



# Reston CONNECTION

## WELLBEING

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PHOTO BY KEN MOORE/THE CONNECTION

American Press Institute

American Society of Newspaper Editors  
World Press Freedom Committee

11690 Sunrise Valley Drive

## South Lakes Student Wins Film Festival Awards

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## Give Paddle Power a Try

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Can the American Press Institute Building, designed by architect Marcel Breuer, be saved?

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## Two Perspectives: One Denial with Deadlock

Planning commission urges Board of Supervisors staff to study significance of Reston “architectural gem.”

BY KEN MOORE  
THE CONNECTION

**D**eveloper John Sekas told members of the Planning Commission they were about to cut off his neck.

“I stuck my neck way out on the limb on this application because the owner wanted to take the building down before we filed the application. And if this process goes any further, my neck is getting cut off,” said Sekas. A developer of thirty years in the County said he is at risk “because I did the right thing,”

Sekas and the owner applied to the county to propose to demolish the 48,200-square-foot former American Press Institute building to construct 34 single family attached dwellings and one multifamily residential building with 10 units, according to Planning Commission documents.

Planning staff had recommended approval at the vote to be taken on June 16.

“I told the owner not to take the building down. Period,” Sekas said. “The only reason why we were deferred was because of the small stormwater issue. There are no citizens [in opposition] outside of the Architectural Review Board. I mean, I’ve been in rezonings where the line goes up the staircase with opposition from neighbors. We’ve gotten calls from the neighbors who want this project.”

Eleventh-hour advocacy resulted in a much greater understanding of the American Press Institute building and architectural and historical relevance.



PHOTO BY KEN MOORE/THE CONNECTION

**Could a proposal to relocate the Reston Library save an architectural gem in Reston?**

The building was designed by architect Marcel Breuer, called a “Master of Modernism,” who also designed the Whitney Museum (now the Met Breuer-Metropolitan Museum of Art) and the UNESCO Headquarters in Paris.

Hundreds of people around the globe signed online petitions, wrote the Commission, and rallied to save the building.

“Especially as I look at the petitions, I see that there are many long-time personal

friends, acquaintances and neighbors who are those that oppose this application because of its impact on the API building,” said Hunter Mill Planning Commissioner Frank de la Fe. He called his recommendation to approve the rezoning application “one of the most difficult ones that I have had to make in the many years that I have been on the Planning Commission.”

But he and his colleagues on the commission have a responsibility to analyze the

facts based on what is presented to them. There was no discussion of preserving the API building, he said.

“During the multi-year review of the Reston Corridor Area leading to the adoption of the current Comprehensive Plan that now governs this area, the – there was no mention of the API building. This multi-year effort included participation by several hundred people, including numerous architects. Again, the API building did not come up and there is nothing in the Comprehensive Plan about it,” he said. “I understand the intensity and the desire to preserve the building but, as I’ve stated before, we must make our recommendation to the Board on the basis of the Comprehensive Plan, applicable codes, rules and regulations as they exist now, not as what may or may not happen in the future.”

Planning staff had recommended approval at the vote to be taken on June 16. Five members of the Commission voted for the application, five voted against it.

The Commission, with its deadlocked vote, sends the application to the Board of Supervisors with a recommendation against approval.

“We’ve received a lot of information about this building, its importance, its significance, the people who came to meetings and participated in conferences at that building, and why it has a real special meaning,” said Dranesville Planning Commissioner John Ulfelder, who voted against the application.

When asked if he would grant county staff additional access to the building, Sekas testified that it was not his decision, it was the owner’s.

“I cannot tell you whether I can give you access or not because we might pull the application and start all over again,” Sekas said.

## World-class Building ‘Lost in Communication’

BY KEN MOORE  
THE CONNECTION

**A**t-large Planning Commissioner James Hart said “we are on the horns of a dilemma.”

The vacant American Press Institute Building at 11690 Sunrise Valley Drive drew international attention before a rezoning hearing at the Fairfax County Planning Commission on June 16, 2016.

The building was designed by architect Marcel Breuer, called a “Master of Modernism,” who also designed the Whitney Museum (now the Met Breuer-Metropolitan Museum of Art) and the UNESCO Headquarters in Paris.

“And on this one it’s particularly difficult because we messed up, we – collectively the County, that this structure should have been identified at some

point along the way and it wasn’t,” said Hart.

“How did we get to a situation where because of a technicality an architecturally significant building by one of the most significant architects of the 20th century, the only building by him in Virginia, is not protected in any way?” he said.

Sekas Homes and the owner of the property applied to the county to propose to demolish the 48,200-square-foot former American Press Institute building to construct 34 single family attached dwellings and one multifamily residential building with 10 units, according to Planning Commission documents.

Planning staff had recommended approval at the vote to be taken on June 16.

Architects, historians, preservationists, journalists, community leaders and other news media executives who attended API

seminars during its Reston years along with API staff members joined the movement to save the American Press Institute building, said Carol Ann Riordan, former executive director of the American Press Institute.

“Just in 48 hours, this has gotten the attention of people all over the globe,” she said. “We would be ecstatic if this world class building could find a second life. Wouldn’t it be marvelous if another organization would move into that grand building and the torch could be passed?”

Planning Commissioners were attentive; six went on a tour of the building in the days before the hearing.

“We’ve received a lot of information about this building, it’s importance, it’s significance, the people who came to meetings and participated in conferences at that building, and why it has a real special meaning,” said Dranesville Commissioner John

Ulfelder.

“I think that the County failure to recognize this building’s importance does not really detract from the building’s significance and importance. And I think that we should take a little bit more time,” said Ulfelder, who voted against the application.

Commissioner Hart agreed that “omission of the building from any identification or text in the Comprehensive Plan in no way diminishes its significance.”

“I hope this is a wakeup call to us...,” he said, “we need to make sure that something like this never happens again.”

The Commission, with its deadlocked vote, sends the application to the Board of Supervisors with a recommendation

SEE CALL, PAGE 9

# OPINION

## Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

Summer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don't come into much contact with families that might be having trouble feeding their children. We can't imagine that there are children who are hungry in summer.

But many children in our region don't know what their next meal will be in summer. During the school year, many have depended on school to provide breakfast and lunch during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school.

In Fairfax County, that overall number is

lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school.

In Arlington, more than 30 percent of students qualify for subsidized meals at school.

But most of the students who counted on school meals during the school year are not in school for the summer.

## Submit Photos to Pet Connection

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

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

Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

## Locations for Summer Meals

[http://www.fairfaxcounty.gov/ncs/pdfs/summer\\_meals-2016\\_open\\_sites.pdf](http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_open_sites.pdf)  
[http://www.fairfaxcounty.gov/ncs/pdfs/summer\\_meals-2016\\_closed\\_sites.pdf](http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_closed_sites.pdf)

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunch. These locations are along the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

## COMMENTARY

# Court of Public Opinion

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

Last week the Supreme Court of the United States unanimously overturned the public corruption conviction of Virginia's former governor, Robert F. McDonnell. The action of the Court was not a surprise to many if not most legal experts who had viewed the instruction to the jury in the case as to what constitutes "official acts" as being so broad that they could cover most any action that a public official takes. At the same time there is concern that the Court's decision will make it much more difficult to prosecute public officials on corruption charges.

The case is not yet fully resolved. The Supreme Court sent the case back to the Appeals Court to decide if there was sufficient evidence to hold a new trial or if the



charges will be dismissed. In light of the Supreme Court's ruling there is not likely to be a new trial, and the charges will be dropped.

The court of public opinion may offer a different verdict. Even in writing the decision of the total court, Chief Justice John G. Roberts, Jr. stated that "there is no doubt that this case is distasteful, it may be worse than that. But our concern is not with tawdry tales of Ferraris, Rolexes, and ball gowns. It is instead with the broader legal implications of the government's boundless interpretation of the federal bribery statute." The legal arguments may be lost on many in the general public who watched

and listened during the weeks of the trial of McDonnell and his wife taking \$175,000 in gifts and loans from a rich businessman who clearly sought their favor. It may not be illegal, but it clearly is "tawdry" as the Chief Justice stated and is for many inappropriate, sleazy, distasteful and beneath the expectations of his office.

The real damage to holding public officials accountable would come if the ruling results in prosecutors being unwilling to bring charges against those who are clearly involved in corruption. The court of public opinion can make its verdict known only to the degree that corrupt actions on the part of elected officials are made known.

The charges against McDonnell resulted in a multi-year effort on the part of the General Assembly to rewrite the state's ethics laws.

That task must be continued to ensure that elected officials and the public understand the rules of ethical behavior and that breaches of the rules are prosecuted. The task is complicated particularly for part-time legislators who spend most of their year in their home districts with numerous interactions with constituents. Legitimate constituent services must not be confused with payback. Nor should social interchanges with constituents be somehow discouraged.

Former Governor McDonnell has not escaped scrutiny or damage to his reputation. The court of public opinion will see to that as it should. As the Supreme Court's verdict in his case shows, however, the lines have not been delineated with enough detail. Stronger and clearer ethical laws must be written and vigorously enforced.

## LETTERS TO THE EDITOR

## What Was Founding Fathers' Intent?

To the Editor:

On this Independence Day (July 4, 2016) I am reading Paul Carlock's letter ("Gross Misreading of the Second Amendment," The Connection, June 29-July 5, 2016) setting forth his views on the meaning of the Second Amendment. In his letter he is suggest-

ing that our Senator, Tim Kaine, and our Congressman, Gerry Connolly, "simply do not understand history." Well, I don't know how well either of these gentlemen understand history, but I sure hope they have a better grasp of it than does he. His insistence on his understanding of what he refers

to as "the truth behind the Founder's intent when they wrote the Second Amendment," gives one pause. Let's review! Our nation was founded on July 4, 1776. Our Founding Fathers were those who, on that day, pledged their lives, their fortunes, and their sacred honor. During the course of the war that followed their proclamation of the creation of our

nation, 13 of the 56 Founding fathers were killed or died from wounds and hardships caused by the war. But the infant Republic they had founded prevailed. Some years later, a determined group of men led by Alexander Hamilton decided they didn't much care for the way the country was governed

SEE LETTER PAGE 9

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## Reston Hospital Center Honored with Mission: Lifeline Achievement Award

**R**eston Hospital Center has received the Mission: Lifeline Silver Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI) the most deadly type of heart attack caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it's critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.

The American Heart Association's Mission: Lifeline program's goal is to reduce system barriers to prompt treatment for heart attacks, beginning with the 9-1-1 call and continuing through hospital treatment.

"Reston Hospital Center is dedicated to improving the quality of care for our patients who suffer a heart attack, and the American Heart Association's Mission: Lifeline program is helping us accomplish that goal through nationally respected clinical guidelines," said John Deardorff, president and CEO of Reston Hospital Center and HCA's Northern Virginia Market. "We are pleased to be recognized for our dedica-

tion and achievements in cardiac care, and I am very proud of our team."

In addition to receiving the Mission: Lifeline Silver Receiving award, Reston Hospital Center has also been recognized as a recipient of Mission: Lifeline's Silver-Plus award, which recognizes the hospital has reached an achievement score of 75 percent or greater for treating STEMI transfer patients from other facilities within 120 minutes.

"We commend Reston Hospital Center for this achievement award, which reflects a significant institutional commitment to the highest quality of care for their heart attack patients," said James G. Jollis, MD, Chair of the Mission: Lifeline Advisory Working Group. "Achieving this award means the hospital has met specific reporting and achievement measures for the treatment of their patients who suffer heart attacks and we applaud them for their commitment to quality and timely care."

Reston Hospital Center earned the award by meeting specific criteria and standards of performance for the quick and appropriate treatment of STEMI patients by providing emergency procedures to re-establish blood flow to blocked arteries when needed. Eligible hospitals must adhere to these measures at a set level for 12 consecutive months to receive this award.

For more information about Reston Hospital Center visit [restonhospital.com](http://restonhospital.com).

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## WELLBEING

# Strategies for Preventing Concussions This Summer

**Local physician is pioneering traumatic brain injury treatment.**

BY MARILYN CAMPBELL  
THE CONNECTION



COURTESY OF MICHAEL LEWIS

**Dr. Michael Lewis recently opened a medical practice in Potomac, Md. that focuses on concussions and brain health.**

**“The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible.”**  
—Michael Lewis, M.D., President, Brain Health Education and Research Foundation

Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with the school's athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every day.

“The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible,” Lewis said. “I implement this with my own 16-year-old son.” He also advises his patients to “take a fish oil supplement every day or eat good sourced salmon.”

Symptoms of a concussion might not be immediately apparent. “The more subtle symptoms are those that appear days or weeks after an injury,” said Lewis. “The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton.”

Among the signs that one might have sustained a concussion are a “loss of consciousness, followed by marked confusion,” said Robert Wade, Ph.D., dean of nursing, Northern Virginia Community College's Medical Education Campus, “Most likely a headache too.”

No two injuries are the same. “Each concussion is different, which means the same child could have different symptoms during different concussions,” said Ryan Wildenhain, head of sports medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. “One of my warning signs are grades that are falling off,” said Lewis. “A straight ‘A’ student whose grades drop is a warning sign. A good

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## Pushups For Charity Challenge Benefits Veterans

**Local veteran opens gym, Rebel Fit USA.**

A local Air Force veteran is challenging the community to push its physical limits for a good cause. Beny Blaq, founder of Rebel Fit USA, is hosting a Pushups For Charity challenge to support veterans and active duty military. The challenge coincides with the grand opening of Blaq's new fitness facility located at 2088 Daniel Stuart Square, Woodbridge.

“As an Air Force veteran, the Pushups for Charity challenge is very important to me, especially knowing firsthand the sacrifices our military, veterans and their families make every day,” said Blaq.

Rebel Fit USA is a team-oriented health and fitness community specializing in expert coaching through a personalized, hands-on approach. The Pushups for Charity challenge starts at 9 a.m., after Rebel Fit's first morning class. Prizes will be awarded to the top fundraiser as well as the male and female who complete the most pushups within the 90 second timeframe. Rebel Fit USA has set a goal of raising \$10,000 and completing more than 5,000 pushups.

Registration for the Rebel Fit Pushups for Charity team is available online at: [www.crowdrise.com/benyblaq-pushupsforcharity2016/fundraiser/benyblaq](http://www.crowdrise.com/benyblaq-pushupsforcharity2016/fundraiser/benyblaq).

— MARILYN CAMPBELL

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—Chief Seattle (1788-1866)  
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# SPORTS

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BY ANDREA WORKER  
THE CONNECTION

It's been called the fastest growing water sport in the world – although it took more than 2,000 years to recently take aim at that title. It can be enjoyed by people of all ages, all levels of skill, and varying degrees of commitment, from the just for “fitness and fun” crowd to the most serious of competitors. And you don't even have to know how to swim to participate! So what is this mysterious, possibly-ancient activity that just about anyone can do? Dragon Boating! Hmmm—sounds like something combined from “Game of Thrones,” and “Vikings,” but it's really a lot more fun and a lot less dangerous than the action depicted in either of those television series. And a lot less expensive to take up than many other sports.

“It's true,” says Kwansene Kenner, who is the mother of two young dragon boaters, someone who has also competed in the sport, and who just so happens to be the program manager and assistant coach of the Capital City Dragons (CCD), the youth club of dragon boaters right here in our area. “I have a 13-year-old son who also plays football. The cost of his equipment and the time spent in practice and travel are quite a lot more than the \$95 annual fee for his membership in CCD. The youth teams generally practice just once a week and their membership includes all the equipment needed.” (Membership in the adult club is more.)

The sport of dragon boating wasn't born on the mythical shores of “Westeros,” nor from the real-life journeys of those water-wandering Vikings. The modern manifestation of the competitive activity saw its beginnings in Hong Kong in 1976, but its roots can be traced back to China, in the B.C. Fast forward a few thousand years and see how dragon boat racing has evolved into an international sport celebrating fitness, fun and teamwork, and whatever level of competitiveness suits the individual paddler—and how it has successfully paddled into our own local waterways.

Starting with the basics. Just what is a “dragon boat?” In China, the dragon is a much revered symbol of power, with controlling influence over water and related weather. Decorated with a colorful dragon head and tail during competition, the dragon boat is basically a long, narrow canoe, manned by 20 paddlers sitting as pairs in 10 rows, with a steerer/coach navigating and issuing commands from the back, while an on-board drummer keeps time at the front. Don't think for a minute that the drummer is just for show. Check out the photos and imagine those 20 paddlers sitting that close together and not maintaining a steady and synchronized rhythm.

There are numerous differences between dragon boating and other rowing sports, but the most obvious are that the crew of the dragon boat is facing in the direction of the boat's travel, not backwards as in sculling, and it's a paddle, not an oar, that's used to



**Three of the four Kinsey-Korzym dragon boating brothers – Liam, Spencer and Matt – were on hand for this practice occasion. The young men, recently graduated from South Lakes High School in Reston, joined the Capital City Dragons when they were just 12. All three agreed that they “got hooked” and enjoyed the exercise, the challenges and meeting new people around the region and even from around the world.**



**Kenner Eversmann, 16, a student at James Madison High School in Vienna, really knows how to wield that paddle. She probably learned a thing or two from her coach, Kwansene Kenner (her mom) who is also the program manager and assistant coach for the Capital City Dragons. Kes qualified for last year's World Championships in Welland, Canada.**

PHOTOS BY ANDREA WORKER/THE CONNECTION



**The Capital City Dragons is a dragon boat club for youth ages 12 – 18. This gang are ready for a practice run from the Anacostia Community Boathouse in southeast Washington. Toan Pham stands at the back of the boat, in command as steerer and coach. Although he has been involved with the sport for some 15 years, Pham says he is “still learning” and loves to help the next generation develop their physical skills, their sense of adventure and the spirit of teamwork.**

propel the boat.

**DRAGON BOATING** came to our area when the National Capital Area Women's Paddling Association (NCAWPA) was established in 1992 as a nonprofit, community-based organization. What started as a women's only paddling group has grown significantly over the years. In 1994 the NCAWPA started a team for outriggers (a story for another day). Then came the DC Dragons, a co-ed group of paddlers who range in age from 18-72. In their 20-year history, they have become a real force to reckon with in the sport, often sending members to represent Team USA in the

IDBF World Championships.

Convinced that dragon boating was really something for everyone, the NCAWPA then developed a youth program for ages 12 to 18, dubbed the Capital City Dragons, and head-coached by Jeff Kuhn, who does double duty as the president of the DC Dragon Boat Club (DCDBC) - not to be confused with the DC Dragons. The DCDBC really illustrates just how explosively the sport is growing. Since its formation in 2008, they have expanded to more than 150 members and a plethora of teams including a recreational adult mixed team, a competitive adult mixed team, a women's team, and a blind and partially sighted team called the

“Out of Sight Dragons.” Based out of Gangplank Marina at the Wharf, the DCDBC is also home to a number of community teams and corporate teams like the “Volksdragon,” and Booz Allen's BetaFish gang. Isn't the double duty of coaching responsibilities with one group and the president's role in another a bit like overloading the plate? Maybe, but Kuhn thinks it's worth it. “It's great to have a hand in introducing the kids to the sport, watching them develop not only physical skills, but teamwork and confidence.” Whether or not the youngsters become competitive dragon boaters, both Kuhn and Kenner say that the sport is “addictive” and it's something that can be enjoyed at just about any age.

Matt Kinsey-Korzym and his three brothers agree that dragon boating “can really grow on you.” The four boys, all 2016 graduates of South Lakes High School in Reston came to the sport rather accidentally, when “Mom took us out here when we were in the sixth grade, just to see if it was something we might like to do.” Apparently it was. In the six years since they first took up a paddle, the Kinsey-Korzym quartet have loyally attended the weekly practices, and participated in dozens of races, even last year's IDBF 2015 World Championships in Welland, Canada.

“Oh, it's hard, that's for sure,” admitted Liam Kinsey-Korzym, “but it's really fun.” “I especially like that we made friends outside of our own school circle,” added brother Spencer. “At the races you have lots of time to meet people and really talk and get to know each other. And, of course, you get to know your crew members, and they come from all over – Virginia, D.C., Maryland.” The brothers also acknowledged that adding dragon boat competitor to their school applications and resumes “kind of

SEE DRAGON BOATING, PAGE 12

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# CALENDAR

Send announcements to [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Mapping Moments.** July 13-Aug. 28. ArtSpace Herndon, 750 Center St., Herndon. An exhibit featuring of vibrant abstracts which will draw the viewer into the worlds of international artist Caroline Morgan and Jay Young Gerard. 703-956-9560.

**Beginners Chair Yoga.** July 5-Aug. 30. 6-7 p.m. Herndon Senior Center, 873 Grace St., Herndon. Yoga for beginners with a teacher who specializes in yoga with 50+ in mind. \$10/\$20. 703-464-6200.

**Sixth Annual Herndon Town Calendar Photography Exhibit.** June 29-July 10. ArtSpace Herndon, 750 Center St. Herndon. 703-956-9560. [artspaceherndon.com](http://artspaceherndon.com)

**“The Way I See It” Exhibit.** Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

**“Paint and Beyond.”** July 1-29. Monday-Friday, 8 a.m.-5 p.m. U.S. Geological Survey, National Gallery, 12201 Sunrise Valley Drive, Reston. Free. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**Yoga on the Plaza.** 9:30-10:30 a.m. Sundays. Through Aug. 28. Stretch out and cool down to start your Sunday morning with yoga. Our talented yoga instructors will lead you through one hour of free exercise on the Plaza to the tune of fun music. Bring your own mat and water. [lakeanneplaza.com](http://lakeanneplaza.com).

**Team Trivia at Kalypso’s.** Tuesdays, 8 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

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

**Karaoke at Kalypso’s.** Wednesdays, 9:30 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso’s and sing your hearts out! 703-707-0660. [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com).

**Mr. Knick Knack.** 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. [restontowncenter.com](http://restontowncenter.com). 703-579-6720

**Herndon Friday Night Live.** 6:30 p.m. Through Aug. 26. 777 Lynn St., Herndon. Features the most popular local and regional acts from up and down the east coast. Free. For more information or for the performance schedule, go to [herndonrocks.com](http://herndonrocks.com).

**Take a Break Concert Series.** Thursdays. 7 p.m. June 16-Sept. 1. Lake Anne Plaza, Reston. Bands and entertainers at the plaza. [lakeanneplaza.com](http://lakeanneplaza.com).

**Summer Entertainment Series.** June 1-Aug. 31. Fairfax County Parks. A summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Free. To find out what’s playing at your nearby park, go to <http://www.fairfaxcounty.gov/parks/performances/>.

**Reston Concerts on the Town.** 7:30-10 p.m. Saturdays, June-August. Reston Town Center Pavilion. Bring



PHOTO CONTRIBUTED

## The Ukulele Festival at Lake Anne Plaza will be on Saturday, July 9.

lawn chairs or picnic blankets and enjoy live music in the Pavilion. Free. Rain or shine. [restontowncenter.com](http://restontowncenter.com). 703-579-6720.

**All-comers’ Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverrunning.com>.

**Patrick Dougherty Public Art Installation.** Through 2017. Reston Town Square Park, 11900 Market Street, Reston. See and explore “A Bird in the Hand,” a monumental public art sculpture made from tree saplings. The event is presented by GRACE in collaboration with IPAR. For more information, call 703-471-9242 or visit <http://restontowncenter.com/index.php>.

## TUESDAY-SATURDAY/JULY 5-9

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

## THURSDAY/JULY 7

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

**Farmer’s Market Fun Days.** 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Milk Shake Duo Live! Great rock music for kids. Free. [herndon-va.gov](http://herndon-va.gov).

## FRIDAY/JULY 8

**“Ferris Bueller’s Day Off.”** Sundown. 11404 Washington Plaza W, Reston. Part of Lake Anne Summer Film Festival. Free. [lakeanneplaza.com](http://lakeanneplaza.com).

**Guerrilla Theatre Works: At What Cost?** 8 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. \$20. One night only events featuring various genres of performance. [nextstoptheatre.org](http://nextstoptheatre.org).

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

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

## SATURDAY/JULY 9

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

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

**Herndon Town Calendar Photography Reception.** 7-9 p.m. ArtSpace Herndon, 750 Center St. Herndon. 703-956-9560. [artspaceherndon.com](http://artspaceherndon.com).

## SUNDAY/JULY 10

**Sunday Afternoon Dance.** 2:30-4:30 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Dancers of all skill levels are welcome to foxtrot, swing, cha-cha, and waltz. Music from golden oldies to modern dance selections, door prizes and light refreshments add to the fun. 55+. <http://www.restoncommunitycenter.com/>

## TUESDAY/JULY 12

**Community Cookout.** 5-7 p.m. Ridge Heights Pool, 11400 Ridge Heights Road, Reston. Everyone is invited to take the night off from cooking and come to the pool for some food, entertainment, and good times. Bring a towel and an appetite for food and fun! In case of inclement weather, please contact RCC at 703-476-4500 for event status update.

## THURSDAY/JULY 14

**Farmer’s Market Fun Days.** 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Yosie, lively children’s sign-along. Free. [herndon-va.gov](http://herndon-va.gov).

## FRIDAY/JULY 15

**Crazy in Stereo and Six to Midnight Concert.** 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Crazy in Stereo’s five different members sing lead vocals in multiple combinations. Come hear the band known for their versatility and harmonies. Free. [info@herndonrocks.com](mailto: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 Jay Young Gerard. 703-956-9560.

# Call To Save API Building

FROM PAGE 3

against approval.

Said Braddock Commissioner Ellen Hurley: “The Planning Commission is not a rubber stamp and we do sometimes catch and try to correct previous oversights and omissions. I cannot vote to recommend approval of this project until the building has undergone a determination of eligibility for the National Register of Historic Places, and I will also vote that – against the motion this evening.”

“We have a duty to consider the information that we’ve received,” said Sully District Commissioner Karen Keys-Gamarra, who called the building “a treasure.”

Said Julie Strandlie, Mason District Commissioner: “We do need to go back and make sure that we have done everything we can. The world is now aware that – that this building exists.”

Five commissioners voted against the development application, and because of a deadlocked vote, the Planning Commission sends a recommendation against the application to the Board of Supervisors.

Hunter Mill Planning Commissioner Frank de la Fe called his recommendation to approve

the rezoning application to tear down the famous American Press Institute “one of the most difficult ones that I have had to make in the many years that I have been on the Planning Commission.”

But he and his colleagues on the commission had a responsibility to analyze the facts based on what was presented to them. There was no discussion of preserving the API building, he said, up until the last moment.

“I think that we need to respect the land use process that Hunter Mill has, that the community has, and that the applicant has gone through this in an honest forthright manner,” said Lee District Commissioner James Migliaccio. “And I believe, and to penalize him at the last moment is not fair.”

The American Press Institute is located in the Hunter Mill District.

“Especially as I look at the petitions, I see that there are many long time personal friends, acquaintances, and neighbors who are those that oppose this application because of its impact on the API building,” said de la Fe.

The Planning Commission urges the Board of Supervisors staff to study the significance of Reston “architectural gem.”

## LETTERS TO THE EDITOR

FROM PAGE 4

and constructed a new form of government with less Democracy and a much more powerful central government. But Alexander Hamilton, despite all the musical hoopla on Broadway, was not a “Founding Father.” (He is more correctly referred to as a “Framer.”) In fact, of the 56, Founding Fathers only a handful

played any role in writing the Constitution or any of its amendments, and only six Founders signed the final document. Consequently, it’s a bit of a stretch to claim to be able to discern what the Founding Fathers intended. They were, for the most part, hardly involved.

**Peter M. Storm**  
Vienna

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# Stop The Presses!



By KENNETH B. LOURIE

And cancel the third shift. My constant (lifelong) craving for sugar seems to have subsided since my last chemotherapy infusion. Typically, for a week to 10 days after my Friday infusion, food doesn't appeal to me. Even chocolate (in particular) and sweets in general do not affect the eating challenges I experience during this near fortnight. Usually, the pattern, going on 18 months or so now, is after 10 days, give or take, my interest in food returns and it's Katie-bar-the-door as I ravage the house looking for food that I had neglected the previous 10 days. To say I'm hungry after a week of not eating is to disrespect the obvious. There's not a word that accurately characterizes how I'm feeling when the urge to splurge finally returns. Suffice it to say, it's not safe for food to be around me. And the food which is most often around me are from Kenny's four major food groups: cake, cookies, candy and ice cream.

But not this time. Actually, let me be honest: not nearly as much as usual and way below what anyone who knows me would consider normal for me. As of Saturday, two-plus weeks out from my last infusion, in the house I have zero cookies, zero candy, zero cake and some ice cream – from approximately three weeks ago, which remains frozen and untouched in my freezer, which in and of itself is a miracle. In fact, ice cream has probably never been in my freezer longer than a week – cumulatively, in my entire life. Yet, when I open the freezer door now, to check inventory, there sits two Ben & Jerry's pints, one Breyer's quart and a half and two boxes of Dove Bars (six bars total), missing only two bars since its purchase. This kind of availability is foreign to me and speaks to the depth of my distaste and disinterest in all things sweet/chocolate. No doubt, if you believe many of the professional opinions, cancer patients need to reduce their sugar intake. Could it be that after seven-plus years of treatment, my brain has finally gotten the message and taken over – or been affected/instructed somehow, and told my receptors to stop being receptive to sugar?

If so, alert the authorities because there's going to be a bump in the unemployment rate next month. M&M Mars, Nabisco, Entenmann's, Hostess Brands, Tastykake, Little Debbie and NECCO (New England Confectionary Company) among a few other miscellaneous selections will be cutting staff. And if my lack of sugar craving continues, the drop will be precipitous. As Muhammad Ali said back in the day (about his boxing prowess): "It ain't bragging if it's true." Well, I ain't bragging, either.

Now don't get me wrong, when in the supermarket, I'm still making my usual rounds through all my familiar aisles and taking note as I walk. But for some inexplicable reason, this particular post post-chemo week, I don't have – to quote a singing Tom Cruise and Val Kilmer from their 1986 movie "Top Gun," "that loving feeling." It seems/feels as if I've actually lost it. And though not consuming mass quantities of sugar would certainly be bad for the cancer cells – who do crave it (and good for my overall health), it definitely doesn't help the snack food/dessert industry. But I suppose I can't really worry about that. I have bigger problems: stage IV, non-small cell lung cancer. I don't anticipate that my current aversion to sugar will last, but in an odd way I'm enjoying my new-found freedom. Every minute of my life is now spent thinking about eating and/or avoiding chocolate. To invoke a Moe Howard (of The Three Stooges) line from a classic two-reeler: "What an experience!" (Although, he was talking about changing his socks.) So too has this been an experience. One I hope which doesn't continue for much longer.

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

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VIRGINIA: IN THE CIRCUIT COURT OF ROCKINGHAM COUNTY

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

Petitioners,  
v CL16-1005

BENJAMIN K THOMAS, ets als,  
Respondents.

ORDER OF PUBLICATION

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

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

I ASK FOR THIS:

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

Do what you can, with what you  
have, where you are.  
-Theodore Roosevelt



PHOTO CONTRIBUTED

**Newly elected 2016-17 board of directors posing with appointed Parliamentarian, Darlene Cooke. Pictured from left are Darlene Cooke, Karen Amster, Jeanne Sclater, Linda Shilts, Kathy Jackson, Pat Thompson, Lynn Barron and Karen Craft. Board member not pictured - Nannette Henderson.**

## Assistance League of Northern Virginia Installs New Board of Directors

Assistance League of Northern Virginia's Installation of the 2016-17 Board of Directors was conducted on June 13 during the annual chapter meeting and luncheon. This year's meeting was held at Dolce Vita Cucina Italiana in Fairfax and offered an opportunity for members, old and new, to join together to celebrate the chapter's successes for the year. Pat Thompson, president of Assistance League of Northern Virginia 2014-16, thanked all members for dedicating their time and energy to improving the lives of children in need. She asked members to reflect upon the significant impact their work has had on the community the organization serves. Member volunteers were commended for donating over 7,000 hours of service in support of the nonprofit's philanthropic programs, which touched the lives of 17,101 children this school year. Gail Banks, Marty

Le Van and Wilma Bastian were recognized for their outstanding achievements with respect to the Weekend Food for Kids program. Parliamentarian Darlene Cooke administered the oath of office to the new board, including, Linda Shilts, President, Jeanne Sclater, VP Philanthropic Programs, Kathy Jackson, VP Membership, Karen Craft, VP Resource Development, Nannette Henderson, Education Chairman, Lynn Barron, Recording Secretary, Pat Thompson, Treasurer and Karen Amster, Public Relations Chairman. Assistance League of Northern Virginia is an all-volunteer 501(c)(3) non-profit that feeds, clothes and educates children in need in Fairfax and Prince William Counties and the City of Alexandria. Operation School Bell and Operation Hugs programs will resume in Fall 2016. To learn more, visit [www.northernvirginia.assistanceleague.org](http://www.northernvirginia.assistanceleague.org)

### BULLETIN BOARD

To have community events listed in the Connection, send to [connectionnewspapers.com/Calendar/](mailto:connectionnewspapers.com/Calendar/) by noon on Friday.

#### THURSDAY/JULY 21

**Introduction to Doing Business with the Intelligence Community.** 8 a.m. Leidos Conference Center, Freedom Square One, 11951 Freedom Drive, Reston. Features executives from three of the 17 federal intelligence agencies, including the Office of the Director of National Intelligence, the National Security Agency and the National Geospatial-Intelligence Agency. \$35/\$50. For more information, please contact Ashleigh Dorfman, CSEP, events and development director at 703-707-9045 or [ashleighd@restonchamber.org](mailto:ashleighd@restonchamber.org).

#### ONGOING

The **Herndon Adult Day Health Care Center** needs a bingo caller and an art therapy assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Herndon Senior Center** needs a volunteer trained in taking blood pressure, Social Visitors and a Baked Goods Table Manager. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/).

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

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

Fairfax County needs a volunteer **Senior Center Marketing Coordinator** to assist the Friends of Fairfax County Senior Centers with marketing. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Free Support Group for Parents with Children with Autism.** Saturdays at 10-11 a.m. 462 Herndon Parkway, Suite 202, Herndon.

**Food Addicts in Recovery.** Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free 12 step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or [www.foodaddicts.org](http://www.foodaddicts.org).

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After entering remission in January 2016, Papa Fred was able to begin going on daily jogs and runs again. Prior to his diagnosis, Gedrich possessed a 32-year streak of running daily.

## South Lakes Student Wins Film Festival Awards

### Carlos Lenz Wins Best Documentary and Best Commercial-Public Service Announcement at the Virginia High School League Film Festival.

BY ERIN MURPHY  
THE CONNECTION

South Lakes High School senior Carlos Lenz won two awards at the Virginia High School League Film Festival. Lenz was awarded Best Documentary for his film titled Papa Fred. The documentary tells the story of his 73-year-old grandfather, Fred Gedrich, who has run hundreds of miles and now faces maintaining his love for running while undergoing cancer treatment.

"He never lost his passion for running or spirit despite being recently diagnosed with stage IV lymphoma leukemia just a few months earlier," says Lenz.

Lenz states in his documentary the stages of stage IV Lymphoma Leukemia, including weight loss, bone/chest pain, enlarged liver/spleen, shortness of breath and many more symptoms.

"Papa Fred told me that he's grateful because cancer has deepened his love and appreciation for his family, friends and pets. His devotion for running proves that not even cancer can stop us from doing the things we love," said Lenz at the conclusion of his documentary.

Gedrich completed his first race, the D.C. Marathon, in 1982 and over the next three decades participated in many other races and marathons in addition to running daily resulting in a 32-year streak.

"Papa Fred" went into remission in January 2016 and has been able to go on daily runs or jogs daily. Carlos Lenz dedicated his documentary to the spirit of his grandfather and in memory of his youngest son Dough Gedrich.

Lenz also won the top award in the Best Commercial-Public Service Announcement chosen by the



Carlos Lenz with his grandfather "Papa Fred" Gedrich. Gedrich served in the Vietnam War, and both he and Carlos Lenz are members of the Scott Vallely Soldiers Memorial Fund and Stand Up America family.

Grand Jury for his commercial titled "Be the Difference." The ad revolves around suicide prevention and the role each person plays in assisting those suffering from depression and suicidal thoughts.

Lenz taught himself the basics of filmmaking and will be studying film at George Mason University next year. He is also a student with a passion for writing as he is a staff writer for the South Lakes "The Sentinel" newspaper as well as Historian as an International Thespian Officer for the South Lakes Theatre Department.

Additional student filmmakers recognized at the VHSL were Shaugh Saleih and Sam Sikora of Robinson Secondary School for Audience Choice Documentary for "Ram Pride" and Shank Rai of Annandale High School for Audience Choice Commercial-Public Service Announcement for "McDonald's All-Day Breakfast."

## Dragon Boating

FROM PAGE 8

makes you stand out a bit from the crowd."

Kes Kenner Eversmann, 16, another CCD member who qualified for the 2015 World Championships in the Junior B (U1) Division, also enjoys the friendships she has made through the practices and the competitions and the cultural experiences. "Plus, it's exercise on the water!" said the 10th-grader from James Madison High School in Vienna.

The Kinsey-Korzym boys are all heading off to college in the fall. Those who are staying locally say that will probably move up to the DC Dragon adult club. "Because dragon boating doesn't require hours of practice several times a week," said Liam, "I found that it didn't interfere with academics or even other sports or extracurricular activities. I think you can do this and still do what you need to and have fun in college, too."

If you're thinking that there's "no room on the boat" for you with all these boaters who have been pushing the paddles together for years, then think again. "Our practices and our teams are really quite fluid," declared Kwansene Kenner. Dragon Boat crews are not like football or baseball teams with a set roster per season, barring injury or other unforeseen circumstance. "People do come and go. We sometimes literally have to 'balance the boat' before a practice session and sometimes before a race, putting people in certain positions depending on who's there."

**COACH KENNER** explained that there is a Premier Division Class of competitors - "the best of the best." Those teams tend to be more constant in their crews, but just like in the Olympics, team members who compete at the World Championships (held in odd years) or Club Crew Championships (even years) come from all over after individual athletes "earn their berths" with superior performances in individual qualifying races. "Those who want to compete at that level can, but there is plenty of room and a warm welcome for those who just want to enjoy the camaraderie, some great cardio and core exercising, and a good day out on the water."

As a shining example of just how accessible the sport is,

Kenner talks about the GoPink!DC team, the only local dragon boat team for women who have had or have breast cancer. Along with their own personal experiences, the participants in that NCAWPA club cite numerous studies that laud the physical and mental benefits of the sport for women in treatment for, or in recovery from breast cancer. The GoPink!DC paddlers race against other breast cancer teams, and like the DC Dragons and the Capital City Dragons, and the DC Dragon Boat Club teams "they come from all over the region, and include women who never did a water sport before," said Kenner. "So don't be shy. Come on out!" is her advice.

As Kenner points out, there is "nothing to lose" by exploring dragon boating as your new casual hobby or competitive passion. Folks interested in the adult mixed-crew DC Dragons, in the breast cancer surviving GoPink!DC team, or in the youth program of the Capital City Dragons are all invited to attend a practice or two or even more - at no charge. They meet at the Anacostia Community Boat House in Southeast Washington. All equipment, including life vests, are provided, but anyone who wants to give it a go must register and sign waivers with the appropriate team in advance. For an upclose look at dragon boaters in action, Kenner also recommends joining in the fun at the upcoming Capital Dragon Boat Regatta on August 27th along the Southwest Waterfront in D.C. For the more daring, Kenner suggests getting a crew complement group together and join in. "After all, that's how I started," Kenner says, as part of a corporate-sponsored team, "and I knew nothing about it, but I certainly got hooked!" Kenner, Kuhn and the rest of the paddlers think you might, too.

The NCAWPA's website, [www.ncawpa.org](http://www.ncawpa.org), has all the history and information necessary to explore the paddling sports in our area. The DC Dragon Boat Club will tell you their story at [www.dcdragonboat.org](http://www.dcdragonboat.org), and introduce you to a variety of teams, the youth club Capital City Dragons at [www.capitalcitydragons.org](http://www.capitalcitydragons.org) and the breast cancer survivors team [www.gopinkdc.com](http://www.gopinkdc.com). For more information on the Third Annual Capital Dragon Boat Regatta, see their website at [www.capitaldragonboat.com](http://www.capitaldragonboat.com).