

Reston CONNECTION

The Kamp family, parents Nate and Liz, along with their children, Nate, 6, Michael, 8, and Caroline, 4, celebrate at the finish line of the second annual Reston Superhero Splash and Dash, a USA Triathlon Splash and Dash Series event.

Volunteerism At Its CORE

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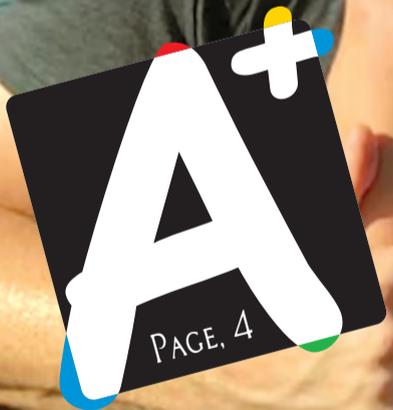


PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 5 ENTERTAINMENT, PAGE 6 CLASSIFIEDS, PAGE 6

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AUGUST 21-27, 2019

Imposing Art in Herndon, Humble Reston Artist

After nearly 50 years, a light shines on the artist and his works.

BY MERCIA HOBSON
THE CONNECTION

John Charles Koebert of Reston said that when he came home from college in the 1970s and announced to his parents, he had decided to change his life direction and become an art major, he recalled they said, “You are making a hard 90 degree turn to nowhere. ... You’ll be living with us for the next fifty years.”

After college, Koebert embraced his new career teaching art during the day and honing his artistic skills at night. Techniques evolved and matured. His works changed from representations to “real entities” as he called them. Koebert said he began to incorporate imperfections, such as dried dimples of paint, even bits of hair and dust.

Then in an irony of life, his family called; they needed him, at

home, to be the breadwinner.

Koebert said he rolled his massive canvasses into tubes, stacked his pencil sketches and tucked his works away. He entered the corporate world, eventually creating a successful career at Marriott, where he remained until he retired in 2016. Koebert never shared his love of art nor told others he was an artist for nearly half a century, yet creativity and talent simmered within him. Fast forward, to Sunday, Aug. 11, 2019. At ArtSpace Herndon, a small, multi-arts venue owned and operated by the non-profit organization Arts Herndon, John Charles Koebert stood at the opening reception and Meet the Artist of his first show, a solo. President of Arts Herndon, Joanna Ormesher said, “John, you are brilliant. ... I’ve hung lots of shows before but nothing as challenging and beautiful as these. Your life unfolds here. We are very privi-

leged to see your works.”

Filling the gallery walls and movable dividers, some of the works were “Little Giants” as Koebert called them. They loomed large. Seventy-eight inches by ninety-six inches, the framed, corporate-size works on canvases, each precise with crisp geometric forms, anchored the gallery painted in their complementary colors or neutral tones. They echoed the works of Budd Hopkins, nationally renowned abstract expressionist artist.

Pencil sketches of women, many graceful nudes, also created by Koebert, hung salon-style with careful consideration to spacing, proportions, frames and compositions. Other drawings and acrylic paintings rested on pedestals.

Koebert did not speak long. A small man, given to precise, careful words, he acknowledged and thanked the crowd. “I feel these are part of me, but I’d like to see them go,” said Koebert. His life is now a 40-hour workweek creating new art and space is limited.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Guests attend the opening reception and Meet the Artist, Sunday, Aug. 11 for John Charles Koebert Selected Works, curated and presented by Arts Herndon at ArtSpace Herndon.

The exhibition and sale of paintings and pencil sketches by John Charles Koebert continue through Sept. 7 with consideration for an additional week, according to Ormesher. Works range in price up to \$1,500. All pieces are framed and ready for installation. ArtSpace Herndon is located at 750 Center Street, Herndon. For hours and other information call 703-956-6590.



In his Reston home studio, artist John Koebert puts the finishing touches on a canvas for his first show and sale, Selected Works, curated and presented by Arts Herndon at ArtSpace, 750 Center Street, Herndon.

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Suicide and Trauma Sound Alarm for First Responders

Fairfax County Chief of Police takes action to relieve stress and encourage officers to ask for help when needed.

BY MERCIA HOBSON
THE CONNECTION

Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. is out to end the silence and stigma that surrounds the issue of mental health in first responders.

“Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok,” said Chief Roessler Jr. during a Meet & Greet presented by the Police Department Aug. 13, and held at the Public Safety Headquarters in Fairfax.

During the event, Roessler and Jay Carson, Director of Incident Support Services Fairfax County Police Department (FCPD), launched the department’s new program to combat suicide and reduce stress after exposure to trauma during critical incidents. Trauma and stress can lead to PTSD and depression.

Roessler and Carson introduced the department’s new Service Dog Program and the initial five First Responder Canine (FRK9) puppies assigned to the Incident Support Service Section. The dogs will be deployed to reduce the effects of a traumatic event, including fear and anxiety, for first responders and community members and participate in other areas.

“It is my goal, as your Chief of Police to lead an effort here in Fairfax County, across the nation, and around the globe to get rid of the stigma of mental health. One of our themes is, it’s ok, not to be ok. It’s ok to seek help,” said Roessler. Roessler explained that the department had formed a partnership with FRK9, a nonprofit organization that provided the department with five purpose-bred puppies and their associated costs, including veterinary care at no charge. According to FRK9’s founder, Roger Giese, FRK9 had fielded a total of 14 Golden Retriever and Labrador retriever pup-



From left, during a special Meet & Greet, Fairfax County Police Department introduces five of its newest and furriest recruits Service Dogs in Training, from left: Sully, Holmes, Indy, Lennie and Jack donated at no cost to the department by 1st Responder K9, a 501(c) 3 organization.



Children say hello to First Responder K9 Service Dog in Training Indy and her handler Fairfax County Chief of Police Colonel Edwin C. Roessler Jr. during the department’s Meet & Greet the Service Dogs.

pies, specially bred to become service dogs.

FCPD has five puppies from 4-8 months of age, currently being trained by their FCPD handlers. Named after fallen officers to

honor those who have served and protected the community, the Service Dogs in Training (SDiT) introduced to the public were Holmes, Jack, Indy, Sully and Lennie. “I’m proud to be here with

More from FCPD

Second Lieutenant Christopher Sharp, Media Relations Bureau: “From the moment Jack and I started this journey; it was evident how happy people were to be around him, even if it was just for five minutes. ... That brief encounter, the moment when everything else is set aside, and it’s just them and Jack, provides a glimpse of the immeasurable impact he has.”

Jill Molley, Clinical Psychologist FCPD: “When Holmes is with me, detectives pause what they are doing and spend a few minutes with him. They instantly smile and gather around him. ... Holmes ‘changes the subject’ when he shows up, which is a nice break from their stressful work.”

Colonel Edwin C. Roessler Jr. Chief of Police: “As a chief of police I value innovative methodologies to provide all first responders with the knowledge, skills, and abilities to end the mental health epidemic in our professions. ... As I watched officers respond happily to the puppies deployed in our agency over the first seven months in their positive wellness habits, it became an easy decision to become part of the program to assist me in my day-to-day struggles so I partnered with Indy... Indy is teaching me more than I am training her on all aspects of wellness as we continue forward for her to one day serve another first responder.”

my K9 partner, Indy,” said Roessler.

ROESSLER said the department’s K9s could help support officers and the community at the onset of critical incidents in the field, as

“Across this nation, death due to suicide in first responder profession is outpacing line of duty death... And that is not ok.”

— FCPD Chief
Edwin C. Roessler Jr.

a preemptive stress release, and also provide 24/7 emotional support for first responders: police officers, firefighters, dispatchers, sheriffs and deputies in their time of need, when they suffer a disability and have to retire. Roessler added: “We will have a core of K9s that will provide them the support for their Post Traumatic Stress... It is our goal to provide mental health services so we can eradicate suicide and make everybody better to get back into service in a community.” Matt Giese, Director of Operations for FRK9, thanked the FCPD Incident Support unit and all the members within the department for the partnership. Giese explained that two of the FCPD Service Dogs would stay on in the department to deploy during Potentially Traumatic Events (PTEs), “to help further assist those in the community who are suffering from things that occur catastrophically, unfortunately on a daily basis,” said Giese. The dogs would help de-escalate the often-strong emotions and stress that come with these events.

ACCORDING TO FCPD, in addition, the dogs would play a role in fostering community relationships with trips to neighborhoods, schools, local events, etc. All the dogs will go through a two-year training program to meet the Americans With Disabilities Act requirements for service dogs. The other three dogs would go to disabled first responders.

“One of the things we plan to do over the course of the next two to three years is to dispatch thirty of these highly-skilled, highly trained, loving animals to first responders in need, said Geise. He added that FRK9 would need continued and ongoing support because everything to date they funded themselves. “If you are willing or interested in helping with what we are doing here in Fairfax and beyond, please go to frk9.org and reach out,” said Geise.

PHOTOS BY MERCIA HOBSON/THE CONNECTION



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The Osher Lifelong Learning Institute is an affiliate of George Mason University providing educational, cultural and social opportunities to active and intellectually curious adults 50+. Treat yourself, a retired parent or loved one to the gift of OLLI membership. Fall Term 2019 registration is now open. For more information about OLLI or to view the fall course catalog, visit olli.gmu.edu or call 703-503-3384.

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THE CONNECTION
Newspapers & Online

SPECIAL PULLOUT TAB
Newcomers & Community Guide
August 28, 2019

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

Due to the popularity and long shelf life of this issue, an overrun of the publication is made to meet demand. Extra copies are delivered to select Chambers of Commerce, Realtors, Citizens' Associations and local government.

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Jaelyn Wheeler is helping her children transitions from a care free summer to structured school year.

PHOTO BY MARILYN CAMPBELL

Back-to-School Anxiety

Easing in to the new year.

BY MARILYN CAMPBELL

After summer camps and a vacation abroad, Jaelyn Wheeler is easing her children into the new routine that they will face later this month when they return to school. She's purchased school supplies and created and laminated a schedule of activities for before and after school. "They've been staying up until the wee hours of the morning, but I've been getting them to bed early and waking them up early," she said. "I've bought organizational supplies from the Container Store to help organize their desks at home so they have a clear workspace for doing homework."

When months of swimsuits, summer camp and lazy days turn into early rising, classroom desks and school bells, many families will feel the shock of a sudden shift in schedule. Faced with the reality of nightly homework, the need to perform well academically and the peer pressure that often comes with returning to school, many parents and children can feel anxious about starting a new school year.

"Children often worry if they will be able to cope with the demands of their new grade, said therapist Carol Barnaby, LCSW-C. "Will they be smart enough? Will they disappoint their parents? Will their teacher like them? Will they fit in with their peers? Will they be bullied? Will they be good enough to make the sports team? The worries can go on and on."

The increased pressures of perfectionism in both academic and extracurricular endeavors can feel daunting, especially after an easy-going summer.

"The social stressors of fitting in, being included [and] being accepted combine to create stress that is only increased by social media," Vicki Kirsch, Ph.D., LCSW Associate Professor of Social Work at George Mason University. "It's not only the difficulties of finding a group to sit with in the cafeteria, but also now criticism and bullying through social media."

As children approach adolescence, peer pressure can intensify such stress, suggests Linda McKenna Gulyn, Ph.D., Professor of Psychology at Marymount University.

"In fact, new school year stress for school-aged children is usually more tied in with pressure to make friends, fit in, wear the right clothes, shoes and backpacks and who will be in their class," she said. "For parents, stress relates more to their expectations of

school performance and other school or extracurricular activities."

Parents can comfort and support their children by acknowledging and validating a child's angst, says Gulyn. "Listen to their concerns and anxieties about social relationships. Help them ease into the transitions," she said. "[Their anxiety] will probably be relieved after a day or two. For younger students it might help to check in with the classroom teacher about these concerns, then drop him or her an email."

As Wheeler did with her children, Barnaby encourages parents and children to develop and discuss the new daily routine to create a concrete awareness of the shifts that are about to occur. "Gradually easing into the schedule can help kids cope with stress and encourage a return to routines, she said. "That includes eight to ten hours of sleep each night, turning off and putting away electronic devices 60 minutes before bed, eating healthy meals and spending time together talking about plans to manage the demands of the new school year."

Managing such stress should include more than academics, like unstructured free time suggests Barnaby. "Try not over schedule children with too many activities," she said. "Create calming spaces in the home to unwind. Sit quietly with your child to just be together. Try a guided meditation. Make time to talk about how things are going, what things are going well and what things they are finding challenging."

Learning and practicing self-care at an early age is a useful way to manage stress, advises Kirsch. "[It's] perhaps the best way," she said. These tools are always with us and the only requirement is to practice self-care skills to increase their effectiveness. Deep, focused breathing, meditation, and mindfulness are all ways to manage stress. People often confuse these three techniques with each other, but they are individual skills that can overlap but can also be practiced separately."

"For example, one can do a regular activity such as washing one's hands or walking to the bus stop in a mindful way by focusing in the present and examining experiences utilizing the five senses. "What am I seeing, smelling, touching, hearing, and tasting?" continued Kirsch.

Gulyn encourages students to focus on the joy they will feel when they are reunited with their friends. "Keep in mind that most other kids are a little stressed and scared about back-to-school stuff, too," she said. "But now you are a grade higher and definitely ready for the next year."

OPINION

League of Women Voters to Hold Candidate Forums

Board of Supervisors, School Board candidates to participate in forums throughout the county.

The League of Women Voters of the Fairfax Area (LWVFA) will hold candidate forums in each of Fairfax County's nine magisterial districts for Board of Supervisors and School Board candidates in September and October in the run up to the Nov. 5, 2019 General Election. All certified candidates competing for seats on the two Boards to represent their respective districts have been invited. Several of the forums will also include Virginia State Senate and House of Delegates candidates.

In addition, the League will hold countywide

a candidate forum for the three at large School Board seats and Chair of the Board of Supervisors.

The League organizes candidate forums prior to elections to give voters opportunities to learn more about the candidates and to dive into complex issues like redistricting and voting rights for fact-based discussions and be better informed citizens in our democracy. The Candidate Forums are non-partisan, and the League never supports nor opposes any candidate. A moderator will ask the candidates questions generated by the audience. Following the

formal session, an informal meet and greet session will allow direct audience interaction with the candidates. The forums are free and open to the public.

Additional information about the candidate forums, the 2019 General Election, League publications and other events can be found at: www.lwv-fairfax.org

Questions for the candidates can be submitted by accessing: www.surveymonkey.com/r/LWVFA2019

Go to www.vote411.org for an online voters guide to compare candidates' positions side-by-side.

The League of Women Voters of the Fairfax Area is a non-partisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

Fairfax County 2019 Candidate Forums

Wed, Sept. 4 — 7 p.m.
Mt. Vernon District Sherwood Regional Library 2501 Sherwood Hall Ln, Alexandria

Mon, Sept. 23 — 7 p.m.
Countywide—At Large School Board & Chair of the Board of Supervisors Fairfax County Government Center 12000 Government Center Pkwy, Fairfax

Wed, Sept. 25 — 7 p.m.
Sully District—Supervisor & School

Board Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Thurs, Oct. 3 — 7 p.m.
Springfield District Pohick Regional Library 6450 Sydenstricker Rd, Burke

Sat, Oct. 5 — 3:30 p.m.
Braddock District Kings Park Library Community Room 9000 Burke Lake Rd, Burke

Sun, Oct. 13 — 3 pm
Hunter Mill District Hunters Woods Village Center Reston Community Center 2310

Colts Neck Rd, Reston

Wed, Oct. 16 — 7 p.m.

Lee District Hayfield Secondary School 7630 Telegraph Rd, Alexandria

Wed, Oct. 16 — 7 p.m.

Providence District Providence Community Center 3001 Vaden Dr, Fairfax

Thurs, Oct. 17 7 p.m.

Dranesville District McLean Community Center 1234 Ingleside Ave, McLean

Thurs, Oct. 17 — 7 p.m. —

Mason District Woodrow Wilson Library

Community Rm 6101 Knollwood Dr, Falls Church

Wed, Oct. 23 — 7 : 3 0 p.m.

Sully District—Senators and Delegates Sully District Govt. Center 4900 Stonecroft Blvd, Chantilly

Volunteers, including students, are welcome.

For more information, visit www.lwv-fairfax.org/candidateforum

COMMENTARY

Electric Vehicles to be the Norm

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

In 1996 I had the great learning experience of chairing the Northern Virginia Electric Vehicle Launch Committee through the sponsorship of the Electric Transportation Coalition (ETC) and the US Departments of Energy and Transportation. The national goal to clean up the air we breathe was the impetus to the study we did in our region as was being done in nine other suburban regions throughout the country. The one-inch thick report we produced—"The Path to an EV Ready Community"—provided a guide that is still relevant and valuable today.

General Motors came out with its EV-1 vehicle which I had the pleasure to drive for a day; prospects were looking good for electric vehicles until suddenly the bottom dropped out of the market. All big manufacturers dropped their testing and production of electric vehicles. Our report was clearly ahead of its time.

Fast forward a couple of decades

and electric vehicles have come into their own. All manufacturers I know of are predicting that over the next couple of decades electric vehicles will be the only cars and trucks they produce. They are environmentally clean, outperform traditional cars, need less maintenance, and are safer.

Hybrids that use traditional engines with electric assist have virtually taken over the market. Jane and I felt like pioneers in 2003 when we bought our first Prius. It got great gas mileage, required little maintenance, had less harmful emissions, and ran until we finally traded it in with more than 150,000 miles. Our experiences with the Priuses we bought in 2007 and 2012 were the same.

The path to electric vehicles that my earlier study had considered has made huge strides over the past several years. While Tesla is probably the best known of the electric vehicles, most manufacturers have an all-electric option. Chevrolet has the Bolt and Nissan has the Leaf among the better known models. They will help us

reduce our carbon footprint, clean up the air, and more easily adapt to the many new automatic features that are becoming available.

But the shift in the power sources of our vehicles brings new challenges, all of which must be recognized and can be met. At a session "Juicing Up for Electric Vehicles" at the recent National Conference of State Legislatures I attended some of the issues were discussed. How should the sale of electricity be provided and regulated if necessary? Will utilities be able to handle the increased demand? How can equity and access be assured for drivers in the market if prices go up?

Share Tips about Community

We need help from our readers for content of our annual Newcomers and Community Guide.

We're hoping to share special places, activities, events, organizations and volunteer opportunities. What should someone new to your neighborhood know about? What is it that you love most about where you live?

We will publish a selection of local viewpoints along with infor-

Coming with the electric vehicles are many automated features that can make driving safer. The National Highway Traffic Safety Administration says that of the over 37,000 people killed in motor vehicle crashes in 2016, more than 90 percent had a human error factor. Maybe the new cars will be able to have safety engineered into them.

Continuing my story about electric vehicles that began more than two decades ago, Jane and I purchased a Tesla a week ago. It is environmentally friendly, has many safety features, and will be very comfortable for my numerous trips to Richmond!

mation useful to newcomers and long-time residents alike, including information on how to vote and more. See last year's community guides by going to www.connectionnewspapers.com/PDFs/ and scrolling down to Newcomers. Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.

Reston
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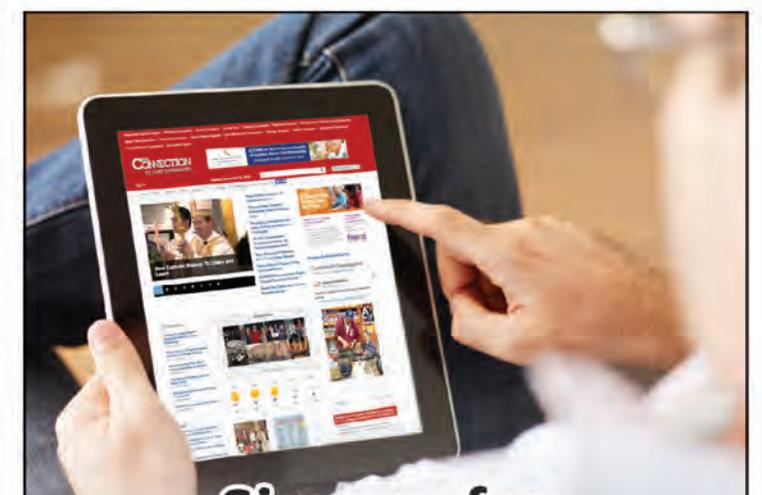
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CALENDAR

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

THURSDAY/AUG. 22

Tapping Into the Five Senses. 2-3 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. 18 and older. This interactive workshop helps caregivers learn how to better engage older adults with dementia through their five senses. Visit www.restoncommunitycenter.net/ for more.

Creative Response: Overlooked. 7 p.m. at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents Overlooked, a group exhibition featuring nine artists who are seeking to bring awareness to issues that are often unnoticed, ignored, or otherwise not part of "polite conversation." Free and open to the public. Visit restonarts.org for more.

Design & Wine: "Summertime Collage." 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. "Summertime Collage" with Mary Sears. The summer isn't over yet, so come and make some happy memories and share some funny sunny surprises. \$45. Call 703-956-6590, email info@artsherdon.org or visit www.artspaceherndon.org.

Hunter Mill Nights: The United States Navy 'Cruisers' (pop rock). 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. With a mix of performances through for the whole family, Hunter Mill Nights returns through Aug. 22 with performances by entertainers from across the United States and around the world. Allow time for a picnic in the park, a visit with the farm animals and a wagon ride, along with the show. Free. Visit www.fairfaxcounty.gov/parks/performance/hunter-mill-nights for more.

FRIDAY/AUG. 23

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

SATURDAY/AUG. 24

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.

Family Day: Overlooked. Noon-3 p.m. at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Greater Reston Arts Center (GRACE) presents Overlooked, a group exhibition featuring nine artists who are seeking to bring awareness to issues that are often unnoticed, ignored, or otherwise not part of "polite conversation." Visit restonarts.org for more.

Dairy Days. 1-4 p.m. (on the hour) at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Get a taste of the county's dairy history at Sully Historic Site. Churn butter, crank ice cream, milk a fake cow, play 18th century games, and experience a slice of life from decades ago. Designed for participants 5- adult. \$8 per person. Walk-ins are welcome, but



Reston Chorale Auditions

The Reston Chorale is auditioning all voice parts for the 2019-20 Season. Tuesday, Aug. 27, 5-6:30 p.m. at Reston Community Center, Lake Anne, 1609-A Washington Plaza N., Reston. Visit www.RestonChorale.org and click on "Join Us" for more information. To schedule an audition, email RCAuditions@restonchorale.org or call 703-834-0079.

pre-registration is recommended. Children must be accompanied by an adult. Tour the historic house for an additional fee. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

MONDAY/AUG. 26

Back to School. Fairfax County Public Schools first day of the 2019-2020 school year. Visit www.fcps.edu/calendars/2019-20-standard-school-year-calendar.

TUESDAY/AUG. 27

Reston Chorale Auditions. 5-6:30 p.m. at Reston Community Center, Lake Anne, 1609-A Washington Plaza N., Reston. The Reston Chorale is auditioning all voice parts for the 2019-20 Season. Visit www.RestonChorale.org and click on "Join Us" for more information. To schedule an audition, email RCAuditions@restonchorale.org or call 703-834-0079.

WEDNESDAY/AUG. 28

Dog Days of Summer. 5-7:30 p.m. at the Pavilion at Reston Town Center. Every Wednesday through Sept. 4, dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet friendly giveaways, and more. Free. Operated by Healthy

Hound Playground and Isy's Ways. Visit restontowncenter.com for more.

Author Event: Rachel Louise

Snyder. 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Award-winning journalist and author Rachel Louise Snyder has been featured in the Washington Post, the New York Times and on the Daily Show with her book, No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us. Her investigation reveals how the roots of the most pressing social crises are buried in abuse that happens behind closed doors. Visit www.scrawlbooks.com or call 703-966-2111.

FRIDAY/AUG. 30

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the

little people. Make new friends or meet up with neighbors. Visit www.scrawlbooks.com or call 703-966-2111.

Indian Cooking. 6-7:30 p.m. at RCC Hunters Woods, 2310 Colts Neck Road, Reston. Ages 18 and older. Learn to cook healthy vegetarian food from the Rava Upuma and Chutney regions in India. This will be a demonstration with some hands-on opportunities. \$20, \$16 (55+) with registration; \$30 at the door. Visit www.restoncommunitycenter.net/ for more.

SATURDAY/AUG. 31

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Visit www.scrawlbooks.com or call 703-966-2111.

Jazz & Blues Music Festival. 2-8 p.m. at Lake Anne Plaza, Reston. Visit the 13th annual Jazz & Blues Music Festival and enjoy a Plaza-wide beer and wine garden. Music by BIG Whitson, Shacara Rogers and the Vaughan Ambrose Octet, Jamal A. Brown, Feedel Band, Michael Pavone, and VMC. Enjoy beer by Orner Beer Company and tacos by Lake Anne Deli. Visit lakeanneplaza.com.

SUNDAY/SEPT. 1

4K Fun Run: Hope Against

Cervical Cancer. 10 a.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. This is a 4K fun run being held to spread awareness and promote self testing for cervical cancer in underserved areas of the U.S. as well as across the globe. Runners will receive a race T-shirt and bottled water. Awards for 1st place and runners up will be given in adult and children categories. Adults, \$20; 13 and under, \$15. Visit www.servicebeyondborders.org for more.

Get Fired Up. 11 a.m.-3 p.m. at Colvin Run Mill, 10017 Colvin Run Road, Great Falls. The mill's blacksmith will be firing up his forge - watch as he works with hammer and tongs to make iron tools and utensils. Free, no reservations are required. No reservations are required. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

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BULLETIN

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

DONATIONS NEEDED

School Supply and Backpack Drive. 8 a.m.-4 p.m. at the Parent Resource Center, 2334 Gallows Road, Room 105, Dunn Loring. For the nearly 56,000 students in Fairfax County Public Schools living at the poverty line, obtaining school supplies can be difficult. FCPS is partnering with roughly 20 nonprofits and businesses to ensure that students will have the supplies they need this fall for its "Collect for Kids" campaign. A \$25 donation will fill a backpack with FCPS approved supplies for a student. Organize a collection drive of new backpacks in your community and bring to one of the Collect for Kids drop off locations. Visit www.collectforkids.org/get-involved or call 703-204-3941.

MONDAY & WEDNESDAY/AUG. 28-SEPT. 25

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184989 to register.

TUESDAY/SEPT. 10

Family Caregiver Telephone Support Group. 7-8 p.m. Fairfax County's Family Caregiver Telephone Support Group meets by phone on Tuesday, February 13, 7-8 p.m. This month's topic is an open discussion on advance care planning and end of life decisions. Call 703-324-5484, TTY 711 to register.

TUESDAY/SEPT. 17

DMV2GO at the Library. 9 a.m.-4 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at dmv.virginia.gov/general/#dmv_2go.

MONDAY & WEDNESDAY/SEPT. 30-OCT. 23

Community Emergency Response Team Training. 7-11 p.m. at the Fire and Rescue Academy, 4600 West Ox Road, Fairfax. The Community Emergency Response Team (CERT) Program trains county residents in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Emphasis on hands-on skill development and Fairfax County protocols and procedures. Instructor will provide syllabus with class schedule at first session. This training does not require any special physical strength or agility. Visit volunteer.fairfaxcounty.gov/custom/1380/#/opp_details/184991 to register.

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

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"Barbasoul"



By KENNETH B. LOURIE

That was a close shave, if I may euphemistically characterize my most recent, blade-free brush with cancer-like symptoms, especially considering that I thought my life was at stake.

The pain was located around my left-side rib cage, exactly where the pain was on that fateful Jan. 1, 2009 day when I couldn't ignore it any longer and thus felt compelled to get off the couch and go to the emergency room.

Though I didn't have any shortness of breath, or difficulty inhaling, exhaling and bending over (all of which I had back then); nonetheless, I thought the worst and didn't fool around this time and made an appointment with my primary care physician as soon as possible, which was for the following day. I didn't have a great sleep that night but it was somewhat improved knowing I might get an answer the next day.

To say that my life was beginning to pass by is a bit of an overstatement to be sure, but it was moving around a little bit. Trying to bury/compartamentalize what a possible recurrence/resistance to my current standard of treatment would mean before I actually met with a physician and received cancer confirmation was the immediate task at hand.

Rationalizing that what symptoms I wasn't experiencing meant something positive/encouraging compared to what I felt 10 and a half years ago was one mental route I was traveling. The other was my usual and customary fall-back position: "It's nothing until it's something."

However, I have to admit "something."

Though I can't speak for all cancer patients/survivors; for me – in spite of my inherited-from-my-father positive attitude – being diagnosed with a "terminal" disease, as clearly described by my oncologist back in late February 2009, creates a sense of inevitability – as does the "13 month to two year" prognosis that followed.

Inevitability, as in one's demise (I'll never forget the walking-down-the-staircase-with-a-yo-yo example he used) and then death is only a matter of time. Time which you don't have and quality of life which you'll never get back.

And when that "inevitability" is most clear is when you have symptoms (related to your cancer or not; you don't know definitively, at least I never do), especially if those symptoms are identical to the ones that got you into this jackpot in the first place.

So yes, I've had a difficult few days fighting the inevitable feelings and wondering if my amazing good fortune had finally run out. After all, a "terminal" disease doesn't generally mean you go on living a normal life expectancy. Au contraire. It means you don't! And at some juncture, the cancer spreads beyond modern medicine's ability to manage it.

Then the patient is given a choice: stop the treatment and try to enjoy your remaining days without side effects, and thereby live a less cancer-centric quality of life with some freedom and independence – and hopefully feel some kind of better. And in those intervening days, try not to worry about the cancer doing what it inevitability (there's that word again) does, which is not cure itself. Or try some experimental treatment and hope for the best.

This is the emotional concern and challenge which hangs over my head. Never more so than when I have the symptoms that I did this past week.

Fighting the cancer and fighting these feelings is too much. One at a time I can handle.

Handle it I did as I sat in my doctor's office and in great detail, described my symptoms, and explained what I was feeling and what I wasn't. My internal medicine doctor listened intently as he has since the very beginning when I was first diagnosed. He was calm and reassuring in his assessment.

My symptoms he said were not cancer-related. They "were muscular," he continued, "on the outside of my lungs."

Not lung cancer at all. As such: No lab work. No X-Ray. No CT scan. No nothing. Another reprieve. Life goes on, until

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



A swimmer gets a little help from Superhero Taralyn Kohler at the second annual Reston Superhero Splash and Dash, a USA Triathlon Splash and Dash Series event held Sunday, Aug. 18.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Splash and Dash volunteers, Marley Mulvaney, 13, and Bridget Brennan, 13, of Reston chalk a superhero badge onto the racecourse.

Volunteerism At Its CORE

Second annual Reston Superhero Splash & Dash introduces young athletes to multisport lifestyle.

BY MERCIA HOBSON
THE CONNECTION

Reston-based nonprofit CORE Foundation presented its Reston Superhero Splash & Dash, a USA Triathlon Splash and Dash Series event for second consecutive year on Sunday morning, Aug. 18. Sponsored in part by the USA Triathlon Foundation and in cooperation with Reston Association according to organizers, the two-hour event served children 6-15 and introduced youth athletes to the multisport lifestyle through the fast-growing discipline of aquathlon.

The focus was on participation and fun rather than competition and took place at Reston Association's Lake Audubon pool and on adjacent paths. According to organizers, proceeds benefited "CORE Cares," a CORE Foundation program, which enables triathlon experiences for low-income youth.

Before Reston Superhero Splash and Dash began, the heartbeat of CORE Foundation assisted in various roles bringing with them their positive attitudes. On the racecourse, volunteers Marley Mulvaney, 13, and Bridget Brennan, 13, both of Reston chalked encouraging words onto the asphalt. Later they would work to keep the athletes safe and on course while cheering loudly and wearing their superhero-themed gear. For Mulvaney, volunteering offered a double win. "I do it because I can help out in the community and because it is fun." For Brennan, she learned the value of volunteerism by example. "My dad showed me how to volunteer," she said. According to CORE's volunteer sheet, John Brennan signed up to monitor and control access in and out of the transition area in the Lake Audubon parking lot.



A runner makes the final sprint toward the finish line with the encouragement of volunteers at CORE Foundation's Reston Superhero Splash and Dash, a USA Triathlon Splash and Dash Series event.



Athlete Abby Deangelo, 12, of Reston encourages her brother, athlete Roman, 6, before he participates in his first multisport swim/run event, the 2nd annual Reston Superhero Splash & Dash.



With her bib number now pinned to her t-shirt by Bobbie Brown, athlete Shakaya Holland, 10, of Falls Church is psyched to participate in her first-ever multisport, the 2nd annual Reston Youth Splash & Dash presented by CORE Foundation.



A young athlete charges across the Lake Audubon pool deck and towards the transition area during the 2nd annual Reston Youth Splash & Dash presented by CORE Foundation.

Outside the transition area and before the event started, athlete Shakaya Holland, 10, of Falls Church waited anxiously. Holland was about to participate in her first multisport. Bobbie Brown pinned a bib number to Holland's t-shirt in preparation for her run.

At 8:30 sharp as the crowd cheered, the young athletes many from Reston as well as surrounding communities filed onto the pool deck.

"Our goal today is for every participant here, to leave and cross that finish line feeling like a Superhero. For many of the athletes, this is their first multisport race...Congratulations... for having the courage to try...We are so proud of you," said CORE Executive Director Taralyn Kohler.

Heat after heat of young athletes swam their designated distances, exited the water and set out on the racecourse. Volunteers such as Raba Letteri of Reston and her son Aaron, 15, both dressed in superhero attire, directed the children. "I volunteer to see a child smile," said Raba Letteri. Aaron said he had just completed his 100th hour of volunteering.

Having crossed the race wire, Michael Kemp, 8, of Reston accepted his medal and goody bag of swag, all the time returning high fives from volunteers. "The running was the harder part," said Kemp. "I was already tired from swimming. It was hard to keep up with everybody but all the volunteers cheering me on helped."

To learn more about CORE Foundation as it raises funds to create confidence-building athletic experiences for underserved children in the community along with providing them with shoes, bikes and the tools that they need to be successful, visit corefoundation.org.