



Oak Hill Herndon CONNECTION

Herndon-based Epiphany Episcopal Church celebrated a major milestone in its rebirth and growth with the installation of Rev. Hillary T. West as rector. In a picture: Rev. West being congratulated at the Aug. 11 event.

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

Herndon Church Ready for Hillary

Great Beginnings,
Greater Expectations

NEWS, PAGE 3

Herndon Labor Day
Festival Promises Fun

CALENDAR, PAGE 8

FAITH, PAGE 12

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CONGRESSWOMAN
BARBARA Comstock

Welcome Back to School!

As Our Congresswoman, Barbara is Putting Children First:

Barbara understands the sacrifices and commitments made by educators in Virginia's 10th District and across the nation. She supports policies which empower parents and give states and localities more control over their local schools to ensure the best education for our children.

» The House passed Congresswoman Comstock's *Inspiring the Next Space Pioneers, Innovators, Researchers, and Explorers (INSPIRE) Women Act*, which will help young women in the STEM fields through programs at NASA.

» Congresswoman Comstock has authored the *Student Loan Relief Act*, which would offer students the ability to refinance their education loans to take advantage of lower interest rates. It would also allow employers to use pre-tax dollars to assist qualified employees in paying off student loan debt.

» Congresswoman Comstock is the Co-Chair of the *STARBASE Caucus*, which offers hands-on STEM education to students in elementary school. She has worked in a bipartisan manner to increase resources for this important program.

» Congresswoman Comstock voted for the bipartisan *Every Student Succeeds Act*. This bill, signed into law, represented a significant step toward improving our education system and empowers educators and parents to do what is best for each individual student.

"I come from a family of educators – my mom was a school teacher and librarian and my husband Chip is a retired Fairfax County assistant principal and teacher. My sister is a guidance counselor at a Fairfax County Public School. The education of our children and grandchildren has always been a top priority of mine. It's a privilege to represent you in Virginia's 10th Congressional District. Together, we can make sure our children receive a world class education."

Barbara Comstock

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Members of the Hayfield Secondary School JROTC color guard led by Cadet Major Issac Bailey (left), present the colors on the first day of FCPS Great Beginnings for new and transferring teachers. South County High School rising senior, Hayley Denehy (right), sings the national anthem at the Aug. 22 event.



PHOTOS BY TIM PETERSON/THE CONNECTION

The team from Fairfax Education Association, the county's largest teachers union, was among numerous vendors meeting and engaging with new and transitioning teachers at the FCPS Great Beginnings orientation program on Aug. 22.

Great Beginnings, Greater Expectations

1,200 teachers and instructional staff begin Fairfax County Public Schools orientation.

BY TIM PETERSON
THE CONNECTION

Growing up with two parents who immigrated to the United States from Egypt, Wala Osman of Springfield faced many challenges as a young student at Glasgow Middle School in Lincolnia.

But Osman remembers having an “awesome seventh grade teacher” at Glasgow.

“My middle school teacher was always there for me,” Osman said. Since that experience, she’s always wanted to be a teacher, “to give back.”

Osman is transitioning from a job in furniture sales to becoming one of Fairfax County Public School’s newest faces in the front of the classroom this year. She joined around 1,200 teachers and instructional staff Monday morning Aug. 22 for the 21st running of FCPS “Great Beginnings” orientation for new teachers and teachers new to the county. The event is based out of South County High School in Lorton.

Teachers are divided into cohort by subject matter to begin forming relationships immediately with other new hires and coach-mentors that will work with and guide them throughout the year.

Osman will be teaching self-contained science classes for students with emotional disabilities at Mark Twain Middle School in Springfield. Her cohort for special education teachers was led by Kelley Brown of Mount Vernon High School and Dawn Simpkins of Falls Church High School.

MONDAY AND TUESDAY this week were scheduled to include motivational speeches and instruction, and onboarding for FCPS

culture. Wednesday is a visit to the coaches’ schools to see model classrooms. On Thursday teachers return to their base school for localized orientation.

“They work on classroom management, building relationships and establishing processes and routines,” said Richard Culp with the newly formed FCPS Office of Professional Learning and Family Engagement, who’s in his ninth year of organizing the Great Beginnings program.

For beginning teachers, “there’s so much to learn and know right away,” Culp said. “And on the emotional side, they need support too. We know that supported teachers stay in the profession longer. They come here, plan out their first few days and have lots of friends.”

FCPS superintendent Dr. Karen Garza welcomed the new and transitioning teachers to the South County gymnasium, recalling her own roots starting her career as a kindergarten teacher.

Garza emphasized Fairfax County as a great place to work and learn, and promoted some of the school system’s progressive pedagogy.

She said FCPS is working to “minimize the focus on high stakes testing and maximize the focus on authentic learning, authentic engagement.”

This she said is part of the sweeping “Portrait of a Graduate” guiding vision for student development.

“How do we make this a reality for every child in our school system,” Garza said.

Of the 1,600 teachers FCPS hired for the 2016-2017 school year, 811 are new to FCPS the superintendent said. Some are new to teaching, others are coming from other school districts. All have different rea-



Corey Thornblad, the 2016 FCPS Outstanding Teacher from Joyce Kilmer Middle School in Vienna, shared a few points of wisdom from her 12 years in front of the classroom.



FCPS School Board Vice Chairman Jane Strauss stressed the vital role of teachers in forming close relationships with students.

Strauss also stressed the vital role of teachers in forming close relationships with students. “For many it will be a pivotal one in their life,” Strauss said. “Twenty years from now, you may not know you touched someone.”

“The work of FCPS is only as successful as you are successful,” said Strauss.

New teacher Simon Chang of Centreville is already well-versed in relationship building, having worked for a non-profit that does counter-sex trafficking work. Chang decided he wanted to transition to teaching, and spent last year as an instructional assistant at Mountain View High

School.

Chang said he loves working with students with emotional disabilities, a role he’ll be taking at South Lakes High School this fall.

“Maybe they don’t have anyone to show them love or affection,” Chang said. “I do my part, and show them that I care about them, that I respect them.”

SPEAKER COREY THORNBLAD, the 2016 FCPS Outstanding Teacher from Joyce Kilmer Middle School in Vienna, also shared a few points from her 12 years in front of the classroom.

She encouraged the teachers to “find your people,” or personal learning network of people who inspire them, and that “things fall apart, but it’s what you do when that happens that matters and show what real learning is all about.”

After the teachers’ lunch and more time in cohorts, they listened to a keynote speech from Rick Smith, author of “Conscious Classroom Management.”

sons for coming to teaching in Fairfax County.

Sean McCormally of Fairfax will be teaching special education chemistry at South County High School. McCormally didn’t begin medicating for attention-deficit/hyperactivity disorder until he was 25 — he then raised his grade point average in undergrad more than a full point in graduate school.

“I didn’t receive service in high school,” McCormally said. “I appreciate what some of these students are going through. I want to help.”

For Candice Tenerelli, she’s been a special education instructional assistant in math and Strategies for Success in kindergarten and high school for the last five years. A mother with one student of her own off to college and another getting close, “It was the right time in life” to upgrade her teaching to full time, she said.

FCPS School Board Vice Chairman Jane

Take One Action to Prevent Suicide

Suicide Prevention Week is Sept. 5-13, #MindsMatter

As school begins, we are accustomed to safety warnings. Slow down driving, watch for students along the roads, near schools and perhaps behaving unpredictably near intersections. Buckle seat belts. Wear bicycle helmets. Avoid distracted driving.

Suicide is the third leading cause of death for youth between 10 and 24 years old, according to the Centers for Disease Control, with 4,600 deaths a year, and 157,000 youth receiving emergency medical care for self-inflicted injuries. Overall, more than 42,000 Americans die by suicide each year.

Appropriately, Suicide Prevention Week is next week, Sept. 5-13, and the Connection is partnering with PRS CrisisLink to raise awareness about how to prevent suicide.

Risk factors for a suicide attempt include a history of depression or other mental illness, a history of previous suicide attempts, alcohol or drug abuse, stressful life event or loss, easy

access to lethal methods (firearms are the leading method of youth suicide), exposure to the suicidal behavior of others, and a family history of suicide. Young people who are LGBTQ are at higher risk.

Crisis Link was founded by volunteers in 1969 as the Northern Virginia Hotline, beginning as an evening hotline for Arlington teens. Within a year, hotline services were expanded to 24 hours a day to provide skilled, compassionate listening for people of all ages. The organization began serving individuals in crisis throughout the entire metropolitan Washington, D.C. region in 1970. In August of 2014, CrisisLink merged with PRS, Inc. Now named PRS CrisisLink, the program is able to provide services to more individuals than ever before.

In Fairfax County, where several high schools have mourned the suicide deaths of students, online interactive training is available to everyone about how to talk to a young person who might be depressed or considering suicide.

Fairfax County's Youth Suicide Prevention Training includes free online simulations that prepare educators and other adults to recognize when a young person is exhibiting signs of psychological distress, and to talk with the young person to be able to connect them with

Help Available

CrisisLink Regional Hotline: 703-527-4077
CrisisLink Regional Textline: Text CONNECT to 85511
National Hopeline Network: 1-800-SUI-CIDE
National Suicide Prevention Lifeline: 1-800-273-TALK

appropriate support. Also available is a free online simulation for high school students to practice how to talk to a friend struggling with depression or psychological distress. Access to these programs is available by visiting www.fairfaxcounty.gov/csb/at-risk

We also can't let the discussion on gun violence add to the stigma of mental health illness. People with mental health issues are far more likely to be victims of violence that to perpetrate it. When the debate turns to a push and pull between advocating for gun control vs. advocating for broad suspicion of people with mental health concerns, the results are not benign.

We have to bring discussion of depression and other psychological distress into the light, and we must push back against the stigma that keeps many from getting life-saving help.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Courage to Vote

To the Editor:

This past month I worked with local students in the community and my boy scout troop to hold two non-partisan voter registration drives as a part of my Eagle Scout project. We held this drive at the Vienna Farmer's Market.

In many ways this registration drive was a success. We were able to talk to over 2,000 Vienna voters, and remind them about the Virginia photo identification law that requires all voters to bring a form of government issued identification. We were able to help 80 people apply for absentee ballots and registered 20 people to vote.

I wanted to share the impact that I hope this drive had on our community as well as what I learned.

Something I am very proud of is the fact that the drive was run completely by local youth volunteers. Everyone who registered new voters was a student. In fact a majority of these students could not even vote themselves!

A student run drive was important to me for many reasons. I hope that my fellow classmates and fellow boy scouts who participated in this drive came to the same conclusion as I did: the power of a vote is a right we should hold dear. I hope they saw voting as a civic responsibility that enables Americans to participate in the democracy our forefathers fought for and defended. Participating in that democracy should be a priority when we turn 18.

I also hope this outpour of young people inspired our community.

We met many residents this past month who told us that they were in a dilemma. One older

gentleman said that not only did he not want a registration form but he wasn't planning on voting because he couldn't bear to make the choice between "a crook and a narcissist".

I hope this student run force reminded voters like this gentleman and many others in our community who may be facing a similar dilemma that they are not choosing between two candidates - they are choosing a future. A future for me and a future for all of us at the drive who are not able to cast a ballot.

Really that is what all elections are about: choosing the candidate who will build a better America for the next generation to build on.

I understand that this is a very divisive election. It is hard to ignore the fact that the two major candidates have the highest unfavorability ratings in history. But still I urge you: don't squander your choice by choosing to sit on the sidelines. Find the courage to cast a ballot this year because this election, quite frankly, is bigger than just you.

I won't be able to vote this year and neither will thousands of other Vienna citizens who are under 18 but we are all counting on you to make that choice on our behalf on Nov. 8.

In 1920 women got the right to vote. In 1965 the Civil Rights Act prohibited racial discrimination in voting. In 1975 the right to vote for young people who were 18 and older was protected by the passage of the 26th amendment. Our history has been shaped and defined by people who have demanded a fair ballot.

Why then would anyone choose to forgo a right that others have worked so hard to defend simply because they don't have the guts to make a decision?

A lot has changed from that first election in

1789, but what I hope remains is the promise solidified by the words "We" in that first line of the constitution - the idea that a democracy means that all people are heard.

Raman Khanna

Vienna

The writer is 17-year-old rising senior at George C. Marshall High School.

Does He Bite?

To the Editor:

Well, they're finally over! Suffering through the breathless NBC "coverage" of Olympic "sports," many of which few of us have ever heard of, involving Zika-virus and Rio-mugging avoidance tips, inane commentary, and tedious "up-close and personals" punctuated by the occasional showing of an actual event and immediate post-race interviews with "heroes" gasping for breath, I wondered about the origins of the ridiculous habit of winning athletes appearing to take a bite out of their medal before the cameras. Testing for 24-karat purity, perhaps? Teeth marks could potentially reduce the full tax deductibility of the value of an Olympic medal proposed by Senator "Chuck" Schumer — friend of underpaid athletes everywhere.

Gnawing away at trophies — where did this all begin? This metal-chomping is now almost as de rigueur as patented in-game hugging and slapping and weeping at the drop of a beach volleyball, say.

Harry Locock, sports fan
Reston



BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

ONGOING

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

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Denise Bruen, NP
Charlottesville, VA

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- MSRSVP@ahmdirect.com

*Registration is limited to two people per RSVP.
Photo ID may be requested at event entrance.

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FAIRFAX COUNTY

Minds Matter to Local Mental Health Service

PRS Inc. of McLean prepares for National Suicide Prevention Week.

BY MARTI MOORE
THE CONNECTION

Although National Suicide Prevention Week occurs next month, a local mental health service got a head start last week and launched its public awareness campaign on social media.

Psychiatric Rehabilitation Services (PRS, Inc.) of McLean launched #MindsMatter on Twitter Aug. 12 and updated their Facebook page at PRS, Inc. to stimulate public interest in National Suicide Prevention Week, which occurs Sept. 5-13.

It's the second consecutive year PRS Inc. has used their #MindsMatter campaign to ask people for help with raising awareness about suicide prevention.

Participants can sign an online pledge to learn facts about mental health issues, share information and save lives. They can post selfie snapshots, register for two 5K walks next month in Fairfax County, take a stress test, set per-



Participants of last year's 5K walk to raise awareness and funds for suicide prevention model the inaugural #MindsMatter campaign T-shirt at a National Alliance on Mental Illness event in Tysons Corner Center, Sept. 19, 2015. Purchase the 2016 #MindsMatter T-shirt online for \$18 through www.prsinc.org. Visitors also can register for two 5K walks Sept. 24: One held at 9:30 a.m. by the NAMI on the plaza at the Tysons Corner Center and the other held at 2 p.m. by the American Foundation for Suicide Prevention at the Fairfax County Government Center.

sonal goals to improve their mental health, attend a workshop, buy a campaign T-shirt and donate to the cause.

Also, participants can tell their stories of hope and recovery from mental illness and suicide loss, says Laura Mayer — the PRS Inc. program director who manages the 24-hour CrisisLink hotline and textline service for individuals in need of someone who will listen.

PRS Inc. states its CrisisLink telephone hotline handled 34,000 calls and 5,600 text conversations last year from Northern Virginians in distress. It is partners with the Fairfax-Falls Church Community Services Board, which offers youth suicide prevention training online at fairfaxcounty.gov/csb/at-risk.

PHOTO COURTESY OF PRS INC.

ACCORDING TO PRS Inc., "suicide is the 10th leading cause of death nationwide and second for people aged 15-24." It claims 42,000 Americans die by suicide each year. For each death, 278 individuals overcome thoughts of

SEE MINDS MATTER, PAGE 7

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BACK TO SCHOOL

Minds Matter

FROM PAGE 6

suicide and survive. In the Commonwealth, PRS Inc. states suicide is the second leading cause of death for Virginians ages 10-34.

Mayer herself is a suicide loss survivor. Her father, Glenn Mayer, died in 1998 at age 50 as he struggled with mental health issues.

Laura Mayer was 15 years old at the time.

"After a suicide loss, it's important how we talk about it," she says. Although messages of sympathy and support from the community were a source of comfort to her, words of condemnation about her late father hurt.

In her early twenties, Laura Mayer came to terms with suicide and learned the only answer to the pain was a message of hope.

She suggests people console individuals grieving the loss of a loved one from suicide with kind words, encouragement and hope.

FOR 53 YEARS, Northern Virginians have been served by the McLean non-profit. One goal of PRS Inc. is to break down the social stigmas of mental illness. Mayer agrees it is helpful to treat people coping with mental health issues with the same dignity and respect as folks with comparable physical ailments like cancer, diabetes or heart disease.

September is National Suicide Prevention month. Sept. 10 is World Suicide Prevention Day, according to the National Alliance on Mental Illness. Visit PRS Inc. online at www.prsinc.org or their office at 1761 Old Meadow Rd. in McLean, Va. Call 703-536-9000 for information about their services.

When faced with a life or death crisis, call 911. If the situation is close to the boiling point, call the CrisisLink hotline, any time day or night, at 1-800-273-8255 (TALK) or send a text message to 85511 with just one word — CONNECT — and a hotline crisis worker will reach you as soon as possible.

Healthy Challenge to Benefit Special Olympics

From now until the end of September, Worldgate Sport&Health will offer a complementary month's membership to individuals who donate \$50 to Special Olympics Virginia.

On Saturday, Sept. 24, a \$20 donation will give participants access to a morning of unlimited Group Exercise Classes. Local corporations are being challenged to raise the most in donations for Special Olympics Virginia.

For \$50, donors will receive one-month's Worldgate Sport&Health membership including the following services free fitness assessment, free group personal training session, unlimited group exercise classes, free pilates/yoga session and free swim lesson.

A donation of \$20 (at the door or through the link below) will provide access to the series of classes.

You can sign up for the one month's membership or pre-register for the group classes on the Special Olympics website at: <https://www.firstgiving.com/sova/worldgate-entreandsporthealth>. Walk-ins are also welcome.

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CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Zoosday — Every Tuesday, July through Sept. 27, 4 - 7 p.m., Pavilion. Enjoy an animal and miniature animal petting zoo with hands-on, educational experiences. Free. Rain or shine. restontowncenter.com

Hutchison Solos at PenFed Realty Aug. through Sept 30 The exhibit is free and the office is open to visitors Monday through Friday from 9:00 am – 5:00 pm. at the office of PenFed Realty, 1886 Metro Center Dr., Reston, VA 20190. Karen Hutchison displays abstract expressions of her thoughts and emotions using color and texture. Visit the LRA web site at www.leagueofrestonartists.org

“The Way I See It” Exhibit. Aug. 2-Oct. 1. Vienna Arts Society Gallery, 513 Maple Ave. W, Vienna. Reston resident Bob Kaminski will showcase his work in abstract and representational styles. ViennaArtsSociety.org. 703-319-3971.

Team Trivia at Kalypso’s. Tuesdays, 8 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza N., Reston. Bring your friend and join the challenge. 703-707-0660. www.kalypsosportstavern.com.

Open Mic Night at Kalypso’s. Mondays, 7-10 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza N., Reston. Musicians and singers! Love to perform but need a venue? Want to get used to playing for an audience? 703-707-0660. www.kalypsosportstavern.com.

Karaoke at Kalypso’s. Wednesdays, 9:30 p.m. Kalypso’s Sports Tavern, 1617 Washington Plaza N., Reston. Come to Kalypso’s and sing your hearts out! 703-707-0660. www.kalypsosportstavern.com.

Mr. Knick Knack. 10:30-11:15 a.m. Mondays through October. Reston Town Center Pavilion. Unique, heart-centered music for kids and their grown-ups. Free. restontowncenter.com. 703-579-6720

All-comers’ Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun run that is safe and social. 703-689-0999 or visit <https://potomacriverrunning.com>.

Dog Days of Summer — Every Wednesday, July through Sept. 28, 4 - 7 p.m., Pavilion. Dogs and owners can frolic in the Pavilion as it is transformed weekly into an off-leash play area. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. restontowncenter.com

LINEs, CURVES AND COLORS On exhibit August 31- October 2. At ArtSpace Herndon 750 Center St, Herndon, VA 20170. “Lines, Curves, and Colors” will present the talents of four artists working in different mediums. The show features one photographer and three sculpture artists. Opening Reception Saturday September 9th, 7 – 9 p.m. For more information call 703-956-9560.

Reston Photographic Society Meetings from 7:30–9:30 p.m. Beginning on Sept. 9 in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Rd., Reston, VA 20191. On the third Monday of each month through Nov. 31, the meeting date is changed if the third Monday falls on a holiday. September through November. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit the LRA website at www.leagueofrestonartists.org



PHOTO CONTRIBUTED

Herndon Labor Day Festival will be held on Monday, Sept. 5, 11 a.m.-5 p.m. at the Downtown Herndon and Herndon Municipal Center Lawn, 777 Lynn Street.

Herndon Labor Day Festival Promises Fun

Herndon Labor Day Festival, an annual one-day outdoor street festival featuring live music all day, Virginia wineries, local craft brews, a craft show, sponsorship gallery, and a variety of food vendors will be held on Monday, Sept. 5, 11 a.m.-5 p.m. at the Downtown Herndon and Herndon Municipal Center Lawn, 777 Lynn Street, Herndon. The Town of Herndon Parks and Recreation Department produces the event in conjunction with the Herndon Woman’s Club. Partial proceeds go to scholarship programs.

Admission with unlimited wine tasting and 2 craft brew tastings - \$20, entrance only - \$5. Children 12 and under free; no pets allowed; tastings end at 4 p.m.

For more information, visit the Town’s website at herndon-va.gov/recreation.

FRIDAY/SEPT. 2

Reston Station Music. 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Holly Montgomery Band. Rock. 703-230-1985.

SATURDAY/SEPT. 3

Reston Station Movies. 8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. “Honey, I Shrunk the Kids.” 703-230-1985.

SATURDAY/ SEPT. 3-4

Middle Eastern Food Festival on Labor Day weekend. 11 a.m. – 11 p.m., Saturday, noon – 6 p.m., Sunday, Holy Transfiguration Melkite Greek-Catholic Church will host its 23rd annual Middle Eastern Food Festival on the church grounds at 8501 Lewinsville Road, McLean. The Festival will feature authentic Middle Eastern food, music and dancing, as well as vendors. Debke dance will be led by instructors, or participate in the backgammon tournament. Children can enjoy the moonbounce, face painting, pony rides and the petting zoo. Rain or shine. Admission and parking are free. 703-734-9566 www.MiddleEasternFoodFestival.com.

MONDAY/SEPT. 5

Herndon Labor Day Festival. 11 a.m. - 5 p.m. Herndon Town Green, 777 Lynn Street, Herndon. Downtown Herndon celebrates Labor Day with an annual festival - great music, a craft show, food, wineries, micro-brews and culinary demonstrations will all be there. <http://www.herndon-va.gov/>.

TUESDAY/SEPT. 6

ArtSpace Herndon 8th annual Expressions Portrait Competition. Artists 18 years or older residing in Maryland, Virginia, the District of Columbia, West Virginia, and Delaware are invited to submit original 2D or 3D portrait art. Preference will be given to works adhering to the traditional definition of portraiture: “...a painting, sculpture, or other artistic representation, in which the face and its expression is predominant with the intent to display the likeness, personality, and even the mood of the person.” www.artspaceherndon.com

Encore Choral of Reston 2:00 p.m. at RCC Hunters Woods in Reston. 2310 Colts Neck Rd, Reston, VA 20191. Fee for the rehearsal is \$185 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music, rehearsal CD and performances.

<cal1>Friday/Sept. 9
<cal2>**Reston Station Music.** 6:30-8:30 p.m. Reston Station, 1904 Reston Metro Plaza, Reston. Chaise Lounge. Jazz, lounge, big band, swing. 703-230-1985.

ChalkFest At Reston Town Center Friday noon - 11 p.m. Saturday 8 a.m. - 1 p.m. 11900 Market St., Reston, VA. All are invited to create chalk drawings on Market Street. The event is open to all. There will be prizes for professional artists, amateur artists, families and kids, in addition to the “Audience Choice Awards.” <http://www.publicartreston.org/get-involved/>



PHOTO BY DAVID MCCLISTER
COURTESY OF RESTON COMMUNITY CENTER, CENTERSTAGE

Kathy Matea in performance.

New Reston CenterStage Season Opens

Timeless songs from Kathy Matea and Bill Cooley on Sept. 17.

BY DAVID SIEGEL
THE CONNECTION

Grammy award recipient Kathy Matea is known as an uplifting singer, songwriter and musician. Matea can be a too infrequent performer in the Fairfax County area. Soon she and her longtime collaborator, guitarist Bill Cooley will open the 2016-2017 season of professional performances at Reston’s CenterStage.

“I am excited to bring you the very best in performing arts with the Professional Touring Artist Series,” said Paul Douglas Michnewicz, director, Arts and Events, Reston Community Center. “The upcoming elections inspired me to program a variety of thought-provoking yet entertaining performances including Kathy Matea’s beautiful reflections on the common man.”

Matea’s Reston performance is billed as “The Acoustic Living Room.” Matea and Cooley are expected to share songs, both classics and newer, along with stories near and dear to both the duo and their audience. The evening will weave together the heartfelt and the haunting about love, lost and living life. Songs heard may include “18 Wheels and a Dozen Roses,” “Where’ve You Been?” along with other musical numbers. The evening can also be expected to include the less often heard from an older album, or perhaps Matea will find a unique way to cover a rock hit.

“The Acoustic Living Room, Songs and Stories with Kathy Matea,” featuring Bill Cooley at Reston Community Center, CenterStage, Hunters Woods Village Center, 2310 Colts Neck Rd, Reston. Performance Sept. 17, 2016 at 8 p.m. Tickets: \$25 Non-Reston Ticket Price: \$35. Call 703-476-4500 or visit www.restoncommunitycenter.com

Whether musical numbers from deep archives of requested hits, each tune will come with Matea and Cooley’s very own distinct manner of interpreting life through voice and guitar. For those less aware of Matea, she has produced nearly 20 albums with bluegrass, gospel, and Celtic influences. Her lyrics go directly to the soul. Who cannot be smitten with lyrics such as these: ‘Where’ve you been? I’ve looked for you forever and a day. Where’ve you been? I’m just not myself when you’re away.’”

Matea is also a well-known storyteller with inspirations from her Appalachian roots and experiences beyond the West Virginia landscape.

The new 2016-2017 Reston CenterStage professional performance season runs the gamut from ‘John Coultrane’s and Marvin Gaye’s observations of brutality, examinations of religious and racial strife with ‘Beyond Sacred’ and ‘The Pursuit of Harmony,’ to a celebration of African American culture with ‘Black Nativity,’” said Michnewicz.

There will also be an examination of the feminine in choreographer Erica Rebollar’s ‘Sacred Profane’ and Pulitzer Prize winning journalist Eugene Robinson. There is also plenty of “just plain fun” with the likes of “Happy Vaudeville Holidays,” noted Michnewicz. “I hope you will come to the CenterStage to learn and laugh and love.”

NEWS

Goddard School Students Support LINK Against Hunger

The families from The Goddard School located in Herndon supported their children in learning about their first business, a lemonade stand to raise funds for LINK Against Hunger, a nonprofit local charity that helps underprivileged school age children in Fairfax and Loudoun Counties obtain food and much needed school supplies. Prior to operating their lemonade stand, the children learned business concepts regarding customer service, profit/loss, and pricing. The children collected \$230 in proceeds and collected school supplies as well. In addition, The Goddard School in Herndon matched the proceeds, for a total of \$460 in donations to LINK Against Hunger.

The children donated the proceeds to the President of LINK Against Hunger, Lisa Lombardozzi. When meeting little entrepreneurs, Lombardozzi was very impressed with the children's dedication and effort to assist other children in need.



The Goddard School in Herndon students and teachers presenting a donation check to Lisa Lombardozzi (center), President of LINK Against Hunger.

The Goddard School in Herndon students learn about business and charity by organizing their own lemonade stand with the proceeds going to LINK Against Hunger.



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A Passing Reference

By KENNETH B. LOURIE



Recently, a week ago in fact, Stuart Grief, a fellow non-small cell lung cancer, stage IV patient/survivor, died from his disease. Stuart succumbed to his cancer less than two years after his late fall, 2014 diagnosis. My wife, Dina and I first met him — and his wife, Amy, in late April 2015, at LUNGeVity's (the nation's largest private foundation dedicated to lung cancer research, outreach, etc.; www.LUNGeVity.org) HOPE Summit, a conference for lung cancer survivors, caregivers and medical professionals, held annually in Rosslyn, Va. At that time, six months post diagnosis, Stuart said he was "N.E.D," which means "no evidence of disease," the first time I had ever heard that acronym. We spent a few hours together for dinner at a local restaurant one night (Old Angler's Inn, actually), enough to exchange pleasantries and email addresses. Other than that one evening, our association went no further. However, Stuart and his wife lived in Needham, Ma., the same town/suburb of Boston where my best friend, Cary, and his wife, Mindy live. Given certain circumstances, I thought there might be a foundation for a friendship between the four of them so I encouraged all parties to make a connection, which they did, and over the next/last 15 months they saw each other socially and spoke regularly on the phone.

Though the Griefs and Louries were not in touch directly, we did receive Amy's email updates on Stu's treatment/health status, and of course Cary updated me as well. Hardly were we in the inner circle. We were mostly on the outside looking in. Nevertheless, I was involved, emotionally, and certainly could appreciate and understand all that Stuart and Amy were enduring. When you're a member of the club (cancer patient/survivor/caregiver), you, (at least I do), draw strength/gain hope from survivorship stories and unfortunately feel weakened/compromised by deaths and disappointments. When I received Cary's email last Saturday about Stuart's death, including a scanned copy of his obituary from the Boston Globe, immediately, I questioned out loud, rhetorically, its reality and promptly called Cary. After a brief conversation, as I caught him in the middle of something, it was all confirmed. We agreed to speak later in the day at a mutually convenient time and so I hung up the phone. Then I walked from my home office to the den to tell Dina that Stuart had died. I could barely get the words out before I started crying.

It was a blow to be sure. It was as if part of me had also died. I felt sad and oddly enough, somewhat at greater risk than before I had received the news. I hardly knew Stuart, and other than the lung cancer connection, there was no other substance to our relationship. However, as cancer patients, we are all connected; we are living the same life, fearing the same uncontrollable outcomes and juggling the same emotions; and what effects one of us, good or bad, effects all of us. Hearing about another cancer patient's death is the worst possible news — other than our own discouraging news, that we can imagine.

But when you actually see it, hear it — and ultimately believe it ("it" being a cancer death), the reality of your own mortality/health circumstances come crashing down; at least it did for me. I got my bearings soon enough and thankfully, for me, life has gone on. Still, I feel as if something is missing from my life. And even though Stuart and I never spoke after our initial time together, I felt as if he was part of my support system and I his. Not a key part, but in the conversation nonetheless — and most definitely in the club. Stuart will be missed, but never forgotten.

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

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McCrea Family (from left — John, Kellie, Natalie, Trudy) enjoying the open space on the RA path behind the 13th green. Rescue Reston has reached a matching \$5000 Challenge Goal set by John McCrea, President of Achieve-It, LLC, a Green Jacket sponsor of the 2016 tournament.

Rescue Reston to Hold Annual Golf Tournament

On Monday, Oct. 3 Rescue Reston will hold its second annual fundraising golf tournament at Reston National Golf Course. Rescue Reston is the citizens' organization created four years ago to prevent Northwestern Mutual's plans to destroy 166 acres of recreational open space in Reston.

Rescue Reston joined Reston Association and Fairfax County to bring three separate issues before the Board of Zoning Appeals and the Circuit Court. Over the last four years, the law firm of Greehan, Taves, Pandak & Stoner has expertly represented Rescue Reston. The success in the court system increased the need for legal defense funds. Through specific fundraising events organized by Rescue Reston, including door-to-door solicitations, the organization has resolved 74 percent of the \$151,169 four-year legal bill. Rescue Reston is self-funded and is separate from Reston Association and Fairfax County. "We have a strong committee and are working very hard for this year's golf tournament to resolve this last portion of our legal obligation. We are off to a great start this year with significant contributions. Yet we have a way to go. There are plenty of opportunities for members of the community and

businesses to participate in or sponsor the tournament" said John Pinkman, chairman of the golf tournament.

Sponsorships are available at many different levels. A unique sponsorship offered this year is the "First Responder Foursome," an opportunity to honor those who serve by sponsoring four first responders for an afternoon of golf. You can also choose three first responders to join your foursome. Sponsoring a South Lakes High School Golf Team Student Athlete Foursome is also a choice. Reston National is the SLHS Golf Team's home course.

"We've been working very hard to preserve Reston's open space and the excellent standard set by the Reston Association for our extraordinary and nationally recognized planned community. Rescue Reston has been representing all the citizens of the community and now we need the community's help in this fundraising effort," Pinkman added.

Reston Association's Walker Nature Center will host a free nature hike on the RA pathways that border and cross the golf course on the same afternoon.

More information, registration, and sponsor opportunities can be located at www.rescuereston.org or by contacting Mr. Pinkman at 703-725-3873.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. 703-437-5500 or www.trinityherndon.org.

Vajrayogini Buddhist Center, Unitarian

Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. 202-986-2257 or www.meditation-dc.org.

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 8 a.m., 10 a.m. and contemporary service at 5 p.m. during the summer. Nursery, Sunday school and adult education available. 703-437-6530 or www.stannes-reston.org.

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Bishop Shannon Johnston and Rev. Hillary West.



Parish waiting for Installation to start.

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Herndon Church Ready for Hillary

Episcopal Church installs Rev. Hillary West as rector.

A decade after a painful split prompted by the Episcopal Church's appointment of its first gay bishop, Herndon-based Epiphany Episcopal Church Aug. 11 celebrated a major milestone in its rebirth and growth with the installation of Rev. Hillary T. West as rector.

West had previously served as Priest in Charge for three years, overseeing the rebuilding of Epiphany's congregation after the clergy and much of the parish in 2006 decided to leave the Episcopal Church and align itself with the Anglican Church of Nigeria in protest of the Episcopal Church's appointment of Rev. Gene Robinson as the first openly gay bishop in its history. A legal battle ensued over the control of the church property, located at the corner of Fairfax County Parkway and Franklin Farm Road.

Rt. Rev. Shannon S. Johnston, bishop of the Diocese of Virginia, presided over West's installation and enthusiastically recognized the life of Epiphany Episcopal Church as the church marked its new place in the Diocese as a self-supporting congregation. This is a significant step for the church, which started over with a small group of Epiphany members who chose not to follow the previous leadership and instead decided to remain in the Episcopal Church, gathering and worshipping in the Oak Hill Elementary School cafeteria before the Virginia State Supreme Court in 2010 returned the church property to the Diocese of Virginia. The remaining congregation returned to its church in 2012.

Since then, Epiphany has worked to rebuild itself from a tiny congregation with an enormous facility to a self-supporting church.

"Epiphany Episcopal Church faced tremendous challenges when a small group returned to a huge facility," said Bishop Shannon Goff. "The growing congregation has managed the stresses and joys of living into new possibilities with prayer, trust, hard work and a real sense of community. They've turned a significant corner as they



Fred and Hillary West at reception.

focus now on all that lies ahead."

MANY AT EPIPHANY credit Rev. Hillary West's leadership as a key to this growth. Bishop Goff also noted, "Hillary West brings a wealth of maturity and experience to her role as rector of Epiphany. Her unflappable hope and unwavering joy are contagious. God has given her the skills to lead the congregation with courage into the future that God intends."

Epiphany began its search for a new priest-in-charge in the summer of 2013. Arthur Buck, Senior Warden at the time, describes the results. "It quickly became evident that Hillary was a great fit for Epiphany. Her love of children and skill in growing a vital congregation were particularly important in the selection process. Her recent selection as rector is an affirmation of both her ability and her dedication."

The installation was warm and inclusive while still reflecting the traditions of the Episcopal Church. One highlight was the Reverend Marek P. Zabriskie's sermon celebrating Reverend West's journey as a priest in his parish near Philadelphia. It was spiked

with lots of humor but also his deep appreciation of Reverend West.

Fred West, Hillary's husband of 45 years, said that Rev. West's father would be particularly pleased, "Poppi was completely devoted to his family and with quiet conviction exercised Christian ethics every day. Upon retirement, he traveled the world assisting in the formation of newspapers in developing countries. He was full of enthusiastic love for his family and world community."

Fred goes on to say, "On any Sunday morning, when Hillary is delivering a sermon, I imagine B. Dale sitting next to me with tears of joy celebrating Hillary's brilliant and loving ministry."

Mike Dickerson, former Senior Warden also credits Epiphany's achievement to Rev. West: "Hillary has given Epiphany new life, growth, and opportunities to serve our community."

It is that serving the community that is notably significant. Recognizing a responsibility to reach out in love to a group increasingly persecuted, Rev. West, in collaboration with the Adult Ministry team, culti-

vated a relationship with a local Muslim community and was instrumental in facilitating a series of faith-based discussions through which they could better understand — and break bread with — their neighbors.

Rev. West's commitment to serving those in need has broadened the mission of the Community Outreach Ministry. In particular, she has made serving the homeless a major focus of Epiphany. With her leadership, Epiphany has hosted a hypothermia shelter four times in the past two years and will host another this upcoming Christmas week. With her encouragement, Epiphany has also sent money to help the flood victims in West Virginia and recently a team from Epiphany transported appliances for 35 families to the Almost Heaven Habitat for Humanity in Franklin County, W. Va.

The Children's Ministry has also benefited from Rev. West's guidance and mentorship. Vestry Member, Melissa Woodhead explained, "She encourages Epiphany's teachers and parent volunteers to explore new ways to apply their individual gifts in the classroom and beyond. She has an amazing connection and rapport with our kids, and has been instrumental to the successful expansion of our team's programs."

A MONTHLY "Family Worship" is one of the first ideas Rev. West introduced to Epiphany. It is a service that incorporates kids' participation in every aspect of worship. Epiphany is traditionally very accepting of the noise and disruption that happens when children get restless during church, but Family Worship takes the pressure off parents and makes it more fun and ultimately more meaningful for children.

Epiphany Episcopal Church believes they will continue to grow, as does the Diocese. "We look forward to Epiphany continuing to grow as a beacon of hope and light right there on the corner of the Fairfax County Parkway and Franklin Farm Road. The congregation is poised to be a powerful partner with the Holy Spirit in reaching out in love to the wider community," Bishop Goff said.