

PHOTO BY FALLON FORBUSH/THE CONNECTION
OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10



Stilt walker Michael Horne, in his abstract alien costume, greets a little girl during the Taste of Reston on Saturday, June 17.

2017
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Taste of Reston Celebrated

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NEWS



PHOTO BY MURTHY KAMBHAMPATY

From left: **Jaya Kambhampaty, 17, Daniel Gyenis, 16, Adi Kambhampaty, 15, and Tommy Hallock, 18, of the Fox Mill Woods Swim Team.**

Reston's Fox Mill Woods Swimmers Break Two NVSL Records

At the Northern Virginia Swim League's (NVSL) All-Star Relay Meet held in Fairfax, the 15-18 Boys Relay Team from Fox Mill Woods Swim & Racquet in Reston broke two league records. In the 15-18 Boys 200M Medley Relay, the team comprising Jaya Kambhampaty, Adi Kambhampaty, Tommy Hallock and Daniel Gyenis, earned a time of 1:46.96. This same team then went on to win their second race, the 15-18 Boys 200M Free Relay, with a time of 1:35.80. The team broke their own record of 1:37.12 set at the NVSL's Division 9 Relay Carnival on July 12. League records aren't made often

and having two such records broken by the same team in a championship meet is a remarkable accomplishment.

The team members include Daniel Gyenis, 16, a junior at Oakton High School; Tommy Hallock, 18, a recent graduate of Oakton High School and a soon to be freshman at Virginia Tech; Adi Kambhampaty, 15, a sophomore at Washington and Lee High School; and his brother Jaya Kambhampaty, 17, a senior at Washington and Lee High School.

Fox Mill Woods has a current season record of 4-1 and was named the Division 9 Relay Carnival champions last week.

WEEK IN RESTON

RCA Returning Reston License Plate Payments

Reston Citizens Association (RCA) is returning to individuals who wanted a Reston license plate their prepaid payment. More than 10 years ago, RCA's Dan McGuire initiated a special license plate with the Virginia Department of Motor Vehicles. The proposed plate, unfortunately, never met the minimum of 350 prepaid applications for the special license plate.

Doug Fuller of Reston designed the proposed license plate, and it featured Reston's slogan: live, work and play.

RCA will be sending notifications to all applicants and issue a refund. Any funds that are unable to be returned by Oct. 1, 2017 will be donated to a local charity by the RCA.

For more information, contact RCA Vice President, Moira Callaghan at RestonLicense@RCAReston.com.

FAITH NOTES

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

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. Call 202-986-2257 or visit www.meditation-dc.org.

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

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

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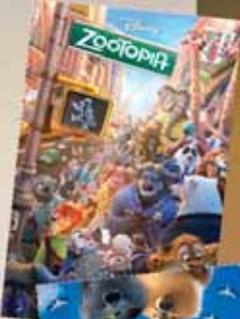
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AUGUST 12 - FINDING DORY
PG | 103 min | Animation



AUGUST 19 - ZOOTOPIA
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Reston Town Center North Redevelopment Process Begins

BY FALLON FORBUSH
THE CONNECTION

More development in Reston is in the pipeline for Reston Town Center North. The county hosted a community meeting to discuss the development in the cafeteria of the Lake Anne Elementary School on Wednesday, May 31, and all of the benches were full. Joan Beacham, project coordinator with the Public Private Partnerships Branch of the Building Design and Construction Division of the Fairfax County Department of Public Works and Environmental Services, presented the preliminary plans to the crowd.

The 49.9-acre area is owned by three entities:

- ❖ Fairfax County Board of Supervisors: 25.65 acres
- ❖ Inova Health System: 21.37 acres
- ❖ Fairfax County Redevelopment and Housing Authority: 2.88 acres

Redevelopment will require a public-private partnership in order to make the vision of a mixed-use development come to reality, however Inova has no obligation to do so.

"Inova has no immediate plans to develop the urgent care or the Sunrise Assisted Living, but based on market conditions, they could sell their property at any time," Beacham said.

Supervisor Catherine Hudgins (D-Hunter Mill) attended and stayed for the entire meeting to listen to feedback during the Q-and-A session.

"It is an extension of what is the town center as we know it today," Hudgins said during the meeting.

"Those buildings are old buildings," she said. "There are other needs that need to be served. And, just as the new police station [Reston District Police Station] and public office [North County Governmental Center] was developed, we look forward to being able to do the same."

THE PUBLIC FACILITIES Hudgins was referring to are the 70-bed, 10,500-square-foot Embry Rucker Community Shelter, which provides emergency housing for families and single individuals, and the 30,000-square-foot Reston Regional Library, which houses a collection that numbers more than 215,000 volumes. Both are located on Bowman Towne Drive, within the Reston Town Center North development area.

"This library facility is one of the most heavily used in the library system in terms of number of visits per year," according to the Reston Master Plan Special Study, which identifies changes to the county's comprehensive plan to guide future development in Reston.

The Reston Master Plan Special Study envisions more development in the area and adding green and open spaces while maintaining, if not adding to public amenities:

"The Reston Town Center North area currently contains many community uses – library, Hunter Mill Supervisor's office, pub-



PHOTO COURTESY OF THE FAIRFAX COUNTY DEPARTMENT OF PUBLIC WORKS AND ENVIRONMENTAL SERVICES

The parcel of Reston Town Center North is bordered by Baron Cameron Avenue to the north, Fountain Drive to the east, property in between Bowman Towne Drive and New Dominion Parkway to the south and Town Center Parkway to the west.



Dennis Hays, president and at-large director of the Reston Citizens Association, voiced concern for temporarily relocating the shelter and library during the meeting.



Reston Association CEO Cate Fulkerson stood up during the question-and-answer portion of the meeting to remind the developers that the parcel is subject to the RA's covenants, which would mean it is subject to the association's architectural standards and review.

lic safety, human services and health related offices. In the future, it is anticipated that many of these uses may remain and there may be the option to further develop or add public amenities. Examples of possible amenities might include a signature community green or a flexible use, community



Supervisor Catherine Hudgins (D-Hunter Mill) attended the meeting and stayed for the entire meeting to listen to feedback during the Q-and-A session.



Joan Beacham, project coordinator with the Public Private Partnerships Branch of the Building Design and Construction Division of the Fairfax County Department of Public Works and Environmental Services, presented the preliminary plans to the crowd and was bombarded with questions.

gathering plaza and/or a destination playground. A redesign of the private and public uses in Reston Town Center North is anticipated offering opportunities to better integrate urban park features, recreation and cultural amenities. This area could offer mutually beneficial and complementary

community uses and provide a significant public benefit, connecting to and building on the community-focused nature of the adjacent Reston Town Center."

"Tonight, we are here to start this process," Hudgins said.

The plan envisions a mixed-use space with residential, office, retail and public facilities:

Residential

- ❖ 360-420 market rate units
- ❖ 44-51 accessory dwelling units
- ❖ 44-51 bonus units
- ❖ 30 county supportive housing units

Office/Retail/Public Facilities

- ❖ 39,000 square feet for the Reston Regional Library
- ❖ 25,000 square feet for the Embry Rucker Community Shelter
- ❖ 4,000 square feet of flexible programming space for the community
- ❖ 174,000 to 244,000 square feet of private commercial development

"What we're doing is really implementing the vision that is in the comprehensive plan," said Beacham. "It's a preliminary concept that shows a potential grid of streets as well as the central green space and sets up urban blocks that will be a logical extension of the current town center," she added.

The development has been split into nine blocks.

"The tallest buildings would be on [Blocks] 7 and 8, and would taper down as we move towards Baron Cameron [Avenue]," Beacham said.

The open space for the development will be located in the center in what developers are calling a Central Green.

"We see it as a very active community space," Beacham said. "The Central Green is over six acres of land and it will provide opportunities for performance areas, perhaps group exercise. There will be outdoor seating and options for outdoor dining."

MEMBERS OF THE PUBLIC requested more details during the meeting.

"The real details of the Central Green, it's been a collaborative effort between Inova and the county," Beacham said. "All of those details — exactly what that green looks like, the dimensions and everything — will be available when the zoning application goes in and that application starts its process. So, there's a lot more details to come."

The shelter will be expanded and designed to accommodate emergency shelter for families and singles, permanent supportive housing for singles, a hypothermia shelter from November through March each year and supportive services. Additional public facilities within the mixed-use structures include 30 supportive housing units and 28,000 square feet of office space for nonprofits that deliver county services, according to Beacham.

Cornerstones, a nonprofit organization in Reston, operates the shelter for the county 365 days a year for 24 hours a day. The organization is supportive of the

So Many Chances to Vote

Next up, Fairfax County School Board At-Large, Aug. 29.

Do we have election fatigue? Or are we still reeling from last November's election? Every year is an election year in Virginia, and some years offer multiple opportunities.

Either way, every voter in Virginia had a chance to choose a Gubernatorial candidate from one party or the other in the primary election on June 13.

Now in Fairfax County, a countywide special election for School Board at-large will take place on Aug. 29, with absentee in-person voting already underway. Four candidates are on the ballot, Chris S. Grisafe, Sandra D. Allen, Karen A. Keys-Gamarra and Michael H. Owens. To read our story about the candidates, see www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/

Absentee voting for the special election is by mail or at the Fairfax County Government Center, 12000 Government Center Pkwy., Suite

323, Fairfax, through Aug. 25. Times: Monday, Tuesday, Wednesday and Friday: 8 a.m. - 4:30 p.m.; Thursday, 8 a.m. - 7 p.m.

Then comes the General Election on Nov. 7, with every House of Delegates seat on the ballot along with the race for governor. Lieutenant governor and attorney general are also on the ballot.

To vote in the General Election on Nov. 7, the deadline to register to vote, or update an existing registration, is Monday, Oct 16. In-person absentee voting begins Sept. 22, with the last day of Nov. 4.

For Fairfax County information: Voter Registration: 703-222-0776, TTY 711; Absentee Fax: 703-324-3725, Email: voting@fairfaxcounty.gov

Virginia Voter ID

You will need to show one acceptable photo identification card (photo ID) whenever you vote in person. This is Virginia law for all voters.

Photo IDs can be used to vote up to one year after the ID has expired.

Acceptable forms of valid identification:

- ❖ Virginia driver's license
- ❖ Virginia DMV-issued photo ID
- ❖ United States passport
- ❖ Employer-issued photo ID

Details

To see what's on your ballot: www.elections.virginia.gov/voter-outreach/whats-ballot.html

To check that you are registered to vote at your current address: vote.elections.virginia.gov/VoterInformation

To find a registration office where you can obtain photo ID, even on the day of an election, visit: vote.elections.virginia.gov/VoterInformation/PublicContactLookup

To read about candidates for the Aug. 29 special election for Fairfax County School Board: www.connectionnewspapers.com/news/2017/jul/31/low-turnout-high-stakes-special-election-school-bo/

- ❖ Student photo ID issued by a school, college, or university located in Virginia
- ❖ Other U.S. or Virginia government-issued photo ID
- ❖ Tribal enrollment or other tribal photo ID
- ❖ Virginia Voter Photo ID card

If you don't have an ID, go to a voter registration office to get a free Voter Photo ID, even on Election Day. You will be required to complete a photo ID application, have your photo taken and to sign a digital signature pad.

If you get to your polling place without acceptable photo ID, ask to vote a provisional ballot. You will be given instructions on what to do so your vote can count.

— MARY KIMM

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LETTER TO THE EDITOR

Renaming To Proceed

To the Editor:

An open letter to the community. The Fairfax County School Board voted last night [July 28] that the name of J.E.B Stuart High School be changed no later than the start of the 2019 School Year. The School Board further directed staff to start the renaming process this fall and that as part of that process — in the spirit of compromise and in recognition of the need to minimize costs as well as the desire for continuity by alumni — request that the Stuart community consider "Stuart High School" as the new name. The Board further directed staff to create a mechanism for private funding with the expectation that private funding will pay for a substantial portion of the costs.

I've met with both sides on this issue and it has yielded strong feelings and strong passions. Now that the Board has spoken, we will continue to follow the process as outlined by the School Board regulation for name changes. We will execute the renaming process in a fair, transparent, and expedient manner.

In this spirit, I invite you to join

SEE LETTER, PAGE 5

A Virginia Staycation

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



Taking a break can be good for one's mental and physical health.

If time and resource limitations stand in the way of a traditional vacation, I heartily recommend a staycation or better yet several of them over a period of time.

These short breaks from routine activities of life and work can be energizing and invigorating. You save the money of a hotel by sleeping at home with short trips away during the day. And you save time by not traveling a long distance.

Virginia is one of the best places I know for a staycation. I offer several examples here and will in future columns, but I in no way will exhaust the list of things to see and do. I'll leave out amusement parks for they are well known. Keep an open mind and approach your day away from your responsibilities — with or without others — with a positive attitude and let yourself be entertained and educated by what is around you.

No reservations are needed and on the day of your staycation do not schedule anything in the evening so you won't be concerned as to what time you return.

If you can pay for a night or two away, consider a bed and breakfast or a small cabin or camp if you are up to it. I have yet to try Airbnb, but it seems like a fine option.

One great example of a staycation is to head south to Jefferson's home Monticello. It will take about two and half hours, or longer depending on your

stops along the way, to get to this wonderful historic site. Leaving a little early in the morning will allow time for periodic stops and a more relaxing trip.

If you're heading out early you may not be ready on the way down to stop at Smokin Billy's Bar-B-Q, but note the location of his trailer alongside Route 29 (5282 Lee Highway) before you get to Warrenton for your stop on the way back. If it's smoking, stop! Hours are 11 to 8, Thursday through Saturday. (www.smokinbillysbbq.com).

Further on down Route 29 past Warrenton is Moo-Thru—"real ice cream from real dairy farmers." You will recognize it by the lines of people outside. It will make you forget your worries. (moothru.com)

Follow the signs in Charlottesville to get to Monticello, Italian for little mountain, Jefferson's home that he spent about 40 years building. Even if you do not like history, you will come to respect even more the genius of Thomas Jefferson, architect, builder, philosopher, scientist, farmer, and as he asked to be remembered, "Author of the Declaration of Independence, Statute of Virginia Religious Freedom, and Founder of the University of Virginia." Learn the critical role of slaves in building and running his estate.

Discuss on the way home the contradictions in his statement that "all men are created equal" and his ownership of slaves.

Head home and get some ice cream or bar-b-que or stop at Yoder's Market on Route 29 for some interesting shopping or eating.

It will be a full but restful day. I look forward to going on another staycation with you in the near future.



OPINION

Farmers Market Week in Reston

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



Officially, National Farmers Market Week is Aug. 6-12 this year. In Reston, the big event will be at the Reston Farmers Market on Saturday morning, Aug. 12. We'll be celebrating the farmers who bring the freshest, healthiest ingredients for your table, and the presence of Cornerstones managing the SNAP (Supplemental Nutrition Assistance Program) in Northern Virginia's top farmers market. It will be an event for the whole family — games and educational activities for the kids, a raffle for market baskets, and more.

Farmers markets go way back in America. But, as the country became more and more urban, especially in the 20th century, town and city folks lost touch with farmers. Millions of Americans have grown up thinking of food as something out of supermarkets and now big box stores. Large factory farms replaced family farms and many remaining, older farmers became contract producers for huge conglomerates. There are now about 3.5 times as many farmers over 65 as there are under 35 in the United States.

In recent years farmers markets have returned big time across America

— for good reasons. They fuel languishing rural economies while supporting better health in communities they serve — like Reston. Markets encourage farmland conservation and preservation, while educating urban consumers about where food really comes from and the benefits of fresh fruits and vegetables.

Furthermore, in Fairfax County, for example, the public cost of a local market is very low. Less than a handful of part-time Fairfax County Park Authority staff oversee 10 markets, all managed by community vol-

unteers. Complete disclosure: my wife Fran and I are two of the latter.

Farmers markets provide a rare low-barrier to entry for new farmers, ranchers and food entrepreneurs, allowing them to start small. You may know new, younger farmer-vendors in the Reston Farmers Market and what this market means for them. Also, direct marketing farmers

experience lower rates of business failure than those who exclusively sell wholesale. And, growers selling locally create, on average, 13 full-time farm jobs per \$1 million in revenue, while those who don't sell locally create only three jobs. The land they use benefits as well: 81 percent of them use cover crops, reduced tillage, on-site composting, and other soil health practices in their operations.

And, did I mention that what these hardworking folks sell at the Reston Farmers Market is really good for us. Because of the fresh fruits and veggies they bring, the American Food Index includes the number of farmers markets per capita as a factor contributing to community health. According to the Union of Concerned Scientists, if Americans really wanted to lower healthcare costs, they should boost their average daily consumption of fruits and vegetables by just one additional portion per day. Doing so, would save America more than \$2.7 trillion in health care costs. For more information about National Farmers Market Week and what farmers markets mean for all of us, go to: farmersmarketcoalition.org/programs/national-farmers-market-week/.

We hope to see you and your family at the Reston Farmers Market in the parking lot at Lake Anne to celebrate Farmers Market Week and to get your supply of the freshest, healthiest fruits and vegetables from farmers you know!

INDEPENDENT PROGRESSIVE

LETTER TO THE EDITOR

FROM PAGE 4

me on Saturday, Sept. 9, at 10 a.m., at J.E.B Stuart High School, where we will hold an open public meeting — per Regulation 8170 www.boarddocs.com/vsba/fairfax/Board.nsf/files/A6Z2RN6CA270/%24file/R8170.pdf — to gather names for consideration along with the opportunity for presentations, questions, and discussion. We will share further details with you ahead of the meeting.

As outlined in the regulation, voting for the school name will be limited to those participants residing in the school's attendance area and a weighted point system will be used to determine the top three choices. Voting will take place on Saturday, Sept. 16, at J.E.B Stuart High School and will be open from 10 a.m. to 6 p.m.

After review of the community's recommendations, the Division Superintendent will formulate a recommendation consisting of one or more of the most popular choices according to community input. The Division Superintendent shall then transmit

the recommendation to the School Board for consideration and action.

The deadline for the Division Superintendent to submit a formal recommendation to the School Board shall be three weeks prior to the date scheduled for School Board action.

It is clear that this issue has impacted our community and it is my hope that we can work together to find common ground and embrace the diversity of our friends and neighbors to strengthen our bond around what we all hold true — that every student succeed and that we provide them the support necessary to be successful.

The most important name, I think we can all agree, is that of the teacher in front of them, and we are committed to ensuring whatever name is chosen that we have the best possible education for every student.

Scott Brabrand
Superintendent
Fairfax County Public Schools

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Redevelopment Process Launched

FROM PAGE 3

development's incorporation of supportive housing units.

"The importance of permanent supportive housing for single men and women — as well as some affordable family apartments — in the redevelopment strategy for the town center cannot be understated," Kerrie Wilson, CEO of Cornerstones, said in an email to the Connection.

"There will always be a need for emergency temporary shelter and Reston is one of the few communities that understood and embraced that option with great success for the temporary residents, and with strong support from thousands of volunteers each year. We understand there must also be housing options in the same community to enable people to move out of shelter. This is consistent with Bob Simon's principles and vision for a community with a variety of housing types and options to meet the income and needs of people over a lifetime."

Wilson hopes the supportive housing units will be used to accommodate "very low-income seniors" or the "frail" and "disabled." She also hopes some can be provided to people who can increase their income and become more independent after they are provided housing with an end goal of moving to unsupported housing.

This is the "housing-first" concept that both Cornerstones and the county's Office to Prevent and End Homelessness has adopted for those in need.

Wilson also looks forward to the shelter's renovation.

"The shelter is 30 years old," she said. "Cornerstones is the only shelter in Fairfax County that serves singles, families and that operates a medical respite program for those being discharged from hospitals or rehab facilities with no home to go back to. Flexible shelter design plus new affordable rental units are critical to the plan going forward."

The library is also being expanded.

"It will be incorporated in an urban form as part of a larger structure," Beacham said. "A one-level library is preferred, although a two-level library will be considered."

In addition to space for library materials, 4,000 square feet of flexible programming space has been allotted in the library design for meetings, conferences and training.

"We basically asked for a warm-lit shell that can be divided,"



The cafeteria at the Lake Anne Elementary School was packed for the meeting as residents were eager to learn about the development.



1-3 County blocks
4-6 Inova blocks
7-9 Inova (Central Green)

PHOTO COURTESY OF THE FAIRFAX COUNTY DEPARTMENT OF PUBLIC WORKS AND ENVIRONMENTAL SERVICES

The parcel of Reston Town Center North has been divided into nine blocks that will be redeveloped in phases. The parcel is also owned by both Inova Health Services and the county.

Beacham said.

A temporary shelter and library will be necessary to complete the construction. Their sizes and capacities have yet to be determined.

"There will be a need to demolish some structures to realize this whole plan," Beacham said.

Many members of the public who attended the meeting voiced concern over relocating the library and shelter to potentially smaller

locations while construction carries on for multiple years.

"This is a very, very long-term project and one of the things I am concerned about is putting the shelter and the library in a temporary building and their services for two or three or more years," Dennis Hays, president and at-large director of the Reston Citizens Association said during the meeting. "Your RFP can say what-

ever it is you want it to, correct? ... Why don't we build a new library before we tear down the old one?"

"There's nothing wrong with putting in the RFP as a requirement that the developer figure out a plan — and they're all smart guys, they can do this — figure out a plan, build a new library, build a shelter and then tear down the old ones," he added to loud applause.

Wilson also expressed concern over temporary relocation of the shelter.

"There are never easy answers ... while the shelter can be relocated to temporary fixtures such as trailers or families relocated to apartments that can support interim leases, ideally, we would want to be able to move to a facility such as the closed nursing home or other site nearby where operational needs, like food prep, children's services and schools can be accommodated," she said. "We expect to learn more about options as the redevelopment effort begins."

Reston Association CEO Cate Fulkerson also stood up during the question-and-answer portion of the meeting to remind the developers that the parcel is subject to the RA's covenants, which would mean it is also subject to the association's architectural standards and review.

"The parcel is subject to Reston Association covenants and when I was looking through the presentation, I didn't see a mention of that, so I'm curious as to how the

Reston Association Design and Review Board can be made a part of this," she said.

Beacham responded by affirming the property is part of the RA and that the building plans would go through the RA's Design and Review Board when available.

A Selection Advisory Committee, comprising county's Public Works Environmental Services, Planning and Zoning, Housing and Community Development departments, Office of Community Revitalization, Library Administration, Office to Prevent and End Homelessness and Park Authority will review concept and cost proposals from development teams for the redevelopment prior to public review and feedback, according to Beacham. Two Reston community residents will also participate on the committee.

Fulkerson recommended that members of the RA's Design and Review Board be a part of the committee so they could be included in the process earlier.

"We will consider that," Beacham replied.

CONCERN OVER PARKING

was also addressed. People were assured that parking for the library and other public facilities would remain free.

"We need to have abundant, free library parking," Tammi Petrine, co-chair of the Reston 20/20 Committee, said during the meeting.

Concern over traffic congestion and density were also discussed and quarreled over between members of the public.

"The overall zoning application ... will include submission of a traffic impact analysis," Regina Coyle from the Fairfax County Department of Planning and Zoning said during the meeting. "It will set forward the grid of streets and also an analysis of the overall proposed development."

Before construction can begin, zoning amendments for the parcel is required.

The zoning action will create a grid of streets with blocks of different densities, according to Beacham. It will also define the Central Green and streetscape plan, but will not propose any specific buildings on the county or Inova blocks.

If the zoning amendment is approved by the Fairfax County Planning Commission and Board of Supervisors, the county and Inova will execute a real estate exchange agreement and an infrastructure development agreement for design and construction of the common infrastructure.

Questions about the development may be sent by email to restontowncenternorth@fairfaxcounty.gov.

WELLBEING



Wearing sunscreen offers the best protection from sun damage.

PHOTO BY MARILYN CAMPBELL

Saving Your Skin

How to prevent sun damage while enjoying summer vacation.

BY MARILYN CAMPBELL

August approaches and many head out for sun-drenched vacations with a skin-baring wardrobe. This much anticipated time of year doesn't come without danger, primarily in the form of sunburn which can lead to skin damage, skin cancer, wrinkles and dark spots. Skincare gurus offer suggestions for protecting skin without sacrificing time outside.

"Sunscreen is the best protection from the sun," said Cheryl A. Oetjen, DNP, FNP-BC, assistant professor of nursing at George Mason University. "This can be from lotions that are SPF 30 or higher or from skin-protective clothing. Wearing a hat can also protect your face to some degree. Sunglasses should also be worn."

To maximize the effectiveness of sunscreen, Oetjen advises being aware of some of the most commonly made application mistakes. "Ideally sunscreen should be applied 30 minutes prior to sun exposure," she said. "This gives it time to soak into the skin. Avoiding the water for this time is also important."

Avoid the sun between 11 a.m. and 3 p.m. when it's most intense and use at least one ounce of sunscreen per application, says Oetjen. "The important part of applying sunscreen is ensuring that you are

using enough," she said. "Fair complexions, red hair and blonde hair often are indicators of a higher risk of sunburn, so it's important to reapply often."

Make sunscreen part of one's daily skincare regimen, advises Colleen Sanders, RN, FNP, Marymount University in Arlington. "The recommendation is that you wear sunscreen every day if you're going to be outside even for a short period of time," she said. "It should be part of your everyday routine."

Relying solely on the SPF found in some cosmetics like foundation or powder is unwise, says dermatologist Dr. Lisa Bronstein. "Makeup doesn't necessarily provide the protection that it claims to provide," she said. "There are a lot of tinted sunscreens out now that match a variety of skin tones and also give amazing protection from sun damage."

"Wearing sunglasses with UVA and UVB protection as well as a hat will help prevent damage, says Sanders. "Common areas that people often forget to cover, and where we often find skin cancer, are the tops of ears and the backs of their hands," she said "These are places where people forget to put sunscreen."

"Make sure the most sensitive areas are covered ... these areas include the top of the ears, lips [and] the nose, added Oetjen. "Zinc oxide can be applied to sensitive areas."

Infants who are younger than six months old should have limited exposure to the sun, says Oetjen.

"The FDA has not approved a sunscreen for infants under 6 months so it is best for them to stay in the shade and wear sun protective clothing and hat," she said. "The skin of infants is thinner and more sensitive to the sun and sunscreen."

"Sunscreen is the best protection from the sun."

— Cheryl A. Oetjen, George Mason University



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RESTON CONNECTION ♦ AUGUST 2-8, 2017 ♦ 7

ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Jazz in the City Exhibit. Various times at ArtSpace Herndon, 750 Center St., Herndon. Kristine Keller and Robert Gilbert paint with an interest in New York. Call 703-956-9560 or visit www.artspaceherndon.com.

Cardboard Boat Regatta.

Registration now open for race on Aug. 12, 2-6 p.m. at Lake Anna, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For more information or to register a team, visit www.restonmuseum.org/cardboard. Team sponsorships begin at \$100 for adults and families or \$40 for students (ages 10-18 years of age). For questions or more information on getting involved, contact Elizabeth Didiano at lacbregatta@gmail.com or 703-709-7700.

NextStop Theatre. Various times through Aug. 20 at 269 Sunset Park Drive (Inside the Sunset Business Park on Spring Street), Herndon. "Rodgers & Hammerstein's A Grand Night for Singing" \$17.50-\$55. Call 866-811-4111 or visit www.nextstoptheatre.org.

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

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

Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 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 for more information.

"A Bird in the Hand" through spring 2017 Reston Town Square Park, 11900 Market St., 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

Teen and Adult Art Classes

ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center St., 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. 703-956-9560. www.artspaceherndon.com.

THURSDAY/AUG. 3

Farmer's Market. 8-12:30 p.m. on Lynn St. in downtown Herndon. Fresh produce and baked goods, with live entertainment on the Town Hall Square, 730 Elden St. through Aug. 31. Visit herndon-va.gov/recreation or call 703-787-7300.

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians,



Thursdays: Art Crawl

Flutist Gina Sobel will be one of the musicians featured Sunday, Aug. 6 and at the Art Crawl every Thursday evening from 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Call 703-956-9560 or visit artspaceherndon.com.

live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

times at ArtSpace Herndon, 750 Center St. Featuring Andrew Black & Mercia Hobson - Mixed Media & Pottery. Visit artspaceherndon.com.

SATURDAY/AUG. 5

Magic of John Dodge. 10-10:45 a.m. at Reston Town Square Park, 11900 Market St. Dodge does disappearing handkerchiefs, balloon animals and more. Free. Visit restontowncenter.com or call 703-476-4500.

Comfort Cuisine. 10 a.m.-1 p.m. in the Reston Community Center, 2310 Colts Neck Road. This class will teach participants how to prepare tasty, healthy and satisfying meals. Call 703-476-4500.

SUNDAY/AUG. 6

Gina Sobel in Concert. 6-8 p.m. at ArtSpace Herndon, 750 Center Street. She plays saxophone, guitar, funk and jazz. \$15. Visit www.artspaceherndon.com.

AUG. 8-SEPT. 2

"Elements" Art Exhibit. Various

THURSDAY/AUG. 10

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

SATURDAY/AUG. 12

Kids Wet and Wild Day. 10:30 a.m.-noon at Town Hall Square, 730 Elden St. Water balloon relays and squirt gun fights. Free. Email parksandrec@herndon-va.gov or call 703-787-7300.

Cardboard Boat Regatta. 2-6 p.m. at Lake Anne, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For questions or more information on getting involved, contact Elizabeth Didiano at lacbregatta@gmail.com or 703-709-7700.

Reston Concerts on the Town.

7:30-10 p.m. at Reston Town Center, 11900 Market St. The weekly summer concert series presents big band jazz with the Navy Band Commodores. Bring lawn chairs or picnic blankets and hear live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center, Boston Properties, and Reston Town Center Association. Alcohol permitted at restaurants only. Visit restontowncenter.com/concerts.

SUNDAY/AUG. 13

Bird Watching. 7:30-10:30 a.m. at Lake Newport, 1575 Brown's Chapel Road, Reston. Sponsored by The Bird Feeder of Reston and the Reston Association. Call 703-437-3335.

Meet the Reston Author. 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Reston: A Revolutionary Idea" - Author and biographer Kristina Alcorn will discuss the history of Reston and sign and sell her book, "In His Own Words: Stories from the Extraordinary Life of Reston's Founder, Robert E. Simon, Jr. Free. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. 703-385-8414.

TUESDAY/AUG. 15

Baby and Me Yoga. 10-11 a.m. in the Reston Community Center, 2310 Colts Neck Road. Baby and Me Yoga class is open to women in all stages of postpartum, as well as fathers, relatives and caregivers. Classes are for babies 4 weeks old to crawling. Call 703-476-4500.

THURSDAY/AUG. 17

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

FRIDAY/AUG. 18

Beach Party Barbeque. 5:45-8 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Join the Congregation Beth Emeth community and friends for beach games and Shabbat BBQ dinner, stay for family-friendly outdoor services at 7:15. Prospective members are our guests. \$14. Visit www.bethemeth.org/bbq.

SATURDAY/AUG. 19

Glow in the Dark Activity Night. 8-9:30 p.m. at Town Hall Square, 730 Elden St. Glow in the dark bowling. Email parksandrec@herndon-va.gov or call 703-787-7300.

TUESDAY/AUG. 22

Design and Wine with the Artist. 7-9 p.m. at ArtSpace Herndon, 750 Center St. Join local ceramic artist, Mercia Hobson. Visit www.artspaceherndon.com.

WEDNESDAY/AUG. 23

Senior Movie Day. 10 a.m. at Reston Town Center, Bow Tie Cinemas, 11940 Market St. Reston Association presents a feature film. Refreshments and door prizes provided prior to movie. Free to 55+. Email Ashleigh@reston.org, call 703-435-6530, or visit reston.org.

THURSDAY/AUG. 24

Art Crawl. 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

SATURDAY/AUG. 26

Reston Concerts on the Town. 7:30-10 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. David Akers and the Soul Shakers. Free. Visit restontowncenter.com.

THURSDAY/AUG. 31

Dollars and Sense Book Club. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Dollars and Sense Book Club will be discussing "Ponzi's Scheme: The True Story of a Financial Legend" by Mitchell Zuckoff. Free. Call 703-689-2700.

MONDAY/SEPT. 4

Herndon Labor Day Festival. 11 a.m.-5 p.m. Outdoor festival on Lynn St. Virginia wine tastings, craft beers, music, craft show, and food vendors. \$20 wine and craft brew tastings, \$2 additional beer tastings or \$5 general admission. Email parksandrec@herndon-va.gov or call 703-787-7300.

SUNDAY/SEPT. 10

DogFest. noon-3 p.m. at Reston Town Center, 11900 Market St., Reston. 4th annual Washington DC DogFest Walk 'n Roll with festivities, graduate speakers, dog demonstrations, music, food, and more. Celebrate the community of people and dogs that show the most advanced technology for transforming the lives of people with disabilities. Free. Proceeds benefit Canine Companions for Independence - Capital Chapter. Visit cci.org.

SATURDAY/SEPT. 16

8K Race and 2K Walk/Fun Run. 8:30 a.m. at South Lakes High School, 11400 South Lakes Drive, Reston. In memory of Timothy P. Susco. This race is hosted each year by Tim's family to honor and remember his life, as well as to promote brain aneurysm and organ donation awareness. Visit www2.fcps.edu/SouthLakesHS/.
ChalkFest. 11 a.m.-5 p.m. at Reston Town Center, 11900 Market St. Rain or shine. Registration fee for participation includes supplies. Call 703-467-9797 or email info@publicartreston.org.

OCT. 26-29

Washington West Film Festival. Various times at Bow Tie Cinemas, 11940 Market St., Reston Town Center. Variety of independent films. Visit wwfilmfest.com.



Summer Fun

The Sprayground at Reston Town Center is always popular during the summer heat waves. Visit restontowncenter.com



Sameera Navidi, 26, of Reston and her French bulldog Pashnak are spotted on Library Street near the Wine 'n' Dine tent during Taste of Reston on Saturday, June 17.



PHOTOS BY FALLON FORBUSH/THE CONNECTION

Jim Barrett from M & S Grill, a spin-off American grill concept at McCormick & Schmick's on Democracy Drive in the Reston Town Center, won first place with his ahi tuna pops dish: Seared ahi tuna rolled in Chinese five-spice powder and black and white sesame seeds with Wakame cucumber salad and cilantro peanut sauce.

Taste of Reston Celebrated

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THE CONNECTION

The 27th Annual Taste of Reston drew crowds to heart of the Reston Town Center to taste cuisine, imbibe spirits, listen to live music, try out wares and services from vendors, play in the Family Fun Zone! and watch cooking demonstrations from local chefs at the Wine 'n' Dine tent.

Produced by the Greater Reston Chamber of Commerce, the event took place Friday, June 16, and

Saturday, June 17. "In past years, we've had upwards to 35,000 people come through in two days," Mark Ingraio, President and CEO of the Greater Reston Chamber of Commerce, said on the festival's second day. "I will say that the numbers were a little lighter than normal because of the weather yesterday, but it's pretty packed today."

The food festival helps promote the chamber's member businesses, but it's also an opportunity for the brands to give back to the Reston community,

SEE TASTE, PAGE 10

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NEWS



PHOTOS BY FALCON FORBUSH/THE CONNECTION

Lisa Jones of Lisa's Lemonade & More sells funnel cakes from her tent on Market Street, between Explorer and Library streets in Reston Town Center during the Taste of Reston on Saturday, June 17.

Taste of Reston

FROM PAGE 9
Ingrao said.

"It's an opportunity for businesses to get their name out in front of residents, but we look at it also as a community give back," he said. "We're doing this so the community has a great festival to go to right here in the town center."

The event is also a fundraiser, with a portion of the proceeds benefiting the INCspire Education Foundation, according to Ingrao. The nonprofit works closely with the chamber to provide training programs, education and mentoring to entrepreneurs and business owners.

"It's a great community event that people, year after year, look forward to," Charles Kapur, the chamber's chair of the board, said while donning a temporary tattoo on his cheek in the shape of a red lipstick kiss that was given to him by one of the festival's "Live Well" vendors, Mary Kay Cosmetics.

There were 29 restaurants from the Greater Washington area that set up tents and sold small plates of their cuisine in the town center during the festival this year. "This is the most that we've had in our history," Ingrao said.

Three won the judges over and earned bragging rights for best dishes:

- ❖ First: M & S Grill, ahi tuna pops

- ❖ Second: Agora Restaurant, lamb chops

- ❖ Third: Tavern 64 Regional Kitchen, smoked pork tacos

"This is awesome," Jim Barrett from M & S Grill said after his dish won first place. "We love doing this every year and we try to do something unique each year," he said of his winning ahi tuna pops dish that were prepared with seared ahi tuna rolled in Chinese five-spice powder and black and white sesame seeds with Wakame cucumber salad and cilantro peanut sauce.



From left: Dina Mahoney, 15, of Reston and Michelle Schwarz, 15, of Reston opt for ice cream cones from Ben & Jerry's ice cream shop on Market Street in Reston Town Center during the Taste of Reston on Saturday, June 17.

BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

SATURDAY/AUG. 12

Yard Sale and Refreshments. 8 a.m.-1 p.m. at Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Donate new or gently used items to sell. Funds will support a comprehensive emergency response and recovery program to assist the Nigerian families made homeless and suffering by the attacks of Boko Haram. Call 703-430-7872 or email joygoodshepherd@verizon.net.

TUESDAY/AUG. 15

Candidate Filing Deadline. Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for oversight of RCC. All residents of Small District 5, age 18 or older, are eligible to run. Candidates must complete a Candidacy Statement in order to have their names placed on the Preference Poll ballot. Candidacy Statements will be available at RCC facilities or online at www.restoncommunitycenter.com beginning at 9:00 a.m. on Tuesday, Aug. 1. The deadline for candidacy filing is 5 p.m. on Tuesday, Aug. 15.

THROUGH AUG. 18

Artist Application Deadline. Visual artists who wish to participate in the 17th Annual Reston Multicultural Festival art exhibit "Art Mirrors Culture" should visit www.restoncommunitycenter.com. The festival will be held Saturday, Sept. 23, 2017 at Lake Anne Plaza in Reston. Interested groups or individuals should fill out the appropriate Vendor Application Form, available at www.restoncommunitycenter.com/mcf.

THROUGH AUG. 25

Summer Lunches. The Fairfax County Public Schools Office of Food and Nutrition Services will be hosting the FEEDS (Food for Every Child to Eat During Summer) BBQ program, a USDA-funded program is free to all children 18 years and under and \$2 for adults. There is no registration involved, and open to everyone. Meal service will be provided at the following sites Monday-Friday, 11:30-1 p.m. No service on July 3 and 4. In the Reston-Herndon area, FEEDS is offered at the following schools:

- ♦ Dogwood Elementary School, 12300 Glade Drive, Reston
- ♦ Hutchison Elementary School, 13209 Parcher Ave., Herndon
- ♦ Herndon High School, 700 Bennett St., Herndon

ONGOING

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email Reston.ED@sunriseseniorliving.com to RSVP.

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. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

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



By KENNETH B. LOURIE

And speaking, a few weeks late, of my "whirled," (see July 5, 2017 column, "Not an Auto-Matic Fix"); at least as it relates to my next week or so: 24-hour urine collection on Tuesday, pre-chemotherapy lab work on Wednesday, in the Connection office on Thursday, chemotherapy infusion on Friday, continuing anxiety concerning the previous Wednesday's CT Scan/awaiting results from my oncologist followed by our usual post-scan appointment with him Friday a week later to discuss my future: status quo or the great unknown; coinciding with the typical eating challenges/post-chemo side effect which lasts a week to 10 days after treatment. If this cycle of gloom doesn't sound like fun, you're right, but it's a living/my life and I'm extraordinarily (I didn't want to say "damn") lucky to be able to live it.

And recently having spoken to a new stage IV, non-small cell lung cancer "diagnosee," who's on a 24-hour morphine drip and Percocet every four hours because he's in constant pain, I know how amazingly fortunate I am/have been since being originally diagnosed in late February, 2009. Sure, I've had my share of pain and discomfort, but in the medical-measuring system I'd give it a "1." Hardly the stuff with which nightmares are made (see column in a few weeks, as yet untitled).

I've always been a great believer in context. Not so much comparison because what you see and what you get are not necessarily relevant, comparatively speaking, but more that the circumstances are all relative. It takes me back to Popeye the Sailor Man, who apologizing to no one, always said: "I 'yam what I 'yam." And so am I. When I see other cancer patients at the Infusion Center, when I talk to cancer survivors, when I hear or read of other cancer patient circumstances, I try to live and learn, not take it personally, and count my blessings. Given the hand that I was dealt back on Feb. 27, 2009 I wouldn't say "Wild" Bill Hickok (and his black aces and black eights) came to mind, but my life, according to the "11 month to two-year" prognosis I was given, certainly passed before me - and much sooner than I had anticipated.

In spite of my diagnosis/prognosis, and the miscellaneous ups and downs that I and most cancer patients endure, I've never given in to my oncologist's initial assessment. It was so unbelievable hearing such grim news, especially considering that I was age 54 and a half, that it almost seemed like an out-of-body experience, sort of like Scrooge in Charles Dickens "novella," "A Christmas Carol." Sure we were listening attentively and asked our share of questions, but it didn't seem real or even about me, sort of. I mean at this juncture, I had no pain and no symptoms and no family history of cancer - and I was a life-long non-smoker. Yet here I was, in the bulls eye of a dreaded disease with no known cure receiving a modest life expectancy/two percent chance of living beyond five years.

But eight years and five months later, here I sit, breathe and try to write some wrongs about a life mostly unexpected, and one in which I haven't sweated too many details nor concerned myself with the "nattering nabobs of negativism," to quote former Vice President, Spiro T. Agnew, specifically as it relates to lung cancer outcomes. Which are dramatically improving.

New drug approvals and increased funding for lung cancer research has infused hope into lung cancer patient's lives. Routines with which us lung cancer patients/survivors have become accustomed will be less routine and will make our lives more fulfilling. It might not be perfect, but it's definitely a life worth living.

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

Watch Your Back This Summer

How to prevent, manage, and treat back pain.

By MERCIA HOBSON
THE CONNECTION

Summer is in full swing in Northern Virginia. Everywhere you look, people are out cycling, running, and golfing, enjoying the sun and doing outdoor activities. But all it takes is one move, a twist, a turn, and suddenly pain runs through your lower back.

Days later, after ice packs and ibuprofen, you are not sleeping. You are grumpy, and even when you think you are standing up straight, your loved one says, "You're bent up like a pretzel."

Now what? You make your way to the doctor's office. According to the Mayo Clinic, back pain is one of the most common reasons people see a physician or miss work.

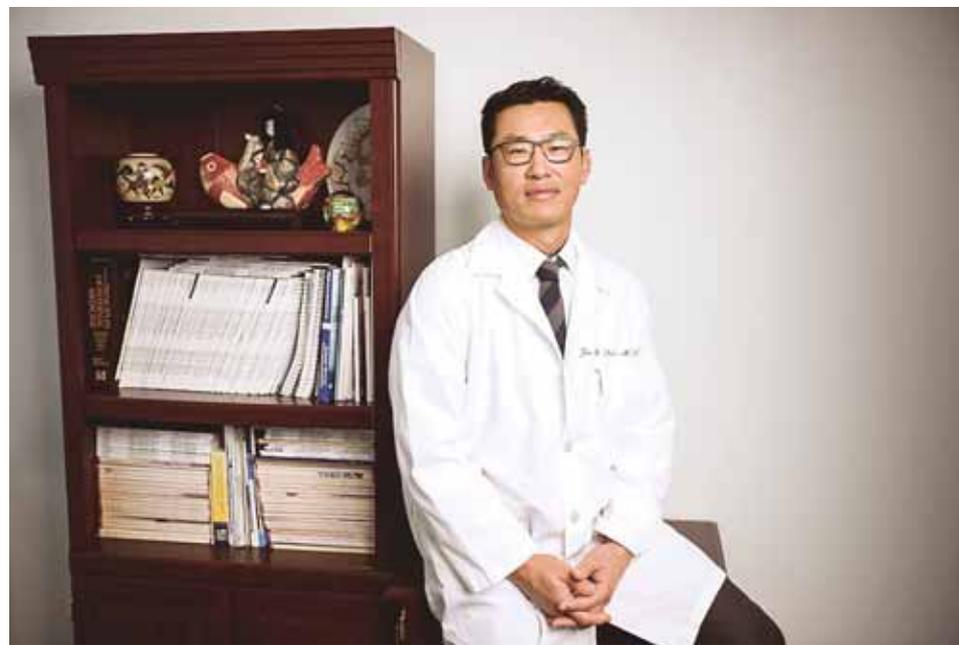
Recently, Jae Y. Lim, M.D., Chief of Neurosurgery Trauma at the Reston Hospital Center in Reston, and one of the principal surgeons at Atlantic Brain and Spine located in Fairfax, shared his knowledge on some of the common causes of back pain, what can be done for it as well as prevent it, especially back pain caused by summer activities or years of wear and tear.

Lim opened the discussion describing the more common summertime back injuries, beginning with those that happen around the house causing a fracture. "Generally, a back fracture is caused by trauma, such as falling off a ladder, roof, or out of trees," Lim said. Painting trim, cleaning gutters, and cutting tree branches are dangerous household chores many homeowners perform. The simple way to avoid these injuries is apparent, "Be aware and use caution," Lim said. Seek immediate care if back pain follows a fall or blow to your back.

Another common back injury Lim sees, especially in the summer, is a pulled back – "a soft tissue injury." This type of injury includes damage to muscles, tendons, and ligaments. It is especially common in people, who, as Lim said, "are going all out or overly ambitious with yard work or sports." To prevent injury, Lim cautioned, "Work up to it, and slowly. Too often the mentality, especially in sports is 'no pain, no gain.'"

"Ignore that saying," said Lim emphatically.

A SOFT TISSUE INJURY can sideline an
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Jae Y. Lim, M.D., Chief of Neurosurgery Trauma at the Reston Hospital Center in Reston, said, "People are living longer, healthier lives, and want to remain active." Lim resides in Vienna.

individual for weeks, and surgery is not appropriate for this type of damage. A vicious cycle may start as the patient with a soft tissue injury restricts movement resulting in the muscles becoming less flexible and receiving less circulation. The best way to resolve the injury Lim said is gentle stretching or yoga. Get the muscles moving to increase circulation so the musculature ligaments can heal faster and get back to doing what they do best, supporting the spine to prevent more serious injuries.

Hydration is necessary to increase circulation, vital to healing. Dehydration can even be the source of back pain, as explained in detail on Lim's website. Between every two vertebra lies a disc that acts as a cushion. The discs are like little water-filled inflatables made up of two parts, a flexible, tough outer ring

and inside a gelatinous substance primarily made of water. This inner material takes the brunt of softening blow after blow to the spine. However, many people do not know discs are made to lose water and rehydrate. If there's not enough water in your system, meaning you do not drink enough, the discs flatten out and shrink. The outer layer of the dehydrated disc is then forced to take on the majority of the work, absorbing the shock of impact, which it was not made to do. Eventually, the disc may swell with resulting pain, bulge, or rupture – commonly termed a herniated or ruptured disc.

ALL TYPES OF SPORTS can lead to injuries. In Northern Virginia, residents have access to a multitude of walking, running,

and bike trails, paved and cross-country, in addition to golf courses.

Lim said, "Running in itself is not debilitating. It is the repetitive pounding activity produced when running that is."

Lim asked, "Is it worth the price going forward?"

Lim acknowledged running is a widely practiced physical activity, so he suggested runners alter their running form, from a heel pounding impact to a high cadence. "Reduce the impact. Instead of going at a full running gait, leaping then landing, try a high stepping gait, so as not to subject your body force against the ground."

As for cycling, Lim said smooth paths are fine. Rugged terrains, such as mountain bike trails, can strain the surrounding musculature and ligaments of a cyclist, especially if the person's core muscles are not strengthened. "When those get injured, it's a common back or neck strain."

Turning his attention to golf, Lim said, "Golf has a sequence of steps – turning the hips, spine, shoulders, and wrists. They all have to be in order. The golfer with a back injury has to learn to protect his spine during the turn. Other parts have to take over." Lim said there had been a lot of attention focused on

golf and back pain recently because of Tiger Woods. Woods recently had his fourth back surgery, a fusion to alleviate nerve pain that nonsurgical routes couldn't lessen.

LIM IS CHIEF of Neurosurgery Trauma at the Reston Hospital Center, with a specialty in robotic spine surgery. Lim said if a golfer had a typical robotic spine surgery (RSS) compared directly to a traditional procedure, the RSS patient generally would have a faster recovery time and return to normal life.

"Typically three months after surgery, my patients are back out on the green," Lim said. "I advise my patients to start slow though. In short, chipping, pitching, and putting." Asked when an individual would be fully healed after robotic spinal surgery, Lim replied, "Back to fully recovered in 1 year, although some think and feel they are at six months and tell me so. But at the one-year visit, they say no. Now I'm fully recovered."

Asked when surgery is the correct option for anyone with back pain, Lim replied, "Timing has to be well thought out, and the patient decides...surgery is not magic. If conservative treatments such as medication, ice, stretching, and injections fail," Lim said, "then it's time to consider surgery." Lim cited as a timing example, a recent robotic spine surgery patient of his.

"The first time I saw my patient, he was in in 80s," Lim said. The man said, "I'm too young for surgery." Then he returned six years later when he was 92. He said he was old enough then and had a successful lumbar surgery."

Regardless if the back pain is a sports-related injury or recurring pain from years of wear-and tear, there are methods to reduce or prevent further damage, and conservative or surgical options for pain. Lim said sit-ups, push-ups, pull-ups all help firm core muscles that support the spine. Exercise with low-impact. Stretch, try yoga. And when conservative pain reducing methods such as ice, ibuprofen, physical training and stretching, do not produce the results desired, and it is not a soft tissue injury, it is time to consider surgery.



Jae Y. Lim, M.D., Vienna resident and Chief of Neurosurgery Trauma at the Reston Hospital Center.



No pain, no gain. Fitness myth or fact?