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PAGE 8



Community Creates 10,000 Handwritten Valentines

NEWS, PAGE 3

Modern and Traditional Quilt Show at RCC Lake Anne

NEWS, PAGE 2

Groundbreaking Surgery Performed in Reston

NEWS, PAGE 5

Staff and clients of Beloved Yoga in Reston make Valentine's Day cards for Barbera Foundation's "10,000 Valentine's: Independent Initiative!"

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OPINION, PAGE 4
ENTERTAINMENT, PAGE 6
CLASSIFIEDS, PAGE 6

FEBRUARY 13-19, 2019

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Modern and Traditional Quilt Show at RCC Lake Anne

Works by seven local and talented quilters on display- a must-see event.

BY MERCIA HOBSON
THE CONNECTION

Following their successful 2016 Group Quilt Show in the Jo Ann Rose Gallery, Reston Community Center Lake Anne, the Cotting Quilters of Reston and Herndon are back Feb. 4- March 3, 2019, in their second exhibit, "Through the Eye of the Needle II." Individual works by the seven quilters, nearly all for sale, celebrate modern and traditional designs.

On some modern quilts, such as "Jungleland" created by Ruth Grubb of the Town of Herndon, the fabric art is composed as she said, "In bold colors and prints, with the colors of the smaller blocks drawn from the jungle print's greens, purples, oranges, and yellows. I designed and pieced the quilt. Connie Wright-Zink quilted and heightened its contrast on her long arm quilter."

THE QUILTERS designed their works without hard and fast rules according to Reston Community



Gloria Morrow, Arts Education Assistant, Reston Community Center discusses one of the quilted fabric works, "Jungleland," created by Ruth Grubb of the Town of Herndon and featured in the Group Exhibit, "Through the Eye of the Needle II," by the Cotting Quilters. The show runs Feb. 4- March 3, 2019, in the Jo Ann Rose Gallery, RCC Lake Anne, Reston.

Center. Fabric artist, Hannah Hamilton of Sterling is one of those quilters. Describing her African 4-Square Float quilt, Hamilton said, "I like to play with color; usually, bold colors and I prefer modern, clean designs. I

usually don't follow the rules other than measure at least twice and cut once. I try to make quilts that bring joy and are interesting to the eye. To me, making quilts is about self-expression."

While on some quilts, deliberate

high contrast and alternate grid work grab the viewer's eye, on others, such as "Koi Pond" by Anita Lowen of Reston, inspiration, chance and the use of creative forces profoundly influence the outcome. "My Koi Pond quilt was inspired by the koi pond at the Pagoda Hotel in Honolulu, Hawaii," said Lowen. "Earlier I had been lucky enough to find koi fabric at a small quilt shop in Kauai. The three appliquéd koi were a challenge. A daughter created the large koi pattern, and after cutting the shapes, I carefully blotted areas with bleach to produce the varied coloration of the 'scales.' I hoped to create a quilt that captured the motion of the koi as they glided through the water," said Lowen. "Through the Eye of the Needle II" features art quilts, full-size quilts, wall hangings, table runners and fabric art, as well as tiny quilts, such as "Retreat I" and "Retreat II" by Dora Anderson of Reston. Her sharply divergent works utilize repurposed fabrics. "Scraps from larger quilts, reject fabrics, pieces purchased on trav-

els, natural fabrics used in art mats, and even feed sacks from Africa," Anderson said.

Anderson's works and those of the other members of the Cotting Quilters exude an overall freshness and collective creativity. The seven exhibitors are Dora Anderson, Barbara Happ and Anita Lowen of Reston, Ruth Grubb of the Town of Herndon, Hannah Hamilton of Sterling, Nicky Moering of Manassas, and Connie Wright-Zink of Middlebrook, Va.

THE COTTING QUILTERS is a loosely formed group of individuals with a passion for quilting. The members named it in honor of their friend and fellow quilter, Christine Cotting who passed a few years ago according to Grubb.

Nearly all quilts in the exhibit are for sale. Admission to the gallery is free and open to the public. Housed in the RCC Lake Anne Community Center, the Jo Ann Rose Gallery is open during the center's regular business hours: Monday - Saturday: 9 a.m. - 9 p.m. and Sunday: 9 a.m. - 8 p.m.

PHOTO BY MERCIA HOBSON/THE CONNECTION

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Community Creates 10,000 Handwritten Valentines

Barbera Foundation spreads love and optimism powered by one-off volunteerism, social media and the desire to be a force of positive change.

BY MERCIA HOBSON
THE CONNECTION

For Valentine's Day 2019, hundreds of individuals, groups and businesses across Reston, Herndon and beyond helped do something positive for someone else by volunteering for two initiatives produced by Barbara Foundation of Reston, a charitable organization founded in 2017 by Kevin Barbera. Barbera is well known in the community for inspiring others to engage in the community and help those less fortunate. Earlier this year, the foundation announced on social media two unprecedented events for the all-volunteer non-profit organization.

First, Barbera Foundation established the "10,000 Valentine's: Independent Initiative!" seeking to obtain by Feb. 5, ten thousand hand-written Valentine's Day cards specifically written for disabled Veterans, active-duty U.S. military troops stationed overseas, children at local hospitals and the homeless. As the initiative's deadline passed, Barbera said, "The cards are still coming in, so I'll have to keep you posted on whether we hit the 10k mark...The nice thing about this event... everyone who participated had an invaluable impact on those in need, but also brought much joy to their own lives and to those who are closest to them," said Barbera. On Sunday, Feb. 10, "Delivery of 10,000 Valentine's Cards" began as volunteers picked up assigned batches of 500-1000 cards for delivery to children's hospitals, veteran organizations and a homeless shelter.

BARBERA FOUNDATION tapped into social media to spread the word about the one-off volunteer opportunities. "Social media has been very effective in spreading awareness of the 10,000 Valentine's initiative," said Barbera. Card-writing events sprung up across the region as volunteers posted notifications on Facebook, Instagram, Twitter, LinkedIn, Nextdoor, Craigslist and volunteer blogs, "This wouldn't be possible without social media," exclaimed Barbera.

As the "10,000 Valentine's: Independent Initiative!" closed, Barbera named the top three local producers, Beloved Yoga of Reston, the Tribe of Growing Kids Therapy Center (GKTC) in Herndon and Reston Serenity Smiles. "Service is an important part of living the path of yoga and connecting to community. We loved being part of this initiative with the Barbera Foundation," said Maryam Ovissi, Founder, Beloved Yoga.

Members of the Tribe at GKTC in Herndon directed an independent card writing initiative of their own, inviting members of the community and Northwest Federal Credit Union to support their effort. The Tribe is a group of non-speaking young adults with motor and sensory differences who meet weekly at GKTC. Members use "Spell to Communicate" (S2C) to fluently express their thoughts and ideas to others. "I love having opportunities like this, where I am able to give back to the community. Even if it is just a simple gesture like a Valentine's Day card, I like to think we are putting smiles on people's faces," said Ian Nordling of Herndon.



(Second left) Kevin Barbera, Founder and CEO Barbera Foundation joins (from left) Ryan McMahon and Ian Nordling of Herndon and Huan Vuong, Ben McGann and Emma Budway of Arlington as they hold a sampling of the 250 handcrafted Valentine's Day cards with personalized greetings they created.



(From left) Staff of Serenity Smiles, Reston, Hoda Kazemifar, DDS, Irina Cantu, Dental Assistant, Alla Lester, Dental Hygienist and Sydney Anderson, Front Desk Coordinator display the Valentine's Day cards they created to support the "10,000 Valentine's: Independent Initiative! by Barbera Foundation.

On Feb. 6, the Tribe handed Barbera 210 Valentine's Day cards to be delivered to servicemembers treated at Walter Reed National Military Medical Center. Each card was handcrafted and inscribed with a personalized greeting specific to servicemembers. "Thank you guys for your help with the Valentine's cards. They look amazing," posted Barbera on his Facebook page.

At Reston Serenity Smiles, staff and patients had created cards for the drive. "Everyone deserves to feel special," said Hudo Kazemifar, DDS Reston Serenity Smiles.

"This has been an incredible experience. As more people give back and volunteer, I am personally more motivated to ramp up the efforts of the Barbera Foundation and further our mission of positively influencing and lifting up those who need it most," said Barbera.

FOR INFORMATION on other volunteer opportunities, including the foundation's upcoming, "Luck of the Irish" Dinner for approximately 200 low-income elderly people living at a shelter in Reston, visit www.barberafoundation.org.



From left — Jon Lister, Sarah Jane Brown, Caleb Miller, Immanuel Semelfort.

South Lakes Track and Field Team Wins District Championships

It took a sweep to keep the streak going for the South Lakes High School boys indoor track team. So, finishing first, second and third in the shot put also took the team lead away from Herndon High and give the Seahawks its 11th consecutive Liberty District Indoor Track and Field Championship.

South Lakes finished the two-day championship, held at Prince George's Sports and Learning Complex in Landover, Md., with 134.50 points. Herndon followed with 113. Washington-Lee scored 78 points for third, followed by Yorktown (51), Langley (50.50) and McLean (38).

The girls team had little difficulty in winning its eight consecutive district/conference title. They scored 176.50 points (88.50 on the first day) and were followed by Washington-Lee (90), Langley (84.50), McLean (50), Yorktown (45) and Herndon (18).

With two events, shot put and 4x400 meter relay, left to be scored, Herndon was up by nine points. South Lakes junior Caleb Miller, the No.1 ranked thrower in the district, won the shot put with a throw of 46-04.00. His teammates, seniors Jon Lister and Immanuel Semelfort, completed the sweep

with their best throws of the season. Lister, whose personal best was 39-03.00, threw 45-03.00 for second-place. Semelfort had a throw of 40-01.50 for third. His personal record was 35-09.00.

South Lakes dominated all four relays on Day 2 of the championships. Senior Jordan Anderson, junior Rhema Konadu, sophomore Juvannadean Mullings and freshman Jillian Howard won the girls 4x200 meter relay in 1:46.67. Seniors Nicky Napolitano, Daniel Ezidinma, Stevie Jones and junior Jackson Cooley followed and topped that performance by winning the boys 4x200 in a meet record time of 1:32.35. The previous mark of 1:33.04 was set in 2012 by SLHS.

In the 4x400 meter relay, seniors Nicole Post, Jordan Anderson and juniors Caitlyn Morris and Emily Lannen combined for a 4:07.40 for the win while Napolitano, senior Will Shapiro, junior David Ramirez and freshman Tyler Benett won the boys 4x400 in 3:36.17.

SLHS will compete in the VHSL 6A Region D championship scheduled for Feb. 13 and 14 at the Prince George's Sports and Learning Complex in Landover, Md.



District champions: South Lakes High School athletes win their 11th consecutive Liberty District Indoor Track and Field Championship.

PHOTO BY HARRY LISTER, JR.

GROWING KIDS THERAPY CENTER

PHOTO BY SERENITY SMILES

PHOTO BY HEATHER WARSTLER

OPINION

Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your busi-

ness have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

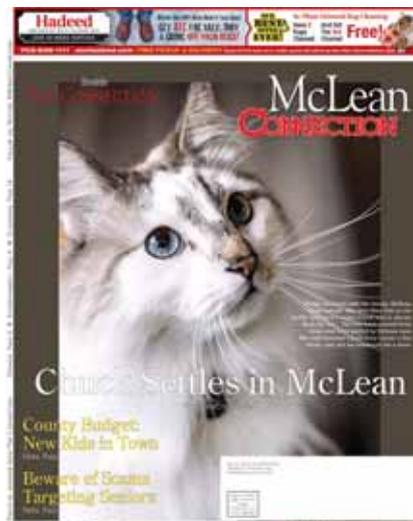
Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

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— MARY KIMM

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Staying on Task

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

Despite all the distraction associated with events in Richmond these days, the General Assembly is staying on task dealing with legislative and budgetary issues it faces. Each house of the legislature has started to work on legislation passed by the other with conflicts resolved in conference committees made up of members from both houses. The really big conference committee is that working to resolve differences on the budget. The big differences on the budget are between the Democrats and Republicans and not the two houses—how to deal with additional revenues coming to the state from the federal tax changes. Stay tuned for the differences on the budget because they will not be resolved until the last few days of the session that is scheduled to adjourn on Feb. 23.

Some good news is emerging from the session. Requiring hands-free phones in cars that has been required in most other states many years ago may finally be coming to Virginia.



COMMENTARY

Research shows that the greatest cause of auto accidents is distracted driving with calls and texting being the chief reason.

I remember the many sessions that it took to pass requirements for smoke-free areas. Richmond as the cigarette manufacturing capital was finally over-ridden by popular sentiments, and smoke-free areas were legislated. Amazingly but happily the age to buy cigarettes and the latest craze of buying electronic vaping devices is being raised from age 18 to 21.

Efforts to legalize gambling establishments in areas of the state as diverse as Portsmouth, Bedford and Danville failed this year in favor of a year-long study to determine state policy. I predict we will see casinos established in the state in a few years as some regions see them as economic development and a source of new revenue offsetting anemic state funding. I voted to let a study go forward but would not support public financing of a stadium or gambling establishment. Bills that would have decriminalized marijuana did not make it out of

committee in either house. My bill introduced at the suggestion of the Chris Atwood Foundation to make Naloxone more available to reduce deaths from drug overdoses passed.

Different bills passed that purport to create a fairer way to draw legislative district boundaries, but neither comes close to the independent processes that the public has been seeking to end gerrymandering.

On the environment, bills to require Dominion to clean up their coal-ash ponds passed both houses with endorsement by major environmental groups. A bill I voted for that would have established an ambitious agenda for cleaning up the environment in Virginia failed in the House.

The Senate passed a bill to require public schools to teach a class on the Bible! I will not be voting for it if it makes its way through committee.

All the gun safety bills were defeated in both houses. A bill to make it easier to get a concealed weapon if you are from another state passed with a likely veto by the governor.

Yes, there are other big challenges in the capital these days. I will be addressing them in future columns as the facts involved become better known.

LETTERS TO THE EDITOR

Extremely Disappointed

To the Editor:

I graduated from college in 1986. I went to the University of Mississippi my freshman year and half of my sophomore year. My freshman year (1982), the school was still waving Confederate flags at football games and was in the process of transitioning to using a flag that just said, "Ole Miss" in red on a blue background. To protest, the Ku Klux Klan showed up at at least one football game. It was terrifying. The KKK is not

funny. Not even a little bit.

I am extremely disappointed to discover that Mr. Northam participated in photo wearing Blackface with someone in a KKK outfit. He knew better. I voted for Mr. Northam, so this makes the discovery even more painful.

Everyone does stupid things in college. This was not stupid. It was mean and it wasn't funny. Mr. Northam should resign in order to show respect for his Black constituents and, really, all Virginia voters.

Amy Dickson
Springfield

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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By e-mail: north@connectionnewspapers.com

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Groundbreaking Surgery Performed in Reston

Reston Hospital Center site of the first-in-the-world robotic spine surgery.

By MERCIA HOBSON
THE CONNECTION

The first patient in the world received breakthrough robotic spine surgery at Reston Hospital Center (RHC) performed by surgeons at Virginia Spine Institute, Reston using the nation's first Mazor X Stealth™ Edition system. RHC serves the Northern Virginia community.

Announced late January, "...the marriage of robotics and navigation represents the future of computerized planning and execution in spine surgery," said lead surgeon Dr. Christopher Good, Director of Scoliosis & Spinal Deformity and President of Virginia Spine Institute, in a statement. Co-developed between Medtronic in Ireland, a global leader in medical technology and the recently acquired Mazor Robotics, in Israel, a pioneer in the field of spine robotic guidance systems, the device received U.S. Food and Drug Administration (FDA) clearance in fall of 2018 according to Mazor Robotics.

DURING THE SURGERY, Dr. Good, Dr. Colin Haines and Physician Assistant Ian Brown of the Virginia Spine Institute in Reston corrected progressive curvature of

a patient's spine caused by scoliosis. "I am proud to have been involved in this major breakthrough," said Dr. Good in a statement. "Robotics and navigation have both been shown to improve accuracy and precision in spine surgery...The Mazor X™ Stealth Edition is a revolutionary new technology that uses state-of-the-art software to plan the ideal surgical procedure, then uses a robotic arm to guide the steps of the surgical procedure with extreme accuracy while simultaneously using real-time imaging feedback to ensure the plan is being carried out as desired, ultimately leading to better outcomes for our patients."

Looking toward the future of spine care, Geoff Martha, executive vice president and president of the Restorative Therapies Group at Medtronic said, "As part of our Surgical Synergy strategy, we believe Mazor X™ Stealth Edition will accelerate the advancement and adoption of robotic-assisted and navigated surgical technologies in spine. Medtronic is committed to transforming the future of spine care by offering procedural solutions that integrate implants, biologics and enabling technologies like navigation, 3-D imaging, robotics and powered surgical tools. "Mazor Robotics describes the Mazor Core Technology as the



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As the industry leader for over 25 years, Virginia Spine Institute (www.SpineMD.com) reports, "(it) has improved the lives of over 85,000 patients suffering from back or neck conditions. This spinal healthcare destination provides a unique concierge approach and utilizes revolutionary medical advances in non-operative procedures, regenerative medicine, physical therapy, and surgical intervention."

Virginia Spine Institute is located at 11800 Sunrise Valley Dr. Reston, 571-210-6811.

collaboration of four systems to provide "predictable, efficient and precise surgical procedures." "Our team is leading the nation in advancing spine surgery," said John Deardorff, President and CEO of Reston Hospital Center and HCA's Northern Virginia Market in an RHC Press Release. "Investing in the latest technology is a part of our commitment to both our surgeons and patients, giving them access to resources necessary to ensure the best possible outcomes," he said.

ACCORDING TO RHC, its facility was one of the first in the country to acquire and use the original Mazor Technology in 2012. In 2016, RHC was the first in the Mid-Atlantic region to acquire and perform a procedure using the then latest Mazor X platform.

(From left): The Virginia Spine Institute surgical team, Randy Perez, CSTFA, Dr. Christopher Good, and Dr. Colin Haines prepare for the groundbreaking spine surgery offering healing through technology and innovation at Reston Hospital Center (RHC). The hospital and the Virginia Spine Institute are leaders in robotic-assisted technology and procedures in the operating room.

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ENTERTAINMENT

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

ONGOING

Go on a "Blind Date" for Charity.

At Scrawl Books, 11911 Freedom Drive, Reston. Take a chance this February and let Scrawl set you up – sight unseen – with a great read. Get a few hints and a brief description of what might be hidden inside. Proceeds from sales of "Blind Date" books will benefit local schools and pre-k programs. Visit www.scrawlbooks.com or call 703-966-2111.

Audubon Photography Awards

Show. Through Feb. 27, Mondays, Wednesdays-Fridays 9 a.m.-5 p.m.; Saturdays 10 a.m.-1 p.m.; and Sundays 1-4 p.m. at Walker Nature Center, 11450 Glade Drive, Reston. The winning photographers and their photographs were selected from more than 8,000 entries submitted by photographers from all 50 states, Washington, D.C., and 10 Canadian provinces. This year's photographs celebrate the splendor of many bird species protected under the Migratory Bird Treaty Act. Call 703-476-9689 or email naturecenter@reston.org.

Exhibition: "For the Love of Art."

Through Feb. 28 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging. This show is free and open to the public during the center's regular operating hours. Kathleen Best Gillman judges the show. Visit www.leagueofrestonartists.org.

THURSDAY/FEB. 14

Girl Power! Book Club. 6:30 and 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. February features two picks for the Girl Power! Book Club. "Into White," a book tackling some tough issues will be discussed from 6:30-7. Parents are encouraged to attend. At 7, review the 2019 Newbery Medal winner, "Merci Suarez Changes Gears" by Meg Medina. All middle grade readers are welcome to attend. Visit www.scrawlbooks.com or call 703-966-2111.

FRIDAY/FEB. 15

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.

Fishing Workshop – Tackle. 6-7 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Hone fishing skills with this hands-on workshop that covers topics such as rods, reels and other tackle. Ages 10-adult. \$8 per person. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

SATURDAY/FEB. 16

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-



Weekend Food for Kids

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. Thursday, Feb. 21, 10 a.m.-noon at Dominion Energy, 3072 Centreville Road, Herndon. Free. Email philanthropy@ALNV.org or visit www.alnv.org for more.

966-2111.

Saturday Series: Nature Explorer.

Noon-1:30 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. In the "Exploring Nature Series-Winter" program, students age 6-adult will explore Virginia's ecosystem. Sessions are spread over four Saturdays in February with a new topic to explore each week: Feb. 16 – Birds and Feb. 23 – Trees. Each session is \$8 per person. The program takes place both outdoors and indoors, so dress accordingly. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

SUNDAY/FEB. 17

Fishing Workshop-Reading Water.

4-5 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Learn how to identify bodies of water and develop techniques to increase the chances of catching fish. Ages 10-adult. \$8 per person. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

Celebrate Galentine's Day.

6:30 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Scrawl Books is hosting a post-Valentine's Day party for the ladies with two wonderful women's authors, Orly Konig and Erika Marks, plus food, drinks, raffles and more – all to support a local charity. Bring a girlfriend and join in for the party after the store closes. Visit www.scrawlbooks.com or call 703-966-2111 for details.

MONDAY/FEB. 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 photography enthusiasts of all skill levels to attend meetings. RPS is a special-interest group of the League of Reston Artists. Share information and enjoy guest speakers, workshops and group critiques. All are welcome. Visit www.leagueofrestonartists.org.

WEDNESDAY/FEB. 20

Journeys to Reston. 7-9 p.m. at Jo Ann Rose Gallery RCC Lake Anne, 1609-A Washington Plaza, Reston. Reston Historic Trust and Museum (RHT) and Reston Community Center (RCC) will host a panel discussion of remarkable journeys to Reston. Panelists include Lindsay Trout, Principal of Terraset; Rizwan Jaka of the All Dulles Area Muslim Society (ADAMS); Medelyn A. Ortiz Lopez, co-director of Southgate Community Center; and Sara, a Restonian preparing to move from a shelter into

her own home. Free. Email alex.campbell@restonmuseum.org or visit restonmuseum.org. In conjunction with this event, RHT is inviting Restonians to share brief stories and photographs of their journeys to Reston: visit restonmuseum.org.

FRIDAY/FEB. 22

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/FEB. 23

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.

Saturday Series: Nature Explorer.

Noon-1:30 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. In the "Exploring Nature Series-Winter" program, students age 6-adult will explore Virginia's ecosystem. Sessions are spread over four Saturdays in February with a new topic to explore each week: Feb. 23 – Trees. Each session is \$8 per person. The program takes place both outdoors and indoors, so dress accordingly. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

GinDance Presents NEXT.

2-3 p.m. at Atlas Performing Arts Center, 1333 H St., NE, Washington, D.C. Gin Dance Company, based in Reston, has been selected to present its production "NEXT" at the 2019 Atlas INTERSECTIONS Festival. \$30. Visit www.gindance.org or call 703-403-3766.

MONDAY/FEB. 25

Photography Critique.

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 photography enthusiasts to attend the club's critique. Ellis Rosenberg, an experienced photographer and exhibit judge, will critique member photos. Nonmembers are welcome. Visit www.leagueofrestonartists.org.

BULLETIN

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

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

DONATION REQUEST

Diva Central Accessories Drive. Through Feb. 28, Monday-Saturday, 9 a.m.-9 p.m.; Sunday, 9 a.m.-8 p.m. Reston Community Center will be collecting gently used items at its Hunters Woods and Lake Anne locations. RCC is accepting donations of accessories, including shoes, jewelry, handbags and shawls. RCC does not need donations of dresses this year. Visit www.restoncommunitycenter.com for more.

Support Reston Historic Trust & Museum.

The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise \$15,000 to go towards the repair, cleaning, and reinstallation of icons on the façade of the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit. The new exhibit will be unveiled during Reston's annual Founder's Day event, April 6. Read more about their history and donate at www.gofundme.com/preserve-lakeside-pharmacy-icons to assist in their preservation. Thank you for your help!

INPUT SOUGHT

Shaping the Future Together. Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit fairfaxcounty.gov/strategicplan and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

TUESDAYS THROUGH FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

WEDNESDAY/FEB. 13

Anti-Scam Presentation. 1:10-2:15 p.m. at Vienna Presbyterian Church, 124 Park St., Vienna. Fairfax County is offering a free Silver Shield Anti-Scam Presentation. Subject matter experts will discuss warning signs of fraud and present information to empower families against scams in the community. Visit www.fairfaxcounty.gov/OlderAdults and click on Silver Shield Anti-Scam Campaign. Call 703-273-4113, TTY 711.

Fairfax County Park Authority Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board is a 12-member board appointed by the Fairfax County Board of Supervisors to set policy and establish strategic policy and direction for the Park Authority. Open to the public. For information regarding meeting agendas, Park Board members, opportunities for public comment, or to view meeting materials, board minutes and archival materials, visit www.fairfaxcounty.gov/parks/boardagn2.htm.

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So Far, So Good



By KENNETH B. LOURIE

This column will be the definition of premature.

After subjecting you regular readers to multiple columns discussing my anxiety – and fear – about the potential/presumptive and possibly debilitating and life-changing/life-ending side effects of immunotherapy, I am here to say that after my first pair of bi-weekly infusions – occurring over the past three weeks, I am no worse for the experience.

I'm feeling better than I felt while undergoing chemotherapy: No eating issues, less fatigue, less shortness of breath and more energy. The only caveat to this empor is whether the infusions are actually shrinking my Adam's Apple tumor, which was the primary reason for making the medicine change we did.

Now whether the side effects are still coming; I certainly don't know, but should they still be on the way, I can't help but wonder: Will they change the quality of my life – for the worse? Because, for the bi-weekly moment, I am less impacted by my treatment than I have been for years.

I can't say with any degree of certainty however, or recall what my oncologist might have said concerning the likely onset of the "over 30 percent report some side effects" as the reprint from "chemocare.com" indicated. Generally speaking, my oncologist would rather not discuss future scenarios: What happens when? What do we do if? When do we do what? And so I don't ask nearly as many questions as I used to.

It's not that I'm less curious, it's that I'm more experienced. And I have learned through my experience, that part of being a cancer patient is unfortunately, waiting and seeing – and of course, hoping. Talking/anticipating/being told what to expect is helpful – up to a point.

The point which is most helpful is when something actually happens. Knowing what to expect is less important than knowing what to do/how to manage expectations should they manifest. It may be something or it may be nothing. Trying not to make matters worse is the key.

Being a cancer patient/survivor is a series of challenges – both emotional and physical. Finding a stride in which you can take the ups and downs and all-arounds will help you live life in the cancer lane. And just because the road is bumpy, doesn't preclude you from smoothing it out.

Actions and reactions, plan "A" and plan "B" are par for the course. So be grateful for today because tomorrow the course may play much more difficult. Being positive about the negative offers the path of least resistance.

Today, I am not experiencing any side effects, thankfully.

"Tomorrow" however, as Scarlet O'Hara said at the end of "Gone With The Wind," "is another day." Worrying, as I had been admitting to in previous columns, about something which as yet had not happened, is especially unhelpful and wastes precious time.

As a cancer patient, there's plenty of actual bad news, generally, so there's no benefit in rushing it along. Let it happen naturally, or not at all; and occasionally, you might be pleasantly surprised, as three weeks into my new immunotherapy regimen, I am, as what side effects I anticipated/feared have not affected.

I realize I'm probably early in assessing the likely side effects of my treatment but, for the time being, I can find some peace and quiet; and when you're a cancer patient diagnosed originally as "terminal," "peace and quiet" is never to be taken for granted.

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

'Living Coral' Named 2019 Color of the Year

“... can help to brighten a space lacking natural light.”

BY MARILYN CAMPBELL

A breeze of warm air to heat the winter chill is how some designers are describing one of the trendiest colors on tap for this year. “Living Coral” was selected as the 2019 Color of the Year by the Pantone Color Institute, the self-described global authority of color. It’s a shade that is expected to have a prominent presence in interior design, home accessories and fashion this year.

“It works well with most of the foundation colors everyone has in their homes including white, taupe, gray, and brown,” said designer Amanda Mertins of Patina Polished Living in Alexandria. “If you choose to paint, it can help to brighten a space lacking natural light.”

Described as a nurturing color that can be found in nature, Living Coral is a shade of orange with a golden undertone. “It can be used as a wonderful accent color,” said Mertins. “Introduce it with artwork, toss pillows, rugs and throws.”



PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

Life-affirming and reminiscent of coral reefs, Living Coral is credited with the ability to breathe life into any space in one’s home. “[It’s] is vibrant, energizing shade ... that can be incorporated as a light accent or bold statement in both a kitchen or bath,” said designer Natalia Fabisiak of Nicely Done Kitchens and Baths in Springfield. “As the timeless trend of white kitchens continues, Living Coral offers the perfect pop of color an all-white kitchen may need.”

“Coffee mugs, dish towels, trays and trivets are an easy and inexpensive way to introduce the trending color of the year into your kitchen,” added Fabisiak.

Home accent pieces are the way that de-

signer Julie Ackerman of Home Polish in Bethesda recommends using the Pantone pick. “Dishware, serveware or decorative accent pieces and porcelain figurines, like those by Herend are a great way to incorporate Living Coral into your home,” she said.

For a more long-term commitment, Fabisiak says, “In a bathroom, Living Coral can be used as a wall color that can be easily paired with neutral tile and fixtures. If painting the walls is too drastic, bath accents like coral towels or a rug can brighten up the space beautifully as well.

In announcing the selection, Leatrice Eiseman, executive director of the Pantone Color Institute, said, “Color is an equaliz-

When used on a wall in a kitchen or bathroom, Living Coral can make a bold statement, says designer Natalia Fabisiak of Nicely Done Kitchens and Baths.



PHOTO COURTESY OF PATINA POLISHED LIVING
Living Coral can be introduced into one’s home through art, says designer Amanda Mertins.

ing lens through which we experience our natural and digital realities and this is particularly true for Living Coral. With consumers craving human interaction and social connection, the humanizing and heartening qualities displayed by the convivial Pantone Living Coral hit a responsive chord.”

Each year, the Pantone Color Institute makes a prediction about the color that will be on trend for the upcoming year. The selection process, which takes about nine months, has color gurus at Pantone spanning the globe, taking note of the trends in industries that run the gamut from ranging from film and entertainment to art and interior design.

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