Mill to Pender - Follow Yellow Signs). Benefits www.nvrc.org - The No. Va. Resource Center for Deaf and Hard of Hearing Persons Bargain Prices. Come Rain or Shine. info@nvrc.org

ABC LICENSE
Absolutely Fabulous, LLC trading as Maude, 775 Station Street, Herndon, VA 20170 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Day Spa On Premises license to sell or manufacture alcoholic beverages, Catina Jay, Celeste Williams, Vanessa Rose, owners
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 or 800-552-3200.

28 Yard Sales

Oak Hill area Yard Sale

Sat. Aug. 20, 8am-noon. Multi-family sale -furniture, housewares, clothes, books and gifts. Bankfoot Ct. and Grey Friars Pl. off of Ashburton Ave.

The biggest things are always the easiest to do because there is no competition.
-William Van Horne

26 Antiques

26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS.
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theschefers@cox.net

21 Announcements

21 Announcements

ESTATE SALE - LOG HOMES
PAY THE BALANCE OWED ONLY!!!
AMERICAN LOG HOMES IS ASSISTING FINAL RELEASE OF ESTATE & ACCOUNT SETTLEMENT ON HOUSES.
3 Log Home kits selling for BALANCE OWED, FREE DELIVERY
1) Model # 101 Carolina \$40,840...BALANCE OWED \$17,000
2) Model # 303 Little Rock \$38,525...BALANCE OWED \$15,000
3) Model # 403 Augusta \$42,450...BALANCE OWED \$16,500
BEFORE CALLING: VIEW at www.loghomedream.com Click on House Plans
NEW - HOMES HAVE NOT BEEN MANUFACTURED
• Make any plan design changes you desire!
• Comes with Complete Building Blueprints & Construction Manual
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21 Announcements

21 Announcements

21 Announcements

Join Our Team!

Chesterfield County Public Schools

Food and Nutrition Services Employment Opportunities
We are currently accepting applications for:

Field Supervisor - Marketing

Provides strategic leadership for the marketing area of the Food and Nutrition Services Department and professional technical supervision in all areas of food services. Plans, develops, and executes the Food and Nutrition marketing plan to promote school meals and nutrition initiatives programs. Apply via the CCPS website at <http://mychesterfieldschools.com>. Complete job description and application procedures are available on the website.

EDE/M/F/D

HOME SALES

In June 2016, 122 Reston homes sold between \$1,265,000-\$170,000. This week's list represents those homes sold in the \$1,265,000-\$236,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR .	FB .	HB ...	Postal City	Sold Price ...	Type	Lot AC .	PostalCode	Subdivision
11308 STONES THROW DR	5	...	4 ... 1	RESTON	\$1,265,000	Detached	0.58	20194 ..	ESTATES AT WYNDHAM HILLS
2007 CUTWATER CT	4	...	2 ... 1	RESTON	\$1,175,000	Detached	0.27	20191	RESTON
11572 LAKE NEWPORT RD	4	...	4 ... 1	RESTON	\$1,150,000	Detached	0.36	20194	RESTON
1932 UPPER LAKE DR	5	...	3 ... 1	RESTON	\$1,125,000	Detached	0.29	20191	RESTON
11191 LONGWOOD GROVE DR	5	...	4 ... 1	RESTON	\$980,000	Detached	0.44	20194	RESTON
12120 KINSLEY PL	3	...	3 ... 2	RESTON	\$975,000	Townhouse ...	0.05	20190	RESTON WEST MARKET
10920 SUNSET HILLS RD	4	...	4 ... 1	RESTON	\$968,898	Detached	2.00	20190	SUNSET HILLS RD.
12198 CHANCERY STATION CIR	3	...	3 ... 2	RESTON	\$946,000	Townhouse ...	0.05	20190	RESTON
11605 DEER FOREST RD	5	...	3 ... 1	RESTON	\$925,000	Detached	0.51	20194	RESTON
11311 FIELDSTONE LN	6	...	4 ... 0	RESTON	\$915,000	Detached	1.05	20191	RESTON
12082 KINSLEY PL	3	...	3 ... 1	RESTON	\$865,000	Townhouse ...	0.04	20190	RESTON
1577 NORTH VILLAGE RD	3	...	2 ... 1	RESTON	\$825,000	Detached	0.42	20194	RESTON
11900 FAWN RIDGE LN	4	...	3 ... 1	RESTON	\$820,000	Detached	0.46	20194	RESTON
11990 MARKET ST #1203	2	...	2 ... 0	RESTON	\$810,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN
10861 HUNTER GATE WAY	5	...	3 ... 1	RESTON	\$790,000	Detached	0.21	20194	CRIPPENS CORNER
1607 AUTUMNWOOD DR	4	...	2 ... 1	RESTON	\$769,000	Detached	0.26	20194	RESTON
11924 RIDERS LN	4	...	3 ... 0	RESTON	\$750,000	Detached	0.41	20191	FOX MILL WOODS
10811 CRIPPEN VALE CT	4	...	3 ... 1	RESTON	\$750,000	Detached	0.22	20194	CRIPPENS CORNER
11104 WEDGE DR	4	...	3 ... 1	RESTON	\$742,000	Detached	0.53	20190	RESTON
11776 STRATFORD HSE PL #102	2	...	2 ... 0	RESTON	\$735,000	Hi-Rise 9+ Floors		20190	STRATFORD
11204 LAGOON LN	3	...	3 ... 1	RESTON	\$715,000	Townhouse ...	0.05	20191	RESTON
2526 TROPHY LN	5	...	3 ... 0	RESTON	\$700,000	Detached	0.46	20191	RESTON
12505 FOX VIEW WAY	4	...	3 ... 1	RESTON	\$699,900	Detached	0.14	20191	THE COURTS OF FOX MILL
2613 FOX MILL RD	4	...	3 ... 1	RESTON	\$673,000	Detached	1.22	20191	RESTON
11447 WASHINGTON PLZ W	3	...	2 ... 1	RESTON	\$670,000	Townhouse ...	0.03	20190	RESTON
1416 ALDENHAM LN	3	...	2 ... 1	RESTON	\$655,000	Detached	0.30	20190	RESTON
2066 LAKE AUDUBON CT	4	...	3 ... 1	RESTON	\$640,000	Townhouse ...	0.04	20191	RESTON
12707 THUNDER CHASE DR	4	...	2 ... 1	RESTON	\$637,500	Detached	0.24	20191	POLO FIELDS
2503 FREETOWN DR	5	...	3 ... 1	RESTON	\$635,500	Detached	0.48	20191	RESTON
11696 STOCKBRIDGE LN	4	...	3 ... 1	RESTON	\$627,500	Detached	0.23	20194	RESTON
10722 MIDSUMMER DR	4	...	3 ... 0	RESTON	\$625,000	Detached	0.33	20191	RESTON
2022 LAKEBREEZE WAY	4	...	3 ... 1	RESTON	\$620,000	Townhouse ...	0.05	20191	RESTON
1910 WINTERGREEN CT	3	...	3 ... 1	RESTON	\$620,000	Detached	0.32	20191	RESTON
11990 MARKET ST #604	2	...	2 ... 0	RESTON	\$615,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN
11135 WATERMANS DR	4	...	3 ... 1	RESTON	\$615,000	Townhouse ...	0.07	20191	RESTON
1628 YORK MILLS LN	4	...	2 ... 1	RESTON	\$612,000	Detached	0.22	20194	RESTON
1631 BENNINGTON HOLLOW LN	4	...	3 ... 1	RESTON	\$610,000	Detached	0.19	20194	RESTON
1576 BRASS LANTERN WAY	3	...	3 ... 0	RESTON	\$591,000	Townhouse ...	0.10	20194	RESTON
11776 STRATFORD HSE PL #905	2	...	2 ... 0	RESTON	\$585,000	Hi-Rise 9+ Floors		20190	STRATFORD
2515 PENNY ROYAL LN	4	...	2 ... 1	RESTON	\$569,000	Detached	0.66	20191	RESTON
2074 COBBLESTONE LN	4	...	3 ... 1	RESTON	\$560,000	Detached	0.11	20191	RESTON
11026 HOWLAND DR	3	...	3 ... 0	RESTON	\$548,000	Detached	0.50	20191	RESTON
2041 CHADDS FORD DR	3	...	3 ... 1	RESTON	\$545,000	Townhouse ...	0.05	20191	RESTON
12000 MARKET ST #159	3	...	2 ... 0	RESTON	\$533,000	Garden 1-4 Floors		20190	SAVOY AT RESTON TWN CNTR
1269 WEATHERSTONE CT	3	...	3 ... 1	RESTON	\$530,000	Townhouse ...	0.04	20194	RESTON
1330 SUNDIAL DR	3	...	2 ... 1	RESTON	\$520,000	Townhouse ...	0.04	20194	BALDWIN GROVE CLUSTER
11312 LINKS CT	3	...	2 ... 1	RESTON	\$515,000	Detached	0.10	20190	RESTON
2412 ROSEDOWN DR	3	...	2 ... 1	RESTON	\$509,000	Detached	0.46	20191	STRATTON WOODS
1206 WEATHERSTONE CT	3	...	2 ... 2	RESTON	\$505,000	Townhouse ...	0.05	20194	RESTON
1674 WAINWRIGHT DR	3	...	2 ... 2	RESTON	\$500,000	Townhouse ...	0.04	20190	RESTON
11113 WATERMANS DR	4	...	3 ... 1	RESTON	\$500,000	Townhouse ...	0.04	20191	RESTON
12406 KINGS LAKE DR	4	...	2 ... 1	RESTON	\$495,000	Detached	0.48	20191	STRATTON WOODS
11522 SUNDER CT	3	...	2 ... 1	RESTON	\$485,000	Townhouse ...	0.04	20190	RESTON
11436 ORCHARD LN	4	...	2 ... 0	RESTON	\$482,000	Townhouse ...	0.03	20190	RESTON
1601 PARK OVERLOOK DR	3	...	2 ... 1	RESTON	\$466,000	Townhouse ...	0.07	20190	RESTON
11526 PINE CONE CT	3	...	2 ... 2	RESTON	\$465,000	Townhouse ...	0.05	20191	WOODWINDS TWO
11152 GLADE DR	3	...	2 ... 1	RESTON	\$464,500	Townhouse ...	0.04	20191	RESTON
2218 GLENCOURSE LN	3	...	3 ... 1	RESTON	\$459,900	Townhouse ...	0.04	20191	RESTON
2043 WINGED FOOT CT	3	...	3 ... 2	RESTON	\$458,000	Townhouse ...	0.06	20191	RESTON
2190 GOLF COURSE DR	3	...	3 ... 1	RESTON	\$445,000	Townhouse ...	0.03	20191	RESTON
11800 SUNSET HILLS RD #517	2	...	2 ... 0	RESTON	\$440,000	Hi-Rise 9+ Floors		20190	CARLTON HOUSE
2110 GOLF COURSE DR	3	...	3 ... 1	RESTON	\$440,000	Townhouse ...	0.03	20191	RESTON
11923 SENTINEL POINT CT	3	...	2 ... 2	RESTON	\$438,000	Townhouse ...	0.04	20191	RESTON
1460 GREENMONT CT	3	...	2 ... 1	RESTON	\$437,500	Townhouse ...	0.06	20190	RESTON
1416 GREENMONT CT	3	...	3 ... 1	RESTON	\$434,000	Townhouse ...	0.06	20190	RESTON
1618 PARK OVERLOOK DR	3	...	3 ... 1	RESTON	\$430,000	Townhouse ...	0.03	20190	RESTON
1559 BENNINGTON WOODS CT	3	...	2 ... 2	RESTON	\$430,000	Townhouse ...	0.05	20194	RESTON
11156 SAFFOLD WAY	3	...	3 ... 1	RESTON	\$425,000	Townhouse ...	0.04	20190	RESTON
1540 POPLAR GROVE DR	3	...	2 ... 1	RESTON	\$425,000	Townhouse ...	0.04	20194	RESTON
2329 MIDDLE CREEK LN	3	...	2 ... 2	RESTON	\$421,000	Townhouse ...	0.04	20191	RESTON
12001 MARKET ST #344	2	...	2 ... 0	RESTON	\$420,000	Garden 1-4 Floors		20190	MARKET ST TOWN CENTR
1500 AUTUMN RIDGE CIR	3	...	3 ... 1	RESTON	\$416,500	Townhouse ...	0.04	20194	RESTON
1659 VALENCIA WAY	4	...	3 ... 1	RESTON	\$415,000	Townhouse ...	0.03	20190	RESTON
11479 WATERVIEW CLUSTER CL	2	...	2 ... 0	RESTON	\$415,000	Townhouse ...	0.03	20190	RESTON
1529 CHURCH HILL PL	3	...	3 ... 0	RESTON	\$410,000	Townhouse ...		20194	HAMPTON POINTE
2346 MILLENNIUM LN	3	...	2 ... 2	RESTON	\$405,000	Townhouse ...	0.04	20191	GENERATION
2404 WANDA WAY	3	...	2 ... 1	RESTON	\$403,000	Townhouse ...	0.03	20191	DEEPWOOD
11906 SAINT JOHNSBURY CT	3	...	2 ... 1	RESTON	\$400,000	Townhouse ...	0.03	20191	DEEPWOOD
2406 ALBOT RD	3	...	2 ... 1	RESTON	\$399,900	Townhouse ...	0.03	20191	DEEPWOOD
12000 MARKET ST #327	2	...	2 ... 0	RESTON	\$390,000	Garden 1-4 Floors		20190	SAVOY AT RESTON TWN CNTR
1616 CHIMNEY HOUSE RD	2	...	1 ... 0	RESTON	\$387,500	Townhouse ...		20190	LAKE ANNE OF RESTON
1544 POPLAR GROVE DR	3	...	1 ... 1	RESTON	\$379,000	Townhouse ...	0.03	20194	RESTON
1304E GARDEN WALL CIR #111	2	...	2 ... 1	RESTON	\$362,000	Garden 1-4 Floors		20194	BALDWIN GROVE
2216 COPPERSMITH SQ	3	...	2 ... 1	RESTON	\$359,900	Townhouse ...	0.04	20191	RESTON
1949 SAGEWOOD LN	2	...	2 ... 0	RESTON	\$356,000	Townhouse ...	0.02	20191	RESTON
2255 COPPERSMITH SQ	3	...	2 ... 1	RESTON	\$355,000	Townhouse ...	0.03	20191	RESTON
1611 FIELDTHORN DR	2	...	1 ... 1	RESTON	\$349,900	Townhouse ...	0.03	20194	THORNHILL
1669 SIERRA WOODS CT	3	...	1 ... 1	RESTON	\$335,000	Townhouse ...	0.03	20194	RESTON
1365 GARDEN WALL CIR #703	2	...	2 ... 0	RESTON	\$326,900	Garden 1-4 Floors		20194	BALDWIN GROVE
2310 HUNTERS SQUARE CT	2	...	2 ... 1	RESTON	\$325,000	Townhouse ...	0.02	20191	HUNTERS SQUARE
12127 PURPLE SAGE CT	3	...	1 ... 1	RESTON	\$324,900	Townhouse ...	0.03	20194	RESTON
12156 PURPLE SAGE CT	2	...	2 ... 1	RESTON	\$318,000	Townhouse ...	0.03	20194	RESTON
1851 STRATFORD PARK PL #215	2	...	2 ... 0	RESTON	\$315,000	Garden 1-4 Floors		20190	STRATFORD
1724 LAKE SHORE CREST DR #3	2	...	1 ... 1	RESTON	\$309,900	Garden 1-4 Floors		20190	EDGEWATER AT TOWN CNTR
2112 WHISPERWOOD GLEN LN	2	...	1 ... 1	RESTON	\$307,500	Townhouse ...	0.03	20191	RESTON
11609 WINDBLUFF CT #9A1	3	...	2 ... 1	RESTON	\$305,000	Townhouse		20191	RESTON
11611 WINDBLUFF CT #9A2	3	...	2 ... 1	RESTON	\$305,000	Townhouse		20191	RESTON
11400M WINDLEAF CT #183	2	...	2 ... 0	RESTON	\$297,000	Garden 1-4 Floors		20194	SUTTON RIDGE
1546 NORTHGATE SQ #1C	3	...	2 ... 0	RESTON	\$280,000	Garden 1-4 Floors		20190	NORTHGATE
2212 HUNTERS RUN DR #2212	2	...	2 ... 0	RESTON	\$265,000	Garden 1-4 Floors		20191	HUNTERS CROSSING
2477 FOX TROT TER	2	...	1 ... 1	RESTON	\$261,000	Townhouse ...	0.02	20191	THE COURTS OF FOX MILL
1984B VILLARIDGE DR #1984B	2	...	1 ... 0	RESTON	\$257,500	Garden 1-4 Floors		20191	VILLARIDGE
1552 MOORINGS DR #1B	2	...	2 ... 0	RESTON	\$250,000	Garden 1-4 Floors		20190	LAKEVIEW
11760 SUNRISE VALLEY DR #612	1	...	1 ... 0	RESTON	\$240,000	Hi-Rise 9+ Floors		20191	MERCER
1331 GARDEN WALL CT #512	2	...	1 ... 0	RESTON	\$240,000	Garden 1-4 Floors		20194	BALDWIN GROVE
11760 SUNRISE VALLEY DR #509	1	...	1 ... 0	RESTON	\$236,000	Hi-Rise 9+ Floors		20191	MERCER

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HOME SALES	Percent Change	2016	2015
Detached	-6.93%	1,928	1,101
Attached	-6.32%	608	646
Gondos & Co-ops	0.17%	573	572
Total	-4.87%	2,209	2,322
Average Days On Market	2.50%	41	40
New Pending Sales	3.57%	2,030	1,990
All Pending Sales	14.23%	2,889	2,529
ACTIVE LISTINGS			
Detached	-13.19%	2,691	3,100
Attached	-18.42%	917	1,124
Gondos & Co-ops	-15.74%	1,381	1,609
Total	-14.91%	4,989	5,833
Months Supply	-10.55%	2.26	2.52
SALES PRICE			
Average	-0.17%	1565,567	1,566,558
Median	2.02%	1,519,000	1,469,900
YEAR TO DATE			
YTD Homes Sold	1.95%	12,678	12,436
YTD Sales Volume	1.85%	17,193,563,479	16,967,774,719
YTD Average Sales Price	0.00%	1,560,306	1,560,291

NORTHERN VIRGINIA ASSOCIATION OF REALTORS®

Northern Virginia area home sales report for July 2016.

Summer Slowdown, Increase in Pipeline

July home sales dip, more transactions in the pipeline.

Home sale closings took a nearly 5 percent dip in July with 2,209 closings compared to 2,322 closings one year ago in the Northern Virginia Association of Realtors® footprint. This consists of Fairfax and Arlington counties, Falls Church and Alexandria. The silver lining for last month is found in the 2,889 pending transactions, a more than 14 percent increase when compared to the 2,529 pendings one year ago. “This could be an indicator of some strong months of sales activity ahead, yet with political campaigns heating up, this is not guaranteed,” said NVAR Chairman Virgil Frizzell. “In spite of fewer listings and sales, the transaction traffic did pick up, especially in the middle-priced homes, ranging from \$400,000 to \$800,000. Summer typically trails our spring market, as this data shows.”

According to Gary Lange of Weichert, Realtors® in Vienna, “There are plenty of buyers out there, but the challenge we have is that some inventory has been on for a while.” Buyers are discerning, he explained, and are reluctant to select homes that need work or are not priced realistically. “Homes that show well and are priced right are getting snatched up sometimes in competitive bidding situations,” he said.

The first half of July was slower and the last two weeks of July were frenzied, explained Lange. “Sellers aren’t giving away their homes, but buyers aren’t letting the lack of inventory pressure them into paying more than they have to or buy a home that doesn’t meet their needs,” he said

NVAR CEO Ryan Conrad pointed out that not only presidential campaign seasons slow down the housing market in Northern Virginia, but the affordable housing shortage does, too. “We know some renters might be sidelined by their debt-to-income ratios, but the reality of 3.5 percent interest rates should provide a great incentive,” he said. Even low or no down payment mortgage options are increasing in today’s market.”

According to Moon Choi of RE/MAX Executives in Fairfax, rental prices are continuing to rise based on renter demand. He confirmed that houses in the middle price ranges move quickly. “I had first-time-buyer clients whose price range was \$400,000~\$430,000, and they finally got a home after losing out on several homes in the last three months,” he said.

“A couple of my other buyers in a similar price range are still searching. They prefer to buy now rather than wait and see.”