



# Oak Hill Herndon CONNECTION



## Looking Cool for School

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### Promoting Positivity At Herndon Middle

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### Art Studio Opens in Herndon

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Students from Cornerstones' Laurel Learning Center in Reston (back row, second from left) Alessandra Twohie Crowe, grade 6; (middle row) Maha El-Buruju, grade 1; Jannah Mohamed, grade 1; (front row) Lauren Eaglet, grade 3; Alex Lucier, grade 1 and Hannah Todd, grade 1, show off their new school year haircuts provided courtesy of stylists at Maude, a boutique salon in the Town of Herndon.

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AUGUST 21-27, 2019

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**Wednesday, August 28**  
1:00 - 3:00 p.m.

To RSVP, or for more information, please call 877-351-8067 or visit [www.TheArtisWay.com/HerndonConnection](http://www.TheArtisWay.com/HerndonConnection)

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## BACK TO SCHOOL



PHOTO CONTRIBUTED

**Herndon Middle School leadership team.**

### Promoting Positivity at Herndon Middle

**J**ustine Klena, Principal, Herndon Middle School: We are excited about opening school for our staff and students this week. We began the year with a full staff kick-off meeting on Aug. 19 and welcomed 20 new teachers to our school. Our focus continues to be on unity and equity. By coming together as a community, we can support all students and achieve our mission which is to educate each student and promote their individual growth. We continue to focus on building a positive school culture for all. One way we are doing that is through the Positivity Project. This is our third year as a Positivity Project school. Our Positivity Project helps us recognize strengths in students and each other and we have lessons each even day to encourage positive character traits across the school.

This year we have been given the opportunity to be an AVID school. A team of teach-

ers and administrators went to the AVID Institute in Philadelphia in July. We start with one AVID elective class where students will be supported to learn note taking, organizational skills and planner usage. The students will have problem solving sessions with tutors who come from local universities. The program focuses on developing college and career readiness skills. Students are supported to take more rigorous classes and they can attend field trips to learn more about options after high school. We will also have a schoolwide AVID focus which will be to increase every student's awareness of college and career paths and consider goals for after high school.

We are very excited to re-establish our Herndon Middle School PTA. This is going to be an exciting partnership. Some of the first efforts will be around building community and supporting students to have more outdoor lunch spaces.

### Coates' Priority: Family Engagement

**C**oates Elementary is coming off of a banner year, where the PTA won the most-increased membership award from the VA PTA, Principal Jesse Kraft won the FCPS Outstanding Principal Award, test scores improved again, and the school celebrated its 10<sup>th</sup> anniversary. In the spirit of continuing this success, the school's foci in 2019-20 will be on creating a pipeline for younger students to access advanced academics programming opportunities, continuing to increase SOL test scores, continuing to use The Positivity Project to promote character strengths, taking our unique public speaking program to the next level, and engaging Coates families in a renewed partnership understanding. It's going to be awesome!

Family engagement will be a priority this year. The Coates PTA will continue their tradition of organizing events that bring families together, and the staff will be setting up forums to better connect with parents, embrace diversity, tackle equity issues, and reimagine the partnership between home and school so that they accomplish even better learning outcomes for children.

Key events for this fall include



**Coates Elementary administrative team: Principal Jesse Kraft and Assistant Principals Jessica Shroyer and Brittany Vigil.**

- ❖ Back to School night on Aug. 22 at 5:30,
- ❖ Family Movie Night Fall Festival on Oct. 19 at 10, and

- ❖ two evenings of family and staff dialogues on Nov. 13 & Dec. 4.

More information on Coates events can be found at <https://coateses.fcps.edu/> or on Coates social media (<https://www.facebook.com/coateselementary/>, <https://twitter.com/CoatesES>, & <https://www.instagram.com/coateselementary/>).

WWW.CONNECTIONNEWSPAPERS.COM

# 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 1<sup>st</sup> 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 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](http://frk9.org) and reach out,” said Geise.

## 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](http://www.lwv-fairfax.org)

Questions for the candidates can be submitted by accessing: [www.surveymonkey.com/r/LWVFA2019](http://www.surveymonkey.com/r/LWVFA2019)

Go to [www.vote411.org](http://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 — 7:30 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](http://www.lwv-fairfax.org/candidateforum)

### LETTER TO THE EDITOR

## Where Are You From, Originally

To the Editor:

"Where are you from?" That question has always confused me. When I answer Northern Virginia, I am rebutted with: "No, where are you originally from – like where is your family from?" I bleed red, white and blue...and green? Yes, that's right. I'm a proud Pakistani-American

Ahmadi Muslim. Pakistan has given me a lot. It has provided me with culture and a means to stand out. I take great pride in being trilingual. These unique qualities help me stand out from a billion other individuals.

The United States established diplomatic relations with Pakistan following the country's indepen-

dence in 1947. America has a multi-faceted relationship with Pakistan in areas ranging from anti-terrorism to energy to trade and investment. The only thing Pakistan hasn't given me is the freedom to express my religion. In Pakistan I am not allowed to call myself a Muslim because I am from a

sect that believes Hazrat Mirza Ghulam Ahmad, the 19th-century founder of the Ahmadiyya Muslim Community, is the long awaited Messiah and that he has come to revive the religion and bring us back to the path of

righteousness when the religion needed it the most. The second amendment states that Ahmadi-

are a non-Muslim group. Since 1974 members of my community are being persecuted and accused of violating the country's controversial blasphemy laws.

This is also why I am so thankful to call America my home — a country that allows me to thrive however I want. With a hijab on my head and with strength in my blood, I am able to live my dream of going to medical school and becoming a physician so that I can give back to the

country and to humanity. So now whenever I'm asked "where are you originally from?" I ask the same question. The amount of melanin in your skin or the kind of clothes you chose to

wear don't make you any more or less American. Your country is, in the end, the people that live in it. Sure, you might have an association with the geographical location but it's the people as a whole that give you an identity. I love my Pakistani roots and I love my American identity. Both parts have shaped me into the headstrong and ambitious woman that I am today. God bless America and Pakistan

Zindabad.

**Aneela Wadan**  
Fairfax

The writer is a second year medical student.

## 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-

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/](http://www.connectionnewspapers.com/PDFs/) and scrolling down to Newcomers. Email tips and photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter/> by Aug. 23.

### 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:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail: [north@connectionnewspapers.com](mailto:north@connectionnewspapers.com)





PHOTO BY MARILYN CAMPBELL

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

# Back-to-School Anxiety

**Easing in to the new year.**

BY MARILYN CAMPBELL

**A**fter summer camps and a vacation abroad, Jaclyn 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."

**Students from Cornerstones Laurel Learning Center take a magazine break before getting their hair cut courtesy of stylists at Maude, a boutique salon in the Town of Herndon.**



PHOTOS CONTRIBUTED

## Looking Cool for School

**Salon gives free haircuts to local students.**

BY MERCIA HOBSON  
THE CONNECTION

**G**etting children prepared for the first day of school can be expensive and with the first day of the Fairfax County Public School 2019-2020 calendar fast approaching, a local Town of Herndon boutique salon welcomed students in for complimentary haircuts and styling. Maude, located in historic downtown Herndon at 775 Station Street, gave free cuts to children from Laurel Learning Center.

According to Melinda Griffith at Maude, on Monday, Aug. 19, six Maude stylists volunteered their time in partnership with Cornerstones Laurel Learning Center and provided complimentary haircuts and styling so children from the center would

look "cool for school."

Vanessa Rose, co-owner of Maude, said: "We couldn't think of a better way to celebrate Maude's 16th birthday than giving back to the community we live in."

Courtney Park-Jamborsky, director of Laurel Learning Center said, "It couldn't have been more perfect." She recalled that one young girl said that this was "the best day ever."

Lauren Eaglet Courtney said, "I was scared to get my haircut and didn't want to stay, but now I am so happy I stayed. I love my French braids so much."

Laurel Learning Center provides affordable childcare and accommodates up to 135 children from diverse cultural and socioeconomic backgrounds. According to Cornerstones, the majority of childcare slots at Laurel Learning Center are reserved for working families receiving childcare subsidies from Fairfax County. The center which provides full-time



**Getting her hair washed before a cut and style at Maude in Herndon makes Hannah Todd from Laurel Learning Center smile.**



**Jannah Mohamed, a student at Laurel Learning Center in Reston, is all smiles as she gets her hair cut at Maude in Herndon during its free haircut and style event.**

# CLASSIFIED

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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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/](http://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](http://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@artsherndon.org](mailto:info@artsherndon.org) or visit [www.artspaceherndon.org](http://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](http://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](http://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](http://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](http://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](http://www.RestonChorale.org) and click on "Join Us" for more information. To schedule an audition, email [RCAuditions@restonchorale.org](mailto: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](http://www.fairfaxcounty.gov/parks/sully-historic-site).

little people. Make new friends or meet up with neighbors. Visit [www.scrawlbooks.com](http://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/](http://www.restoncommunitycenter.net/) for more.

## 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](http://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](http://www.RestonChorale.org) and click on "Join Us" for more information. To schedule an audition, email [RCAuditions@restonchorale.org](mailto: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](http://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](http://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

## 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](http://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 Ornerly Beer Company and tacos by Lake Anne Deli. Visit [lakeanneplaza.com](http://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](http://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](http://www.fairfaxcounty.gov/parks/colvin-run-mill).

You can read any of this week's 15 papers digital editions here:

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# BULLETIN

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://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](http://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](http://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](http://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](http://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](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://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/compartimentalize 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.

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.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

## 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 nonprofit 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 privileged 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



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.**

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.

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.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

From left, Dennis Holste, Economic Development Manager, Town of Herndon; Dorian Traynham, owner of STUDIO 797; and Herndon Town Councilmembers Jennifer Baker, Signe Friedrichs and Pradip Dhakal at the ribbon cutting ceremony.

## Art Studio Opens in Herndon

Offers works of art, artistic social gatherings and classes.

BY MERCIA HOBSON  
THE CONNECTION

Town of Herndon artist Dorian Traynham held a grand opening and ribbon-cutting for her new business, STUDIO 797, a professional art studio/class space located in historic downtown Herndon. Traynham, who said she preferred to call herself a painter, said she would offer artistic social gatherings for four or more people. All supplies would be included and most projects completed in 2-3 hours. In addition, she would offer homeschool art classes, integrating art history and appreciation, and private lessons for adults and children.

“This is such a cool space,” said Town Councilmember Jennifer Baker at the ribbon cutting. “It certainly suits an artist well.”

Traynham has a background as an educator, yet wanted to make something special, with a fabulous space. “My artwork is my pride and joy, from radiators I found in a dump, to paintings about the change in the



**Herndon Town Councilmember Jennifer Baker at the Grand Opening and Ribbon Cutting for STUDIO 797.**

environment,” she said.

Baker said others will help Traynham drive her business. “We are happy to have you here,” Baker said in closing.

STUDIO 797 is located at the mailing address 797b Center Street, but entry is Station Street, on the right-hand side of the yellow-painted Abrams Landau Law Firm office, at the corner of Center and Station streets. For more information, email, studio797.va@gmail.com.