

Reston CONNECTION

Rising junior at Thomas Jefferson High School for Science and Technology, Kamron Soldozy, volunteer at Reston Hospital, represented Northern Virginia at the Congress of Future Medical Leaders, a gathering of the nation's brightest high school students interested in medicine, from June 25-27.

Helping with Compassion

NEWS, PAGE 12

WELLBEING

PAGE 6

API Building: Not Saved

NEWS, PAGE 12

Meet Joanna and Janelle

NEWS, PAGE 9

New Stage for Tall Oaks

Plan approved for building 156 residential units plus 5,809 square feet of office space and 8,584 square feet of retail for center now 86 percent vacant.

By Ken Moore
The Connection

The closing of Giant in 2007 started a slow decline of Tall Oaks Village Center, “once a vibrant and successful center that was supported by the community,” said Hunter Mill Supervisor Catherine Hudgins.

“It has been over eight years and while other anchors have come and gone, the vibrancy never returned to the Center,” according to Hudgins.

“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 Board on Tuesday, July 26 approved Jefferson Apartment Group’s proposal to build a total of 156 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.

“This is my Village Center and I too regretted the loss of our Giant and have missed the supporting services. I hope the Jefferson Development does the trick,” said Hudgins. “While I acknowledge

that some of the residents are not happy with the end product, I believe once the area is fully built out with the new residential community and amenities, they will grow to appreciate the new development.” This proposal is to permit the redevelopment of the Tall Oaks Village Center with a mix of residential and commercial uses and to permit Category 5 special exception uses fast foods and quick-service food store uses. The Center is located at 12000 and 12054

North Shore Drive, Reston.

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.

Last week, Tammi Petrine, of Reston 20/20, said JAG’s application “is not ready for prime time.”

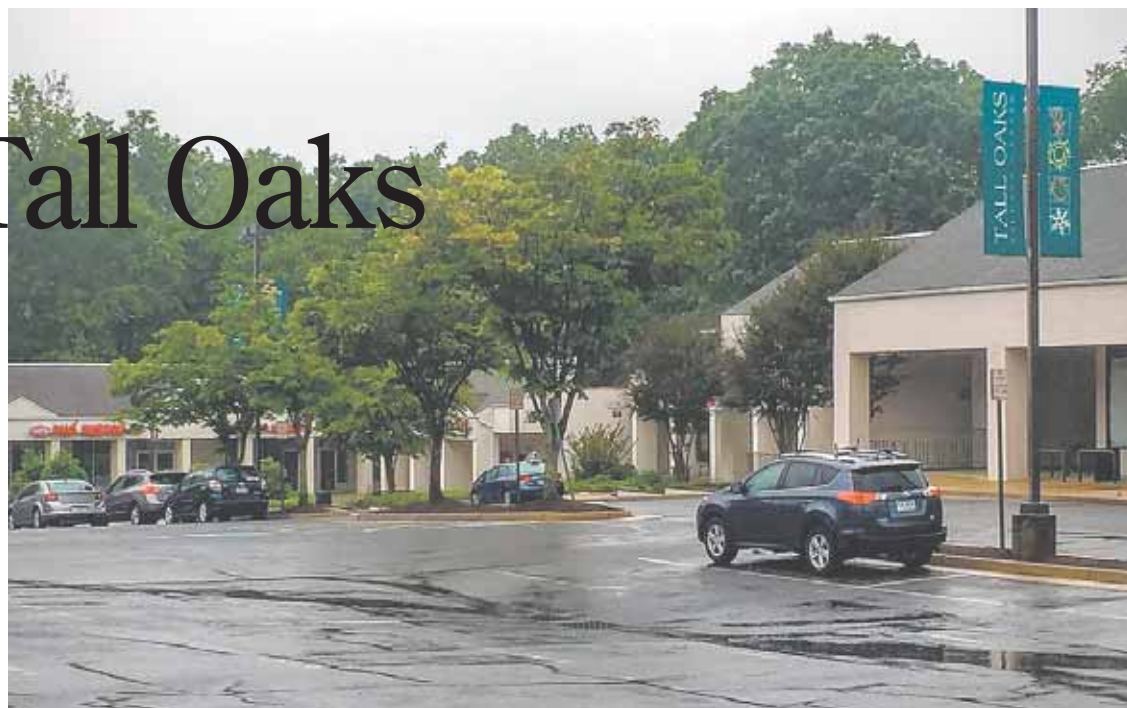
“The Tall Oaks Village Center plan as presented now is neither a

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.

Many others raised concern about traffic around failing intersections by Tall Oaks.

The Jefferson Apartment Group purchased the Center in 2014.



KEN MOORE/THE CONNECTION

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

With Mail-in* Rebate
BUY 3
Get a Café dishwasher
FREE

With mail-in rebate, get a
FREE GE Café™ dishwasher
when you buy three other
select GE Café™ appliances.

*Some restrictions apply.
See store for details.
*Check geappliances.com/cafebuy3 for details.
Maximum redemption value \$1,000.
Via online or mail-in rebate.

Join Us for
Tax Free Shopping
on Energy Star
Appliances*
Aug. 5 thru 7

“The kitchen is the life of the party, for sure.”
Melissa Lowe, 2nd Generation GE® Owner

FOR THE LOVE OF FOOD.

21800 Towncenter Plaza
Sterling, VA 20164
703-450-5453

Sterling
APPLIANCE
www.sterlingappliance.com

1051 Edwards Ferry Road
Leesburg, VA 20176
703-771-4688

Passion to Excel in STEM Field

CORE Foundations hosts Summer Camp for area children.

BY NIKKI CHESHIRE
THE CONNECTION

At most summer camps, children are encouraged to step away from their screens and head out doors. But for the campers enrolled in a program conducted by Core Foundations, a local nonprofit that encourages children to follow their passions in STEM fields, it was all about learning how to innovate with technology.

The camp focused on teaching elementary and middle school-age students about computer animation and Java programming. The founder and CEO of Core Foundations, Pranab Krishnan, says that he hopes children leave with a passion to excel in the field of science, technology, engineering, math and beyond.

"It's not just about the skills they gain, but also the confidence, the spark, in learning computer science," Krishnan said. "This camp allows kids from around the area to become motivated to follow programming."

According to Krishnan, learning Java programming allows the students to venture into web development and the creation of mobile applications.

Krishnan, a rising senior at Thomas Jefferson High School for Science and Technology, began Core Foundations after being inspired by his world history teacher, Kurt Waters, to create a lasting impact via their Change the World project. "We learn about history throughout the entire year, but now it's our time to make history," Krishnan said.

The foundation consists of volunteers who also helped to implement a robotics and scratch programming club at Dogwood Elementary School by providing mentors and the financial backing needed for the program, in addition to running summer camp programs.

Supervisor Cathy Hudgins visited the camp, held at the North County Government



From left — Mentors Stephanie Su, Michael George; Founder and CEO of Core Foundations Pranab Krishnan of Reston; Supervisor Cathy Hudgins; Hunter Mill; Mentors Akash Bansal, Abhishek Bazaz, Joe Walter. Supervisor Hudgins visited the camp to encourage the students to follow their passions into the STEM field.

Center in Reston, to offer words of encouragement. "This is the best way to get our brains to start solving problems," Hudgins said to the campers. "And it comes from learning from a very early age about inquiry."

VIEWPOINTS

What do you find most valuable about this camp?

Michael George, 17, South Lakes High School
"This camp has taught me that engaging young children in an important field such as STEM can be one of the most rewarding and powerful things that somebody our age can do. The camp introduced young children to a field that builds problem solving, teamwork and critical thinking skills that they will need later in life."

Joseph Walter, 17, Herndon High School
"The most valuable part of this camp was how through the use of exciting and thought provoking activities we were able to introduce young students to the world of programming. By encour-

"It's all about problem-solving," Krishnan added. "To make these kids critical thinkers. They are our future problem-solvers. This gives them an opportunity they might not get anywhere else to succeed."

aging their creativity we planted the seeds of curiosity that will help to foster their further interest in STEM."

Stephanie Su, 18, McLean High School
"In this camp, students were hands-on with visuals and projects as they established a foundation in basic coding. I place high value in shaping a friendly environment, like Core Foundations, where students feel safe and are encouraged to explore beyond their assigned tasks. Furthermore, I believe exposing students to STEM fields at a young age will prepare them for technical challenges ahead while still having fun."



PHOTOS BY NIKKI CHESHIRE/THE CONNECTION

Volunteer instructor Michael George, a senior at South Lakes High School, mentors Garrett Brennan, 12, through a programming exercise during the beginning of the camp.

Core Foundations hopes to expand their impact to other places in Virginia as well as Washington, D.C. and West Virginia for the upcoming school year.

To learn more about Core Foundations, or to help support their mission, visit their website at CoreFoundations.co.

Akash Bansal, 16, Thomas Jefferson High School for Science and Technology

"The most valuable part of this camp was trying to make the dreams of all the students come true. Many people say that you should always follow your dream. However, at Core Foundations, our dream is to make the dreams of others a possibility."

Pranab Krishnan, 17, Thomas Jefferson High School for Science and Technology

"Core Foundation's objective is to fostering creativity and instill interest in STEM subjects. This camp achieved that goal by providing students with the necessary skills of Computer Science and a passion for learning and innovating."



Zain Rahman, 11, focuses on learning Java programming during the summer camp held by Core Foundations at the North County Government Center in Reston. "It's more complex," Rahman said, referring to programming with Java. "It's like learning another language."



Students Jay Hemrajani, 11 (left), and Millen Chudasama, 10, show Pranab Krishnan and Supervisor Hudgins the code they were working on. The camp aimed to inspire creativity and innovation in science and technology.

OPINION

An Open Letter to Readers and More

Buy an ad in our annual **Newcomers and Community Guide**, please.

Has your organization been featured in the Connection Newspapers, or the Alexandria Gazette Packet or the Mount Vernon Gazette or the Centre View or the Potomac Almanac?

Have any of our papers taken note of your business when you and/or your employees pitch in to help the community? Or when you opened your doors or celebrated a milestone?

Are you an elected official whose messages are enhanced by coverage of issues in the Connection? Do you work for a part of local government that has asked for help getting the word out about a need or a new initiative or accomplishments?

I have a special favor to ask:

Buy an ad in our Newcomers and Community Guide. Please.

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 24, 2016 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 17.

We are creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help this month.

EDITORIAL

To put on my publisher's hat (and not my editor's hat) for a minute, if you have a marketing budget, and you value coverage of local newspapers (not just ours), why wouldn't you spend a portion of that budget (any portion) supporting that platform? There is a cautionary tale in the abrupt closure a year ago of the chain of local papers that served Montgomery and Prince George's counties in Maryland, as an extreme example.

But it's more than a charitable effort.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

According to an independent study during the last presidential campaign, cited by the National Newspaper Association: 86 percent of voters who cast ballots in the last election read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online.

The deadline for the Newcomers and Community Guide is Aug. 17. Digital enhancements and support are available. More information

at email sales@connectionnewspapers.com or call 703-778-9431.

Share Tips about Community

We need help from our readers for our annual Newcomers and Community Guide.

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

What are your favorite parks? Favorite historic sites? What tips do you have for someone getting to know the community?

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

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

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Wednesday, Aug. 17.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

What We Did on V-J Day Vienna resident's memories of the end of the war.

BY MEREDITH LUHRS

Memories of WW II in an American child's mind are a distinct set of curiosities — special activities removed from the ordinary day to day routine of growing up. We accumulated aluminum from candy wrappers, tin foil, and wrapped it into heavy, grimy balls which were then collected "for the war." Every boy had one in his pocket. Our mothers gathered to roll bandages for the Red Cross, volunteering "for the war." Evenings at six, we stood back and kept silent for the ritual of the nightly news, when our parents huddled around the radio, listening to serious and somber voices, hearing the strange names of places in the world become familiar by much reporting. Much straining to hear and shushing of innocent prattle identified short wave broadcasts coming over the Atlantic from London. These memories were completely somber, and remain so. I must turn the page when I recall a completely different set of events



PHOTOS CONTRIBUTED

Meredith Luhrs

which are simply identified as V-J Day.

We lived by a lake, and my father was determined that every child in the neighborhood should be able to swim. Riding in the truck bed was a normal, everyday event for us bigger children, as my father came home from work every day at five during the summer, loaded any and all into the truck, driving to a park which had a lake and sandy beach...an ideal place to learn to swim. He taught us — one by one — to swim, and to enjoy the water. He also taught us to



Henry and Elsie Luhrs with their children in 1946.

pick wild blueberries! This detail will explain why we were so surprised to see him in the middle of a summer day, and why it was natural for neighborhood children join in our V-J Day adventure.

It was a hot humid day in August. We didn't know it was V-J Day. The story begins when my father came home at noon. We quit playing and stood in astonishment at this never before event, immobile seeing him and his truck in the

middle of the day. Smiling, he went straight into the house. A few moments later my parents came out and announced the war was over. Japan had surrendered. How we cheered. We danced with excitement as a roll of red, white and blue bunting was pulled from the front seat, and my parents began to unfurl it, securing it to the lumber rack of the truck. There was no protocol for celebrating the end of a war, so what happened next was a thoroughly American invention: Make noise and let the joy be heard! Pot and pans, lids and wooden spoons were rounded up, and distributed to neighborhood kids and to my older brother and me as we climbed into the truck bed. My mother got into the cab with the baby on her lap, and my little sister climbed in between her mommy and daddy. Then we were off! But where were we going?

My father was a boat builder on the bay shore of New Jersey. The natural thing, in his mind, was to

SEE V-J DAY, PAGE 11

Reston
CONNECTION

www.ConnectionNewspapers.com

@RestonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

**1606 King Street
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Abigail Constantino
Editorial Assistant
703-778-9441
aconstantino@connectionnewspapers.com

Ken Moore
Community Reporter
240-393-2448
kmoore@connectionnewspapers.com

Jon Roetman
Sports Editor
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9427
circulation@connectionnewspapers.com



COMMENTARY

Clinging to the Past

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



At the same time that the Nation is moving forward with a major political party nominating a woman as candidate for the presidency of the United States, Virginia institutions are clinging to past traditions that should have been abandoned decades ago. The Supreme Court of Virginia ruled that Governor Terry McAuliffe exceeded his authority in a blanket restoration of the voting rights of 206,000 felons who have completed their sentences. There are a number of serious concerns about the Court's 4-3 decision.

While the Chief Justice who wrote the opinion did not dispute the fact that the Governor clearly has the authority to restore voting rights—as Professor A. E. Dick Howard, the chief drafter of the current Virginia Constitution, and other experts testified—he quibbled with the method the Governor chose in restoring the rights. The majority of the Court found that the restoration of rights needed to be an individual action and not a class action although there is no provision in the Constitution requiring it. The Court decided to micromanage the process of the executive in carrying out its authority. If such a decision is extended to other executive actions, the Court could make the Governor powerless. Courts have most often deferred to the legislature and to the executive to carry out the powers that they have under the Constitution.

A second concern is that the Court did not apply a rigorous requirement that the Republican legislators who brought the case show that they would be

harmful by the action of the Governor. Of course, we all recognize that new voters coming into the electorate might be intimidating to elected officials who could not be sure how they might vote, but that is not evidence enough that the Court should intervene in an executive action to protect a legislative majority of a particular party. An action like this one raises doubts as to whether the Virginia Supreme Court could be expected to rule fairly in a disputed election outcome.

Finally, the Court used the history of the actions, or in this case the inaction, of previous governors to limit the power of the incumbent governor. The powers of the governor are established in the Constitution and not by history. In fact, if the Justices want to review Virginia's history on voting rights it will find decades of efforts by the parties in power whether Democrat or Republican to limit the electorate as a way to maintain power. Whether it was the poll tax, blank sheet voter registration, literacy test, denying felons the right to vote, or voter identification, Virginia has had them all. One in five African American males are being denied the right to vote, until their rights are restored. The Justices should have been more concerned with the voting rights of citizens than the concerns of legislators wanting to hang onto their jobs.

Governor McAuliffe is moving forward in restoring the voting rights of felons as the Court required but not limiting the number restored. Fortunately, Virginia's reputation on the national scene will be enhanced by the nomination of our favorite son Senator Tim Kaine for Vice President who is a champion of civil rights.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly

classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

Washington Plaza Baptist Church will hold Adult Bible Study at

9:30 a.m. Sundays at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. 703-938-2391 or www.epiphanypreschool.com.

Home of the \$6,850 Bathroom Remodel From Now to WOW in 5 Days Guarantee

10% down
nothing until the job
is complete for the
past 17 years



Free Estimates
703-999-2928

TWO POOR TEACHERS Kitchen and Bathroom Remodeling



Visit our website: www.twopoorteachers.com

Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Since 1999



Reston

\$675,000

Lovely large colonial home with in-ground pool. House has 5 BR, 3.5 BA, 3 fireplaces, hardwood floors, finished lower level. Located on a cul-de-sac street, and backing to acres of parkland & trees. Enjoy nearby Bike Trail, Common Grounds, Community Center, Horse Trails, Jogging / Walking Path, Pool - Outdoor, Tennis Courts, Tot Lots. 2410 Sweetbay Lane, Reston, VA 20191.

Price Reduction, Selling As Is!



Jerry Sardone
Sardone Realty

703-906-5555

www.JerrySardone.com



WELLBEING

Staying Fit and Healthy on Vacation

BY MARILYN CAMPBELL
THE CONNECTION

Listening to Christian Elliot describe part of a recent vacation that he took with his wife, Nina, you might think he was attending a fitness bootcamp.

“We woke up early, got in a jog and I did push-ups on a step, lunges on a dirt road,” said Christian Elliot. “As long as you have gravity ... you can exercise.”

While August vacations offer a chance to renew and rejuvenate, carving out time to exercise and creating opportunities for nutritious food are keys to maintaining a healthy lifestyle while on holiday.

“The biggest thing about eating healthy and exercising on vacation is planning ahead,” said Elliot, a personal trainer and founder of TRUE Health and Wholeness in Arlington. “People plan their vacation in pretty good detail, but they fail to plan where and how they’re going to work out.”

Part of that planning includes bringing packable equipment and appropriate clothing for exercise.



Nina and Christian Elliot plan ahead to incorporate a healthy diet and exercise into family vacations with their children Naomi, 8, Caleb, 6, Noah, 2, and Cohen, 7 months.

PHOTO COURTESY OF CHRISTIAN ELLIOT

“Pack [resistance] bands for strengthening exercises, and a jump rope is a great way to get cardio. Those are lightweight and easy to pack,” said Catie Bocker, NP-C, MSN, director of the Student Health Center at Marymount University in Arlington. “Whatever you do, keep it simple and fun. If we make it too complicated it might

not work.”

GETTING ACTIVE with family and friends is one way that Bocker made exercise enjoyable during a recent vacation. “I led a bodyweight circuit for my family every morning when I was on a beach vacation recently,” she said. “We were staying on the beach and

we would wake up each morning and do a workout.”

Part of the appeal of bodyweight exercises is that they can be done virtually anywhere and require no equipment. Bocker recommends 60-second exercise intervals with 15 seconds of rest between each set.

“I do an upper body exercise, a lower body exercise, sit ups and some type of cardio,” she said. “For example, push ups, squats, jumping jacks and a sit up. There are fitness and workout apps out there that you can use if you feel intimidated by creating your own bodyweight circuit. If you write out a few exercises before you leave for vacation, you’re far more likely to do it.”

From swimming laps in a hotel pool to walking laps around an airport terminal while waiting for a flight, there are many ways to get creative with exercise.

“Hotels usually either have a gym ... and the concierge can tell you about nearby trails for hiking or walking,” said Bocker.

In addition to planning to exercise while on vacation, packing a small, portable stash of fruit, vegetables or trail mix can quell hunger while sightseeing or waiting at the airport. “Stop by the grocery store and pick up healthier snacks,” said Bocker. “Go-to foods for me are nuts or dried fruit. They’re great when

going through security.”

For those who, like the Elliots, will be traveling with children, child-friendly snacks are a must. “We have to manage their low blood sugar with quick energy hits,” said Elliot. “Our kids love the grass-fed beef sticks or beef jerky.”

“You can’t deprive yourself and say I’m not going to have ice cream at all,” said Janet Zalman, founder of the Zalman Nutrition Group. “You can say, I’m going to have ice cream one or two times, but I’m not going to eat the supersize, I’ll have a kiddie size.”

It’s also a good idea to choose restaurants and peruse menus at your destination before leaving on vacation. “Research your options,” said Bocker, “Like anything else you do, you have to plan and research it so that you can be an informed consumer.”

Finally, if you decide to splurge on a favorite food, make it count. “When you go off the rails and eat high calories food, make sure it’s fabulous,” Zalman. “Most people cheat out of convenience, but if you’re going to cheat, cheat high.”



COURTESY PHOTO

Healing power of horse riding.

Ride4SPIRIT is Coming to Frying Pan Park

The Ride4SPIRIT event is a presentation and fundraiser that honors the accomplishments of therapeutic riding and learning programs with horses in the community. This free public presentation showcases success stories about the healing power of horses, celebrates abilities and victories over disabilities, and shares the enjoyment of life skills learned through interactions with horses.

Guests are invited to come watch riders perform in the ring and enjoy refreshments and games while youngest guests are invited to participate in a horsemanship workshop that will let them meet and touch some of the SPIRIT horses while they learn horsemanship skills.

Ride4SPIRIT will be held on Saturday, Sept. 3 from 10 a.m. to 2 p.m. at

Frying Pan Park in Herndon in the Indoor arena of the Equestrian Center.

SPIRIT Open Equestrian Program is a local non-profit located near Frying Pan Farm Park. SPIRIT’s mission is to provide therapy, learning, life skills, and to bring healing to the body, mind and spirit – using Equine-Assisted Activities. SPIRIT’s Equine Assisted Activities programs provide opportunities year round for people with disabilities as well as children, youth, seniors citizens, groups or corporations, and volunteers to experience the power of therapy and learning through interactions with noble giants and gentle ponies in SPIRIT herd.

For more information, visit SPIRIT at www.spiritequestrian.org

Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

Dr. Sowerwine has specialized training and experience to find out what causes your allergies, prevent and treat symptoms, and help keep them under control.

Allergy Patch Testing • Asthma • Hives • Allergy Eczema
Food & Environmental Allergy Testing • Sinusitis
Insect Venom Allergy Testing • Immunotherapy • Allergic Rhinitis

Accepting New Patients

1800 Town Center Dr., Ste. 415 Reston, VA 20190
1715 N. George Mason Dr., Ste. 105 Arlington, VA 22205

Phone 703-709-1492 • Fax 703-709-5111

www.dermspecialistsva.com

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County’s free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, August 9, 7-8 p.m.** We will discuss “When Your Loved One is Hospitalized”. Register beforehand at www.fairfaxcounty.gov/olderadultservices and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

NEW FAIRFAX COUNTY PODCASTS:

50+ Podcast: Northern VA Senior Olympics. Jim MacKenzie, chairman of the Northern Virginia Senior Olympics, discusses the Sept. 10-21, 2016 games.

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

OPPORTUNITIES

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

The **Sully Senior Center** in **Centreville** needs a **Card-Making Crafter** to lead a group using various mediums. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Hollin Hall Senior Center** in **Alexandria** needs a **Garden Helper** to help maintain the vegetable/perennial garden and instructors for the following classes: **Basic Woodworking, Italian and Ballroom Dance.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers in **Annandale**. Speaking Vietnamese is not required. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs drivers to deliver meals in **Falls Church** and **Annandale**. (Speaking Korean not required.) For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Challenged Brain, Healthy Brain?

Social engagement and mentally challenging jobs might keep Alzheimer’s disease at bay.

BY MARILYN CAMPBELL
THE CONNECTION

Most days of the week, Ana Nelson can be found educating others about Alzheimer’s disease in her role as vice president of Programs and Services for the Alzheimer’s Association National Capital Area Chapter. Her free time is spent touring historical sites in Northern Virginia and staying fit through competitive running and other activities. She’s currently training for the Marine Corps Marathon.

“I have worked in the (Alzheimer’s disease) field for 30 years and have always been a promoter of healthy lifestyles,” said Nelson. “When you’re sightseeing and asking questions, you’re stimulating and challenging your mind. When I enter and train for races, I’m interacting with other people and staying socially engaged.”

Nelson is incorporating into her life key elements that are credited with staving off age-related men-

tal decline. In fact, jobs and activities that require complex thinking and social connections can help build resilience and delay age-related cognitive decline and dementia, according to a new study presented at the Alzheimer’s Association International Conference (AAIC) 2016 last week.

The study suggested that working with people in challenging jobs such as Nelson’s had the most protective effect on the brain.

“With the brain, like other parts of the body, you use it or lose it,” said Dr. Dean Hartley, Ph.D., director of Science Initiatives for the Alzheimer’s Association. “If you don’t use it, it goes away.”

Activities that require planning and processing information challenge the brain. “Sitting in front of the television is detrimental,” said Hartley. “Being passive doesn’t stimulate the brain.”



PHOTO COURTESY OF ANA NELSON

Ana Nelson of the Alzheimer’s Association and her husband Jim stay fit and socially engaged through competitive running. A new study shows that social connections can help build resilience and prevent age-related cognitive decline and dementia.

WWW.CONNECTIONNEWSPAPERS.COM

In this study, researchers tried to answer questions about whether mentally challenging occupations and activities protected cognitive function against the impact of poor diet. Scientists studied 351 older adults who were living independently and adhering to a Western diet, which researchers said included red meat, potatoes, foods made with white flour and sugar.

Over a three-year period, the researchers found this type of diet to be associated with cognitive decline in older adults. However, individuals in the study diet who consumed a Western diet, but also had a mentally stimulating lifestyle, were protected from cognitive decline.

“Activities that required an engagement of executive functioning, like planning, volunteering or any task that get your mind thinking, those types of experiences are where we’re seeing the best protection against cognitive decline,” said Amy E. Coren, Ph.D., J.D., assistant professor of Psychology at Northern Virginia Community College in Alexandria. Coren was not involved with the study.

Not all types of social interaction have been shown to be equally beneficial to healthy brain functioning, notes developmental psychologist Dr. Linda Cote-Reilly, associate professor of Psychology at Marymount University in Arlington. “Older adults who have a lot of social interaction because they need assistance with activities of daily living do not experience these interactions as positive,” she said. “People are helping them because they have lost the ability to do the tasks themselves and are dependent on other people.”

However, Coren, Hartley and other researchers say that more research is needed. “The study was done by a well-respected group of scientists, but we can’t say that if you stay socially and mentally active you won’t get this disease,” said Pamela Greenwood, Ph.D., associate professor of Psychology at George Mason University. “There have only been a handful of these studies to date and the results have been inconsistent. For some, it doesn’t have a big impact and for others it does.”

Loudoun County Parade of Homes **SUN DESIGN**
ARCHITECTURAL DESIGN-BUILD FIRM
REMODELED HOME TOUR - AUGUST 13, 12-5PM

3 Remodeled Home Tours in 1 Day!

Tour these 3 projects to discover the latest remodeling trends and experience the skilled craftsmanship applied to each project, creating unique, personal solutions for every client. Come see for yourself what everyone is talking about!

Kitchen Expansion

KITCHEN EXPANSION
41058 Nestlewood Farm Lane
Paeonian Springs, VA 20129
1 mile from the Whole House Remodel!

Basement Remodel

BASEMENT RENOVATION
41601 Swiftwater Drive
Leesburg, VA 20176
Under 10 miles from the other Remodels!

Whole House

WHOLE HOUSE REMODEL
41077 Nestlewood Road
Leesburg, VA 20176
1 mile from the Kitchen Remodel!

703.425.5588 | **SunDesignInc.com** | info@sundesigninc.com

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

“Golden Moments” by Lassie Corbett. Aug. 4-Sept. 1. Reston Art Gallery and Studios, 11400 Washington Plaza, Reston. Artist exhibit. 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

Zoosday — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an award-winning animal and miniature animal petting zoo with hands-on, educational experiences that children and their grownups will cherish! Kid-friendly giveaways plus activities like Legos and Play-Doh. Free. Rain or shine. restontowncenter.com

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. 703-319-3971.

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.

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.

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.

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.

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. 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.

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.

Summer Entertainment Series. June 1-Aug. 31. Fairfax County



Jay Young Gerard's work will be on display through Aug. 28 at ArtSpace in Herndon.

Heidi Fowler, No. 022.32.016, 2016, acrylic and mixed media on panel, at Greater Reston Arts till Aug. 27.



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. 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>.

Dog Days of Summer — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

Straight from San Diego Comic-Con! — Friday, Aug. 5 – Friday, Sept. 2, ArtInsights. Stop in to see exciting new art releases from Comic-Con International, and hear stories from three exclusive event panels. 703-478-0778 artinsights.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.

“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.

Food Truck Thursdays at Reston Town Square Park, 11 a.m. - 2 p.m. On the first Thursday of each month, through October, a variety of food truck vendors provide lunch and dessert options. Cash and credit cards accepted. restontowncenter.com

Reston Fit Club — Every Sunday through September, 11 a.m., Pavilion. Enjoy various fitness classes including yoga, dance, self-defense, cardio, and core strength. Presented by Reston Town Center and Athleta. 703.668.0256 stores.athleta.net/store-4866/

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.

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 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.

Flash Zumba with Athleta, 6:30 p.m., Pavilion. All are invited to take part – meet at 6 p.m. for stations; flash performance at 6:30; Zumba class at 6:45. Free to participate; donations benefit Jill's House. For flash choreography and more information: 703-668-0256 stores.athleta.net/store-4866/

SATURDAY/AUG. 6

Happy Hour Saturdays on the Patio at Tavern64, 11 a.m. - 9 p.m. 703-925-8250. opentable.com/tavern-64

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



Poster announcing Jazz Festival.

Lake Anne Jazz Week Returns Aug. 26-Sept. 3

Week long activities to conclude with 10th Annual Lake Anne Jazz & Blues Festival.

Lake Anne Plaza has announced the return of their Lake Anne Jazz Week and the artist line up for their annual Jazz & Blues Festival, which will be celebrating its 10th anniversary this year. The Lake Anne Jazz Week will take place starting Friday, Aug. 26 and will conclude on Saturday, Sept. 3, Labor Day Weekend, with the 10th Annual Jazz & Blues Festival.

The week will feature a variety of jazz themed events that will take place from live music, merchant activities, to a free feature film classic, Jazz on a Summer's Day, on Aug. 26, part of Lake Anne's ongoing Summer Film Festival series and kicking off Jazz Week activities. The Jazz & Blues festival is a free, family friendly, all-day event that will take place from 1-9 p.m. and will showcase a variety of talented regional and national jazz & blues artists.

Jazz & Blues Festival Line Up (Sept. 3):

- 1 p.m. Adrian Duke
- 2 p.m. Mykle Lyons Sextet
- 3 p.m. Bubeck
- 4 p.m. Integriti Reeves
- 5 p.m. Clarence Penn
- 6 p.m. Sam Gunderson
- 7 p.m. Dixie Power Trio

Jazz Week Merchant Activities:

Chesapeake Chocolates, Wine, Gifts and More – Sept. 1: Virginia Wine & Cheese Tasting 6 – 7 p.m. Sept. 3: Wine and Chocolate Tasting 2– 4:00 p.m. Free.

What & Where

Lake Anne Plaza Jazz Week, Aug. 26-Sept. 3, 2016, at Lake Anne Plaza Waterfront - 1609 Washington Plaza, Reston. Free, rain or shine. Website: www.lakeanneplaza.com (

PetMAC Pet Nutrition Center – Jazz up your pet with 35 percent off all collars, leashes and apparel.

Reston Art Gallery - Browse locally-created works of art at Reston Art Gallery & Studios at Lake Anne Plaza. Choose from a variety of musically-themed works of art in various media such as acrylics, oils, watercolors, pastels and even mobiles and collages, and get 10 percent off. You may even get lucky and get to see the artist at work creating a masterpiece. Refreshments will be served.

Reston Museum – 20 percent off special edition Robert E. Simon martini and Bloody Mary glasses, each one etched with the signature of Reston's founder.

Reston's Used Book Shop – 50 percent off on all jazz and blues themed books

Samantha Hu, Medical Chi-Kung Therapy – Free consultations during Jazz Week

Small Change Consignment - All musical toys will be 20 percent off at small change off during jazz week

The festival is sponsored by Lane Anne Merchants, Friends of Lake Anne, the Reston Community Center, and Reston Association. For the full schedule of events/times, visit www.lakeanneplaza.com.



Joanna Grove



Janelle Grove

Meet Joanna and Janelle

Twin sisters, Joanna and Janelle Grove, of Reston, share enormous passion: baking bread.

BY ALEXANDRA GREELEY
THE CONNECTION

Watching these two running their stand at a recent farmers' market was a bit like seeing double. Well, the Reston-based Grove twins, Joanna and Janelle, are identical twins, after all, and deciding which is which is a bit challenging.

As they share their looks and family life, they also share an enormous passion: baking bread. As they explained, this is not just any bread, but a whole wheat version made from freshly ground whole wheat flour. That alone is packed with vital nutrients: vitamins A, K, E, B1, B2, B3, B6, phosphorous and numerous others. And the sisters even grind their own flour, after buying 50-pound bags of wheat from Quail Cove in Machipongo, Va., a farm that brings in wheat from Montana.

But they take the flour processing two steps further. After the grinding, they said, they soak the flour overnight with yogurt (also purchased from a farmers' market) that allows the breakdown of gluten and phytic acid, both of which prevent the body from absorbing wheat's vital nutrients. By the next morning, the flour is ready for yeast and the final part of the baking process. "This is a slow process," they said. "The dough takes about 2 hours to rise." As it is, they now bake about 60 loaves of bread each week on Wednesdays and Thursdays.

For two young ladies who studied entrepreneurship online from Thomas Edison college, launching their business Kneaded Nourishment Bakery, is a big step forward. As they explained, they have always loved to bake for family and friends, and even started

Kneaded Nourishment Baked French Toast

7 slices whole wheat Cinnamon Raisin Bread
4 eggs
2 cups whole milk
1/4 cup honey
1 tsp vanilla
2 tablespoons butter plus extra for greasing pan

Butter 8-inch x8-inch pan and layer bread slices in pan. Whisk together eggs, milk, honey, and vanilla; pour over bread. Allow bread to absorb egg mixture for about 5 minutes or leave covered overnight in the fridge. Place the 2 tablespoons butter in small slices around the top. Bake at 350 degrees for 45 to 55 minutes, or until cooked through but still soft and moist in the middle. Serve hot with butter and maple syrup.

a few years ago selling their unique bread to friends and neighbors.

The next step? Selling at farmers' markets starting about one year ago. Because customers could not tell one twin from the other, the sisters decided to take individual days at their markets, Janelle at Reston, Joanna at Alexandria. That way they felt they could make friends with their customers and establish a close bond.

Despite the price per loaf of \$7, customers flock to their stand, and they seldom have any leftovers, something that saddens their parents, who hope to have a loaf or two at home. But because they work from a licensed in-home kitchen, their parents may get a few crumbs now and then. "Because our baking takes up so much kitchen space," they said, "we help our parents out by often cooking dinner." And as the twins note, both Mom and Dad are proud of their baking business, though possibly a bit mystified.

The most popular flavors are, of course, the honey whole wheat and the rosemary loaves, but coming in next are their cinnamon loaves. "We also make cinnamon and onion-herb rolls," they said, adding that the cinnamon bread makes a great French toast.

To contact the Grove twins, log onto their website: www.kneadednourishmentbakery.weebly.com

COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



8:00 a.m. Holy Eucharist, Rite I
10:00 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are
Contemporary Service
Nursery care provided at 10:00 a.m. service
The Rev. Laura Cochran, Priest-in-Charge
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



**To Highlight
your Faith
Community,
Call Karen at
703-917-6468**

You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.



Consider Fostering

visit our website, click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

AUGUST

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

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

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

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

9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER

10/5/2016.....Wellbeing Senior Living Pullout

10/12/2016.....HomeLifeStyle

10/19/2016.....A+ Camps & Schools

10/26/2016.....Connection Families

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



THE CONNECTION
Newspapers & Online

703-778-9431

www.ConnectionNewspapers.com/Advertising

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

"Love That Dirty Water"



By KENNETH B. LOURIE

"Oh, Boston you're my home." At least it was again for four days this past week: Sunday a.m. through Wednesday p.m. First I saw my best friend, Cary, and his family for two and a half days; then, for a day and another half, with a Washington, D.C. friend, Jim, I attended two Boston Red Sox games at Fenway Park ("Baseball's most beloved ballpark"): Tuesday evening and Wednesday afternoon.

I not only grew up in Boston (Newton Centre, actually) I was raised there as well. I had loving and supportive parents who, to this day, even in their absence (both having succumbed to old age a few years back) impact my life. I quote them often, refer to their parental advisories, tell their stories and even, grudgingly, repeat my father's jokes (I'll spare you any examples). When my father retired at age 70, my parents moved to Florida so I had fewer reasons to return home; though periodically I did so (high school reunions, Bar Mitzvahs, etc.). Previous to this visit however, I had not been back in nearly six years; in late October 2010 when Cary and I went to see the Boston Celtics play the Miami Heat in LeBron James' first regular season game after "The Decision."

Being back home now (yes, home to me is where I was born, bred and buttered; my life through high school) was extremely emotional. When I first met Cary and his wife, Mindy, at the airport, I started crying. I don't know if it was the lung cancer/my heightened sense of mortality or just my age, but the tears flowed.

As you might imagine, we drove by all the familiar places: schools, temple, the house where I lived, the old neighborhood, downtown Boston, the Charles River (to which this title refers) and the suburbs. For food, we ate Chinese and Italian for dinner, meatball and cheese subs and pizza for lunch (all perfect for me) and fresh muffins and bagels for breakfast. We reminisced and laughed, appearing not to miss a beat from any previous visits and/or any of the hundreds of phone calls we've shared over the years. Overall, I was nurtured and loved and made to feel significant and appreciated. Wonderful doesn't begin to describe the way I felt and the manner in which I was treated. To quote a former checker at my local Safeway: it was "superfantastic."

Tuesday afternoon/evening it was on to Fenway Park, home of the Boston Red Sox since 1912, for the first of our two games. We had box seats up the right field line, within 20 rows or so of the right field foul pole, better known as the "Pesky Pole," named after the legendary Red Sox shortstop. Johnny Pesky, he of the alleged "held-ball" in the 1946 World Series, among other memories. (A few years back, the left field foul pole was officially named the "Fisk Pole" after former Boston Red Sox catcher, and now Hall of Famer, Carlton Fisk: most remembered by Red Sox Nation for his 12th inning, arm-waving, foul-pole hitting, game-winning home run in game six of the 1975 World Series against the Cincinnati Reds, aka "The Big Red Machine.")

I attended many games at Fenway Park (not that one unfortunately, but I know exactly where I was when "Pudge" hit his series-tying shot), mostly with my father so the memories came gushing back as I walked along Yawkey Way: the vendor/location where my father always stopped for a sausage and onion sandwich, the old ticket booths at Gate A, the "Fenway franks" he'd smother with condiments, the peanut/popcorn/ice cream concessions he'd buy for me, the ticket window he'd go to inside the stadium to try and upgrade our seats, the adjacent bathroom with the old-fashioned amenities, his preference to sit on the first-base side in order to see the action in the left-field corner at the base of the "Green Monster," and too many more to recount. I would guess you get the gist of it by now.

It was four days I'll never forget and a lifetime I'll always remember – and cherish. Thanks to my wife, Dina for encouraging me to take the trip and to Cary and Mindy for hosting me. If I had it to do over again, I wouldn't change a thing. Well, one thing, actually. The Red Sox lost both games, so I never got to hear "Love That Dirty Water," the traditional song/anthem played at the stadium to celebrate a win.

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

ZONE 1: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE 1 AD DEADLINE:
MONDAY NOON

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

GUTTER

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

IMPROVEMENTS

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

Picture Perfect Home Improvements

(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

Handyman Services Available
<http://www.pphionline.com/>

"If it can be done, we can do it" **BBB**
Licensed – Bonded – Insured

HANDYMAN

HAND & HAND HANDYMAN LLC
General Remodeling • Residential & Commercial

DESIGN AND BUILD • COMPLETE HOME RENOVATION

- Kitchen, Bath, Basement Remodeling • Electricity, Plumbing • Doors, Windows, Crown Molding, Hand Rails, Chair Rails, Interior, Exterior, Finish Carpentry • Interior, Exterior Painting, Pressure Washing • Ceramic, Hardwood Flooring, Refinish Floors, Deck Reflooring
- Build Deck, Fence, Patios, Retaining Walls • Concrete Driveway, Brick or Stone Sidewalk
- Building Maintenance • Residential, Commercial • Foreclosures, Realtors Welcome

Serving Northern Virginia, D.C., Maryland • Licensed and Insured
703-296-6409

ELECTRICAL

IMPROVEMENTS

IMPROVEMENTS

LANDSCAPING

Power Washing

Go from Green to Clean. We clean Houses, Decks, Fences, Patios, etc. Deck Staining and Sealing, Exterior Wood Rot, Deck & Fence Repair.

Licensed & Insured • Free Estimates

email: jnave@comcast.net
703-987-5096

A&S CONSTRUCTION
SOD, Mulch, Clean-Up
Leaf Removal
Hauling.
703-863-7465

The biggest things are always the easiest to do because there is no competition.
-William Van Horne

PAVING

PAVING

GOLDY BRICK CONSTRUCTION
Walkways, Patios, Driveways, Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

TILE/MARBLE

TILE/MARBLE

BRENNAN TILE
Bathroom Remodeling Partial or Full. Kit. Floors, Backsplashes. Specializing in Ceramic, Porcelain, Glass Tiles and Natural Stones. Also repair work. 35 yrs exp.
www.brennan-tile.com
703-250-2872
Licensed • Bonded • Insured

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer Cleanup...
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience – Free estimates
703-868-5358

24 Hour Emergency Tree Service

LAWN SERVICE

LAWN SERVICE

J.E.S. Services
Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

MASONRY

MASONRY

Alfredo's Construction Company, Inc.

- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

Phone:
VA: (703) 698-0060 • MD: (301) 316-1603
www.alfredosconstructioncompany.com

Do not wish to be anything but what you are, and try to be that perfectly.
-St. Francis de Sales

HANDYMAN

HANDYMAN

HOW TO SUBMIT ADS TO

THE CONNECTION
Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

ZONES

| | |
|--|--|
| Zone 1: The Reston Connection The Oak Hill/Herndon Connection | Zone 4: Centre View North Centre View South |
| Zone 2: The Springfield Connection The Burke Connection The Fairfax Connection The Fairfax Station/Clifton/Lorton Connection | Zone 5: The Potomac Almanac The Arlington Connection The Vienna/Oakton Connection |
| Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette | Zone 6: The McLean Connection The Great Falls Connection |

ZONE I: • RESTON
• HERNDON • LOUDOUN

CLASSIFIED

703-778-9411

ZONE I Ad DEADLINE:
MONDAY NOON

EMPLOYMENT

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

26 Antiques

26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS. Schefer Antiques 703-241-0790 theschefer@cox.net

28 Yard Sales

28 Yard Sales

Moving Sale.

Antiques, collectibles, household items. Crystal, porcelain, silverplate, framed mirrors/art, miscellaneous unusual items, antique oak / mahogany furniture, glass/metal and wicker furniture pieces, lamps, women's clothing, Xmas décor, vintage table linens, bed linens, exercise equipment, cookware, vintage green band dishes, glassware, stained glass windows, 1960s Singer table sewing machine, IBM Correcting Selectric II, snow blower, chipper-shredder, hand/yard tools, clay pots, outdoor furniture, including granite high-top table w/4 seats + umbrella, 2 Adirondack chairs w/footrests/cushions, MORE!
Sat/Sun, Aug 6-7, 10am-2pm. NO EARLYBIRDS!
503 Seneca Road, Great Falls, 2.2 miles north on Seneca from Georgetown Pike.

VETERINARY ASSISTANT/TECHNICIAN & KENNEL ATTENDANT

FT/PT. Herndon area. Experience pref'd but will train. Growth Opportunity. Please call: 703-435-3335

OLD DOMINION HOME CARE

Immediate Shifts Available
CNA's and Companions
Flexible Hours
Must have a valid driver's license
Olddominionhomecare.com
703-273-0422

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>.

INOVA Blood Drive, Tuesday, Aug. 23, 12 - 7 p.m., Beside Pavilion at Reston Town Center. Schedule appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration.

THURSDAY/AUG. 18

Alzheimer's Association Walk To End Alzheimer's in Northern Virginia. Raffle Fundraiser 6-9:30 p.m. Jimmy's Old Town Tavern, 697 Spring Street, Herndon. <http://www.alz.org/walk>.

ONGOING

School Supply Drive — Through Friday, Aug. 12, Reston Town Center building lobbies. Teaming up with Kids R First and Cornerstones, Reston Town Center is collecting Back to School items to benefit the local community. Much needed items include: backpacks, scissors, glue, paper, crayons, markers, pencil cases, lunch boxes, notebooks, erasers, pens, tissues, and underwear (new, in original package). Donation boxes are located in building lobbies.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit 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. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

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

THE CONNECTION
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All
Your
Advertising
Needs...

It Works.
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION
to your community

21 Announcements

21 Announcements

21 Announcements

If you've quit reading due to MACULAR DEGENERATION

Special low vision glasses may help you enjoy reading again.

Call for a FREE phone consultation

with Dr. Armstrong, Optometrist

Offices in: Roanoke, Harrisonburg, Wytheville, Virginia

Learn more at: www.VirginiaLowVision.com

Dr. David L. Armstrong (866) 321-2030



21 Announcements

21 Announcements

21 Announcements

REAL ESTATE AUCTION SAT. AUG 20TH @ 12:30PM

OPEN HOUSE AUG 13TH FROM 11AM-2PM

1870 CIRCA - 3 STORY TOWNHOME LOCATED IN OLDE TOWNE PORTSMOUTH!!

449 Dinwiddie Street

4 bdrms & 3.5 bath 2,714 sq. ft.

Commodore Theatre, Restaurants & Shopping Nearby!!

View all photos & more details:

atlanticREmarketing.com
VAF#359
ATLANTIC ASSET MANAGEMENT GROUP INC.
Auctions | Real Estate | Appraisals | Marketing
William J. Summs, Sr.
757-461-6867

21 Announcements

21 Announcements

21 Announcements

LIFETIME

www.metalroofover.com

METAL ROOFING

1-800-893-1242

WE FINANCE!

LOCAL
CALL

434-645-7411

VA CAROLINA BUILDINGS, INC

SINGLE WIDES
DOUBLE WIDES
HOUSES

We are looking for people who would like to join the HoneyBaked Team!

We are looking for people who:

- ~ Are outgoing and friendly
- ~ Have some restaurant or sales experience
- ~ Know and love our products

Available positions:

- Back of the House Associate (full/part time)
- Front of the House Associate (full/part time)
- Delivery Driver (part time)

We would like to invite you to fill out an application at our store (located at 1480 North Point Village Ctr. Reston, VA 20194) and to tell you a little more about the position and get to know you better!

Questions?

Please contact us:

HamsOfReston@yahoo.com or call (703-733-3860)

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

V-J Day

FROM PAGE 4

drive through the towns along the shore of the Raritan Bay and make a lot of noise at the homes of his employees. So we started out — Lawrence Harbor, Keyport, Keansburg, Belford, Leonardo. Everywhere we went, with our pot banging and shouting, we saw other people celebrating. Everyone came out onto their lawns, greeting us with jumping and waving, shouting and cheering. It was a day of victory, it was a day of joy. The war was over. It was almost dark when we pulled into the driveway, sweaty, hoarse, and happy. Mosquitoes stuck to our sticky arms and faces, those big ones! We were bathed and sent to bed with a great treasure — the memory of how our family celebrated the end of the war. I was seven.

THE AUTHOR LIVES IN VIENNA.



PHOTO BY KEN MOORE/THE CONNECTION

Efforts to save an architectural gem in Reston appear to have fallen short.

Not Saved

Testimonials before Board of Supervisors didn't matter; saving the American Press Institute designed by Marcel Breuer was not part of its purview.

BY KEN MOORE
THE CONNECTION

Restonians left the county's Board of Supervisors meeting July 26, 2016 incredulous. More than a dozen and a half speakers testified for more than two hours on the beauty of the American Press Institute building on Sunrise Valley Drive and the architectural significance of a building in Reston designed by world famous architect Marcel Breuer.

Breuer was inspired by Robert Simon's vision for Reston and agreed to design the building because of Simon, said Cheryl Teriot-Simon and others who testified last week.

But people who came to the hearing on July 26 were told all of that just didn't matter.

"Unfortunately, the testimony has been directed to the historic preservation of the building," said Hunter Mill Supervisor Catherine Hudgins.

"This process today is not our task to preserve a building; it's whether or not this Board supports or does not support the application that is before us," she said. The Planning Commission voted 7-4 against the application on July 21, 2016 after hearing about the building's significance.

SEKAS HOMES filed the application, to construct 34 single family attached dwellings and one multi-family residential building with 10 units on the site of the 48,200-square-foot American Press Institute building designed by Breuer in 1973.

"Even if the property had been part of a historic registry, that doesn't guarantee it being saved," said Chairman Sharon Bulova.

"I also have to say that I'm really puzzled and disappointed in the API ... who was aware of the value of this building and had it built and was proud of having it built by a famous architect," but then sold it without securing its future, Bulova said.

ARCHITECT MARCEL BREUER, called a "Master of Modernism," also designed the Whitney Museum, now the Met Breuer-Metropolitan Museum of Art, and the UNESCO Headquarters in Paris.

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.

"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. That question was never adequately answered in the process.

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?"

HUDGINS WROTE:

"The Applicant has agreed to allow members of the Reston Historic Trust to determine if there are items from the API building for preserving. Consideration should also be given to working with the Virginia Room to capture the history of the API and Marcel Breuer's work in Reston," Hudgins said.

But it appears none of that will stop the demolition of the building itself.

Hudgins went on to lay out a process for trying to prevent a similar debacle in the future:

"Historic properties and facilities are important to Fairfax County. This year the county will celebrate the federal legislation which established the National Register of Historic Places 50 years ago, allowing numerous historic designations in the County. In an attempt to avoid the unfortunate circumstances faced on the API zoning, the DPZ has begun a reconnaissance-windshield level survey of the area along the Dulles Corridor - Transit Station Area (TSA) to determine if other buildings should be considered for either Historic designation or included in a Historic Overlay District. Further, the process should reach out to the Architectural Review Board and the History Commission to ensure these organizations can assist in a proactive review."



Kamron Soldo had the opportunity to speak with medical professionals like orthopedic surgeon Forrest H. Schwartz, M.D. at the Congress of Future Medical Leaders.

PHOTO CONTRIBUTED

Helping with Compassion

TJ student attends Congress of Future Medical Leaders.

BY DANIELLE GRAE
THE CONNECTION

Rising junior at Thomas Jefferson High School for Science and Technology, Kamron Soldo, represented Northern Virginia at the Congress of Future Medical Leaders, a gathering of the nation's brightest high school students interested in medicine, from June 25-27.

Faculty at TJHSST and Robert Darling, medical director of the National Academy of Future Physicians and Medical Scientists, nominated Soldo because of his outstanding transcript and medical career goals.

At the Congress, Soldo saw Nobel Prize winners, medical school deans, doctors, researchers and patients speak. Other highlights for Soldo included observing a surgery live-streamed from Alexandria and discussing his cholesterol project with a researcher in the field.

"It's amazing how much a doctor can impact their patients' lives and how really grateful patients become after someone like a doctor or a surgeon just turns everything around," Soldo said.

Soldo decided to pursue a career in medicine when his grandmother passed away in Iran due to poor medical treatment.

"The doctors in Iran didn't treat her with compassion. They didn't care as much, but when you come here and you hear

about the passionate doctors, it makes me want to do what the Iranian doctors didn't do. It makes me want to make up for what they did," Soldo said.

This summer, Soldo volunteers at Reston Hospital Center where he directs visitors to patient rooms. Soldo also listens and delivers flowers to patients.

"He is a great volunteer here at the hospital. He learned the job very quickly and is very professional," Coordinator of Guest Relations at Reston Hospital Center, Cyndee Hochstrasser, R.N., wrote in an email.

After the Congress, Soldo observed surgeries in July, interned at a chiropractic practice and applied to do research at universities. Soldo has not yet decided whether to become a physician or a researcher.

Outside of medical activities, Soldo displays his love of helping others as a basketball referee.

"He's able to have conversations and whole conversations with people twice, sometimes even three times his age, and that's a skill that not a lot of people have. He's very personable, very easy to get along with. Knowing how he works as a basketball referee and how he applies himself, I know he's going to be a great success in everything that he does," Soldo's boss, Ruiqi Zhang, of Leesburg, Basketball Commissioner for Potomac Valley Officiates Association, and engineer, said over the phone.