



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

2010 VIRGINIA PRESS ASSOCIATION Award Winning Newspaper  
**Reston CONNECTION**

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PHOTO BY COLIN STOECKER/THE CONNECTION

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# NEWS

## Running With Tim

10<sup>th</sup> annual Reston race to promote organ donation and brain aneurysm awareness.

BY ANDREA WORKER  
THE CONNECTION

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

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

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

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

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

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

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

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

of Tim’s donation.”

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

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

### 10<sup>th</sup> Annual “Running with Tim” Race

In Memory of Timothy P. Susco, Sept. 16, 2017  
◆ 8K Race – 8:35 am  
◆ 2K Walk/Fun Run – 8:35 am  
Start at South Lakes High School, Reston, rain or shine. Proceeds benefit the Brain Aneurysm Foundation and the Washington Regional Transplant Community. More information and registration at [www.susco8k.com](http://www.susco8k.com)



**The Susco family participate in a run on Moab, Utah. The goal to “Run with Tim” in all 50 states belongs to brother Tom; dad Tom, mom Nancy and other family members join in when then can.**

joined him on several of these adventures.

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

**THE YEAR FOLLOWING HIS DEATH,** they organized the first annual “Running with Tim 8k and 2k.”



PHOTOS COURTESY OF SUSCO FAMILY

**Tom Susco, Tim’s older brother took up running after his brother’s death, as a way to cope with his grief and to feel closer to Tim. “Tim was the runner in the family, not me.” Tom is well on his way to his goal of running at least a half-marathon in all 50 states in Tim’s memory.**



**Tim Susco — the reason his family supports the Brain Aneurysm Foundation and the Washington Regional Transplant Community with an annual charity race. Susco died suddenly of a brain aneurysm 10 years ago at age 25.**

ment Organization, covering Northern Virginia, D.C. and Southern Maryland. They are responsible for the recovery and allocation of organs, eyes and tissue, as well as providing care for donors and their families.

“There are more than 2,600 Virginians on the organ waiting list,” said Valerie Schneider of the

WRTC. “One donor can save the lives of up to eight others and enhance the lives of more than 50. We are so grateful for people like the Suscos.”

Nancy and husband Tom also now work with the Washington Regional Transplant Community on their Donor Family Council.

The Brain Aneurysm Foundation is the other recipient organization of the funds raised through the “Running with Tim” race.

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

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

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

Those wanting to “Run with Tim” for the 8k, or do the 2k Walk/Fun Run, or volunteer to help the event or donate to the cause can visit [www.susco8k.com](http://www.susco8k.com). Registration is now open for the event, which begins and ends at South Lakes High School in Reston.



# OPINION

## An Open Letter to Readers and More

### Buy an ad in our annual Newcomers and Community Guide.

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

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

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

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

Our annual Newcomers and Community Guide is a pullout section that will appear in the the Aug. 23, 2017 edition of all 15 Con-

nection Newspapers, published by Local Media Connection. Deadline is Aug. 16.

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

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

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

The deadline for the Newcomers and Community Guide is Aug. 16. Digital enhancements and support are available. For more information, email sales@connectionnews- papers.com or call 703-778-9431.

See [www.connectionnewspapers.com/advertising](http://www.connectionnewspapers.com/advertising)

### Share Community Tips

We need help from readers with ideas for 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? Events that should not be missed? Organizations that do a great job? Places to volunteer? A great place to see the sunset? We'd love to have your photos to go along with your suggestions.

We will publish a selection of local tips along with a plethora of information useful to newcomers and long-time residents alike, including our award-winning Guide to the Parks, 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 [www.connectionnewspapers.com/contact/letter/](http://www.connectionnewspapers.com/contact/letter/) by Wednesday, Aug. 17.

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

EDITORIAL

## More on Civic Engagement

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

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

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

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



COMMENTARY

to match up organizations with potential volunteers and members.

New movements like Indivisible have sprung up around the country with the local Herndon-Reston Indivisible attracting as many as 400 attendees at one of its early meetings. The group has formed several very active interest groups.

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

An article titled "Civic Education: A Key to Trust" includes a harsh review of the way civics is taught in the public schools: "Unfortunately, the nation's schools

have been generally unhelpful in providing the kind of information that can teach their students how their governments actually work." The result is that only 23 percent of eighth graders scored at or above proficiency in civics, according to research by the National Assessment of Educational Progress in 2014.

Improving civic education in our schools is critical to expanding engagement in the future, but action needs to be taken to involve more adults right now. The most obvious place to start is with voter

participation in elections.

Among the 35 nations involved in the Organisation for Economic Co-operation and Development, the United States ranked a shameful 31st in voter turnout. Laws need to be changed and increased emphasis needs to be given to removing barriers to voting and to getting people to the polls.

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

### Blood Donations Urgently Needed

The American Red Cross urges blood donors to give in the final weeks of summer to help overcome a chronic summer blood shortage.

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

As a special thank you, those who come out to give blood or platelets with the Red Cross now through

Aug. 31 will be emailed a \$5 Target eGiftCard.

Appointments can be scheduled by downloading the free Red Cross Blood Donor App, visiting [redcrossblood.org](http://redcrossblood.org) or calling 1-800-RED CROSS (1-800-733-2767). To help reduce wait times, donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass).

Upcoming blood donation opportunities Aug. 15-31

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

❖ **McLean**, Thursday, Aug. 31, 1-5 p.m. at the Federal Highway Administration, 6300 Georgetown Pike.

Reston  
**CONNECTION**

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# Home LifeStyle

## Setting a Summer Table

### Warm weather design ideas.

BY MARILYN CAMPBELL

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

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

Start with fresh foliage inspired by the natural surroundings.

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

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

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

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

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



PHOTO COURTESY OF MOLLY PRITCHARD

**Sea-themed serveware in blue help create an elegant tone for summer entertaining.**

you to provide the backdrop."

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

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

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

Originality is a quality that Mertins encourages. "Think outside the box," she said. "Having a brunch? Use a vintage quilt as the tablecloth. Hosting a baby shower? Use silver rattles as decor and baby silver cups for the flowers. The effort you put into your party table will go a long way to the overall success of the party."



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August 23, 2017

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

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LPQ Reston, Inc. trading as Le Pain Quotidien, 11909 Democracy Drive, Reston, Fairfax County, Virginia 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises, Mixed Beverage On Premises (seating capacity 101-150 persons) license to sell or manufacture alcoholic beverages. Sanjay B. Malhotra, Secretary authorizing advertisement. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

### Cardboard Boat Regatta.

Registration now open for race on Aug. 12, 2-6 p.m. at Lake Anna, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For more information or to register a team, visit [www.restonmuseum.org/cardboard](http://www.restonmuseum.org/cardboard). Team sponsorships begin at \$100 for adults and families or \$40 for students (ages 10-18 years of age). For questions or more information on getting involved, contact Elizabeth Didiano at [lacbregatta@gmail.com](mailto:lacbregatta@gmail.com) or 703-709-7700.

### THURSDAY/AUG. 10

**Art Crawl.** 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

### SATURDAY/AUG. 12

#### SNAP at Market Recognition Day.

8 a.m.-noon at Reston Farmer's Market, Lake Anne Plaza, 11401 North Shore Drive, Reston. An opportunity for families and individuals to learn how Supplemental Nutrition Assistance Program (SNAP) beneficiaries are able to access healthier food options by shopping with their benefits at participating Fairfax County farmers markets. Email [bill.threlkeld@cornerstonesva.org](mailto:bill.threlkeld@cornerstonesva.org) or call 571-323-9579.

**Kids Wet and Wild Day.** 10:30 a.m.-noon at Town Hall Square, 730 Elden St. Water balloon relays and squirt gun fights. Free. Email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov) or call 703-787-7300.

**Cardboard Boat Regatta.** 2-6 p.m. at Lake Anna, Reston. Participating teams of all ages will construct and decorate their own life-size cardboard boats. For questions or more information on getting involved, contact Elizabeth Didiano at [lacbregatta@gmail.com](mailto:lacbregatta@gmail.com) or 703-709-7700.

**Reston Concerts on the Town.** 7:30-10 p.m. at Reston Town Center, 11900 Market St. The weekly summer concert series presents big band jazz with the Navy Band Commodores. Bring lawn chairs or picnic blankets and hear live outdoor music at the Pavilion. Free. Rain or shine. Alcohol permitted at restaurants only. Visit [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

### SUNDAY/AUG. 13

**Bird Watching.** 7:30-10:30 a.m. at Lake Newport, 1575 Brown's Chapel Road, Reston. Sponsored by The Bird Feeder of Reston and the Reston Association. Call 703-437-3335.

**Meet the Reston Author.** 2 p.m. at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. "Reston: A Revolutionary Idea" – Author and biographer Kristina Alcorn will discuss the history of Reston and sign and sell her book, "In His Own Words: Stories from the Extraordinary Life of Reston's Founder, Robert E. Simon, Jr. Free. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. 703-385-8414.

### TUESDAY/AUG. 15

**Baby and Me Yoga.** 10-11 a.m. in the Reston Community Center, 2310



PHOTO BY S. METCALF/COURTESY OF NEXTSTOP THEATRE

## Rodgers & Hammerstein at NextStop

**Karen Vincent and Matthew Hirsh in "Rodgers and Hammerstein's A Grand Night for Singing" at NextStop Theatre in Herndon. Performances through Aug. 20, 2017. Thursdays at 8 p.m.; Fridays at 8 p.m.; Saturdays at 8 p.m.; Sundays at 8 p.m. Tickets \$17.50 to \$55. 269 Sunset Park Drive (inside the Sunset Business Park on Spring Street), Herndon. Call 866-811-4111 or visit [www.nextstoptheatre.org](http://www.nextstoptheatre.org).**

Colts Neck Road. Baby and Me Yoga class is open to women in all stages of postpartum, as well as fathers, relatives and caregivers. Classes are for babies 4 weeks old to crawling. Call 703-476-4500.

and door prizes provided prior to movie. Free to 55+. Email [Ashleigh@reston.org](mailto:Ashleigh@reston.org), call 703-435-6530, or visit [reston.org](http://reston.org).

**Children's Shows.** 10 a.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. 123 Andres in concert. Visit [www.fairfaxcounty.gov/huntermill/](http://www.fairfaxcounty.gov/huntermill/).

### WEDNESDAY/AUG. 16

**Children's Shows.** 10 a.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. The Goodlife puppet show. Visit [www.fairfaxcounty.gov/huntermill/](http://www.fairfaxcounty.gov/huntermill/).

### THURSDAY/AUG. 17

**Art Crawl.** 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

**Summer Concerts.** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Steven B. & Friends play jazz in concert. Visit [www.fairfaxcounty.gov/huntermill/](http://www.fairfaxcounty.gov/huntermill/).

### FRIDAY/AUG. 18

**Beach Party Barbeque.** 5:45-8 p.m. at Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Join the Congregation Beth Emeth community and friends for beach games and Shabbat BBQ dinner, stay for family-friendly outdoor services at 7:15. Prospective members are our guests. \$14. Visit [www.bethemeth.org/bbq](http://www.bethemeth.org/bbq).

### SATURDAY/AUG. 19

**Glow in the Dark Activity Night.** 8-9:30 p.m. at Town Hall Square, 730 Elden St. Glow in the dark bowling. Email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov) or call 703-787-7300.

### TUESDAY/AUG. 22

**Design and Wine with the Artist.** 7-9 p.m. at ArtSpace Herndon, 750 Center St. Join local ceramic artist, Mercia Hobson. Visit [www.artspaceherndon.com](http://www.artspaceherndon.com).

### WEDNESDAY/AUG. 23

**Senior Movie Day.** 10 a.m. at Reston Town Center, Bow Tie Cinemas, 11940 Market St. Reston Association presents a feature film. Refreshments

### THURSDAY/AUG. 24

**Art Crawl.** 6-9 p.m. in downtown Herndon, in and around ArtSpace Herndon, 750 Center St. Musicians, live art demonstrations will be featured at the Art Crawl every Thursday evening. Call 703-956-9560.

**Summer Concerts.** 7:30-8:30 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. The Difficult Run String Band in concert. Visit [www.fairfaxcounty.gov/huntermill/](http://www.fairfaxcounty.gov/huntermill/).

### SATURDAY/AUG. 26

**Reston Concerts on the Town.** 7:30-10 p.m. at Reston Town Center Pavilion, 11900 Market St., Reston Town Center. David Akers and the Soul Shakers. Free. Visit [restontowncenter.com](http://restontowncenter.com).

### THURSDAY/AUG. 31

**Dollars and Sense Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Dollars and Sense Book Club will be discussing "Ponzi's Scheme: The True Story of a Financial Legend" by Mitchell Zuckoff. Free. Call 703-689-2700.

### MONDAY/SEPT. 4

**Herndon Labor Day Festival.** 11 a.m.-5 p.m. Outdoor festival on Lynn St. Virginia wine tastings, craft beers, music, craft show, and food vendors. \$20 wine and craft brew tastings, \$2 additional beer tastings or \$5 general admission. Email [parksandrec@herndon-va.gov](mailto:parksandrec@herndon-va.gov) or call 703-787-7300.

### SUNDAY/SEPT. 10

**DogFest.** noon-3 p.m. at Reston Town Center, 11900 Market St., Reston. Celebrate the community of people and dogs that show the most advanced technology for transforming the lives of people with disabilities. Free. Visit [cci.org](http://cci.org).



# WEEK IN RESTON

## Community Meets At Reston Farmers Market

Cornerstones, Fairfax Food Council, Reston Farmers Market, and Virginia Fresh Match will host "SNAP at Market Recognition Day," a free celebration event for the community at the Reston Farmers Market, Lake Anne Plaza, 11401 North Shore Drive, Reston, Saturday, Aug. 12, 8 a.m.-12.

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

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

The community can also learn about SNAP at Market volunteer opportunities at the Reston Farmers Market, and the critical financial

support needed to provide matching dollars for the program.

SNAP at Market is an innovative program that enables SNAP beneficiaries to use their SNAP dollars at the Farmers Market and get up to \$20 in matching funds for the purchase of fresh, local fruits and vegetables. Out of four such markets in Fairfax County, Cornerstones' SNAP at Market, which is located at Reston Farmers Market every Saturday morning from May to November, is the most successful in terms of number of SNAP dollars spent and matching funds received.

Questions about SNAP or SNAP at Market Recognition Day? Contact Bill Threlkeld, Cornerstones' Division Director, Neighborhood Resources, at bill.threlkeld@cornerstonesva.org or 571-323-9579

### BULLETIN BOARD

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.

#### SATURDAY/AUG. 12

**Yard Sale and Refreshments.** 8 a.m.-1 p.m. at Dranesville Church of the Brethren, 11500 Leesburg Pike, Herndon. Donate new or gently used items to sell. Funds will support a comprehensive emergency response and recovery program to assist the Nigerian families made homeless and suffering by the attacks of Boko Haram. Call 703-430-7872 or email [joygoodshepherd@verizon.net](mailto:joygoodshepherd@verizon.net).

#### TUESDAY/AUG. 15

**Candidate Filing Deadline.** Reston Community Center (RCC) is seeking interested candidates to run for seats on its Board of Governors. The Board of Governors is a nine-member body responsible for oversight of RCC. All residents of Small District 5, age 18 or older, are eligible to run. Candidates must complete a Candidacy Statement in order to have their names placed on the Preference Poll ballot. Candidacy Statements will be available at RCC facilities or online at [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) beginning at 9:00 a.m. on Tuesday, Aug. 1. The deadline for candidacy filing is 5 p.m. on Tuesday, Aug. 15.

# BUSINESS DIRECTORY

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## Coincidental Or Not



By KENNETH B. LOURIE

One of our older/oldest cats, Biscuit, born late September 2006 and his oldest human parent, yours truly, born late September 1954, are both having teeth issues. In fact, the exact same teeth issues: the 1st molar and the 2nd bicuspid in the "upper right quadrant" are causing us problems and have to be extracted.

Biscuit's teeth extraction will be done by our regular veterinarian. Mine will be done not by my regular dentist but by a specialist, an oral surgeon. Unfortunately, the two practices are not related so there's no chance of a "BOGO." Nor is there any chance that the two procedures will be about the same cost. My teeth extraction will be double at a minimum, perhaps even quadruple, if I'm lucky. (I made inquiries.) Accordingly, Biscuit's extraction will occur/has occurred first.

What's of interest to me is the coincidence that Biscuit and I need the same teeth extracted at the same time. Which when you consider that Biscuit and I are approximately the same age, is not really a surprise. It's really more of a fact of life/aging – for both of us. Perhaps there are other behaviors and/or physical/mental indicators in Biscuits day-to-day activities which might clue me in to my own aging process. After all, we are living similar lives.

So far, Biscuit's post-teeth-extraction recovery has been uneventful. He's been spry and energetic. He's been on the kitchen counter, various window sills, the dining room table, the ironing board and all the other furniture; he's knocked over the wicker trash basket in our bedroom three times and he's been eating like a dog. In short, he's "back baby."

He almost appears to be smiling – except when we attempt to give him his post-procedure pills. As per usual, during the day he's sleeping on the back of the couch and at night he's curled up in the laundry basket; and he's still the first cat – of five, an hour early, I might add, for breakfast and dinner, to place his order/meow his presence. He's as ready to eat as ever. He hasn't missed a beat or a step. If I had to summarize/characterize his actions now, I'd say he has a real joie de vivre, "an exuberant enjoyment of life." So what am I waiting for? Godot?

As for my procedure, I've been told it takes 30 minutes or so. Local anesthesia is used (unlike Biscuit who was totally sedated/anesthetized). Moreover, the post-surgical pain is not terrible and the chance of infection is minor. And though I'll have a space in my gums where my teeth used to be, no longer will I be anticipating the pain and discomfort that cracking or splitting either of these two teeth would cause. The only pain I'll likely have is the pain of payment. (See 7/26/17 column entitled "Taking Care of Business" for associated details.)

I guess my curiosity/concern is whether I trust anything I've observed from Biscuit's dental experience – considering we're the same age. Is what's good for the cat also good for the human – all things being equal, sort of? Is Biscuit's return to normalcy so quickly and so easily – and so vigorously, a lesson to be learned? If seeing is believing and I do see extremely well for someone nearing his 63rd birthday, then Biscuit's 'experience' and the comparison between his pre- and post-extraction behavior should be an inspiration to us all, especially those of us of similar age with one and the same, two actually, teeth which need to be extracted.

I mean, the procedure I've been putting off is not exactly brain surgery, it's oral surgery. I'm not admitted to a hospital. It's outpatient. I'm in and then out. Same day service, just like the restaurant where my wife, Dina works. I don't even need someone to drive me home (unlike Biscuit. I had to drive him home.) And now that Biscuit is home, safe and sound, I suppose it's time for me to buck up and schedule my appointment. After all, it has nothing to do with cancer and everything to do with quality of life. I'd say that's a win-win.

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





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



Jessica Honesty poses on her set for “The J-Hon Show” at Fairfax Public Access Sunday morning with her father Kenneth Honesty, 58, retired, and her mother Pamela Honesty, 55, a staff accountant.

# Show with Honesty

Former South Lakes, Westfield High basketball star anchors community news and feature show at Fairfax Public Access.

BY COLIN STOECKER  
THE CONNECTION

Jessica Honesty, 30, former South Lakes and Westfield High student, now of Stafford, Va. went from playing basketball to anchoring her own community news and feature show at Fairfax Public Access. And she is not looking back. “I can’t stop,” she said.

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

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

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

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

But her show continues to show signs of growth as she grows into her new passion — TV. She wants to be a TV host and personality.

“On Facebook I’m doing pretty well. We have 6,000 views on the teaser videos, and the show reaches 250,000 people around Fairfax county on TV.”

At her height of basketball performance,

she received a scholarship to East Carolina. There she discovered her passion for journalism and communications.

The newspapers used to call her “the Truth” as well as the announcer, and her other nickname was J-Hon, short for Jessica Honesty.

Her success at Fairfax Public Access has taught her a lot about perseverance in a job market and industry that is not forgiving or even helpful to newcomers.

“There’s always something stopping you. I took from my high school basketball career that this is my dream, this is my passion. I will get that experience and keep going.”



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

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

— Jessica Honesty



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

PHOTOS BY COLIN STOECKER/THE CONNECTION

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

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