Nesting Peregrine Falcons in Reston

Cleaning Up the Tetra Mess?

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**Summertime is Move Time**

**People**

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

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

**Reston Association Is Setting up a Review Process after Criticism of Its Purchase and Cost Overruns of the Tetra Property, Now Called the Lake House Property or Facility.**

Candidates with professional experience in accounting, auditing, law, construction project management, governance and internal controls are encouraged to apply, according to RA. RA indicates the final report would include a review of the processes and internal controls that were followed across the organization from association staff, to the RA Board of Directors and RA contractors in handling all decision-making, governance, administrative and financial aspects of RA’s purchase, including the referendum, planned use and renovation of Tetra that have led to cost overruns and revenue shortfalls.

**Reston Association on Tetra**

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

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

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

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

“The purchase price was $2.65 million. One third of eligible Reston Association voters cast ballots, with 53 percent of those voters in favor of authorization for RA Board of Directors to borrow $2.65 million to purchase the Tetra property, formerly known as the Reston Visitors Center. During the month-long referendum, dozens of people on both sides of the debate held a robust dialogue on the merits of purchasing the property. At the time, many opponents objected to the cost of the building and the value of the purchase. The assessed value was about half the purchase price.”

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

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

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

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

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

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

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

Reston 20/20 Co-Chair Tammi Petrine said, “It is vitally important that whoever investigates the mess made of the Tetra purchase and renovations addresses these eight critical issues or RA will have wasted additional tens, if not hundreds, of thousands of our assessment fee dollars in the Tetra property morass. It is far past time for RA to fully account for the poor decisionmaking and waste of RA homeowner funds on Tetra over the last year.”

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

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

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

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

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

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

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

**How to Help**

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

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

**Upcoming Blood Donation Opportunities**

Reston
July 13, 10 a.m. - 3 p.m., Reston Library, 11925 Bowman Towne Drive
July 14, 9 a.m.-2 p.m., VMware, 12100 Software Parkway, Suite 600
July 15, 8 a.m.-1:30 p.m., U.S. Geological Survey, 12201 Sunrise Valley Drive

**How to Help**

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Be Part of Our Annual Community Guide

Share tips in upcoming Newcomers and Community Guides.

T

he Connection’s annual Newcomers and Community Guides will publish Aug. 24 with a deadline of Aug. 17. A bevy of interns, plus staff writers and editors, are preparing this year’s 15 individual editions, and 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 newcomers and long-time residents alike, including award-winning Insiders Guide to the Community Guide.

See last year’s community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers. Tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at http://www.connectionnewspapers.com/contact/letter/. Send in your Insider’s Tips by Wednesday, Aug. 17.

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

Supervisor Hudgins Shows Appreciation to Fairfax County Police Department

To the Editor:

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

Supervisor Catherine M. Hudgins
D-Hunter Mill District

Letters to the Editor

Be Part of Our Annual Community Guide

Supervisor Hudgins Shows Appreciation to Fairfax County Police Department

Misperception 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 misperception 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 forebear an originalist hermeneutic and submit to the liberal 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 consider any number of fellow Virginian Founders to see how contrary to their intent such proposals are: Thomas Jefferson and Richard Henry Lee (Declaration signers); or George Mason and James Madison (Convention delegates). Progressives rely heavily on emotional appeals and logical misdirection to advance their anti-gun agenda, counting on the public to have forgotten their history.

Your readers should not fall for it.

Jonathan Clough
Springfield

School Board Politics and Transgender Policy

To the Editor:

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

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

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

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

Elizabeth Torpey Bradsher
Former Fairfax County School Board Member
Fairfax Station
Unlocking Northern Virginia

By Kenneth R. ‘Ken’ Plum
State Delegate (D-36)

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

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

Fortunately, relief is on the way, but the size of the
transportation projects requires years for completion.

Express lanes will be increased and using traffic man-
agement technology will bring some relief to the I-66
corridor. The most promising congestion relief for the
region was announced recently with Virginia re-
ceiving a $165 million federal FASTLANE grant that will
be leveraged to fund $1.4 billion in multimodal
transportation projects in the congested I-95 corri-
dor. The entire undertaking is being called the At-
lantic Gateway Project.

For the highway commuters I see stuck in traffic
on my trips to Richmond, the project will fund the
extension of Interstate 395 express lanes about 7
miles north to the Potomac River and I-95
express lanes about 10 miles south towards
Fredericksburg. A new I-95 bridge will be
built across the Rappahannock River. For
commuters and rail freight the project includes the construction of 14 miles of new
track along the CSX rail corridor cross-
ing the Potomac River to enhance freight,
commuter and passenger rail routes. Mass
transit options will be expanded with 1,000
new parking spaces for commuters along
I-95 and I-395.

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

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

The multimodal approach being used in this corri-
dor establishes a significant precedent that must be
followed to successfully unlock other areas of North-
ern Virginia from some of the worst traffic conges-
tion in the country.

Volunteer Events and Opportunities

Fairfax County’s free Family
Caregiver Telephone Support
Group meets by phone on Tuesday,
August 7, 9-8 PM. We will discuss
“When Your Loved One is Hospitalized”.
Register beforehand at www.fairfaxcounty.gov/
olderadults and click on Tele-

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

50+ Podcast: Enhanced Mobil-
ity Survey. Susan Shaw, the county’s
new Mobility Manager, explains why
you should take the county’s enhanced
mobility survey. To take the survey, go
to www.fairfaxcounty.gov/olderadults
and look in the “Hot Topics” box. The
survey deadline is Aug. 1.

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

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

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

The Hollin Hall Senior Center in
Alexandria needs a Garden Helper
help to maintain the vegetable/peren-

nial garden and instructors for the following classes: Basic Woodwork-
ing, Italian and Ballroom Dance.

For these and other volunteer opportu-
nities, call 703-324-5406, TTY 711 or
visit www.fairfaxcounty.gov/
olderadults and click on Volunteer So-
lutions.

A great Fourth of July: American troops open pack-
ages from Reston Chorale.

To the Editor:

On the Friday before Inde-
pendence Day, nine large boxes from The Reston Chorale
reached a platoon of American
soldiers stationed halfway
around the world. They con-
tained a Fourth of July Party-
in-a-Box, handmade thank you
cards, snacks and sports equip-
ment, health and hygiene prod-
ucts, books, games, DVDs and
more – even the fixin’s for
s’mores.

All of these items were gen-
erously donated to The Reston
Chorale’s Care Packages for the
Troops Drive – part of our an-
ual Star-Spangled Sing-Along
at Reston Town Center on the
Saturday before Memorial Day.

Now in its second year, this
drive has delivered 650 pounds of
donated goods for American
soldiers serving overseas.

This year, our care package
donations were combined with
support from the USO to create
a memorable Fourth of July cel-
bration for a large platoon serv-
ing far from home.

The soldiers were very happy
to receive them, sending this
message: “We can’t express our
gratitude enough! You have
made this a great 4th of July for
all the troops here. Several
people said they forgot [where
they were] for a few hours due
to all the decorations, snacks
and various items from home.”

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

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

Because of such strong sup-
port, men and women serving
our country know they are re-
membered, and that our com-
unity is truly grateful for their
service and sacrifice.

Ruth Overton
President, The Reston
Chorale
White kitchens are a trend with staying power.

The homeowners knew they wanted the new kitchen space to be free flowing and light-filled. "The family wanted a white kitchen," he said, because it, "removes a great backdrop for art and accentuates the exterior colors of spring, winter and fall."

Bright White

By Marilyn Campbell
The Connection

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

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

"To open up the wall between the kitchen and dining room, one challenge was maintaining a distinction between the two spaces, which was important to the owners," 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 cabinet piece, which is accessible from both rooms, 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 cabinet piece, which is accessible from both rooms, said St. Claire.

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 backsplash of granite and materials, from smooth and glossy to rough and textured, is simple but subtle elegance. "I think in general the perfect combination of the various materials, from smooth and glossy to rough and textured, is simple but subtle elegance," said Underwood. "The family wanted a white kitchen," he said, because it, "removes a great backdrop for art and accentuates the exterior colors of spring, winter and fall."

The kitchen was designed by Jim Rill of Rill Architects who added a large picture window overlooking an expansive backyard. The result was a room with a crisp and airy aesthetic. The new, open-concept allows the homeowners to better interact with family and friends.

"Prior to the remodel, the kitchen was essentially closed off to the rest of the home," said April Case Underwood of Case Design/Remodeling. "I think the grouping of materials the client selected with are unique, definitely not scissors-cute, and those make the space really interesting," Underwood said. There is open space, which was designed by Allie Mann of Case Design/Remodeling. "I think the grouping of materials the client selected with are unique, definitely not scissors-cute, and those make the space really interesting," Underwood said.

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 backsplash of granite and materials, from smooth and glossy to rough and textured, is simple but subtle elegance. "I think in general the perfect combination of the various materials, from smooth and glossy to rough and textured, is simple but subtle elegance," said Underwood. "The family wanted a white kitchen," he said, because it, "removes a great backdrop for art and accentuates the exterior colors of spring, winter and fall."

In this kitchen, designed by Wentworth Inc, a cabinet with mullioned glass doors face the dining room. The new unit gives the homeowners extra storage and a cabinet piece, which is accessible from both rooms, 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.

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Nesting Peregrine Falcons in Reston

By Donald M. Sweig

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

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

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

Meanwhile, in the late 1960s, an unprecedented and innovative captive-breeding program was initiated, primarily at Cornell University and the Peregrine Fund in upstate New York. Subsequently, in Virginia, a Peregrine falcon restoration program was begun in 1978. Between 1978 and 1993, more than 240 young captive-reared Peregrine falcons were released in Virginia. There are now over 25 known nesting pairs in the Commonwealth.

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

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

Peregrine falcons incubate their eggs for about a month before hatching and it takes another five or six weeks for the birds to be able to fledge and fly from the nest area. Normally, biologists from the Center for Conservation Biology would attempt to access a known Peregrine falcon nesting site before the birds fledge in order to determine the sex of the young birds and the place identifying bands on their legs. In Reston, as the nesting location was on private property and there were security and other concerns, the CCB was not able to access the nest, and so trained volunteer observers were once again asked to help.

In mid-May, the adult falcons were observed delivering food to the nest for the young birds. As all of the young falcons had presumably fledged successfully, no further monitoring was done.

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

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

Mapping Moments. July 13-Aug. 26. ArtSpace Reston, 750 Center St., Herndon. An exhibit featuring of vibrant abstracts which will draw the viewer into the worlds of international artist Caroline Morgan and Joy Young Gerard. 703-856-9546.

Beginners Chair Yoga. July 5-Aug. 30. 6:7 p.m. Herndon Senior Center, 873 Grace St., Herndon. Yoga for beginners with limited mobility who specialize in yoga with 50+ in mind. $10/$80. 703-464-6200.


Yoga on the Plaza. 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your morning. Our talented yoga instructors will lead you through a gentle or more intense practice on the Plaza to the tune of fun music. Bring your own mat and water. lakeaneplace.com.

Team Trivia at Kalypso’s. Tuesdays, 8 p.m. Kalypso’s Sports Tavern, 14141 Washington Plaza N., Reston. Bring your friends and join the challenge. 703-707-0660.

Open Mic Night at Kalypso’s. Mondays, 7-10 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660.


Herndon Frond Night Live. 6:30 p.m. Through Aug. 27. 777 Lynn St., Herndon. Features the most popular local and regional acts from up and down the east coast. Free. For more information or for the performance schedule, go to herndonrocks.com.

Take a Break Concert Series. Thursdays, 7 p.m. June 16-Sep’t. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. lakeanemusic.com.

Summer Entertainment Series. June 1-Aug. 1. 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. Visit what’s playing at your nearby park, go to http://www.fairfaxcounty.gov/parks/performances/.


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

FRIDAY/JULY 15

Crazy in Stereo and Six to Midnight Concert. 6-10:30 p.m. Town Green, 777 Lynn St., Herndon. Crazy in Stereo’s five different members sing lead vocals in multiple “mash-ups.” Come hear the band known for their versatility and harmonies. Free. info@herndonrocks.com.

SATURDAY/JULY 16

Opening Reception Mapping Moments. 7-9 p.m. ArtSpace Herndon, 750 Center St., Herndon. An exhibit featuring of vibrant abstracts which will draw the viewer into the worlds of international artist Caroline Morgan and Joy Young Gerard. 703-856-9546.

Funny Girl Takeover Comedy Show. 8:30-10:30 p.m. Ned Devine, 2465 Centreville Road, Herndon. Comedian Erika Nolas is taking over Ned Devine’s withFunny. Show features Franqiu French, Janti Tillyer, Bija Nathan, Pam Werts and Robyn Schall. $10. 571-292-7371.

SUNDAY/JULY 17

Concert4Cause. 4-10 p.m. Town Green Lawn, 777 Lynn St., Herndon. Rocknceros, Gonzo’s Nose, High Valley and Casadepay Tournament. $20/$40. For info: http://bylx.com/concert4causethis. 703-759-6750.

MONDAY/JULY 18 - FRIDAY/JULY 29

Summer Stem Camps. South Lakes High School, 11400 South Lakes Drive, Reston. VXI IQ Robotics, and VEXI Robotics. Register at www.nvcc.edu/sytemic or contact SyTMEC Solutions Regional STEM Coordinator Aleksandra Marthinussen at 703-530-2894 or systemic@nvcc.edu for more information.

WEDNESDAY/JULY 20

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

THURSDAY/JULY 21

Introduction to Doing Business with the Intelligence Community. 8 a.m. Ledos 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 information, please contact Ashleigh Dorfman, CSEF, events and development director at 703-707-9545 or ashleigh@restonham.org.

Color Me Happy. 7-9 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, turn loose your inner artist and discover that coloring is for grown-ups, too. Choose from a collection of intricate designs and bring them to life with color. Coloring pages, pens and pencils provided, or bring your own. 703-397-0420.

FRIDAY/JULY 22

The Reflex Concert. 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear The Reflex in concert as they perform 90’s-era music. Free. info@herndonrocks.com.

Accidental Red Band. 8-10 p.m. NextStop Theatre, 260 Sunset Park Drive, Herndon. Jazz standards, pop, and blues from the 30s to today. Benefitting National Alliance on Mental Illness. $20. 866-811-4111.

SATURDAY/JULY 23


JULY

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

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

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

8/24/2016...........................................Connection Families: Enrichment, Care & Back to School

9/7/2016........................................Wellbeing

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

9/21/2016.............................................HomeLifeStyle – Real Estate & New Homes

E-mail sales@connectionnewspapers.com for more information.
By KENNETH H. LOUIE

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

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

Am I living proof that what I am doing is working? Keeping the cancer cells from growing/moving away could never be known. Moreover, it doesn’t seem to be helping. I will admit to that. But given the fact that the FDA (Food and Drug Administration) doesn’t recently analyze/corroborate/dispute the alleged benefits of non-prescription supplements, I may actually be growing and playing my way through life. No matter. I am happy to live with the consequences of my actions. Quite frankly, it would be naive to think that if I didn’t do anything, the cancer would not have taken over. Being proactive, at least for me, has been a path of least resistance. Doing nothing would have been giving in to the disease, which I have no intention of doing. Ergo, to keep my pill inventory fully stocked, I either mail-order them or shop locally. I try to reorder/buy so that I never miss a dose. But if I do, I try not to stress over it. I figure the years-long effort I’ve made has built up enough pill-equity in my body that it will be a day or two before I go down with delirium root, beta glucans or my newest pill: Chinese wormwood (as but a few examples).

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

Software Architect: alnyx, dsng, dvlp, test & impl app s/w using Enterprise & SOA Architecture, Java, C#, Oracle Database, Oracle OBIE, Oracle SOA Suite, Oracle Automa- tion (OPA), Oracle APEX, SQL, Jenkins Selenium, JMeter, Laycar, WebLogic, Tomcat & JS; perf system, integrtn & UAT test. Req’s MS/BS in comp sci, info systems or eng, + 5YR exp. Job in Herndon, VA. Email resumes to Carel- go Solutions, LLC, hr@careligo.com

Software Developer: dsng, dvlp, test & impl app s/w using Oracle Database, Oracle OBIE, Oracle SOA Suite, Oracle Automa- tion (OPA), Oracle APEX, SQL, Jenkins Selenium, JMeter, Laycar, WebLogic, Tomcat & JS; perf system, integrtn & UAT test. Req’s MS/BS in comp sci, info systems or eng, + 5YR exp (3YR w/ MS). Job in Herndon, VA. Email resumes to The Athena Group, LLC, hr@theathengroup.com

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NOTICE OF SUBSTITUTE TRUSTEE'S SALE OF PROPERTY OWNED BY HUNTER MILL WEST, LLC.

LOCATED AT
10736 SUNSET HILLS ROAD, RESTON, VIRGINIA
SALE TO BE HELD AT THE FAIRFAX COUNTY CIRCUIT COURT
July 22, 2016, AT 9:00 A.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 20, 2008, and recorded in the Fairfax County, Virginia records as Document Number 20080063387, made by HUNTER MILL WEST, LLC., a Virginia limited liability company, now owning CATJEN LLC, a Virginia limited liability company (the "Noteholder"), default having occurred in the payment of the last installment of principal due under the Deed of Trust in accordance with the Noteholder’s obligation.

TERMS OF SALE

ALL CASH: The Purchase shall be for sale "AS IS, WHERE IS" and shall be conveyed by Substitute Trustee's Deed (the "Substitute Trustees' Deed") subject to all encumbrances, liens, restrictions, and all recordable and recorded liens, if any, having priority over and being superior to the Deed of Trust, as they may exist on the Property.

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

A bidder's deposit of $100,000.00 (the "Deposit") by certified or cashier's check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to preclude any bidder prior to the sale and/or waive the requirement of the Deposit. Immediately after the sale, the successful bidder shall execute and deliver a memorandum of sale to the Substitute Trustees, which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memo-
Reston Swimmers Beat Their Own Record

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

Team records set on Saturday include:
❖ Casey Storch of Lake Newport shaved time off of his men’s 15-18 50 freestyle for a time of 31.43, beating his own record from the previous meet.
❖ The Lake Newport men’s 15-18 200 medley relay team of Michael George, Casey Storch, Jack Edgemond, and Dan Ni set a new record with a time of 1:57.99, beating their own record set at the previous meet.
❖ Hailey Brown of Ridge Heights beat her own record from the start of the season with a time of 29.11 in girls’ 9-10 50 backstroke.
❖ A Ridge Heights team record of 2:09.51 was set in the girls’ 6-18 age 200 freestyle relay by Kelsey Brown, Hailey Brown, Hailey Wang, Katie Falcone, and Paige Sogandares, beating a record from 2005.
❖ Ryan Ha of Lake Audubon swam the men’s 15-18 50 backstroke in 29.05, beating a record set in 2010.
❖ The North Hills girls’ 11-12 age 100m Medley Relay team of Alison Wan, Samantha Sciortino, Ada Langston, Katie Cazenas set a record of 1:09.15 to beat the previous record set in 2013.

Hunters Woods Blue Marlins 569, Lake Anne Stingrays 474
For Hunters Woods, double event winners were Matthew Beach, Glenn Broderick, Mary Carol Cook, Amanda Cornette, Mira Cuthill, Audrey Flynn, Amber Li, Andrew Li, Sean Montagne, Prana Owen, Ryan Vinintimilla, and Brian Zhou. Triple event winners were Quinn Owen, Megan Slater, Gwyneth Wagner, Albert Xu, and Kevin Zhang.

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

Lake Audubon Barracudas 596, Glade Dolphins 568
For Lake Audubon, double event winners were Zachary Bell, Christopher Chadsey, Sumaya Finney, Elliot Fricker, Ian Ha, Ryan Ha, Suya Haering, Riley Lender, Nathaniel Mathias, Valeria Novoa, Aidan Scanlan, and Nathan Vikhman. Triple event winners were Max Daum, Matthew Fritz, and Jackson Harriot.

For Glade, double event winners were Marco Anguizola, Maryn Arcuselarame, Deidre Curry, Ryan Erickson, Isabelle Gilleo, Sam Joyner, Sahine Sollys, and Reagan Tobias. The triple event winners were Niki Chava, Emily Landeryou, and Sophia Landeryou.

Lake Newport Lightning 639, Ridge Heights Sharks 509
For Lake Newport, double event winners were Caitlin Connelly, Catie George, Ryan Giebel, Nathan Ho, Neil Kumar, Emi Redican, Joseph Redican, Zoe Van Winckel, and Vania Zeledon. Triple event winners were Alexandra Connelly, Jeffery George, Anna Redican, Casey Storch, Julia Wang, Zach Wang, Sarah Zhong, and Michael Zhou.

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

North Hills Hurricanes 584, Autumnwood Piranhas 495
For North Hills, double event winners were Sean Burke, Daniel Doman, Ryan Lczak, Samantha Sciortino, Sarah Sciortino, Fiona Shaw, David Wrigley, and William Xu. Triple event winners were Allison Boone, Marlee Czarny, Caelen Grange, Ryan Grimes, Daniella Ramsey, Joseph Sciortino, and Miles Yang.

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

Sports

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

“I consider this the only ukulele festival in Northern Virginia. It's nice to see it grow every year. And the weather felt like we were definitely in the Islands. We’re always happy with the great turnout,” said Mauritia Potts, marketing director for Lake Anne Plaza.

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

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

Steve Hibbard

Photos contributed by Steve Hibbard/The Connection

Reston Swimmers Beat Their Own Record

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

Ukulele Festival At Lake Anne

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

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