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Reston CONNECTION



HomeLifeStyle
OWNER AND CHOCO... PAGE 8 ...SPEAKE CHOCOLATES

Herndon, Reston
Students Win
Peace Awards

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Celebrating Women's
History Month

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Nallely Soto and daughter Mya, 8, attend the inaugural International Women's Day 2019 Reception featuring Charlotte Geary Photography's works, "The Women of Lake Anne, a Portrait Series of Talented Business Leaders in This Vibrant Community" and a Panel Discussion on Lake Anne Plaza women entrepreneurs.

Women Are Running Lake Anne Plaza

NEWS, PAGE 8

PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 2 ENTERTAINMENT, PAGE 4 CLASSIFIEDS, PAGE 6

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OPINION

A+ Primer for Our Neighborhoods

County Community Emergency Response Guide strengthens community, builds local resiliency, and mitigates potential risks.

BY JOHN C. COOK
BRADDOCK DISTRICT SUPERVISOR (R)

Our Fairfax County government is well prepared to deal with emergencies, both large and small, from large storms to disease outbreaks to criminal and even terrorist events. But our communities are not so prepared. In the first 72 hours after a major emergency event, governmental services may not be available. Power may be out, transportation blocked, medical services overwhelmed, and food, gas, and even money difficult to find.

In those first few days, communities would need to come together so neighbors can help each other. And even during those lesser emergency events which occur with some regularity — snowstorms, serious thunderstorms, and the like — neighbors need to help each other out.

That's why I am so thrilled that Fairfax County has published its first ever Community Emergency Response Guide from the Office of Emergency Management. The publication of this document, and the plan behind it, fulfills a goal of mine that even predates my election to the board. When I served as president of the Kings Park Civic Association I recognized the great need for a citizen-focused emergency planning tool. As a supervisor I have pushed for this program for years. Now the Office of Emergency Management made this idea a reality. The end result is a comprehensive planning tool that will strengthen community, build local resiliency, and mitigate potential risks.

Community coordination is needed in making a successful community emergency plan. It requires citizens to take initiative, reach out to their peers, and work together to identify local risks and assets. The Community Emergency Response Guide breaks down emergency planning into easy-to-follow steps. These in-

cluding defining your area, recruiting leaders, knowing your area, building an emergency response team, and planning your approach. Everything is laid out in this step-by-step guide, including how to organize an emergency team, creating a family emergency kit, and adding disabled residents to a functional needs registry. It even lists the most likely emergencies and explains how to prepare for, respond to, and recover from them. Users can also find information on local volunteer groups who can assist in these emergencies, such as the Community Emergency Response Team (CERT). By filling out the Community Emergency Response Guide will give you a never-before-seen view of your own neighborhood.

You can find the Community Emergency Response Guide online at <https://www.fairfaxcounty.gov/emergencymanagement/cerg>. The Office of Emergency Management offers community workshops to those who would like extra help in creating their emergency response plan. The request form can be found on the Office of Emergency Management website.

I encourage all residents to work within their particular communities to create an emergency response program appropriate for your neighborhood. We are here to help.

Women's History Month

Eleven new women members were elected to the Virginia House of Delegates in 2017, all of whom ousted male incumbents.

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

March is Women's History Month. Before women had the whole month, the U.S. recognized Women's History Week; before that, a single International Women's Day. Dedicating the whole month of March in honor of women's achievements was seen "as a way to revise a written and social American history that had largely ignored women's contributions," according to an article in Time magazine. The first Women's Day took place on Feb. 28, 1909 to honor the one-year anniversary of the garment workers strikes in New York, when thousands of women marched for economic rights and to honor an earlier 1857 march when garment workers rallied for equal rights and a 10-hour day, according to the article.

Recognizing the achievement of Virginia women goes beyond naming a month. A monument is under construction on Capitol Square, "Voices from the Garden," which will be the first monument of its kind in the nation. Representative of the state's regions, the monument recognizes the 400-year history and the diversity of achievement, ethnicity and thought that women have made to the Commonwealth.



Even more significant in recognizing women in Virginia is the fact that there is historic representation of women in the Virginia House of Delegates, including the election of 11 new women members in 2017, all of whom ousted male incumbents. The House Democratic Caucus is almost 45 percent women, including 11 women of color. The House Republican Caucus is less than 10 percent women. Caucus Chair Charniele Herring is the first woman to chair a caucus in the House of Delegates throughout its 400-year history. Leader Eileen Filler-Corn is the first woman to be elected leader of a caucus in the General Assembly.

Recently I served on a panel, "Can Women Save Democracy? We're counting on it!" at the Schar School of Policy and Government at George Mason University along with Charniele Herring, Eileen Filler-Corn, and Congresswoman Jennifer Wexton. There was a clear consensus in the room that women will play a pivotal role in getting our country back on the right track. Witness this year's state and local elections when there are record-breaking numbers of women lining up to run in primaries and the general elections.

Not only are women running and winning races, but they are determining the outcome

of elections with their tireless work in making calls, knocking on doors, and working on behalf of the candidates they support. Organizations like Indivisibles, with Herndon-Reston Indivisibles being a model organization, and Moms Demand Action among others are making their influence felt on policy issues like ending the epidemic of gun violence.

The big disappointment in celebrating women in history is the refusal of the Virginia House of Delegates to ratify the Equal Rights Amendment. Ratification failed on a tied vote on a procedural matter that makes it even more frustrating that the amendment was not allowed to be debated on the floor of the House of Delegates. There is more women's history to be written in Virginia, and I suspect the next step will be election of even more women this fall and ratification of the ERA next year!

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Call: 703-917-6444.
By e-mail:
north@connectionnewspapers.com

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Students Who Work for Peace Honored

BY ANDREA WORKER
THE CONNECTION

It's not easy to be the peace maker. Sometimes it is really hard, especially when you make those around you, even friends, angry when you speak out and stand up for what is right. And sometimes it can be dangerous. But in all instances, being the peacemaker "requires courage and commitment," U.S. Rep. Gerry Connolly (D-11) told the crowd gathered at the Sherwood Community Center in Fairfax on Sunday, March 9.

Connolly, along with a host of sponsors, elected officials and a cheering collection of family and friends, had come together to honor the 23 young recipients of the 2019 Student Fairfax Peace Awards at a ceremony led by Margaret Fisher of program-founder Herndon Friends Meeting.

In addition to garnering kudos from the congressman, state Del. Ken Plum (D-36), Fairfax County Supervisor Penny Gross (Mason District), Scott Brabrand, Fairfax County Public Schools superintendent, and Karen Corbett Sanders, Mount Vernon District representative and vice chair of the FCPS board also officially offered their congratulations and admiration for the young activists.

Ryan McElveen and Ilryong Moon, members-at-large of the FCPS board, and Tamara Denerak Kaufax, FCPS board Lee District representative were also on hand to show their support.

THE EVENT'S KEYNOTE SPEAKER was David Swanson, an author, activist, journalist, radio host and co-founder and director of World Beyond War, a "global nonviolent movement to end war and establish a just and sustainable peace."

Swanson, a 1987 graduate of Herndon High School who identifies as a "world citizen," presented his argument of "no justification for war, ever," while admitting that his remarks could make his audiences uncomfortable, but asserted that they were words that need to be said and a conversation that needs to happen.

The Fairfax Student Peace Awards started in 2006 as one school, Herndon High School, and one sponsor, the Herndon Friends Meeting, but has grown to 19 sponsors and is now offered to every public high school in Fairfax County, as well as two private schools.

The goal of the program is to encourage young people to think more about peace "both as a means and as an end" and to recognize their achievements when they turn those peace-making thoughts into actions in their schools, their communities, and even around the world.

The program is open to area high school juniors and seniors. In October, each school is invited to choose either an individual or a group recipient with the guidelines that the students have worked "spe-



The winners of the 2019 Fairfax Student Peace Awards. The students from all around the county are honored for the work they do to sow the seeds of peace, resolve conflict, and promote understanding among the diverse people of Fairfax County, in their schools and in the community.

PHOTOS BY ANDREA WORKER/THE CONNECTION



U.S. Rep. Gerry Connolly (D-11) offered his congratulations to the winners of the 2019 Fairfax Student Peace Awards at their reception on March 10. "Standing up for peace takes courage and commitment."

cifically for peace or to identify and resolve conflicts ... demonstrating commitment to peace by engaging in activities that strive to end conflict ... seeking to bridge language, ethnic, racial, religious, gender, sexual orientation, or class differences ... and/or assist to resolve conflicts among students or members of the community who feel isolated or alienated."

THE WINNERS received certificates of achievement, a monetary gift and an additional \$100 to be donated to any nonprofit organization of the student's choice that operates in a spirit that is in keeping with the Peace Awards and this year, an autographed copy of the book, "Sweet Fruits From The Bitter Tree" by Mark Andreas, stories of "creative and compassionate ways out of conflict."

Read more about the Peace Awards and the recipients at www.fairfax.studentpeaceawards.org.



A senior at Herndon High School, Lydia Goff is the president of her school's Best Buddies Chapter and works hard to foster real friendships between people with and without intellectual disabilities.

Herndon, Reston Peace Awards Winners

Herndon and Reston both saw students achieve the Peace Awards honor.

❖ **Lydia Goff**, a Senior at Herndon High School, is the president of her school's Best Buddies chapter, in which volunteers seek to foster genuine, one-on-one friendships between people with and without intellectual disabilities. With 90 students registered in the program, Lydia stays busy organizing monthly social events, after-school meetings and one-on-one get togethers. Last year, Herndon Best Buddies was selected as the Most Outstanding High School chapter in the Capital Region and Lydia was awarded the D.C. United Community Star Award in recognition of her service.

❖ **Kamila Elyazgi** is a Senior at King Abdullah Academy, a private school in Herndon. She formed a global charity club at her school called Project Humanity. A participant in the George Mason University Con-

flict Resolution Youth Summit and in the Capital Region Leadership Academy, Kamila has organized projects to raise funds and collect needed items for Sudanese children, Syrian child refugees, and victims of Hurricane Irma and the earthquake in Indonesia.

Last summer, Kamila met with the staffs of U.S. Sen. Mark Warner and U.S. Rep. Gerry Connolly to advocate for U.S. border policy reform.

❖ **Sophia Liao**, a senior at South Lakes High School in Reston, where she founded the Young Democrats Club, served on the Student Council, and represents South Lakes on the Superintendent's Student Advisory Council.

Her organizational skills must be legendary, as she took the reins on a trip for 12 students to China to volunteer at a panda center. She also organized South Lakes' participation in the National Walkout Day against gun violence last year.



Kamila Elyazgi, Peace Award recipient and senior at private King Abdullah Academy formed a global charity club at her school and has been active in Conflict Resolution and leadership workshops.



Sophia Liao is a senior at South Lakes where she founded the Young Democrats Club. Sophia has taken her peace-maker efforts global, organizing a trip to China for 12 students to volunteer at a panda center.

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

WEDNESDAY/MARCH 13

Senior Social: St. Patrick's Day Style. 12-2:30 p.m. At RCC at Hunters Woods, 2310 Colts Neck Road, Reston. It's never too early to celebrate the luck o' the Irish. Celebrate St. Patrick's Day with friends while enjoying traditional Irish fare and beautiful Irish music and entertainment. Plan your social calendar while you learn about upcoming 55+ trips, classes and events. This event is co-sponsored by Reston Community Center and Reston Association. Registration required. Cost is \$8/RA members; \$15/non-members. Register through RestonWebTrac account or email Ashleigh@reston.org or call 703-435-6577.

Panel Discussion: Women Playing in Reston. 7 p.m. at at the Jo Ann Rose Gallery RCC Lake Anne the Reston Historic Trust & Museum. Reston Historic Trust & Museum will host a panel discussion titled "Women Playing in Reston: The Effect of Title IX on Women's Sports." Panelists Vicky Wingert, Skye Eddy Bruce, Valerie Lister, and Jennifer Volgenau Wiley will bring their personal experiences with a variety of athletic programs to discuss how the implementation of Title IX affected their careers and women's sports as a whole. Free, open to the public. Visit www.facebook.com/events/1979425375503721/.

Bingo Fundraiser. 7 and 9 p.m. At Crooked Run Brewery, 22455 Davis Drive, Suite 120, Sterlington. All proceeds from purchased Bingo sheets will go towards helping to further the arts in Herndon. Come grab a beer and some tacos and have fun while raising funds for Arts Herndon.

THURSDAY/MARCH 14

National Pi Day Celebration. Amphora Bakeries celebrate National Pi Day with iconic pies in their Vienna and Herndon locations. Call 703-964-0500 to pre-order or visit amphorabakery.com/pie-landing-page.

SATURDAY/MARCH 16

GRACE Family Art Day. 11 a.m.-3 p.m. At GRACE, 12001 Market Street, #103, Reston. Celebrating Youth Art Month on St. Francis Street and in the gallery featuring student artwork from the GRACE Art program and art-making activities for the whole family. Free. Call 703-471-9242 or Visit www.restonarts.org.

Family Day: Emerging Visions. 11 a.m.-3 p.m. at GRACE, 12001 Market Street #103, Reston. The Greater Reston Arts Center presents Emerging Visions, a group exhibition featuring select artwork by students participating in the Center's signature education program, Emerging Visions. The exhibition will be on view March 2-30, 2018 at the gallery located at the Reston Town Center. Visit www.restonarts.org.

Open Mic: Emerging Visions. 2-4 p.m. at GRACE, 12001 Market Street #103, Reston. The Greater Reston Arts Center presents Emerging Visions, a group exhibition featuring select artwork by students participating in the Center's signature education program, Emerging

Visions. The exhibition will be on view March 2-30, 2018 at the gallery located at the Reston Town Center. Visit www.restonarts.org.

St. Patrick's Day / St. Joseph's Day Party. 6-9:30 p.m. at St. Veronica's Church parish hall, 3460 Centreville Road, Chantilly. This is a family event that includes food, drink, sing-alongs, Irish dancers and plenty of smiling Irish eyes. Adults \$8, Children \$6, drinks extra. Visit www.stveronica.net/ or call 703-773-2000.

Common Ground Concert. 7 and 9 p.m. At ArtSpace, 750 Center St., Herndon. Featuring Candice Bostwick & Friends. Four friends coming together and finding common ground in music. You can expect an array of music including jazz and pop from these talented local musicians. Visit www.artspaceherndon.org.

SATURDAY-SUNDAY/MARCH 16-17

St. Patrick's Day at Lake Anne. Bring the whole family to Reston's Lake Anne Plaza for Irish-inspired activities, including photo opportunities with the Lake Anne Leprechaun, face painting, and Irish Dance demonstrations. Kalypso's will feature live music both Saturday and Sunday. Lucky Dog Animal Rescue will be on-site noon-2 p.m. Saturday with dogs ready for adoption. Free admission. Rain or shine. Visit www.kalypsosportstavern.com.

SUNDAY/MARCH 17

Lucky Leprechaun 5K. 8 a.m. At Reston Town Center, Reston. Run like you've got the luck of the Irish on your side! Enjoy a fun-filled celebration at the finish line. Kids Fun Run at 9 a.m. Presented by Potomac River Running. Visit Praces.com/luckyleprechaun.

Purim Palooza. Noon-2 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Congregation Beth Emeth's "World-Famous" Purim Carnival and more. Opens at 11:15 a.m. for preschool-1st grade and families. Carnival games, inflatables, crafts and more - with a prize room. Lunch with hamentaschen, costume contest, raffle with prizes. \$15-\$25 includes children's lunch. Call 703 860 4515, ext 101, or visit bethemeth.org/purim.

History of WWII. 2-4 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dr. Harry Butowsky of George Mason University presents part 1 of his 6-part lecture series on World War II: On Our Way, USA 1939-1942. Adults, Teens. Free. Call 703-689-2700 or email fairfaxcounty.gov/library/events.

Princesses & Lollipops. 4-5:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. A concert for the royal young ladies in the kingdom. Dress in glittering gowns and tiara's, come enjoy an afternoon of Disney movie and theater favorites including a parade of Princesses. Admission is free; donations are appreciated. Visit restoncommunityorchestra.org.

MONDAY/MARCH 18

Reston Photographic Society. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites

SEE CALENDAR, PAGE 7

Home LifeStyle



PHOTO COURTESY OF THE NEST ECC

Pet owners should look for stain-resistant and durable upholstery fabrics when creating a stylish and animal-friendly interior.

Pet-Friendly Decor

Pet-owning designers offer advice on practical design choices that don't sacrifice style.

BY MARILYN CAMPBELL

For pet owners, creating a home décor that's both aesthetically appealing and pet-friendly can be a delicate balance. From muddy paw prints on an heirloom area rug to a velvet sofa covered in cat hair, three local designers — all of whom own pets — share their best advice for addressing animal dilemmas and styling a chic interior that accommodates both man and his best friend.

"There are so many ways that pets enhance our quality of life in the same way that a serene, well-designed home might be a sanctuary for relaxation after a long day," said Karen McBride of Inspired Spaces. "The good news is that you really don't have to choose one or the other. The key is to make sure everything is durable and easily cleaned."

Flooring that can withstand paws with claws top the list of considerations for McBride. "Hardwood floors are beautiful, but they're easily scratched and dinged," she said. "Stone or ceramic tile flooring are ideal for pets owners. You can wipe up puddles and mop up muddy paw prints easily. Hardwood requires immediate cleaning because they absorb liquids and odor."

Rugs with patterns that can hide pet stains are what designer Rochelle Clark uses in the Fairfax home that she shares with her two Italian Greyhounds, Lola and Fiona. "My dogs are not housebroken, so I have to use indoor-outdoor rugs made of polypropylene because I can just hose them down when they get dirty,

which is often," she said. "Rugs made from sisal are also good choices if you have pets. I encourage my pet-owning clients to purchase inexpensive rugs because if you have dogs or cats, rug stains are inevitable. It's just a waste of money to invest in a high-end rug if you have pets. There so many ways that they can be ruined and there are plenty of rugs that don't cost a lot, but have a high-end look to them."

When choosing fabrics for furniture or throw pillows, pet owners should steer clear of textures like velvet or chenille, which can be magnets for pet hair, advises designer and corgi owner, Tami Evers of The Simply Elegant Home. "You also want to avoid silk and other delicate fabrics that could tear easily," she said. "There are so many options now for durable, stain resistant upholstery fabric that's as elegant and tasteful as its more traditional counterparts. Believe it or not, I finished a project for a client who had two giant labradoodles, and her living room furniture is entirely of Sunbrella fabric."

Other durable and easy to clean options that Evers recommends include leather and Crypton. "The only issue with leather is that it will scratch easily if you have pets with sharp nails, but some people think scratched leather has character," she said. "Crypton can withstand almost anything. If you have a dog or cat that barfs a lot or has lots of accidents, Crypton is the way to go. It's stain-proof, tear-proof and comes in a wide range of patterns and colors."

Built-in eating spaces and pet beds for her two Bichon Frises are ways that personal home organizer Becca Anderson of The Organized Life streamlines her pet spaces to maintain her home's aesthetic.

"Pet owners love their animals, but no one wants their home to look and smell like it's been overrun with animals," she said. "I advised one of my clients to add a custom, built-in litter box space to her laundry room for her three cats. She even invested in a self-cleaning litter box, and those two features were transformative."

"Rugs made from sisal are also good choices if you have pets."

— Rochelle Clark

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Obituary



Lance William Haus passed away peacefully on February 20, 2019 in Loudoun County, Virginia. He was born on November 6, 1947 in Nanticoke, Pennsylvania to the late William L. and Phyllis A. Turner Haus. He is survived by his wife of 51 years, Maureen O'Donnell Haus, his daughter Lora Kite (Gary), granddaughter Ashleigh Kite, brother-in-law Joseph O'Donnell, sister-in-law Linda Konetski (Edmund), cousins, and several nieces and nephews.

Lance grew up in Wilkes-Barre, Pennsylvania and graduated Valedictorian from Wyoming Seminary in Kingston, PA in 1965. He attended Cornell University in Ithaca, New York where he graduated Magna Cum Laude with distinction in all subjects in 1969. After graduation, he moved back to Pennsylvania to work as a teacher of adult education for the Wilkes-Barre School District. He later returned to Cornell University to complete his PhD graduate work and served as Director of Transportation at Cornell for several years.

In 1976, Lance moved his family to Reston, Virginia to begin a 30-year career with the Central Intelligence Agency. He served in many management positions across the organization, rising to the rank of the Senior Intelligence Service. He served on the Board of the Northwest Federal Credit Union and was a member of the American Economic Association. After retirement, he spent nine years living in New Oxford, Pennsylvania with his wife while enjoying a slower pace of life. They returned to Virginia in 2011 to be closer to their daughter and granddaughter, where Lance resided until his passing.

When not spending time with his family, Lance loved to be on the golf course. He was an avid reader and loved animals, especially his corgis and cat Middy.

Interment will be private. The family asks that you share any memories through the Loudoun Funeral Chapel website - www.loudounfuneralchapel.com. In lieu of flowers, please donate to the American Heart Association or the local Animal shelter or SPCA.

Obituary

Legals

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CALENDAR

FROM PAGE 4

photography enthusiasts of all skill levels to attend meetings. RPS is a special-interest group of the League of Reston Artists. Nonmembers are welcome. Visit www.leagueofrestonartists.org.

TUESDAY/MARCH 19

Fundraiser: Helping Hungry Kids. 11 a.m.-7 p.m. at Not Your Average Joes Restaurant, 1845 Fountain Drive, Reston. Tuesdays in March Helping Hungry Kids of Northern Virginia is holding a fundraiser at NYAJ Restaurant. They will donate 15 percent of your bill from lunch or dinner to HHK. Diners need to tell their server they are there to support HHK. Visit www.helpinghungrykids.org.

Live Music: Ryanhood. 7:15 p.m. at Amphora's Diner Deluxe, 1151 Elden St., Herndon. Acoustic duo Ryanhood got their first break more than a decade ago as street performers at Boston's Quincy Market. Ryanhood is on tour promoting their latest album, Early Best. Suggested donation is \$10 for members of the Folk Club of Reston/Herndon and \$11 for non-members. Visit www.restonherndonfolkclub.com.

WEDNESDAY/MARCH 20

Bingo Fundraiser. 7 and 9 p.m. At Crooked Run Brewery, 22455 Davis Drive, Suite 120, Sterling. All proceeds from purchased Bingo sheets will go towards helping to further the arts in Herndon. Come grab a beer and some tacos and have fun while you help raise funds for Arts Herndon. Visit www.artspaceherndon.org.

THURSDAY/MARCH 21

Weekend Food for Kids. 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Chantilly. Assistance League of Northern Virginia, a 501 (c)(3) nonprofit organization, invites community members to help pack food for its Weekend Food for Kids program. This critical program provides nonperishable food over the weekend to children who receive free or reduced-price meals during the school year at Title I schools in Fairfax and Prince William Counties and the City of Alexandria. May arrive at 9:30 to help with setup. Free. Visit alnv.org.

It's Not You, It's Me - The Second City. 6:45-10:45 p.m. with bus pickup at RA Headquarters. Bus trip to the Barns at Wolf Trap for an evening full of live and in-your-face entertainment. This comedy performance takes shots at heartbreak, missed connections and the mire of human relationships. Show begins at 8 p.m. Ages 18 and older. \$45 RA members; \$55 non-members. Register through RestonWebTrac account or email Ashleigh@reston.org or call 703-435-6577.

SUNDAY/MARCH 24

Live Music: Valerie Smith & Liberty Pike. 7 p.m. (doors open at 6) at Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. Make plans to "hitch up the team" and head to Frying Pan Farm Park this season for Bluegrass Barn. Food and beverages available for purchase. \$18 in advance, \$20 at the door. Purchase tickets online at fairfaxcounty.gov/parks/frying-pan-park/bluegrass-barn or by phone at 703-222-4664 or 703-437-9101.

TUESDAY/MARCH 26

Fundraiser: Helping Hungry Kids. 11 a.m.-7 p.m. at Not Your Average Joes Restaurant, 1845 Fountain Drive, Reston. Tuesdays in March Helping Hungry Kids of Northern Virginia is holding a fundraiser at NYAJ Restaurant. They will donate 15 percent of your bill from lunch or dinner to HHK. Diners need to tell their server they are there to support HHK. Visit www.helpinghungrykids.org.

TUESDAYS/MARCH 26-APRIL 30

Tai Chi. 7-8 p.m. in the Glade Room, 11550 Glade Drive (above the Glade Pool bathhouse). Practiced by millions the world over as a gentle, weight-bearing callisthenic or "moving meditation," Tai Chi is an ancient "internal" martial art and mind-body discipline rooted in Chinese tradition. Questions for this class can be directed to dmerenick@reston.org. Ages 55+. \$70 RA members; \$90 non-members. Visit www.reston.org, email ashleigh@reston.org or 703-435-6577 to register.

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Talk About Wishful Thinking



By KENNETH B. LOURIE

Every morning, at the very least, I look into the bathroom mirror to brush my teeth and shave my stubble. And there, right below my Adam's apple, in plain site, is the tumor we're attempting to stabilize, and in a perfect scenario: shrink.

As I've said many times before during my 10 years of treatment: "I can live with 'stable,'" and/or "Stable is my new favorite word." But the only way I find out if my lung cancer tumors are stable/have shrunk/grown is when my oncologist tells me/I read the radiologist's report.

During this quarterly interval between scans, I'm like Sergeant Schultz from "Hogan's Heroes": "I see nothing." The tumors in my lungs are "like weeds," (meaning they're everywhere), said my oncologist at the initial Team Lourie meeting in response to one of my wife, Dina's, questions about whether surgery was an option; "no" was that answer. But obviously, I can't see them and what feelings I've experienced in my mediastinum have likely been scar tissue forming (according to my oncologist) and not indicative of too much too often.

So, I've learned to not overreact to any discomfort I might experience. It might mean something or it might mean nothing. I've been to both places already.

However, the "Adam's apple" tumor is front and center. When I brush my teeth, I see it. When I shave I have to nearly shave over it. It's impossible to miss. It's not exactly a goiter but it's more than a lump.

It's not painful, but it's completely opposite to the tumors in my lungs; they're out of sight and because of that, occasionally out of mind. The "Adam's apple" tumor is totally in sight and because of that, is always on my mind. It's how I start my day and how I finish my evening. And in the hours between, I'm touching my throat to feel what I can feel and hope what I can hope. The effect is I'm reinforcing a negative every time I touch the tumor.

If I can't see the tumor (like the ones in my lungs), and I can't touch the tumors (like I can the "Adam's apple" tumor), I can delude myself more easily into not thinking/remembering I even have cancer; and more importantly, not thinking that I'm "terminal" as my oncologist characterized me all those years ago when he gave me a "13 month to two year" prognosis - on Feb. 27, 2009. Then I can pretend to live life as if the Sword of Damocles is not hanging over my head.

But, being able to touch the very thing that might be shortening my life makes it more real than it's ever been. And it's that reality that is making Kenny a very dull boy (no comments from the peanut gallery, please?).

I'll know something definitive on March 18, five days after my March 13 CT scan, the first scan I will have had since I began the immunotherapy. That's when we'll have our usual post-scan appointment with my oncologist to learn results and discuss alternatives, if necessary.

Surgery, as we've inquired about previously is out of the question. Therefore, we'll either continue to do what we've been doing, or start doing something we've never done before (you have to keep the cancer guessing).

On my most recent appointment, when asked by yours truly, my oncologist said we have lots of non-surgical options should change be warranted. (There was a time in the past when I asked my oncologist a similar question and he was not nearly so encouraging. In fact, he was downright discouraging when he told me that the drug he was giving me at the time was the last drug he had for me.) Having been dangling previously at a near end, I'm sure you can appreciate how a patient knowing there are other choices available should a drug fail to stop the growth, is very reassuring.

Nevertheless, facing off with this tumor every day and being able to touch it morning, noon and night, presents a real problem: how do I avoid thinking I have cancer?

It's always been my goal to try and assimilate the facts and hope not to be overwhelmed by the feelings. But how do I think it's nothing when it's obviously something?

I mean, it wouldn't be there if it was just minding its own business, would it?

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

Women Are Running Lake Anne Plaza

Local dimensions of International Women's Day: Gender parity rises as women business leaders smash glass ceiling.

BY MERCIA HOBSON
THE CONNECTION

The Lake Anne Merchants and Professional Committee celebrated International Women's Day 2019 on a hyperlocal scale the weekend of March 8 -March 10, highlighting achievements of women who helped shape businesses at Lake Anne Plaza in Reston. Events began Friday evening with the opening reception for "The Women of Lake Anne, a Portrait Series of Talented Business Leaders in This Vibrant Community," by Charlotte Geary Photography, followed by a four-member panel discussion moderated by Bonnie Haukness, board member, Reston Historic Trust & Museum.

"Tonight's event focuses on our amazing community of women; their life stories and gifts to be shared with us," said audience member Melanie Meren of Vienna before the start of the event. Nearby sat Nallely Soto of Reston with her daughter, Mya, 8. Asked why she came, Mya did not hesitate. "Women have equal rights like men. Just because someone tells you can't do something, it doesn't matter. Justice Ruth Bader Ginsburg is interested in equal rights," said Mya referencing the book "I Dissent."

"Celebrating International Women's Day here at Lake Anne Plaza is a perfect fit, as 75 percent of the businesses are either owned or managed by women," said Alexandra Campbell, executive director of the Reston Historic Trust & Museum, during her opening remarks for the kick-off event. "This plaza and our events [for International Women's Day 2019] are all about women supporting other women," said Campbell, who spoke about the significant role female entrepreneurs played in the development of the Lake Anne Plaza and how they rapidly broke through the commonly held male-dominated business models.

"Since Reston's beginning in the early 1960s, women have played a significant role in [the plaza's] development including ... commercial contributions. ... In 1977, women owned just 7 percent of all businesses in the U.S.; ... by 1987... 30 percent of all American businesses," Campbell said. She added that the number of women-owned businesses, "has only increased since then and Lake Anne business ownership proves this."

During her remarks, Campbell motioned toward the dozens of portraits on easels surrounding the gallery's audience, each a personal image-narrative capturing the dynamic spirit of each woman business owner colorfully and unexpectedly. Professional photographer Charlotte Geary took the images. "This plaza and our events [for International Women's Day 2019] are all about women supporting other women," Campbell said.



Patrons attend the reception and panel discussion for International Women's Day 2019 at Lake Anne Plaza.



Linda Fuller, former owner of Lake Anne Florist, describes how she grew the business.



Susann Gerstein, Small Change Consignment announces her business is closing in three months, but another woman-owned business would occupy the space,



Susan Burwell, Reston Used Book Shop tells the importance of managing capital.



Panel discussion moderator Bonnie Haukness asks why Lake Anne Plaza is conducive to female entrepreneurs.

Bonnie Haukness, board member of Reston Historic Trust & Museum, introduced the panel, the Lake Anne business owners, Linda Fuller, former owner Lake Anne Florist; Susann Gerstein, Small Change Consignment; Susan Burwell, Reston Used Book Shop; and Charlotte Geary, of Charlotte Geary Photography.

EACH PANELIST offered thoughts on why female entrepreneurship works so well at Lake Anne, how to recognize and seize opportunity and tips to create a successful business.

"I think there is something here that might appeal to a community-oriented woman," said Geary, adding that Lake Anne is de-

signed for people to engage and mingle; how one must park away from the businesses fronts and must enter the village center walking by them, offering opportunities for interactions. Gerstein described the aesthetics of Lake Anne, the beauty of the lake, nature and the manmade environment.

Fuller recalled her passion, drive to educate herself and as the business prepared and got off the ground, surrounding herself with people and organizations to lend a hand. "I didn't know anything about business, but I soaked it all up. I self-educated, took classes ... and worked with others. Lake Anne has an extraordinary merchants association which not a lot of strip malls have. There is a lot of support here ... support is very important going into business."

Fuller warned not to overextend and recognized the small square footage offered



Charlotte Geary stands beside a photograph she took for her portrait series, "The Women of Lake Anne," featured at International Women's Day 2019, Lake Anne Plaza, Reston.

at Lake Anne Plaza can be an advantage. "It is easier for women to start small ... it's a reasonable venture ... and it appeals to women that they can do it; can get started."

Susan Burwell of Reston Used Book Shop discussed an often-key issue for any small business, whether to buy the building or rent. She said when she looked into buying the company and the store nearly twenty years ago, purchasing the established business left little capital for purchasing the property it occupied. "We couldn't afford both, so we found a friend that was willing to purchase the property for us ... we paid rent ... and now we own the building." Burwell reiterated, "You can't do it by yourself. You need support from other people and other organizations."

"The key about women on the plaza to me is ... there is something about us rolling up our sleeves and saying we can do this ... a sense of women coming together and just making it happen," said Gerstein. As the panel discussion closed,

Gerstein took the opportunity to introduce an upcoming woman-owned business. She announced Small Change is closing. Mary Marchetti, president of the non-profit organization, Toys for Life, will occupy the space.

Nathan Hagan of Lake Anne Brew House created the poster for Lake Anne Plaza International Women's Day Poster. Proceeds from its sale will partially support Reston Historic Trust & Museum's Women's History Month Programs.

GENERAL DONATIONS collected during International Women's Day benefited Shelter House, which serves families in the community experiencing homelessness and domestic violence. "Ninety percent of the households are women-led," said Dani Colon, deputy executive director of Shelter House.