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# Oak Hill Herndon CONNECTION

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FCPS buses drop off Herndon Middle School students on Tuesday, Aug. 28 for the first day of the 2018-2019 school year.

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PHOTO BY MERCIA HOBSON/THE CONNECTION OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 5 ♦ CLASSIFIEDS, PAGE 6



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At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Register today at [alz.org/walk](http://alz.org/walk).

**Walk to End Alzheimer's  
in Northern Virginia  
Reston Town Center  
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PHOTOS BY MERCIA HOBSON/THE CONNECTION

Many Herndon parents drove their children to school on the first day of classes and entered the “Kiss and Ride” drop-offs. Some students even arrived by taxi. Local Herndon traffic appeared heavier than usual that morning.

## Summer’s Gone, School’s Here

FCPS opens doors for the 2018-2019 school year.

BY MERCIA HOBSON  
THE CONNECTION

The Fairfax County Public Schools began the 2018-2019 school year on Tuesday, Aug. 28, as more than 190,000 preschool through grade 12 students arrived at the county’s 198 schools including ones in and around the Town of Herndon. FCPS is the largest school division in Virginia and the tenth largest in the nation.

Local Herndon traffic appeared heavier than usual that morning. Many working parents stayed home later than usual to drive their children to school and hundreds of high school-aged students drove them-

selves and their friends to school rather than taking an FCPS bus.

On Aug. 28, FCPS posted on its website that it be transporting more than 141,000 students on 1,630 buses each day. That adds up to 26 million student bus rides each year.

According to FCPS, the fiscal year 2019 Approved Operating Revenue is \$2.9 billion at a cost per pupil of \$15,318. FCPS receives the majority of its funding from a transfer of county funds, taxpayers’ dollars.

“It is our honor to serve the families and continue to provide one of the community’s most valued resources – education for all children,” wrote Scott S. Brabrand, Ed.D. Superintendent of Schools in the FCPS fiscal year 2019 Approved Budget.



It is 7:09 a.m. on Aug. 28, the first day of school for Fairfax County Public School students. At Herndon Middle School, some of the first walkers arrive.



After driving to school on the first day of class for the 2018-2019 school year, FCPS Herndon High senior, Kacey Hillebrand, left, grabs her trombone out of the trunk while friend Carla Nicolini gathers her items.



Paul Suh, 15, of Herndon rides his bike to Herndon High School on the first day of classes.

## What’s New, Exciting In Area Schools

### Principal’s Back-to-School Report.

In the first week of the new school year, The Connection has asked the area school principals to respond to three questions:

year?

2 - What would be your, one-sentence, message to parents, community?

3 - Any upcoming events, activities? Here are their responses.

#### Liz Noto, Ed.D., Principal, Herndon High School

1 - Our full-scale renovation is well underway. A new parking lot and bus lane was created over the summer and work is now beginning on the new main entrance and main office. The new wing in the back of the building looks amazing! It will hold our new and improved science labs as well as several additional classrooms. We will have access to these new additions in the next school year.

2 - Thank you to our Herndon Community for their continued support! We hope to see all of our Herndon parents for Back to School Night on Sept. 5. Be sure to join the PTSA while you’re there! For those who want a glimpse into school life, the Hornet Highlights have been revived by popular demand this year. Be sure you enroll in the system so you receive our News You Choose messages. This can be done on the FCPS homepage ([www.fcps.edu](http://www.fcps.edu)). Scroll all the way to the bottom and click on the “Sign Up Now” button in the yellow banner that states “Stay updated with what’s happening at FCPS with News You Choose.”

3 - Our Homecoming celebration is scheduled for Sept. 22. It all starts with the Town of Herndon Parade at 9 a.m. For those who haven’t taken part in the past, this is an fantastic community-wide event! Come out and see!



Liz Noto

#### Kim Retzer, Principal, South Lakes High School:

1. We are super excited to expand our student leadership program this year with a second section. The new section will be focusing on school climate through enhanced visuals around the building, more engaging morning announcements and giving an increased student voice to our SOAR (Scholarship, Ownership, Awareness and Respect) program.

2. I encourage parents and community members to stay connected through News You Choose, Twitter and other social media and get involved!

3. We have a Parent Orientation on Monday, Sept. 17, Back to School Night on Wednesday, Sept. 26 and lots of athletic events that can be found at <https://southlakesathletics.org>



Kim Retzer

#### Jesse Kraft, Proud Principal, Coates ES:

1 - The staff and community at Coates are very excited to celebrate our tenth anniversary! We’re happy with our continued rising test scores and our new focus on empathy and other character strengths as we begin The Positivity Project. Our staff is skilled, caring, and passionate, which just is what our kids deserve.

2 - Coates is a place where your child can feel safe, will be challenged to grow academically, and will develop great character, and we’re going to have a great time making all of this happen!

3 - The Coates PTA Annual Fall Festival will take place on Saturday, October 6 from 10-2. Join us for the fun, games, and food!



Jesse Kraft



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## WELLBEING

# Aiming for Long-Term Fitness

**Study shows physical declines can be detected as early as age 50.**

BY MARILYN CAMPBELL

**I**'ve been doing it since before I retired," said Rich White, a former accountant who lives in Alexandria. "It's easier to get up and get it out of the way so I don't miss it. Both of my parents died prematurely of heart attacks. That's when I decided to start running to get in shape. Eventually that turned into a habit of daily strength and aerobic exercise."

White's assumptions about preserving his physical health are underscored by a report from the Center for the Study of Aging and Human Development at Duke University School of Medicine which found that physical decline begins when people are in their 50s, much earlier than people might notice or expect.

The study looked at 775 adults ranging in age from 30 to 90 to assess changes in fitness abilities like endurance, balance, speed and strength. Researchers found that exercise efforts must begin before the age of 50 in order to help halt the decline and maintain mobility and independence longer in life.

"Our research reinforces a life-span approach to maintaining physical ability — don't wait until you are 80 years old and cannot get out of a chair," said lead author Katherine S. Hall, Ph.D. in releasing the study.

By having participants stand on one leg for 60 seconds to measure balance and sit and rise from a chair for 30 seconds to measure lower body strength, researchers were able to detect a decline beginning in

Emma Warner, 72, meets her trainer at a Montgomery County Recreation Center gym twice a week. Together they perform a combination of exercises aimed at improving her strength, balance, endurance and flexibility.

"We stretch and do yoga poses, sometimes we speed walk outside and I also do exercises with two or three pound dumbbells," she said. "But my mother is 98 and is in pretty good health, so I figure I have good genes. I just need to work on fitness to maintain."

As people age, change and decline is inevitable, but the rate and severity can vary based on genetics and the level of activity in one's lifestyle. Regular exercise can have a profound effect on the way in which one ages.

"People have their actual age, which they can't do anything about, and their biological age," said Martin.

"Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

Fitness instructor Amy Traum has clients who run the age gamut from college students to retirees, but her overarching advice to getting in shape is similar. "Everyone needs a well-rounded exercise program that includes stretching, balance exercises,

strength and cardio," she said. "I always begin and end classes with stretching and I try to add strength and balance elements like a weighted deadlift."

Those new or newly returning to exercise should start slowly and gradually, says Traum. "It sounds like common sense, but I can't tell you the number of people who come to my classes with no experience and try to work way above their fitness level

**"Our research reinforces a life-span approach to maintaining physical ability — don't wait until you are 80 years old and cannot get out of a chair."**

— Katherine S. Hall, Ph.D.

**"Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. And vice versa, someone who is 60 could be very active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."**

— Joel Martin, Ph.D., assistant professor of Kinesiology, George Mason University

one's 50s. The findings show the need to understand and preserve muscle strength.

"Most tissues in the body respond to stress placed on them by becoming stronger or adapting to handle the stimulus you place on them," said Joel Martin, Ph.D., assistant professor of Kinesiology at George Mason University. "If you lift weights, your muscles get bigger and stronger. If you don't do any sort of physical activity to stimulate your muscles then they get smaller and become weaker. Use it or lose it."

and either get injured or discouraged," she said. "There's nothing wrong with starting out slow, sticking with it and making gradual progress. Also make it fun, like walk or jog with a friends or take a dance or Zumba classes."

"Eating a healthy and nutritious diet is also important," added Martin. "The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process."

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# ENTERTAINMENT

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

## WEDNESDAY/SEPT. 5

**Dog Days of Summer.** 4-7 p.m. in the Pavilion at Reston Town Center. 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. Visit [restontowncenter.com](http://restontowncenter.com).

## THURSDAY/SEPT. 6

**Trip to Paradise Springs and The Winery at Bull Run.** 11 a.m.-4 p.m. Bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Paradise Springs Winery is a relaxing winery with a large tasting room with seating indoors and on the outdoor patio. The Winery at Bull Run has an authentic style 19<sup>th</sup> century setting. Wine tastings not included. Pack a picnic lunch to enjoy. 55+. \$25/RA members, \$32/non-members. Program 307221604. Visit [www.reston.org](http://www.reston.org).

**Life on the Farm.** 4-5 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Play an active role in helping care for Frying Pan Farm Park in the monthly "Junior Farmer Fun" program. Family members age 5 to adult explore topics such as caring for farm animals, tinkering with farm machinery, and learning the importance of Frying Pan's crops and gardens. There's a new topic each session as participants go behind-the-scenes to help farmers with their work. \$8 per person. Children must be accompanied by a registered adult. Call 703-437-9101 or visit [www.fairfaxcounty.gov/parks/frying-pan-park](http://www.fairfaxcounty.gov/parks/frying-pan-park).

## FRIDAY/SEPT. 7

**Dog Paddle.** 4-7 p.m. at Dogwood Pool, 2460 Green Range Road, Reston. Bring dogs for a final dip this season. Current Dog License required. Dogs must remain under control and sociable at all times or will be asked to leave without refund. Female dogs in heat are not permitted. Fees are per dog. Register online at [www.restonwebtrac.org](http://www.restonwebtrac.org) (\$8) or walk up (\$10) on the day.

## SATURDAY/SEPT. 8

**Back-to-School Bilingual Storytime.** 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Join author and Spanish teacher Tracey Kyle for a bilingual story time featuring her books, "Gazpacho for Nacho," "Food Fight Fiesta" and "A Paintbrush for Paco" with a chance to toss "tomatoes," and hear stories. Visit [www.scrawlbooks.com](http://www.scrawlbooks.com) or call 703-966-2111.

**Fundamentals of Drawing.** 1:30-3:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Basic Fundamentals of drawing will be taught and demonstrated, to include the principal application of contour line, gesture and shade while performing exercises in drawing from live nude models. \$150 for the eight-week session. Call 703-956-6590 or visit [artspaceherndon.com](http://artspaceherndon.com).

## TUESDAYS/SEPT. 11-OCT. 30

**Feldenkrais Method.** 4-5 p.m. at Herndon Senior Center Council, 873 Grace Street, Herndon. The Feldenkrais Method is a gentle system of sensory-motor re-education. Participants report increased mobility, improved flexibility, coordination and balance. Series of eight classes: free for members; \$25 for non-members. Call 703-464-6200.

## WEDNESDAY/SEPT. 12

**Hike and Lunch Outing.** 9:45 a.m.-1:30 p.m. bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Join for a guided hike in Great Falls. Travel by bus to the starting point near Colvin Mill and follow Difficult Run to Great Falls. This moderately strenuous hike will move at about 3 mph over natural trails and take between 90 and 120 minutes. Enjoy the hike and then lunch at Great Falls with others who share this interest. Lunch will be provided. 55+. \$25/RA members, \$32/non-members. Program 307220703. Visit [www.reston.org](http://www.reston.org).

**Dog Days of Summer.** 4-7 p.m. in the Pavilion at Reston Town Center. 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. Visit [restontowncenter.com](http://restontowncenter.com).

## FRIDAY-SATURDAY/SEPT. 14-15

**ChalkFest.** Friday, noon-11 p.m. (professional artists/sponsors); Saturday, 8 a.m.-4:30 p.m. (open to all) at Reston Town Center, 12001 Sunrise Valley Drive, Reston. ChalkFest At Reston Town Center is presented by Public Art Reston and Reston Town Center. All are invited to create chalk drawings on Market Street. The event is open to professional artists, amateur artists, businesses, families, and kids of all ages. There will be prizes for professional artists, amateur artists, families and kids, in addition to the "Audience Choice Awards." Registration fee for Saturday participation includes supplies. Call 703-880-1177 or visit [publicartreston.org](http://publicartreston.org).

## SATURDAY/SEPT. 15

**Digital Photography Essentials Workshop.** 9 a.m.-1 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This introductory class is for people with a digital SLR (DSLR) or mirror-less camera who are interested in learning how to successfully use their camera beyond automatic/program modes. Contact the instructor to confirm camera is appropriate. \$125; \$99 before Sept. 1. Call 703-956-6590 or visit [artspaceherndon.com](http://artspaceherndon.com).

**Native Plant Sale.** 9 a.m.-2 p.m. at Runnymede Park, 195 Herndon Parkway, Herndon. Pre-orders accepted. Visit each vendor's website ([www.watermarkwoods.com](http://www.watermarkwoods.com) or [www.nature-by-design.com](http://www.nature-by-design.com)) for inventory and availability, email them individually and pick up and pay at Runnymede Park. Visit [www.frpweb.org](http://www.frpweb.org).

## SUNDAY/SEPT. 16

**Apple Picking at Stribling Orchard.** Noon-4:30 p.m. bus pick up at RA Headquarters, 12001 Sunrise Valley Drive, Reston. Spend the afternoon picking apples in Markham, Va. Plan a family day: pack a picnic, pick pumpkins and shop at the Harvest House. RA members: \$10 / non-members: \$12 (adult 13+); RA members: \$8 / non-members: \$10 (child 3-12); free (ages 0-2). Program 307011617. Visit [www.reston.org](http://www.reston.org).

**Intermediate Digital Photography One-Day Workshop.** 1:30-5:30 p.m. at ArtSpace Herndon, 750 Center St., Herndon. This "beyond the basics" class is for alumni of the Digital Photography Essentials class or those who currently use Aperture and Shutter Priority shooting modes and want to learn how to successfully shoot in full manual shooting mode for complete control of image exposure. Contact the instructor to confirm camera is appropriate. Class size limited to 8. \$125; \$99 before Sept. 1. Call 703-956-6590 or visit [artspaceherndon.com](http://artspaceherndon.com).

## MONDAY/SEPT. 17

**Hidden Treasures of Reston Bus Tour.** 9:45 a.m.-12:30 p.m. Bus pick up: The Lake House, 11450 Baron Cameron Ave., Reston. Join a guided tour of the hidden treasures throughout Reston. Even for those who have lived here for a long time: see the trolls under the bridge near the Reston police station, the significant monarch trees, the Lake House or the Nature House. Participants will be getting off and on the bus to check out these treasures up close. Program: 307221005. \$22/RA members; \$28/non-members. Visit [www.reston.org](http://www.reston.org).

**Reston Photographic Society.** 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings. RPS is a special-interest group of the League of Reston Artists. Share information and enjoy guest speakers, workshops and group critiques. Nonmembers are welcome. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

## WEDNESDAY/SEPT. 19

**Dog Days of Summer.** 4-7 p.m. in the Pavilion at Reston Town Center. 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. Visit [restontowncenter.com](http://restontowncenter.com).

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**News**



The annual Herndon Labor Day Festival held on Lynn Street in the historic downtown district drew huge crowds despite the heat.

# Herndon Labor Day Festival Is a Hit

Patrons enjoy wine and craft beer tastings, entertainment and food and craft vendors.

The one-day Herndon Festival, held Monday, Sept. 3, featured samplings of Virginia wines and craft beers, entertainment, craft and food vendors and lawn games. Kathy Blystone and Robin Law, members of Woman's Club and co-chairs of the Labor Day Festival Com-

mittee, said that proceeds will be used to fund the mission of the organization through its programs and community service projects such as Wreaths Across America, Scholarships for Local Students, Activities with Seniors, and children and community needs.



The band "Guys in Thin Ties" with Bill Blythe on bass and vocals; Jim Ford on keys and vocals; John Coghill on vocals and toys; Jeff Carrell on guitar and Dave Kramer on drums, performs alternative 80s music on the Main Stage during the Herndon Labor Day Festival held Monday, Sept. 3. "This is a great little town," said Jeff Carrell in a pre-performance interview.



Twins Alyssa and Jacqueline Heavner of Herndon have their tasting glasses ready to sample wines from 10 different Virginia cellars, vineyards, and wineries at the Herndon Labor Day Festival held Monday, Sept. 3 in the historic downtown district. Northwest Federal Credit Union was the Presenting Sponsor.

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# Recycle

FROM PAGE 8

tons and hard plastic storage bins

Metal cans, metal lids, aluminum cans and clean aluminum foil. Any food debris will cause them to be picked out at the recycling facility and thrown in the trash.

## Never Recycle These Items:

- ❖ No Grocery bags, including the thin plastic bags used for produce
- ❖ No Flexible plastics such as sandwich wrap, Baggies, bread bags, chip bags, mulch and fertilizer bags
- ❖ No Plastic wrapping used to bundle cases of bottled water, bulk toilet paper and paper towels
- ❖ No Wire clothes hangers
- Other Common Household Items I Was Surprised to Find Out Are Not Recyclable:
- ❖ No Hard plastic blister bubbles on packaged items
- ❖ No Toothbrushes, hairbrushes, plastic combs and hair rollers
- ❖ No Wooden baskets, wooden cooking utensils, toothpicks and chopsticks
- ❖ No Disposable plastic plates, cups, utensils and tablecloths
- ❖ No Ballpoint plastic pens
- ❖ No Ceramics and broken plates and mugs
- ❖ No Fabric items including old clothing, towels and blankets
- ❖ No Mirrors and any mirrored items
- ❖ No Foam pool noodles and flip-flops

## What Can You Do With Some of These Non-Recyclable Items?

Tammy Chastain recommends, "Donate, reuse or return!" She advised me to bag clean grocery bags and return them to the grocery store – there is an entirely separate process for recycling these and most grocery stores have a collection bin for them. Bundle up your wire hangers and return them to the dry cleaners. For clothing and other fabric items, Tammy suggested donating them to charities that accept them, for example, local dog shelters and animal rescue groups are often in search of old towels.

## Three Easy Things to Recycle Better and Reduce the Amount of Trash in Landfills:

- ❖ Never put your recyclables in a plastic bag; any bagged items are automatically thrown into the trash;
- ❖ Always rinse your recyclables; if they have too much food debris they are thrown into the trash too; and
- ❖ Use reusable shopping bags whenever possible.

**"When in doubt, throw it out,"** Mike Farr recommends. To check if a specific item is recyclable, you can go to the Town's website, click on the Refuse and Recycling page (<http://www.herndonva.gov/town-services/refuse-and-recycling>) and you can click the link to the American Disposal website. Happy recycling! And thanks for helping to keep the Town of Herndon green.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>			

## Poise Under Pressure – Or Not



By KENNETH B. LOURIE

I don't want to self-indulge too much, but given the potentially life-changing seriousness of my upcoming Sept. 26 CT scan, I'm having a little trouble getting myself started in the morning – and throughout the day also, if you must know the truth? (I realize you all have your own lives to lead so that last sentence-ending question was more rhetorical than actual.)

Nevertheless, if you're still reading, you're still interested so I'll try to string together some "insightful commentary and thoughtful humor," (an original characterization of my columns) to keep you on the page. Although, given the subject of this week's column, it might be hard to tiptoe through the tulips.

The difficulty I'm having is being unable to ignore, "totally," (my mother loved to mimic the generation that popularized that word) the reality of my situation.

Typically, I've been able to maintain a relative calm and detached disposition as I go from one cancer-related thing to another. None of the tasks I must perform or the responsibilities I've assimilated into a routine (24-hour urine collection, pre-chemotherapy lab work, chemotherapy, quarterly CT scans, annual brain MRI, quarterly appointments with my oncologist, have changed who I like to think I am compared to who I was pre-cancer diagnosis, 2/27/09; despite having the weight of a "terminal" diagnosis/original "13 month to two year" prognosis on my shoulders/literally in my lungs.

To quote Popeye the Sailor Man: "I y'am who I y'am." (And I still don't like spinach, certainly not out of a can.)

And though I've done a pretty good job of flicking these flakes of pressure and anxiety off my shoulders like unwanted dandruff, the fact is – as with dandruff shampoo or any other personal hygiene product for that matter – unless one is diligent, vigilant and cognizant of its likely recurrence, nothing will change.

Unfortunately, cancer doesn't quite react that way. It will change and it can overwhelm even your best efforts and can cause harm not only internally but externally as well (emotionally). Fending off these emotional pressures is challenging and dare I say, presents as many problems as the growth and movement of one's tumors and the side effects of one's treatment does.

What makes my present situation feel different and a bit off-putting is that what has happened has happened after nearly five years of relative peace and quiet (I was never characterized as in "remission," by the way). It seems the possibility of having to go back, so to speak, and return to the scene of the crime – against my body/life expectancy; and moreover, having to restart the process, ratchets up the stress to previously unknown heights.

And part of me is wondering (worrying actually) if I'm up to the challenge again, emotionally and of course, physically as well; whether my body can sustain the damage its likely to experience if we have to reload.

I use the word 'reload' for a reason. Without invoking too many war metaphors, being diagnosed with cancer is like being drafted into the Army, except you have little training for the battles you're about to fight. And as much as fighting against cancer is a battle, it's more a war against attrition in which the bad guys (cancer) regularly defeat the good guys (people diagnosed with cancer). In general, the cancer experience is no picnic.

It reminds me of a long-ago M\*A\*S\*H episode in which the doctors operated through a particularly difficult surgical session after which Henry (Lt. Col. Blake) and "Hawkeye" (Capt. Pierce) went outside the operating room/tent for some relief. "Hawkeye" clearly agitated over a patient he couldn't save; Henry tried to offer him some comfort with the following words: "There are certain rules about war. And rule number one is young men die. And rule number two is, doctors can't change rule number one."

What scares me about cancer is, it follows no rules and like war, leaves devastation in its wake. I just hope I'm not about to be another casualty.

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



# OPINION

## Do Something

BY WENDY GRADISON  
CEO PRS



The news of Anthony Bourdain and Kate Spade as well as a number of our own community members whose lives were stopped short due to suicide underscores the challenges that exist in preventing suicide. These stories created considerable grief, and in fact, we saw a significant increase in calls and texts to our PRS CrisisLink hotline.

When losses like these occur, we have an opportunity to change the conversation about suicide from one of loss to one of empowerment and hope. To keep people talking, we are launching the #CallTextLive Campaign during September, Suicide Prevention Month.

Suicide is a serious issue locally and nationally, claiming the lives of nearly 45,000 people annually and is the 10th leading cause of death nationwide and the second leading cause of death for young people aged 15-24. But for every death, 278 people manage to move past thoughts of suicide and survive.

At PRS, a nonprofit running PRS CrisisLink, Northern Virginia's crisis hotline and textline, we know there is more we can do to bring awareness and tools to prevent future suicides. We are inviting the community to get involved in our 4th annual #CallTextLive Campaign.

Using the hashtag #CallTextLive, the campaign works to educate members of the community about resources available and actions they can take to bring awareness to suicide prevention and intervention. Campaign highlights include: an easy to use web-based interactive event calendar; great tips and resources to share via social media; a Facebook Live Q&A with experts; community training and tour of the PRS CrisisLink call center; a Selfie Day; a crowdsourcing fundraiser; t-shirts for purchase; and walk events. We will also explore special suicide prevention topics related to gun safety, veterans, older adults, LGBTQ, youth, and survivors.

It's time to challenge the stigma around is-

sues contributing to suicide and provide each other the tools to get help. #CallTextLive uses social media, activities and events to drive community conversation. We want people to visit our website—www.prsinc.org—to find simple ways to spark change through the #CallTextLive Campaign. Do one or do them all...but we definitely want everyone to do something.

If we are successful, even more people will find their way to community resources, including the PRS CrisisLink program, which handled nearly 80,000 crisis calls and text messages from the Northern Virginia region last year. In fact, a simple call or text to the crisis hotline or textline — (800) 273-TALK [8255] and text "CONNECT" to 85511 — provides the empathetic, trained voice that someone in crisis needs to reduce their pain and provide connections to care. Most of these voices are volunteers from our community — neighbors and friends — who share the gift of listening to those who hope to be heard.

Help us make it okay for more people to seek help. Join the #CallTextLive Campaign to broaden the conversation. Small or big ... do something ... we are listening and others will too.

*Wendy Gradison is CEO of PRS, a mental health nonprofit in Northern Virginia.*



Join #CallTextLive Campaign.

## What's Really Recyclable and What's Not

Those in the know for the Town of Herndon share information.

BY GRACE WOLF  
CUNNINGHAM  
TOWN OF HERNDON  
COUNCILMEMBER

To settle a husband and wife "discussion," I recently sat down with Tammy Chastain, Deputy Director of Public Works, and Mike Farr, Utility Manager at the Town of Herndon to get the real scoop on common household items that make you wonder if they are recyclable or not. With our busy lives, convenient, single-use containers and free shipping are the new norms but what can you do with all the packaging?

Currently, every resident in the town's automated refuse pick up program receives a blue-lidded container to put their recyclables

in and recycling is collected every Wednesday throughout the entire Town. The containers should be placed at your curb by 6 a.m. The Town accepts co-mingled items that include recyclable glass, aluminum cans, some plastics and papers and the service is part of

what you receive as part of the Town's budget. However, I discovered many items that I use on a routine basis are not recyclable.

❖ **First, the Basics:** The town picked up 1,725 tons of recyclable material for a recycling rate of 44 percent; that is how much of our trash pick up was diverted from landfills. American Disposal processes all of our recycling. While that is still over our required minimum of 25 percent, we can do a whole lot better. Mike Farr noted that 100 percent is not realistic "60-70 percent is something we can shoot for," Farr said.

❖ **How to Recycle Smarter:**



Grace Wolf Cunningham

boxes are only recyclable if you have cut out the greasy sections otherwise please throw these in the trash.

❖ **Never Recycle These Paper Items:**

❖ Gift-wrap, tissue paper, gift bows and ribbons

❖ Paper gift bags; these often contain additional metal, plastic and fiber components that are not recyclable

❖ Shredded paper; it's always thrown out at the sorting facility

Cardboard is always recyclable except when it gets wet! Once it gets wet, it is unrecyclable and simply thrown away. This is why it is important to break down your

Paper is mostly recyclable so toss your newspapers, junk mail, correspondence into your recycle bin. Waxed paper or cardboard containers such as milk and orange juice cartons, soup stock or any tetra pak containers are all recyclable once they are rinsed out. Pizza

boxes and place them in the blue recycling container to keep them dry. Please do not put boxes outside on the curb for the same reason. Styrofoam and almost all packing materials are never recyclable so always empty your boxes before you recycle them.

Plastic items often contain a triangular recyclable sign on them with a number that shows its type of plastic. All numbered items are acceptable for recycling. However, thin or flexible plastics cannot be recycled because they clog the machines used to sort items.

❖ Always Rinse and Recycle These Items

❖ Tupperware, GladWare and any hard plastic reusable food containers and lids

❖ Plastic shampoo, conditioner, body wash and laundry detergent bottles

❖ Plastic buckets and plant containers, the kind you get when you buy seedlings

❖ Yogurt, cottage cheese and dairy whip topping containers

❖ Plastic berry cartons, egg car-

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