



# Reston CONNECTION

## Enjoying an Evening at Dog Park

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Vadim  
Kozhuenikov of  
Reston with  
Kodiak, a 125lb  
Shiloh Shepherd,  
at Baron Cameron  
Dog Park.



CONNECTION  
FAMILIES

### PET CONNECTION

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### Not Your Average Summer Camp

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## Architectural Gem: Round Two

**Board of Supervisors to decide history and future of the American Press Institute Tuesday, July 26.**

BY KEN MOORE  
THE CONNECTION

**T**he fate of a modern architectural gem in Reston could be decided this week when the Fairfax County Board of Supervisors considers an application to construct more than 40 homes on the site of the American Press Institute.

The building, which would have to be demolished to make way for the project, 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.

“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?” said At-large Planning Commissioner James Hart.

The Planning Commission voted against the proposal, and the Board of Supervisors will conduct its own public hearing on Tuesday, July 26, after The Connection presstime.

Sekas Homes’ filed an application to construct 34 single family attached dwellings and one multifamily residential building with



KEN MOORE/THE CONNECTION

**Mark Looney, attorney for Tall Oaks, describes a plan for 156 residential units, 8,584 square feet of retail and 5,809 square feet of office space for Tall Oaks Village Center.**

10 units on the site of the 48,200-square-foot American Press Institute building.

The vacant building at 11690 Sunrise Valley Drive drew international attention in the days before a rezoning hearing at the Fairfax County Planning Commission on June 16, 2016.

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.

“This has gotten the attention of people

all over the globe,” said Carol Ann Riordan, formerly with the API executive staff. “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?”

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

“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 Commissioner John Ulfelder.

On June 16, the Planning Commission deadlocked 5-5, meaning the application would go the Board of Supervisors with a recommendation of denial since it did not receive a majority vote.

**BUT LAST THURSDAY**, July 21, Hunter Mill Planning Commissioner Frank de la Fe requested a second vote on a proposal to build residential homes on the site of the American Press Institute Building.

“Our tie votes on June 16 did not constitute any action by the Commission, just a failure to approve,” said de la Fe.

“On July 11, 2016, the owner executed new proffers – new proffered conditions, amending the ones dated May 23. Because the Commission still has an opportunity to take action on these applications, I plan to move on them again,” he said.

The Hunter Mill Commissioner’s request for a revote failed, and instead of going to the Board of Supervisors with a deadlocked 5-5 denial vote, the Planning Commission voted to deny recommendation of the application by a 4-7 vote.

Planning staff had recommended approval before the Commission voted to recommend denial on June 16.

Developer 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. He said he is at risk “because I did the right thing.”

## Failing Shopping Center or Village Center?

**Planning Commission, Board of Supervisors approve redevelopment of Tall Oaks Village Center.**

BY KEN MOORE  
THE CONNECTION

**D**evelopers want to redevelop Tall Oaks Village Center Shopping Center, “with a mix of residential and commercial and office uses.”

“Of the five Village Centers in Reston, Tall Oaks Village Center is the smallest with approximately 18 acres of land. It has been in decline without a stable grocery store anchor tenant since 2007,” according to Mary Ann Tsai, with the county’s Planning Staff. “It is approximately 86 percent vacant.”

The applicant proposes a total of 156



KEN MOORE/THE CONNECTION

**Tall Oaks Shopping Center is 86 percent vacant, according to Planning Staff member Mary Ann Tsai.**



**Mark Looney, attorney for Tall Oaks, describes a plan for 156 residential units, 8,584 square feet of retail and 5,809 square feet of office space for Tall Oaks Village Center.**

residential units consisting of 44 townhomes, 42 multi-family units that have the exterior appearance of townhouses and 70 multi-family units in two buildings; the applicants also propose 5,809 square feet of office space and 8,584 square feet of retail uses.

According to the Food Marketing institute, the median size of a grocery store in 2013 was more than 46,000 square feet.

The Planning Commission approved the application unanimously (with one abstention) on Thursday, July 21.

The Board of Supervisors approved the rezoning on Tuesday, July 26.

SEE TALL OAKS, PAGE 12





**Sen. Timothy M. Kaine (D-VA) listens to student Hidayah Martinez Jaka, who talked about her personal experiences with intolerance and prejudice towards Muslims, during a roundtable discussion Kaine hosted with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21 at the All Dulles Area Muslims Society (ADAMS) Center.**



PHOTOS BY VICTORIA ROSS

**During an interfaith and civil rights roundtable discussion hosted by Sen. Timothy M. Kaine (D-VA) at the All Dulles Area Muslims Society (ADAMS) Center last week, Phillip Thompson of Fairfax, chair of the Northern Virginia NAACP, talks about Black Lives Matters and says he is deeply troubled by the recent spate of police-related violence. Johnson is seated next to Faateha Syed (left), a 13-year-old ADAMS member and Joan Bell-Haynes (right), pastor of United Christian Parish in Reston.**

# The Virginia Way

BY VICTORIA ROSS  
THE CONNECTION

**N**o one knew it at the time, but Sen. Timothy M. Kaine's (D-Va.) public appearances moderating roundtables in Northern Virginia last Thursday, July 21 would be his last day before being catapulted to political prominence 24 hours later as Hillary Clinton's pick for her Vice-Presidential running mate.

Trailed throughout the day by a phalanx of political reporters, Kaine remained relaxed, composed and engaged (but never boring) during his two events.

While the first event – a roundtable discussion on immigration in Arlington – was closed to the media, the second event on religious freedom and civil rights held at the All Dulles Area Muslim Society (ADAMS) in Sterling was open to the press, and dozens of reporters, representing nearly every prominent media outlet, planted themselves in one of the conference rooms at the center, setting up cameras, adjusting boom microphones, juggling tripods and waiting.

"Why don't they talk to us?" asked 13-year-old Faateha Syed, a young Muslim woman from Reston, who seemed baffled as the media throng descended on Kaine as he entered the room.

"They're not here for us. They're here for him," an older Muslim woman replied. "They want to know if Senator Kaine is going to be our next vice president."

Despite the intense media scrutiny and political speculation swirling around Kaine, roundtable participants said they were impressed by Kaine's focus and genuine interest in them and their concerns.

Syed Moktadir, president of the ADAMS center, said he appreciated Kaine's willingness to spend time discussing issues and challenges moderate Muslims face every



**Sen. Timothy M. Kaine (D-Va.) receives a warm welcome from Sanobar Yacoob (left), an executive staff member of the All Dulles Area Muslims Society (ADAMS) Center, and Syed G. Moktadir (center), president of the society, as he enters the center to host a roundtable forum with leaders of the Northern Virginia interfaith and civil rights communities on Thursday, July 21.**

day.

"He gave each of the panelists here a voice to talk about the issues confronting Muslims," Moktadir said. "The ADAMS Center has a history of openness, moderation and civic engagement. Senator Kaine did a great service highlighting the importance of tolerance and religious freedom."

**DURING THE FORUM** at ADAMS, Kaine took the opportunity to extol Clinton's virtues and assail Republican Presidential candidate Donald Trump's policies and prejudices – without once saying Trump's name.

When discussing bans on Muslims entering the United States and mass deportations

– two of Trump's policy promises – Kaine asked the group: "Do you want a trash-talking president or a bridge-building president?" He noted that he and his Democratic colleagues in the U.S. Senate, "beat" a bill that would have greatly tightened screening procedures on refugees from Syria and Iraq, essentially banning them from entering the U.S.

"So the refugees are our enemy now? We shouldn't tolerate intolerable prejudice," Kaine told the group. "The bottom line is that it's not easy to come into our country as a refugee, at all. But the notion of 'no Syrian can ever come here' is antithetical to our values – especially when the inno-



**Mohsin Alikhan, president of the McLean Islamic Center, talks to a reporter after an interfaith roundtable forum hosted by Sen. Timothy M. Kaine (D-Va.) at the All Dulles Area Muslim Society (ADAMS) center on Thursday, July 21. During the forum, Alikhan asked Kaine whether he would still visit the center when he's vice president. Kaine, who had not yet been tapped as Hillary Clinton's running mate, smiled and said that he would visit "regardless of title."**

cent civilians and families seeking refuge in our country are fleeing the very violence and terror we saw in France and Lebanon that they experience every day in Syria."

In addition to discussing the plight of refugees, Kaine delved deep into the hot-button issues of police profiling and Black Lives Matter. He noted the success Richmond had

SEE SENATOR, PAGE 5

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# Kaine Hosts Interfaith Forum

FROM PAGE 4

with strategies like community policing rather than zero-tolerance policies that surfaced after 9-11.

"I'll tell you one little insight...One of the best things we did (when I was Mayor of Richmond) was hire a police chief who had the idea of community policing, who said 'let's put officers on bicycles...let's make them part of the community... We don't have to recreate the wheel, we have the model.'"

But unlike the famous real estate mogul on the other side of the political aisle, Kaine said, he believed our nation becomes greater by unity, not more division.

"Do we pull together as a nation or try to divide the nation? Virginia has some history with divisiveness, but when we started a change in Virginia and put [divisions] behind us and started to let everybody be around the table, we started doing really, really well. And that's what's at stake here in this election."

When Joan Bell-Haynes, pastor of the Reston United Christian Parish, asked Kaine what people in the room should do to help the country get past its racial and religious divisions, Kaine said he was supporting Hillary Clinton, and called her the kind "bridge-builder" that we need.

AT TIMES, Kaine was giving mini history

lessons on the First Amendment and Freedom of Religion. He also showed his philosophical, thoughtful side, relating a story about one question he often asked as a Jesuit missionary in Honduras.

"As human beings, we have an instinctive appreciation of diversity in nature. I

would ask people 'Do you have a favorite flower? 'And most people do have a favorite flower. Then I would ask 'Do you want every flower to be that flower?' Of course not," Kaine said, smiling. "That would be boring."

Although Kaine did not invite discussion of the VP buzz surrounding him, several participants noticed a sign behind where he was

seated that read: "What if someone from your community became a national figure? In America anything is possible."

Mohsin Alikhan, president of the McLean Islamic Center, asked Kaine whether he would still visit when he's vice president.

Kaine shook his head, and humbly answered "Of course I'll come...regardless of title."

After the event, Kaine took media questions, but deflected any speculation about his chances as Hillary Clinton's pick. He did tell the press pack, however, that "I'm being considered because of Virginia. Virginia Matters."

**"Senator Kaine did a great service highlighting the importance of tolerance and religious freedom."**

**—Syed Moktadir, president of the ADAMS center**



## Reston Lions Install New Officers

The Reston Lions Club new officers were officially installed by Past District Governor, Jim Ryan, at its regular meeting on July 20 held at the Hidden Creek Country Club in Reston. Pictured from left are Jim Ryan, Secretary and Treasurer; Steve Reber, Director; Pat McCann, President; Chuck Griffith, Director and Andy Goodman, Director. The Reston Lions Club emphasizes the preservation of sight and hearing, providing information on diabetes and the collection of eyeglasses and hearing aids for recycling.



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**17971 YATTON RD, ROUND HILL** - Historic Runnymede Farm, c. 1777 is totally updated for today's lifestyle. Spacious stone manor house sits on 20 beautiful acres. 4 BR, 2 FB, 3 HB. Interior stone walls, terrace. Gourmet kitchen, separate dining room with FP, tavern room with built-in wetbar, walk out to huge terrace with spa overlooking fields. Old springhouse, small barn. Entire property fenced. Very commutable, yet feels a world away. **\$1,170,000**

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**35653 MILLVILLE RD, MIDDLEBURG** - LOCATION! Lovely 4BR/3.5BA home w/spacious rooms on 18+ acres just minutes from Middleburg. Two-stall barn/mack with four stone/board-fenced paddocks, terrific rideout. Middleburg Hunt. Enhanced by high-speed Internet, whole house generator, extensive invisible fencing. Mountain views, soaring magnolias, wonderful gardens. **\$995,000**

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**9572 BRIAR LN, DELAPLANE** - A gem of a custom built stucco house on 11 private acres between Upperville and Reston. High ceilings with large windows for natural light. 3BR/3.5BA. Extensive trim work, decorative finishes and designer fixtures throughout. Architecturally designed, vaulted ceiling in living room with fireplace. House in mint condition and has 3100 sq feet of living space. **\$915,000**

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**34383 WILLIAMS GAP RD, ROUND HILL** - Privately located 5,800+SF custom home on 10 acres. 5BR/5.5BA with true craftsman quality throughout, open floorplan, double sided stone FP, chef's kitchen with granite/SS, first floor master suite w/ cathedral ceilings, au pair/in-law suite, 4 car oversized garage. **\$725,000**

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**908 SMARTTS LN NE, LEESBURG** - Well maintained, end unit townhouse with 3 finished levels, spacious eat in kitchen, separate dining room w/ bay window, step down to large living room, hardwood floors, private fenced rear yard, with deck and patio, rose garden, 40 yr shingles. Great commuter location. **\$299,000**

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# OPINION

## Help Children Arrive at School Prepared

Many opportunities to contribute; tax-free back-to-school shopping is Aug. 5-7 across Virginia.

**T**he first day of school each year is fraught with anticipation and anxiety. Many local students will be concerned about what they wear, who they will see, what it will be like. They've already had multiple shopping trips, online and otherwise, to be sure they have the supplies and extras they need.

We live in an area where many, if not most, families have the means and desire to do almost whatever it takes to give their children the best chances for success.

But for thousands of students, families lack the financial resources to equip them for success on the first day of school and beyond.

In our affluent area, there are many poor families, families who are barely making it, families who are not able to indulge their children in a shopping spree before school begins, families who are already having trouble making up for the meals their children would be getting at school.

In Fairfax County Public Schools, more than 27 percent of more than 184,000 students are poor enough to qualify for subsidized meals. That's more than 50,000 children in Fairfax County who are going through the summer without their usual access to breakfast and lunch. For many of those children, having a fully equipped backpack on the first day of school is out of reach.

In the City of Alexandria, about 60 percent of the Alexandria Public Schools students are poor enough to qualify for subsidized meals. That's more than 8,000 of the city's 13,000-plus students.

In Arlington, more than 32 percent of the county's 23,000-plus students are poor enough to receive subsidized meals; more than 7,000 students.

Help these students get started on the right foot by contributing to one of the many local backpack drives.

Virginia sales tax holiday for school supplies and clothing is Aug. 5-7, 2016. Purchases of most school supplies, clothing and footwear are exempt from the Virginia sales tax. Each

eligible individual school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less. See [www.tax.virginia.gov/content/sales-tax-holiday](http://www.tax.virginia.gov/content/sales-tax-holiday).

### Where to give in Fairfax County

❖ **Fairfax County Collect for Kids** is a public private partnership that provides local children from economically challenged families with the school supplies they need to begin the school year, and has provided more than 100,000 supply kits and backpacks since 2010. Collect for Kids is made possible through a partnership with Kids R First, Fairfax County Public Schools, the Fairfax County Office of Public and Private Partnerships, Apple Federal Credit Union and numerous community-based organizations (some listed here) and businesses in the Fairfax County area who are working together to provide supplies in a more cost-effective and efficient way. See [collectforkids.org/resources](http://collectforkids.org/resources).

❖ **Cornerstones** is working to provide backpacks and other necessities to 3,500 Reston and Herndon area students. You can buy backpacks and other items online and have them delivered to Cornerstones. Or deliver the backpacks to Cornerstones Administrative Office Aug. 8-12, 2016, Monday-Friday, 9 a.m.-5 p.m., 11150 Sunset Hills Road, Suite 210, Reston. In addition to backpacks, Cornerstones also requests donations of new underwear for elementary school age children, and Payless gift card donations (\$25) so young clients can get a new pair of shoes. Contact Cornerstones at 571-323-9568 or [volunteer@cornerstonesva.org](mailto:volunteer@cornerstonesva.org). Visit [www.cornerstonesva.org/donations/drives/back-to-school/](http://www.cornerstonesva.org/donations/drives/back-to-school/)

❖ **United Community Ministries'** annual Back to School campaign is underway. Donations are needed by Friday, Aug. 5. A gift of \$40 completely outfits one student. Please drop checks and backpacks off at UCM's main office (7511 Fordson Road, Alexandria, 22306) weekdays from 9 a.m.-5:30 p.m. If your group needs to make special arrangements for a large

donation, please contact Emily Griffin. For more information, contact Emily at [emily.griffin@ucmagency.org](mailto:emily.griffin@ucmagency.org) or by 571-255-8973 or visit [www.ucmagency.org/back-to-school-2016.html](http://www.ucmagency.org/back-to-school-2016.html).

❖ **Britepaths**, formerly OUR DAILY BREAD, participates in the Collect for Kids Back to School Program each summer and is working to help more than 2,500 students in central Fairfax have everything they need to succeed this fall. Cash donations help purchase supplies at a steep discount. Please donate by Aug. 5. Donate backpacks or calculators by Aug. 5. Larger size backpacks especially needed. Donate cash through Aug. 31. Checks are welcome. Make checks payable to "Britepaths." Please include "Back to School" in the memo line of the check. Mail to: Britepaths 4080 Chain Bridge Road, 2nd Floor, Fairfax, VA 22030. If delivering in person, Monday-Friday, 10 a.m.-2 p.m., except for holidays. Call ahead at 703-273-8829. Visit [www.britepaths.org](http://www.britepaths.org) for more.

❖ **FACETS** is seeking to equip more than 300 students in need with backpacks filled with supplies. Use the checklist at the link below as a guide for purchasing backpacks and supplies. Place purchased supplies in backpacks or other bags and deliver to FACETS. For financial donations, please cut and mail form by Aug. 12. Drop off supplies through Aug. 12, 2016, 9 a.m.-5 p.m., Monday-Friday, 10640 Page Ave., Suite 300, Fairfax VA 22030. Contact FACETS at 703-272-3710 or [JDantonio@FacetsCares.org](mailto:JDantonio@FacetsCares.org) or visit [facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY17.pdf](http://facetscares.org/wp-content/uploads/2011/07/SchoolSupplyFlyerFY17.pdf)

❖ **Northern Virginia Family Service.** Mail checks (payable to NVFS, with BTS in the memo line) to: Northern Virginia Family Service, Attn: Back to School, 10455 White Granite Drive, Suite 100, Oakton, VA 22124. Donations of new backpacks and new school supplies (we unfortunately cannot accept these items after use) will be accepted on July 29, 3-6 p.m.; and Aug. 1, 10 a.m.-6 p.m. at 13926 Metrotech Drive, Chantilly, VA 20151 (between Buon Appetito and Cafein; please note storefront windows are whitewashed). Contact Pam Boyle at 571-748-2537 or visit [www.nvfs.org/backtoschool](http://www.nvfs.org/backtoschool).

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**CONNECTION**

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### PETS

## Making a Case for Pet Adoption

**Lucky kittens Flame and Pixie found a home in Reston with Jesse and Margo. These little ones were born in Abingdon, Va. and dropped off at an overcrowded shelter that euthanizes all unadopted cats every Thursday. Fortunately, the Feline Foundation of Greater Washington swooped in and a series of volunteers shuttled the babies to Reston. They stayed with a foster family until Feline Foundation of Greater Washington (FFGW) June Adoption Fair at Just Cats Clinic, where they met Jesse and Margo.**







### Love and Cuteness

"I am sending in this picture of one of my three dogs, Mia, who was adopted from Middleburg humane rescue. Mia loves to jump up on low branches on trees to eat their leaves and in this picture, she is reaching up onto my herb garden and snacking on my lemon basil that is drooping over the side. I hope every one would consider adopting a homeless animal — they bring so much love and cuteness into our lives."

— MARY BALBONI, RESTON

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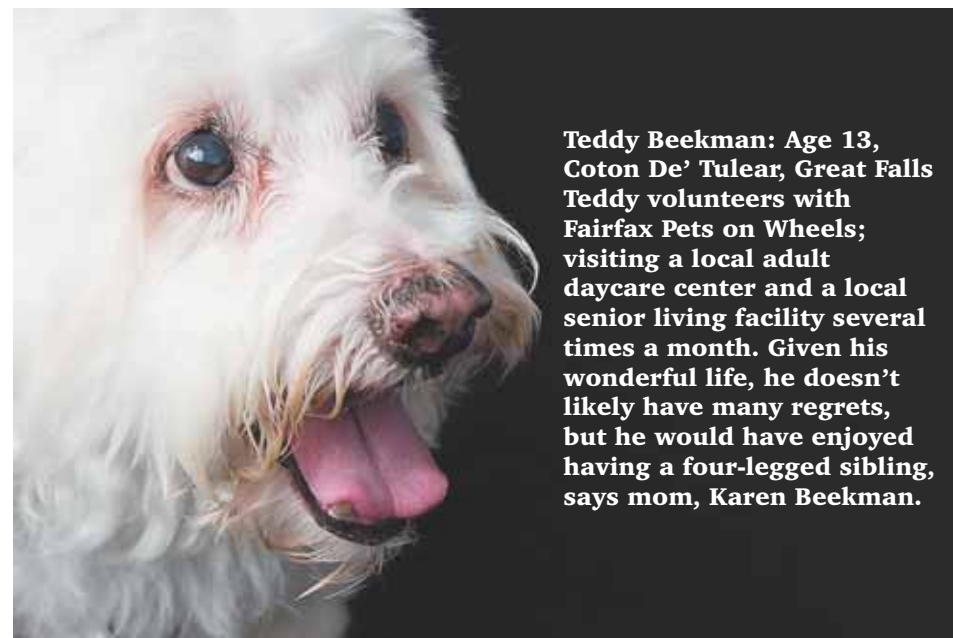


**Ginger McNair:** Age 11, Plott Hound/Boxer Mix, Reston  
One of Ginger's best adventures was getting to play with a wild fawn who wandered into his yard. Fast thinking dad, Doug McNair, captured their exchange on video. <https://www.youtube.com/watch?v=18VAGzOL8sk>



Ginger and fawn playing together.

SCREEN GRAB FROM DOUG MCNAIR'S VIDEO.



**Teddy Beekman:** Age 13, Coton De' Tulear, Great Falls  
Teddy volunteers with Fairfax Pets on Wheels; visiting a local adult daycare center and a local senior living facility several times a month. Given his wonderful life, he doesn't likely have many regrets, but he would have enjoyed having a four-legged sibling, says mom, Karen Beekman.

## Senior Dogs: Untold Stories

BY JOAN BRADY

**L**ike many geriatrics, senior dogs in our area are illness survivors and living with a range of conditions including arthritis, hip dysplasia and chronic back pain. But nothing keeps them from enjoying their people, traveling, taking walks, napping and eating as many snacks as are made available.

While primary canine focus is limited to what goes on in their own backyards, some are paying attention to the election. And, if able to talk, they would offer some advice to the presidential candidates.

Sasha Marusin is concerned about the environment, "Pay attention to climate change, it's important for animals and humans." Max Kennedy has an opinion about Trump's proposed wall, "No walls (or

### Pet Adoption

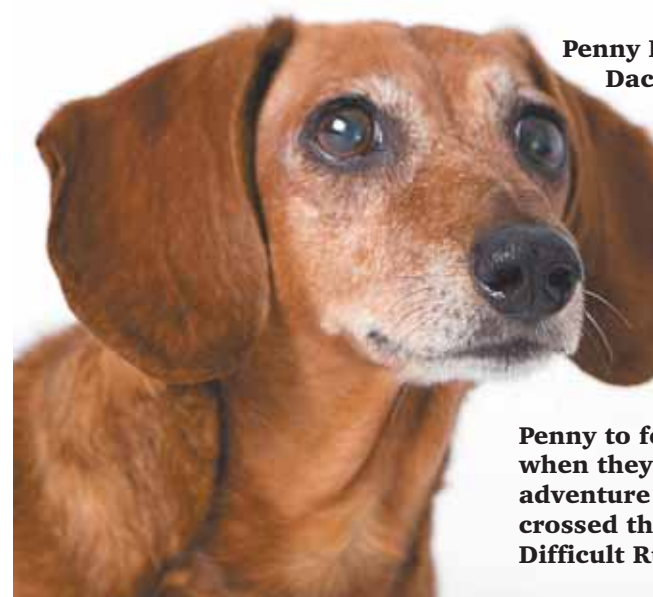
Pet adoption resource:  
Fairfax County Animal Shelter: <http://www.fairfaxcounty.gov/animalshelter/>  
Friends of Homeless Animals:  
<http://foha.org/>  
Petfinder: <https://www.petfinder.com/>  
Learn more about volunteering with your pet:  
<http://www.fairfaxpetsonwheels.org/>

leashes!), we all want to run free." Daisy Gilbert wants both candidates to do a better job of getting along, "I accept and love everyone. You should find a way to do the same."

And, quoting Senator Ted Cruz, Buddy Emami offers advice to voters for November, "Vote your conscience."



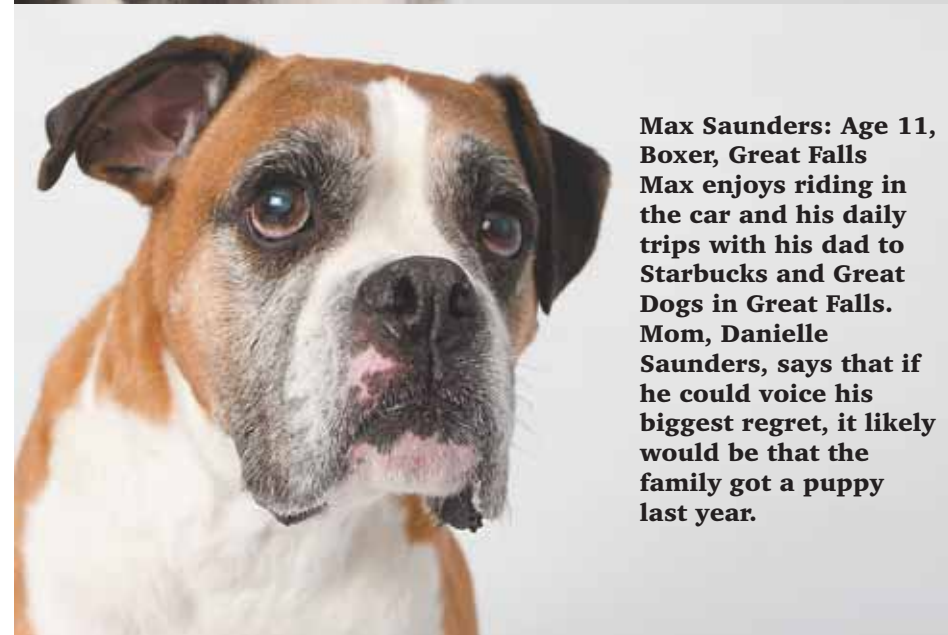
**Sasha Marusin:** Age 14, Border Collie, Great Falls  
Sasha likes to hike with the family, when she isn't napping. Mom, Robin Marusin, says that if Sasha could talk, she would likely say her biggest regret was not having puppies.



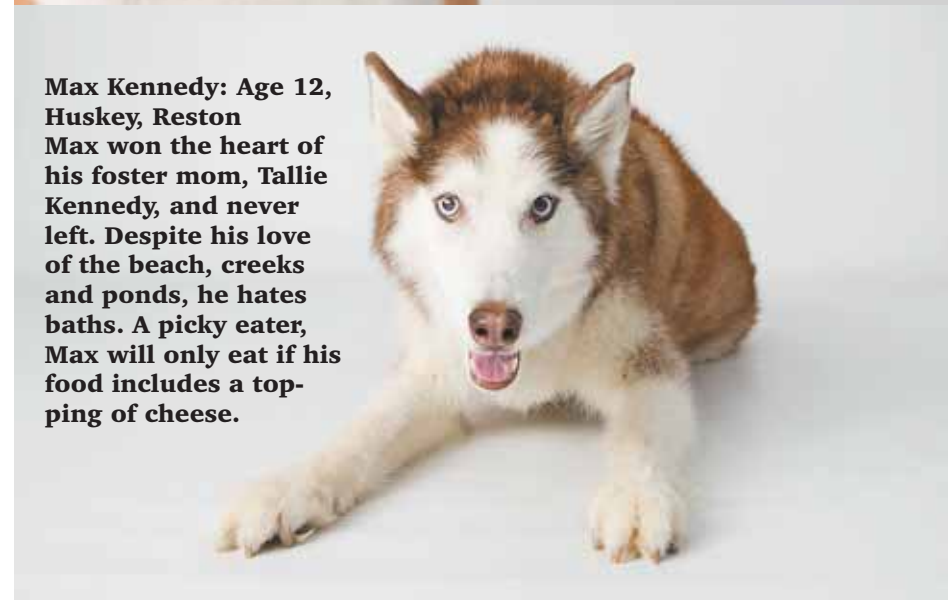
**Penny Hargroves:** Age 12, Dachshund, Great Falls  
Penny has two, two-legged sisters who adore her. When the girls were little, mom, Cindy Hargroves, would send Penny to wake up the youngest by licking her face. The girls taught Penny to fetch a tissue for them when they sneeze. Her biggest adventure was when she crossed the stepping-stones at Difficult Run.



**Lily Stowell:** Age 14, Australian Shepherd, Great Falls  
A retired agility champion, if Lily could talk, mom, Kathy Stowell, thinks she would likely ask, "Why won't you let me use the toilet, so I don't have to go outside?"



**Max Saunders:** Age 11, Boxer, Great Falls  
Max enjoys riding in the car and his daily trips with his dad to Starbucks and Great Dogs in Great Falls. Mom, Danielle Saunders, says that if he could voice his biggest regret, it likely would be that the family got a puppy last year.



**Max Kennedy:** Age 12, Husky, Reston  
Max won the heart of his foster mom, Tallie Kennedy, and never left. Despite his love of the beach, creeks and ponds, he hates baths. A picky eater, Max will only eat if his food includes a topping of cheese.

**Fred and Hank Brady:** 14 and 12, respectively, Beagles, Great Falls.  
Fred and Hank have both visited all 48 of the contiguous U.S. states. Now seniors, they spend more time sleeping than awake. Given their druthers, they would prefer to spend every waking moment eating.



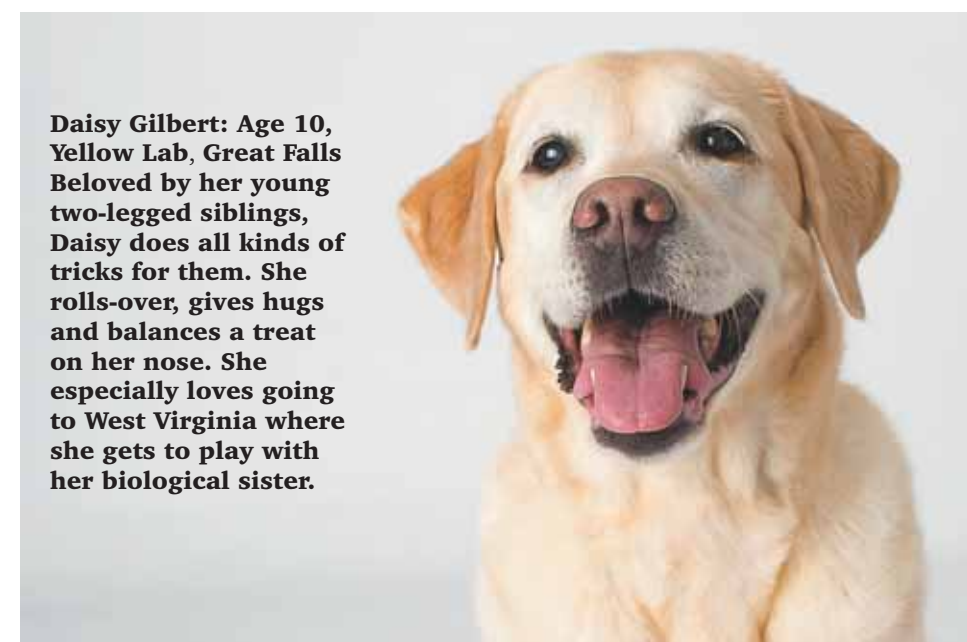
**Honey Emami:** Age 11, Boston Terrier, Great Falls

There is some dispute as to whether Honey has had run-ins with badgers or raccoons, but for sure there have been two big fights. A young Honey prevailed in the first. But it was her brother, Buddy-the-beagle who took credit, bringing the trophy to mom and dad. If she could voice her regret, mom, Karen Emami, thinks it would be that she didn't kill the badger that got away.



**Buddy Emami:** Age 11, Beagle, Great Falls

Cancer survivor, Buddy, has no regrets. He lives a happy life with his sister, Honey Emami. Some words have to be spelled in front of Buddy, lest his expectations get raised, including any reference to his favorite, Great Falls p-a-r-k. Living up to his name, he is apparently a great buddy.

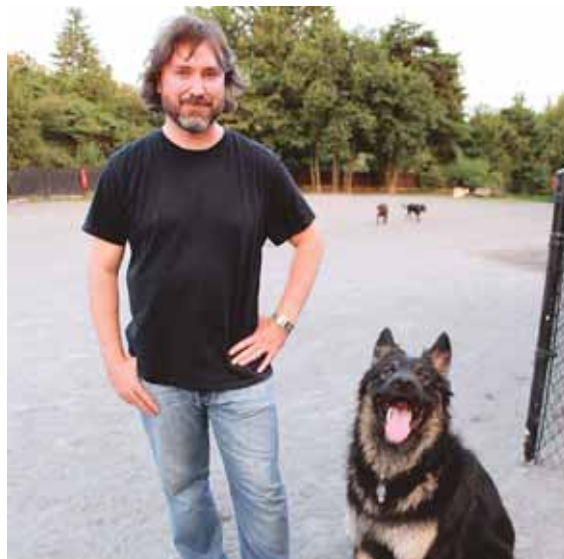


**Daisy Gilbert:** Age 10, Yellow Lab, Great Falls  
Beloved by her young two-legged siblings, Daisy does all kinds of tricks for them. She rolls-over, gives hugs and balances a treat on her nose. She especially loves going to West Virginia where she gets to play with her biological sister.





Kodiak, a Shiloh shepherd, at Baron Cameron Dog Park waiting to return to play.



Vadim Kozhuenikov of Reston with Kodiak, a 125lb Shiloh Shepard, at Baron Cameron Dog Park.

PHOTO BY ALEXANDRA TECCO/THE CONNECTION

## Kodi, Canine Good Citizen, Enjoys Evening at Dog Park

**K**odi, short for Kodiak, is among the larger dogs at Baron Cameron Dog Park in Reston on Thursday, July 14. The rest of the dogs make up in spirit what they lack in size. Kodi is playful and kind to them all.

He stops his play with the other dogs, when Vadim Kozhuenikov of Reston, Kodi's owner, mentions Kodi's name. A few simple gestures and Kodi stops, then sits patiently

next to Kozhuenikov.

At a year and a half, 120-pound Kodi isn't quite done growing. Kozhuenikov and his wife got Kodi prior to planning the birth of their daughter, now 9 months and crawling. "He came first," Kozhuenikov says about Kodi, "so his training would be done before the baby. We were worried. He is well behaved, but big. He's really careful though."

Kodi is a Canine Good Citizen, a certificate and title issued by the American Kennel Club for "basically good doggie manners," Kozhuenikov explains. "It's the first step to a true therapy dog," he says, Kodi's eventual goal. Training is on hiatus due to the baby, but Kozhuenikov looks forward to finishing the program so Kodi can share his good nature by helping children and veterans.



PHOTO CONTRIBUTED

## 'Norm' Enjoys Boat Ride

**This is my favorite animal in the world! His name is Norman (aka "Norm"). Norm likes to go on boat rides, car rides and chill out on cool vents. He is a 3-and-a-half-year-old Bernese mountain dog. He weighs a mere 148lb and is a complete teddy bear! He thinks he's a lap dog and thinks he weighs 20lbs. In this photo we are enjoying a wonderful summer sunset boat ride together. — Heather Warstler, Reston**



## Best Buddies

"I own the two large furry dogs and my neighbor owns the small terrier mix. All three dogs were adopted (at different times) from the Briggs Animal Adoption Center in Charles Town, West Virginia. They are good buddies who spend a lot of time together. In this picture they are at the Blandy Experimental Farm waiting to go on a walk to support the Briggs shelter. Humans are myself, Cindy Morrow, and my neighbor, Margie Dellagiarino of Reston. The 4-legged kids are Blu, Dixie and Holly Jo."

10 ♦ RESTON CONNECTION ♦ JULY 27 - AUGUST 2, 2016



## OK to Ride in a Car

"In this picture the three amigos are ready to travel to a different (from their neighborhood) part of Reston for a walk. They do two of these "trips" a week, to include a "hot dog" Sunday walk where they get pieces of hot dog as they walk - a trick we used when teaching Dixie that it was ok to ride in a car." — Cindy Morrow, Reston

WWW.CONNECTIONNEWSPAPERS.COM



# Not Your Average Summer Camp

**SySTEMic Solutions Robotics Camp teaches children real-world skills for building, coding robots.**

BY ALYSSA MILLER  
THE CONNECTION

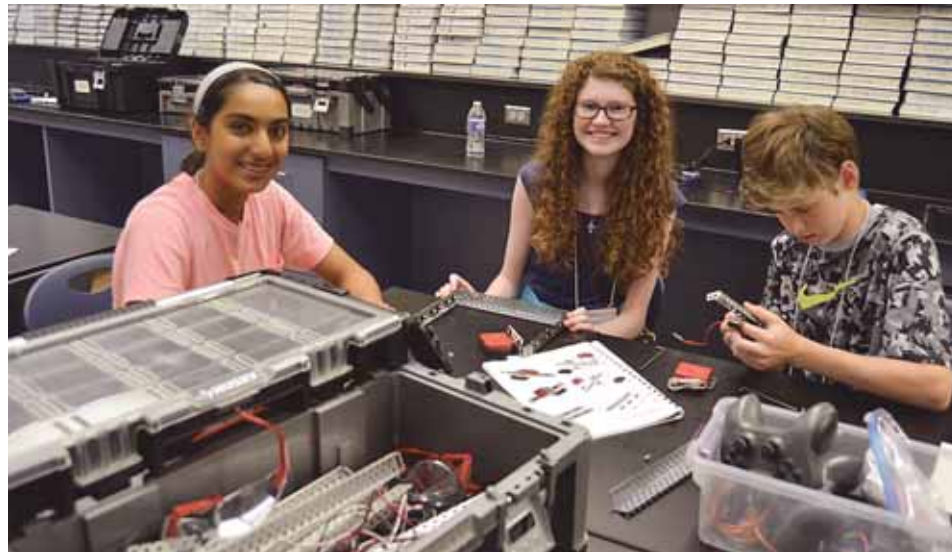
**H**aving fun, making friends and building robots? For some Fairfax County children, it's all in a day's camp.

From July 18-22 and July 25-29, participants in South Lakes High School's VEX EDR Robotics 1.0 camp learn the basics of building and programming robots in preparation for an end-of-the-week competition. The campers are divided into teams, and must build a robot that can satisfy a set of criteria, such as picking up a ball, by the end of the camp week.

"Friday is [an] exciting day," said Charles Britt, the camp director. "It's a culmination of all the work that they put into building and designing their robots."

According to Britt, the parents of the campers are invited to attend the competition and cheer on their campers' teams. The team dynamic at robotics camp is a key aspect of the week, he says.

"You don't see that often in a traditional classroom - everything is like, 'individualized learning, individualized work,'" said



**From left: Sarah Bokae, River Bend Middle School; Tiffany Parise, Thomas Jefferson High School; and Dylan Ballard, Oakton High School, work on building their robot.**

Britt. "But here we try to mimic what students are gonna get when they get to college and get to the workplace, where it's very important you learn how to work in teams and communicate and share responsibilities."

Many of the campers recognize the importance of working in a team to accomplish common goals. Sarah Bokae, who attends River Bend Middle School, says her favorite part of camp is "building and following directions and working as a team ... to most likely win."

Other campers enjoy the creativity that comes with designing their own creation.

"You can make it your own," said Amit

Erragantla, who attends Greenbriar West Elementary School. "You follow the instructions but then you can modify it."

In addition to building the robot, instructors at the camp teach students a program called "RobotC," used to code the robots and control them. Parv Ahuja is a programming assistant at the camp, and helps teach campers the basics of coding.

"We try to tell them that it's a completely new language, at least for the ones that don't know or haven't worked with programming before," said Ahuja. "And then the ones that have, we try to help them change from what they know to what we have to use to program these bots."



**From left: Nick Ivany, St. Mark Catholic School, and Alec Matranga, Crossfield Elementary School.**

Ahuja says one of his favorite parts of camp is seeing the children's knowledge change and grow as they learn about robotics and coding.

The camp is currently in its third year, and many campers have attended before or have built robots at other camps. Many of the campers want to go into robotics in the future, something the instructors hope camp will prepare them for.

Pamela Person, the Lead Instructor at robotics camp, says she likes the fact that kids with all different experience levels are welcome.

"Whether they started it with no robotics experience at all, or if they actually had some robotics experience ... they're able to gain more knowledge and expand upon that," said Person.

## School Board Work Session Draws Transgender Regulation Protesters

**T**he Fairfax County School Board was scheduled to discuss new regulations for addressing daily life at school for students who identify as transgender or gender-nonconforming at July 21 work session held at the school system's Gatehouse Road headquarters in Falls Church.

The week of the session, however, newly elected School Board Chair Sandy Evans announced in an FCPS release that implementation of the regulations would be put on hold while a court case elsewhere in Virginia involving a transgender student's bathroom usage is decided.

The topic was therefore removed from the July 21 work session agenda.

The regulations are an implementation strategy for the words "gender identity" being added to the school system's non-discrimination policy in May 2015.

Regardless, a group of demonstrators, clad in red mostly, showed up at the Gatehouse facility around 5 p.m. to

voice their opinion against the regulations. Some stood along Gatehouse Road flashing signs that called the regulations unlawful, or threatening to non-transgender students.

Inside the building's lobby and cafeteria, other demonstrators in red appeared at first to be penned in by a row of security detail. But eventually they were let through to the meeting.

Robert Rigby, a West Potomac High School Latin teacher and leader of the employees' LGBTQ organization FCPS Pride, was present in support of the regulations.

FCPS spokesperson John Torre said the work session was open to the public, as all work sessions are.

The School Board meets again July 28 for its regular business meeting. The transgender regulations were not on the agenda as action items or new business as of going to print.

—TIM PETERSON



**Security initially formed a line between demonstrators and the hallway to the Fairfax County School Board work session on July 21, but eventually they were allowed through.**

PHOTO BY TIM PETERSON/THE CONNECTION



## COMMENTARY

# Don't Tread on Me

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

For a short time when I was in college I sold Fuller brushes and home cleaning products door to door to make money to pay my bills. I could make several-fold more per hour selling door to door with flexible hours than I could with any other part-time job. I was trained by a mentor salesman who made a good living selling the well-known brushes and cleaners. One practice of his that I never adopted was to knock on doors that had a "no solicitation" sign. He explained that while he may encounter a grumpy person or two behind those doors he mostly found people with a low resistance to sales pitches who used the signs as their first level of defense to keep from buying something.

More recently I've been seeing a different sign, "Don't Tread on Me," not on homes but on vehicle license plates. The original yellow flag with a coiled snake and the slogan on it was the flag of the early navy in our country. Today it is the flag of the Tea Party.

Each time I see the yellow license plate I wonder what message it is intended to convey. Is it at all like the "no solicitation" signs on homes that proved to be a not-very-effective defense from the salesman and the outside world? Or is it a proclamation of self-importance that one should be able to live in the world without being bothered by others?

Since the flag has been adopted politically by the

Tea Party-ites, its meaning no doubt is aimed at laws, regulations or government actions that are viewed as "treading" on someone. Government actions do affect us. We have a system of national security that gets in our way especially when we want to board an airplane or enter a government building. We may feel tread upon by the number of traffic rules we have to abide by or by the health and safety regulations affecting our homes and businesses. Certainly there have been cries of protest at any attempts to tread on someone's ability to buy and carry any size gun whenever or wherever they want.

Living in a civilized society means that we sometimes are inconvenienced by the necessity to compromise some of what we are doing for the greater community's health and safety. There simply has never been a government devised that allows everyone to live a life unfettered without any thought of the needs of others. There is no constitutional right to live a life trampling on others in order that you are not tread upon.

While certainly not intended by most, the admonition to not tread on me can be interpreted as selfishness. You view your needs as greater than others; your rights trump (sorry for the pun) others' rights. Certainly there are mixed messages that can be interpreted from such a simple phrase. I prefer the simpler and easier to understand bumper stickers like "live simply so that others can simply live" or "coexist."

What does "don't tread on me" mean to you? Positive or negative. Let me know at kenplum@aol.com.

# Coming Back Home

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

We returned just yesterday from travel to Vietnam and Cambodia, distant places where we were mostly beyond the reach of the internet for two weeks. I've been fascinated by changes which took place and disappointed by things I'd hoped would change but didn't while we were so far away.

As we got out of our cab from Dulles, we were struck first by something unchanged for over two years—the seemingly endless demolition and repair mess of the neighboring condominium smack dab in front of our house. On the other side of the house by the lake, however, there was a totally new phenomenon in progress. Pokemon GO hunters, armed only with their smart phones, were doing battle with amazing fictional critters lurking on or near our pontoon boat at the cluster dock. A couple hunters explained to me that Lake Anne was one of the hottest spots in NoVA for the Pokemon app, which was entirely new to us. Around the corner, we saw more hunters storming the Lake Anne Brew House and the Kalypso Restaurant as their phones lit up with more targets. Quite a far cry from Angkor Wat and villages we had just visited along the Mekong River.

We had looked forward to stopping in at the new Lake Anne Coffee House and Wine Bar on our return. When I walked by there, however, it seemed to have gone back in time. The interior looks like it has just been gutted with internal reconstruction barely underway. Christmas maybe?

When we journeyed out to restock the fridge and get some take-out, we happened to drive by Reston Town Center. Here, a new building had risen from

## INDEPENDENT PROGRESSIVE

what was a huge hole in the ground only two weeks ago beside the old Ruby Tuesday site. Across Reston Parkway, I noticed that the huge "Now Leasing" signs had vanished from the Harrision Apartments complex. Filled up while we were gone?! A little further on, it seemed to me that the signature hotel being built fronting the Metro Station had doubled its height, reaching several floors higher into the sky during our short absence.

Next it was time to catch up on the news. Reston Association is still struggling with the Tetra/Lake House fiasco. At its meeting this Thursday, the RA Board will pick three presumably independent stalwarts from the community to assist in selecting a contractor to review/investigate what happened with Tetra that resulted in huge cost overruns, including possible unbudgeted expenditures. The review will include negotiation of the RA purchase, property appraisal and inspection, presentation for referendum, and expenditures to prepare the building for occupancy. Hopefully, the review will be thorough and transparent, concluding with a report to the community detailing what went wrong and safeguards to prevent recurrence.

There were a couple of other events worthy of note which took place during two weeks in July. The deterioration of our system of government took a giant leap forward with the Republican Party's formal nomination of Donald Trump, a narcissistic, hate-peddling demagogue, to be President. And, Hillary Clinton, the iron woman of American politics, selected our own Democratic Senator Tim Kaine, a solidly decent antithesis of Trump, to be her running mate and the next Vice President of these United States.

# Tall Oaks Debated

FROM PAGE 3

**NOT EVERYONE** was impressed.

"I chose to live in Reston because of the sense of community that Robert Simon created. Robert Simon did that through the concept of the Village Center," said Julie Blitzer, at the Commission's public hearing on July 14. "What I do not feel was done was determining what was the needs of the community and needs for retail for what the surrounding neighborhoods needed."

Tammi Petrine, of Reston 20/20, said JAG's application "is not ready for prime time."

"The Tall Oaks Village Center plan as presented now is neither a village center in spirit nor design," she said.

Lynne Mulston, of Reston Citizens Association, said "we feel it is very important to preserve what little is left of retail."

"We do have to applaud the changes they have made over time but feel there can be continued improvements," she said.

Susan Beffel, as did many others, raised concern about traffic around all the failing intersections by Tall Oaks.

**THERE WAS SUPPORT** for the project from Reston Neighbors, including Joan Wain, director of the Lake Anne Nursery and Kindergarten, adjacent to Tall Oaks.

"We are excited to watch the plan evolve," said Wain.

"We have observed many changes at the center. It always made us sad when we watched these establishments open," and then close, she said.

"We want to show support for the JAG plan. We are excited about the possibilities," she said, with hope that the center "will become useful and vibrant again."

She advocated for improvements to the neighborhood sidewalks and paths to make the pedestrian experience helpful.

Community feedback has been contradictory, said Mark Looney, attorney for the developer.

"Some said we want more retail. We also had those who were worried that they would fail again," he said.

"Some expressed desire for a hardscaped plaza like Like Anne, some said they wanted more green space," he said. "Some thought it was too ur-

ban. Some thought it was not urban enough."

"We had different plans and different iterations," said Looney.

Petrine was cut off from testifying more than three minutes by the Planning Commission because she did not sign up in advance as a speaker from Reston 20/20. But she had additional feedback ready for the Commission in writing by Tuesday, July 19.

"Very few of us citizens have either the time or the knowledge to protest the enormous development that Fairfax County in general and Reston in specific are undergoing by attending multiple meetings and hearings," she wrote. "I was encouraged at this hearing to hear good questions coming from some commissioners that signal that perhaps there is a modicum of hope to reign in some of the outrageously poorly designed projects. The Tall Oaks Village Center is such a beast."

**MONEY FOR** recreation, schools and for fire and rescue rolled in.

Reston Association CEO Cate Fulkerson told the county Planning Commission that Tall Oaks Development Company and Tall Oaks Commercial Center LLC had not done enough to contribute to the renovations of the community pool.

"The application before you has come a long way especially in regard to the central plaza and open area," said Fulkerson.

"However, this application is not ready for your approval," she said. "Thus far, the applicant hasn't been willing to contribute to this 40-year old recreational facility."

Mount Vernon Planning Commissioner Earl Flanagan prompted the developer into action, telling them he viewed recreation as a significant need.

When Looney looked to his colleagues, they nodded their heads.

Lee District Planning Commissioner James Migliaccio urged \$20,000 for "fire and rescue preemptives" because of failing intersections in the area.

"You're next to an assisted living facility," said Migliaccio. "Don't you feel an obligation to these fire rescue preemptives at least somewhere down the line?"

Looney didn't look at his colleagues on that one. "We can do that. We can make that contribution," he said.



# CALENDAR

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

## ONGOING

**Summer Group Art Show.** Through Aug. 3. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Diverse works of nine artists. [RestonArtGallery.com](http://RestonArtGallery.com).

**"Golden Moments" by Lassie Corbett.** Aug. 4-Sept. 1. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Artist exhibit. [RestonArtGallery.com](http://RestonArtGallery.com).

**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](http://restonarts.org)

**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.

**"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](http://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).

**Dorothy Donahey's work will be on display through Aug. 3 at the Reston Art Gallery and Studios.**



**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/performance/>.

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

## 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 at [www.nvcc.edu/systemic](http://www.nvcc.edu/systemic) or contact SySTEMic Solutions Regional STEM Coordinator Aleksander Marthinussen at 703-530-2894 or [systemic@nvcc.edu](mailto:systemic@nvcc.edu) for more information.

## THURSDAY/JULY 28

**Farmer's Market Fun Days.** 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Billy B Brennan, the natural science song and dance man. Free. [herndon-va.gov](http://herndon-va.gov).

**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.



**Ronni Jolles work will be on display through Aug. 3 at the Reston Art Gallery and Studios.**

PHOTOS  
CONTRIBUTED

## FRIDAY/JULY 29

**Herr Metal and Dr FU Concert.** 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear German 80's rock legends Herr Metal perform their '80s-style show with rock hits recorded and popularized by Guns 'n' Roses, Bon Jovi, and others. Free. [info@herndonrocks.com](mailto:info@herndonrocks.com).

**Reston Station Music.** 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Bad Influence. Blues. 703-230-1985.

**Jenn Renee & the Rebels - Rock Music.** July 29, 9:30pm to close@ Kalypso's Sports Tavern 1617 Washington Plaza North, Reston, VA 703-707-0660, [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com)

## SATURDAY/JULY 30

**Toy Sale.** 9 a.m.-12:30 p.m. First Baptist Church of Herndon, 681, Elden St., Herndon. Net proceeds benefit The Closet of the Greater Herndon Area, which supports the Herndon-Reston community. [www.theclosetofgreaterherndon.org](http://www.theclosetofgreaterherndon.org).

**DJ Gus Spinning Top 40 favorites.** July 30, 9:30pm to close@Kalypso's Sports Tavern 1617 Washington Plaza North, Reston, VA. 703-707-0660 [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com)

## THURSDAY/AUG. 4

**Farmer's Market Fun Days.** 10:30-11:15 a.m. Town Hall Green, 730 Station Green, Herndon. Rainbow Rock, pop rock for lil' dudes. Free. [herndon-va.gov](http://herndon-va.gov).

**"The Greatest Sports Heroes A to Z."** 10:30 a.m. Reston Regional

Library, 11925 Bowman Towne Drive, Reston. Performed by Bright Star Touring Theatre as part of the Summer Reading Program. For more information, 703-689-2700.

## FRIDAY/AUG. 5

**Sam Grow and Delta Spur Concert.** 6:30-10:30 p.m. Town Green, 777 Lynn St., Herndon. Come hear soulful singer Sam Grow in concert. Free. [info@herndonrocks.com](mailto:info@herndonrocks.com).

**Totally Trucks.** 9:30 a.m.-noon. 12250 Sunset Hills Road, Reston. Bring the kids and check out all the big trucks that Reston Association uses as well as our new location on the lake. Children will receive a "Totally Trucks" construction helmet. Rain or shine. No registration is required. Contact [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or 703-435-6577.

**Reston Station Music.** 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Hot Tub Hand Grenade. Rock covers. 703-230-1985.

## SATURDAY/AUG. 6

**Reston Station Movies.** 8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. "Frozen." 703-230-1985.

## MONDAY-WEDNESDAY/AUG. 8-10

**JA Entrepreneurship Summit.** JA Finance Park, 4099 Pickett Road, Fairfax. Students will be presented with a problem and will work in teams to develop solutions that they will ultimately pitch Shark Tank-style to a panel of Greater Washington business leaders. Grades 9-12. Information and registration at <http://www.myja.org/programs/entrepreneurshipsummit>.

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## Cancer Patient Super Heroes



By KENNETH B. LOURIE

To say that cancer patients have to call upon superhuman qualities to fight their disease is, to those of us in the trenches, the most obvious and perhaps most under-appreciated fact. The emotional, physical, psychological and spiritual toll is excruciating at best and the tip of the iceberg at worst. The relentless, never-ending, life-threatening, roller coaster ride of highs and lows – and some in-betweens, is more than enough tumult to unsteady any man – or woman. And so I'd like to introduce some of the non-Hollywood/non-comic book super heroes for your consideration:

"Statman." Because of the seriousness of the underlying diagnosis, lab work is always ordered "stat," meaning top priority. "Statman" has the wherewithal to learn results quickly and not allow potentially negative results to affect his day-to-day activities. Much easier said than done.

"Superman." Because of the exhausting side effect of some heavy-duty chemotherapy infusions, the patient is often dazed and confused after treatment. Add in some ongoing sleep deprivation – and anxiety, and the patient's ability to get out of his or her own way is compromised. Yet, "Superman" endures, somehow. No longer can he leap tall buildings in a single bound, though.

"Iron-Deficiency Man." Because some chemotherapy obliterates both white and red blood cells, cancer patients are often terribly anemic and quite weak, and unable to fend for themselves. In effect, there is no fuel in the tank. Still, "Iron-Deficiency Man" manages to complete his most basic tasks: eating and going to the bathroom. Not without a struggle, though.

"Sedentary Man." Is able to stay in one place for hours, hardly moving. Nevertheless, given the extreme fatigue and the challenge of moving even 10 feet, "Sedentary Man" is still able to work the television remote, walk to the mailbox and pet the cats.

"Port Man." Due to the recurring nature of most chemotherapy (every three weeks, generally), often a device is implanted in the patient's chest to avoid potential vein collapse that regular intravenous injections – and their toxicity (lasting six hours plus) – can cause. "Port Man" is able to endure the temporarily permanent implant and live his life as if a foreign object has not been embedded just under the surface of his skin. (It would certainly get under my skin.)

Thor/Thorazine. Because of the side effects of dexamethasone, a drug prescribed to facilitate the absorption of the chemotherapy infusion, serious hiccups result. Though not exactly the hammer, Thorazine, at 25MG, stops the hiccups and saves the day.

"Chemosabe." There's no more important person in a cancer patient's life than his or her companion. And though it's equally important to never feel like a lone ranger, for a cancer patient to be treated respectfully and affectionately carries benefits Tonto likely never imagined.

"Barco Lounger." While being infused non-stop for up to seven hours, "Barco Lounger" can recline in one chair, in one place, for the entirety of his/her treatment. Moreover, while tethered to an I.V. pump, "Barco Lounger" is able to read, write, eat, drink, even go the bathroom (with a few minor adjustments) without ever stopping the infusion. Certainly, receiving the medicine is important, but so too is having some control over your environment. "Barco Lounger" succeeds on all fronts.

Legendary Hollywood actress Bette Davis is credited with having said: "Old age ain't no place for sissies." As a 61 and half years-old, seven years and five months-long cancer survivor, I would welcome old age and the arrival of yet another cancer-patient super hero: "Survivor Man," who lived years beyond his original "13-month to two-year prognosis."

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

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