From left: Silverbrook Elementary School principal Melaney Mackin celebrates the achievement of her recent graduates Hannah and Nicole Puhek — and their mother, Linda — for setting the longest enrollment record at the school where the twins, and their four older brothers and sister have attended since 1991.
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School Board Receives New Transgender Regulations

Discussion moves to a work session

By Tim Peterson
The Connection

Friday afternoon, July 1, Fairfax County School Board members each received an email containing new operating regulations regarding transgender and gender nonconforming students.

The previous board voted on May 7, 2015, to add “gender identity” to the school system’s nondiscrimination policy. They then hired a private consultant to help staff develop regulations for how that policy change would be formally enacted in schools day to day.

At the time, at-large Board member Ryan McElveen asserted that the policy change would effectively not change anything for the way transgender and gender nonconforming students are treated from a school system standpoint. But the consultant would also review Fairfax County Public Schools practices as compared to best practices in other school systems and the formal guidelines would be reflective of that study as well.

THE SIX TYPED PAGES of guidelines begin with definitions the school system will use when referring to concepts including sex assigned at birth, transgender, transitioning and gender nonconformity.

They also call for the creation of support teams for students who identify themselves as transgender, transitioning or gender nonconforming, that can involve the parents or guardians, teachers, administrators, school psychologists or other staff members as appropriate.

The support team then develops a plan for how the student can feel most safe when using bathrooms or locker rooms, or participating in school activities and sports.

School Board Chairman Pat Hynes said the new guidelines are regulations as they now stand, not a draft.

“It’s the board’s role to review them, that’s part of our job,” Hynes said, “to make sure they comply with our policy.”

When the policy change was passed more than a year ago, there was successful follow-on motion calling for the board to review the regulations, as Hynes said. What the motion didn’t say was what form that review would take.

According to Hynes, it would be sufficient for members to simply read over the email and sign off. She called the regulations “well done” and “pretty comprehensive.”

A second option is for the board to convene a work session and discuss in a more in-depth manner. There could also be a legal advisory meeting for addressing specific legal questions. In the area of transgender regulations, Hynes acknowledges laws are still in flux.

“My opinion,” she said, “this complies with our policy for nondiscrimination — the law, as the law now exists.”

If the board members collectively agree the new regulations are not fully in line with the policy, they can direct FCPS Superintendent Karen Garza and staff to amend them.

To decide the nature of the board’s review, they initially scheduled a forum on July 14 at Luther Jackson Middle school, around their evening business meeting.

Then on July 12, FCPS spokesperson John Torre said Hynes decided there was sufficient support from other Board and community members to take the regulations to a work session and forego the forum.

Monday, July 18 is the next scheduled all-day work session, beginning at 10 a.m. at FCPS headquarters on Gatehouse Road in Merrifield.

Torre said it’s possible the transgender regulations could be added to the agenda then, but wasn’t able to confirm before print time.

In an email, At-Large member Jeannette Hough said she’s advocating for a more public conversation on the regulations in the form of a work session.

“Not only do I have a lot of questions about the regulations and on what basis they were created,” Hough wrote, “but I am hearing daily from my constituents with these same questions. For starters, I think it is important that we honor the follow on motion from May 7, 2015 when members of the former board stated that changes would be reviewed in a public way.”

Springfield District representative on the board Elizabeth Schultz is also critical, saying that the process of arriving at the regulations has been less transparent than the board promised last May.

“The race to embrace doesn’t help any side,” Schultz said. “There’s been no presentation to the board about what we’re doing well, best practices, what we’re not doing well, recommendations that we change. There’s nothing.”

Schultz, Hough and Sully District member Tom Wilson submitted a series of questions regarding the pending regulations to staff prior to finished product being sent to board members.

“How do you fundamentally implement any of this policy?” Schultz said. “[The regulations are] extremely limited. They don’t even begin to cover the length and breadth of what we’ve submitted.”

Schultz cited the regulations not addressing transgender employee issues, how conscientious objector teachers would be dealt with, or whether medical professionals were involved in creating the document, adding their expertise on if the guidelines would be truly helpful.

“These are the nuances no one’s thinking about,” she said. “It requires really thoughtful discussion. To be authentic, you still have to have integration in the process, allow the process to work the way you told the people it was going to work.”

Robert Rigby, a teacher at West Potomac High School and leader of the LGBT employees group for Fairfax County Public Schools called FCPS Pride, plans to attend the July 14 forum.

So far, Rigby, who has been advocating for LGBT nondiscrimination since 2000 is pleased with the regulations. He was pleasantly surprised, he said, by the inclusion of support teams and the definition for gender nonconformity.

“It doesn’t put kids into boxes,” he said, “say you have to be — you can be yourself. It accommodates and recognizes that.”

Regarding the support teams, Rigby said Fairfax has been doing a version of that for a while. “It’s a developed program,” he said. Even if it hasn’t been codified until now.

“My colleagues who’ve worked on this say it’s been a process — helping people out, making sure things work right. They’re really pleased and impressed by how it’s worked.”

Rigby said a bigger challenge for LGBT students is still those who don’t have support from their parents. His hope is with the new regulations and surrounding discussion and shared information, there will be more understanding.

“No one can make people support their kids,” he said. “But you can educate the wider community so there’s more of a chance.”

FCPS has not posted the regulations online yet, however, Hynes has been sharing the document with anyone interested in reviewing them. Her contact information is pmyhnes@fcps.edu.

Park Discovery Trail Leads Children to Presidential History, Prizes

Which U.S. President made a daring escape from the enemy through Riverbend Park? What does the House at Hidden Pond Nature Center have in common with the White House? Which Commander-in-Chief saved Sully Historic Site from demolition? The answers to these questions and more can be found in this year’s Fairfax County Park Authority Discovery Trail Map – Presidential Edition.

Now in its third year, the free Discovery Trail Map summer fun activity encourages students age 17 and younger to explore 12 distinctive parks and explore their unique features and connections to U.S. Presidents or their administrations. Students who visit eight of the 12 featured sites will receive tickets to more park fun valued at nearly $90 and will be entered into a drawing for one of three bicycles and helmets donated by Spokes, Inc. through the Fairfax County Park Foundation.

Discovery Trail Maps will be available at any staffed Fairfax County park, REC Center, nature center, historic site and golf course (while supply lasts) and any Fairfax County Public Library (while supply lasts).

Instructions for participating in the activity are included on the map. The promotion runs through Monday, Sept. 5, 2016.

Parents/guardians of the bike winners will be notified by e-mail and/or phone. Bike winners will be publicly announced in September. For more information contact the Public Information Office at 703-324-8662.
Four Arrested at Natasha McKenna Protest

Racial justice group calls for Sheriff Kincaid to fire deputies.

By Tim Peterson
The Connection
July 14-20, 2016

FOUR demonstrators were arrested Monday morning at a protest outside the Fairfax Courthouse for the February 15 in-custody death of Natasha McKenna.

The protest organized by the Northern Virginia Chapter of the national organization Showing Up for Racial Justice had some 20 protesters. It coincided with members from SURJ delivering a petition to Fairfax County Sheriff Stacey Kincaid demanding the termination of the deputies who handled McKenna’s extraction from the jail, where she died during the process.

McKenna, who was 37 at the time of her death, was diagnosed with mental illness in her youth.

AS DEPUTIES attempted to prepare her for transport to the Alexandria jail, they forced her to the ground, then restrained her limbs in a chair and eventually covered her head with a spit hood. One deputy used a taser on McKenna four times over the course of the incident. McKenna lost consciousness and was transported to Inova Fairfax Hospital, where she later died.

Cat Clark of Alexandria, an activist and organizer with SURJ, said the petition was delivered, but not acknowledged by Kincaid’s office.

When asked to respond to the demonstration and petition, Sheriff Kincaid released the statement: “Everyone has the right to protest lawfully and peacefully and also petition on issues that matter to them. I hope that regardless of where each of us stands on the issues of the day, we listen and learn from each other.”

Because of how they viewed the petition’s reception, Clark said the demonstrators decided to spread across Chain Bridge Road from the Courthouse to draw more attention.

“When a naked woman who is mentally ill is shackled to a chair, bag over face, basically tased to death and there are no repercussions of any kind,” Clark said, “people need to speak up, hold her name in the light, stand up for her.”

Commonwealth’s Attorney Raymond Morrogh completed an investigation of the incident and concluded there were no grounds for criminal charges. The Sheriff’s office has completed its own administrative investigation but has not said whether any of the deputies faced discipline.

Police warned the protesters they would be arrested if they didn’t leave the street, spokesperson Sgt. Natalie Hinesley said.

Demonstrators chanted and held signs reading “Black Lives Matter,” “Justice for Natasha McKenna” and “You promised you wouldn’t kill me”—which McKenna can be heard saying on a video Kincaid released of McKenna’s transport from the jail to the hospital.

City of Fairfax Police responded to the incident, as demonstrators in the roadway were illegally obstructing the free passage of others.

Police warned the protesters they would be arrested if they didn’t leave the street, spokesperson Sgt. Natalie Hinesley said. All but four made their way to the sidewalk. Those that remained were arrested.

Hinesley said the four were taken before the a magistrate immediately and were subsequently released under their own recognizance.

A statement from SURJ said Brendan Orsinger, 34, was one of the four arrested for remaining in the street. “Our silence perpetuates violence,” he said. “Too often we take our privilege and walk away from tough conversations. I don’t want to be complicit in oppression anymore.”

THE JULY 11 PROTEST represented one of seven SURJ chapters around the United States taking non-violent actions calling for changes in policing on the same day.

An administrative investigation took place within the Sheriff’s Office to determine whether policies had been upheld or violated and if any disciplinary action should occur. The Sheriff’s office wouldn’t comment on results of the administrative investigation, when asked whether any of the deputies had been disciplined in any way or whether any policies had been changed in response.

Kincaid suspended the use of tasers in jail after McKenna’s death.

On Wednesday, July 6, delegates Eileen Filler-Corn (D-41) and Dave Albo (R-42) helped kick off the opening of the American Association of Retired Persons’s “Take a Stand” Campaign Headquarters in Springfield. The campaign is an effort to make Social Security, which provides vital income to more than 1.4 million Virginians, stronger for future generations.

“Take a Stand,” demands on behalf of all voters that presidential candidates take a stand on their plans to update Social Security. The campaign will spread its message through advertising, social media, grassroots outreach and publications. At the new campaign headquarters, AARP Virginia volunteers will be making calls to discuss with voters the need to update Social Security and encourage candidates to take a position on keeping this program solvent for future generations. Filler-Corn and Albo both participated in a ceremonial ribbon cutting in front of the office.

Filler-Corn and Albo, along with AARP Virginia’s State Director Jim Dau spoke at the event. Filler-Corn said that Social Security must be strengthened for the future, pointing out that one in six Virginians receive a monthly check from the program. “Every American deserves a secure, healthy and dignified retirement,” Filler-Corn said. “Social Security must be kept strong for seniors, people with disabilities, and future generations.”

“Del told the crowd gathered at the ribbon-cutting of the Take a Stand Springfield office that Virginia voters – key in the upcoming presidential election – want to hear the candidates talk more about Social Security on the campaign trail. “AARP Virginia and our more than million members here in the Commonwealth think doing nothing is not an option, and we’re here to do something about it,” he said.

President Franklin D. Roosevelt signed the Social Security Act into law in 1935. The program will celebrate 81 years of existence this August. “Social Security is the most successful anti-poverty program in American History. We must do all we can to protect it,” said Filler-Corn.

Photos courtesy of Showing Up for Racial Justice.
THURSDAY/JULY 14

Traveling with Dementia. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn some tips for travel when your loved one has dementia; keeping your loved one safe, maintaining a routine, and setting realistic expectations for everyone. 703-204-4664 to RSVP or visit InsightMCC.org for more information.

WEDNESDAY/JULY 20

COBRA/04 Industry Day. 8 a.m.-4 p.m. 6550 COBRA/04 Industry Day

THURSDAY/JULY 21

Coffee and Conversation. 8:45-10 a.m. The Bistro at Courtyard Springfield, 6710 Commerce St., Springfield. Lake Accotink Master Plan. Landscape architect Gayle A. Hooper with the Park Authority will lead the discussion. For registration information, 703-866-3500.

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Send notes to the Connection at connectionnewspapers.com/Calendar/ or call 703-778-9415. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/JULY 28

Blood Drive. 9 a.m.-2 p.m. NVAR Blood Drive, 8407 Peenell St., Fairfax. Sign up by emailing gkruchko@nvar.com today. Go to www.nvar.com for more information. Questions call 703-207-3207.

ONGOING

Burke Rotary Club Meeting. Tuesdays from 7:15-8:30 a.m. Anita’s Restaurant, 9278 Old Keene Mill Road, Burke. Meetings with breakfast and program. www.burkerotary.org.

Burke Lake Seniors Golf League seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season – April 1 through October 31 – are $20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

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/dls/olderadultservices/longtermcare/ombudsman/

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.
Be Part of Our Annual Community Guide

Share tips in upcoming Newcomers and Community Guides.

**EDITORIAL**

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

We’re hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school’s front office? A great place to see the sunset? We’d love to have your photos to go along with your suggestions.

What are your favorite parks? Favorite historic sites?

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

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

We will publish a selection of local tips along with a plethora of information useful to new-comers and long-time residents alike, including our award-winning Insiders Guide to the Parks, information on how to vote and more.

See last year’s community guides by going to www.connectionnewspapers.com/PDFS and scrolling down to Newcomers.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at http://www.connectionnewspapers.com/contact/letters. Send in your Insider’s Tips by Wednesday, Aug. 17.

For information on advertising, email sales@connectionnewspapers.com or call 703-778-9431. See www.connectionnewspapers.com/advertising.

**Summer Is Here: Time to Visit State Parks**

By Scott Suorell
State Senator (D-36)

Eighty years ago this month, Virginia created the first state park system in the United States. With 35 miles of Potomac River frontage in the 36th Senate district, our community is lucky to have access to many natural resources, including our state parks.

Our state park system has its origins in the Great Depression. In 1933, President Franklin Delano Roosevelt’s Civilian Conservation Corps built numerous park and recreational areas throughout the nation, as well as in Virginia. My grandfather grew up in Franklin County, Virginia, a county with no public high school so he had an eighth-grade education and when he turned 22 in 1933, no job.

He enrolled in the CCC and was directed to report to the Arlington County “countryside” (yes, countryside). Every day, he walked through farm fields to construct trails and plant trees on Ananostad Island in the Potomac River, which had recently been renamed Teddy Roosevelt Island next to Rosslyn.

The CCC also helped build the George Washington Memorial Parkway.

Channelling FDR’s CCC energy, Virginia opened its first six state parks to the public on June 15, 1936 — Hungry Mother, Staunton River, Westmoreland, Douthat, Fairy Stone and Seashore (now called First Landing).

Eighty years later, Virginians have 38 state parks, and three of them are right here in the 36th District. Coupled with the National Park Service’s George Washington Memorial Parkway, Pohick Bay Regional Park, Bureau of Land Management facilities (Meadowood Recreation Area) on Mason Neck, three federal wildlife refuges along the Potomac River and Accotink Bay Wildlife Refuge on Fort Belvoir, 36th District residents have the best access to low-cost, outdoor activities and opportunities to enjoy nature.

In Fairfax County, the 1,825-acre Mason Neck State Park opened in 1985 after local citizens, led by Mount Vernon area resident Liz Hartwell, galvanized support to fight development threats on the Mason Neck peninsula. The park has numerous river views, trails and picnic sites and is an excellent spot to view Potomac River wildlife.

Make sure you get out and take advantage of some of these assets. As a taxpayer, you own them. To add more support, you can join one of our local “friends” groups that partners with these public lands.

Please contact me if you have any questions or need any further information at scott@scottsuorell.org. It is an honor to serve as your state senator.

**Letters to the Editor**

School Board Politics and Transgender Policy

To the Editor:

The perception from many like me is that the Fairfax County School Board is hungry for national media attention as evidenced by their 2015 vote on the Gender Non-Conforming and Transgender Student Policy. The fact is the board has had a strong non-discrimination policy for many years, its verbiage covered, race, gender, culture, etc. So why did the board take it upon itself to identify and present the transgender issue when only .3 percent (according to a Williams Survey) of the population identified with this issue on a national level? A question never really posed to the board.

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

Our education board is broken in part by letting political parties and constituents know the board’s vote in 2015 impacted the budget, student sports, the use of bathrooms, locker rooms, etc. Their seven-page policy is not meant for the occasional light reader.

The board has hit a sensitive nerve with their constituents and parents on this issue and now preys to shy away from additional media controversy and discussion. In fact many parents are unaware the Transgender Policy is being brought forth again at a School Board Forum on July 14, which proves excellent planning on the board’s part. The month of July is a wonderful time for controversial issues, the timing takes advantage that a large majority of parents and residents are gone on vacation; therefore it is easier to pass motions and generate policies. After such, the board will go into recess and all controversies will seem to be forgotten due to a lack of media attention. Thus there is little vocal objection from the public.

Unfortunately for Elizabeth Schultz, FCPS Springfield District School Board representative, she has little hope in changing any-thing on this issue due to the board’s political party influence and the timing of this issue. Her vote will continue to be a lonely vote. Common sense and true educational issues have been lost in Fairfax County.

Elizabeth Torpey Bradsher
Former Fairfax County School Board Member
Fairfax Station

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**Opinion**
LETTERS

Misinterpretation and Misdirection

To the Editor:

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

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

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

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

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

And irrespective of how narrow or broad one’s definition of “the Founding Fathers” is, the historical record is replete with compelling evidence that those men recognized and sought to protect an individual right to bear arms, as the Supreme Court reaffirmed most recently in Heller, and in so doing, serve as a check on the abuse of federal power.

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

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

Jonathan Clough
Springfield

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

the trend is also apparent locally, said designer April case Underwood. "Whereas a family's kitchen was once a dark and ajar space, they felt that the kitchen was old, dark and closed-off from the living room. they felt that the kitchen was where it was hard to accommodate family of five.

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

designed by Bruce Wentworth of Wentworth inc., the new kitchen is sunny and spacious. it includes white cabinetry and a stainless steel range hood. "wall cabinets with clear glass mullioned cabinet doors give visual depth and make space feel larger," said Wentworth.

When the owners of an Arlington home decided to update their dark and dated kitchen, they opened the space to the living and dining rooms and added natural lighting and white cabinetry. the result was a room in a crisp and airy aesthetic. the homeowners decided to renovate and expand the space, they enlisted the help of designer Keira St. Claire of Anthony Wilder Design Build, Inc.

"I think in general the perfect combination of the various materials, from smooth on and glow to rough and rooted, is simple but interesting and shows beauty," said Underwood.

a large picture window overlooking an expansive backyard is the focal point of this white kitchen by Anthony Wilder Design Build, Inc. the project included adding additional space to the back of the house and removing a wall between the kitchen and the dining room.

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

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

The new unit gives the homeowners extra storage and a place to display their crystal. sunlight from the new picture window in the kitchen reflects off the crystal stemware and refracts, causing both rooms to glisten with radiant, natural light. White cabinetry was contrasted against dark wood as part of a kitchen renovation in Greenvale. while the basic layout of the kitchen remained the same, the space, which was designed by Alle Mann of Case Design Build, Inc., was brightened with white cabinetry, a built-in pantry and a custom cherry wood island. "the white kitchen is classic and timeless," said Mann. "it can work with most color accent palettes."

A cramped and dark Potomac, Maryland, kitchen was lightened, brightened and redesigned by Bill Architects to give the home's owners a connection to their natural surroundings.

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"I want in general the perfect combination of the various materials, from smooth and glow to rough and rooted, is simple but interesting and shows beauty," said Underwood.

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

The new unit gives the homeowners extra storage and a place to display their crystal. sunlight from the new picture window in the kitchen reflects off the crystal stemware and refracts, causing both rooms to glisten with radiant, natural light. White cabinetry was contrasted against dark wood as part of a kitchen renovation in Greenvale. while the basic layout of the kitchen remained the same, the space, which was designed by Alle Mann of Case Design Build, Inc., was brightened with white cabinetry, a built-in pantry and a custom cherry wood island. "the white kitchen is classic and timeless," said Mann. "it can work with most color accent palettes."

A cramped and dark Potomac, Maryland, kitchen was lightened, brightened and redesigned by Bill Architects to give the home's owners a connection to their natural surroundings.
We are proud to welcome Leonard “Len” Clark, Jr. to the Union commercial team. Len’s focus will be expanding Union’s commercial real estate portfolio in Northern Virginia, Maryland, and District of Columbia. In addition, he is responsible for developing and managing the new affordable housing and community development transactions in Northern Virginia.

Len offers over 35 years of commercial real estate lending experience, community development and affordable housing projects. His experience also includes expanding various commercial real estate portfolios in Virginia, District of Columbia and Maryland as well as wealth management in these locations.

When you’re ready to put your commercial lending strength to work for your business, visit Len at Union’s West Springfield location at 5803 Rolling Road or feel free to call him at 703-594-8576.

Be Part of The Pet Connection in July
Send Your Photos & Stories Now to editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets

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

### Calendar

**Send notes to the Connection at connectionnewspapers.com/Calendar** OR call 703-778-9416. The deadline is the Friday prior to the next paper’s publication at noon. Dated announcements should be submitted at least two weeks prior to the event.

**ONGOING**

**Evenings on the Ellipse** 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. http://www.fairfaxcounty.gov/parks/performance/

**Rock the Block** 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. Come any way you can - walk, run, ride your bike or drive! You don’t want to miss our on this brand new concert series! Food is available for sale. Bring chairs or blankets to sit on. Kids — wear swims suits and bring towels. Enjoy the new spray pad. No Pets allowed except service animals. fairfaxva.gov.

**Redder Blood** Fridays and Saturdays, 8 p.m. July 14-20, 2016. www.ConnectionNewspapers.com

**The Farmer’s Market at Springfield Town Center** 10 a.m.-2 p.m. Through November. Corner of Spring Mill Road and Loisdale roads, Springfield. Enjoy fresh baked goods, produce, vegetables & fruits, meats & cheeses, and a host of other vendors. springfieldtowncenter.com


**Plant Clinic** 9 a.m.-noon. Sundays till end of September. Lorton Farmers Market, 8990 Lorton Station Blvd., Lorton. Conducted by Master Gardeners. Answer gardening question, identify plants and insects, soil tests, etc. fairfaxgarden.org.

**THURSDAY/JULY 14**

**Children’s Concert: 6:30-9 p.m. City of Fairfax Veterans Amphitheater, 10455 Armstrong St., Fairfax. Join the City of Fairfax Band and Sandy Spring Bank for this annual Fairfax tradition. Free.**

**Evenings on the Ellipse: 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Doc Scantlin and his Imperial Palms Orchestra. Fun music and good company. Paradise Springs and the Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum.** http://www.fairfaxcounty.gov/parks/performance/

**THURSDAY/JULY 15**

**Summer Concert Series: 7:30-8:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Featuring Billy Coulter. Bring your family and friends, and a picnic dinner.** http://www.fairfaxcounty.gov/parks/performance/breddockditches.htm

**Get Pop Cultured – Pokemon** 4 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade Drive, Fairfax. Learn how to become a Pokemon Champion, take a photo with a Pikachu and Charizard standee, enjoy a special offer on manga, activities, and a learn-to-play Star Wars X-Wing Game event. 703-278-8527.

**Get Pop Cultured – Star Wars** 7-9 p.m. Barnes and Noble Fairfax, 12193 Fair Lakes Promenade Drive, Fairfax. Celebrate 20 years of Pokemon. 703-278-8527.

**Saturdays/JULY 16**

**Goodbye Book Release. 5 p.m. The Old Fire Station No. 3, 3988 University Drive, Fairfax. Rock and roll, red carpet celebration for Fairfax City author Leslie Welch’s debut novel “The Goodbyes.” www.leesiewelch.com.**

**JULY**

**31/2016.....................Connection Families: Our Pets**

**AUGUST**

**8/3/2016.....................Wellbeing**

**8/10/2016.....................HomeLifeStyle**

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

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

E-mail sales@connectionnewspapers.com for more information.

**Special Connections Calendar**

Advertizing Deadlines are the previous Thursday unless noted.

**JULY**

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

**AUGUST**

8/3/2016.....................Wellbeing

8/10/2016.....................HomeLifeStyle

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

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

**SEPTEMBER**

9/14/2016.....................Wellbeing

9/21/2016.....................A+ Camps & Schools Back to School, Open Houses

**Be Part of The Pet Connection in July**
Send Your Photos & Stories Now to editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets

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

**Cast members of Hub Theatre’s “Redder Blood”: (from left) Dawn Ursula (as the Voice of God) and Jenna Sokolowski (as Sadie) will perform at the John Swaye Theatre in Fairfax, July 8-31.**

**Winning**

**Winning**
SUNDAY/JULY 17
Sherry Meeks Author Reading: 2-4 p.m. Barnes and Noble, 6646 Leesdale Road, Springfield. 703-971-5383.
NTRK Scale Model Train Show: 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Northern Virginia NTRK members will hold a N gauge model train show. Free-$4. 703-425-9225.

WEDNESDAY/JULY 20

Look up to the Stars: 2:30-3:30 p.m. Burke Center Library, 9353 Freds Oak Road, Burke. Explore the universe, stars and other celestial wonders. Presented by astronomer and former Sky and Telescope Consultant Kevin Manning. Sponsored by the Friends of the George Mason Regional Library. Age 8-12. 703-249-1520.

Reptile Survey: 7 p.m. Burke Lake Park, 7315 Ox Road, Fairfax. Assist a naturalist with a reptile survey. Learn about the habits and habitats of the aggressive but misunderstood water snake as we search for them and document their size, gender and location. Wear shoes that can get wet. Ages 8 and older. Children must be accompanied by an adult registered in the program. 1 hour. $6 in-county, $8 out of county. http://parktimes.fairfaxcounty.gov/parks/performance/lee-district-nights.htm.

Thursday/July 21
Lunch N’ Life: Noon-2 p.m. Burke Presbyterian Church, 3690 Oak Leaf Drive, Burke. Features the Capital Swing Quartz, a woman’s cappella group. For reservations, call Faye Queenenbury 703-620-0615. At July 15. $10.00. Checks payable to SCBF. If transportation is needed, call the SCBF office 703-323-4788. altboro.nj.org.

Ambiphilius After Dark: 7 p.m. Burke Lake Park, 7315 Ox Road, Fairfax. Assist park naturalists with a calling amphibian survey. Learn how to identify frogs and toads by their calls as we explore pools and ponds. Ages 8-Adult. Children must be accompanied by an adult registered in the program. 1 hour. $6 in-county, $8 out of county. http://parktimes.fairfaxcounty.gov/

Evenings on the Eclipse: 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Incendo (Latin). Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. http://www.fairfaxcounty.gov/parks/performance/

Get Pop Cultured – Comic Convention Collectibles on Sale: 9 a.m. Barnes and Noble Fair Lakes Promenade Drive, Fairfax. Purchase collectibles from Funko, Diamond and more. Limit 2 per customer, while supplies last. 703-278-8527.

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www.kiddiecountry.com
All Out for Omaha

By Tim Peterson
The Connection

1:01.19. For the last year, Oakton resident Jasmine Hellmer has gone to bed looking up at “1:01.19” written on a Post-It note stuck to her ceiling. That time represented the rising Flint Hill School junior’s greatest goal to date: the time standard to qualify for Olympic Trials in the 100 butterfly.

Now 16, Hellmer began swimming seven years ago. Though she said she “tries to have a balance” in her life, she’s progressed in the sport to a high level of commitment in the service of her goals. Hellmer’s group trains at the Burke Swim and Racquet Club eight to nine times per week in the water, plus a handful of on-land workouts for additional strength and flexibility work.

The facility is one of more than a dozen sites for the Nation’s Capital Swim Club, of which Olympic champion Katie Ledecky is one of the more decorated athletes.

“Social life is obviously difficult,” Hellmer said. “I always have to say ‘I have swim practice.’”

But in March at a National Club Swimming Association championship meet, the young swimmer’s dedication and specific focus on the 100 fly were rewarded. She got the cut.

Hellmer was one of four swimmers from the same group, coached by Fairfax Station resident Pete Morgan, to compete in USA Swimming’s Olympic Trials meet. The weeklong event took place in Omaha the last week in June.

IT WAS THE FIRST trials experience for her teammates, as well, who included Burke resident and recent Robinson Secondary School graduate James Jones, Springfield resident and recent West Springfield High School graduate Lane Stone and Stonewall Jackson rising junior Sam Pomajevich, who lives in Manassas.

Overall, Nation’s Capital fielded a team of 25 at the trials, the most qualifiers of any club in the country.

And if making the qualifying times wasn’t difficult enough, in order to actually make the team, swimmers must emerge as one of the top two finishers in each event out of a field of between 150 and 180.

“If you got to go to Omaha, you were there,” said Morgan. “The depth better than you see in the Olympics. I’m very proud — as a country, what goes on in the process.”

Pomajevich advanced the furthest of the foursome from Burke, placing 22nd in the 200 butterfly. In the process, he was chosen to be part of the National Junior team and compete in August at the Junior Pan Pacific Championships in Hawaii.

“I’m pretty happy with how I swam,” he said. “And I have time to improve for the end of the season.”

Morgan said for each of his swimmers, they talked prior to the meet about maximizing their experience, understanding it was highly unlikely they would make the National team in their rookie meet.

“It’s not easy thing,” Morgan said. “What’s their reality? For most, it’s a timed final experience.”

Hellmer didn’t go a personal best time in her race.

But her coach was quick to remind her, “OK, you got here,” she remembers Morgan saying. “We talked about the whole, pinpointed what I did wrong. Then he said, ‘This is where you learn, where you get to watch.’”

Aside from their own races, the athletes were able to spend time warming up and down around stars in their sport, such as Ledecky, as well as living legends including Michael Phelps.

Pomajevich said the bigger names mostly kept to themselves. He said he didn’t have any starstruck moments either, keeping the mindset that they were his competition.

AT ONE POINT Hellmer found herself in the same recovery pool lane as Phelps himself.

“Oh my God don’t get in this lane,” she remembers thinking. “I just stopped at the wall and let him pass. It was really cool. I got to see how he trained, how he got ready for his races.”

James Jones, a standout on the reigning Virginia state champion Robinson men’s swim and dive team, competed in the 50 freestyle and raced a time trial 100 freestyle, effectively a competition warm-up.

One highlight he said was swimming in the same preliminary heat as eventual Olympics qualifier Anthony Ervin.

Though making the meet was a huge milestone toward each of the foursome’s ultimate goal of making the Olympic team, they also felt tuned in to the energy of so many others fulfilling their dreams at the same time.

“It was awesome to watch,” Jones said. “Achieving everything they’ve been working for.”

The arena in Omaha seated around 14,000 spectators for the advanced rounds of the meet.

“Once the stands were filled, it was even more amazing,” Heller said, “and even more nerve-wracking. The arena was full of emotions, tears of joy for those having reached their goals and achieved their dreams. And tears of sadness if you came in third — they were really devastated.”

In four years, each of the swimmers from Burke expects to return to trials, facing potentially devastating near-misses, or tears of joy.
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21 Announcements

NOTICE OF SUBSTITUTE TRUSTEES’ SALE OF PROPERTY OWNED BY HUNTER MILL WEST, L.C.

LOCATED AT

10736 SUNSET HILLS ROAD, RESTON, VIRGINIA

SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT

JULY 22, 2016 at 2:00 P.M.

In execution of a certain Credit Lien Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 2008 at Page 5278 among the land records of Fairfax County, Virginia, the “Deed of Trust,” made by HUNTER MILL WEST, L.C. a Virginia limited liability company, now wearing CATIE LLC a Virginia limited liability company (the “Noteholder”), default having occurred in the performance of the debt secured thereby, and being instructed to do so by the Noteholder, the substituted Substitute Trustees, will offer for sale the property described below at public auction by the main entrance to the Fairfax County Circuit Court, located at 4110 Chain Bridge Rd, Fairfax, VA 22030 on July 22, 2016, beginning at 5:00 a.m.

The real property encumbered by the Deed of Trust that will be offered for sale by the Substitute Trustees is commonly known as 10736 Sunset Hills Road, Reston, Virginia, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the “Property”).

TERMS OF SALE

ALL CASH: The Property will be offered for sale “AS IS”, WHERE IS and will be conveyed by Substitute Trustees’ Deed of Trust made in accordance with the terms of the Deed of Trust and the Substitute Trustees, if any, with respect to the Property so encumbered. The Substitute Trustees, if any, shall convey to the Payee, the Substitute Trustees, the Beneficiary or the Beneficiary’s assigns or other transferees as the Payee, the Substitute Trustees, or the Beneficiary may lawfully affect the Property.

The Substitute Trustees and the Beneficiary disclaim all warranties, express or implied, including without limitation, any warranty relating to the zoning, restrictions, and all recorded and unrecorded liens, if any, having priority over and being superior to the Deed of Trust, as they may exist.

The Substitute Trustees and the Beneficiary will not guarantee the availability of the Property for inspection immediately prior to the sale, and will deliver to the Substitute Trustees the Deposit and the memorandum of sale in exchange for the balance of the purchase price as determined by the Substitute Trustees.

A bidder’s deposit of $150,000.00 (the “Deposit”) by certified or cashier’s check or wire transfer to the Substitute Trustees at 8010 Four Corners Drive, Suite 300, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall also deposit past due real estate taxes, rollback taxes, water permit renewal fees (if any) or other municipal fees, charges and assessments, together with penalties and interest due thereon. The Substitute Trustees shall also pay all settlement fees, title examination charges, title charges and the insurance premiums, at recording costs (including the state transfer tax), state and county recordation fees, clerk’s fees, settlement fees, title examination charges and title charges and attorneys’ fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

The Substitute Trustees shall be required to sign an agreement at settlement waiving any cause of action Purchaser may have against the Substitute Trustees, the Payee, the Substitute Trustees, if any, and the Beneficiary for any condition with respect to the Property that may not be in compliance with applicable laws, rules or local law, regulation or ruling including, without limitation, any law, regulation or ruling relating to environmental contamination of hazardous wastes. Such agreement shall also provide that if notwithstanding such agreement, a court of competent jurisdiction shall determine that the Substitute Trustees or the Beneficiary have committed such fraud, the Deed of Trust or applicable law otherwise as the Beneficiary shall elect. There shall be no release of such forfeiture unless and until the Substitute Trustees and the Beneficiary have fully made all such payments so due and the Substitute Trustees shall be required to reimburse the Purchaser for any deficiency between its bid and the purchase price as determined by the Substitute Trustees.

If any Purchaser fails for any reason to complete settlement as required by the Substitute Trustees, if any, the Substitute Trustees, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other obligations of the Substitute Trustees, if any, payable to the Beneficiary, if any, the proceeds of sale of the Property for the benefit of and in payment of the purchase price as determined.
Puhek family of Fairfax Station ends 25-year run at Silverbrook Elementary.

By Marti Moore
The Connection

Fairfax Station sisters Hannah and Nicole Puhek are a couple of tweens looking forward to their middle school career and teenage years with little thought to how their June 16 promotion helped their family set a school record for the longest enrollment period of 25 years straight.

“This is the first time I have known a family consistently at one time for so long,” said Silverbrook Elementary School principal Melaney Mackin.

Even more unusual is the Puhek parents moved to the Barrington neighborhood 25 years ago as active duty military officers, yet managed to stay in one place during their Air Force careers and beyond.

It was 1991 when their oldest son, Danny — now age 30 — began attending Silverbrook Elementary School at 9350 Crosspointe Drive in Fairfax Station. He moved to the Barrington neighborhood 25 years ago as active duty military officers, yet managed to stay in one place during their Air Force careers and beyond. It was 1991 when their oldest son, Danny — now age 30 — began attending Silverbrook Elementary School at 9350 Crosspointe Drive in Fairfax Station. He graduated in 1998 and was followed by:

❖ Jamie, 27 — who works in private health care in California.

❖ Jeff, 21 — who is in his third year at the U.S. Air Force Academy.

❖ Kevin, 18 — who graduated last month from South County High School then left home for Colorado Springs, where he follows in the footsteps of his father and brothers for Basic Cadet training at the academy.

❖ Twin sisters Hannah and Nicole, 12. "Wonderful family" is how long-time instructional assistant Suzanne Frederick describes the Puheks.

“I remember all these kids coming through there.” She said the children were raised well and have great manners.

Frederick, too, sets another school record for the longest career span since Silverbrook opened its doors in 1988. Although they no longer attend school, Danny and Jamie were given an assignment to recall what Silverbrook contributed to their academic careers and life in general. In his essay, Danny — a U.S. Air Force captain — recalls having “phenomenal teachers” whose names he remembers because they took an active role in the lives of their students.

“The military is all about creating high performing teams to accomplish your mission and we form our teams by understanding each other’s strengths and weaknesses. I attribute the understanding of selflessness and teamwork to my days at Silverbrook.”

His younger sister, Jamie, noted her teachers and friends at Silverbrook “have left an impression for Linda.”

She did this out of the goodness of her heart,” Mackin believes. Also, Kevin built a butterfly garden in the seventh grade at Silverbrook Elementary School, where his six children set an enrollment record of 25 consecutive years.

Retired U.S. Air Force Col. James Puhek of Fairfax Station earns the nickname “Rocket Man” as he talks about his work on space satellites to a sixth-grade class June 15 at Silverbrook Elementary School, where his six children set an enrollment record of 25 consecutive years.

“Wonderful family” is how long-time instructional assistant Suzanne Frederick describes the Puheks.

“I remember all these kids coming through there.” She said the children were raised well and have great manners.

Frederick, too, sets another school record for the longest career span since Silverbrook opened its doors in 1988. Although they no longer attend school, Danny and Jamie were given an assignment to recall what Silverbrook contributed to their academic careers and life in general. In his essay, Danny — a U.S. Air Force captain — recalls having “phenomenal teachers” whose names he remembers because they took an active role in the lives of their students.

“The military is all about creating high performing teams to accomplish your mission and we form our teams by understanding each other’s strengths and weaknesses. I attribute the understanding of selflessness and teamwork to my days at Silverbrook.”

His younger sister, Jamie, noted her teachers and friends at Silverbrook “have left an everlasting mark on my life.”

Principal Mackin also is impressed by the involvement of parents Linda and James Puhek. She credits Linda, a retired Air Force major, for taking care of the landscaping around the school.

“This is the first time I have known a family consistently at one time for so long.”

Silverbrook Elementary principal Melaney Mackin

“It’s the sense of family and caring about people,” that has made a lasting impression for Linda.