



Concertgoers crowd the pavilion for the best view of the band during the opening night of the Reston Concerts on the Town on Saturday.

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PHOTO BY ELLEN BARKER/THE CONNECTION

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PHOTOS BY ELLEN BARKER/THE CONNECTION



Couples take on the dance floor as Landau Eugene Murphy Jr. plays an upbeat tune from the Great American Songbook.

Dancers can be seen at the front of the pavilion as the band performs.

# Reston Concerts Rock the Town

BY ELLEN BARKER  
THE CONNECTION

**R**eston Concerts on the Town opened Saturday, June 3 with a performance by Landau Eugene Murphy Jr. The concert began at 7:30 and ran until 10 p.m.

Listeners at the front of the pavilion danced along to classic numbers including Frank Sinatra's "Come Fly With Me" and "Fly Me to the Moon." Landau Eugene Murphy Jr. and his backing instrumentalists had the crowd nodding and singing

along as the former America's Got Talent winner crooned out songs from the Great American Songbook.

The Concerts on the Town series occurs every Saturday at 7:30 p.m., rain or shine. The band plays under the pavilion on Market Street, and listeners set up chairs under the pavilion and around the fountain.

Attendance is free and the music can be heard several blocks away from the pavilion. Many people visiting the Town Center on Saturday nights stop by to enjoy the concerts. Kyle Allan and Leanne Clarke live close to the town center and stopped to lis-

ten. "There's a lot of people out here," Allan said. "It's enjoyable." They plan to return for later concerts in the series.

"It's pretty great," said Kristen Lantzy, who was attending the concert with Trevor Lantzy. "This guy is pretty amazing." Both intend to come to future concerts, as they are frequent visitors to the Town Center.

Some Reston residents are long time attendees of the concert series. Sharon Lizama and her husband Jeff attended the opening concert on Saturday and look forward to the coming opportunities to enjoy music in the Town Center. Lizama attends the series

every year. "It's good music, it's fun," she said. She particularly enjoys Motown, which will be performed by the final group this season, David Akers & the Soul Shakers.

Listeners can look forward to a variety of genres this season. The second performance of 2017 is Hard Day's Night, a Beatles tribute band. Other artists include Matuto, a Brazilian funk band, Flamenco, a Latin fusion group, and Love Canon, a bluegrass cover band.

The series runs from June 3 to Aug. 26, with the exception of June 17 for the Taste of Reston Festival.



Enjoy FREE weekend performances  
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## Reston Concerts on the Town – 27th Season

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# Reston Town Center Eases Paid Parking

BY FALLON FORBUSH  
THE CONNECTION

**R**eston Town Center is now giving patrons who park in its garages the first hour free of charge and free parking after 5 p.m. The changes went into effect on Monday, June 5.

Parking in the garages has always been free on weekends and major holidays. However, the new parking policy will make no changes for street parking, which are only free on Sundays and major holidays.

“Even before we rolled [the paid parking system] out, we made it clear, I think, to our tenants and maybe to a lesser degree to the community that our intent ... was to look at a number of factors ... related to the impact of having the paid parking model in Reston Town Center,” said Peter Johnston, executive vice president of Boston Properties, which owns and manages the buildings in the town center.

There were several factors that prompted the changes, according to Johnston.

“It has to do with how many people are coming to the center, how long they stay at the center and what the impact is to our tenants, etcetera,” he said. “It’s a whole combination of those things.”

While Johnston acknowledged that some of the merchants in the town center started experiencing revenue drops after the paid system was initiated in January, he also said that other tenants in the town center are experiencing flat and even increased sales and that the parking system is not to be blamed entirely for shortcomings of struggling merchants.

“We monitor sales year over year, and there are numerous tenants who, just because of what is going on in the broader retail market, whose sales have been going down for a number of years,” he said.

Part of the public feedback also prompted Boston Properties to install new cash machines adjacent to the kiosks in garages so people can break larger bills down to exact change when paying with cash.

This summer, Boston Properties will also be making upgrades to the payment kiosks that will allow patrons to swipe credit cards to initiate parking sessions. Currently, patrons must enter their credit card information manually.

Fallston Group, which represents Boston Properties, issued this statement:

“Based on a study of traffic patterns and behaviors as well as retailer input, Boston Properties identified that one hour of free parking and free parking after 5 p.m. would address the primary concerns expressed by the community while still supporting the original goals of paid parking: protecting the parking rights of RTC tenants and visitors and augmenting revenue dedicated to community reinvestment.”

**SOME CRITICS** were pleased, but most said they wanted more.

“This is a step in the right direction,” said



**On Saturday, March 4, protesters march past a Reston Town Center parking garage sign that displayed more than 1,600 vacant parking spaces in the garages — which are free on Saturdays and Sundays.**

Aaron Gordon head of the Reston Merchant's Association and owner of Gordon Food Group, which operates the Red Velvet Cupcakery on Democracy Drive in the town center.

“We would like Reston Town Center to offer three hours free parking at all times, which would end the controversy entirely,” he said. “Ultimately, our customers will decide if the recent concessions are enough. I’m very hopeful they are.”

Other paid parking opponents chimed in.

“Progress was made with the announcement of changes coming to the Reston Town Center paid parking system,” said Suzanne Zurn, who organized a Change.org petition that garnered nearly 10,000 signatures opposing the paid parking system.

“The community welcomes Boston Properties’ realization that free parking hours are needed and we look forward to learning more about the upgrades to the parking kiosks,” she said.

But she also wants to see more free hours during the week.

“A two- to three-hour free period during the day would have done more to alleviate the barriers and the community anger,” she said.

Gordon is taking the announcement as a victory for the merchants and their customers. Still, he plans on regrouping with his association to discuss whether the town center is doing enough to meet their demands.

Gordon, Zurn and hundreds of others who opposed Reston Town Center’s paid parking scheme marched in a “Park Free RTC” protest march on Saturday, March 4. The demonstration organizers had specific demands for Boston Properties:

- ❖ reduce the hourly parking rates or give patrons the first hour or two free; and
- ❖ provide free parking after 5 p.m. on weekdays.

“We see this as a victory for our group and our customers,” he said. “But, we will regroup in the next two weeks to discuss if we think Reston Town Center is doing enough.”

One of the main arguments Boston Properties has used to defend its decision to implement a paid parking system was to protect its tenants’ parking spots from people who were abusing the spots as a drop off point for their commutes on public transit.

However, the Silver Line of the Metrorail

will take years before it is operational near the town center.

“We know from past experience, it takes a while to change people’s behaviors,” Johnston said. “The metro is well under construction and, in our view, it would have likely been as big an issue if not worse if we just put it in place the day the Metro opened and didn’t give people an opportunity to kind of get acclimated to it.”

Johnston also said that people working and attending daytime meetings at the Hyatt Regency Reston hotel on Presidents Street in the town center were taking advantage of the free and private parking garages that are meant for patrons instead of using the hotel’s parking garage, which charges a fee.

Those living in condominiums or apartments within the town center or nearby the town center were also opting not to buy parking spots and instead taking advantage of the garages, he said.

“These are real business issues for us, whether people want to acknowledge them or not,” Johnston said. “Which is to say, I have hundreds of leases throughout the town center and millions of square feet of space. Those leases all obligate me to provide and make parking available to those tenants.”

**THE RESTON CITIZENS ASSOCIATION** has weighed in.

“We seem to have made some progress with Boston Properties in response to the massive public outcry as well as the damage inflicted on businesses by the rollout of paid parking,” said Sridhar Ganesan, president of the RCA. “While free evenings may alleviate the situation a little for RTC merchants, restaurants and visitors, it is not enough. One hour free is not going to be sufficient for day-time shoppers, visits to RTC for special events — which will only increase during the summer — meetings and lunches.”

The smartphone application that RTC encourages patrons to use to pay for their parking sessions continues to be a point of contention.

“The awkward parking validation and parking app have not changed and the confusion about street versus garage parking remains,” Ganesan said.

Johnston assures that the changes are straightforward.

“If you come after 5 o’clock, you don’t need to do anything,” he said. “It’s as if the system isn’t on.”

But patrons will not be able to ditch their cars for the night free of charge because the system will turn back on at 3:30 a.m., according to Johnston. And if you park before 5 p.m. during the week, you still must start a parking session, even if you plan on staying for an hour or less.

“You’re not charged until you actually end the session,” Johnston said. “If you start the session and leave after 45 minutes ... you close that session out and you’re never charged.”

PHOTO BY FALLON FORBUSH/THE CONNECTION



# OPINION

## Vote On or Before June 13

### In-person absentee voting continues through June 10.

**O**n June 13, every Virginia voter has the opportunity to vote in the Primary Election to choose the candidates for their chosen party for governor and lieutenant governor.

Ralph Northam and Tom Perriello are vying to be the Democratic nominee for governor.

**EDITORIAL** Ed Gillespie, Cory Stewart and Frank Wagner are seeking the Republican nomination for governor.

For lieutenant governor, Justin Fairfax, Gene Rossi and Susan Platt are seeking the Democratic nomination.

Bryce Reeves, Glenn Davis Jr. and Jill Vogel compete for the Republican nomination for lieutenant governor.

In Fairfax County, there are primaries for

Democrats in two delegate seats as well, the 67th District and the 42nd.

In the 67th, three Democrats, John Carey, Karrie Delaney and Hannah Risheq face off for the right to run against incumbent Del. Jim LeMunyon (R).

In the 42nd, long-time Del. Dave Albo (R) is giving up his seat; two Democrats and three Republicans are seeking to be on the November ballot to replace him. The Democrats, Tilly Blanding and Kathy Tran, will appear on the primary ballot.

The Republican candidate for the 42nd District will be chosen by GOP party canvass on June 10 at South County Middle School, 10 a.m. to 3 p.m. Eligible voters of the 42nd district will choose between Steve Adragna, Michael Drobnis and Lolita Mancheno-Smoak.

The filing deadline for independent and non-primary party nominees is June 13 at 7 p.m. for the November general election.

For in person absentee voting, available through June 10, see [www.fairfaxcounty.gov/elections/absentee.htm](http://www.fairfaxcounty.gov/elections/absentee.htm). For more information on voting in Fairfax County including sample

ballots, see [www.fairfaxcounty.gov/elections/upcoming.htm](http://www.fairfaxcounty.gov/elections/upcoming.htm)

### Send Father's Day Photos

Father's Day is Sunday, June 18, and once again the Connection will publish a gallery of Father's Day photos. Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at [www.connectionnewspapers.com/fathersday](http://www.connectionnewspapers.com/fathersday). You can also email photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).



Chairman Sharon Bulova enjoys the offerings at the Ramadan dinner with (left) Mustafa Akpinar, CEO with the Rumi Forum for Interfaith Dialogue and Intercultural Understanding and (right) Emre Celik, president with Rumi, organizers of the event.



The Kilic family of Vienna, from left, Cemal, Erdal, Yasemine and Emine, at the American Turkish Friendship Association Ramadan Iftar dinner at the Government Center.

PHOTOS BY ANDREA WORKER/THE CONNECTION

## A Meal Among Neighbors

### American Turkish Friendship Association and County dine together for Ramadan.

BY ANDREA WORKER  
THE CONNECTION

**T**raditionally speaking, the reporter wanders the perimeters of an event, then dashes in to get the scoop with a key subject, a quote or two and maybe a photo. Then it's back to the sidelines to scout out the next newsworthy moment.

There were certainly a lot of traditions being observed at the Ramadan Iftar dinner at Fairfax County Government

Center on May 31, organized by the American Turkish Friendship Association (ATFA) and hosted by Board of Supervisors Chairman Sharon Bulova — but the reporter as pure observer was not one of them.

Instead, demonstrating the spirit of friendship that ATFA seeks to promote, this reporter was “adopted” for the event by the Kilic family of Vienna — father Erdal, mother Emine, daughter Yasemin, and son Cemal, who have been in the country since 2015. While the

actual assignment was attended to, with interviews, photographs and hasty scribbling of highlights from speeches, in between it all, however, Ermine kept urging “come, sit down with us, eat” as she pointed to the plate she had put together for the new “family member.”

**THE EVENING** marked the third time that Fairfax County officials have hosted the joint community outreach. The Iftar is the evening meal when Muslims end their daily fast at sundown during the holy month of Ramadan. After a brief introduction and some insight into the meaning of Ramadan by Zeynep Cakmak of Clifton, Bulova welcomed the hundred-or-so attendees, comprising

all ages, ethnicities, and religious beliefs.

Citing “our diversity as the greatest asset in Fairfax County and what truly makes us special,” Bulova said it was “appropriate” to host the dinner at the Government Center. “This is the gathering place for our community and we welcome all of our neighbors here.”

Iman Mehmet Ayaz of the Institute of Islamic-Turkish Studies in Fairfax, thanked Bulova and the county for “making us feel included. These days it is extra meaningful to be welcomed and made comfortable, here at the center of our government.” Ayaz added that having such a diverse group at the Iftar dinner reflected

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# Picking a Lieutenant Governor in Virginia

By JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

On June 13, we have two really important elections in Virginia. They are important because they are the Democratic and Republican primaries to select their candidates for Governor, Lt. Governor and Attorney General — the top elective offices in the Commonwealth. Because they are primaries, only about 5 percent of those eligible to vote are likely to turn out, and they are unlikely to be representative of all Virginians. Primary voters tend to be hard core, i.e., rabid tea party Republicans and liberal Democrats.

For purposes of this short column, I'm focusing on the Lt. Governor races. The race for Governor is getting enough media attention, and I have had contact with five of the six Lt. Governor candidates — three Republicans and three Democrats (all but Jill Vogel). I actually find the Republican contest most interesting because of a very nasty clash between frontrunner and leading fundraiser state Sen. Jill Holtzman Vogel and her former state senate "friend" Bryce Reeves. In late 2016, a rumor circulated in Republican circles that Reeves had an affair with a campaign aide. Reeves denied the rumor, claimed it came from the Vogel camp. The former police officer said he'd traced calls and electronic messages to a Vogel phone and a neighbor's computer. Charges and countercharges are still moving glacially in the courts.

All three candidates are conservatives, all stress making Virginia better for business. Reeves is the most extreme. He told me on Reston TV that any



INDEPENDENT PROGRESSIVE

adult should be able to buy as many firearms of any kind as his heart desired, except convicted felons. He loves the Ryan/Trump health care plan, and would have immigration status checked on anyone stopped by police. When I talked with the third candidate, Del. Glenn Davis, he said he had jointly sponsored legislation to allow "temporary expansion" of Medicaid, but backed off when pummeled by Republican colleagues. He would limit access to guns for those with serious mental illness. Vogel's positions are largely in lockstep with the others, except she insists she wants stronger ethics rules on the uses of campaign cash!

The three Democrats running in the June 13 primary are: Justin Fairfax, Susan Platt, and Gene Rossi. Fairfax and Rossi are lawyers, both with experience as Assistant State Attorneys — the latter for 27 years. Ms. Platt has worked as senior staff to Joe Biden and other prominent Democrats. Unlike the Republican candidates, all three Democrats are Northern Virginians and none have held elective office. The Dems call for tax fairness and more, better paying jobs. All are solidly liberal and refuse money from Dominion Power, leading a movement to break its stranglehold on Virginia's legislative assembly.

At 38, Justin Fairfax is the frontrunner, with endorsements of the Party establishment, twice as much in the campaign till as his opponents. Four years ago, Fairfax lost a primary by an eyelash to now Attorney General Mark Herring. I was impressed not only with his progressive credentials but also his thoughtful approach to issues. I even got the sense this man might well be capable of working on innovative solutions with Republicans!

## LETTER TO THE EDITOR

## Troublesome Prescription Drug Prices

To the Editor:

As a young mother, one of my daily worries is about my ability to provide my daughter with the necessities of life. That's why I'm so concerned about the rapid rise of prescription drug prices in the United States. Drastic price spikes are putting life-saving medication out of the reach of people who need it the most. It's true that pharmaceutical companies have produced medications and have

improved and saved lives. These medications required years of expensive research and development and I am incredibly grateful for their time and effort. But, it's troublesome when drug companies raise prices drastically and almost overnight — after they have already recouped their costs.

While there is much disagreement about the future of healthcare in our country, the need to act to lower the prescription

drug prices has vast support. I urge Virginia's Members of Congress to work together to tackle this growing issue by speeding up the approval of generic drugs by the Food and Drug Administration. Their bipartisan leadership will increase competition to lower prices and ensure patients continue to have access to the medication they need to stay healthy.

Rina Shah

Reston

## Starting Anew

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

The Virginia General Assembly will celebrate its 400<sup>th</sup> anniversary in a couple of years making it the longest-running representative legislative body in this hemisphere.

Although not much has changed in the basic procedures of lawmaking with committees and structured floor debate, over the centuries there have been

adaptations to the times as the legislature has sought to best serve those it represents. Most recently the biggest changes have been to the housing of the legislative functions.

For those interested in details, here is a summary of the major changes — past and present. The General Assembly in 2004 abandoned Mr. Jefferson's Capitol for the first time since the Civil War to give the place a major renovation that would keep it standing and expand its size underground so as to not take away from its iconic exterior.

For that renovation, the legislature moved to the former state library whose upstairs had been renovated to be the Governor's Office but whose reading rooms downstairs had been left intact and became very efficiently the House of Delegates and Senate chambers for several sessions.

Meanwhile the offices of legislators in the General Assembly Building (GAB) have been crumbling asbestos explaining the white dust that periodically appeared on the furniture. Legislating should not be considered hazardous duty, at least in a physical sense, nor should failing plumbing and heating and cooling systems cause delays in the work of the legislature.

For decades, the Life Insurance Company of Virginia had occupied the building before it moved to an office park in the suburbs and sold its aging building to the Commonwealth. The building is currently being demolished, and a new office building will be constructed in its place with a parking garage across the street. That will be good news for those who want to participate in the legislative process but have been prevented from doing so because they simply could not find a place to park.

The last act of legislators this past session was to pack ourselves up for a move down Richmond's Capitol Hill to the Pocahontas Building, formerly in private hands as the State Planters Bank of Commerce and Trust Building, where we will have temporary but nice and asbestos-free offices for several years while the new building will be constructed.

The Pocahontas Building was available to us as the Attorney General and his staff who had offices there have recently relocated to the Barbara Johns Building, formerly the Hotel Richmond and later state offices, just across the street from where the new General Assembly Building will be.

Regardless of whether you chose to follow all that, the good news is that when you come to Richmond you will be much more likely to find a convenient place to park, and you will be in a safer setting.

With our physical surroundings taken care of, now we need to go to work on bringing the legislative process up to date by making it more transparent and responsive.

Maybe a significant anniversary and a change in working environment should be viewed as a time to start anew.

COMMENTARY

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# ENTERTAINMENT

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

## ONGOING

### Women's Training Program.

through June 12, 6:30-8 p.m. at  
South Lakes High School, Seahawks  
Drive, Reston. Reston Runners  
Women's Training Program. Runners,  
walkers, run/walk intervals and  
Fresh Start, for women who need a  
more gentle start to working out.  
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Email [wtp@restonrunners.org](mailto:wtp@restonrunners.org).

**Art Exhibition.** 8 a.m.-5 p.m. through  
June 29 at U. S. Geological Survey,  
12201 Sunrise Valley Drive. Exhibit  
"H. K. Anne Presents The American  
Landscape," will be on exhibit at the  
USGS National Center is a public  
building, parking is available in the  
visitor's lot outside the visitor's  
entrance. Photo ID is required to  
enter. Visit  
[www.HKAnneFineArt.com](http://www.HKAnneFineArt.com) for more.  
**Lake Anne Exhibit.** Through July 2 at  
the Reston Community Center at  
Lake Anne, 1609 Washington Plaza  
N. Exhibit features work by members  
of the Reston Photographic Society.  
Visit [www.leagueofrestonartists.org/rps](http://www.leagueofrestonartists.org/rps)  
or call 703-476-4500.

**Free Concerts.** Through Aug. 26, 7:30-  
10 p.m. every Saturday night in the  
pavilion at Reston Town Center,  
11900 Market St. Call 703-912-4062  
or visit [www.restontowncenter.com/concerts](http://www.restontowncenter.com/concerts)  
for more.

### All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston  
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**Over-40 Softball League.** A Fairfax-  
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players to form another team. Players  
must be at least 40 years of age to be  
eligible. All games are doubleheaders  
- played on Sundays at Bready Park  
in Herndon between 11 a.m. and 6  
p.m. If interested, email  
[skeduman@aol.com](mailto:skeduman@aol.com) for more  
information.

**"A Bird in the Hand"** through spring  
2017 Reston Town Square Park,  
11990 Market Street, Reston Town  
Center. See and explore Patrick  
Dougherty's monumental public art  
sculpture made from tree saplings.  
Presented by GRACE in collaboration  
with IPAR. 703-471-9242  
[restonarts.org](http://restonarts.org)

### Teen and Adult Art Classes

**ArtSpace Herndon** Every Monday  
from 5:30-8:30 p.m. 750 Center  
Street, Herndon. Drawing and Mixed  
Media with Melanie Stanley - During  
Fall and Winter of 2016. Cost: \$45/  
class. The class will use a variety of  
techniques for drawing, painting,  
mark making, and collage using fine  
arts tools and materials. Students  
will be taken down a creative path to  
learn to use drawing tools and  
brushes more effectively. Register by  
emailing Melanie, and she will send  
you the supply list and payment  
options/information:  
[ridingfree2@gmail.com](mailto:ridingfree2@gmail.com). 703-956-  
9560. [www.artspaceherndon.com](http://www.artspaceherndon.com).

## THURSDAY/JUNE 8

**Book and Art Sidewalk Sale.** 5-8  
p.m. at 845 Station St., Herndon. The  
Closet sponsors sale for decorating or  
sprucing up the home and yard with  
an inventory of books on gardening,  
art, interior design, cooking and  
home improvement, as well as a  
selection of prints and paintings for  
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college scholarship fund for local  
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## FRIDAY/JUNE 9

**Morning Storytime.** 10:30 a.m. every  
Friday at Scrawl Books, 11862  
Market St. Reading stories for  
children. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com)  
for more.

## SATURDAY/JUNE 10

**Book and Art Sidewalk Sale.** 9:30  
a.m.-4 p.m. at 845 Station St.,  
Herndon. The Closet sponsors sale  
for decorating or sprucing up the  
home and yard with an inventory of  
books on gardening, art, interior  
design, cooking and home  
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Email [dghitchings@verizon.net](mailto:dghitchings@verizon.net).

## JUNE 9-10

### Davelle Clothiers 25th

**Anniversary.** Friday, 4-8 p.m. and  
Saturday, 12 - 6 p.m. at 11921  
Freedom Drive, Suite 100, Reston.  
Wine along with acoustic guitar  
music performed by Shane Roots and  
a suit raffle. Visit  
[www.davelleclothiers.com](http://www.davelleclothiers.com) or call  
703-904-0011.

## SUNDAY/JUNE 11

**Love Your Body Yoga Festival.** 10  
a.m.-5 p.m. at 11900 Market St.,  
Reston. Yoga studios and wellness  
centers of Northern Virginia will be  
offering classes, services, and  
information on ways to care for your  
body, along with live entertainment  
and activities for children. Donations  
to participate in classes benefit  
Cornerstones. Visit  
[loveyourbodyyogafestival.com](http://loveyourbodyyogafestival.com) for  
more.

## MONDAY/JUNE 12

**Muscle Up Mondays.** 6:30 p.m. every  
Monday, 11900 Market St. Free  
fitness classes in the Pavilion  
presented by CRUNCH Fitness-Reston  
group instructors. Visit  
[www.crunchreston.com](http://www.crunchreston.com) or call 571-  
267-5000 for more.

## FRIDAY/JUNE 16

**Morning Storytime.** 10:30 a.m. every  
Friday at Scrawl Books, 11862  
Market St. Reading stories for  
children. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com)  
for more.

## SATURDAY/JUNE 17

**Taste of Reston.** noon-11 p.m. at  
11900 Market St., Reston. Greater  
Reston Chamber of Commerce  
presents this outdoor food festival  
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the region's eateries, live music, beer  
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[restontaste.com](http://restontaste.com). Call 703-707-9045  
or visit [restontaste.com](http://restontaste.com).

## SUNDAY/JUNE 18

**Brass Quintet Concert.** 7-8 p.m.  
Reston Town Park, Reston Town  
Square Park Corner of Market and  
Explorer streets. A performance of  
selections spanning nearly 400 years  
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Center and Reston Town Center  
Association. Free. Visit  
[restoncommunitycenter.com](http://restoncommunitycenter.com).

## JUNE 24-25

**SoccerFest.** Various times at Lake  
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# Neighbors

FROM PAGE 4

the “true spirit of Ramadan.”

In addition to the chairman, representatives from all branches of county law enforcement and safety agencies and other departments were on hand to show their neighborly support. Supervisor John Foust (D-Dranesville) was also in attendance, as were Del. Vivian Watts (D-39), Del. Mark Sickles (D-43), and deputy county executive for public safety, David Rohrer.

Watts, who was hosted by a local family during a 2008 visit to Turkey, said it was “so sad what is happening in that extraordinary place.” With the tensions and unrest in their native country, and the spike in anti-Muslim sentiment that many Turkish immigrants have faced in their new homeland, Watts is saddened that many “must feel like no place is home. That’s why it is all the more important to be here as part of the bridge to connect people.”

Mustafa Akpinar, CEO of the Rumi Forum and an organizer of the event, agreed that of late “it seems like we are all on double shifts on our mission to be part of the community, but we love diversity and we celebrate it.”

Back to the Kilic table, where Emine carefully described each of the delicacies that she had picked out for my enjoyment, while still telling me that she, too, worries about the state of affairs in Turkey. “But we are so glad to be here, where things are so possible.”

Cemal, a smiling and anything-but-shy 11-year-old, was happy to talk about a wide range of subjects; why we are gathered here — “to better learn to communicate with each other” to cars — “Sorry, I am more for Lamborghini than Ferrari.”

Yasemin spent her first year here studying primarily in Turkish while she perfected her English — which seemed pretty perfect already. The 16-year-old student at Oakton High School is exploring the paths her future might hold. “I like math, for sure, but lately I am thinking about politics, or the law, something that I can do to help everyone have a better life.” She also loves to write — “I am working on a book” — so journalism is also a possibility.

**ALL AROUND US**, people were talking, laughing, and just getting to know each other a little better. The Imam’s call to prayers after the meal was the only pause. The gathering continued for many, once everyone had come back together.

Time to go and actually write the story, despite pleas from Emine, Yasemin and Cemal (dad Erdal was off meeting and mingling with other groups) to stay a bit longer and chat.

Duty calls, but not before receiving an invitation to attend a Turkish cooking class with Emine and a class in Ebru, the traditional Turkish “marbling” art form with Yasemin.

No regrets on breaking with journalistic tradition on this one occasion, and learning some new ones with a room full of neighbors.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>			

## I Hope I'm Right



By KENNETH B. LOURIE

Having been a cancer “diagnosee” now for eight years and exactly three months — as I sit and type on May 27, 2017, a lifetime considering the original “13 month to two-year” prognosis I was given on February 27, 2009, I have learned much about cancer that I didn’t know. In fact, I’ve learned everything about cancer I know now because previously I knew nothing. Growing up I heard/experienced very little about cancer. My parents were healthy as was my immediate family (aunts, uncles, cousins).

And even though I spent many Sundays with my parents visiting my grandparents in nursing homes, the diseases/afflictions I remember hearing most about were diabetes, Parkinson’s, Leukemia and high cholesterol. Never cancer or any condition that I associated with cancer. I realize now how lucky we all were. I wouldn’t say I took good health for granted, but I might have taken it as a given. Not any more.

Everyday I wake up, as my father used to say, is a good day; and ever since I was diagnosed in early 2009, most days — all things considered, and I do consider all things, have been good days. I have been extraordinarily fortunate in how my body and mind has reacted to being diagnosed with a “terminal” disease: non-small cell lung cancer, stage IV. Rarely have I ever gone one step forward and then two steps backward.

Oh sure, the early hairless days of heavy-duty chemotherapy (infused for six hours every three weeks) were challenging, but it was a process I had to endure — so far as I knew (I know a bit more now and there are many more choices/protocols than ever before).

It reminds me of a long-ago M\*A\*S\*H episode in which “Hawkeye” met a South Korean woman after she drove — a Cadillac — into the 4077th. She needed medical help for her family. Col. Potter ordered “Hawkeye” to return with the woman back to her home.

Begrudgingly he went along, mistakenly thinking she felt a sense of entitlement. After a short time treating her family he learned how wrong he had been. Later that day, “Hawkeye” saw the woman walking up a nearby trail carrying buckets of water on a pole. When he asked her why she was doing that (getting the water that way, from wherever); she replied:

“Because that’s where the water is.” It struck him — and apparently — it struck me, too. As a cancer patient/survivor, that has always been my approach/attitude. “Next man up,” a common sports refrain; no excuses, keep moving forward.

Over the years, I have met many cancer patients; at the Infusion Center, at conferences, at work and at play. And I may be biased (no ‘maybes’ about it), but I have to say, we’re a fairly hearty and resilient bunch. Getting diagnosed with a terminal disease — frequently out of the blue, is not exactly the stuff of which dreams are made. Quite the contrary.

Nevertheless, many of the cancer patients I’ve met seemed to have faced their demons and are standing tall against the worst kind of adversity. Bette Davis is often credited with the quote: “Old age is not for sissies.” Well, neither is cancer. It seems to be for everybody, everywhere. Unfortunately, cancer is an indiscriminate, equal opportunity destroyer; all ages, all races, all ethnic groups, all populations.

According to “Medical News Today,” “One in two people will develop cancer in their lifetimes.” So getting cancer is either a matter of time, inevitable or a random-type miracle if it doesn’t affect you. For many of us who’ve been affected already, we’ve come to learn that cancer isn’t the automatic death sentence it used to be, especially for us lung cancer patients. The research dollars and enthusiasm going into defeating this scourge are at their most significant in decades, perhaps ever.

Now is not the time to give up hope. It’s time to embrace it.

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



# Getting Hurt in the Gym

## Prevent and treat workout injuries.

BY MARILYN CAMPBELL

While sustaining an injury isn't on anyone's list of fitness goals, a recent study by the Center for Injury Research and Policy shows an increase in gym-related injuries in recent years. Corrective exercise is among the strategies for recovering from workout-related injuries, but fitness experts are also emphasizing prevention.

"Generally speaking, at some point it's good following an injury to perform corrective exercises to rehab injured muscles," said Joel Martin, Ph.D., Exercise, Fitness and Health Promotion Graduate Program coordinator and assistant professor of Kinesiology at George Mason University.

"Depending on the stage of the healing process the exercises may focus on getting blood flowing to the injured area, regaining strength in injured muscle or correcting poor movement patterns that contributed to the injury."

One of the most common causes of sports or workout related injuries is performing an exercise incorrectly, says Martin. "You

should take the time to learn proper form and seek the help of an exercise professional for advice as to how to perform various exercises," said Martin. "Investing the time to learn how to move well at the beginning of an exercise program will pay off in the long run."

Failing to do warm-up exercises before a workout and increasing the intensity of the exercise too quickly — either within the exercise session or across multiple exercise sessions — are among the leading causes of workout injury, says Martin. Not following safety procedures is another.

"Some of the most serious exercise injuries happen from not using common sense," he said. "These can come in a variety of forms, but may be due to trying to show off, not wearing proper shoes or equipment for the exercise mode, exercising in unsafe environments, or not using a spotter for heavy lifts."

Even with safety measures in place, Parker Bryant, a personal trainer based in Bethesda, Md., tells his clients that injuries can happen, even to the most cautious athletes. "For many common injuries, especially a muscle that's sore because it's been over-used, I usually advise clients to apply ice for about 20 minutes several times a day to reduce any swelling and to rest the injured body part," he said.



PHOTO COURTESY OF GEOFF ROBISON

**Geoff Robison of Custom Kinetics in McLean shows a client how to use corrective exercise.**

For those dedicated to fitness, being told to rest can be hard to hear, says Geoff Robison of Custom Kinetics in McLean, but he says that it is possible to be active while recovering from an injury. "One of the hardest things for a runner with an injury to hear is that they have to stop running," Robison said. "But one of the worst things you can do when you have an injury is lay down and not move. Movement, when done properly, can be very healing. It can bring blood flow and realign your body."

Exercise can be used to help heal some workout or sports related injuries, says Robison. "Everyone who walks in our door gets taken through an assessment," he said. "Whether it's low back pain, a knee problem or shoulder pain, we find the root cause of the problem."

Once the problem is identified, Robison and his team of trainers work to create an exercise program that is designed to decrease pain and build fitness.

One example that he uses to explain his therapeutic strategy is knee pain, which he says is one of the injuries he sees most often in clients. He observes the client's movements to help determine the cause of the problem. "Maybe it's coming from the foot, because the foot is not strong enough, so your knees cave in when you squat," he said. "Maybe your glutes [gluteal muscles] are weak or maybe your quads [quadriceps] are weak. Strengthening these muscles can help stabilize the leg and help relieve knee pain."

Robison builds an exercise regimen that is designed to address a specific issue or injury. "One exercise that I might use is the clam shell where clients lie down on their side and open and close their knees," he said. "When it's a case of muscle overuse, I might use a foam roller or resistance bands to loosen and strengthen the muscles."

Bryant says that an injury can be an opportunity to try a new type of workout. "For example, if you're a runner, but your knees are bothering you, stop running for a while and try swimming to give your knees a rest," he said. "After you're been pain-free for more than a week, you're probably healed. When you do return to your normal exercise routine, don't dive in with the same intensity as before your injury. Gradually work your way back so that you don't reinjure yourself."



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