Jessica Honesty, former South Lakes and Westfield High basketball player, poses on her set for “The J-Hon Show” at Fairfax Public Access Sunday morning.

Show with Honesty

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Lake Anne Village Center Named Historic District

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The Reston Historic Trust and Museum has announced that the National Park Service has named the Lake Anne Village Center Historic District to the National Register of Historic Places. The announcement was made on June 5 on the National Register's website (www.nps.gov/nr/listings/20170609.htm). The National Register is a listing of the buildings, structures, sites, districts, and objects worthy of national recognition for their historic significance. The Register was authorized by the National Historic Preservation Act of 1966 and is maintained by the National Park Service.

In March 2017 the Virginia Department of Historic Resources included the Lake Anne Village Center Historic District in the Virginia Landmarks Register, and forwarded its nomination to the National Park Service for possible inclusion in the National Register. Lake Anne Village Center was named a Fairfax County Historic District in 1983.

Lake Anne Village Center was constructed between 1963 and 1967. It was the first village of the planned community of Reston founded by Robert E. Simon Jr. It is considered to be nationally significant in the areas of both social history and architecture. As the first village of the planned community of Reston, it is part of the nation’s first zoned planned unit community. Additionally, it is socially significant because it articulates its founder’s seven goals, as well as Simon’s insistence on an integrated community in the Commonwealth of Virginia prior to the Civil Rights Act of 1964.

Lake Anne Village Center’s influences derive from the English Garden City movement, as well as European plazas and the townhouses of urban areas of the northeastern United States. The complex, designed by the New York architectural firm of Conklin Rossant, features Brutalist-influenced architecture tempered by its human scale and medieval elements. For its era, the complex presented a shockingly modern design in a Northern Virginia dominated by single-family Colonial Revival homes.

Lake Anne Village Center showcased the new town movement, with social, architectural, and land-use development innovations—elements internationally recognized today for influencing subsequent planned developments in the United States and around the world.

In 2002 The American Institute of Certified Planners designated Simon a Planning Pioneer: “[The] Founder of Reston, Virginia, introduced urban living to the American suburban countryside at Lake Anne Village Center, created the nation’s first Planned Unit Community zone, and founded a community of international renown dedicated to social openness, citizen participation, and the dignity of the individual.”
Running With Tim
10th annual Reston race to promote organ donation and brain aneurysm awareness.

By Andrea Worker
The Connection

On Saturday, Sept. 16, the Susco family of Reston will host the 10th annual “Running with Tim” 8K race and 2K Walk/Run to benefit the Brain Aneurysm Foundation and the Washington Regional Transplant Community. The event is a personal one for Tom Sr., Nancy and their son Tom.

Ten years ago, the Suscos received one of those dreaded late-night phone calls. Twenty-five-year-old Tim Susco, living in California and pursuing his dream of a career in the film industry, had collapsed while shopping in a Los Angeles record store.

“It came out of the blue, no warning,” said his mother. “Tim was the family athlete,” added his father. “Cross-country at school. Always the best of health.”

Tim suffered a brain aneurysm that day. Despite receiving emergency medical treatment within minutes of the onset of the incident, Tim lapsed into a coma. Four days later, with his family beside him, Tim Susco died.

In the midst of their grief and the details that had to be handled so far from home, there was one solid platform that the Suscos could stand on while they coped. Almost 10 years before this tragedy struck, the family, including Tim and his older brother Tom Jr., had discussed organ donation, made their individual decisions and made their wishes known to each other. “Just in case,” said Nancy.

Such a conversation might seem a bit odd to a family for have, especially as it was held over the Thanksgiving holidays, but the family has a medical background, with Tom Sr., a pharmacist, and Nancy a nurse at Reston Hospital Center, so the idea wasn’t completely foreign to them. The timing was because Nancy had just participated in the South Lakes High School Ethics Day, where both of her boys attended. On the agenda that day was talking to students about organ and tissue donation. The whole family agreed that this was something they wanted to.

That decision gave them some focus in the immediate aftermath of the moment that changed their lives. Nothing but time could ease the intensity of the grief that this close-knit family was feeling in those early days following his death, but the fact that immediately after his death, others were being given a chance to continue their lives as a result of the donation of Tim’s organs, brought a small degree of comfort.

“With his heart and lungs, Tim gave most of 10 more years of life to a man in Hawaii, who got to spend that much more time with his family,” said brother Tom. “A high school student and a 3-year-old benefited as well, and are here today because of Tim’s donation.”

Back at home, even knowing that something good had come from their personal tragedy, wasn’t enough to help the younger Tom cope with the loss of his sibling, only two years his junior. A friend suggested he take up Tim’s favorite past-time — running.

“I was not a runner. That was Tim’s thing,” said Tom. But he soon found that it did help with his grief, and “made me feel close to Tim again, in doing this.” Tim’s spirit and his love of the sport have no doubt inspired his brother. In 2011, Tom set himself a goal to run at least a half-marathon in every state in Tim’s memory. He’s not doing too bad in that effort. So far, Tom, Jr. has run 5 marathons and 44 half-marathons in 38 states, including the District of Columbia. His parents and other family members have joined him on several of these adventures.

Still, the Suscos decided that they had to do more as a family to honor Tim’s memory, and keep the “good stuff going.”

The Year Following His Death, they organized the first annual “Running with Tim” 8K and 2K.

Nancy recalls how kind the organ donor association in California had been to her family, so it felt right to share the proceeds with a local group doing the work in the area – the Washington Regional Transplant Community (WRTC).

The WRTC, established in 1986, is a non-profit, federally designated Organ Procure-ment Organization, covering Northern Virginia, D.C. and Southern Maryland. They are responsible for the recovery and allocation of organs, eyes and tissue, as well as providing care for donors and their families.

“There are more than 2,600 Virginians on the organ waiting list,” said Valerie Schneider of the WRTC. “One donor can save the lives of up to eight others and enhance the lives of more than 50. We are so grateful for people like the Suscos.”

Nancy and husband Tom also now work with the Washington Regional Transplant Community on their Donor Family Council. The Brain Aneurysm Foundation is the other recipient organization of the funds raised through the “Running with Tim” race.

“It’s not a well-known disease or cause of death. It usually comes on so suddenly, with few, if any symptoms,” noted Nancy, and “it doesn’t get much attention or funding.”

In their own quiet way, the Suscos go about helping financially, and doing what they can to raise awareness. They have even been to Capitol Hill on a Lobby Day to talk with lawmakers about this sudden, often silent and usually deadly condition that can strike at any age.

“Honestly,” said Tom Sr., “we thought maybe the run would be a one-time thing, but the interest has been there to keep going, and so we do.” Both his parents and his brother characterize Tim as “a real hard-worker, who would pay his dues and do the work.” The Suscos don’t want to let their missing team member down.

Those wanting to “Run with Tim” for the 8K, or do the 2K Walk/Run, or volunteer to help the event or donate to the cause can visit www.susco8k.com. Registration is now open for the event, which begins and ends at South Lakes High School in Reston.
An Open Letter to Readers and More

Buy an ad in our annual Newcomers and Community Guide.

Last year, when I wrote an editorial similar to this one, there was some controversy about it inside the Connection. But many community organizations, civic organizations, businesses and elected officials responded positively, and it made a difference.

I have a special favor to ask, once again: Buy an ad in our Newcomers and Community Guide.

To put on my publisher’s hat (not my editor’s hat) for a minute, if you have a marketing budget, and you value coverage of local news, (not just ours), why wouldn’t you spend a portion of that budget (any portion) supporting that platform?

Show your support for our organization which continues to be here to support the forces of good in our communities.

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 23, 2017 edition of all 15 Connection Newspapers, published by Local Media Connection. Deadline is Aug. 16.

I am creating a quality special issue, and we need your help. Whether you invest in a small ad in a single paper (super affordable), or a full page in all 15 of our papers (super value), we appreciate your help as always.

For the same reasons that organizations, businesses and campaigns know they want local newspaper coverage, newspaper advertising is an effective way to reach voters, residents, clients. The Connection reaches more than 200,000 readers, in print and online, including remarkable demographics. Our readers include local and national decision makers in the public and private sector.

According to an independent study cited by the National Newspaper Association, 86 percent of voters who cast ballots in the election four years ago read newspapers in print or online; 79 percent of voters ages 18 to 34 read newspapers in print or online; 91 percent of voters who contribute to campaigns read newspapers in print or online.

The deadline for the Newcomers and Community Guide is Aug. 16. Digital enhancements and support are available. For more information, email sales@connectionnewspapers.com or call 703-776-9431.

— Mary Kimm
mkimm@connectionnewspapers.com

More on Civic Engagement

By Kenneth R. “Ken” Plum
State Delegate (D-36)

Never in my years in politics have I gotten as many questions from people as to what they can do to be more active in political affairs. While the circumstances at the federal level that have given rise to this question are deplorable, there is a need to take advantage of this new or renewed interest on the part of citizens to get involved with their government. For folks who have been involved as volunteers in political campaigns or as advocates in issue-oriented organizations, the lack of awareness and knowledge of the governmental processes on the part of their new helpers and associates is astonishing.

Even so, it is absolutely essential that the new interests be acknowledged and respected and activities and mentoring take place to ensure that the maximum number of people participate in civic affairs and upcoming elections.

I was pleased that a civic engagement fair that I sponsored on a Saturday morning earlier this year attracted more than 300 attendees. The goal of the event was

Editorial

Commentary: Civic Education

to match up organizations with potential volunteers and members.

New movements like Indivisible and others have sprung up around the country with the local Herndon-Reston Indivisible attracting as many as 400 attendees at one of its early meetins.

The group has formed several very active interest groups.

Strong interest in more involvement in civic affairs is of course not limited to this region or state; it is national in scope. The most recent issue of the Council of State Governments publication, Capitol Ideas, has civic engagement as its theme. It looks at such concerns as “the key to repair trust in government” and “how technology reshaped civic engagement.” If one word was used to summarize the articles in this edition of the journal read by state government officials nationwide, it would be education.

An article titled “Civic Education: A Key to Trust” includes a harsh review of the way civics is taught in the public schools: “Unfortunately, the nation’s schools have been generally unhelpful in providing the kind of information that can teach their students how their governments actually work.”

The result is that only 23 percent of eighth graders scored at or above proficiency in civics, according to the National Assessment of Educational Progress in 2014.

Improving civic education in our schools is critical to expanding engagement in the future, but action needs to be taken to involve more adults right now. The most obvious place to start is with voter participation in elections. Among the 35 nations involved in the Organisation for Economic Co-operation and Development, the United States ranked a shameful 31st in voter turnout. Laws need to be changed and increased emphasis needs to be given to get residents voting and getting people to the polls.

The recent influx of citizens interested in working for civic engagement can do a great deal to improve our political system — starting by encouraging others to vote on election day.

Blood Donations Urgently Needed

The American Red Cross urges blood donors to give in the final weeks of summer to help overcome a chronic summer blood shortage. In August, regular donors may delay giving as final summer vacations are planned and back-to-school last activities ramp up. To fully meet the needs of hospital patients in the coming days and weeks, donations are urgently needed from new and current donors. Those who donated blood earlier this summer may be eligible to donate again. Blood can be safely donated every 56 days, and Power Red cells can be donated every 112 days.

As a special thank you, those who come out to give blood or platelets with the Red Cross now through Aug. 31 will be emailed a $5 Target eGiftCard. Appointments can be scheduled by downloading the free Red Cross Blood Donor App or visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). To help reduce wait times, donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at redcross.org/rapidpass.

Upcoming blood donation opportunities:

August 21: Reston, Friday, Aug. 18, 8 a.m.-1:30 p.m. at U.S. Geological Survey, 12201 Sunrise Valley Drive.

August 22: McLean, Thursday, Aug. 31, 1-5 p.m. at the Federal Highway Administration, 6300 Georgetown Pike.
Setting a Summer Table

Warm weather design ideas.

By Marilyn Campbell

From a backyard barbecue to a simple brunch, there's still plenty of time to celebrate warm weather with table designs that embody summer's trends.

“We're still in summer and the weather is going to be warm for quite some time,” said Amanda Mertins, president of Patina Polished Living in Alexandria. “An indoor or outdoor tablescape style depends on the occasion. Birthdays, holidays [and] retirements, all evoke a different feeling.”

Start with fresh foliage inspired by the natural surroundings.

“Go out into your garden and use flowers or greens on your table,” said Mertins. “Simple summer dinner party tables look great with lots of candles in votive holders, mason jars and glass lanterns. Remember to hang some of them in the trees for romance.”

Incorporate a personal touch into each place setting, advises Hope Hassell, Case Design/Remodeling. “It will make each guest feel truly welcomed and you will look like the perfect hostess. It's as simple as printing off some photos from your phone or just adding place cards.”

“Keep it casual by presenting family-style dishes down the center of the table,” added Kimberly Asner, designer at Country Casual Teak. “Mix in mood-setting candle lighting and colorful, fresh-cut flowers in multiples for the most impact … keep arrangements below eye level for easy conversation.”

For alfresco dining, practicality is key, says Courtney Thomas of The Picket Fence in Burke. Dinnerware needs to be both durable and aesthetically appealing. “Bamboo dishes … are perfect for outdoor dining,” she said. “They won’t break if dropped and are a great alternative to melamine.”

Summer offers an abundance of options for using color, says Hassell. “Not only do you have so many options of in-season flowers, but you also have the nature around you to provide the backdrop.”

The color blue establishes the type of serene atmosphere that Molly Pritchard of Arlington-based interior design firm, Design Lines likes to create at her summer parties. “Especially light blue because everything about it represents summer,” said Pritchard. “It's cool and clean and neutral, especially when paired with white or cream. It creates a seaside feel which is very summery.”

IN ADDITION TO COLOR, motifs can set the stage for summer dining. Designers at JT interiors in Potomac suggest using white dinnerware, emblazoned with a lemon, to turn an everyday meal into a summer soirée. The tableware can be accented with an array of accessories including platters, coasters, bowls and tea towels. “It creates a very summery look, and it's white and clean. Lemons and water are summery, like lemonade.”

Summer table décor need not be expensive, says Hassell. “Simplicity can be stunning,” she said. “The thoughtful placement of a sprig of rosemary can add just enough without having to go overboard.”

Originality is a quality that Mertins encourages. “Think outside the box,” she said. “Having a brunch? Use a vintage quilt as the tablecloth. Hosting a baby shower? Use silver rattles as decor and baby silver cups for the flowers. The effort you put into your party table will go a long way to the overall success of the party.”
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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Good is not good, where better is expected.
-Thomas Fuller

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

BULLETIN BOARD

Community Meets At Reston Farmers Market
Cornerstones, Fairfax Food Council, Reston Farmers Market, and Virginia Fresh Match will host “SNAP at Market Recognition Day,” a free celebration event for the community at the Reston Farmers Market, Lake Anne Plaza, 13401 Northpoint Drive, Reston, Saturday, Aug. 12, 8 a.m.-11 a.m.

SNAP at Market Recognition Day will include activities for kids, cooking demonstrations, giveaways and raffles, music, demos and tours, VIP recognitions and health screenings.

The event will provide an opportunity for families and individuals to learn how Supplemental Nutrition Assistance Program (SNAP) benefits can vary based on access to healthier food options by shopping with their benefits at participating Fairfax County farmers markets.

The community can also learn about SNAP at Market volunteer opportunities at the Reston Farmers Market, and the critical financial support needed to provide matching dollars for the program.

SNAP at Market is an innovative program that enables SNAP beneficiaries to use their SNAP dollars at the Farmers Market and get up to $20 in matching funds for the purchase of fresh, local fruits and vegetables.

Out of four such markets in Fairfax County, Cornerstones’ SNAP at Market, which is located at Reston Farmers Market every Saturday morning from May to November, is the most successful in terms of number of SNAP dollars spent and matching funds received.

Questions about SNAP or SNAP at Market Recognition Day? Contact Bill Threlkeld, Cornerstones’ Division Director, Neighborhood Resources, at bill.threlkeld@cornerstonesva.org or 703-323-9579

SATURDAY/AUG. 12
Yard Sale and Refreshments, 8 a.m.-1 p.m. at Dranesville Church of the Brethren, 11500 Lonsbrough 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 the 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 be placed on the election ballot. The filing deadline is 5 p.m. on Tuesday, Aug. 15.

An expert is someone who knows some of the worst mistakes that can be made in this subject and how to avoid them.
- Werner Heisenberg
Jessica Honesty, 30, former South Lakes and Westfield High student, now of Stafford, Va. went from playing basketball to anchoring her own community news and feature show at Fairfax Public Access. And she is not looking back. “I can’t stop,” she said. “I had zero experience when I started out in journalism, it’s something of a passion when you take the time to do your own thing.”

She may have a degree in broadcast journalism, but her first real passion in life was playing basketball. “I’ve spent eight months here taking class, originally I was interested in sports, but this show is about versatility and community events in addition to sports,” she said.

Jessica Honesty played basketball for 14 years and was drafted to play D1 on the college level. She played for South Lakes her freshman year and started as a sophomore at Westfield High school. Until she broke her foot playing as a senior.

“One time she was injured all of the schools started to turn away their offers,” said her father Kenneth Honesty, 58, retired. “The phone calls just stopped coming in.”

Her success at Fairfax Public Access has taught her a lot about perseverance in a job market and industry that is not forgiving or even helpful to newcomers. “There’s always something stopping you. I took from my high school basketball career that this is my dream, this is my passion. I will get that experience and keep going.”

By Colin Stoecker
The Connection

Jessica Honesty and her mother Pamela Honesty flip through old newspaper clippings on the set of “The J-Hon Show,” at Fairfax Public Access on Sunday.

“I had zero experience when I started out in journalism, it’s something of a passion when you take the time to do your own thing.”
— Jessica Honesty

Pamela Honesty, 55, a staff accountant and Jessica’s mother believes that the show has a positive message. “It’s motivational for the kids with Jessica’s sports background, and playing up to their expectations. It’s a positive outcome.”

The show runs about 10 times a month. So far she has produced four shows and has done all of the editing herself. Coming up she will feature Cornerstones of Reston. Also she will feature the Buffalo Soldiers, a community motorcycle group, with focus on positive impact.