

# CONNECTION

Reston ♦ Herndon ♦ <sup>Oak Hill</sup> Chantilly ♦ CENTRE VIEW

## What's Ahead In Reston In 2022?

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Lake Anne is in need of  
revitalization and significant  
infrastructure repair.

Fairfax Animal  
Shelter Celebrates

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Defending Environmental  
Gains in Richmond

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PHOTO BY MERCIA HOBSON/THE CONNECTION  
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# Combatting the Toll of Racism on Mental Health

## Black Health and Wellness is the theme of Black History Month 2022.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**fter walking into a hospital room to administer medicine, her patient told her to go find a nurse because he wanted his prescriptions to be administered by a professional, recalls Kezia, who has a master's degree in nursing and has practiced for more than 20 years.

"Since I'm black he probably thought that I was there to empty his garbage can. I had to explain to him that I was a nurse and I'm not even sure he believed me," she recalled from her home in Fairfax. "I have to let things like that roll off because I have to deal with all kinds of people all day."

The constancy of experiencing racism, even subtly, can have a negative impact on the mental health of those on the receiving end of such behaviors, say area mental health professionals. The theme of Black History Month 2022, "Black Health and Wellness," offers an opportunity to recog-

nize and address the issue on a personal level.

The theme is set by Association for the Study of African American Life and History. <https://asalh.org/black-history-themes/>

"Constantly feeling the need to repress slights and other acts of racism is psychologically damaging," said Arlington psychotherapist Robyn Wright, Ph.D. "The unresolved pain of being a victim of racism is fertile ground for mental health problems like depression, anxiety and substance abuse."

Expressions of racism are often unconscious or subtle, and therefore are not addressed or recognized, advised family therapist Jaclyn Lewis who practices in Bethesda and Alexandria. "Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness," she said. "We have to make ourselves aware of the toll that it's taking on our mental health."

"We have to find ways to take care of ourselves and give ourselves a mental health break," continued Lewis. "Sometimes this means getting out of our comfort zone and finding ways to practice relaxation every day. We can do it through meditation and even deep breathing to reduce the stress that we've become so accustomed to that we don't even recognize it."

**"Most white people don't express overt racism like using racial slurs, so it's easy for us to overlook it, accept it and bury the anger and sadness. We have to make ourselves aware of the toll that it's taking on our mental health."**

—Jaclyn Lewis

Identifying a place that is filled with like-minded people can be empowering and stress-relieving, advises Wright. "It can be spending time with friends who you can let your guard down with," she said. "It can also be at church or another house of worship. The bottom line is that we need a reprieve from the feeling of constantly having our guard up or feeling like we have to look or behave a certain way to feel accepted."

Anger is often an automatic reaction to racism or bias. Using those feelings to take action in a way that brings about change can reduce the negative impact on one's mental health, suggests Lewis.

"Vote, register to vote, make sure your family and friends register and vote. Speak up calmly when you feel racism or bias. Protest and raise awareness but do it peacefully so that people will be able to hear and accept our views."

Resisting the urge to give up or succumb to feelings of hopelessness can help guard against depression, says Wright. "You don't have to experience racism first-hand to feel

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# NEWS



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A proposed \$0.250 million in Fairfax County funds is pending toward the Lake Anne Revitalization effort.

## The 2022 State of the Hunter Mill District, Fairfax County

Supervisor Alcorn shares insights with media during virtual coffee.

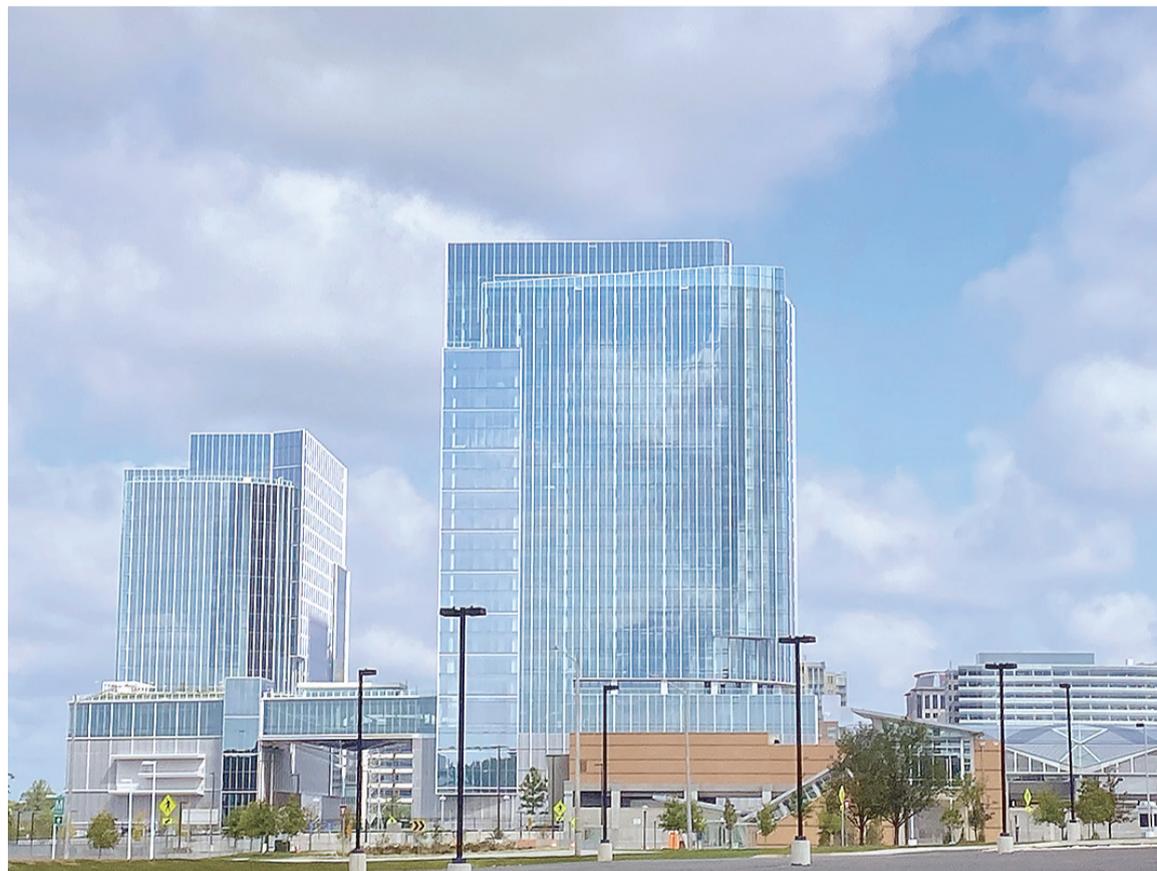
MERCIA HOBSON  
THE CONNECTION

Supervisor Walter Alcorn (D-Hunter Mill District) held his first “virtual media coffee” of 2022 on Thursday, Jan. 20. Discussion flowed between participants from the revitalization of Lake Anne to findings by the Reston Comprehensive Plan Task Force, followed by the Silver Line’s opening, to pedestrian vulnerability and safety near McNair Upper Elementary School, and more.

Alcorn began the conversation with an update on the Lake Anne Revitalization project. “The county is open and in dialogue on how (it) might be of assistance so that LARCA (Lake Anne of Reston Condominium Association) can help itself and address some of the critical infrastructure issues that were identified in the existing conditions report,” he said.

On Jan. 10, Alcorn wrote a letter to Lake Anne residents who had signed up as subscribers to receive updates. In it, Alcorn said, “I am committed to helping the community find and implement solutions that will ensure that (the) historic Lake Anne Village Center is a sustainable place for decades to come.”

As part of that effort, according to Alcorn, during the Jan. 11 Board of Supervisors Budget Committee meeting on the FY 2022 Mid-Year Review, members proposed funding of \$0.3 million. It was



What looms for Reston as the Reston Comprehensive Plan Task Force chaired by Supervisor Walter Alcorn (D- Hunter Mill) recently marks the committee’s 43rd and near-final meeting?

later reduced to \$0.250 million, as detailed in the Summary of Administrative Adjustments. Funds would be used for visioning and master planning efforts to support the long-term sustainable development planning for Lake Anne. Alcorn said the funding was analogous to Springfield initiatives and a couple of studies similar to this

on Richmond Highway. “McLean has done one or two of these,” Alcorn added.

The next step is the public hearing and board action on the FY 2022 Mid-Year Review, which will occur at the Board of Supervisors Meeting on Tuesday, Jan. 25, 2022. According to the Board Agenda Item, “The County Exec-

utive recommends that the Board approve staff recommendations included in the FY 2022 Mid-Year Review after holding a public hearing.” All meetings are televised on Channel 16, streamed live online, and available to view on-demand following the meeting.

In addition, the county’s Architectural Review Board has request-

ed a supplemental report to last year’s Lake Anne Infrastructure Cursory Assessment Report to ensure the historical integrity of Lake Anne is preserved as critical infrastructure improvements are made. Alcorn is working to make sure this effort is funded as well.

Alcorn turned his attention to the Reston Comprehensive Plan Task Force. Monday, Jan. 24, marks the committee’s 43rd and near-final meeting. The community task force comprises 31 members of the Reston area and is chaired by Alcorn. Formed in May 2020, the members discuss and analyze any potential changes to the Comprehensive Plan for Reston, which guides the area’s future planning and land-use decisions. The Task Force works closely with Fairfax County staff to develop recommendations for a Comprehensive Plan Amendment for the Reston area.

“It has been a very active task force with a lot of different opinions,” Alcorn said. “Hopefully, (they) come together with a final set of recommendations.” Alcorn described the process, beginning with staff review and comment on the task force recommendations, what they called the “interim recommendations.” Then staff would provide comments on the whole package and suggestions on how to get any language into a comprehensive plan format.

“Then, if there are areas where

## COMMUNITY

# 'It Raises Money for Animals that Need Special Care'

## Shelter's tribute garden marks a memorial milestone.

BY BONNIE HOBBS  
THE CONNECTION

Losing a beloved pet can be heartbreaking, so the Friends of the Fairfax County Animal Shelter (FFCAS) established an animal-tribute garden outside the shelter. Designed in the images of a dog and a cat – the shelter's logo – it's created of bricks that people may purchase and have engraved in memory of their late pets.

Now, some two years after the Friends began the garden, it's sold its 100th brick and held a ceremony to mark the occasion. But the bricks have an even more far-reaching purpose, since the money from their sale provides critical funds for the shelter itself.

"I think it's a creative way to raise money, particularly now when everyone's looking for fundraising opportunities," said former Sully District Supervisor Michael Frey, after whom the shelter is named and who's also on the FFCAS Board. "It gives people the chance to leave something that both memorializes their pet and recognizes the shelter."

FFCAS is the shelter's nonprofit, fundraising partner. As such, it ensures that animals requiring lifesaving medical care beyond the shelter's budget limitations can receive it. However, it doesn't come easily – especially since the shelter opens its doors and hearts to more than 5,000 animals a year.

But by making this money available – as well as funds for animal behavior-training, parasite prevention, dental care and community outreach – the Friends help the shelter in its efforts to offer each animal the best opportunity to find a permanent, loving home. And the tribute garden plays an important role in making this possible. Besides being an attractive entrance to the shelter, it's a special way for people to honor and remember their own pets, while helping other animals get adopted.

To commemorate the sale of the 100th brick, shelter staff and board members, volunteers, FFCAS members and various county dignitaries recently gathered at the tribute garden for a special ceremony. They included Dave Rohrer, former Fairfax County deputy executive for public safety, and supervisors Kathy Smith (D-Sully), James Walkinshaw (D-Braddock) and John Foust (D-Dranesville).

The brick's purchaser, Diane D'Arcy, placed that special brick in the dog-shaped garden. It was actually the third one she added there – two, in memory of her late, red bone coon hounds, Stella and Rhythm, and one in honor of her current coon hound, Zipper. Each of their bricks is engraved with their names, plus the names of the kennels from which they were bred.

"I adopted them all," said D'Arcy. "All are rescue dogs. It's just wonderful to rescue a dog, and this is a great project. It raises money for animals coming to the shelter



Diane D'Arcy places the 100th brick while Evelyn Grieve watches.



Karen Diviney



Dave Rohrer



The bricks honoring D'Arcy's three dogs are at bottom of photo.



Evelyn Grieve (center) hands the 100th brick to Diane D'Arcy, while FFCAS Operations Manager Lindsey Jurca looks on.

that need special care – such as operations, medication and training – before they can be put up for adoption."

She also praised FFCAS President and

co-founder Evelyn Grieve, who also attended the ceremony. "This wouldn't have happened without Evelyn," said D'Arcy. "She's the cheerleader for the Friends of the Ani-

<PC>PHOTOS BY BONNIE HOBBS/THE CONNECTION



The bricks honoring D'Arcy's three dogs are at bottom of photo.

mal Shelter."

Foust was there since D'Arcy lives in his district. "How fortunate we are in Dranesville to have her," he said. "And I'm so proud we were able to name this facility after Michael Frey. What an advocate he is – people who like animals are good people."

Speaking next was Dave Rohrer, former Fairfax County deputy executive for public safety. He thanked "the volunteers and everyone who makes this shelter such a special place. The work you do is so valuable." Rohrer also expressed appreciation for longtime shelter Director Karen Diviney for all she's done for the shelter. And, in turn, Diviney thanked FFCAS and all the shelter's supporters for their hard work.

Noting that there are 450 memorial bricks total in the tribute garden, Frey said that, initially, "We had no idea this effort would be successful." But, he added, "There's a lot of loyalty to the shelter."

### To Help

The tribute garden serves as a place for visitors to rest and remember the pets and other loved ones in their lives. It's also a thank-you for contributions and a garden for everyone to enjoy, so the community is welcome to participate in the ongoing fundraising.

Bricks may be inscribed in honor or in memory of an animal or animal lover, or with the donor's name or the name of a family or business. Each brick is 4x8 inches; cost is \$200 a brick, and each has up to three lines – with 12 characters per line – available for inscription.

For more information, email the Friends at [generalinfo@ffcas.org](mailto:generalinfo@ffcas.org). Or go to [www.ffcas.org](http://www.ffcas.org) or <https://ffcas.org/ways-to-donate/friends-tribute-garden/> for ordering instructions or to donate to the tribute garden.

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## OPINION

# Getting Down to Work

BY DEL. KENNETH R. "KEN" PLUM



Many say that I have the best view of the Jefferson-designed State Capitol from the window in my office in the Pocahontas Building where members of the House of Delegates and State Senate have their Richmond offices. It is an awe-inspiring view. This past week workers have been busy dismantling the seating and stand where Governor Youngkin was inaugurated. While the formal structure of the Inaugural has been removed from the outside of the Capitol building, inside the structure of a new government dominated by a new Republican governor and a Republican-majority House of Delegates is quickly taking shape. Campaign rhetoric is being replaced by executive orders and draft legislation. Faces new to Virginia government including the new governor and most of his appointees are moving into their roles in the new administration.

Last week I expressed my concern about Executive Order One and its potential impact on education as it seeks to end "the use of inherently divisive concepts" in schools. My concern has been heightened as the governor has taken a further step in controlling the curriculum of the schools by establishing a "tip line for parents to report to the state any school officials behaving objectionably—including teaching divisive subjects." On a local radio show the governor said, "We're asking for folks to send us reports and observations...to help us be aware of their child being denied their rights that parents in Virginia have." The announcement of the "snitch line" brought a strong reaction from teachers and parents who see this move as add-

ing undue stress to teachers without clear direction.

The Constitution of Virginia puts responsibility for the public school system under the State Board of Education and local school boards. This arrangement has insulated the schools from undue political influence for the most part until the current governor came to realize that running against the schools was attractive to his political base.

Following through on one of his political promises the new governor, acting outside of advice from health experts and demonstrating his willingness to overcome educator objections, lifted the mask mandates that had been put in place as a way to keep the schools open and safe. Most large school divisions ignored his ban on mask mandates, and several districts have asked the courts to decide if the governor has the authority to do what he has done. A decision from the court should be forthcoming in the near future.

In the meantime, on the same radio program the governor justified to the host his ban on local mask mandates by saying that we should "love our neighbor." I could not agree more with the plea to love our neighbor, but in my mind in a pandemic we should love others as well as ourselves by wearing masks! The governor may have shown his true purpose by expressing to the host that his ban on masks was "moving against the left liberals." As one who is eternally optimistic, I hope to have a more positive report next week on our getting down to work.

### Let Us Know Your View

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# Green Rollback May Hit Blue Wall

Republican efforts to undo environmental laws to face opposition in Democratic-led Senate.

BY MICHAEL LEE POPE  
THE CONNECTION

The goal of dumping fossil fuels by 2050 may be on the chopping block. The mandate that 8 percent of all new car sales must be zero-emission vehicles may be hitting a speed bump. And the Air Pollution Control Board might soon find itself without the ability to regulate air pollution. Plus a former coal lobbyist might end up leading the state's environmental agency.

These are some of the environmental debates shaping up in the General Assembly this year as the new Republican majority is now in control of the House of Delegates.

"Some of them are really gunning for these laws," said Mike Town, executive director of the Virginia League of Conservation Voters "And we're going to have to do everything we can to defend them."

When the Democrats were in power, they passed a sweeping environmental law known as the Clean Economy Act that set a deadline to end carbon emissions from utilities by 2050. It was a major triumph for environmentalists, who praised the new law as putting Virginia ahead of most states. Now that law has become a target for Del. Nick Freitas (R-30), who has a bill that would repeal the Clean Economy Act. Environmentalists warn of the economic consequences to rolling back energy efficiency measures and efforts to develop renewable sources of energy.

"The average family in Dominion's service territory should save almost \$34 a year," said Harry Godfrey, executive director at Virginia Advanced Energy Economy. "So rolling back the VCEA would do economic harm to those ratepayers."

**THE MOST CONTROVERSIAL** of the new governor's appointments to fill out his Cabinet is his choice for Secretary of Natural and Historic Resources, Andrew Wheeler. A former coal lobbyist and Senate staffer, Wheeler led the rollback of Obama-era environmental regulations when he led the Environmental Protection Agency during the Trump administration. Appearing before members of the General Assembly this week, Wheeler presented himself as a champion for reducing air pollution and cleaning up superfund sites.

"The governor believes that with my unique background of having run the EPA and working in a senior leadership position in the U.S. Senate that I know how to access federal funding and assistance to make a difference for the state," said Wheeler in testimony to the Senate. "I have a long career in trying to bridge differences on these issues and protect the resources we all share."

Senate Democrats are hopeful they'll be able to deny Wheeler the nomination if it gets to the Senate floor, although they have no room for error. Democrats have a one-



Former EPA chief Andrew Wheeler testifies before a Senate panel.

vote majority, so they'll need every member of the Senate Democratic Caucus to vote together.

But when Wheeler appeared before the Senate Agriculture, Conservation and Natural Resources Committee, Sen. Joe Morrissey (D-16) signaled he would be open to voting in favor of the nomination. That alarmed advocates who are concerned about Wheeler's past actions.

"Andrew Wheeler has a record of undermining science and environmental protec-

**"Some of them are really gunning for these laws. And we're going to have to do everything we can to defend them."**

— Mike Town, executive director of the Virginia League of Conservation Voters

tions that are meant to keep people safe," said Tim Cywinski, communications manager for the Sierra Club of Virginia. "Virginia has made an awful lot of progress in environmental justice and climate action over the last two years, and Andrew Wheeler is a threat against the progress we've made."

**VIRGINIA IS CURRENTLY** a member of a multi-state compact known as the Regional Greenhouse Gas Initiative, although Republicans are hoping to force a divorce. Opponents of the initiative warn of higher power bills, and one estimate pegs that amount at \$52 a year for the average customer. Ultimately, opponents say, participating in the initiative won't accomplish anything that wouldn't happen anyway considering recent trends in the energy sector.

"Power companies are moving in this direction anyway," said Stephen Haner, a senior fellow at the Thomas Jefferson Institute. "They are moving away from coal and they are reducing carbon emissions on their own. So I think it's virtue signaling to try and basically say well we made them do it even though they are doing it anyway."

Supporters of the initiative say it provides an important source of revenue. When power companies don't meet targets for reducing pollution, they have to pay.

That money is currently funding energy efficiency programs for low-income families and coastal resiliency projects. Gov. Glenn Youngkin issued an executive order to re-

view the commonwealth's participation in the initiative, ostensibly laying the groundwork to navigate a path for exiting the compact. Asked about how Virginia would fund coastal resiliency programs if Virginia leaves the initiative, Wheeler said he would find a way.

"I am committed to working with the legislature to make sure that we have the funding for that," said Wheeler. "Coastal resiliency is very important."

**SENATE DEMOCRATS** are hopeful they will serve as a "blue wall" to stop Republican efforts to roll back environmental laws that were approved when Democrats were in control.

The Senate committee that would consider that legislation includes Sen. Jennifer McClellan (D-9), who wrote the Clean Economy Act, and Sen. Lynwood Lewis (D-6), who wrote the bill that entered Virginia into the Regional Greenhouse Gas Initiative. As long as Democrats remain in control of that committee, Republicans will have a hard time accomplishing efforts to roll back laws from McClellan and Lewis.

"As the chairman of this committee, I'm very protective of their accomplishments," noted Sen. Chap Petersen (D-34), chairman of the Senate Agriculture, Conservation and Natural Resources Committee.

PHOTO BY MICHAEL LEE POPE/THE CONNECTION



PHOTO VIA GOOGLE MAPS

PHOTOS BY MERCIA HOBSON/THE CONNECTION

WMATA's Silver Line Phase 2 Project of the Metrorail extension- when will the 11 stations of the long-over Dulles Corridor Project be opened, including the one at Reston Town Center?

Reston National Golf Course, what will neighbors want done with it in 2022?

# The 2022 State of the Hunter Mill District, Fairfax County

FROM PAGE 3

staff recommend an alternative approach, staff would write that up. This will all go out to the public for community engagement... hopefully within the next month or two," Alcorn said.

The topic of the Reston National Golf Course came up next. Alcorn said, "The current comprehensive plan designates Reston National as a golf course, and any change to that would require a change to the comprehensive plan." Alcorn added that he told the owners of Reston National Golf Course to go

out and talk to the community and talk to members of the surrounding neighborhoods. He looked forward to hearing from neighbors about their interest in the property.

As for when the Silver Line Phase 2 Project would open, Alcorn said they are running down the punch list of items that still need to be addressed, including longer-term issues that concern WMATA or their vendor that they would need to set aside reserved money to address. "Those discussions and negotiations are ongoing, and I'm still hopeful that we'll see Phase

2 opening late spring, early summer...It doesn't depend on Metro being fully functional, but I look forward to Metro getting the 7000 series back on the rails," he said.

Alcorn questioned whether there were better options for people to communicate with the county on low-priority incidents that may be time-sensitive. "Can we improve the way that we provide people the opportunity to report a pothole or a streetlight that's out or an issue with a non-crime emergency?" he asked. "That's one of the things we're looking at. Could that be

improved? The other thing we're looking at is the 311 option... So, we may well have a board matter on that coming up," said Alcorn.

Lastly, Alcorn turned his attention to his constituents in the Greater Herndon area, part of the Hunter Mill District. Alcorn said he worked on Pedestrian Safety Concern near McNair Farm Upper School.

"There's a real problem getting across Fox Mill Road right there, particularly in the morning, because the crosswalk is about... maybe 200 or 300 feet from the

school in one direction. There is not a crosswalk in the other direction," he said.

"We've got police out there in the morning to try to get people to use the sidewalks and then to slow traffic down, but it's dangerous... On a school day, show up at 8:30 there, and it's scary. There are a lot of parents walking right across the street. Cars sometimes just zip through."

According to Alcorn, VDOT visited the site, parents met with the principal, and his office worked on plans to assist.



PHOTO VIA GOOGLE MAPS

There is a "dangerous" pedestrian safety concern on Fox Mill Road at McNair Upper Elementary School in the Hunter Mill District of Herndon, according to Fairfax County Supervisor Walter Alcorn (D-Hunter Mill).



Supervisor Walter Alcorn (D- Hunter Mill District)



BONNIE HOBBS/THE CONNECTION

WheelHouse Yoga owner Alyson Pollard (center) is flanked by (from left) instructors Hillary Spruell and Amanda Duncan at the facility's ribbon cutting.

# 'Warm, Welcoming – You're Basically Doing Yoga with Friends'

WheelHouse's new studio is in the Colonnade at Union Mill.

BY BONNIE HOBBS  
THE CONNECTION

After six successful years in the Town of Clifton, WheelHouse Yoga – like many businesses – had to close during the pandemic. But it's recently re-opened in a new location in the Colonnade at Union Mill Shopping Center – and its enthusiastic clientele has followed.

"I've been coming to WheelHouse since it opened in Clifton [in 2015]," said student Sam Nhan of Little Rocky Run. "I like the community, and I've gotten to meet a lot of wonderful people. They're always warm and welcoming, and we all care about each other. It's more personal than a lot of big gyms, and you're basically doing yoga with friends."

Wheelhouse is now at 5716 Union Mill Road, between Manhattan Bagel and District Eat. Although geographically in Centreville, it carries Clifton's ZIP code; so, said owner Alyson Pollard, "It's still Clifton and our community. But we're open to so many more people in this location. We have a big area to draw from, so we can grow."

The yoga studio is open seven days a week from 8 a.m.-7 p.m. It has 10 instructors and offers 27 classes throughout the week. (For more information, go to [www.wheelhouseyoga.com](http://www.wheelhouseyoga.com)).

"It's for all ages and abilities of yoga students," said Pollard. "We have everything from gentle and restorative classes all the way to powerful, sweaty, vinyasa yoga."

Even during the pandemic, she kept the business going by offering online yoga instruction that students could do at home.



PHOTO COURTESY OF ALYSON POLLARD

Yoga students doing a "Dancers Pose" during a class in the new studio.

And, said Pollard, "People who continued with their practice saw it become much more than just a workout. It was about camaraderie, compassion and emotional and mental support – individually and for each other."

With a "really strong base of students that numbers in the hundreds," Pollard said what sets WheelHouse apart from other yoga studios is that "we really try to go beyond just a physical workout. We also provide 'sangha' – which, in Sanskrit, translates to 'like-minded community.' Our purpose is to encourage people not to compare themselves to other students, but to be completely open to each other and to themselves."

As for the new location, she said, "The other businesses here were excited to see us come in. And we have synergy with them – a rising tide lifts all ships."

So how did she come up with the studio's name? "When we opened in 2015 and talked about our offerings, we kept saying, 'That's in our wheelhouse,'" explained Pollard. "It's also where a captain would stand to steer a



BONNIE HOBBS/THE CONNECTION

From left, Jaely Turner and Alyson Pollard in the yoga studio's lobby.



PHOTO COURTESY OF ALYSON POLLARD

Yoga students doing a "Dancers Pose" during a class in the new studio.

ship, and the spot where a baseball batter wants to be pitched to. And it became this awesome, successful and powerful term."

She said the move to the new space has been in the works since March 2021. And, she added, "For me, a lesson of the pandemic has been patience, and we've incorporated it into our teachings." Still, after the ribbon cutting, Pollard said, "It feels so good to finally open, and the turnout tonight is wildly reassuring."

Among the 65 or so people attending was Rebecca Seyferth of Centreville's Compton Village community. She began as a WheelHouse student in 2016. "I like the unbelievable sense of community," she said. "Everyone was so friendly, welcoming and supportive – especially when I went through a very stressful time. I think Alyson knew what I needed before I did."

"Yoga relaxes me, but also keeps me from getting wound up and reminds me to be grateful," continued Seyferth. "Yoga meets you where you are; everyone has a different level of expertise. It's not competitive, and whatever class you take is the right one for you. All the teachers adjust the classes for everybody."

Jaely Turner takes classes there and has also been a yoga instructor at WheelHouse since 2018. "I tend to teach more of the gentle, yin, slow-flow type classes, plus post-natal yoga," she said. "I guide the students through a set of poses, tune them into their own bodies and reduce the noise in their heads and bodies for them."

"It's especially important for postnatal students to reconnect with their bodies. I help them be present, and I create community around it."

Turner, too, likes the "strong, community aspect" of WheelHouse. "When I come here, even as a student, I feel drawn to stay and visit with the others," she said.

Both she and Shelly Young, of the Hayden Village neighborhood, did their teacher training there. Young was a WheelHouse student for three years, becoming an instructor in 2019-20. "We're all trained in fluid, yoga lineage from the same teachers," she said. "So we have a consistent sequence of elements we follow. But we all incorporate our own style and tempo, so we're able to get creative within the classes."

Regarding the new location, Young said, "I love it. When I saw where this was, I thought, 'I'm home.' And the space is a calm and peaceful environment – the ideal condition for yoga mindfulness and meditation."

Classes vary from one-on-one, private lessons to as many as 50 people, with an average of 25 per class. "And we offer some different types of classes you don't find elsewhere," said Young. "For example, Friday nights at 5:30, I teach a spa yoga class with hands-on assists, for an experience that awakens all the senses."

Nhan also praised Pollard. "Alyson's a wonderful person, business owner and friend and an amazing, gifted teacher," she said. "Somehow, we always connect. And her lessons hit you right in the heart. In yoga, your mind is more open, and I've learned a lot from her."

"Coming to her classes makes me want to come to more. And for those of us who love yoga, it's part of our lives and souls now. This is something I can do, and I still get a good workout and that same exercise high a runner would get – I love it."

# Herndon Considers Parking on Town Streets

Safety and quality of life concerns noted, along with new ordinance and towing rules.

BY MERCIA HOBSON  
THE CONNECTION

At its Tuesday Jan. 25 public hearing, the Herndon Town Council passed a new set of rules and regulations regarding parking on town streets, and towing. The ordinance addresses street parking difficulties and concerns in the town over the last few years, resulting in quality-of-life complaints and safety concerns.

The documents available for viewing in the Archived Town Council Work Session 01/18/22 Agenda include the Apr. 26, 2021 - MEMO from Lesa J. Yeatts, Town Attorney to Bill Ashton, Town Manager, and the Jan. 18, 2022 Chapter 42 Ordinance FINAL - STAFF REPORT prepared and approved by Maggie A. DeBoard, Chief of Police and Yeatts.

The Apr. 26, 2021 - MEMO by Yeatts notes how the town initially worked on proposed amendments with the Council approving some of them until the COVID-19 shutdowns began and "priorities shifted town-wide." In the memo, Yeatts wrote, "HPD staff and Town Attorney's office have now identified a comprehensive set of proposed Town Code amendments that they plan to bring forward for Town Council approval."

In the memo Yeatts named issues including "vehicles with out of state license plates routinely parking on residential streets; vehicles blocking curb ramps, vehicles parking too close to driveways and obstructing vision; vehicles parking too close to intersections and obstructing vision; oversized commercial vehicles parked on streets, motor homes parked on streets and vehicles parked on town streets without moving for



SCREENSHOT

Maggie A. DeBoard, Chief of Police Town of Herndon.

long periods of time."

It had become evident that certain sections of the town's parking code needed to be revised to resolve inconsistencies between its ordinances and those of the two adjoining counties, Fairfax and Loudoun.

On town streets, both residents and non-residents use the streets to park vehicles that are illegal to park elsewhere. There are many long-term parking spots, apparently abandoned vehicles, and commercial trucks that are illegal to park as such in the surrounding jurisdictions. Councilmember Sean Regan brought the issue to the fore-



SCREENSHOT

Maggie A. DeBoard, Chief of Police Town of Herndon, listens to a question by Town Councilmember Jasbinder Singh

front again as a strategic planning meeting item on Dec. 2, 2021.

The recommended amendments will make the town's parking codes more consistent with Fairfax and Loudoun counties. Sections 42.1(b) amends and clarifies the definition of a commercial vehicle and defines a utility trailer. Parking in front of or within ten feet of a driveway is prohibited under 42-152(b); 42-152(b) bans parking so that curb ramps cannot be used. 42-160 adds and forbids recreational vehicles parking in residential zones, and Article V amendments address the definition of an abandoned or disabled motor vehicle, its removal processes, and fine payment. No fiscal impacts are identified.

Anne Curtis, chief communications officer for the Town of Herndon, provided comments from the public, redacting addresses regarding Ordinance 22-O-03:

\* "It sounds like you don't want any trucks, RVs, or boats parked in residential

areas. The proposed legislation does not sound very equitable as it seems to target minority groups trying to operate a small business ... Reston Association provided a lot for residents to park RVs and boats. Perhaps Herndon could do the same." Lisbeth Chandler- Sent to the Town Clerk Jan. 19, 2022

\* "I believe this proposal is a good example of looking over the horizon for issue(s) that may at times affect some neighborhoods more than others in the town but in reality, affect all the town residents." Barry Clendenin, Sent to the Town Clerk Jan. 18, 2022

\* "It will not be feasible to mark ten feet to either side of each public or private driveway in the Town, and a 10-foot distance is not obvious to everyone..." Warning tickets instead of actual "\$50-dollar fine" tickets (should) be considered for use for some period of time after enactment of the ordinance."-Timothy Kendall, Sent to the Town Clerk Jan. 17, 2022

\* "We have a smart Town attorney; let's use her. And we have a well-respected Chief of Police that knows County regulations well and who has also provided sound advice to Town leadership."-Ellen and John Findley, Sent to Town Clerk Jan. 18, 2022

\* "Several neighbors and I have been filing weekly complaints with the Herndon Police Department and the town parking enforcement official since August 2021 about several large commercial trucks that regularly park on Carolina and Missouri avenues ... The drivers leave trash and debris, and trucks leak oil in the roadway." Pat Voltmer, Comment from the Audience Jan. 11, 2022

\* "I would ask that Council take up the proposals made by Chief DeBoard as a high priority item so that we can implement appropriate and uniform parking policies throughout our town." Stevan Porter, Comment from the Audience, Jan. 11, 2022.

## CALENDAR

### NOW THRU FEB. 6

"The Dinner Party." Presented by Vienna Theatre Company. At Vienna Community Center, 120 Cherry St., SE, Vienna. Performance Dates and Times: 8 p.m.: Fridays and Saturdays: January 28, 29; Feb 4, 5; 2 p.m.: Sundays: Jan 30, Feb 6. In Neil Simon's farcical take on love, marriage, divorce, and what comes after, six strangers are invited to a mysterious dinner party. They do not know who the other guests will be or why they have been invited. Tossed together in a private dining room, they have a sneaking suspicion that this unorthodox dinner party will forever change their lives. Visit [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org) for more details or email [vtcshows@yahoo.com](mailto:vtcshows@yahoo.com).

### NOW THRU FEB. 13

"Every Brilliant Thing." At NextStop Theatre, 269 Sunset Park Drive, Herndon. Guided by an unnamed narrator, the audience is drawn into the story of a young boy who tries to cure his mother's depression by creating a list of all the most wonderful things in the

world. Visit [www.NextStopTheatre.org](http://www.NextStopTheatre.org).

### NOW THRU FEB. 19

New Art Exhibits. At McLean Project for the Arts, 1234 Ingleside Ave., McLean. Give and Take: Building Form (Emerson Gallery) will feature abstract wood sculpture by Emilie Benes Brzezinski, Rachel Rotenberg, Foon Sham, and Norma Schwartz, while the Atrium Gallery will feature Intersectional Painting: Works by Sheila Crider. Both exhibitions run through Feb. 19, 2022. Visit [www.mpaart.org/](http://www.mpaart.org/) or call 703-790-1953 for gallery hours.

### NOW THRU FEB. 27

"Winter Winds" Art Show. 12-5 p.m. At Reston Art Gallery and Studios, 11400 Washington Plaza W. at Lake Anne, Reston. See the season's sentiments depicted in oil, acrylic, and watercolor paintings, mixed media collage, metal mobiles, and more, created by the eight artists of RAGS. Open weekends, 12-5 pm, through February 27, located at the "ART" sign on Lake Anne Plaza.

Visit the website: [www.restonartgallery.com](http://www.restonartgallery.com).

### FRIDAY/FEB. 4

"Traveling While Black" Panel Discussion. 7:30 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. The "Talk Back, Look Forward" Panel Discussion will feature Ben's Chili Bowl Founder and Owner Virginia Ali, D.C. Civil Right Veteran Courtland Cox, DC Legendary Musicians Chair Rev. Dr. Sandra Butler-Truesdale, Academy Award-winning director Roger Ross Williams and Tamir Rice Foundation Founder and CEO Samaria Rice, who is interviewed in the film. Williams and Rice will be participating remotely. Media Strategist Joshua Henry Jenkins will moderate the discussion. A catered, boxed meal from Ben's Chili Bowl will be available to participants starting at 6:30 p.m. Admission to the event is free; however, registration is required. Register at [www.mcleancenter.org](http://www.mcleancenter.org).

### FRIDAY/FEB. 4

National Symphony Orchestra. 8 p.m. At Capital One Hall in Tysons.

Gemma New helms a program that opens with Ralph Vaughan Williams' Fantasia on a Theme by Thomas Tallis and closes with Jean Sibelius' Symphony No. 5. Jennifer Koh, a tireless advocate for new music, joins the orchestra as soloist for the world premiere of Missy Mazzoli's Violin Concerto (Procession), an NSO co-commission with the Cincinnati Symphony Orchestra. Visit [CapitalOneHall.com](http://CapitalOneHall.com).

### FEB. 4-5

"Broadway Night: Mixtape." At South Lakes High School, Reston. Some 120 student performers will take to the stage in the South Lakes High School Chorus' Annual Broadway Night. There will be live stage shows on Friday, February 4 at 7 p.m. and on Saturday February 5 at 2 p.m. and 7 p.m. in the Little Theater. The show will also be live streamed online on February 5 at 7 p.m. Broadway Night: Mixtape features 20 Broadway-style numbers performed by students from South Lakes High School and feeder schools including Langston Hughes and Rachel Carson Middle Schools, Dogwood, Forest Edge,

Fox Mill, Hunters Woods, Lake Anne, Terraset and Sunrise Valley Elementary Schools. Tickets are \$20 for adults, \$15 for students/seniors. There are two prices for the live stream, \$25 for an individual and \$45 for a family. Visit <https://southlakeschorus.org/tickets/>.

### SATURDAY/FEB. 5

Lunar New Year. 1-3 p.m. At Tysons Corner Center, Lower Level, Fashion Court near Nordstrom's, 1961 Chain Bridge Road, Tysons Corner. This year's Lunar New Year celebration in partnership with the Asian American Chamber of Commerce. Some of the featured artists and performances include: Lion Dance by Choy Wun Dance Group; Ethnic Chinese Dances by the Red Royals; Chinese Instrumental Performance by Gu-Zheng, Alice Gu-Zheng Ensemble; Chinese Fusion Jazz and 'CPOP' Dances by WJ Dance; and Korean Dance by JUB Cultural Center. Visit the website: [www.TysonsCornerCenter.com](http://www.TysonsCornerCenter.com).

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### Obituary



It is with profound sadness and heavy hearts that we share the death of **Ann Grace Mattiucci, 55**, of Herndon VA. Ann passed away suddenly on January 16, 2022. She is survived by her sisters Sharon Melton, Laura Mattiucci, and Ellen Mattiucci; her step-daughters Ashely Miner and Jessica Miner; her nieces and nephews Leslie O'Neill, Aaron O'Neill, Dana O'Neill, Richard Ogle, and Morgan Ogle; her great-niece Cecilia Wagner; her best friends Gail Ogle and Suellen Evans; and of course her two fur-babies Belle and Cleo.

Ann was born March 25, 1966 in Sacramento, California and grew up in Hawaii. In her early 20s, Ann moved to the East Coast to be close to her nieces and nephews. Despite living in Maryland, Virginia, and Washington State as an adult, she always called Hawaii home. Ann was known to be a straight shooter with a big heart.

She spoke her mind and was equally fierce as she was sensitive. Ann always carried on. Anne's characteristic laugh was infectious; you couldn't help joining in as she snorted away. She loved animals, especially cats, and never went too long without puppy kisses. Those who were lucky enough to be close to Ann know that she loved unconditionally and fiercely. Ann was a caregiver, always thinking about those around her; her compassion inspired others to act in the same way. There are no words for how much Ann was loved and will be missed. Ann lived her life bravely and as a badass and had 12 tattoos to show for it! Ann was an organ donor; her strength and commitment to caring for others was exemplified as her donations saved the lives of six others.

Due to the current pandemic, a celebration of life ("big ass party" as Ann put in her Will) is being planned for the spring. In lieu of flowers please consider making a donation in Ann's name to Donate Life America (donatelifenet) or TinyKittens Rescue (tinykittens.com).

### Obituary

### Employment

#### Software Engineer

Deutsche Telekom North America, Inc. has an opening for an Software Engineers in Reston, VA to work w/ RT-NSM team to develop SW sys to transform way telecommunication/network services are created & managed. BS degree + 1 yr of exp req. Send resume to Lauren Fischetti, HR Generalist, Deutsche Telekom North America, Inc. 1901 Butterfield Road Ste. 700, Downers Grove, IL 60515. Ref. Job Code LC21-102.

### Employment

**BUSINESS SYSTEMS ANALYST:** Gather & analyze business req's & prep business requirement docs. Review & analyze business requirement docs & develop system design procedures, test procedures, & quality standards. Perform mapping, test cases, & user acceptance testing. Collaborate w/ subject matter experts & stakeholders to gain understanding of business processes & convert business req's into technical req's. Analyze data by using SQL server & create data mapping for integration of systems. Conduct User Acceptance Testing for project stakeholder & review results for approval. Send resumes to: HRD, IT Data Consulting LLC, 12020 Sunrise Valley Drive, Suite 100, Reston, VA 20191

### Legals

### Legals

#### ABC LICENSE

First Watch Restaurants, Inc. trading as First Watch #492, 25036 Riding Plaza, Chantilly, VA 20152-5910. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine & Beer On Premises; Mixed Beverage On Premises licenses to sell or manufacture alcoholic beverages. Jay Wolszczak, Secretary, Chief Legal Officer. 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 or 800-552-3200.

#### ABC LICENSE

Ono Brewing Company trading as Ono Brewing Company, 4515-N Daly Drive, Chantilly, Fairfax, VA 20151. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Brewery License 501-10,000BBL's Annually license to sell or manufacture alcoholic beverages. Scott Hoffman, President 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 or 800-552-3200.

### Legals

#### ABC LICENSE

KAZONE LLC trading as KAZONE, 13840 Braddock Rd Ste D, Centerville, Virginia 20121-2453. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises + Mixed Beverage license to sell or manufacture alcoholic beverages. Sunyoung Park, Managing Member. 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 or 800-552-3200.

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**THE CONNECTION NEWSPAPERS**

# COMMUNITY



RAGS Dorothy Donahey's display and workspace.

## 'Winter Winds' Blow at Reston Art Gallery & Studios

Exhibit features works by the eight in-house artists at RAGS.

PHOTOS COURTESY OF CAROL NAHORNIK

BY MERCIA HOBSON  
THE CONNECTION

Reston Art Gallery & Studios launched its first 2022 exhibition, "Winter Winds." The show is devoted to the oil and acrylic paintings, watercolors, mixed media collages, metal mobiles, and other works by the gallery's eight working in-house artists. "The works depict the season's sentiments in realism and in abstract," an exhibit description says. The show runs through Feb. 27 and is open to the public for no charge, with works available for viewing and purchase.

The gallery's website <http://restonartgallery.com/artists/default.html> contains examples of artwork by the featured in-house resident artists, Sandra Dovberg, Pat Macintyre, Marthe McGrath, Wayne Schifflbein, Dorothy Donahey, Gail Axtell, Rosemarie Forsythe, and Julia Tova Malakoff.

Viewing hours are on the weekends from noon until 5 p.m. and by appointment. Passersby can peer in the gallery's glass façade anytime, view the installed works, and possibly see artists in action.

Reston Art Gallery & Studios is located on the far end of Reston's historic Lake Anne Plaza, at 11400 Washington Plaza West. Look for the large rectangular ART sign.



RAGS Pat Macintyre and Wayne Schifflbein with his mobiles.



Marthe McGrath, resident artist at Reston Art Gallery & Studios and pup Milo in her workspace.

Follow @RAGSReston on Facebook, @RestonArtGallery on Instagram, and visit [RestonArtGallery.com](http://RestonArtGallery.com) for more.

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## The Time is Now



By KENNETH B. LOURIE

For the first time in nearly 13 years, I forgot I had cancer. More specifically, I nearly forgot I had quarterly scans next week. In fact, I only remembered them the Friday before the Wednesday, five days ahead. And I only remembered them because of a bone-strengthening injection I get every four weeks which requires lab work. Lab work which must be completed one to two days prior to the injection. Lab work which determines whether I receive treatment or not. If levels of any number of measures are too high (creatinine, magnesium, calcium, as but a few examples) or too low (potassium, white blood cells), I'm not treated and sent back home with a re-scheduled injection date weeks or even a month later. The logic for the delay, as best I understand it, is to allow one's body to rest and recuperate, sort of, from previous treatments and overall cumulative cancer wear and tear. Nevertheless, the protocol for these injections is every four weeks so it's recurring enough that the thought of it, the preparation for it, never leaves my mind. But the scans however, are something else entirely and easier to misplace, if you know what I mean? Three months doesn't come around nearly as regularly as monthly.

Over the course of months, one can get caught up in life and the miscellaneous responsibilities involved. And before you realize it - or before I realized it, my quarterly scans were a mere five days away, Wednesday, Feb. 2, the day this column publishes. Never in my cancer-patient history had I ever been this late to the party. Fortunately, these appointments are always made by my oncologist immediately after we discuss the results of the previous scans. It's never left to this patient's chance which I imagine is a good thing considering the likelihood of finding available appointments this close to my oncologist's timeline. (And it's been my experience that adhering to the doctor's timeline might be important for my diagnostic health.) And though typically I receive electronic and text reminders from my provider, it just so happened that I remembered I had forgot before I received any reminders. Fortunately, all is not lost and there's no actual harm done. However, for a cancer patient who takes great pride in navigating the entire cancer treatment/appointment process, this temporary oversight has been quite surprising.

As a cancer patient, I've kept the pedal to the metal thinking that letting off the gas might be harmful to my health. I've never stopped treatment or took a break - as my oncologist occasionally suggested, always worried that a delay might be bad for my health. I've always been aware of my appointments and responsibilities and have been "compliant," as my provider says, meaning I've done what they've told me to do and never missed an appointment (apparently some do). When I woke up this past Friday and it hit me that my lab work and scans were next week, I couldn't believe I had totally forgot about it.

The experience of nearly forgetting my cancer care has shaken my confidence a bit. I thought I was "Charles in charge" and on top of my cancer business. I knew who, what, where when and why. I didn't exactly take it all for granted but I had assimilated it all into my routine and thought I had a handle on it. Perhaps my subconscious was taking a much-needed break. I will readily admit that being a cancer patient is all it's cracked up to be. Sometimes, a brake in the action is exactly what the patient needs.

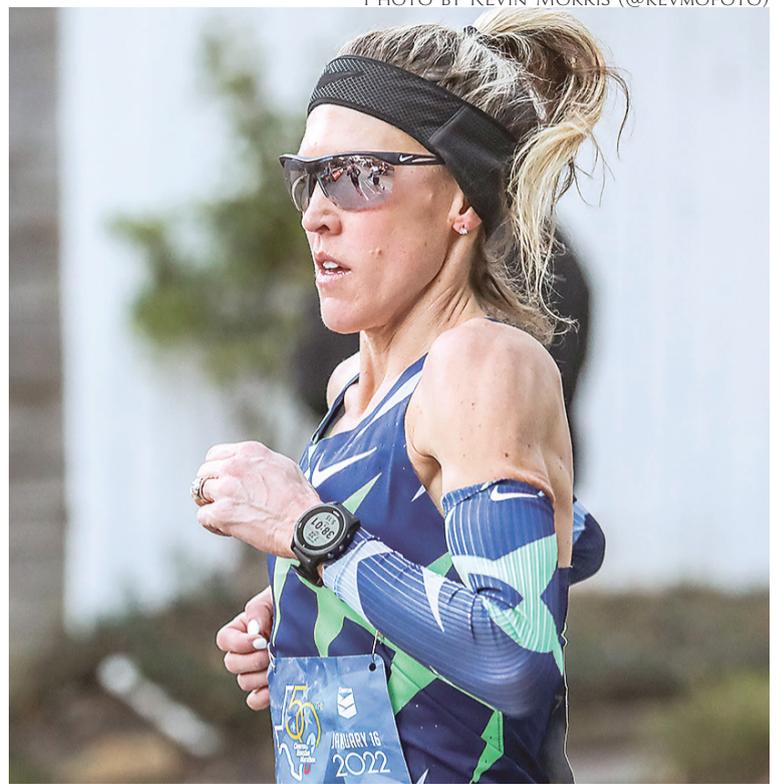
Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

PHOTO BY KEVIN MORRIS (@KEVMOFOTO)



Keira (Carlstrom) D'Amato, a 37-year-old Oakton High School alumna, shattered the U.S. women's marathon record on Jan. 16 with a time of 2:19:12 at the 2022 Chevron Houston Marathon.

PHOTO BY KEVIN MORRIS (@KEVMOFOTO)



Keira (Carlstrom) D'Amato pounds the pavement at the 2022 Chevron Houston Marathon.

**"I'm really proud of myself that I had the courage to start."**

— Keira (Carlstrom) D'Amato

# Oakton Alumna Breaks U.S. Marathon Record

**Discipline and courageous inner conversations fuel perseverance.**

BY MERCIA HOBSON  
THE CONNECTION

It took Keira (Carlstrom) D'Amato, a 37-year-old Oakton High School alumna, mother of two, and career woman, eight years to rediscover her love of running and put on her sneakers again. After she did, D'Amato shattered the U.S. women's marathon record on Jan. 16 with a time of 2:19:12 at the 2022 Chevron Houston Marathon, running an average pace of 05:19 minutes a mile. The record stood since 2006 when American Deena Kastor won the London Marathon in 2:19:36.

As a young soccer player D'Amato (then Carlstrom) joined her high school freshman cross country team on a whim, only to discover that running was her genuine love. She raced competitively at American University in Washington D.C. only to be sidelined by an injury she thought would end her competitive running.

D'Amato shared the one thing she is most proud of about herself in an interview on Jan. 20, and it is not the win. "This whole journey has been intimidating for me; it's scary. I didn't quite know the path that I was on the whole time, but I'm really proud of myself that I had the courage to start," D'Amato said.

Because of her family, friends and community's love and support, she persevered even when she felt "out of place" on a path full of ups and downs. The ups, according to D'Amato, were simple, but she refused to allow

PHOTO CONTRIBUTED



**Keira (Carlstrom) D'Amato's strong support team, her family, husband Anthony, and their children, Tommy, 7, and Quinn, 5, surround her with love.**

the downs to drag her under.

"Stuff would go wrong, and I would write it off quickly," she said.

D'Amato persuaded herself that these would be speed bumps in her rearview mirror. Going through hardships and disappointments, she said, is challenging because one can feel alone and believe that things will always be this way. "You just have to keep your head down and believe that the best is yet to come," she said.

D'Amato remembers her most difficult running challenge. Her fitness had improved quickly as she aimed to compete in the United States Track and Field Olympic

Trials in 2021. Then a hamstring issue threw everything into disarray, derailing the trial. "There is no way you are going to make it to the finish line if you do not make it to the starting line," she observed. Her dream vanished.

D'Amato has been going to physical therapy twice a week since then. "And I'm doing exercises almost every day to help create strength and balance. Getting old isn't easy ... but the 2024 Olympics are still top of my mind," she said. D'Amato will be 39 years old when the next Olympics take place.

One of the things that provides her the most encouragement and allows her to take risks is the support of her family, husband Anthony, and their two children, Tommy, 7, and Quinn, 5. It makes no difference to them whether D'Amato is first or last. "They are still going to love me."

D'Amato admitted that running is a selfish sport because it takes a long time to train at her level. Sometimes she runs early in the morning before the children get to school. Other times, it is while they are at school, and on given weekends, she needs to hire a babysitter because her husband is in the Air National Guard.

"Our family had to get creative with how to make it all fit," she said.

Throughout her recent record-breaking marathon run, she feared the win would not happen for her that day. The winds were blowing at 10 to 14 mph, making the temperature feel like it was in the twenties. But she convinced herself that she had to contin-

ue to push until she was absolutely broke.

"Go a little further, further," D'Amato told herself. She asked inwardly why this is not feeling easy, only to respond, "You're trying to go where no American woman has ever gone before. This isn't going to feel easy," she recalled saying to herself.

The mental discussions D'Amato had with herself during the marathon pushed her that day — she was going to do it to make "herself proud." Running had given her the confidence and goal-setting abilities she needed to achieve. D'Amato said that she had worked hard on how she speaks to herself, especially when things are not going her way and that encouraging inner conversation made a difference.

"I know what it feels like to fail, and I know what it feels like to succeed. In a marathon, everything is hurting. You are exhausted; you can barely breathe; your legs are pounding, and you start feeling sorry for yourself. Your brain tries to convince you just to slow down. ... I've been to that point and felt disappointed after the race. Oh man, there was more in the tank," D'Amato said.

"That happened in this race; everything was starting to shut down. I just didn't want to come up short. Whatever I needed to push through to get there, I was willing to do," she said.

Being kind to herself, being her own cheerleader, and ending up feeling proud is the message that D'Amato gives to the sport that has given her so much. She speaks in various settings and is passionate about helping others discover their passion for running from an early age.