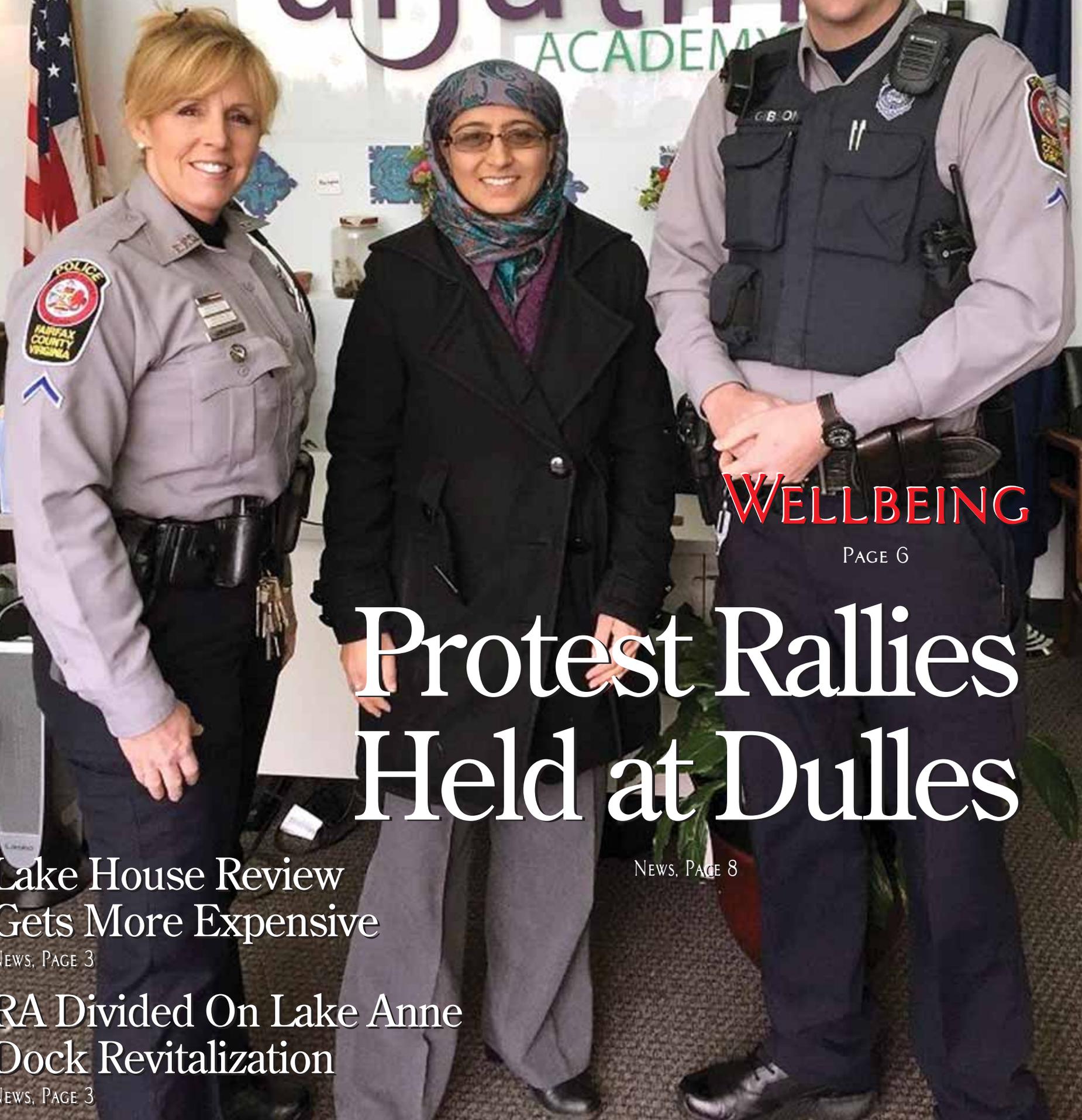


2017 VIRGINIA PRESS ASSOCIATION Award-Winning Newspaper

# Reston CONNECTION

Left, PFC Post and (right) PFC Gibson from the Fairfax County Police Department visit the Al Fatih Academy in Reston, as a show of support following recent attacks against Muslims and mosques.



WELLBEING

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# Protest Rallies Held at Dulles

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Lake House Review Gets More Expensive

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PHOTO COURTESY OF FAIRFAX COUNTY POLICE

# FEB. 11<sup>TH</sup>

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## BULLETIN BOARD

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

**Over-40 Softball League.** A Fairfax-based league is looking for enough 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.

self-esteem by providing high school students a free prom dress and other accessories. Donate new or lightly used formal dresses, shoes, jewelry, handbags & accessories, collected in boxes located in building lobbies. [restontowncenter.com](http://restontowncenter.com)

### THROUGH FRIDAY/FEB. 24

#### Photographers Invited to Exhibit in "RPS Clicks @ USGS"

The Reston Photographic Society, a special-interest group of the League of Reston Artists, seeks photographers to enter their work in the "RPS Clicks @ USGS" exhibit. Entry forms must be completed online by February 24 and works dropped off on March 1. The exhibit and entry acceptance will be at the US Geological Survey, National Gallery, 12201 Sunrise Valley Dr., Reston, VA 20191. Visit the LRA website at [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) to enter works in the exhibit and for more information on this and other events.

### FEBRUARY

**Free public service seminars** — on Decluttering (Feb. 2, McLean High School, 1633 Davidson Rd., McLean), Aging in Place (Feb. 8, Falls Church H.S., 7521 Jaguar Trail, Falls Church), Downsizing (Feb. 14, Marshall H.S. 7731 Leesburg Pk., Falls Church), & Retirement Communities (Feb. 22, Madison H.S., 2500 James Madison Dr., Vienna). For more information and seminar registration go to [RetireeRealEstate.org](http://RetireeRealEstate.org), or call 703-772-3033.

#### "Stuff the Bus" — Help for Those Facing Food Insecurity

As the holiday decorations come down and the cold winter months settle in, many people continue to go hungry in our community. For many local, non-profit food pantries, this is the time of year where donations drop to one of the lowest points. To help address this need, Fairfax County is promoting its annual "Stuff the Bus: Helping Fairfax Families" program at 14 locations. This collaborative program, now in its seventh year, is a partnership among Fairfax County Government, local grocery stores and nonprofits to restock the shelves.

Each week a Fastran bus staffed by MV Transportation personnel will park at a different location and collect food donations. The campaign started on Saturday, Jan. 14, 2017 and will run each weekend through Monday, Feb. 20, 2017. All donation hours are from 9:30 a.m. to 4:30 p.m. Please visit our website for more information.

### THROUGH FRIDAY/FEB. 24

#### Diva Central Dress Drive with Reston Community Center.

Monday, Jan. 23 through Friday, Feb. 24, collection in building lobbies. Reston Community Center's mission for the annual Diva Central Dress Drive is to promote confidence and

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## Lake House Review Gets More Expensive

Price tag for independent review goes from \$1 to up to \$45K.

BY FALLON FORBUSH  
THE CONNECTION

The Reston Association Board of Directors hired StoneTurn Group, LLC to independently review the processes it used to purchase and renovate the Lake House property. The decision was made in executive session during the board's regular meeting on Thursday, Jan. 26.

"We were successful in securing a contract ... from StoneTurn," Board Vice President and At-Large Director Michael Sanio, said during the public portion of the meeting.

The general terms of the agreement give a deadline of Feb. 28 for the review to be completed and published, according to Sanio.

"There are budget implications on that," he said.

It could cost the RA up to \$45,000 for the work to be done in time.

The cost of the review has increased significantly, since the first company selected to do the work would have only charged the RA \$1.



SCREENGRAB FROM YOUTUBE

**Reston Association Board of Directors Vice President Michael Sanio explains to the public that the contract will have budget implications and the board will have to allocate up to \$45,000 for the work to be done by Feb. 28, six months after failed negotiations began with MediaWorld Ventures, LLC.**

"It is most unfortunate that we weren't able to get to an agreement on the initial proposal," Sanio said.

An RA committee that was tasked with screening companies for the work first se-

lected MediaWorld Ventures, LLC in September 2016. However, Sridhar Ganesan, the company's CEO and president of the Reston Citizens Association, withdrew his company's proposal to perform the review

citing financial risk and restrictive contract language, as reported in the Connection in December 2016 and January 2017.

After four months' worth of negotiations fell through, the RA board immediately began negotiating with StoneTurn, which was previously screened by the special committee.

Now the board needs to decide where the funding for this additional expense will be allocated from, as it was not included in the end-of-year budget negotiations when the RA expected it would only be spending \$1 on the project, according to Sanio.

The Lake House property acquisition and renovation went over budget and has yielded revenue shortfalls ever since it was purchased in July 2015 for \$2.6 million.

One third of eligible RA voters cast ballots, with 53 percent of those in favor of authorization for RA Board of Directors to borrow \$2.65 million to purchase the property, formerly known as the Reston Visitors Center. During the month-long referendum, dozens of people on both sides of the debate held a robust dialogue on the merits of purchasing the property.

At the time, many opponents objected to the cost of the building and the value of the purchase. The assessed value was about half the purchase price.

## RA Divided On Lake Anne Dock Revitalization

BY FALLON FORBUSH  
THE CONNECTION

The Reston Association needs to replace its aging dock at Lake Anne Village Center, but its Board of Directors were divided on how to move forward with the work during its last meeting on Thursday, Jan. 26.

This is because some members of the board and community members are advocating for the RA to approve additions to the dock's original design because they feel the dock and lake are underutilized. "We're really here for you to consider and approve adding our request for usability improvements as part of the initial requirements for the dock replacement project," Rick Thompson, resident and president of the Lake Anne at Reston Condominium Association (LARCA), said during the meeting.

He is also the husband of RA Board Secretary and At-Large Director Eve Thompson. Together, they own the Lake Anne Coffee House and Wine Bar located in the Lake Anne Village Center.

As reported in the Connection last week, Rick Thompson's condominium association worked with the Fairfax County Office of Revitalization to create designs that would improve lake access, including adding dock fingers that extend from the main dock so more

boats can access the plaza; water-level steps to facilitate canoe and kayak docking, which would also help bring the dock into compliance with federal American with Disabilities Act requirements; and floating extensions of the dock for seating and tables.

"There is no funding appropriated to this project at this time," said Bridget Hill, spokesperson for the Fairfax County Office of Revitalization.

**THE ISSUE** at hand is that no one knows how much these improvements would cost and no one wants to pay for them. Proponents for the dock's revitalization are using the dock's required maintenance to make the additions happen simultaneously.

"But a lot of these are quick fixes and a lot of these, I think, are low-cost solutions or can be pulled into what is happening now, such as this dock replacement ... so this may be the right time to move forward with some of these short-term and longer-term recommendations," Hill said.

The dock is not replaced often. In fact, it has never been replaced throughout Reston's history and it is high on RA's list of facilities that need maintenance. The dock was approved for replacement by the RA Board in November 2015.

"From our perspective, this is essentially a one-time opportunity ... and it's something that we would like to take advantage

of," Thompson said.

For now, the RA has only approved \$422,300 for an in-kind replacement of the dock. However, the in-kind replacement will also have improved structural stability that could accommodate future additions, according to Garrett Skinner, the RA's new director of capital improvement planning and projects.

This means that the new dock could accommodate future enhancements or improvements like the ones that LARCA and community members are requesting.

"You would not necessarily have to redo anything if you so choose to add additional features [later]," Skinner said.

**THE DESIGN** of the in-kind replacement of the dock is just over 50 percent complete and should be complete within the next month.

Skinner also plans to provide cost estimates for the board to review that would also include requested improvements to compare the price difference between making improvements in tandem with the dock's replacement or just replacing it like-for-like and pushing the decision to improve later.

"The bulk of the expense ... is with the direct replacement of the dock as is," Skinner said. "The additional features ... will have a cost, but those will be add-on costs to what is already there."

Some of the board members voiced strong

opposition to spending any further money.

"This board has way too much on the table already," said At-Large Board Director Ray Wedell. "This Lake Anne project is something for the new board to deal with next year."

Board Director Lucinda Shannon, who represents the Hunter Woods/Dogwood District, also voiced concern for adding another capital project in the midst of dealing with the Lake House independent review and that project's associated cost overruns.

"We've had several capital projects that we've started, they've been put on hold because we've had questions about our process, about our transparency and about how we're accomplishing things. How can we start another major capital project when we already have these questions that we've committed to the public and the members of the association who pay the dues ... to find the answers and create a better process before we start anything else?" Shannon said.

She also told director Eve Thompson that she had a conflict of interest that she failed to disclose by not announcing at the meeting that she and her husband own their business near the dock.

For now, the board removed the project from consideration and did not make any motions to discuss further.

# OPINION

## So Much Happening, Don't Blink

**Demonstrations at Dulles in reaction to travel ban; fast moving General Assembly lacks transparency; other key issues.**

**T**here is so much going on this week: Locally, the effects of a travel ban at odds with American values played out at Dulles International Airport, but stimulated a heartening response, with volunteer attorneys offering help, local, state and federal elected officials demanding accountability and peaceful demonstrators protesting the un-American assault on travel from particular Muslim-majority countries.

"I was just amazed at the number of people, the energy, the spirit, the spontaneity," said Del. Marcus Simon, who used FaceBook Live to share the scene over several days. "In some ways, it was heartening, to see so many Northern Virginians reacting."

See reporter Tim Peterson's story in this paper.

**CROSSOVER** is Feb. 7; that's when only bills that have passed either the House of Delegates or the Virginia Senate can move forward.

As this date approaches, the General Assembly has a serious transparency issue, as it continues to kill most proposed legislation with unrecorded voice votes in subcommittee, with no accountability or record of how members voted.

This was raised to new heights earlier this week, when a House of Delegates subcommittee killed proposed constitutional amendments including non-partisan redistricting and restoring voting rights of felons, along with more than 20 proposed amendments, in a single vote.

John Horejsi of Vienna, who heads the organization Social Action Linking Together, notes that his organization is unable to track what

happens to legislation they support. This headline, which ran last week on [www.roanoke.com](http://www.roanoke.com), says it all: "Bill to require recorded votes dies on an unrecorded vote, again."

State Sen. Creigh Deeds continues important work on mental health reform, citing three priorities this year, requiring most of Community Services Boards around the state to provide same-day service and certain outpatient services; to assess and provide care for inmates who have mental health needs; and long-term supportive housing to help avoid repeated mental health crises.

About 200,000 people in Virginia have had their motor vehicle licenses suspended for a legal infraction that has nothing to do with a driving offense. And 650,000 people in Virginia have a suspended license for failing to pay court costs. This is an obstacle to holding a job and being able to meet other obligations, and legislation to stop this counter-productive practice is still alive in the Virginia Senate.

The sale of high-proof grain alcohol in Virginia Alcoholic Beverage Control stores passed the House of Delegates earlier in the session, and is just foolish.

**EFFORTS** by state Sen. Adam P. Ebbin and others, supporting repeal of the Virginia constitutional amendment approved by voters in 2006 forbidding gay marriage should move forward. The 2006 amendment is no longer valid because the U.S. Supreme Court in 2015 legalized same-sex marriage.

State Sen. Chap Petersen introduced a doomed bill to ban contributions from public utilities. "Monopolies like Dominion or Appa-

lachian Power have an undue influence on the political process. That leads to legislation which has a direct cost to Virginia consumers, both residents and small businesses," Petersen said.

It looks like the felony threshold will increase to \$500 from \$200, an important distinction championed by Petersen and state Sen. Scott Surovell.

While the constitutional amendment to address voting rights for felons who have served their sentences died in the above action, Gov. Terry McAuliffe should be commended for restoring the civic rights of more than 128,000 Virginians, and his plans to restore rights for any remaining Virginia citizens who lost their rights. This has been a laborious and worthy process, adapted as needed to meet legal challenges and court rulings.

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

### Submit Photos to Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Feb. 15.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

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



COMMENTARY

## At the Half 2017

**T**he 2017 session of the General Assembly that got underway on Jan. 11 is barreling ahead towards its midpoint of Feb. 7. At that midpoint, referred to as "crossover," the House of Delegates and the State Senate must have completed action on bills that were introduced in their own chamber and start to work on bills from the other chamber. In order for a bill to become law it must pass both houses exactly alike before being sent to the Governor for signature. Already about half of the bills that were introduced will have been defeated. See how your favorite bill is faring by going to <http://lis.virginia.gov/lis.htm>. If the bill you felt most important to pass has

been defeated, there really is no hope that it can be revived unless there was a companion bill that survived the other house of the legislature. For bills you really oppose that passed their house of introduction, it is time to get to work lobbying members of the other house. Keep in mind that all the work of the Assembly for this annual session will be finished by about Feb. 24.

Some generalizations that can be made about the session to date, subject to shifting winds in the next few weeks, follow. There is a commitment to giving state employees a raise especially for State Police where turnover has become

excessive with the low rate of pay. Providing the state share of funding for teachers who are local employees remains in doubt except that additional funding to schools is likely in a small amount. Funding for expanded mental health services that the Governor and a legislative study group recommended is likely. The need in this area is very serious.

The Republican majority that has a history of supporting less government but obtrusive laws into people's private lives defeated an anti-LGBT bill much like the one that passed in North Carolina. The bill they passed last year was vetoed by the Governor. There are bound to be more restrictive laws on women's reproductive deci-

sions passed, but Governor McAuliffe has pledged to veto such bills.

The appetite to expand access to guns seems insatiable. Numerous bills to expand access to concealed weapons and the defeat of bills that promote gun safety continues unabated. My bill to expand criminal background checks for all gun purchases was defeated in subcommittee.

Redrawing legislative district boundaries after the next federal census is of increasing concern to citizens who want voters picking their representatives not legislators picking their voters with most elections consisting of uncontested

SEE PLUM, PAGE 9

Reston  
**CONNECTION**

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## OPINION

# Fear, Anger Make National Politics Local

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST



INDEPENDENT PROGRESSIVE

The aftermath of the 2016 Presidential Election sent shockwaves around the nation and through our community. The ferment from turmoil around the White House seems especially strong in Reston.

During the transition while some were still pulling up Clinton-Kaine yard signs, an early Trump uproar centered on the President-elect's ethics or lack thereof. Our first corporate President refused to separate himself from his vast business enterprises. Whoa, that is totally inappropriate! You must divest all, announced the Director of the low profile Office of Government Ethics. This brave bureaucrat who stood and spoke this obvious truth to the then President-elect and most-powerful-man-in-the-world-to-be is South Lakes graduate Walter Schaub.

The day after the new president's inauguration on Jan. 20, the largest throng of people I ever saw descended on the Capitol area to protest Mr. Trump's inauguration. The "Women's March answers the Inauguration" headlined the Washington Post the next day. We attended the March and saw with our own eyes thousands of Restonians boarding the Silver Line trains to join a protest as large (or larger?) than the inauguration itself. Enough to drive a narcissist over the edge.

Why the huge reaction to Trump, especially among women? A combination of fear and anger! Candidate Trump's demeaning treatment of women, including condoning sexual assault in a tape recording revealed late in the campaign seared the memories of women everywhere. His Party's threat to disappear the ACA and Planned Parenthood which provide vital health services to women fueled the fire. We could feel the emotion in the Marchers, but it was strongest among the women.

Pundits and others were impressed by the March and its intensity, but figured it was just that, a March. Wrong again! Since the March, millions have participated in protest actions around the country, in-

deed around the world. The new regime daily feeds the fear and anger. Trump cabinet nominees daily create new outrage among women and us men folks. To name a few: The Secretary of State nominee is Rex Tillerson, CEO of Exxon-Mobil and close pal of Vladimir Putin, the Russian who oversaw interference in our elections and has an oil drilling deal with Exxon and rumored financial links to the Trump clan. Betsy DeVos, nominee for Education Secretary dreams of disappearing public education, replacing it with a private, money-making system. Senator Jeff Sessions for Attorney General has a clock that can turn back the hands of time to days before that pesky Voting Rights Act and Civil Rights stuff. Climate change denier Scott Pruitt of Oklahoma is to dismantle the Environment Protection Agency and another denier, Rick Perry of Texas, will do the same at Energy.

Last Friday Trump proclaimed bans on Muslims and refugees coming into the United States, fueling even more outrage from the Pope and the entire planet.

Here in Reston, resistance to Trump started with a meeting of perhaps 20 at the Montmartre Café at Lake Anne organized by Kathy Robinson, Donna Shaffer and others in November. It has grown and morphed into a larger "Herndon-Reston Indivisible" group numbering 300 or more. And, Indivisible locals are springing up all over. (Google it to learn more.) And, they are organizing actions. Everyone is writing letters and emails, or calling Senators and Congressmen and the White House (comments line shut down due to the volume!) They organize sit-ins at congressional offices, and now with the Muslim ban, at airports. More each day!

Fran and I keep a list of phone numbers of Democrats and more moderate Republicans on the fridge by our phone, and we make calls every day. The next Herndon-Reston Indivisible general meeting is Tuesday, Feb. 21 at the Sunset Hills Montessori School, 11180 Ridge Heights Rd. in Reston. Join the Resistance.

## LETTERS TO THE EDITOR

### Welcome Bikes to Town Center

To the Editor:

With the furor over paid parking at RTC it would be nice for RTC to support retailers by providing free bike parking adjacent to retail outlets for people who bike. Currently RTC does not even allow the Bike Lane, with all of its cycling customers, to install bike racks.

RTC is falling behind the times in this area and retailers are losing out financially. Studies show that cyclists are an active customer base bringing in more revenue as a group than auto drivers—converting one car parking space to

bike parking accommodates ten times more customers.

Arlington has hundreds of bike racks installed and requires new development to provide sufficient bike parking. Their goal is to allow people who bike, to park quickly, in well-lit locations, adjacent to their destination. DC has installed more than 1,000 outdoor bike racks across the city and is constantly adding more. Even Tysons Mall has bike parking adjacent to Gordon Biersch, Barnes and Noble, Macy's, LL Bean, California Pizza Kitchen, and Panera. (And their car parking is still free.)

RTC should dramatically increase accessibility for existing customers and attract new ones with bike parking adjacent to retail outlets. These amenities encourage people who bike to stop, stay, and spend. If RTC

goes bike-friendly, everybody wins: people who bike benefit from essential services while businesses gain a loyal, customer base. A rapidly expanding customer base, considering the growing number of millennials without cars and other people who bike in Reston.

Dan Kole  
Reston

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3. no longer owned or known



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# WELLBEING

## To Move Or Not To Move

### Local family moves mother into newly opened Kensington Falls Church.

BY MARILYN CAMPBELL  
THE CONNECTION

One of the most heart-wrenching decisions that Denise Schossler, her two siblings and her 95-year-old mother had to make was whether or not to move her into an assisted living facility, leaving the home where she's lived since 1954. Physical limitations and a need for social interaction drove the decision to relocate to the newly opened Kensington Falls Church.

"My mother has managed to stay in her home all this time with the help of an aide who comes every day, but she realized that it just couldn't continue. One of the main things is the isolation and the loneliness," said Schossler. "She needs more social interaction than she gets alone in her home. She's someone who's had an active social life, but now it's just television and books."

A dearth of social interaction is one of the factors that can lead seniors into assisted living facilities. In fact, a recent study published in the Journal of Gerontology shows that seniors living in assisted living facilities have fewer unmet needs such as companionship, help with cooking, bathing and doing laundry than those who live independently. However, the survey of more than 4,000 people over the age of 65 shows that even in such retirement communities, unmet needs still exist. To address this challenge, local gerontology experts say that families must determine whether a loved one's needs meet the criteria for assisted living candidacy and once placed, work to ensure that those needs are being met.

"In counseling families making this difficult decision, I focus on safety factors for the patient and other family members," said Maureen Moriarty, D.N.P., assistant professor of nursing at Marymount University in Arlington. "Often cognitive impairment is the reason for assisted living. Perhaps memory is affected so the patient can no longer safely drive or remember the steps in carrying out activities of daily living such



PHOTOS COURTESY OF KENSINGTON AT FALLS CHURCH



Denise Schossler's 95-year-old mother will move into the newly opened Kensington Falls Church assisted living facility later this month.



as cooking, bathing or management of finances."

In making this decision, an evaluation by an objective gerontology expert can be necessary, says Patrice Winter, DPT, assistant professor at George Mason University in the Department of Global and Community Health. "They come out and evaluate the house and the person as well," she said. "You have an objective, unemotional person instead of an adult child going, 'Mom you can't live here anymore.' and the mom saying, 'Stay out of my business.'"

Such an evaluation will show that there are times when a lifestyle adjustment is all that is needed. "Sometimes they can offer simple solutions that can make huge changes," said Winter. "Could it be that they need their eyesight and hearing checked? Or the washing machine moved upstairs? so they can do laundry more frequently?"

When seeking an evaluation, Winter recommends local social service agencies such as the Fairfax County Area Agency on Aging. "The issue may not be cognitive, but the need for a living environment with more

**"She needs more social interaction than she gets alone in her home. She's someone who's had an active social life, but now it's just television and books."**

— Denise Schossler

support may be triggered by physical limitations," added Moriarty. "Perhaps a chronic degenerative illness such as Parkinson's Disease has left the patient with physical care needs beyond the scope of family members."

Safety can become an issue when family members' physical limitations restrict the quality of care they are able to offer. "This opens issues not only to patient safety but also the family member may be frail or have their own physical limitations that limit their capacity to assist someone who, for instance, has balance loss," said Moriarty.

### Local Resources

- ❖ Alexandria Area Agency on Aging  
<https://www.alexandriava.gov/Aging>
- ❖ Fairfax County Area Agency on Aging  
<http://www.fairfaxcounty.gov/dfs/olderadultservices/>
- ❖ Arlington Aging and Disability Services Division  
<https://aging-disability.arlingtonva.us/>
- ❖ Kensington Falls Church Open House  
Feb. 1, 5 and 22, 4:30 to 7 p.m.  
700 West Broad St., Falls Church

"The key assessment as a clinician for me is that the family no longer has the resources to care safely for this individual in a home environment."

"If there is any question at all, the person should have a medical evaluation," added Winter. "There could be an imbalance in the system that could cause changes so a really good physical by a geriatric internist would be paramount before any drastic actions are taken."

Once a senior has moved into an assisted living facility, they often need someone to advocate on their behalf. Regular visits and telephone calls to both the family member and the staff are necessary. "You need to make sure you know what's going on," said Thompson, who recently moved her own mother into an assisted living facility. "It's OK to be a pest. I communicate with the staff at my mother's facility. She complains to me about things that she won't complain to the staff about so I have to complain on her behalf."

Even in the best of facilities, a person's needs can be inadvertently overlooked, says Thompson, so a family member's presence is necessary. "Walk around, pay attention to how other residents seem," she said. "Are they happy and engaged or are there signs of neglect?"

"Establish a relationship with those providers who will be involved in the care of your family member," added Moriarty. "Become part of the team by attending regular team meetings. Make them aware of your loved one's special needs. For example, if your family member always had tea in the morning, request that this continues."

Schossler says that her proximity to the Kensington Falls Church will allow her to be in regular contact with both her mother and the staff.

"My mother has grandchildren and great-grandchildren and we can visit her because the Kensington is just a few minutes away from where I live," she said. "My mother has already made connections with three people who will be there, so she's looking forward to moving. We happened to find the right fit at the right time."

### WELLBEING NOTES

#### THROUGHOUT MARCH 2017

**Free Public Service Seminars.** March 1, 8, 15, 21, 29, at 7 p.m. on Selling Your Home, Aging in Place, Downsizing, Retirement Communities Seminars. Free public service seminars on "Selling Your Home" (March 1, McLean High School, 1633 Davidson Rd., McLean), "Working With Builders" (March 8, Falls Church HS, 7521 Jaguar Trail, Falls Church), "Financing Your Retirement" (March 15, Marshall HS, 7731 Leesburg Pike, Falls Church), "Tax & Estate Planning" (March 21,

Madison HS, 2500 James Madison Dr., Vienna), and "Decluttering & Organizing" (March 29, Oakton HS, 2900 Sutton Rd., Vienna). For more information and seminar registration go to [RetireeRealEstate.org](http://RetireeRealEstate.org), or call 703-772-3033.

#### ONGOING

**Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group** takes place first & third Thursday of each month. Feb. 2nd and 16th, 2017 from 10

a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**Volunteers Needed.** PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more

and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email [lpadgett@prsinc.org](mailto:lpadgett@prsinc.org).

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

# SPORTS



PHOTOS CONTRIBUTED

**Both South Lakes High School girls and boys win Liberty Conference Indoor Track Championship on Jan. 28.**

## South Lakes Girls, Boys Win Liberty Conference Championship

**J**unior Olivia Beckner won both the 1,000 meters (2:55.67) and 1,600 meters (5:04.44) in meet record times while seniors Timiebi Ogbri and Don'ta Whitley had outstanding performances to lead the South Lakes High School track teams to the Liberty Conference Championships Saturday, Jan. 28 at the Prince George's Sports and Learning Complex in Landover, Md.

It's the sixth consecutive conference title for the girls' team and the ninth for the boys squad.

Beckner won and broke conference records in every race she competed in during the championships. Along with the 1,000 meters and 1,600, she also won the 3,200 meters on Day 1 of the championships January 19.

Senior Devyn Jones won the 300 meters in 42.72 and finished third in the 500 meters (1:20.52) and fifth in the triple jump (33-08.75). She won the 55 meters hurdles in conference record time on the first day of the championships and also finished second in the long jump and sixth in the high jump that day.

Jones was part of a SLHS sweep of the 500 meters which was won by junior Aly Rayle (1:19.62), and followed by freshman Mary Gregory's second place finish of 1:19.69. Rayle and Gregory teamed with sophomores Sophie Halkett and Cara Hutson to win the 4x400 meter relay in 4:09.53.

The Seahawks also won the top three spots in the 1,000 meters with Beckner leading the way, followed by Halkett (3:05.81) and sophomore Jordan Anderson (3:07.76).

Ogbri, who successfully defending his 55 meters title on Day 1, won the 300 meters in 36.54. Sophomore Stevie Jones was third (37.19) and Whitley finished fifth (37.43). Ogbri was also fifth in the triple jump (39-04.00) and teamed with Jones, sophomore Nicky Napolitano and junior Carson Frutchev for third in 4x200 meter relay (1:35.34). Whitley was second in the triple jump (42-01.75), second in the 500 meters (1:08.61), sixth in the high jump (5-08.00) and teamed with seniors Dimarcus Vilcheck



**South Lakes runners Olivia Beckner, Sophie Halkett, Jordan Anderson in a Liberty Conference Championship 1000 meters race, Jan. 28. Beckner won and broke conference records in every race she competed in during the championships.**

and juniors John Eggeman and Houston Nelson for third in the 4x400 meter relay (3:38.21).

Senior Peter Sepulveda was third in the 1,600 meters (4:36.57), followed by juniors Alex Loukili (4:37.35, 4th) and Sean Casey (4:38.76, 5th). Loukili ran a 2:40.55 for third in the 1,000 meters while Casey finished fifth with a 2:46.85.

South Lakes will compete in the 6A North Region Indoor Championship Wednesday, Feb. 15 at the Prince George's Sports and Learning Complex in Landover, Md.

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Gov. Terry McAuliffe appeared and spoke at the airport Saturday. U.S. Sen. Tim Kaine (right) visited the ongoing demonstration Monday afternoon.



PHOTOS CONTRIBUTED

Right, U.S. Rep. Gerry Connolly (D-11) was able to get one pair of detainees released Saturday evening with the help of immigration attorneys: Fairfax County resident and green card holder Ahmed Mohedian, 71, who had been held with his wife after returning from Iran.

# Anti-Immigration Ban Rallies Held at Dulles

**Demonstrators, volunteer attorneys and elected officials welcome travelers, extend help detainees.**

BY TIM PETERSON  
THE CONNECTION

**D**el. Marcus Simon (D-53) brought his two children, 13 and 11, to Dulles International Airport Jan. 28, not to fly, but to witness and learn.

Demonstrations sprang up at airports around the United States over the weekend, following an Executive Order by President Donald Trump that blocks travelers from seven largely Muslim countries — Iraq, Iran, Syria, Yemen, Sudan, Libya and Somalia — in the interests of more significant vetting and preventing would-be terrorists from entering the country.

Simon wasn't the only family in attendance. Many had brought their children to the demonstration.

"You show them this is what you do, how you protest, be patriotic," Simon said, "when the government does something you don't agree with. You expose them to something positive."

**THE BAN** was announced Friday and officials at airports began enforcing it immediately. Travelers from the seven countries are blocked from entering the U.S. for 90 days, and new refugee admissions from the same nations blocked for 120 days. Syrian refugees are blocked indefinitely, according to the ban.

Some individuals who hold valid visas were impacted by the ban, and others with

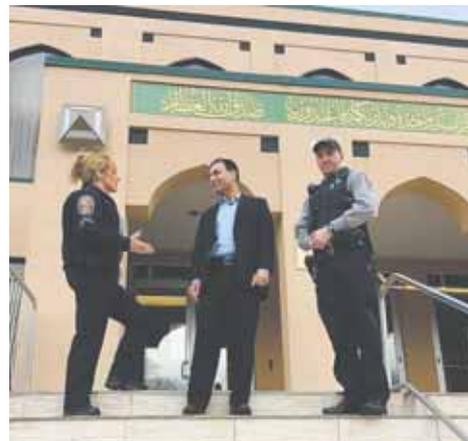


PHOTO COURTESY OF FAIRFAX COUNTY POLICE

Left, PFC Post and (right) PFC Gibson from the Fairfax County Police Department visit the Adams Center. "In response to recent attacks against Muslims and their mosques," FCPD wrote Monday in a post on Facebook, "Reston patrol officers are reaching out to the Muslim faith community in order to quell their fears and affirm that we are with them in this tragic time of need."

legal status and green cards have been detained at airports. A federal judge in Brooklyn passed a ruling over the weekend that blocked part of Trump's action, and Judge Leonie M. Brinkema of the U.S. District Court for the Eastern District of Virginia issued a temporary restraining order Saturday night specifically for those detained at Dulles.

Brinkema ordered airport authorities to grant lawyers access to detainees who are permanent legal residents, and that permanent residents not be removed for seven days.

Simon was at Dulles Saturday and Sunday, as well as state Sen. Jennifer Wexton (D-33), U.S. Rep. Don Beyer (D-8) and U.S. Rep. Gerry Connolly (D-11), asking that

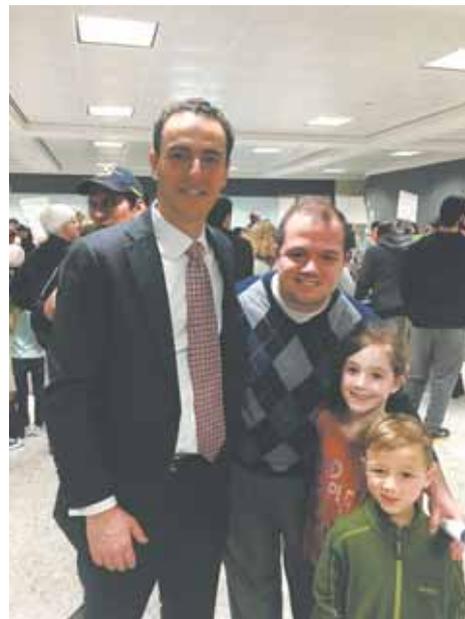


PHOTO CONTRIBUTED

Del. Simon's (D-53) wasn't the only family in attendance at anti-immigration ban rallies over the weekend at Dulles airport. Many had brought their children, including these constituents of Simon's.

some of the more than 20 lawyers present be given that opportunity to meet with the detainees.

The scenes were intense and a little chaotic, Simon said, but the demonstrators were nonviolent and positive.

"I was just amazed at the number of people, the energy, the spirit, the spontaneity," said Simon. "In some ways, it was heartening, to see so many Northern Virginians reacting to [the ban]."

Gov. Terry McAuliffe appeared and spoke at the airport Saturday. U.S. Sen. Tim Kaine (D) visited the ongoing demonstration Monday afternoon.

Connolly was able to get one pair of detainees released Saturday evening with the help of immigration attorneys: Fairfax

County resident and green card holder Ahmed Mohedian, 71, who had been held with his wife after returning from Iran. He was in that country receiving medical treatment, Connolly's office said.

"America has always stood for being a beacon of hope," Connolly said in a statement reacting to the ban. "Donald Trump would paint over Emma Lazarus's words on the Statue of Liberty. There are millions of us willing to stand with immigrants coming into our country. There are millions of us willing to insist that America's doors remain open to those fleeing injury, violence or persecution. This order was not thought through and must be rescinded. We will fight this illegal Executive Order."

Simon said airport security officials and border control told them they weren't allowed to say anything. One of the concerns, he said the legislators had heard, was that individuals arriving from the ban-affected countries were being met once they got off the plane and asked to sign a document that essentially forfeited their green card.

"If that's what's going to happen," Simon said, "it shouldn't be."

If he had just landed in a foreign country and was met by men with guns when getting off the plane, said Simon, "I'd sign anything that was stuck in front of me." That's why it was important for the lawyers to meet with these people and explain their rights to them, he added.

Another issue Simon raised was the apparent lack of information and clarity on the details of the ban — airport officials seemed unprepared for enforcing it.

"The rank and file employees, they were stuck between a rock and a hard place, a really difficult position," Simon said. Typically with a ban like this, he continued, "you'd expect there to be some more coordination with agencies, planning, and in

SEE RALLIES, PAGE 11

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# CALENDAR

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

## SUNDAY/FEB. 5

**Super Bowl Showdown at American Tap Room** 10 - 3 p.m. 1811 Library Street, Reston Town Center. All You Can Eat Brunch, pre-game tailgate party with drink features and charity raffle for a prize from 4 - 7 p.m. Take-out Wing Platter specials also available. 703-834-0400 [americantaproom.com](http://americantaproom.com)

## SATURDAY/FEB. 6

**Father Daughter Dance.** 6:30-9 p.m. at Herndon Community Center, 814 Ferndale Ave, Herndon. A moment father's will treasure for the rest of their lives and a special night for daughters. This semi-formal event will include an evening of dancing, appetizers, drinks, a photo of the couple, and a keepsake. Daughter may be accompanied by an uncle, grandfather, or a male guardian. \$50 per couple/\$25 for each additional daughter. [www.herndon-va.gov](http://www.herndon-va.gov).

## TUESDAY/FEB. 7

**IIIT Lecture "Islam and the Problem of Slavery"** 6:30 - 8 p.m. 500 Grove St., Suite 200, Herndon.

**Reston Lions Bland Competition.** 7:30 p.m. Reston Community Center at Hunter Woods, 2310 Colts Neck Road, Reston. Sixteen students with a variety of voice, piano and instrumental talents compete for awards on the local club level and for opportunities to advance to Regional, District and State finals. Participation and concert admissions are free. [restonlions.org](http://restonlions.org)

## WEDNESDAY/FEB. 8

**Fracking "What's the Fuss?"** 7:15-9:00 p.m. Reston Community Center in Hunters Woods, Room 3, 2310 Colts Neck Road, Reston. Where is it taking place in Virginia, and what should we do about it? Join Reston LWV members as they continue a two-month study of this environmental issue currently being examined both nationally and in Virginia. Learn the facts about what is happening in Virginia, whether we should be concerned, and what we should do about it. Cost: Free. 703-471-6364 [www.lwv-fairfax.org](http://www.lwv-fairfax.org)

## SATURDAY/FEB. 11

**2017 Virginia Polar Dip** Registration at noon Plunge at 2 p.m. Reston Community Center, Lake Anne Village Center, Reston. With the strength of an event such as the 2017 Virginia Polar Dip and the resources of Camp Sunshine, the goal is to raise in excess of \$100,000 in 2017. That is enough to send 40 families from the Mid-Atlantic area (including VA/MD/DC/DE/PA/WV/NC) to attend Camp Sunshine. All participants who raise at least \$100 will receive a highly coveted "I DID IT" event tshirt. [csun.convio.net](http://csun.convio.net)

**Pre-Valentine Cooking Class at Il Fornaio** 11 - 1 p.m. Il Fornaio, 11990 Market Street, Reston Town Center. Join us for our first men-only cooking class. Our chef will instruct you in an easy-to-prepare gourmet Valentine's Day dinner for your special someone at home. Recipes, shopping list, wine pairing and handy tips will be provided. \$75. [Facebook.com/IlFornaioReston](http://Facebook.com/IlFornaioReston) Reservations: [banquets.reston@ilfo.com](mailto:banquets.reston@ilfo.com) or 703-437-5544

**Handmade Valentine Card Workshop at GRACE** 9:30 - 11 a.m. Greater Reston Arts

Center, 12001 Market Street, #103, Reston Town Center. Using punches, origami, and stamping techniques, create a one-of-a-kind Valentine for someone special! Sign up the whole family for this fun workshop led by GRACE staff. Note: Parents will need to assist children with the creation of cards, and children must be accompanied by a participating adult. Adults may come on their own and do not need to be accompanied by a child. [Facebook.com/GreaterRestonArtsCenter](http://Facebook.com/GreaterRestonArtsCenter) Registration required. 703-471-9242 [restonarts.org](http://restonarts.org)

**Parthenon Huxley at ARTSPACE HERNDON** 7 - 9 p.m. Alternate Rock Singer and Songwriter. Huxley has released nine albums of critically acclaimed, award-winning music. Huxley will be accompanied by the prodigiously talented violinist Ben Hoyt of Baltimore's Peabody School of Music. Come out for this Valentines themed performance. <http://events.r20.constantcontact.com/register/event?oeidk=a07edp4z65t17e09d76&llr=uhpd6pcab>

## ONGOING

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

**Over-40 Softball League.** A Fairfax-based league is looking for enough 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.

**NextStop's Shakespeare "Much Ado About Nothing"** Jan. 19 - Feb. 12  
NextStop Theatre 269 Sunset Park Drive, Herndon. Tickets at: [www.NextStopTheatre.org](http://www.NextStopTheatre.org) 866-811-4111

**"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)

**"Some Things I Can't Explain"** Featuring Artist Rahshia Sawyer. On Exhibit through Sunday, February 11, 2017. My work contrasts a Daedalean journey of figurative photographs, with the subject disconnected from the ground as a signifier of their transforming reality. 703-956-9560. [ArtSpace Herndon, 750 Center Street, Herndon, VA 20170.](http://ArtSpaceHerndon.com) <http://www.artspaceherndon.com/ev/things-cant-explain/>

**Exercise for Parkinson's** Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. [parkinsonfoundation.org](http://parkinsonfoundation.org). [ckacenga@sportandhealth.com](mailto:ckacenga@sportandhealth.com) 703-621-4148.

**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)

**CUT Exhibition at GRACE** Through February 18 Greater Reston Arts Center, 12001 Market Street, #103, Reston Town Center. See a free exhibit by six artists that explores scientific themes, the balance of civilization and nature, and emotional displacement through a variety of paper collages, animations, immersive installations, and transformative sculpture. 703-471-9242 [Facebook.com/GreaterRestonArtsCenter](http://Facebook.com/GreaterRestonArtsCenter) [restonarts.org](http://restonarts.org)

# Plum

FROM PAGE 4

incumbents. My bill to establish a non-partisan redistricting commission was defeated. A bill to define the process as being non-political may sound good, but it is unlikely to have any effect without the process being taken over by a truly non-partisan group.

Bills that are common sense to me and to most of the constituents with whom I talk like banning the use of cellphones while driving continue to fail in the legislature. Much more to come after the half. If you have a position on an issue before the legislature, email me at [kenplum@aol.com](mailto:kenplum@aol.com).



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**Valentine's Day Horse-Drawn Carriage Rides will be available on Tuesday Feb. 14 from 5:30 - 9:30 p.m. A coach will be ready in front of Talbots for Valentine's Day. 11900 Market St. Reston.rain or shine, in front of Pavilion. [restontowncenter.com](http://restontowncenter.com)**

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# And So It Begins — Again



By **KENNETH B. LOURIE**

Thank God! Another three months, (13 weeks actually) of wedded-type bliss until my next scan scheduled for mid April. Save for four weeks of pre- and post-chemotherapy-infusion non-bliss in the interim when the effects of the before, during, after treatment will make me feel less like the person I will otherwise be — for the nine or so other weeks, I am indeed lucky to be “stable” and looking forward.

However, I will be off to a bit of a bumpy start as a result of the timing of my most recent chemotherapy infusion and its negative side effects coming so soon on the heels of the previous week’s positive scan news. Not that the negative overwhelms the positive in the slightest, it’s more that it slows down my progression from feeling abnormal to feeling normal; well, as much as one diagnosed and living with a “terminal” disease, non-small cell lung cancer, stage IV, can. Which, as you regular readers know, I’m generally able to do, except when there a blips, and for the next week, I’ll be “blipped.” Having considered the inevitable taste and eating issues I typically face post infusion, I spoke with a nutritionist this past week to see if I’ve been missing a boat somewhere. Unfortunately, other than remaining well-hydrated, it seems there’s very little I can do other than to endure the post-chemotherapy weak.

But of course, it’s the big picture (no tumor progression, no fluid build up) that matters most, not the small picture (the pre- and post-scan anxiety and the post-chemotherapy eating issues). And of course, it’s nothing new. I’ve been through variations of this routine going on nearly eight years now, since the diagnostic process began on Jan. 1, 2009, when I first visited the Emergency Room. Pain in my rib cage had migrated from one side to the other and simultaneously I was having difficulty catching my breath. Then, even I knew, I needed some medical attention. Two and a half months later after the usual schedule of tests, interpretations and more tests, I received my diagnosis with which you are all so familiar.

Amazingly, life has gone on and fallen into a sort of routine. The most recent one, going back approximately three and a half years, began with my first and only hospitalization followed up a month or so later with the beginning of my Alimta infusion. For the most part, the infusion/experience has been quite manageable, and according to my oncologist, “great.” So “great,” in fact, that we have been extending the interval of my infusions from three weeks originally to four weeks to four/five weeks to now infusing forward, every five weeks. This will give my body more time to recuperate between chemotherapy and give me more quality-weeks of life (always a concern of my oncologist); minimizing eating and anxiety issues.

For the moment, we’re keeping the scan schedule to every three months. As to our concern about trying to limit the exposure to radiation — per scan; as my oncologist sort of joked, it’s the toxins from the chemotherapy that are more harmful (it’s akin to the line from the movie “Butch Cassidy and The Sundance Kid” when Paul Newman snickered at Robert Redford’s concern about not being able to swim — should they in fact jump off the cliff into the raging river below, to escape Joe Lefors and the Indian tracker, Lord Baltimore: “Swim? Are you crazy? The fall will probably kill you.”)

So by the time you all are reading this column, Thursday-ish, I’ll be mostly back to eating normally — well, normal for me. It’s a routine I’ve become accustomed to and one with which I can live, live being the operable word. Certainly not a life without some hardships and difficulties, but still a life worth living; with some weeks harder than others; this week certainly being one of them. It won’t be pretty but soon enough it will have passed with clear sailing ahead for the next four weeks until you-know-what.

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

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## 21 Announcements

**LEGAL NOTICE**  
The Virginia Department of Historic Resources will conduct a public information hearing of the Lake Anne Village Center Historic District on February 6, 2017. The meeting begins at 7pm, at the JoAnn Rose Gallery, Reston Community Center 1609-A Washington Plaza Reston, VA 20190. Public comment regarding the proposal will be taken at the time of the hearing or can be sent to: Director Julie Langan, VA Department of Historic Resources, 2801 Kensington Avenue, Richmond, VA 23221. This proposal has been recommended eligible for the Virginia Landmarks and National Registers. This proposal will be presented to the State Review Board and the Board of Historic Resources on March 16, 2017 in Fredericksburg, VA. For a copy of the proposal and/or a boundary map, contact Aubrey VonLindern at 540.868.7029 or aubrey.vonlindern@dhr.virginia.gov.

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Left, Simon was at Dulles airport Saturday and Sunday, as well as (center) state Sen. Jennifer Wexton (D-33), and (right) U.S. Rep. Gerry Connolly (D-11), asking that some of the more than 20 lawyers present be given the opportunity to meet with the detainees.



PHOTO CONTRIBUTED

# Rallies at Dulles

FROM PAGE 8

formation.” In the press conference Saturday, Beyer referenced his Freedom of Religion Act he introduced in 2016, which stated that no one would be denied entry to the United States based on their religion.

“It’s so ironic that President Trump came out and said that we’re going to give special preference to Christians who are refugees because so many of them are being killed,” Beyer said. “Well I’m a Christian, but I respect that there are many more Muslims being killed right now, many more who are refugees.”

IN A STATEMENT released through her Twitter account on Jan. 29, U.S. Rep. Barbara Comstock (R-10) said she supports increased vetting based on national security concerns. However, Comstock said she has consistently asserted: “I don’t believe it is constitutional to ban people from our country on the basis of religion.”

“The President’s Executive Order issued yesterday went beyond the increased vetting actions that Congress has supported on a bipartisan basis and inexplicably applied to green card holders,” Comstock continued, “people who are legally within our country who have followed the rules.”

## Other Local leaders Weigh In

On her Facebook page Monday, Fairfax County Board of Supervisors chairman Sharon Bulova said:

“The Executive Order issued on Friday is offensive and counter to what defines this country. We are a nation of immigrants committed to religious freedom. I am committed to keeping Fairfax County a safe and welcoming place. When I was sworn in as chairman, I swore to support the Constitution. I believe this ban on travel is unconstitutional and I urge the judiciary to continue to exercise its role in preventing further damage to our country’s values and our reputation around the world.”

U.S. Sen. Mark R. Warner (D), released a statement Friday, the same day as the Executive Order was announced. Warner is vice chairman of the Senate Select Committee on Intelligence:

“The Trump Administration Executive Order that indefinitely suspends the Syrian refugee program and pauses visas from Muslim countries runs counter to our American values. While I have always been open to a pause on our refugee program to ensure appropriate time for intelligence and law enforcement experts to ensure we protect our national security, these actions by the President presume the solution before the review is complete. It is a policy targeting Muslims that national security experts have testified would harm, not help, our national security interests. I join the inter-

faith community in Virginia and around the country in objecting to these moves, and I will work in Congress to block an effort which trades dubious increases in U.S. security for certain alienation of partners with whom we must cooperate to address terrorism.”

The Most Reverend Michael F. Burbidge, Bishop of Arlington, released a statement as well, expressing solidarity with refugees:

“In his statement on the Executive Order halting refugee admissions, Bishop Joe Vasquez, chair of the Committee of Migration and Bishop of the Diocese of Austin, highlighted our nation’s long and proud tradition of welcoming newcomers and refugees in a humane manner, even as we have pursued a strong vetting system to ensure our safety and security. Together with Bishop Vasquez and my brother bishops, I encourage Catholics to contact our elected officials to make our voices heard: Our communities have been and will continue to be hospitable to refugees, in keeping with our legacy of welcoming the stranger. Together, we also pray for comprehensive immigration reform and for peace, safety and harmony within our nation and throughout the world.”

The full text of the Jan. 27 Executive Order is available online here:

<https://www.whitehouse.gov/the-press-office/2017/01/27/executive-order-protecting-nation-foreign-terrorist-entry-united-states>.

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## PEOPLE

# Oh, The #Adulting You'll Do

Reston resident  
writes for children  
and adults.

BY ANDREA WORKER  
THE CONNECTION

**A**lissa Buoni knows a thing or two about how to talk to kids. If being the mother to three children – Ava, Vincent, and Decklan – all under the age of six isn't enough to give her serious kid-communication credentials, let's not forget that she has a Bachelor's Degree in Psychology from Virginia Tech and a Master's in School Counseling from The George Washington University. She uses all of that experience - personal and educational - in her debut children's book "Oh, The #Adulting You'll Do."

Buoni didn't start her professional life thinking that she would add "Author" to her resume, although she admits that writing has always been a hobby and a pleasure. "I think I was around twelve or thirteen when I sent some songs I had written to several major publishing companies," she says, but the lack of Grammys on her shelves meant she pursued a more "practical" career path as she was growing up. Buoni followed the Reston motto, living, working, and playing in her hometown, working as an environmental analyst at SAIC (now Leidos) headquartered in Reston.

What pushed her to finally pull some of those unfinished drafts from the desk drawer and see them through to publication?

"Loss," she says, "and the feelings, thoughts, and new perspectives that come along with it." In 2009, Buoni and her husband Rogan Flowers lost their first child, son Kendrick, in infancy due to a rare syndrome and congenital heart disease. "The world around us is moving so fast. I'm watching my kids now grow up so fast, right before my eyes. I try to really pay attention to each day, and to help them be kids, with kids' problems, kids' joys. Let parents do their job. It's our time to do the 'adulting,' not theirs."

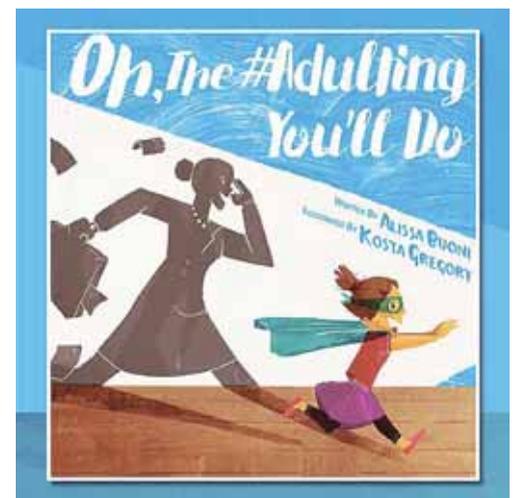
In a rhyming, sing-song and humorous fashion, Buoni's book extols the joys of childhood, while gently reminding her young audience to enjoy the day with comparisons of a child's day to the adults around them. "I told you, this is a book for both the child and the adult," she laughs.

"When you wish to be older, think long and think hard. For when you grow up instead of tag, you'll be mowing your yard...So



PHOTO CONTRIBUTED

**Alissa Buoni has published her first children's book, "Oh, The #Adulting You'll Do." Using her personal experiences as a mom to three young kids, and her educational background in Psychology and School Counseling, Buoni's illustrated storybook sings the praises of childhood, with gentle reminders for youngsters and adults to enjoy the moment.**



**Beware! That is "#Adulting" coming up behind the kid in Alissa Buoni's recently published children's book. "But it's not scary," says the author. "Just a little comparison and a way to help adult and child help the youngsters slow down a bit and enjoy just being a kid."**

today you're a kid. And it's great to be you. One day you'll grow up. Oh, the #adulting you'll do."

Buoni looks for a balance in her story, giving young readers a glimpse into adulthood without making them anxious about the future in store. "Don't get me wrong," she writes, "Being an adult is fun. There are lots of things you get to do when your days as a kid are done."