

Festival, Fireworks, Fun

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PHOTO BY DONNA MANZ/THE CONNECTION

Vienna Residents
Are Happy
to Be Here

NEWS, PAGE 4

Optimists Honor
Vienna Officers

NEWS, PAGE 3

Local families – human and canine – dressed in patriotic style for Vienna's Independence Day celebration.

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Vienna Celebrates the 4th with Festival, Fireworks, Fun

The Town of Vienna's annual 4th of July small-town festival and fireworks is one of the characteristics of Vienna that give it, well, its small-town feel. With live music, food vendors, craft vendors, inflatables and activities for children, beer tent, classic car show and pooch parade hugging the lawns and streets around the Vienna Community Center, it's downright nostalgia-inducing. Add night-time fireworks and a live band, as well as the new one-ring circus to the festival mix, and the community has pretty-much everything wrapped in one package.

"It's a family-focused event with something for everyone," said Town Recreation Program Coordinator Brandy Wyatt. "There's fantastic entertainment for all ages."

Back by popular demand this year is the Jimmy Buffett tribute band, B2B, playing popular beach-party songs. The American Legion Post 180 of Vienna sells beer from its tent, and along Cherry Street are food vendors and chili cook-off competitors.

The Old Bay Circus brings its one-ring show to the festival for the first-time ever. The 45-minute show, running at 1:30 and 2:30 p.m., features aerialists, unicycles, juggling and stunts. To make way for the circus, all crafters are inside the community center this year.



PHOTO BY DONNA MANZ/THE CONNECTION
Food vendors and chili cook-off competitors line Cherry Street during the Town's annual 4th of July festival.

Pooches on Parade is co-sponsored by Hope Advanced Veterinary Center, Pet Lovers Companion and NOVA Dog magazine. Hope is providing water and a spray tent

for dogs to keep them cool. Dogs dress up in patriotic gear as proud parents march them around Caffi Field infield.

Like the rest of the nation, the highlight

Town of Vienna 4th of July Festival and Fireworks Display

Festival runs from 11 a.m. to 4 p.m., Friday, July 4; Pooches on Parade: registration 10:30 a.m., parade at 11 a.m.; Presentation of the Color - Vienna Police Honor Guard, noon; Vienna Community Band plays in gazebo 11 a.m. to 12:15 p.m.; 12:15 to 4 p.m., indoor arts and crafts show, chili cook-off, food vendors, beer sales, antique and classic car show, and inflatables; Old Bay Circus Show, one-ring circus, showtimes: 1:30 and 2:30 p.m. Kids' craft corner, 2 to 3 p.m.

Evening presentation: Yeonas Park, music by Fat Chance, 7 p.m.; Fireworks display, Southside Park (adjacent), 9:15 p.m. Little League concession stand open during evening festivities.

of Independence Day festivities in Vienna is the dazzling display of fireworks shot into the skies at dark. "It's well-worth making your way down Cottage Street for the fireworks," said Wyatt. She noted that the park is always "packed" for the spectacular show and that everyone who comes to the display "loves" it. Local pop band Fat Chance performs from 7 p.m. at Yeonas Park. Fireworks light up the night beginning at 9:15 p.m. at Southside Park, adjacent to Yeonas. Vienna Little Leagues opens its concession stand for food sales.

"The 4th of July festival brings the community together every year, where neighbors can catch up, and long-lost acquaintances can re-unite," said Wyatt.

— DONNA MANZ

Council Mulls Memorial to Mayor Jane Seeman

May form committee to decide what type would be best.

BY BONNIE HOBBS
THE CONNECTION

After serving on the Vienna Town Council, M. Jane Seeman was Vienna's mayor for 14 years until her death from lung cancer on Feb. 23. She was beloved by family, friends and colleagues and Town residents.

So now, the Town Council members are considering the best way to honor her memory, and they want whatever they do to be both lasting and fitting. So during a June 9 work session, they considered the possibilities.

"It's something people are talking about," said Town Manager Mercury Payton. "Does the Town Council want to do a memorial?"

"When I was interim mayor, lots of people came to me asking how they could help," said Vice-Mayor Carey Sienicki. "Because Mayor Seeman was such a wonderful person, good leader and so entrenched in her



PHOTO BY DONNA MANZ/THE CONNECTION
Vienna Mayor Jane Seeman when she announced her retirement in January.

community, there's been a huge outpouring. And she was important regionally, too, so I feel it's important to have a memorial to her."

Councilwoman Laurie Cole asked the others, "Do we want this to be a Town project, or could there be multiple things? And who spearheads and funds it?"

Mayor Laurie DiRocco said it's important to memorialize Seeman because "she served as mayor, councilwoman and on many committees for several years. We could do something with the businesses, residents, civic organizations and churches - who all want to do something - and we should channel that into one thing."

Agreeing, Town attorney Steve Briglia said he liked the idea of partnering with those entities on the project. And Carole Wolfand, chairman of the Vienna Business Assn. Board of Directors, said an informal plan has actually been in the works for awhile.

She said the business she owns, Vienna Paint & Decorating, ran a promotion to raise money to enhance something within the Town that everyone could enjoy. The effort yielded \$8,600.

"As Jane became more ill, I gave her the check so that, if we decided to do something, the money's already there," said Wolfand. "Jane, her daughter [Linda Colbert] and I talked about doing a memorial to her in the town."

"A group of us chatted about public art and Jane's visions of the Town green," continued Wolfand. "I think the best idea is to involve the Town and its residents - and have some cohesiveness between the two - because that's what Jane was all about."

Postnet owner James Cudney said he'd like "to build an identity in Vienna and come up with initiatives and projects to create public art in the Town."

"I pushed for public art in the Maple Avenue vision and Jane supported it, as well," added Councilwoman Edythe Kelleher. "Linda Sullivan of the Fairfax County Arts Council met and spoke with people about it and has their ideas."

Wolfand then said the Council should hear Sullivan's presentation about what can be done with public art. Cudney noted that it "would probably take a year to have a group vet different artists and see what we want to do."

"We have to decide what kind of memorial we want and if it'll be art or something else," said DiRocco. Cole said they'll also have to determine whether fundraising will be needed.

Cudney suggested that businesses could

SEE SEEMAN, PAGE 5

Vienna Residents Are Happy to be Here

Town conducted survey on its programs and services.

BY BONNIE HOBBS
CENTRE VIEW

On the whole, Vienna residents are pleased with their town and its services and believe it's a great place to live and raise children. That was the overall result of a professionally conducted survey done recently on the Town's behalf.

"People have a positive opinion of the Town," said Ron Vine, senior vice president with ETC Institute, which conducted the survey. "They have a high level of satisfaction with Town services and the value they receive for their tax dollars."

On Feb. 3, Vienna awarded a \$12,000 contract to ETC to obtain resident feedback in the Town's first statistically valid, community-wide survey. It was done to learn citizens' satisfaction levels with town services and programs. Vienna also wanted to compare itself to similar-sized towns.

If town officials know how happy – or not – residents are with the town's offerings, they can determine whether Vienna is delivering services in the most efficient and effective manner.

THE SURVEY also lets them know citizens' priorities, which is a valuable tool during budgeting and strategic-planning processes.

ETC sent out 2,000 surveys to a random sampling of people representing Vienna both demographically and geographically.

It hoped at least 300 residents would respond, and 403 actually did. The written survey didn't include commercial businesses and other non-residential institutions. Only people living within the Town limits were eligible to participate.

Vine reported the survey results during a June 9 work session of the Town Council. Regarding citizens' opinion of Vienna, he said 73 percent believe it's an excellent place to live and 79 percent say it's an excellent place to raise children.



Vienna's parks, such as Meadow Lane Park, are important to town residents' happiness.

"By 4-1, they're generally satisfied with town services – police, parks and recreation, town buildings and governmental services," said Vine. "Their perceptions of safety – walking in their neighborhoods during the day – are 87 percent. They felt less safe on the W&OD Trail."

People said Vienna does an outstanding job communicating with its residents, and 61 percent said the refuse collection was very good. However, when it came to certain topics, dissatisfaction outweighed satisfaction. These were the traffic flow on Maple Avenue, the traffic signals and the availability of parking on Church Street.

"They're very satisfied with the town employees – who are the basis

of the community – because they're the people the residents deal with the most," said Vine. "We also combined satisfaction and importance, and the things most important to people are the maintenance of town streets, sidewalks and infrastructure – 56 percent said it was in their top three priorities – continued attention to town services and the quality of police protection."

VIENNA RESIDENTS also care about how well the town parks and landscaping are maintained. And in the southwest portion of town, maintaining the

parks and recreation facilities was of paramount importance. Throughout Vienna, litter and debris cleanup on private property also matters to residents.

"Satisfaction ratings for Vienna services are generally higher than in other communities," said Vine. "We've done this survey in about 200 communities across the country and, for Vienna, 90 percent of the community was highly satisfied. And Vienna is at least 8 percent higher in satisfaction than the mean average for the Mid-Atlantic and U.S."

Noting that 90 percent of town residents felt safe in their neighborhoods at night, Vine said,

"For Vienna, 90 percent of the community was highly satisfied."

— Ron Vine, ETC Institute

"That's a big number. The satisfaction level with public involvement in decision-making is also high."

He said 38 percent of the Vienna residents surveyed use public transportation, especially Metro, and 60 percent of the responding households ride a bike mainly for exercise and recreation.

As for capital improvements, street reconstruction is most important to town residents. "The overall conclusion from the survey is that people are highly satisfied with the town's communication with the public, police protection and maintenance of the local parks," Vine told the Council members. "So keep prioritizing these things and preparing for the future."



PHOTO BY DONNA MANZ/THE CONNECTION

Vice president- community outreach, Michele Wright, presents the "Charles A. Robinson Jr. Respect for the Law" award to Town of Vienna police officer Patrick J. Kiley [left]. Vienna Chief of Police Jim Morris introduced Kiley.

Vienna Officers Honored

On June 18, the Optimist Club of Greater Vienna honored Town of Vienna Police Officer Patrick J. Kiley and Fairfax County Police Officer PFC Philip C. Stone, Fair Oaks District, with its "Charles A. Robinson Jr. Respect for the Law" awards. The award presentation is embraced by more than 1,500 clubs nationally.

"The awards recognize police officers who have made a significant contribution to the community and the safety and welfare of citizens in the Vienna-Oakton area," said community outreach vice president Michele Wright. "They are the silent partners in our community's wellness."

Vienna Police Chief Col. James Morris introduced Kiley, a 3-1/2 year VPD veteran, at the podium. Kiley's commanding officer, Sgt. Pete Elias described Kiley as having "great potential."

He volunteers for a lot of things," said Elias, mentioning Kiley's participation in the County's Field Training Institute where Kiley trains new officers, and his work as a bicycle officer and Breathalyzer technician. Elias said Kiley is one of the officers making the most arrests in the department, including drug arrests.

Captain John Naylor, Commander of the Fair Oaks District station, introduced six-year veteran PFC Stone. "They really do earn this award," said Naylor. "The Vienna-Oakton area is one of the busiest areas of Fair Oaks, and Officer Stone



Optimist Laurie Cole was recognized by her club for 20 years of service with the Optimists and for her tenure on the Town Council.

has a knack for getting inside vehicles, consensual vehicle searches."

Of 94 officers in the Fair Oaks station, Stone is fifth in total arrests. From May 2013 to May 2014, Stone had 105 arrests, mostly for drug and traffic violations. While on patrol in December 2012, Stone interrogated suspects involved in a murder on Glengyle Drive in December 2012.

The awards are named in honor of the late Charles A. Robinson, Jr., longtime mayor of Vienna who recognized the value and importance of a safe community. "Respect for the Law" recipients received engraved plaques.

To join the Optimists or learn more, go to www.optimistclubofgreatervienna.org.

— DONNA MANZ

WEEK IN VIENNA

Vienna Town Council Meeting

The next meeting of the Vienna Town Council is set for Monday, July 7, at 8 p.m. It's at the Town Hall, 127 Center St. S.

Blood Drive July 11

Town of Vienna employees are sponsoring a blood drive on Friday, July 11, from 10:30 a.m.-3 p.m., at the Vienna Community Center, 120 Cherry St. S.E. The Inova bloodmobile will be parked in front of the community center.

To make an appointment to donate blood, go to www.inova.org/donateblood, click on "schedule a donation," click on "donate blood" and use sponsor code 1058. Or contact Emily Goodman at 703-255-6341 or egoodman@viennava.gov.

Vienna Farmers Market

The Vienna Farmers Market is held Saturdays, from 8 a.m.-noon, in the Faith Baptist Church parking lot at 301 Center Street S. And it will remain open during the construction on Center Street that begins June 30. Customers may access the market via Courthouse Road to Locust Street or via Park Street to Cherry Street.

Seeman Memorial Considered

FROM PAGE 3

make donations specifically for the memorial to the Town. And DiRocco said a committee should be created "to look at the [memorial] options and vet the artists."

"It should be a combination of the Town, businesses and residents," said Wolfand. "But how do you find the right group and number of people?"

Cole said the mayor could name an advisory committee of five or six people, and Councilman Howard Springsteen said this committee could then come back with a memorial recommendation.

Noting that the Town Council only has two summer meetings, July 7 and Aug. 18, DiRocco said the proposal to form a mayor's advisory committee could be placed on one of those two agendas.

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OPINION

Silver Line No Silver Bullet

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

The Silver Line Metrorail extension will open for riders on July 26. For those of us who have been looking at the seemingly completed infrastructure for many months, announcement of the actual date that we can ride this important new service for our community is welcome news.

Having worked on bringing Metrorail to Reston and beyond for the last 20 years, I am especially excited about the opening. In the 1990s I was the lone politician calling for rail service in the Dulles Corridor while some dismissed the idea as a pipe dream. In order to develop support for the rail project, I enlisted the help of business and community leaders who supported the idea. In August 1998, I announced the formation of the Dulles Corridor Rail Association (DCRA) as a nonprofit, non-partisan advocacy group supporting rail in the Dulles Corridor. Joining in the announcement



GUEST
EDITORIAL

were professional planner Patty Nicoson who became president of the group and continues in that capacity today, former Delegate Vincent Callahan who demonstrated bipartisan representation, former Virginia Secretary of Transportation John Milliken and Restonians Joe Stowers and Steve Cerny among others.

We set to work with letters and opinion columns, testimony at public hearings and a variety of advocacy activities that built support for the project. The task was not easy and not without setbacks. While there was widespread agreement about the need for more public transit options in a metropolitan area that had outgrown its transit service planned for in the 1960s, we had to convince some elected leaders that rail was justified over simply expanded bus service or bus rapid transit. The idea of putting the extension in a tunnel sounded attractive but was cost prohibitive. Commercial interests were agreeable to additional taxes to help pay for the system, but the project had to be broken into two phases to

accommodate when a business interest would start paying an additional tax and when they would receive service. Toll increases on commuters were projected to be unbearably high requiring DCRA to successfully lobby for more direct state appropriations to keep tolls down.

With no direct financial support for the project and a 2010 goal to deliver a completed system, the 30 men and women who made up the original board and those who have joined and left since that time are to be thanked and congratulated. I am honored to continue to serve as chairman of the board of DCRA.

The Silver Line will not be a silver bullet to solve all our transportation woes. We still live in an area ranked 10th in the country for the worst traffic! Rail and bus riders will be asked to make adjustments; drivers may have to change their commuting habits; and some will complain about tolls and fares. Even so, the Silver Line brings a critically important part of infrastructure to our area that will add to our quality of life in getting to and from work and taking advantage of the rich educational and cultural resources of our region and our nation's capital.

LETTERS TO THE EDITOR

Senator Who Gets It

To the Editor:

Senator Mark Warner is widely known for his efforts to represent all Virginians. Throughout his years in office he has successfully engaged the Commonwealth's many cultures, ethnicities and religions. This is not just good democracy – it's also great for business.

Immigrants account for about a quarter of American jobs in critical STEM fields (science, technology, engineering and mathematics), and about a quarter of new patents and new start-ups. Additionally, the children of these immigrant professionals are already key contributors to the present and future US workforce.

Senator Warner gets it. For years he's Chaired the Senate's India Caucus, and more recently he visited the ADAMS Center mosque in Sterling, where I met him during Friday prayer services as he offered us a greeting on the start of Ramadan. During his visit, he met with community leaders and stressed the importance of a strong economic vision and other issues important to the thousands of Muslim American professionals and families throughout Virginia.

As a small-business owner, I appreciate Mark Warner's work to foster the right environment to attract and retain new businesses. He has been a leader to pass legis-

lation expanding resources for start-ups, and he has consistently reached across the aisle to support tax credits encouraging entrepreneurship. Senator Warner understands that for our nation to succeed we must keep opportunities open for all Americans, regardless of their backgrounds.

I respect Mark Warner for representing Virginia well. As a businessman, a second-generation American, and a proud Virginian, I look forward to supporting him in November, so he can continue his work to represent us all.

Mehmood Kazmi
Great Falls

Thinking Twice

To the Editor:

It's usually not til the state government tries to reach into our bedrooms that Northern Virginia residents sit up and start checking their state representatives' voting records. As for example Delegate Barbara Comstock's vote to ban certain forms of birth control by voting for the "Personhood Amendment." That decision, along with others such as her votes to repeal the one-gun-a-month law and to allow guns in bars, might cause some habitual Republicans to think twice about voting for her to represent us in the U.S. House of Representatives.

Linda Burchfiel
McLean

Outraged by Medicaid Rejection

To the Editor:

The article in The Connection which described the rally at Neighborhood Health Services in Lorton ["Medicaid Expansion Supporters Rally," June 19-25, 2014] is a perfect demonstration of the disgust and outrage that many feel over the rejection of Medicaid expansion in the recent budget passed in the General Assembly.

It is senseless to reject federal funds that would clearly benefit Virginians. Even more preposterous is the fact that, despite being one of the richest counties in the nation, Fairfax County is home to tens of thousands of people who lack health insurance. More than 35,000 of our fellow Fairfax neighbors could be covered under Medicaid expansion.

Republican Delegates like Jim LeMunyon, Dave Albo, and Barbara Comstock insist on denying healthcare to people because of ideology, not facts. Virginia Republicans have not offered any alternatives to closing the coverage gap, and their inaction is clear – they have no plans to help uninsured Virginians.

Expanding Medicaid in Virginia is a moral imperative and makes sense economically. Medicaid expansion means more productive employees for businesses. It means Virginians would have more money in their pockets. It can lift struggling people

out of poverty and reduce the threat of a devastating medical bankruptcy. However, the Republican Party of "No" once again, stands in the way.

Kathie Wespheling
Vienna

Campaign Experience

To The Editor:

I recently had the opportunity to volunteer on the John Foust for Congress Campaign – a small office with a small army of professionals, interns, and volunteers – and I'm pleased to say that it was an extremely positive experience.

Although the office is barely noticeable from the outside, the hallways are constantly buzzing with interns, field coordinators, and campaign staff discussing issues, cracking jokes, making phone calls, and drinking an exorbitant amount of coffee.

I made calls, knocked on doors, and talked to many voters. Most were friendly and interested in the election. I was pleasantly surprised by the experience as a whole. Everyone was polite, hard working, and dedicated to the cause. The people working on the campaign genuinely believe John Foust would be the best Congressman for the Tenth District. I would encourage anyone to stop by the office and get involved.

Jisu Kim
Vienna

Vienna & Oakton
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Silver Line: A Welcome Newcomer to Neighborhood

Reston, Herndon residents, community leaders reflect on upcoming opening of Silver Line.

BY ANDREA WORKER
THE CONNECTION

Just how long have the residents of Reston and Herndon been waiting for their own rail connection to the Greater Washington Metro system? And just how do folks feel about the addition of Metro to the community? Well, when Jim Curren moved to Reston in 1986, “our District Supervisor at the time assured us that light rail would be in place within three years,” he laughed. As everyone knows, the light rail plan was shelved long ago, but even in its current composition, Metro’s Silver Line, designed to ultimately run from Dulles Airport and Eastern Loudoun County all the way to Largo Town Center, Md., with options for connecting to other Metro lines, has still been a long time coming. “Let’s just say a lot has happened since I first became aware that the Metro was really in the works for our area,” said Jason Lee of Herndon. “I was still single, and these young ladies were not in the picture yet,” said Lee, pointing down to toddlers Michelle and Marina, the twin daughters he was strolling on the Washington and Old Dominion Trail near the historic Herndon town square. “But we are glad it’s finally coming, although we still have a long wait for our station in Herndon.” Lee is right. Phase 2 of the Silver Line Project, beginning at the Wiehle-Reston East station and heading west hasn’t even begun construction as of yet, and estimates today put the operational arrival of Phase 2 some-where beyond 2018. “Maybe we’ll get lucky,” added Lee, “and they will open a portion of Phase 2 before the whole thing is ready.”

FOUR YEARS may seem like an eternity to those who are waiting to catch a carefree ride to Tysons, D.C., the Airport, or other locations along the Silver Line’s route, but for some, like Herndon Mayor Lisa Merkel, it means more time to plan and prepare. “Metro is finally getting closer to home for us,” said Merkel. “Our residents who now go to Falls Church or Vienna as part of their commute will only have to go just down the road to the Wiehle Station. A huge time saver.”

In a phone interview, Mayor Merkel spoke of Herndon’s past, present and future preparations for the local advent of rail transportation. “It’s always a topic of discussion and part of our work. There are nine property owners involved where the Herndon Station will be built, so there’s a lot of coordinating going on, but everyone is working together.” Merkel also thinks that being “second” will help address any kinks before Herndon gets



The Wiehle-Reston East Metro Station – Ready to go, just waiting for the train.

PHOTO BY ANDREA WORKER/THE CONNECTION

on board with Metro. “Even with all our plans already in place, we have the opportunity to watch and learn from the Reston start-up. We can incorporate what works well and maybe circumvent some potential problems.”

Merkel had no qualms about mentioning the elephant in the room. “Traffic,” she said. “That’s the word that comes up the most often in any discussion about our area, in any regard, not just about Metro. It certainly came up when I did some door-knocking this spring, talking to residents and asking their thoughts on the Silver Line and other issues.” Merkel says it’s up to the Town, working with everyone involved, from the Washington Metropolitan Area Transit Authority (WMATA) to Fairfax and Loudoun counties, from citizens’ groups to the Virginia Department of Transportation to keep traffic mitigation at the top of the list at all times. “We need to keep looking for ways to connect people to transportation outside of their cars. We are working to make Metro as accessible as possible from everywhere within our borders.” Merkel urged Herndon residents to stay informed – “the website on the Herndon Metrorail Stations Access Management Study at www.hmsams.com is one resource” she cited – and “stay involved and vocal.”

Some local businesses aren’t willing to wait for Metro to get closer to them. Companies like Herndon-based BridgeStreet Global Hospitality are being proactive and taking steps now to get themselves closer to Metro access. “The company is really grow-

ing,” said J.R. Dembiec, BridgeStreet’s Managing Director - Operations (Americas) and Brand Support Services. “We need more efficient space, so we decided to look at sites as close to the Wiehle Station as possible. This will open up an additional pool of talent for our recruiting needs, helping us attract those who might see our area as too far to travel to by car or too difficult with transit challenges. I think the Silver Line will have a positive influence on all local employers.” An added bonus offered by some of the complexes that Dembiec and the company’s leadership are considering – “Shuttle service. One that’s high on the list will be offering a frequent shuttle service between the station and the buildings.” It sounds like the commercial real estate industry in the area agrees with Dembiec that the new metro line will help Reston/Herndon, Virginia’s second-largest employment hub, grow their businesses, as well as attract more employers to the area. The shuttle service shows they are considering ways to entice those employers to their facilities.

More companies making the move to Reston, with its new access to rail transportation as a factor when choosing an operating location is one of the benefits that Reston Association President Ken Kneueven says they’ve been counting on. “The arrival of the Silver Line can’t help but positively impact our area economically through increased business opportunities, job opportunities and up-valuing our real estate.” A

Reston resident since 1987, Kneueven was quick to make assurances that the Reston values are being protected. “Sustainability, and the connection to the natural, right in our own commercial backyard, is part of what has made Reston the great community it is, and the Reston Association and our many civic organizations are working to ensure that the spirit of Reston is preserved as we move forward. Reston has been at the forefront of visionary community planning since its conception and we will stay there.”

TO THAT END, Kneueven expressed his pleasure with the working coalition of so many involved in the Silver Line and the attendant developments. And it’s a pretty large group. Aside from the Reston and

“I really believe the positive effects far outweigh any of the possible growing pains.”

— Reston Association President Ken Kneueven

Herndon leadership, there is WMATA in the mix, VDOT, county governments and citizens’ advisory groups, and the Dulles Corridor stakeholders. “It’s along the tollway Corridor that you will see most of the development, and the highest density. We may not always agree, but everyone has come to the table, and I am happy to report that the

work has been cooperative and goal oriented. Get cars off our roads wherever possible and provide our residents with exceptional opportunities to ‘Live, Work, Play and Get Involved’ – the Reston motto.” Part of Reston’s Phase 2 is focusing on the redevelopment of the town “villages.” “All of this, Metro and Reston’s growth and refreshing, goes together.”

Kneueven does wish that the Wiehle-Reston Station East was not the short-term terminus for the Silver Line. “Of course that creates its own problems with traffic, but we have planned and prepared and will do everything we can to offset those problems. We have a variety of multimodal plans in play to make access to Metro and around Reston even easier for bikes, and pedestrians, as well as intersection improvements to help keep the traffic flowing. I really believe the positive effects far outweigh any of the possible growing pains.”

Someone else who thinks the Silver Line will be good for the local real estate business is Tracy Comstock. Although she is headquartered in Tysons, Comstock also serves the real estate needs of clients in the Reston area. She can almost see the Tysons Metro Station from the window of her office. That, and the fact that so many of her foreign national clients are contacting her with the specific requirement of being near the Silver Line caused her to recently change her company’s name to SilverLine Realty and Investment, LLC. “I have numerous clients, many willing to pay cash, who have been interested in this area for years. Now that the rail line is almost here, they are ready to buy,” said Comstock. “They mostly come from big cities that have rail services and they want the same. Many come here because of our schools and because we offer a more politically and economically stable environment.” While local real estate prices may cause sticker shock to people moving here from around the country, “for some of my clients, real estate near metro lines here seems like a sale compared to where they are coming from.” At this point in time, Comstock says most of those clients are sticking to McLean and Tysons for their searches, “but you can already see the effect moving outward. Purchase inventory is very limited in those areas, so those clients, and others, are starting to be willing to widen their search – especially since they can now hop on the train and get closer to the city if that’s what they want.”

Fairfax County Supervisor Cathy Hudgins agrees with Reston Association President Kneueven about some potential pitfalls but like Kneueven, she firmly believes in the positives to be gained. “Being the short-term terminus for the new line will require us to really manage the situation, but overall this is a great thing for Reston and for all of us. The long-term impact will be to provide us with higher quality services, more opportunities for everyone, and to keep us together as a community. Of course there’s some angst. Change is hard. And this is a big change, but a great

one.” In addition to her work for the Hunter Mill District of the Fairfax County Board, which includes Reston and parts of Herndon, Hudgins has become a noted authority on transportation issues and options in the area, having served as Chairman for the WMATA Board, the Northern Virginia transportation Commission and the National Capital Region Transportation Planning Board. She has been a part of this project since Day One. “It’s exciting to see something this large and impactful finally come to life.”

Hudgins is looking forward to another opening – even before the first train carrying paying commuters leaves the station. “I am looking forward to really taking a look at the new parking facilities. I think that takes place on July 19.” Many locals don’t realize just how much parking is being made available at the Wiehle-Reston East Station. Karen Case of Reston didn’t. “I had no idea,” she said. “That should really help.”

THE FACILITY, on the north side of the station, will include a 2,300-car garage, a secure, reserved bike room for more than 200 bicycles, a Kiss and Ride area and a 10-bay bus terminal with services to connect the station to numerous stops throughout Reston and Herndon. There will even be buses to Dulles Airport and to the Udvar-Hazy National Air and Space Museum. “That is a good thing,” says Jose Morales of Herndon. “We don’t have a car right now, so it would be nice to go to places like the museum with my family. And we could go into D.C. now.” Taking the bus to the Udvar-Hazy would also mean saving the \$15 parking fee.

Angela and Mike Salafia of Reston didn’t know about the additional facilities at the station, either. Nor did they know that part of the Silver Line will have additional policing in the form of Tysons Urban Team 9, a specially selected group of law enforcement personnel authorized and funded by the Fairfax County Board of Supervisors to add additional security to the four new stations in that area. The Salafias say they are all in favor of Metrorail in Reston and will probably use it to spend more time enjoying D.C., but do admit to some reservations. “The Line goes both ways. You hope that people who come this way will care for and respect our community. We have a really great place to live here.”

This sampling of community reaction to the opening of Metrorail service through Reston and Herndon (as random and unscientific as it was) seemed to show a community that was ready for the change. Of course, “Maybe we’re just tired of waiting and all the construction, come what may,” said one unwilling-to-be-quoted Restonian. But everyone who shared their comments and thoughts seemed to genuinely believe that – properly managed, with community input and protections in place to preserve the “urburb” atmosphere, particularly on Reston Town Center – Metro’s Silver Line was a welcome addition to the neighborhood. All aboard!

Reston, Herndon Welcome Silver Line Arrival

— ANDREA WORKER

PHOTOS BY ANDREA WORKER/THE CONNECTION



Curren

Reston resident and avid cyclist **Jim Curren** can’t wait until the Silver Line pulls into the Wiehle-Reston East Station. “Actually, I guess I can, since I have been waiting since I moved here in 1986!” said Curren. “I live on a lake, and yet I am only 0.6 miles from the station. That’s fabulous! That’s what makes this area great. Access like this, and the serenity of Reston.” Curren says he will be really happy to catch a Nats game and other events in D.C. by taking the Silver Line. “I am going to the Billy Joel concert the day the metrorail opens. I thought about it, but like when a new restaurant opens, maybe you should give it a couple of days before you try it out. But, really, I think this will have a huge positive impact on our area.”



Salafia

Mike Salafia, enjoying the sunshine in Reston Town Center, is ready for the Silver Line to open its door. The Reston resident, and his wife Angela, are ready to spend more time exploring the nation’s capital. “I think there could be a few problems, maybe traffic, security, but I am generally in favor and think it will be good thing for the community,” he said.

“The Silver Line is not quite here in Herndon, but right on the doorstep.” Herndon Town Mayor Lisa Merkel thinks the arrival of Metrorail to the area is a great boon for both Herndon and Reston. “I know we’ll have some kinks to work out, but so much planning and effort and thought has gone into this project, and is still happening, that I am confident we will all benefit. We just have to keep the goal of connecting people and transit up front.”



PHOTO CONTRIBUTED

Merkel

The President of the Reston Association, and himself a Reston resident since 1987, **Ken Kneueven** couldn’t be more supportive of the arrival of the Silver Line. “It goes hand in hand with the continued smart growth and redevelopment of Reston,” said Kneueven. “The great news is that all of the stakeholders – developers, elected officials, citizens’ groups, county and state agencies and residents have worked, and continue to work together to provide the best services while protecting our Reston values.”



PHOTO CONTRIBUTED

Kneueven

She’s so sold on the Silver Line and the positive benefits to the affected communities that **Tracy Comstock** re-named her real estate business to SilverLine Realty and Investment Group. “It’s great for the business right along the lone, like in Tysons, but it is good for all the areas nearby. My clients, especially those from big cities around the world, really want to be here and near rail public transportation.”



PHOTO CONTRIBUTED

Comstock



Concerts begin
at 5 p.m.

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CALENDAR

Send announcements to
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Deadline is Friday for the following week's
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THURSDAY/JULY 3

Crosby, Stills & Nash. 8 p.m. Wolf Trap, 1645 Trap Road, Vienna. Folk royalty of Woodstock reunite in musical celebration of one of the most creative supergroups in rock 'n' roll history. Tickets: \$35-\$60. www.wolftrap.org/

An Evening with Enter The Haggis. 8 p.m. Jammin Java, 227 Maple Avenue East, Vienna. Toronto roots rock band, Enter The Haggis, has proven itself to be a true grassroots success story, and never has this been more evident than with the group's latest release, *The Modest Revolution*. Admission: \$20. 703-255-1566.

Taratibu Youth Association: Freedom is an Action Verb. 10:30 p.m. Wolf Trap, 1551 Trap Road, Vienna. An ensemble of talented young dancers perform hip-hop, modern, and traditional African dance to powerful music including contemporary gospel, spirituals, and native Zulu and Kiswahili vocals. Admission: \$8. 703-255-1900.

FRIDAY/JULY 4

Great Falls Fourth of July Celebration. 9 a.m.-1 p.m. Great Falls Village Centre, 776 Walker Road, Great Falls. Walk/run, parades, festivities, fun and food. Fireworks at Turner Farm Park on Saturday, July 6. Visit www.celebrategreatfalls.org for more.

Vienna's 4th of July Festival and Fireworks Show. 11 a.m.-9 p.m. Live musical entertainment, arts and crafts for kids, antique and classic car show and fireworks. Visit www.viennava.gov.

McLean 4th of July Fireworks Celebration. 8 p.m. Langley High School Stadium, 6520 Georgetown Pike, McLean. Enjoy food and music and receive a flag from the McLean American Legion. Shuttle busses will be available at St. John's Episcopal Church and the McLean Community Center. Free. 703-790-0123.

Enter the Haggis All-America BBQ Dinner Add-On. 6 p.m. - 9 p.m. Jammin Java, 227 Maple Ave. East, Vienna. Toronto rock band plays hits and music from its latest release, *The Modest Revolution*. Tickets \$20. 703-255-1566.

SATURDAY/JULY 5

Counting Crows with Special Guest Toad the Wet Sprocket. 7 p.m. Wolf Trap-The Filene Center, 1551 Trap Road, Vienna. Alternative band Counting Crows and Toad the Wet Sprocket perform their hits. Tickets \$35-55. 1-877-WOLFTRAP.

SATURDAY/JULY 5 - JULY 26

R U Puzzled? 5:30-7:30 p.m. Vienna Art Center, 115 Pleasant Street NW, Vienna. The Vienna Arts Society presents walls of giant puzzles created by assembling 12" puzzle pieces. Reception on Saturday, July 12 from 5:30-7:30 p.m. 703-319-3971.

SUNDAY/JULY 6

American Idol Live! Tour 2014. 8 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. See the top 10 finalists from this season's American Idol. \$30-70. 1-877-WOLF.

TUESDAY/JULY 8-WEDNESDAY/JULY 9
Mr. Molecule: Big, Bang, Boom!

Science Show. 10:30 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Mr. Molecule leads wild and wacky experiments that illuminate scientific principles and inspire curiosity. Tickets \$10. 703-255-1900.

TUESDAY/JULY 8

Replay America 2014. 8 p.m. Wolf Trap-The Filene Center, 1551 Trap Road, Vienna. All-star lineup of '80s New Wave, punk and rock 'n' roll hit makers. Performers include, The Go-Gos, Scandal featuring Patty Smyth, The Motels featuring Martha Davis, Naked Eyes featuring Pete Byrne. Tickets \$25-50. 1-877-WOLFTRAP.

THURSDAY/JULY 10

Watercolor Portraits. 7:30 p.m. Vienna Art Center, 115 Pleasant Street NW, Vienna. George Williams, a Nokesville artist who transitioned from painting in oils to watercolor 14 years ago, will demonstrate his technique at the Vienna Arts Society's July Meeting. *703-319-3971.

THURSDAY/JULY 10-FRIDAY/JULY 11

Lucky Diaz and the Family Jam Band. 10:30 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Lucky Diaz and Lishy Lou perform songs from their Latin Grammy-winning Spanish-language album. Tickets \$10. 703-255-1900.

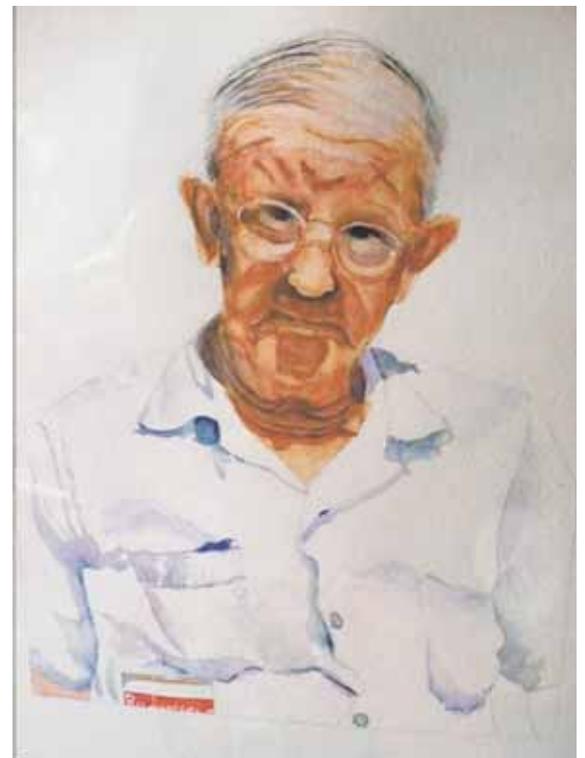
FRIDAY/JULY 11-SATURDAY/JULY 12

Disney Fantasia Live in Concert - National Symphony Orchestra. 8:30 p.m. Wolf Trap - The Filene Center, 1551 Trap Road, Vienna. Emil de Cou, conductor. Experience Disney magic on the big screen when the National Symphony Orchestra casts an enchanting musical spell on sorcerer Mickey and other cherished characters from the animated masterpiece.

FRIDAY/JULY 11

Summer on the Green Concert. 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. Bring chairs and blankets to come hear some rock and country with Stealin' the Deal. No alcoholic beverages allowed; recommended pets be left at home.
McLean Farmers Market. 8 a.m.-12 p.m. Fridays, May 2-Nov. 21. 1659 Chain Bridge Road, McLean. www.fairfaxcounty.gov/parks/farmersmarkets/mcleanmkt.htm

Scars on 45 + Broken Anchor. 8 p.m. Jammin Java, 227 Maple Ave. East, Vienna. After years of struggling to become known in England, the band gained fame when their song "Beauty's Running Wild" was featured in an episode of CSI: New



"Papa" watercolor by George Williams. Williams, a Nokesville artist who transitioned from painting in oils to watercolor 14 years ago, will demonstrate his technique at the Vienna Arts Society's meeting on July 10 at the Vienna Art Center, 115 Pleasant Street NW, Vienna.

York. Their single "Heart on Fire" is the lead song on the 8th season soundtrack of the show "Grey's Anatomy." Tickets \$12-15. 703-255-1566.

SATURDAY/JULY 12

Great Falls Farmer's Market. 9 a.m.-1 p.m. Great Falls Village, 776 Walker Road, Great Falls. Don't forget to bring your recyclable bag. www.greatfallsfarmersmarket.org.
Oakton Farmers Market. 10 a.m.-2 p.m. Year round. Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. www.smartmarkets.org/
Vienna Farmers Market. 8 a.m.-12 p.m. Faith Baptist Church Parking Lot, 301 Center Street South, Vienna. www.viennafarmersmarket.com.
Model Trains at Open House. 1-5 p.m. Historic Vienna Train Station, 231 Dominion Rd NE, Vienna. See and hear model trolleys, steam, and diesel trains plus Thomas and friends. Free admission. 703-938-5157. www.nvmr.org
DinoRock. 10:30 a.m. Wolf Trap Children's Theatre-in-the-Woods, 1551 Trap Road, Vienna. Meet Stella Stegosaurus, Tootsie the tap-dancing Triceratops, and their life-size, prehistoric friends for an imaginative introduction in to the world of science, nature, and history. Tickets \$10. 703-255-1900.

SUNDAY/JULY 13

Summer on the Green Concert. 6:30 p.m. Vienna Town Green, 144 Maple Avenue E, Vienna. Bring chairs and blankets to come hear the Village Jazz Band.
Tyson's Farmers Market. 10 a.m.-2 p.m. NADA Campus, Greensboro & Westpark Drive. www.tysonspartnership.org

WEDNESDAY/JULY 16

Birthday Bash. 6-8 p.m. The Dandelion Patch, 111 Church Street NW, Vienna. Girls' Night Out 20th Birthday Party with an ADMK jewelry trunk show, Scout bag showcase, free chair massages, cocktails and treats from Amphora Bakery. Please RSVP to 703-319-9099.

NEWS

Michel Rene Salon & Spa Celebrates 35th Anniversary

Michel Suissa and Rene Szramski, co-owners of Michel Rene Salon & Spa, are celebrating their anniversary of 35 years in business. The Salon has been operating in the same location for the last 25 years. On behalf of the Salon, Michel and Rene would like to thank their customers for support during this period.

Michel Suissa, French-Moroccan born, and Rene Szramski, a Washington native, invite you to experience their state-of-the-art salon.

Whether you are looking for a trendy European style or Keratin treatment, their experienced staff will meet your individual needs.

They specialize in color correction with a complimentary hair consultation to match the right highlight and lowlight or a combination of both that best expresses your individuality and style.

The Salon has continually been the cutting-edge for new services



PHOTO CONTRIBUTED

Michel Suissa and Rene Szramski, co-owners of Michel Rene Salon & Spa, are celebrating their anniversary of 35 years in business.

and products. The latest is the new Blow-Dry Bar, another first for Vienna. There is always a new service being added.

With a visit to the Salon a customer receives an individual

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Through the mastery of the Salon, customers leave with an uplifting experience.

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SPORTS



Blue Jays Win Vienna Little League Championship

The Blue Jays won the Vienna Little League Majors Town Tournament Championship Saturday night in a well-played game that went into extra innings against a tough opponent in the Orioles. Pictured are: (in back) Coaches Phil Whitworth, Adam Vance and Duane Knauf; left to right - Jason Pan, Chris Polymeropoulos, Dean Vance, Jackson Winton, Corey Knauf, Jack Zerbe, Matt Shutello, James Mills, Amr Ebrahim, Charles Son; kneeling - Ben Artz and PJ Whitworth.



PHOTO BY CARIN BOUHAROUN

Shouse Village Sharks Lose against Forrest Hollow

Shouse Village Sharks lost against Forest Hollow 272 to 148 in NVSL Division 8. Double winners for Shouse were Evan Bremser, Ryan Sriabar and Charlie Williams. Single winners were James Bouharoun, Kara Bremser, Alex Brilliant, Mary Collins, Grace Myers and Fiona Williams. In a picture, Sara Vavonese swimming the Girls 13-14 50 Butterfly.



PHOTOS COURTESY OF TYSONS PARTNERSHIP

Hundreds of bikers embraced the challenging 1-mile closed course that circled around Tysons Boulevard and Westpark Drive.

Tour de Tysons Attracts Hundreds

427 cyclists swarm Tysons.

The 2nd Annual Tour de Tysons bicycle races attracted a record 427 cyclists who competed in nine separate races. Prize money was awarded to winners. Food, music, and merriment were awarded to all who attended, including hundreds of spectators.

"It's a great day for bicycles in Tysons," said Providence District Supervisor Linda Smyth.

On the eve of the Tour de France, Tour de Tysons was the site of spirited competition among the region's top cyclists and cycling clubs. Hundreds of bikers embraced the challenging 1-mile closed course that circled around Tysons Boulevard and Westpark Drive. The longest race was 35 miles, with speeds reaching 27 miles per hour.



Men's Pro/CAT1/CAT2 winner: Timothy Rugg/Battley Duccati.

"This event celebrates the key role of bicycles in the present and future of Tysons," said Michael Caplin, Director of the Tysons Partnership. "Life-style in Tysons is evolving in favor of pedestrians, bicycles, busses and our new Silver Line Metro."



Tour de Tysons bicycle races attracted 427 cyclists who competed in nine separate races.

Summer Health and Safety Hazards

Keeping danger at bay during warm weather months.

BY MARILYN CAMPBELL
THE CONNECTION

Summer comes but once a year. From picnics and days at the pool to backyard barbecues and day-long hikes, many of us spend the season outdoors. Danger, from water-related illnesses to heat stroke, often comes with the fun, however. Public safety officials say people can prevent accidents and illnesses by taking safety measures and staying informed.

"One of the core messages with public health is that we can't be everywhere all the time," said Glen Barbour, public safety information officer for the Fairfax County Health Department. "It is really in the hands of the public to take precautionary measures and protect themselves."

Celebratory sparklers are popular during the summer, but they're a source of danger. The U.S. Consumer Product Safety Commission (CPSC) reports that 60 percent of fireworks injuries occur around July 4th. Hand, eye and face injuries are among the most common.

"The first thing that we recommend is viewing fireworks displays in a public place that has been permitted and checked for safety," said Dan Schmidt, spokesman for the Fairfax County Fire and Rescue Department. "It saves them money and provides a safe environment to view fireworks."

Other safety officials agree. In fact, fireworks are banned in the City of Alexandria. "We have close to 100 percent compliance, so we don't see many injuries," said Tony Washington, spokesman for the City of Alexandria Fire Department.

For those who decide to use consumer fireworks, there are a few safety considerations to keep in mind: "Fire them from a flat surface and make sure there are no combustible materials near the fireworks," said Schmidt. "Have bystanders at least 25 feet away, read the directions and don't let children handle or light fireworks."

OTHER SUMMER HEALTH HAZARDS are equally preventable. From recreational water illnesses to sunburns, staying informed about potential hazards and strategies for keeping them at bay can lead to a more fun and relaxing summer for everyone.

"The best way to prevent recreational water illnesses is to keep germs, pee and poop out of the water," said Kurt Larrick, spokesman for the Arlington County Department of Human Service. "Check diapers frequently and take a shower with soap before going into the water."

Fairfax County issues the same message. "The main thing that we at the health department emphasize is gastrointestinal illness caused by feces in the water," said



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Water-related injuries and illnesses increase during the summer. Among the best defenses against such hazards are awareness and good safety practices like teaching children how to swim.

Barbour. "We encourage people, especially the parents of small children, to not go to a public pool when they have diarrhea."

Barbour warns of factors that might give the public a false sense of security. "We want parents to be mindful that not all germs are killed right away, even in chlorinated water, and that leak-proof diapers don't always keep feces out of the water."

Other preventative measures include frequent hand washing, taking a shower before entering a public pool, discouraging children from drinking water that is used for swimming and giving young children bathroom breaks at least every 60 minutes.

In addition to illnesses, other water-related dangers spike during the summer. "They are a lot of accidents like drowning," said Barbour. "Teach their kids how to swim, watch young children very carefully when they are near water."

Swimming with a partner and wearing a life vest when boating are also important. "Should someone fall in the water and injure their head, the life vest will keep them floating," said Barbour.

Heat-induced ailments like sunburns, heat rashes, heat exhaustion and heat stroke are other hot-weather culprits. "The three most important things to do to prevent them are drink enough fluids, wear proper clothing and choose the best times to be out-

side," said Caroline Sutter, RN DNP-BC, assistant professor of nursing, George Mason University. "Avoid the extreme heat of mid-day."

Wearing sunscreen, staying hydrated and avoiding alcohol when in the heat are also good ideas. "Most of the research shows that you should drink water before going out into the heat, even if you don't feel thirsty. Thirst is the last warning sign of dehydration," said Sutter.

"After you come in you can add back water with sports drinks that have electrolytes."

Know the warning signs that it is time to get out of the heat: "Heat cramps are the first thing that you'll feel," said Sutter. "Your muscles will get tired and cramp easily because they aren't getting enough blood flow."

Nausea, vomiting and headaches are also clues. "Your body is good about giving you warning signs," said Sutter. "If you listen to your body you can avoid some of these major complications."

The elderly and very young children are at greatest risk of heat illnesses.

"Children in sports camps or outdoor camps should wear sunscreen and have regular rest breaks in the shade," said Rosemarie Berman, RN, Ph.D., chair, B.S.N. program; assistant professor of nursing, Marymount University in Arlington. "A well-

regulated camp will have regulated rest periods."

Barbour said, "Parents of infants and small children should be aware because a baby can't tell you when they're sick. Check on elderly neighbors who don't have air conditioning."

Avoid leaving the elderly, young children and pets in small, enclosed spaces like cars. "They could die even after a short period of time like when you're running to get gas," said Sutter.

Stay informed about potentially dangerous weather like heat waves. "We have cooling centers open on really hot days," said Barbour. "You can also go into an air conditioned public space like a library."

BITES FROM MOS-

QUITOES and ticks can also pose health threats. "People should be mindful that we do have West Nile Virus and Lyme disease in our area," said Barbour. "When summer comes people are outside and are exposed to insects that cause people to get sick."

Heavily foliated spaces, like those with tall grass, are where such bugs hide. "If you're in an area where the grass is high, on the fringes of a park or even your backyard, be aware," said Barbour.

When hiking or working outside, wear light-colored, loose fitting clothing, long sleeves and long pants. "Ticks are sneaky," said Barbour. "They will crawl up your leg without you knowing it."

Other precautionary measures include checking your body carefully for ticks after coming inside and eliminating standing water from around a home. "At least once a week, we encourage people to walk around their house and dump water from places like bird baths and your dog's water bowl."

Health and safety officials say that most summer hazards are avoidable. "Summer safety pretty much all boils down to common sense and reducing your exposure to risks," said Larrick.

More on Summer Safety

Fairfax County Emergency Information Blog
fairfaxcountyemergency.wordpress.com/

Arlington County Public Health Department
health.arlingtonva.us/

Alexandria Health Department
alexandriava.gov/health/

Fairfax County Health Department
www.fairfaxcounty.gov/hd/

Look Out Below



By KENNETH B. LOURIE

I think I know what a rampaging bull feels like; and I don't mean one on Wall Street, either. I mean one in the figurative sense: when one has a need, an overwhelming, unstoppable-type urge, to scratch that itch, to gratify that which has been delayed. What am I talking about? (You sound like my wife, Dina.) I am talking about food. More specifically, I am talking about a side effect I've been experiencing of late from the chemotherapy drug Alimta, with which I've been infused every three weeks since late September, 2013 (successfully I may add, given the shrinkage noted in my most recent CT Scan).

I would say that sometime within the last three months, for seven to 10 days immediately after my Friday infusion, food doesn't taste right; it doesn't feel right (its texture in my mouth), it doesn't digest right, its after-taste is not right; it doesn't do anything right. In fact, it's downright wrong. Oh, I still have an appetite, but the idea of actually eating doesn't appeal to me, almost instinctively, if that makes any sense. And when I do think about eating now/eating later, it's way less than thrilling and way more than simply distressing. You see, I'm an "oral-fixator" and not being able to gain any pleasure from eating is making me feel null and void.

Apparently, according to my oncologist, (If I understand him correctly, and there's a huge chance that I don't), my taste buds are being adversely affected by the Alimta, doing the same kind of damage to them that chemotherapy, generally speaking, does to hair: eliminating it/slowing its growth/changing its properties.

Consequently, my taste sensation is not sensational. It's quite the opposite. Throw in some lingering post-chemotherapy nausea and related burping, and another side effect: hiccuping, and you have a recipe not for food/eating. Not that I'm thin as a result; hardly, but I am not exactly bursting at my seams, either. Certainly I could stand to lose a pound or two, but I'd rather pick my own battles, if you know what I mean.

Fortunately, (so far) my taste issues seem to resolve themselves within the time frame I've mentioned. And oddly, therein lies a problem. After not eating much – or deriving any pleasure from eating during the previous week or so, once food regains its appeal and I can eat "normally" – for me, it's Katie bar the door. I might as well be Dan Aykroyd as Beldar from the Saturday Night Live Conehead sketches eating "mass quantities." It's not merely a slippery slope I'm on, it's more like an avalanche threat with "falling rocks." Once I start eating, I'm not stopping – until I hit bottom; of the bag, the box, the plastic container, the carton, anything. I'll admit, it's not a pretty sight, but as yet, it's a sight unseen by either man or beast. (At present I'm eating my way through a bag of Starburst Fruit Chews; I'm not proud, just hungry.)

At least I'm smiling again, and feeling more positive, which of course is a must as a cancer patient. However, that pent-up demand from a week of not eating is a killer. I wish I could stop it, but being interested in eating again feels so good – for which I'm exceedingly grateful – and so far, there's seems to be very little I can do to slow down the train. (I imagine Nabisco and M&M/MARS are grateful, too. At least now they won't have to declare bankruptcy.)

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

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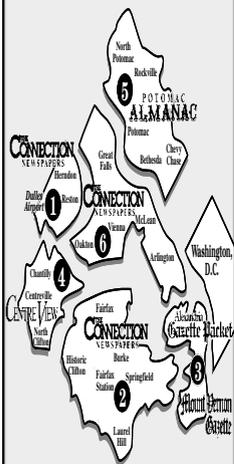
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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200

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

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