Restonian Jackie Trautman encourages girls to pursue science, technology, engineering and math through internship. She is pictured with the Lockheed Vega 5B, Amelia Earhart’s Plane.

Making STEM Accessible

Fairfax County School Board Elects New Chair, Vice Chair

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Making STEM Accessible

Restonian Jackie Trautman encourages girls to pursue science, technology, engineering and math through internship.

By Alyssa Miller
The Connection

Jackie Trautman spends much of her internship making paper airplanes. She can build a miniature aircraft using household objects, and although she knows she can't change the world immediately, she's working to inspire a love of science, technology, engineering and math in young girls through the Air and Space Museum's Engaging Girls in STEM program.

“We want people to see that everyone designs things,” said Trautman, who just finished her freshman year at Penn State, where she studies mechanical engineering. “It’s not exclusive to people who are in lab coats.”

Trautman grew up in Reston and graduated from South Lakes High School. She works in the Design Hangar at the museum, teaching visitors that they can be successful in STEM fields, regardless of their gender. The program targets 8- to 16-year-olds because, according to Trautman, “that’s the age range where girls seem to fall out of the STEM field.”

Amy Stamm, the internship program coordinator at the museum, agrees with the importance of programs like Engaging Girls in STEM.

“Constantly describing an astronaut or a scientist as ‘he’ may not seem like a big deal, but according to Trautman, it can negatively impact a girl’s ability to see herself as a potential success. A large part of the program, according to Trautman, is making sure that people have confidence in themselves and to keep persevering even though some people … may express doubt.”

According to Stamm, one of the most important parts of the program is the chance for visitors to gain hands-on experience with STEM.

Fairfax County School Board Elects New Chair, Vice Chair

The Fairfax County School Board has elected Sandy Evans (Mason District) as chair and Jane Strauss (Dranesville District) as vice chair for a one-year term. The chair and vice chair assumed office at the July 14 School Board meeting. They were elected by School Board members during the Board’s annual organizational meeting.

Evans, who was elected to the School Board in March 2010, served as vice chair during the 2015-16 school year. She is the former chair of the School Board’s School Health Advisory Committee and served on the Board’s Transportation Task Force. Evans is a member of the steering committee of the Northern Virginia Healthy Kids Coalition; founding member of the Fairfax Education Coalition; and co-founder of Start Later for Excellence in Education Proposal (SLEEP). She served as the legislative committee chair of the Fairfax County Council of PTAs and as president of the Sleepy Hollow Elementary School PTA, and is a former staff writer for the Washington Post. Evans earned her bachelor’s in journalism from the University of Maryland-College Park. Active in education for over 30 years, Strauss is a former elementary and preschool teacher. She obtained an M.A.T. from Harvard Graduate School of Education and her B.A. in history from The George Washington University. Strauss is past president of the Franklin Sherman PTA and the Fairfax County Council of PTAs and past chair of the council’s education and budget committees. She has served on numerous education and youth affairs committees including the FCPS Career and Technical Preparation Task Force, the Division Planning Committee, the Citizens Bond Committee, and the Fairfax Framework for Student Success. A mother of four FCPS graduates, her Board service was from June 1991 to 1993 and from 1996 to the present. She served as Board vice chair in 2000 and Board chair in 2001 and 2011.

In addition to the chair and vice chair, members of the Fairfax County School Board, whose terms run from 2015 to 2019, are: Jeanette Hough (at-large), Pat Hynes (Hunter Mill District), Tamara Derenak Kaufax (Lee District), Ryan McElveen (at-large), Megan McLaughlin (Braddock District), Ilryong Moon (at-large), Dalia Palchik (Providence District), Karen Corbett Sanders (Mount Vernon District), Elizabeth Schultz (Springfield District), and Thomas Wilson (Sully District).
Opinion

Voting, for Former Felons and Others

In a Democracy, we're best served by more voter participation.

Today, the Virginia Supreme Court will hear an expedited challenge to Gov. Terry McAuliffe’s (D) restoration of the voting and civil rights of more than 200,000 Virginians who were convicted of felonies, served their time, and completed any supervised parole or probation requirements.

The restoration of voting rights moves Virginia into the mainstream. Virginia had been one of four most restrictive states with lifetime bans on voting for those convicted of felonies. Fourteen states automatically restore voting rights once the individual’s term of incarceration is over, and two states allow absentee voting from prison. Only 10 states have more restrictive policies than McAuliffe’s order about voting for people who have been convicted of felonies.

While the perception is that such a move will favor Democrats, in a Democracy, it’s better for all when more people vote.

According to statistics released by the governor’s office, 51.5 percent of those whose voting rights have been restored by McAuliffe’s order are white; 45.9 percent are African American. Eighty percent were convicted of nonviolent offenses. Almost half had completed both their sentences and supervision more than 10 years ago.

McAuliffe said: “If we are going to build a stronger and more equal Virginia, we must break down barriers to participation in civic life for people who return to society seeking a second chance. We must welcome them back and offer the opportunity to build a better life by taking an active role in democracy.”

This action brings Virginia into line with 39 other states, with more than 20 states having less restrictive policies. For example, on Feb. 9, 2016, the Maryland General Assembly restored the vote to all convicted felons immediately upon their release from prison. Previously, people convicted of felonies in Maryland had to complete all parole and probation before they were able to vote.

In Virginia, such individuals still are required to complete their term of incarceration and their term of probation or parole before voting rights are restored.

MEANWHILE, for all Virginia voters, the deadline to register to vote for the Nov. 8, 2016 general election is Oct. 17. You can verify your voter status at https://volelections.virginia.gov/VoterInformation. This is especially important to do if you have moved or have not voted recently.

In person absentee voting begins Sept. 23. It’s an important election, with Virginia playing a critical role in the outcome of the race. There also will be many important local issues on the ballot, along with the races for U.S. Congress.

— Mary Kimm
mkimm@connectionnewspapers.com

Letters to the Editor

Keeping Young Minds Engaged in Summer

To the Editor:

Summer means warmer weather and time for vacations. But it’s also a time when the average student loses nearly two months of academic knowledge.

It’s called summer slide. While two months may not seem like a big deal now, research has shown the effects of summer learning loss are cumulative. Meaning, children who aren’t engaged at a young age while they’re out of school for the summer continually fall behind their peers, ultimately impacting their chances to earn a high school diploma and their chances or desire to continue on to college.

Knowing that less than 30 percent of the jobs today in the United States are designed for people with less than a high school diploma is alarming to me. Moreover, as a woman working in the technology sector I understand the importance of getting children excited about science, technology, engineering, and math (STEM) fields early.

After all, STEM influences our daily lives. From the weather to smartphones to buildings, STEM is everywhere.

I just imagine – you commit to memory all the valuable information in order to make a presentation at work. Then take a brief vacation and when you return you can barely remember enough facts to answer simple questions about your presentation. And because you can’t recall the information, you’re passed over for promotions in the future.

Seems frustrating, right? It’s no different for students heading back to school in the fall. Because they haven’t used the knowledge learned during the school year, they lose it and become discouraged.

If at least a high school diploma is needed for the majority of in-demand jobs, the future workforce may in fact depend on us engaging children today so they can be successful tomorrow. Here are just a few ways to keep children engaged during the summer and maybe even spark a little STEM interest at the same time.

Discovery Education – Connect the Dots - Discovery Education offers a wide variety of free family resources that provide high quality, relevant material for you and your children.

National Summer Learning Association - The National Summer Learning Association is committed to ensuring that students receive quality science, technology, engineering, and math (STEM) education in their out-of-school time.

Global Digital Citizen Foundation - Global Digital Citizen Foundation curates a list of customizable project-based learning activities organized by STEM subjects.

Project Lead the Way - Project Lead the Way empowers students to thrive in an evolving world and they’ve compiled a list of 20 simple summer STEM activities.

Children’s Science Center - Children’s Science Center is a hands-on children’s museum here in Northern Virginia, where children learn through play.

NOVA Play Labs - NOVA Play Labs utilizes play as a way to teach STEM information to children ages 12 months to 14 years old.

So yes, while summer is a time for relaxing, it should also be a time to get ahead on the upcoming year and gain new experiences. If you have children, spend an afternoon at the park to make observations or visit a museum.

Taking Exception

To the Editor:

The Last week’s Connection included a Letter to the Editor from Elizabeth Torrey Bradsher (“School Board Politics and Transgender Policy.”) In this letter, Ms. Bradsher noted that her current Springfield district representative to the school board, Ms. Elizabeth Schultz, “...has little hope in changing anything...”

I also believe that Ms. Schultz does not/will not have a significant impact on the school board. I differ with Ms. Bradsher on the reason why. I suggest all community members review the videos of work sessions and meetings of the school board to see how Ms. Schultz interacts and communicates with her fellow school board members and staff. Ms. Schultz does not show respect to the board members, is antagonistic, and non-collaborative.

I am not commenting on her positions or initiatives. I am noting that she is not an effective member of the board, not because of politics, but because she does not have the skills or temperament needed.

— Michael Spatola
Fairfax Station

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Commentary
A Day a Year Health Care

By Kenneth R. “Ken” Plum
State Delegate (D-36)

In a few days I will be driving about six hours from my home in Reston to Wise County in Southwest Virginia to volunteer at the Remote Area Medical Health Clinic at the county fairgrounds. About 5,000 patients are expected to show up at this three-day health event for their once-a-year opportunity for professional health care. The RAM clinics were founded by television star Stan Brock to provide health care for indigent patients in underdeveloped nations. He soon learned that the same kind of care and services were needed in the Appalachian region of Virginia and Tennessee.

Organizing the health care days in Wise County is the Health Wagon, a mobile health clinic, that provides services throughout the year for a four-county region that is the poorest in the state. In addition to its clinic on wheels, the Health Wagon also has two stationary health clinics in Wise and Clintwood counties. The typical patient is 38 years old with an annual income of less than $20,000. These people cannot afford regular health care insurance, and since the Virginia General Assembly has refused to close the coverage gap they make too much money to qualify for Medicaid.

As Dr. Teresa Gardner, executive director of the Health Wagon, expressed it, “People here have got to make a call between paying their electric bill and buying their medication. It is disheartening to see someone who needs insulin and doesn’t have the cash.”

The RAM clinic is staffed with volunteer physicians, dentists, nurses, eye care professionals, and others. It costs about $85,000 to operate the clinic that delivers health care valued at an estimated more than $2.2 million. That is an amazing return on investment possible because of the generous donation of their time by healthcare professionals who see the tremendous need. My volunteering at the clinic will be for the more mundane work as I am not a trained health care professional. In addition to helping at the clinic I am bringing to the attention of my friends the monetary needs of the Health Wagon. Please join me in making a contribution. The Health Wagon is a 501(c)(3) nonprofit organization. Contributions to the Health Wagon are tax deductible to the extent permitted by law. Mail your check, payable to the Health Wagon, to P.O. Box 7070, Wise, VA, 24293. Or you can contribute online at https://donatetnow.networkforgood.org/thehealthwagon.

The Health Wagon was featured on CBS’s 60 Minutes that described it as “medical mercy for those left out of Obamacare and ineligible for Medicaid.” To learn more, view the 60 Minutes segment at http://thehealthwagon.org/hwwp/2016/04/01/60-minutes-on-the-health-wagon-bandaid-for-states-not-expanding-medicaid/.

We bring great days, and nights, to families.

Assisted Living
Social isolation is a concern of the past, replaced by friends, family and a full calendar of tailored programs addressing all dimensions of wellness.
Everyone’s quality of life is enhanced by specially designed amenity and gathering spaces, apartment homes, gardens and outdoor recreational areas.

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

Families tell us everyone benefits because the outstanding care and support we provide reduce worry and stress.
When a Chantilly Family decided to send their daughter to college, their process was threefold: packing up her bedroom, setting up her college dorm room and getting organized in the process. They enlisted the help of professional organizer (and Chantilly resident) Jessica Bower of SoPur Or- ganizing in Springfield. Jacobs dis- carded, preserved and streamlined, helping the family create a list of items that their daughter would need.

“I helped them clean out what they had and we ended up with a better idea of what they needed to bring to school,” said Jacobs. “I told her not to bring too much per- sonal stuff. Going off to college is a new chapter in your life and you need to start afresh.”

According to FCPD Public Af-
ficers found two men and three
years-old Springfield residents
played the game requires you to
ys that can be reached in under
the door with an adhesive. “They can be re-
not the first thing they will find,” said
cepts are necessary, such as a microwave
take out your phone while you are driving or
carried a snake, turtle or dog,” said Yolanda Gilson, D.A., associate dean of First Year Experience at Marymount University in Arling-
be ready to frequently look at your
Hear of your surroundings; re-
and trucks leaving the sta-
people are coming to county parks
and will provide that link when they
Records.

Safety alert for Pokémon Go players.

Students should find out before arriving on campus the items that are necessary such as a microwave, over-the-counter medication, personal hygiene items and laundry bags, as well as those that are questioned, such as external cords, multi-play adapters and toasters.

“Students frequently arrive on campus bringing their pet, such as a snake, turtle or dog,” said Yolanda Gilson, D.A., associate dean of First Year Experience at Marymount University in Arlington, Virginia. “Others have an approved service animal, but mindful of your community and room-

This college student moving into a residence hall at Marymount University.

Creating a College Packing List

Fairfax County Police Depart-
ment offers safety tips.

There are a total of 13,141,519 accounts in the US.

One factor to consider when cre-
ing a packing list is the distance between one’s hometown and the college campus, says Jacobs. “If you live within driving distance, for example, you can think seasonally and only bring what you need un-
till your next visit home then pack out old items,” she said. “Don’t bring them right away.”

Organizations is critical to man-
aging a significant portion, such as new items, your college laundry, and a shared residence hall, said Jacobs.

“Maximizing the space you have,” she said. “When it comes to storing a dorm room or bedroom in an apartment, look at all the unused space that you normally pack out, like the space under the bed.”

Risers, for example, can elevate your college laundry and storage bins that hold items such as your books. “These things allow you to maximize every use of space pos-
sible without causing a traffic jam,” said Jacobs. “You can build out space, but you can maximize the space you have.”

Jacobs also advises residing the organization. “You don’t necessarily need the Costco size of

College students move into a residence hall at Marymount University.

Six Safety Tips on Playing Pokémon Go

Fifty confiscated Pokémon Go accounts have been reported.

A few weeks ago a student at a university was arrested for playing Pokémon Go while driving.

“Don’t Trespass — The Fairfax County Police Department urges everyone to stay alert and be mindful of pedestrians, bicyclists and drivers who may be playing while crossing streets.

You can download the app. Pokemon Go is a free game. You can earn points and catch Pokémon charac-

Safety alert for Pokémon Go players.

Almost wherever you go, you are surrounded by Pokémon. Pokémon Go players out and about. There are some police safety tips.

1. Stay Alert — The Fairfax County Police Department urges everyone to stay alert and be mindful of pedestrians, bicyclists and drivers who may be playing while crossing streets.

Two weeks free rent and other incentives for leases signed by July 31.

Two weeks free rent and other incentives for leases signed by July 31.

Some restrictions apply.

A perfect storm has created a perfect storm for businesses nationwide.

You don’t want you have two televisions in a dorm room. Be sure to communicate with your roommate before moving in.

― Yolanda Gilson, D.A., Marymount University

School Notes

Eight students from Fairfax County Public Schools qualified for the 30th place in the Champions-

During your visit, take picture of the Pokémon. “Just say yes and show your phone,” said Jacobs.

Keep your eye out for your pocket change. Jacobs urged students to keep their eyes on their phone at all times.

Senior Skender Ballard ran a personal best time of 3:56.09 in the 1500-meter race and set a personal record in the 4x400 relay.

Senior Skender Ballard ran a personal best time of 3:56.09 in the 1500-meter race and set a personal record in the 4x400 relay.

Four 2016 relay team of freshman Sophie Sarkissian, Skander Ballard, senior Golden Kumi-Darfour and sophomore A.J. Price will compete for the College of William & Mary during the first year of competition.

Senior Skender Ballard ran a personal best time of 3:56.09 in the championship.

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School Notes

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Food Truck Full of Temptations

By Alexandra Greeley
The Connection

How often do local foodies come across a food truck with such an eye-catching logo: BaconNEd’s? A play on the iconic American breakfast—bacon and eggs—the food truck even sports artwork of eggs sizzling in a skillet. And who is the playful chef who has devised this eye-catcher and whose truck has recently been parked in Reston at lunchtimes.

Unlike many chefs, Richmond native Ed Hardy did not grow up in a food-centric family and did not learn the basics from his mom or grandmother. But he did cook his way through the last two years of college at the University of Virginia. He even worked in several local Charlottesville restaurants, thinking that cheating would attract girlfriends. There Hardy learned some basic kitchen skills and even grew to enjoy cooking and playing around with recipes. But after graduation, he went to work as a staff member for several congressional campaigns, a far cry from tending to sizzling steaks.

Fed up with the political life, however, Hardy left politics for good, moving to New York to enroll in the French Culinary Institute, now called the International Culinary Center. After earning his degree there and graduating third in his class, Hardy honed his cooking skills by working in two notable Manhattan kitchens and chefs: with Chef Marcus Samuelsson and with chef Michael Romano.

After working other New York chef jobs, Hardy headed to D.C., where after a stint at a now-closed McLean restaurant, and working at his Quench restaurant in Rockville, Hardy decided on heading into other projects. Noting that the plaza at Reston’s metro station offered space for retail food sales, he worked there for half a year, and then moved on to his food truck business. In the meantime, however, he has become something of a food celebrity. “I have appeared on the Food Network,” he said, “and I get lots of social media attention.”

Ah, food-truck food, some critics may say. But they can’t disparage Ed Hardy, who applies his culinary training to his food. “Fine dining is not left behind,” he said. "I find that making additions to recipes makes a dish better, like bacon and breakfast sausages.” He also has created a stunning chicken sandwich that is not your typical mayo-lettuce combo. He calls it Fried Chicken banh mi, which is a take on a classic Vietnamese sandwich, but with boneless crunchy chicken and crispy bacon. speaking of bacon: Hardy even cures his own, and even grows it to enjoy cooking.

Ed Hardy's truck recently been parked in Reston at lunchtimes.

Meet Area Chefs

Greater Reston Arts Center presents the Mary B. Howard Artist Member Exhibition, its second biennial exhibition highlighting the talents of regional artists who support GRACE’s mission of enriching community life through excellence in contemporary visual arts. The Artist Member Exhibition has been renamed this year in memory of Mary B. Howard, an artist and longtime board member and supporter of GRACE. These 30 artists selected by juror Stefanie Fedor show a compelling blend of form and content through their exploration of a wide variety of themes and diverse use of media. Their works have transformed the GRACE gallery into an invigorating space filled with dynamic forms and expressive colors.

Greater Reston Arts Center is free and open to the public from June 30 - Aug. 27, 2016 during the following hours: Tuesday, Wednesday, Friday 1 – 5 p.m., Thursday, 1-7 p.m.; Saturday, 11 a.m.-5 p.m. Greater Reston Arts Center welcomes family engagement in contemporary visual art and provides materials, as well suggestions for art projects, relating to the exhibition in ExploreMore! art buckets. Parents are encouraged to actively participate in a meaningful art experience through the self-led gallery tour and art making with the materials provided. Cost is $5 per child.

Greater Reston Arts Center is located at 12001 Market Street, Suite 103, in Reston.
MONDAY/JULY 18 - FRIDAY/JULY 29
Mary B. Howard Artist Member
"Golden Moments" by Lassie
Mary B. Howard Artist Member Exhibition, Through Aug. 27, Greater Reston Arts Center, 12001 Market Street, Suite 103, Reston. Regional artists who support GRACE’s mission of enriching community life through excellence in contemporary visual arts, restonarts.org.
Yoga on the Plaza: 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. lakeanneplaza.com.
Take a Break Concert Series. Thursdays, 7 p.m. June 16-Sept. 1, Lake Anne Plaza, Reston. Bands and entertainers play the plaza. lakeanneplaza.com.
Summer Entertainment Series. June 1-Aug. 31, Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what’s playing at your nearby park, go to http://www.fairfaxcounty.gov/parks/performances/.
MONDAY/JULY 18 - FRIDAY/JULY 29
Summer STEM Camps. South Lakes High School, 11400 South Lakes Drive, Reston. VEX IQ Robotics, and VEX1 Robotics Register. www.nvscu.edu/systemic or contact Systemic Solutions Regional STEM Coordinator Aleksandrs Martinskuss at 703-530-2894 or systemic@nvscu.edu for more information.
WEDNESDAY/JULY 20
Summer Cinema Series. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An Alan Renois Academy Winner. French with English subtitles. Adults and teens. 703-397-0420.
THURSDAY/JULY 21
Introduction to Doing Business with the Intelligence Community. 8 a.m. Leidos Conference Center, Freedom Square One, 11951 Freedom Drive, Reston. $35/55. For more information, please contact Ashleigh Dorfman, CSEP, events and development director at 703-707-9045 or ashleigh@restonchamber.org.
Color Me Happy. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Relax, unwind, turn loose your inner artist and discover that coloring is for grown-ups, too. Choose from a collection of intricate designs and bring them to life with color. Coloring pages, pens and pencils provided, or bring your own. 703-397-0420.
FRIDAY/JULY 22
Reston Station Music. 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Alfredo Mojica and Friends. Latin Rhythms. 703-230-1885.
Dj Gus Spinning Top 40 Favorites. 9:30 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza North, Reston. 703-707-0660.
SATURDAY/JULY 23
Frankie and Betty - Tongue and Cheek Rock n’ Roll. 9:30 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza North, Reston. 703-707-0660.
THURSDAY/JULY 28
Dollars and Sense. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A monthly book discussion group that focuses on business leaders and markets. July’s title is “America’s Bank” by Roger Lowenstein. 703-397-0420.
FRIDAY/JULY 29
Reston Station Music. 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Bad Influence. Blues. 703-230-1885.
Dorothy Donahoe’s work will be on display through Aug. 3 at the Reston Art Gallery and Studios.

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9/7/2016..................................................Wellbeing
9/14/2016...Home lifeStyle Pullout - Real Estate & New Homes
9/21/2016............A + Camps & Schools Back to School, Open Houses
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Be sure to include your name, address and phone number, and identify all people and pets in photos.
It's a peculiar task to be writing ahead (for publication July 20, 2016), about something that has not happened, yet when this column ultimately does publish, will have likely already happened. This “backwards” perspective (and Colorado “Blue” run) refers to the CT Scan I had completed last Wednesday, July 13, results of which I will learn anywhere from two days from now (electronicly) at the quickest to two weeks at the latest when my next face-to-face appointment with my oncologist is scheduled. And yes, if you think two weeks is a long time (interminable comes to mind) to ponder your fate and the universe in which you hope to still live, it, most definitely is. But given the nature of the medical system/appointment availability with which I have to work, I have limited say in the matter, a matter of crucial importance – to me.

However, when you're plus year of it, I’ve got to do (I wouldn’t say comfortable though) the process. Is it my preference to wait for fate and allow medical nature to take its course? Hardly. Have I been told (and experienced quite frankly), that there is significant, time-sensitive, potentially life changing information to relate, I will be informed much sooner than later. Absolutely. (During the original diagnostic assessment of the migrating pain in my ribs), is there has been there room for misinterpretation in the silence of communication from one’s oncologist when said oncologist has said he prefers to deliver bad news in person – not electronically and/or over the phone? Of course. What if, and I found out after the “interminable” wait (which happened to me yesterday at my infusion, as a matter of coincidence) that my doctor is actually away on vacation during this post-scan week and the non-communication has nothing at all to do with “bad results wanting to be delivered in person?”

Whatever, it happens to my real expectation when the oncologist has good news to share about my scan and in turn breaks his own rule about wanting to inform me in person, especially in the morning, and he mails me early with good news? Happiness, relief, obviously. But what happens on subsequent scans (like now) when he doesn’t e-mail me early? What if I didn't know he was on vacation or at a medical conference, as another example, which has also happened? I never know. Or has the doctor decided he wants to deliver all news in person to eliminate ANY possible misinterpretation of scans (which has also happened)? So does good news always travel fast, and bad news much slower? Not necessarily and not so consistently. Welcome to my cancer whirled.

All of this is fairly manageable (believe it or not), except that I know of lung cancer patients who have their CT Scans in the morning, and after lunch, have their appointment with their oncologist to discuss the results, just like at my wife’s bar: “Same Day Service.” Unfortunately, that’s not my day. My reality is quite different, and there seems little I can do about it. And consider that for yours truly – who the patient waiting for scan results (mammograms comes to mind) – managing the anxiety seems the only reasonable option, rather than obsessing about a results loop that likely will never change (maintaining similar behavior and expecting different results, I’m insane. See July 13th column).

As you can read, my cancer patient experience has been a combination of a roller-coaster ride, Ferris wheel and bumper cars: up and down and around and getting smashed at any time. With much amusement. However, if you don’t find some joy in it, there will only be loathing. And that’s no way to live your life, making a bad situation worse, especially as a cancer patient. Certainly communication and clarity matter; so too does peace and happiness. -Kenny Lourie

For The Potomac Almanac & The Connection Newspapers.

By KENNETH B. LOURIE

Do what you can, with what you have, where you are.

- Theodore Roosevelt

Before, During And Not Yet After
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 COURT CIRCUIT COURT
July 22, 2016, AT 9:00 A.M.

In execution of a certain Credit Line Deed of Trust and Security Agreement dated November 19, 2008, and recorded November 20, 2008 in Deed Book 20183 at Page 0376 among the land records of Fairfax County, Virginia (the “Deed of Trust”), made by HUNTER MILL WEST, L.C., a Virginia limited liability company (the “Noteholder”), default having occurred in the performance of the covenants, conditions, and agreements contained in said Deed of Trust, said default having continued beyond the time for redemption after the giving of notice required by said Deed of Trust, the undersigned Substitute Trustees, do hereby give notice that the real property described below at public auction will be sold to the highest and best bidder(s) on July 22, 2016, beginning at 9:00 a.m. in the Fairfax County Circuit Court, located at 4111 Chain Bridge Rd, Fairfax, VA 22030.

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, Fairfax County, Virginia, as more particularly described in the Deed of Trust, and all improvements, fixtures, easements and appurtenances thereto (the “Property”).

TERMS OF SALE

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

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

If any Purchaser fails for any reason to complete settlement as provided above, the Deposit shall be forfeited and applied to the costs of the sale, including Trustees’ fees, and the balance, if any, shall be delivered to the Beneficiary to be applied by the Beneficiary against the indebtedness secured by and other amounts due under the Deed of Trust in accordance with the Credit Line Deed of Trust or applicable law. Upon receipt of the successful bidder’s Deposit, the beneficiaries will appoint a court-appointed receiver to appraise the Property and prepare a report for the Court. The amount of the Deposit is subject to the approval of the Court. The reserve price for the sale will be set by the court-appointed receiver as determined by the court. The successful bidder will be required to sign an agreement at settlement agreeing to the reserve price at the sale.

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

A bidder’s deposit of $150,000.00 (the “Deposit”) by certified or cashier’s check shall be required by the Substitute Trustees for such bid to be accepted. The Substitute Trustees reserve the right to 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 in form acceptable to the Substitute Trustees, copies of which shall be available for inspection immediately prior to the sale, and shall deliver to the Substitute Trustees the Deposit and the memorandum of sale. The balance of the purchase price shall be paid by the Purchaser. Settlement shall occur within thirty (30) days after the sale. THE TIME OF THE ESSENCE as to the Purchaser’s obligation.

Settlement shall take place at the offices of Vereable LLP, 1010 Townes Crescent Drive, Suite 305, Tysons Corner, Virginia 22182 or other mutually agreed location. Purchaser shall also pay all costs due real estate taxes, rollback taxes, water rental, water permit renewal fees (if any) or any other municipal item charges and assessments, together with penalties and interest due thereon. The Purchaser shall also pay all settlement fees, title examination charges, title charges and all insurance premiums, all recording costs (including the state grantor’s tax and all state and county recordation fees, owner’s title filing fees, concession relief fees and transfer fees and taxes), owner’s title’s fees and/or title premium fees, and reasonable attorneys’ fees and disbursements incurred in the preparation of the deed of conveyance and other settlement documentation.

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

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South Lakes High Boys Lacrosse Completes Most Successful Season

The South Lakes Seahawks boys lacrosse team recently completed its most successful season in the school’s history. Finishing the season with an overall record of 16-3, the Seahawks won the Liberty Conference tournament for the first time, placed third in the Virginia 6A North regional tournament and advanced to the Virginia State Championsh ip tournament, also the first for the Seahawks. The team, players and coaching staff received many accolades as a result of their successful season, including: South Lakes Boys Varsity Lacrosse Team: 2016 Liberty Conference Champions, (Un-defeated in the tournament), Virginia 6A Region Tournament (3rd place), and VHSL State Tournament (1st round). Coach Craig Lunde, guiding the team in his fifth season, was selected to the 2016 All Region 2nd Team (Attack) Freshman Steven June was selected to the 2016 Liberty Conference 2nd Team All Conference (Goalie) Juniors Eric Kiss, Justin May, and Chris Sherbert were named to the 2016 Liberty Conference Honorable Mention All Conference (Defense). Player of the Year; and 1st Team All Conference (Defense). Hughes was also named to the prestigious Washington Post All Met Team (2nd Team, Defense) Sophomore Spencer Alston was selected for the 2016 All Region 2nd Team (Midfield), Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and junior JC Sipher were named to the 2016 Liberty Conference 1st Team All Conference (Midfield). Senior Tommy Jung and senior Alex Nelson were named to the 2016 Liberty Conference Honorable Mention All Conference (Defense). South Lakes High School lacrosse team completes successful season.

RSTA Swimmers Host a Fish Drive, Set New Records

The Ridge Heights Sharks and Autumnwood Piranhas teams organized a canned fish drive benefiting Herndon-Reston FISH, Inc. Reston Swim Team Association penultimate meet also saw the Hunters Woods Blue Marlins set a new league record in the boys’ 13-14 age 200 medley relay when their team of Liam Tolbert, Daniel Li, Andrew Boelter, Chase Brown, Curtis Bushue, Gillian Bushue, Blake Jackson, Anna Kennedy, Luke McDermott, Max McDermott, Evan G Melnick, Anna C Nielsen, and Donovan Willson, beating their record from earlier in the season. For Lake Audubon, a new team record of 2:09.51 was set in the boys’ 13-14 age 200 medley relay by Spencer Harris, Ian Ha, Matthew Fritz, and Maxwell Wilson, besting their own league record from earlier in the season.

Ridgetown Heights Sharks 553, Autumnwood Piranhas 495

For Ridge Heights, double event winners were Owen Brooker, Connor Pierce, Anna Rasmussen, and Ryan Vanderhoof. The triple event winners were Hailey Brown, Kelsey Brown, Jean-Claude Guill, Nicholas Hansing, Kati Imel, Paige Sogandares, Hailey Wang, and J ohn Zhang. For Autumnwood, double event winners were And w reid Bolster, Chase Brown, Curtis Bushue, Gillian Bushue, Blake Jackson, Anne Kennedy, Luke McDermott, Max McDermott, E van G Melnick, Anna C Nielsen, and Donovan Willson. For Lake Audubon, double event winners were Christopher Chadsey, Sumaya Finney, Ian Ha, John Hughes, Dennis Jackson, Athena Joannou, Aidan Lender, Lenn Vikhman, and Nathan Vikhman. Triple event winners were Max Daum, Suya Haering, Brooke Jackson, Emmanuel L eune, Valeria Nova, and Aidan Scanlan. For Hunters Woods, double event winners were Mary Carol Cook, J ohn Evans, Jacob Ham, William Harvey, Andrew Li, Megan Slater, Alyssa Sun, Meredith Wagner, and Albert Xu. Triple event winners were Katie Vintimilla and Gwyneth Wagner.

Lake Newport Lightning 639, Lake Anne Stingrays 474

For Lake Newport, double event winners were Grant Bommer, Sydney Dellorto, Sophia Egge, Jeffrey George, Morgan Griebel, Dylan J ones, William Kohn, Anna Redican, Kai Shannon, Zoe Van Winkel, and Connor Witt. Triple event winners were Michael George, Neil Kumar, Joseph Redican, Meghna Sharma, Zach Wang, Vania B Zeledon, Sarah Zhong, and Michael Zhou. For Lake Anne, double event winners were Daniel Echeverri, Elvis Mescall, Frances North, and Fred Zhang. The triple event winners were Emily Meilus and Hannah Zisi.