



2016
Virginia
PRESS
Association
Award-Winning
Newspaper

Reston CONNECTION

CONNECTION FAMILIES

PAGE 6

From left: Monique Chimento, Austin Chimento (front), who attends Hunters Woods Elementary School, Wyatt Chimento, who attends Lake Anne Preschool, participating in Reston Regional Library Summer Reading Program.

Children 'Read for the Win!'

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Restonian Takes 72-Hour Tennis Marathon Challenge

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PHOTO BY ALYSSA MILLER/THE CONNECTION

JUNE 29 - JULY 5, 2016

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



PHOTOS CONTRIBUTED

From left — Nina Doherty, “Louie” the 6-year-old Macaw Parrot, Vanessa Stoffel, Alice C. Tyler, Chris Ruble and Sandra Crippen of Great Falls.

Volunteers from Long and Foster McLean who sponsor Childhelp’s annual visit to Roer’s Zoofari.

Childhelp Visits Roer’s Zoofari

On Wednesday, June 15, the children from Childhelp’s Alice C. Tyler Residential Village toured Roer’s Zoofari petting zoo (formerly, The Reston Zoo), and experienced the wonder of interacting with and hand-feeding furry friends.

The late Jack Crippen founded The Reston Zoo in 1975 on the site his family farmed for more than 150 years. Crippen’s passion for children and animals has been carried forward by Sandra Crippen of Great Falls, who has made the zoo visit an annual tradition for the

children of Childhelp.

Crippen is a long-time Childhelp Board and Chapter Volunteer who sold the Zoo five years ago, though still keeps a watchful eye and caring-heart-in-action with the zoo’s newest owners since March 2016, Vanessa Stoffel (co-owner and CEO) and Jacob Roer (co-owner, director of maintenance).

“Jack just loved children and animals, and he and I both care so very deeply for the at-risk children of Childhelp. Connecting with animals keeps love and hope alive in the little hearts of children, which is why I continue this tradition.”

Long and Foster McLean sponsored the annual outing and sent several Volunteers to help guide the children through the zoo and hayride. Volunteers from DPR Construction, Level 3 Communications and Childhelp Washington Area Chapter Members and Staff were also in attendance to provide a picnic buffet, including Caribbean-inspired strawberry lemonade.

The adventurous visit concluded with each child receiving a goody bag donated by Childhelp Volunteer, Alma Benza from Vрге Strategies, and was highlighted when



Goats enjoying hand-fed treats.

each child selected a cold ice cream as they left Zoofari, ensuring school is indeed out for summer!

Childhelp’s programs and services include residential treat-

ment services, children’s advocacy centers, therapeutic foster care, group homes and child abuse prevention, education and training. For more information, visit www.childhelp.org.



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The "Read for the Win" bulletin board, made by one of the staff members at Reston Regional Library.



From left: Julia Cochran, Jennifer Cochran, Jack Cochran. Both children attend Armstrong Elementary School.

Program Encourages Children to 'Read for the Win!'

Reston Regional Library's annual summer reading program keeps minds fresh during the summer months.

BY ALYSSA MILLER
THE CONNECTION

Summer is in full swing, and with it comes Fairfax County's annual Summer Reading Program. At Reston Regional Library, this year's "Read for the Win!" program provides young local residents with incentives to spend the summer immersed in literature.

"They can read any books," said Dorota Jakubowska, the youth services manager at Reston Regional Library. "The younger kids, preschool, even babies can ... participate in our program because parents can read books to them."

Children are encouraged to read a different number of books based on their age group: preschoolers through third-graders should read 15 books for the summer, fourth through sixth grades should read 10, and those in the seventh through 12th grades, six books. When a child completes their reading log with the required number, they receive a coupon booklet to local stores and activities.

However, according to Jakubowska, most children aren't in it for the prize.

"When children participate in a summer reading program, it's not just because they receive a prize, but because they enjoy [reading] together with parents and younger siblings, and older siblings can read books to younger ones," Jakubowska said.

According to Jakubowska, the library also offers free events to children and adults of all ages, from story time to ESL classes and



Monique Chimento with her son, Austin, who attends Hunters Woods Elementary School.

Children can pick up a summer reading log at a table in the library.

PHOTOS BY
ALYSSA MILLER
THE CONNECTION



everything in between.

"There's so much going on," Jakubowska said.

Monique Chimento, a library patron, said the Summer Reading Program provides her children with encouragement to read, some-

thing they love to do already.

"It keeps his mind fresh and ready for the school year," said Chimento, referring to her son Austin, who attends Hunters Woods Elementary School. Austin's school offers students who complete the Summer Read-

ing Program an opportunity to have lunch with the principal as further reward.

Austin's favorite books are the "Bad Kitty" series, "because they're really funny." His brother Wyatt, who attends Lake Anne Preschool, prefers "The Tortoise and the Hare" because he loves the animals. According to Monique, both boys love to spend time reading with her.

"We always pick up a book and read together," every night, said Monique. She believes it will help expand her children's vocabularies to start reading at a young age.

"It sets them up for success later in life," Monique said.

Librarian Mona Chandan has noticed many other residents who enjoy the program as well.

Chandan stressed that children appreciated the freedom to choose their own reading material.

"They can read what they want, so they enjoy it," Chandan said.

Library patron Jennifer Cochran's children, Julia and Jack, have been participating in the program every year since preschool. They have also attended free events, including ones where the children were read stories, and some where they met authors.

According to Julia, her favorite part of the Summer Reading Program is receiving her coupon book. She loves the "Whatever After" books, a series where, as she puts it, "they went into fairy tales and they mixed it all up."

Jack loves the illustrations in the "House of Robots" series by James Patterson. Both plan to continue with the program again next year, according to Jennifer.

While the primary goal of the program is to encourage reading in the community, Jakubowska also hopes the programs and events will bring the community together into the library.

"Everybody's welcome in the public libraries, from babies to adults," Jakubowska said.

Getting Home Safely on Independence Day

Independence Day is a national celebration, and for many, that celebration includes alcohol. The summer overall and July 4 in particular are times of greater risk for drinking and driving.

This is true for the young adults over 21 living with you, and unfortunately also for many teens who are under 21. More on that below.

For all revelers: Make a plan. Plan to celebrate with access to public transportation. Plan to have a designated driver. Plan to celebrate in a place safe and comfortable to spend the night.

EDITORIAL

But in case those plans go awry, here is an alternative safety net.

On the night of Monday, July 4, the Washington Regional Alcohol Program will offer free taxi rides home (up to \$30), beginning at 10 p.m. for six hours until 4 a.m. the morning of Tuesday, July 5. Participants must be at least 21. Call 1-800-200-TAXI.

On July 4, 2015, more than 230 people used WRAP's SoberRide service rather than possibly driving home impaired.

In summer, 44 percent of all U.S. traffic deaths are caused by alcohol-impaired drivers, according to statistics provided by WRAP. SoberRide is a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

On July 4, historically, more than 40 percent of traffic deaths in the U.S. are caused by drunk drivers; more than 20 percent of the drunk drivers involved in those deaths had blood alcohol concentrations of nearly twice the legal limit, said Kurt Erickson of WRAP.

SoberRide is only available for those over 21. For parents of young adults who may be living at home and parents of those under 21, this is time to talk. Ask about plans, ask spe-

cifically about getting home. Let your younger family members know that you would much rather pay for a cab or come get them yourself than run the risk of losing them.

This is a message important for the tail end of graduation season and good for the whole summer, which is the time of the highest risk for teen drivers.

For more information, visit www.soberride.com.

Connection Families, Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

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

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog?

Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

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

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Police Push Back on Commission Recommendations

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

The Fairfax County Commission on Police Practices submitted its unanimous report to the Fairfax County Board of Supervisors (BOS) over eight months ago. The BOS praised the Commission and its work consisting of 142 recommendations for reform of the County Police.

Commission Chairman Michael Hershman told the Board that, if implemented, the recommendations would be transformational, making the FCPD one of the top forces in the nation. Despite the auspicious start, implementation of the report is moving at a glacial pace. To date, only about 10 percent of recommendations have been approved to implement.

When the Board designated Deputy County Exec for Public Safety (and former Police Chief) David Rohrer and current Police Chief Edwin Roessler to guide the process of approval and implementation, I was concerned.

I could see the logic of handing it to those overseeing the Police. At the same time, it was these two men who shaped the composition and the culture of the force so lack-

ing in transparency and accountability that it finally led to public outrage and indeed creation of the Commission as a result of events following John Geer's murder.

While Chief Roessler talks of re-engineering his department

and making "the sanctity of life" and transparency centerpieces of his new management philosophy, to date the glowing talk has far outpaced implementation.

He has delayed key actions, such as requiring officers to carry less lethal tasers on patrol; developing plans for body cameras, proven effective tools in monitoring police behavior; agreeing to reveal names of officers who shoot civilians a lack of accountability that led to the Commission's creation; and taking a position on establishing an independent auditor and civilian review panel for sorely needed oversight.

In addition, FCPD has no less than five union-like police associations. In the months since the Commission's Report was completed, the presidents of two of



INDEPENDENT PROGRESSIVE

them—the Fraternal Order of Police and the Fairfax Coalition of Police—often attacked the Commission's work, although both were members of it.

FCP President Sean Corcoran, for example, decried the de-escalation of tensions ap-

proach to deal with crises, arguing that "overwhelming force" is the way to go. And, in the weeks leading up to the latest BOS meeting, police officers were sent to lobby each supervisor against key recommendations for greater accountability, transparency and more.

They argued most forcefully against revealing the names of police who shoot civilians (e.g., John Geer) and independent oversight and civilian review of allegations of police abuses such as excessive use of force.

At its June 21 meeting, the Board seemed weary of the subject of police reforms. I wondered if eight months of delays, the byzantine recommendations spreadsheets from Mr. Rohrer and Chief Roessler, and the constant

pounding and lobbying by the police associations were taking their toll on the Supervisors.

The BOS appeared to finally approve "implementation plan[s]" for the recommendations of the Commission's Use of Force" and "Communications Subcommittees" following long, confused and sometimes heated deliberations.

Some supervisors seemed uncertain what it was they were approving.

Republican Supervisor Pat Herrity was in campaign mode, wondering aloud why the BOS was spending any time at all on reform! Another supervisor expressed frustration at colleagues who seemed unfamiliar with the subject matter. Still, Chairman Bulova seemed determined to keep the process on track.

On July 19 at 1 p.m., there will be a critical meeting of the supervisors at the County Government Center out past the Fair Oaks Mall. They will grapple for the first time with the recommendations on Independent Oversight and Investigation, the creation of an Independent auditor and a modest Civilian Review Panel. This is the bullseye for the marksmen of anti-reform police unions. Come and watch.



COMMENTARY

The Right to Bear Arms

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



The Second Amendment to the United States Constitution is one sentence long: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

Commonly referred to as the "right to bear arms" amendment, it could as easily be called "the state militia" amendment.

Clearly the Founding Fathers had something in mind about the state militia, or the National Guard as we now call it, when the amendment was proposed and passed. Otherwise they could have simply provided that "the right of the people to bear arms shall not be infringed" as some argue today.

For most of our history the connection between the right to bear arms and the militia was acknowledged and respected. In recent years there has been a rigorous and well-funded political campaign to put the emphasis on individual gun ownership.

For anyone interested in the transition in our history, I recommend that you read "The Second Amendment: A Biography by Michael Waldman (New York: Simon & Shuster, 2014).

Waldman traces the amendment from its inclusion in the Constitution where there is no evidence to support any conclusion but that it was intended to authorize state militia until 2008 when a single case before the Supreme Court turned that history upside down.

In an opinion written by Justice Antonin Scalia, the Supreme Court declared that the Constitution confers a right for an individual to own a gun irrespective of the reference to a militia. Ironically, it

was Justice Scalia who was known for his "originalism" in interpreting the Constitution in the terms of what was meant when it was written who upset 218 years of history to create an interpretation that has led to the defeat of many gun safety measures. As recently as 1991 the then Chief Justice of the Supreme Court Warren Burger had called the idea of individual gun rights in the Constitution a preposterous "fraud."

Paralleling the change in judicial interpretation was the rise of the National Rifle Association (NRA) as a lobbying and advocacy organization representing gun and ammunition manufacturers well beyond recreational hunters.

The NRA fueled the judicial actions as well as the political actions to defeat anyone who sought to slow down the sale of arms and ammunition. Their political clout was evident in the refusal of the Congress to pass modest gun safety measures after the horrific shooting in Orlando of 100 persons with half of them dying.

At the same time there has been a shocking trend of gun violence with mass shootings and shootings involving children happening with frightening regularity.

I continue to believe that government has a public safety responsibility to keep guns out of the hands of violent individuals. That's why I have introduced bills to expand background checks for gun purchasers. I also support banning the sale of assault rifles to individuals. I participate actively in the Reston-Herndon Alliance to End Gun Violence (<https://www.facebook.com/Alliance-to-End-Gun-Violence-Reston-Herndon-416573205101752/>) and the vigils at NRA headquarters on the 14th of every month. When the public insists that their elected officials support gun safety measures, we can return to the original intent of the Second Amendment.

Local Nonprofit Receives \$15,000 Grant from Dominion

Assistance League of Northern Virginia recognizes Dominion for selecting the 501(c)(3) nonprofit organization to receive a grant of \$15,000 in support of its Weekend Food for Kids program.

This grant will enable the all-volunteer nonprofit to increase food distribution to 1500 children in need at five Title I schools served in Fairfax and Prince William counties and the City of Alexandria.

Over the past five years, the

Dominion Foundation, the philanthropic arm of Dominion Resources, has donated more than \$90,000 in grants to Assistance League's philanthropic program. "We are grateful for Dominion's financial and hands-on support which enables us to bring essential food to those who need it most," said Linda Shilts, president of the Northern Virginia chapter.

In 2015, Assistance League presented Dominion Resources with the National Operation School Bell

Award in recognition of Dominion's outstanding philanthropic and volunteer support of the Weekend Food for Kids program. To learn more about this and other Operation School Bell programs, contact VP Philanthropic Programs Jeanne Sclater: Jeanne.sclater@verizon.net or VP Resource Development Karen Craft: crafts4@verizon.net. For more information, visit www.northernvirginia.assistanceleague.org.

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CONNECTION FAMILIES

Planning Memorable, Meaningful Family Vacations

Tips for turning summer trips into a lifetime of memories.

By MARILYN CAMPBELL
THE CONNECTION

As summer gets underway, vacation-bound families are packing their bags and heading out of town. Vacations often fly by — months of planning and anticipating can be over in the blink of an eye. With a little advanced planning and forethought, however, even a quick weekend trip or a visit to relatives can become meaningful and memorable.

To begin with, give all family members an opportunity to be part of the travel planning. “Let kids have some input into what the plan is,” said Linda Gulyn, professor of Psychology at Marymount University in Arlington. “For instance, if you want to take them to the beach, let them choose something that they want to do at the beach, something that’s important to them. That creates a balance between each kid’s interests and the family’s interest.”

Allowing children to have a say in the plan sets the stage for a memorable vacation. “You can show them pictures in a guide book of age-appropriate activities that you would be willing to do as well,” said Karen Prince, LCSW, a Bethesda, Maryland-based psychotherapist. “It’s important to give kids a voice because it’s their vacation, too.”

Indulging in some screen time on a family vacation is fine, said Gulyn, as long as there is a balance between screen time and family time, and screen limits are set before the vacation begins.

“Try to be positive about it instead of punitive,” she said. “Negotiate screen time and make it reasonable. Always get the kids’ input to reduce family stress. You don’t want the family vacation to be dominated by these issues if you can negotiate them ahead of time.”

Don’t rule out allowing a child’s friends to join the family vacation. “I think what happens as kids get into adolescence they want to form an identity outside the immediate family,” said Gulyn. “Including a



Allowing children to choose age-appropriate activities from a travel guidebook is one way to include them in the vacation planning process.

friend is a nice balance because the family unit gets respected and the family gets to know and spend time with the friend.”

From family group shots to picturesque scenery of mountain tops and oceans, documenting a trip with photographs will help preserve your favorite memories. This is made easier with the ubiquity of smart phones and tablets, and the entire family can participate.

“Encourage kids to take pictures of the event on their phone as opposed to just messing around with it,” said Gulyn. “Social media is very picture oriented. If kids have the job of taking the family pictures, that’s cool.”

“You can give [children] an inexpensive camera that you get for \$10 at CVS,” said Prince. “That way they can capture memories as they go.”

Discuss expectations and hopes for the vacation so each family member can clarify his or her own interests and hear other family members’ ideas, and the family can set realistic plans that keep

everyone’s needs in mind. “I’d recommend a wish list and perhaps agree everyone gets to have at least one wish fulfilled,” said Amy L. Best, Ph.D., professor and chair of the Department of Sociology and Anthropology at George Mason University.

Make a plan for mediating conflicts that are likely to arise in even the most easy-going families. “It’s

important to give kids a voice because it’s their vacation too.”

— Karen Prince, psychotherapist.

easy to get bogged down in small conflicts that can cast a dark shadow,” said Best. “Doing some anticipatory work is a good idea.”

At the end of each day, take stock of how the vacation is going and make adjustments along the way as necessary, said Prince. “That way you don’t have the whole vacation go by and find out that the kids didn’t enjoy it,” she said. “There is often the expectation that a vacation is going to be nirvana the entire time and it doesn’t happen that

way. Things come up unexpectedly and you adjust.”

“Family vacations are an opportunity to teach kids how to be part of a team and how to cooperate,” said Prince.

“Be prepared for activities that you enjoy but they don’t,” said child psychologist Stacie Isenberg, Psy.D., “If you love viewing art but your kids don’t, bring drawing pads and books to keep them occupied while you admire the artwork for just a little longer. Create challenges and games for them during less exciting outings, such as ‘I spy’ or scavenger hunts.”

It’s a good idea to create some family vacation rituals, advises Best. “If it’s a place you return to frequently, try some new things, but do the round of traditions,” she said. “This will strengthen kids’ attachments to the place and create lasting positive memories.”

Remember to schedule time for rest and food breaks. “Even the best travelers need some time to replenish themselves,” said Isenberg.



PHOTO BY WILLIAM ATKINS, COURTESY OF THE GEORGE WASHINGTON UNIVERSITY

Online and professional education courses like this landscape design class offered at The George Washington University’s Arlington campus are growing in popularity.



PHOTO COURTESY OF UNIVERSITY OF VIRGINIA

Students can take continuing and professional education classes at the University of Virginia Academic Center in Falls Church.

Continuing Education

Online classes offer flexible options for earning credentials outside the classroom

By MARILYN CAMPBELL
THE CONNECTION

Interested in learning to landscape your yard using sustainable practices? Want to practice Spanish before traveling to South America? Didn’t take philosophy seriously in college, and want to take a refresher course? Looking to get an advanced degree or certification to secure a job promotion?

Opportunities for continuing and professional education abound for the intellectually curious.

One trend in continuing education that local educators say is on the rise is online learning. A study by the Babson Survey Research Group shows the number of students enrolled in distance learning courses increased each year for the past 13 years.

Driven by advancements in technology, the explosion of online learning is making education — once available only to those with extra time and the funds — accessible to anyone with a tablet or laptop computer.

“Our online courses have increased at about 20 percent a year for about three years,” said Stephen Nodine, Ph.D., associate vice president for E-Learning and director of Distance Education at George Mason University.

One of the reasons for the rapid growth of online courses is the flexibility that they offer working adults. “Students are able to sched-

ule a course that they couldn’t work into their daily schedule,” said Nodine. “People who are looking to advance in their career or change careers can earn a graduate certificate and have a new credential without having to come to campus.”

The demand for courses that enhance professional marketability is another factor behind the popularity of online continuing education. “One example of how this works is in the [information technology] field,” said Jennifer Lerner, associate vice president for e-Learning at Northern Virginia Community College. “One program that is in demand is cyber security if someone needs an additional certificate to prepare them for the new kinds of IT roles, like Cyber Security.”

The flexibility that online courses offer does not mean that they are less challenging than courses taught at a university, said Lerner. In fact, the standards of academic rigor are comparable to those offered in a traditional campus setting.

“Students need to be really organized and really self-motivated,” said Lerner. “Online courses aren’t for those who take an out-of-sight-out-of-mind approach to learning. Students need to just be committed with online courses as they would for an on campus class. “They shouldn’t be the last thing on your priority list that you expect to fit it in without a time commitment.”

Jennifer Webb, senior associate director of Graduate En-

rollment for New Student Graduate Admissions at Marymount University, said that while traditional online programs are best suited for students who have strong time management skills and adequate technology literacy, “many programs now have support and format opportunities which offer additional structure and engagement, and are, therefore, well suited for all types of learners.”

The reasons that some students choose online courses vary, said Nodine. “There are some students who might be in Iowa and want to take a class that we offer and they can’t get to a university near them,” he said. “There are also students who live in Bethesda, for example, and work full-time and get to classes in Virginia.”

Universities tailor their offerings to meet the needs of online and continuing education students by staying current with market research, said Nodine. “One thing we look at is employment trends in new professions, information that we get from the Bureau of Labor and Statistics,” he said.

“We constantly review our programs to ensure the curriculum is current and prepares students to assume appropriate positions in the job market,” said Cathy Anderson, Ph.D., interim associate dean for Academic Programs and Services, School of Continuing and Professional Studies at the University of Virginia. “We recently updated our Leadership and Project Management curriculum based on research, market and competitive analysis.

Universities strive to make their online classes accessible and relevant. For example, The

University of Virginia’s School of Continuing and Professional Studies has academic centers in Falls Church. The George Washington University offers courses on campuses in Arlington, Alexandria and Ashburn, as well as more than 100 degree and certificate programs online.

“Online education remains an extremely high priority for both faculty and administration at GW,” said Geneva Henry, George Washington University’s dean of libraries and academic innovation who oversees the university’s online learning programs. “Because of the success of our current online offerings, we will continue to grow our online courses as the demand from faculty and students is currently very high.”

Anderson said the university reviews the mode of delivery for its classes and programs to assess whether students’ needs are being met. “For example, we recently converted our accounting program to the online ... to allow us to reach a larger audience and provide more flexibility to current students,” she said.

Advances in technology and a desire to meet student requests have altered the way online classes are offered. “In the past, a lot of online courses were set up where there wasn’t a lot interaction between students and teachers. We would put the content up and let students access it,” said Bodine. “We’ve moved away from that to let students engage with each other.”

Anderson said the University of Virginia’s School of Continuing and Professional Studies is launching a new graduate certificate in Health Sciences Management launches this fall. “We are also in the process of developing additional offerings in cyber security and data analytics,” she said. “We are also exploring the option of adding Master’s degree options in the area of some of our graduate certificate programs.”

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JULY
7/13/2016.....HomeLifeStyle
7/20/2016.....A+ Camps & Schools
7/27/2016.....Connection Families: Our Pets

AUGUST
8/3/2016.....Wellbeing
8/10/2016.....HomeLifeStyle
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Restonian Takes 72-Hour Tennis Marathon Challenge

Bonnie Vona, 61, pledges to play in support of a national charity.

BY NATALIA MEGAS

From the kayakers to the trail runners at her Lake Anne residence, tennis marathon challenger Bonnie Vona sees workout opportunities abounding. After all, the 61 year old is training for the endeavor of a lifetime.

Over the July 4 weekend she plans to surpass the Guinness World Record number, 36, for most consecutive opponents in tennis singles and reach 44 matches at the Montgomery TennisPlex in Maryland during a daunting three-day continuous event where she could play up to 44 opponents.

"I don't want to just break the record. I want to really break it," says Vona, a USTA official and competitive tennis manager.

The bold idea to compete for a straight 72 hours was borne out of Vona's passion for tennis and military families.

"I care about our military and I care about tennis. Those two



Bonnie Vona of Reston practices tennis at the University of Mary Washington.

things are my passion," she says. The mother of two women, one of whom is a First Lieutenant in the Army, has pledged to play in support of ThanksUSA, a national charity that provides need-based scholarships for children and spouses of U.S. Armed Forces.

"[The challenge] means more to me if it brings attention to mili-

tary families, their needs, and tennis. If it were just for me, I wouldn't do this," she says.

Executive Director of ThanksUSA Michele Stork says Vona's challenge will help highlight the issue of education affordability and provide "a tangible way that the public can say thank you."

Technically, Vona began training in February. But that was before she consulted friend and Life Sport Science Institute (LSSI) director at Life University in Georgia, Dr. Mark Kovacs, who kicked her training up a notch this April.

Vona was already in good shape at the time of her assessment at LSSI, "but to prepare for something as unique as 72 hours straight of exercise, that's another level completely," said Dr. Kovacs, a renowned sport scientist.

After evaluating her current performance level through in-depth assessments, measuring factors like her body composition, bone density, stability, cardiovascular endurance, and nutritional intake, Kovacs then designed a rigorous workout regimen and together, came up with 4-6 hours of daily exercise after work and on weekends, building up strength and endurance through activities like kayaking on Lake Anne, running five miles a day, climbing 11 flights of stairs to her apartment, wearing wrist weights and working the treadmill at the gym. He also made her practice sleep deprivation, which she did over Memorial weekend, staying awake for 48 hours.

"That's where most individuals struggle [during endurance sports], having enough energy to

last the entire time period and making sure that the body holds up," says Dr. Kovacs. "Just standing for 72 hours is hard enough, let alone being active and moving the entire time."

Vona will have to exert a combination of physical and mental fortitude says Dr. Kovacs, especially during the last 8-12 hours when blisters and a sore body will likely occur.

But Vona says that's when she'll live up the most.

Even though her biggest fears are "letting people down" and not knowing how her body will react, she said seeing the finish line will give her the extra energy boost she needs. So will fans cheering her on, listening to Toby Keith, Aerosmith or the Beatles through her Bluetooth headphones, and seeing new opponents join her at every match.

"Those are things I'm going to need getting through those final hours," she said.

Vona plays July 1 at 8 a.m. to July 4 to officially kick off the ThanksUSA July 4th Family Festival.

To play or support Vona, visit the events link at ThanksUSA.org. To learn more, go to <https://72hrsalute.wordpress.com/author/gobonnie/>.

Herndon, Reston Swimmer Emily Meilus Competes in Olympic Trials

New swimming season begins with record.

Reston Swim Team Association (RSTA) and Herndon High swimmers will have their eyes on the U.S. Olympic Swim Trials in Omaha this week, Monday and Friday, where swimmer Emily Meilus is competing for a spot on the team. Meilus, a rising senior at Herndon High and a previous Washington Post All-Met selection, swims for the Lake Anne Stingrays. Meilus is competing in the 100m backstroke (Monday, June 27) and the 200m backstroke (Friday, July 1). Meilus swam in the Lake Anne vs. Lake Audubon meet in Reston on Saturday before leaving for Omaha.

Team records set on Saturday include:

- ❖ A new team record of 1:18:62 was set in the girls' 9-10 age 200 medley relay by the Glade team of Clara Landeryou, Amelia Pimentel, Kaitlin Mahon and



Ashley Gurney (LA) and Allie Cramer (AN), Girls' 9-10, 50 backstroke.

Maggie Novak, beating a record from 2007.

- ❖ 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 2:01.98, beating their own record set last week.

- ❖ Michael Zhou of Lake Newport set a new record time of 20.06 for boys' 8 & under 25 backstroke,

beating a record from 1990.

- ❖ Casey Storch set two team records for Lake Newport: In men's 15-18 50 freestyle, he had a time of 25.10, beating his own record from the start of the sea-

son; In men's 15-18 50 breaststroke, his time of 32.13, beat the record from 1997.

Lake Newport Lightning 591, Glade Dolphins 531

For Lake Newport, double event winners were Liam Brennan, Cade Dowling, Lindsey Jacobson, William Karim, Anna Redican, Mara Redican, Grant Romero Meghna Sharma, Britt Trucksess, and Julia Wang. Triple event winners were Jeffery George, Dan Ni, Sean Redican, Casey Storch and Michael Zhou.

For Glade, double event winners were David Clark, Emilie Fiske, Sam Joyner, Sophia Landeryou, Eva Lossos, Taylor Panneck, Suraj Pedineedi, Andrew Sivak, Morgan Sivak, Phoebe Warstler and Zachary Weimer. The triple event winners were Clara Landeryou and Madeline LaPorte.



PHOTOS COURTESY OF CHIP MCGREA PHOTOGRAPHY

New Members of the 2016-2017 Greater Reston Chamber of Commerce Board.

Chamber Recognizes Excellence

Awards for Chamber Excellence Winners Announced, Greater Reston Chamber of Commerce Board of Directors Installed.

On Thursday, June 23, the Greater Reston Chamber of Commerce hosted its Awards for Chamber Excellence (ACE) Luncheon. During the Luncheon the Chamber recognized companies and individuals who demonstrated excellence as Chamber and community members throughout the year. The Chamber also recognized member milestone anniversaries and installed its new officers and board members. Each year, through the ACE Awards, the Chamber acknowledges outstanding businesses, volunteers and committees that make the Greater Reston Chamber of Commerce a successful place to do business. The Greater Reston Chamber of Commerce presented the winners of this year's Awards for Chamber Excellence:

- ❖ Committee of the Year: GovCon Committee
- ❖ Small Business of the Year: Around Reston Magazine
- ❖ Medium Business of the Year: Hidden Creek Country Club
- ❖ Large Business of the Year: Bechtel
- ❖ Member of the Year: Iris Britt, Iris Britt Consulting
- ❖ New Member of the Year: Intelice Solutions
- ❖ Volunteer of the Year: Roman Blazauskas, SpeedPro Imaging
- ❖ President's Award: Charles Kapur, Access National Bank
- ❖ Pinnacle Award: Cynthia Hyland

Outgoing chairman Michael Bradshaw, director of Cloud Platform of the East Region, Google passed the gavel to Incoming Chairman, Charles Kapur, vice president, Access National Bank. Michael Bradshaw led the Chamber through a successful year. Under Bradshaw's leadership several initiatives were enhanced to drive membership value: Increased focus on advocacy; re-launching of INCspire Education Foundation; expanded community engagement, and adding networking opportunities. The attendees were inspired by the keynote address from deco-



Pinnacle Award went to Cynthia Hyland.

rated Gunnery Sergeant (Ret.) of Marines and Fox TV reality star, Tee Marie Hanible, regarding her "leadership nuggets." She is also the founder of Operation Heroes Connect, an organization that not only partners servicemembers and veterans as mentors for at risk youth but also provides community outreach services in the D.C., Maryland and Virginia areas. Charlene Wheelless, Bechtel was elected by the membership as the chair-elect. Dee Kakar, vice president of Business Banking and Team Leader, M&T Bank was elected to serve as the treasurer for 2016-2017. Matt Clary, Law Office of Matt Clary, was selected to serve as general counsel for 2016-2017. Supervisor Pat Herrity administered the oath of office to our incoming and second term board members, who included: Don Anderson, Sheraton/Westin at Reston Heights, Alex Converse, United Bank, Ian Copenhaver, Conversion Pipeline, Bailey Edelson, JBG Properties, JP Gregory, Marymount University, Dustin Imbesi, Hyatt Regency Reston, David Kelley, Fairfax County Economic Development Authority, Eric Levin, Hidden Creek Country Club, Tom Madden, Visual Impact Productions, Mike Misleh, Veatch Commercial Real Estate, Andrew Painter, Walch, Colucci, Lubeley & Walsh, P.C., Pantea Stevenson, Bean Kinney & Korman, Monica Tressler, Cardinal Bank, Kerrie Wilson, Cornerstones, Rick Marrero, Northrop Grumman, Jim Dyke, McGuireWoods Consulting, Eduardo Pagan, Il Fornaio, Eileen Ellsworth, Community Foundation for NOVA, Michael Donlan, Microsoft, Denise Hogan, Boston Properties. For more information, visit www.RestonChamber.org.

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

ONGOING

"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.

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.

Karaoke at Kalypto's. Wednesdays, 9:30 p.m. Kalypto's Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypto's and sing your hearts out! 703-707-0660. www.kalyptosportstavern.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/>.

THURSDAY/JUNE 30
Swing Sisters Cathy Fink and Marcy Marxer. 7-9 p.m. Lake Anne Plaza, Reston. Acoustic swing. Free. <http://www.restoncommunitycenter.com/take-a-break>.

FRIDAY/JULY 1
Summer Stage at Reston Station. 6:30-8:30 p.m. Wiehle-Reston East Metro. Featuring Elikeh — AfroPop. Free. All ages. restoncommunitycenter.com.

SUNDAY/JULY 3
The Robert Larson Trio. 6:30-7:30 p.m. Reston Town Square Park (Corner of Market and Explorer streets). Music of the swing era. Free. restoncommunitycenter.com.

TUESDAY-SATURDAY/JULY 5-9

Coco-Cola Collectors Convention. 10 a.m.-9 p.m. Hyatt Regency Reston, 1800 Presidents St., Reston. Bring Coca Cola collectibles and have them appraised. Swap with other collectors. Live auction. The convention's Saturday swap meet on July 9 is open to the general public. Free. cococolaclub.org. 214-929-0555.

THURSDAY/JULY 7
Amphibians After Dark. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Assist park naturalists with a calling amphibian survey. Learn how to identify frogs and toads by their calls as we explore pools and ponds. Children must be accompanied by an adult registered in the program. \$6/\$8. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.

Farmer's Market Fun Days. 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Milk Shake Duo Live! Great rock music for kids. Free. herndon-va.gov.

FRIDAY/JULY 8
"Ferris Bueller's Day Off." Sundown. 11404 Washington Plaza W, Reston. Part of Lake Anne Summer Film Festival. Free. lakeanneplaza.com.

Kristen and the Noise Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear the band Kristen and the Noise in concert. Free. info@herndonrocks.com.

Senior Tea. 10:30 a.m.-noon. ArtSpace Herndon, 750 Center St. Herndon. All teas are free and open to the public. 703-956-9560. artspaceherndon.com.

SATURDAY/JULY 9
Ukulele Festival. 10-6 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. free festival features performances by several acclaimed ukulele musicians, music demonstrations, a public morning jam session, festival vendors, and other family friendly activities. Free. lakeanneplaza.com.

Meadow Explorers. 9 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Enjoy a hike to our Wildlife Sanctuary meadow in hopes of seeing various animals the call our meadow home, while learning about the wildlife habitat. Bring footwear suitable for hiking. \$10/\$12. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.

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June 27, 2016



By **KENNETH B. LOURIE**

Not that this date, in and of itself, is particularly remarkable, but it is yet another monthly anniversary/reminder of the original February 27, 2009 date when I initially met with my oncologist who delivered the devastating news with which all of you regular readers are well-acquainted: stage IV, non-small cell lung cancer (NSCLC); inoperable, incurable, with a "13-month to two-year" prognosis. Yet here I sit and write still another "cancer column," as I call them, seven years and four months later. And who's to say – or know for that matter, if I am getting closer to the end or further from the beginning. As often as I take note of these anniversaries, as much as possible anyway, I try not to focus/obsess on my underlying reality, because living with cancer is bad enough; believing all the bad news associated with that reality is even worse.

My strategy, to the extent one would characterize what I do as a strategy, is to compartmentalize, not stress over things I can't control, live as "normal" – for me, anyway – a life as possible (no bucket list for me), embrace humor and positivity wherever/whenever, follow doctor's orders/be a "compliant" patient (do what I'm told, take the prescribed medications, show up for regular lab work, infusions, diagnostic scans and especially for all face-to-face appointments with my oncologist) and simultaneously remain open to non-Western anti-cancer alternatives – of which there are many; all the while attempting to jump-start/strengthen my body's own natural fighters: my immune system. (This is what Immunotherapy is all about.)

I can still remember my brother Richard's sentiment concerning my diagnosis/prognosis/treatment: try to stay alive until the next new protocol comes along/gets approved. And so I have. Science and medicine is hardly arithmetic. It's not static. It's dynamic. There are changes, revelations, discoveries, all the time. A prognosis which was certainly relevant at the time it was given can't possibly allow for/anticipate the inevitable progress to be gained from research, clinical trials, miscellaneous studies and patient success stories that filter through the medical pipeline. What's true and reasonable today is not necessarily as meaningful tomorrow. I have lived looking forward, never backward, embracing that hoped-for reality. It doesn't matter – to me, what's already happened. What matters to me is the future and the changes/new ideas (genetic testing and DNA profiling as an example) ever present. As Steve Miller wrote and sang in the title track from his 1969 "Brave New World" release: "We're driving fast from a dream of the past to the brave new world where nothing will last that comes from the past." I've loved this song for over 45 years. Now I know why.

So I look forward to tomorrow. I don't look back to yesterday. Nor do I believe science and medicine is looking backward, either. It's all about what happens next. And as I acknowledge June 27, 2016, I likewise prepare to acknowledge July 27, 2016 and beyond. Life is short enough on its own. It doesn't need any help from us. And I'm certainly not about to make any of these matters worse. Just because it started off bad doesn't mean it has to end up bad.

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

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VIRGINIA: IN THE CIRCUIT COURT OF ROCKINGHAM COUNTY

MARIAMMA KARINGATIL THOMAS AND SAJAN K. THOMAS, CO ADMINISTRATORS, C.T.A.D.B.N. OF THE ESTATE OF KARINGATIL THOMAS VARGHESE, DECEASED

Petitioners,
v CL16-1005

BENJAMIN K THOMAS, et's als,
Respondents.

ORDER OF PUBLICATION

The object of the above-styled suit is to distribute one-fourth (1/4) portion of Benjamin K. Thomas from the Estate of Karingatil Thomas Varghese, Deceased, into the Court. And, it appearing by affidavit filed according to the law that Benjamin K. Thomas, one of the above-named Respondents, cannot be found, that service was attempted on Respondent's last know mailing address and could not be completed, that certified letters sent to the Respondent's last known mailing address have been returned, and that diligence has been used without effect to ascertain his location, it is therefore ORDERED that the said Benjamin K. Thomas appear on or before the 5th day of July, 2016, in the Clerk's Office of this Court and do what is necessary to protect his interests.

And, it is further ORDERED that this order be published once a week, for four (4) successive weeks in the Herndon Connection, of Alexandria, Virginia, a newspapers of general circulation in Herndon; that a copy of this order be posted on the local government website.

I ASK FOR THIS:
CATHY JACKSON LEITNER (VSB# 44288) ; ASHLEIGH KESTER (VSB #76926)
LEITNER LAW GROUP, 2565 John Wayland Highway, Suite 110 Harrisonburg, Virginia 22801
540-442-7700
540-442-7744 (Facsimile)
Counsel of Petitioners

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- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

21 Announcements

21 Announcements

ABC LICENSE
Green Lizard Cycling, LLC trading as Green Lizard Cycling, 718 Lynn St, Herndon, VA 20170. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On & Off Premises license to sell or manufacture alcoholic beverages. Beth Meyer, Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 dates 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

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Lisa C. Merkel, mayor of the Town of Herndon and Beau Schweikert, owner of Cirque Salon Studios cut the ribbon announcing the official opening of the Cirque Salon Studios location at 384 Elden St., Herndon.

Cirque Salon Studios Officially Open in Herndon

On June 14, Lisa C. Merkel, Mayor of the Town of Herndon and Beau Schweikert, owner of Cirque Salon Studios, jointly cut the ribbon announcing the official opening of the company's newest location at 384 Elden St., Herndon.

The Cirque Salon Studios comprise a group of independent spaces which are available for lease to independent aesthetic professionals, hairstylists, skincare professionals, nail techs, makeup artists, barbers, and other professionals that want the independence of their own Studio. The space has been newly renovated to provide the latest in features for the business professional.

These features include 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, and all utilities and Wifi included.

This autonomous space is ideally suited to new businesses where low overhead is important, and existing businesses that have an established clientele and want to establish their independence. The initial tenants have confirmed that the independent space has enhanced their client relations and provided them with the total features that they would not have had. There are no long term lease concerns. Tenants sign on a weekly basis.

For more information or reservation, call 301-655-3308.

BULLETIN BOARD

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

WEDNESDAY/JUNE 29

Hunter Mill Road Study Community Meeting. 7 p.m. North County Government Center, 1801 Cameron Glen Drive, Reston. Discussion of project status and next steps. <http://www.fairfaxcounty.gov/fcdot/>.

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 ashleigh@restonchamber.org.

ONGOING

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.
The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Church of the Holy Comforter offers a monthly Healing Eucharist with the Laying on of Hands and Anointing for Healing. The service occurs on the first Sunday of each month at 5 p.m. in St. Mary's Chapel.

The Healing Ministry is being led by the Rev. Valerie Hayes and Ms. Alexandra MacCracken and

includes a team of lay healers who have gone through intentional training and formation. For more information, contact the Rev. Valerie Hayes at vhayes@holycorforter.com. The church is located at 543 Beulah Road NE, Vienna.

The **LDS Church** at 1515 Poplar Grove Drive in Reston will hold a discussion led by scriptural scholars on "The Book of Mormon: Another Testament of Jesus." The class is from May 31 to Dec. 20. Free. Contact: 703-582-3169 or 7461810@mormon.org.

LONG & FOSTER

Reston North Hills/Herndon/Lake Anne Plaza

1700 Bracknell Drive • Reston, VA 20194

703-435-4900



UNDER CONTRACT

Reston \$324,999
Move Right In!

Great opportunity for first time home buyer! Fully updated end unit town

home in sought-after North Reston community! 3BR, 2.5BA w/new carpet, wood floors & fresh paint throughout. New SS appliances & counter tops. All baths updated.



Call Susannah Palik at 703-568-4452 or e-mail Susannah.palik@longandfooster.com



Reston \$849,000
Waterfront Lake Anne Town House!

Rarely available 4 BR, 3.5 BA, 2 FP, garage, dramatic vaulted ceilings in living room. You own down

to the water! Floating dock included to enjoy boating on the lake. Pristine condition! It's like being on vacation all year.



Call Carolyn Murray 703-819-7663 or e-mail Carolyn.murray@longandfooster.com



UNDER CONTRACT

Vienna

\$825,000

Too Late!

This beautiful 4 BR, 3.5 BA home in South Reston is a short distance to the Silver Line METRO but set back in the woods and very private. Although this home is under contract, we have more! Call listing agent.

Call Dale Repshas 703-408-2626 or e-mail Dale.repshas@longandfooster.com



Reston

Coming Soon!

Large 4 BR, 3.5 BA in Indian Ridge. Spacious and inviting with stunning landscaping. Yard sale on July 9th!



Reston

\$939,990

Enjoy Upscale Urban Living!

Gorgeous end unit on the best lot in West Market w/treed community area on 2 sides. Gleaming hardwood floors throughout main level. Sun-filled gourmet kit w/elegant white cabinets, breakfast bar & table space. Fourth level rec rm w/vaulted ceilings & bar opens to roof-top terrace & RTC skyline. Walk to rec center/shops/restaurants/future METRO. Updates inc: 2 A/C units, fridge, carpet, roof deck, paint.



Herndon

\$899,900

Incredible House for the Money!

Gorgeous home on 1+ acre w/5 BR, 2 story foyer & great room. Gourmet kit for entertaining w/SS, granite, 2 D/W's huge W/O lower level w/wet bar, media rm, dance floor, game rm, study, exercise rm & full bath. 3 car garage, extensive hardscape, Langley pyramid.

Call Terry Atherton 703-861-0538 or e-mail Terry.atherton@longandfooster.com



Vienna

\$839,900

Dramatic Price Reduction!

Gorgeous 4 BR home in rarely available Clarks Crossing. Updated kitchen & bathrooms, gleaming hardwood floors on 3 levels, master bedroom w/sitting room & FP. Inviting screened porch, private patio, professionally landscaped yard loaded with perennials.



Herndon \$1,215,000

One of a Kind!

One of a kind single family Cape Cod home w/ inviting front porch, 5 BR, 4 BA on one acre flat usable lot, perfect for a pool! 2-car attached garage at main house & a carriage house with an additional 2-car garage & studio apt w/kitchenette & full bath over it (rental opportunity). Amazing gourmet kit, luxury main level master suite w/courtyard brick patio. Convenient location, no HOA. So many special details in this custom home.

Call Marnie Schaar 703-509-3107 or e-mail marnie.schaar@longandfooster.com



North Reston \$949,000

Spectacular!

Gulick-built 5/6 BR, 4.5 BA, 3 FP, 2-story foyer,

upgraded kitchen, hardwoods, luxury MBA, finished W/O basement, wooded lot, great au pair/in-law suite.

Call Jonna Quadt 703-850-3938 or e-mail

Jonna.quadt@longandfooster.com

or call

Debbie Gill 703-346-1373

or e-mail Debbie.gill@longandfooster.com



Reston

\$879,000

Main Level Living!

Sun-soaked awe-inspiring contemporary with MAIN LEVEL MASTER SUITE in North Reston private wooded setting. Many recent improvements. Open floor plan with great room, loft, 2FP's, walk-out lower level, and oversized deck.

Call Debbie Gill 703-346-1373 or e-mail Debbie.gill@longandfooster.com



FOR RENT

Reston

\$1,850/month rental

Patio-level Condo

Tremendous 1,100 square ft unit in North Reston's Sutton Ridge! Spacious 2 BR, 2 BA floor plan. Hardwood floors throughout, gas FP, remodeled & upgraded kitchen, upgraded designer fixtures, 2 walk-in closets in MBR, 2 private patios from LR & MBR.



Leesburg \$439,000

Gorgeous

4 BR, 3.5 BA TH w/gourmet kitchen

w/granite, cherry cabinets, SS appliances. Large finished W/O basement, lots

of light. Upgrades everywhere. Minutes to W&OD trail, Greenway, great shopping/eats.



Manassas \$415,000

Great Open Floor Plan

3 BR, 3.5 BA single family home w/spacious kitchen w/tons of storage, nice pantry, big island.

Large master, luxury bath, dual walk-in closets.

Large master, luxury bath, dual walk-in closets. Large finished basement, wet bar, full bath den. Minutes to great shopping.

Call Leslie Thurman 703-895-6000 or e-mail lesliekthurman@gmail.com



Ashburn

\$637,000

Gorgeous Main Level Living

Every upgrade imaginable! End unit w/bright & open floor plan w/bonus sunroom. Gourmet kitchen, upgraded flooring, FP, crown molding. Huge BR's UP w/bright loft & full bath. Basement w/bonus ext-great for wine/wet bar, tons of room for storage & giant rec room & 3rd BA rough-in. Community does lawn/mulching.



"I work hard for my agents so they can work hard for you!"

—Anita Lasansky, Managing Broker

1-800-296-2593

www.Reston-Herndon-Homes.com