

## HomeLifeStyle

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In 86th District: Fighting the System or Ineffective?

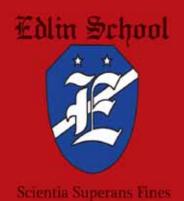
100 Tour Herndon Gardens

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## **FAITH**

## Mount Pleasant Church Celebrates 151st Anniversary

ount Pleasant Baptist Church of Herndon will begin its 151st Anniversary Celebration season at 7 p.m. on Thursday, Sept. 7, 2017 with guest speaker, Dr. Delman Coates, Senior Pastor of Mt. Ennon Baptist Church, Clinton, Md. He is founder and president of the Black Church Center for Justice & Equality (BCC), and a board member of the Parents Television Council and the National Action Network.



Rev. Delman Coates

Mount Pleasant Baptist Church of Herndon was established in 1866 with a legacy that continues to spur the church to service in the Herndon community. More than 70 ministries and programs provide services, and training in areas to include family life, nurturing and support for the needy, prison ministry, international family life fellowship and outreach, college counselling and scholarships for youth, fellowship for the senior citizen community. The Mt. Pleasant Academy provides a sound education for primary grades.

education for primary grades.

Over the past 22 years, Mount Pleasant
Baptist Church has sent missionaries to

communities throughout the world where they have built churches, schools, water wells, assisted in farming and supported countries in crisis, including Haiti.

Under the leadership of Senior Pastor, Rev. Dr. Kevin L. Donalson for the last year, the primary mission is still based on Matthew 28:19-20 which says to go into the entire world and make disciples. The church's new mission, announced as the month revival

starts, is #We Build Here.

Each year Mt. Pleasant Baptist Church brings world-renowned speakers to keynote each Thursday during the September series which lead up to the Anniversary Celebration on Sunday, Sept. 24, 2017 and final Thursday night speaker on Sept. 28. Other speakers featured are Dr. Patrick Walker of New Macedonia Baptist Church, Washington, D.C.; Dr. Norman Tate of Heritage Fellowship Church, Reston; Dr. David Emmanuel Goatley of the Lott Carey International Office, Landover, Md.; and Dr. Howard John Wesley of the Alfred Street Baptist Church, Alexandria.



## NEWS

## In 86th District: Fighting the System or Ineffective?

### Republican Linda Schulz challenges incumbent Del. Jennifer Boysko.

BY MICHAEL LEE POPE THE CONNECTION

hen freshman Democrat Del. Jennifer Boysko (D-86) introduced a bill she calls Whole Woman's Health Act, she hoped it would provide women with a fundamental right to an abortion. No statute or regulation would have been able to restrict a woman's access to an abortion. But that's not what happened. Instead, the House Courts of Justice dismissed the bill without giving it a hearing. Boysko responded by staging an unusual press conference, where she publicly accused Courts of Justice Chairman Dave Albo (R-42) and the Republicans of shutting down debate and bulldozing through the

'They kill bills without allowing them a hearing. They kill bills that aren't on an agenda with perhaps only 20 minutes notice to the patrons. They kill bills in unrecorded voice votes," said Boysko in the February press conference. "And they have killed bills, for example, to raise the minimum wage, to establish paid family leave and to help students refinance their loans all without a recorded vote.'

The press conference was a shock to the system in Richmond, where the genteel nature of sausage-making often plays by a set of unwritten rules. And here was a freshman Democrat from Herndon violating two of them — never publicly criticize the chairman of a committee where you have pending business and never make it personal.

"Republican control in the

House of Delegates is about

as extended as it can be, so

hold are all very Democratic."

— Geoff Skelley, University of Virginia

the seats that Democrats

Boysko did both. Republicans reacted by killing all of her bills. She ended the session with little to show for it except for an opioid bill she says a Republican colleague stole from her without even reading it first.

"What has she done?" asks Republican challenger Linda Schulz. "Look at her record."

THE 86TH HOUSE DISTRICT stretches from Chantilly through Oak Hill into Herndon and Sterling. Until Boysko was elected in 2015, the district was represented for 14 years by former Herndon Mayor Tom Rust, a Republican whose popularity kept him in office despite the leftward shift in the demographics of the district. Voters in the 86th regularly side with the Democratic candidate in statewide elections, and Boysko took 54.5 percent of the vote against Republican Danny Vargas in her first election to the House of Delegates, even though the Vargas campaign spent over \$1 million compared to Boysko campaign's \$693,000.



Jennifer Boysko



**Linda Schulz** 

"Tom Rust was a moderate Republican who managed to hold that seat even as it became bluer and bluer," says Geoff Skelley at the University of Virginia Center for Politics. "But now Jennifer Boysko controls it, and there's little reason to think she's in danger."

Like most of Northern Virginia, House District 86 went for Hillary Clinton by 63 percent to Trump's 31 percent in last year's presidential election. Democrats say that was probably their high-water mark in terms of turning out their voters, who tend to vote in much larger numbers during presidential cycles. But recent odd-year elections have also seen the district move solidly into blue territory. Terry McAuliffe, for example, won the district by 21 points when he ran for governor in 2013. That means any Republican would face an uphill challenge beating an incumbent Democrat to regain the seat.

"It is very hard to see a single district held by Democrats this cycle really coming into play," said Skelley. "Republican control in

> the House of Delegates is about as extended as it can be, so the seats that Democrats hold are all very Democratic."

SCHULZ, 55, is a native of Utica, N.Y., who was raised in Troy, Mich. She

has a bachelor's degree in marketing and finance from the University of Michigan. Professionally, she has worked as a marketresearch professional specializing in automobiles and transportation. She moved to Herndon eight years ago, and started taking an interest in the local political scene.

**Center for Politics** 

She first met Boysko during her unsuccessful 2013 campaign against Rust, who was defending his seat for the last time. Boysko arrived at Schulz's doorstep to campaign, and the two talked politics. Schulz said she was already supporting Rust, and the two parted ways. Boysko lost the 2013 election against Rust by 32 votes.

Since that time, Schulz says, she's watched as Boysko's bills have gone down in flames in the GOP-controlled General



The 86th House District stretches from Chantilly through Oak Hill into Herndon and Sterling.

"She does a lot of commending resolutions, which is nice," said Schulz. "But beyond that, she doesn't really make an im-

Schulz says she would oppose Medicaid expansion and that she would vote against efforts to allow local governments authority to remove Confederate statues. She would also vote in favor of hospital construction standards for abortion clinics.

But unlike most Republicans in the House of Delegates, though, Schulz says she would vote to close the gun show loophole. If elected, she says she would introduce legislation to reduce or eliminate licensing requirements for contractors, although she declined to name specific licensing requirements that might be reformed. She says she would work with those on both sides of the aisle who are trying to limit how many outof-state students Virginia colleges and universities can admit. And she says she would also introduce legislation to make sure traffic lights are timed to prevent traffic congestion.

"When I talk to voters, this is the topic I hear them talking about more than anything else," said Schulz. "So my market research hat went on."

**BOYSKO**, 50, is a native of Pine Bluff, Ark., who was raised in Hot Springs, Ark., before attending high school in Montgomery, Ala. She earned a bachelor's degree in psychology and French at Hollins College (now Hollins University) in Roanoke. After that, she launched a career in government service, working for U.S. Sen. Richard Shelby when he was a Democrat and later for often left behind on the pay scale."

Dranesville Supervisor John Foust. Her election in 2015 secured a veto-proof bloc of Democrats in the House of Delegates — not enough to get much of their agenda passed, but enough to keep McAuliffe's vetoes from being overturned. Boysko dismisses criticism from her Republican opponent that she's ineffective in Richmond.

"This isn't about my ego," said Boysko. "It's about me being a team player, and caring about my constituents - doing whatever I have to do to make sure that the legislation gets passed, and sometimes that's not taking the credit."

As an example, Boysko points to House Bill 1449, which would have expanded the number of people authorized to administer the drug Naloxone, which is used to counteract opioid overdoses. Her bill was killed in the Health, Welfare and Institutions Committee. But a very similar one was passed by Del. Dave LaRock (R-33).

Boysko does not shy from her image as one of the leading figures in the resistance to Republicans, though. And she says if she's elected to another term, she'll go back and fight for Medicaid expansion and two bills guaranteeing equal pay for equal work.

"The governor has an executive order that codifies that everyone in the state government has a set of criteria making sure that equal pay for equal work is done in the state government, and I had a bill that would have codified that into law," said Boysko. "The other mandated that when you go for a preliminary job interview, they don't ask your wage history. That's something that would help women and minorities, who are

## OPINION

## Fill the Boot 2017: One For The Record Books

By Joel Kobersteen Fairfax County Fire and RESCUE DEPARTMENT

fter the first day of collection, it was apparent that this would be no ordinary campaign. The \$173,686.56 collected by B-Shift was the second highest one day total in Fairfax County Fill the Boot history (by only \$2,000!). Needless to say, the \$50,000 to disaster relief goal was quickly accomplished and we began work on the \$500,000 goal for Greater Washington MDA.

The second day brought rain and chill. C-Shift put personal comfort aside and made a point to stay out as much as safely possible. Fire Station 5, Franconia, personnel came in with \$28,251 collected. That is the highest amount collected in one day by one shift in Fairfax County Fill the Boot history. A tip of the fire helmet to C-Shift personnel who did not let the weather conditions get in the way of collecting \$155,629.66.

Due to the work schedule, personnel from A-Shift had only one day of collection and made the most of it. A-Shift collected a total of \$140,193.28 on what was a beautiful Sunday.

Coming into the last day of the campaign, C-Shift knew they only needed roughly \$76,000 to accomplish the \$500,000 collected goal for the Greater Washington MDA. Personnel collected \$152,059 for the last day of the campaign which meant another \$71,954.06 was added to the disaster relief fund for a total of \$131,278.65. Part of that total was \$4,476.36 from the 142nd Recruit School, \$220 from the Logistics Distribution Center, \$4,291 from the 9-1-1 Center, \$252 from the Fire Prevention Office and \$60 from the local

When all was said and done, we collected



PHOTO BY MARTI MOORE/THE CONNECTION

Fairfax County Fire and Rescue Master Technician Johnathan Macquilliam and Capt. Matthew C. Burns hold their boots high as they work a Labor Day crowd of generous motorists at a Fairfax traffic signal on Waples Mill Road and U.S. Route 50.

\$631,278.65 total for Fill the Boot 2017. Never has any municipality collected that much money ... ever.

Thanks to the following for their support:

- ❖ Chairman Sharon Bulova and the Fairfax County Board of Supervisors,
- ❖ Fire Chief Richard Bowers and the Fairfax County Fire & Rescue Department,
- ❖ President John Niemiec and Local 2068,
- Chief John Morrison, Vienna Volunteer FD, and all volunteer canteen units,
- ❖ Director Bill Kang and all the members of the Department of Public Safety Communica-
- Colonel Ed Roessler, Sergeant Tom Bailey, PFC Jared Warner and the Fairfax County Po-

lice Department,

- \* President John Harris and the Fairfax County Fire & Rescue Retirement Association,
- ❖ All career and volunteer Fire and Rescue members and their families who helped out during the campaign.

Last, I would like to thank the residents and guests of Fairfax County who, by opening their car window and generously donating, made this year's Fill the Boot a tremendous success. We could not do this without you.

The author is a master technician at Fire Station 40, Fairfax Center, B-Shift, and coordinator for the Fairfax County Fill the Boot Campaign.

#### LETTERS TO THE EDITOR

## Putting United Back in 'United' States

To the Editor:

Re: Mr. Crawford's response ("Fomenting Disunity and Hate" Sept. 6-12) to the letter by a group of Democrat politicians ("American Values" Aug. 30.)

You reference "Mr. Trump's initial response" to the tragic events at Charlottesville. You are correct in defending this well-scripted statement of the President, delivered on Aug. 14. In fact, most "fairminded persons," as you say, wish he had left it at that.

Instead, the "American Values" letter refers to the President's follow-up comments to the press the following day (Aug. 15), in which he talked about "the very fine slogans? people" in the group of protesters. While the fine print of the law may not agree, there is no denying that anyone marching alongside people brandishing torches and waving Nazi swastika flags, shouting "Jews

and Soil," is implicitly supporting the very neo-Nazis and white supremacists the President initially condemned. They are guilty by association.

Hence, it is legitimate for the Jewish members of the Virginia General Assembly to question the Republican gubernatorial candidate for not openly denouncing the very symbols of genocide that so many brave Americans went overseas to Europe to stamp out during World War II. How did this sea of swastikas and Nazi flags ever wash up on our shining shores? Who are these people who loudly and proudly resurrect Nazi

We can parse words and choose to only see/hear what we want to see/hear, but there is no denying our great country is deeply divided. And a house divided never stands. As the mother of a child will not replace us" and "Blood who was the target of racism on

the school bus, I take solace in the fact that the boys worked out their differences and, now, years later, the instigator is one of my son's closest friends!

Maybe we should take a page out of our kids' playbook and see beyond our skin-deep differences. Perhaps, far be it from us adults being an example to our children,

it behooves us to acknowledge, in the words of one of the world's greatest wordsmiths, William Wordsworth: The child is the father of the man. Let's put our house in order and put the united back in the "United" States.

> Shaila Muralidhar Great Falls

#### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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

By e-mail: north@connectionnewspapers.com



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## News

An obvious sign of Carol Hadlock's enthusiasm for monarch butterflies can be seen in the earrings she wore during the garden tour: A monarch caterpillar earring in her right ear and a monarch butterfly earring in her left ear.



## 100 Tour Herndon Gardens

By Fallon Forbush
The Connection

pproximately 100 people toured six gardens during the Herndon Garden Tour on Sunday, Sept. 10, according to Mercia Hobson, co-chair of this year's tour.

For the first time, a public garden was on the tour.

#### Butterfly Waystation — Runnymede Park

The site is certified and registered by Monarch Watch as an official Monarch Waystation by providing milkweeds, nectar sources and shelter that is needed to sustain monarch butterflies as they migrate through North America.

The waystation came about after Mayor Lisa Merkel signed the Mayors' Monarch Pledge last May and the Friends of Runnymede Park planted the garden. The pledge, organized by the National Wildlife Federation, commits local government leaders in the U.S., Mexico and Canada to restore habitat for the butterflies in their community and to encourage their citizens to do the same.

Carol Hadlock, president of the Friends of Runnymede Park, is passionate about her monarch butterflies and was on hand during the tour to educate visitors about her

### Plant Sale Saturday

Friends of Runnymede Park will host a native plant sale — including milkweed plants — this Saturday, Sept. 16, at the park from 10 a.m. to 2 p.m. The plants that will be sold will be supplied by Hamilton-based Watermark Woods Native Plants, which does not use pesticides, according to Hadlock.

mission to save them.

"Milkweed is the only plant monarchs can eat," Hadlock said, wearing a monarch caterpillar earring in her right ear and a monarch butterfly earring in her left ear.

The species' population has declined by 90 percent in the past 20 years, according to the National Wildlife Federation. Since they migrate, millions of their colonies were killed off in Mexico storms.

"We have had so many all over Virginia, it's been a banner year," she said.

The small garden at the park has reared at least 25 monarch butterflies, according to Hadlock, which pales in comparison to her work at home.

Hadlock has released more than 100 monarch butterflies from her home since Aug. 1.

"I find them [monarch caterpillars] and bring them inside the house," she said. "It's like taking care of kids, but really rewarding."

Hadlock feeds her caterpillars with milk SEE HERNDON GARDENS, PAGE G



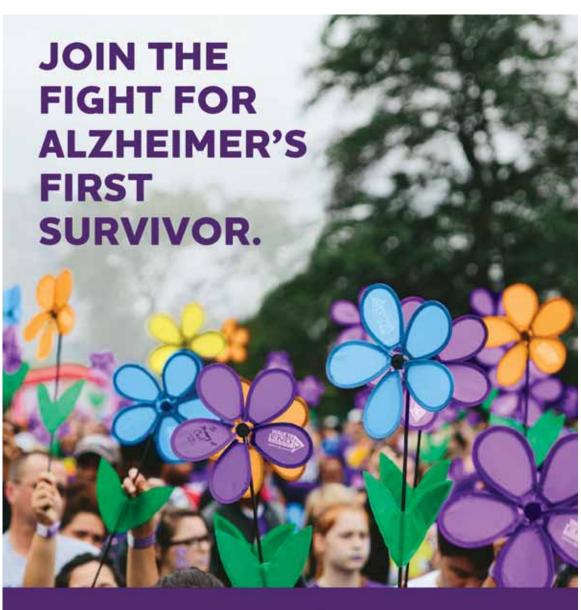
Chantilly-based multimedia artist Lorrie Herman paints an oil painting of Signe and Paul Friedrichs' backyard garden during the tour. Signe's favorite spot in the garden is her outdoor couch.







Susan Green of Herndon peeks through Carol Hadlock's butterfly terrarium to see five monarch **butterflies** that were reared at her home. Hadlock released them into the wild at the end of the tour.



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.



Walk to End Alzheimer's in Northern Virginia Reston Town Center September 24 | 2:00 pm

## Herndon Gardens On Display

From Page 5

weed leaves twice a day until they get big enough to form a chrysalis and enter metamorphosis

"It's like a miracle," she said.

Hadlock has more than 50 milkweed plants at her home that have spread from one side of her house to the other.

"Plant it and they will come," she said.

## Signe and Paul Friedrichs — 958 Tympani Court

"It's comfy, it's got shade," Town Councilmember Signe Friedrichs said of her favorite spot in her backyard Italianate: The couch next to the wooden pergola.

Visitors are first greeted by a large oak tree and then spot a compact outdoor pool from Endless Pools. The Friedrichs' back garden had become overgrown with Arbor Vitae and other plants that had taken over and closed off the space. The couple landscaped the yard four years ago and have found it to be the perfect place to sit back with a glass of wine.

"We wanted a garden that reflected our fondness for Italian design," she said. "We loved the geraniums in pots, the arbors and climbing wisteria we saw everywhere in southern Italy."

#### Craig Villalobos and Steven Humes — 101 Pearl St.

The theme of this garden is to have something blooming at all times of the year.

Craig Villalobos and his partner

Steven Humes purchased their home in 2001 with very basic land-scaping. It has taken 12 years for them to achieve their goal.

The garden beds were laid out by the couple, though Humes admits that his partner has done 90 percent of the work while he tends to the grass in the yard.

"I like the solitude," Villalobos said of completely transforming the backyard into a pristine garden with perennials, bulbs and flowering bushes. "I put on music and play with the soil. I'm an introvert."

As visitors toured the garden, large photos were placed at locations to show how the space would look during different times of the year.

### Other gardens on the tour included:

- ❖ Vicky Robertson's garden at 809 Monroe St.
- ❖ Rob and Julie Nirschi's garden at 654 Old Hunt Way
- ❖ Maury Cagle and Alieda Van Doren-Cagle's garden at 900 McDaniels Court

The garden tour is organized each year by members of the town's Cultivating Community Initiative Committee. The initiative's purpose is to enrich the quality of life in the town by encouraging neighborhood beautification and by building community spirit. The volunteer committee also organizes these activities: Yard of the Month, Good Neighbor Award, Dress-Up Herndon for the Holidays and the Holiday Homes Tour.



Steven Humes (left) and partner Craig Villalobos (right) have taken 12 years to cultivate their garden. "I'm proud of it," Villalobos said. "It's hard work."

## Home LifeStyle

## The Psychology of Color

### Using color to set the mood in a space.

BY MARILYN CAMPBELL

hen it comes to interior design, color has the power to make or change the feel of a room. Whether cheerful and inviting for a kitchen or serene and comfortable for an office, the right shade can be transformative.

"Colors trigger emotional reactions, associations, and memories," said Jerome Short, Ph.D., associate professor of psychology, George Mason University. "The red spectrum colors tend to elicit more arousal and the blue spectrum colors tend to elicit more calmness. People's favorite colors often boost their mood and disliked colors lower their mood."

Part of designing a space is using color to create mood and feel, says interior designer Nadia Subaran of Aidan Design. In fact, she employed this technique when designing a kitchen space for a recent client. Her goal was to create a room that would be a calming place for the homeowner to derive inspiration for party planning, so she chose a light shade of blue.

"The vintage aqua in the china pantry was meant to evoke a calm and happy space to envision and plan for gatherings and social events," said Subaran. "We wanted the aqua in the cabinetry and on the ceiling to inspire creativity. It's a highly functional space, but it's also one that celebrates that which is being housed and organized."

Lighter, neutral colors help lighten a space and make it feel larger, said

Dana Schwartz, designer at Anthony Wilder Design/Build. "Darker, moodier colors can help a room feel cozier and create a dramatic effect."

"Neutrals like white, black, gray and brown are valued for their flexibility," added Amanda Mertins, president, Patina Polished Living in Alexandria. "You simply add or subtract color to liven up or calm things down. Choosing room colors depends on your personal taste and the room's pur-

Warm colors such as red and or-Short.

"This may be due to our associations with blood, face flushing, or stop signs," he said. "Cooler colors like blue and green often elicit feelings from relaxation to sadness. This may be due to our

associations with a blue sky [and]

When it comes to interior design, "red is known to pump adrenaline, so keep red to a minimum in nurseries or bedrooms," said Schwartz. "Blues and greens are great in bedrooms because of their calming effect. Yellows and oranges have an energetic effect, great for communal spaces like kitchens, dining rooms, and bathrooms."

'Choose a color that inspires you or a color that you love," said designer Melissa Cooley of Case Design/Remodeling, Inc. "Choose a color that is reminiscent of your childhood, favorite car or perhaps flowers," she said. "It will help create a positive emotion upon entering the space. Color creates an emotion; therefore create the space you wish to feel. This is a perfect example where beauty is truly in the eye of the beholder. Make sure to carry that color throughout the space, creating a cohesiveness within the space."

The amount of natural light a room receives can also play a role in color selection, says Cooley, "In a basement space, limited sunlight can sometimes cause a damper on one's mood," she said. "A pop of color even in a bathroom can enlighten and lift one's emotion. Adding a pop color creates an oasis or a place of bright escapism."

Color can be added to a room in a variety of ways, advises designer Susan Nelson of Home on Cameron in Alexandria. "Typically walls are painted, but it's important to remember that accessories and furniture ... are other ways to insert color into a room."

When choosing colors for an outdoor space, play off natural elements. Air and water tones such as blues, soft greens and light neutrals bring a sense of tranquility and calm to a space because they are reminiscent of water views and blue skies, advises Madeline Fairbanks at Country Casual Teak.

"Create a calm, cool retreat by mixing blues and whites that remind us of waves, water and sand to sooth the nerves and invite reange often elicit a range of feel- laxation," she said. "Earth and fire ings from warmth to anger, said tones like rich browns, oranges and reds can energize and animate a space and bring inviting warmth outdoors. Warm colors are thought to stimulate the senses and whet the appetite, so are perfect for outdoor spaces where guests will be entertained."

Blues and greens are great in bedrooms because of their calming effect, says Dana Schwartz, designer at Anthony Wilder Design/Build.

Photo by Morgan Howarth



## Virginia Department of Transportation

## **Public Meetings Fall Transportation Meeting**

You are invited to participate in public meetings held by the Commonwealth Transportation Board. The meetings will begin with an open house followed by a town hall style meeting. The open house will provide information on various transportation initiatives including proposed changes to Virginia's project prioritization process (SMART SCALE), recently funded projects in the Six-Year Improvement Program, Virginia's Statewide Transportation Improvement Program, VTrans Multimodal Transportation Plan, and Scenario Planning and Freight plans. Representatives from the Office of Intermodal Planning and Investment, Departments of Transportation and Rail and Public Transportation, along with Metropolitan Planning Organizations, Planning District Commissions, and Transit organizations will be in attendance to highlight their transportation programs and to discuss your ideas and concerns on Virginia's transportation network The open house will be followed by a town hall session, where you can engage in discussion and ask questions about the various initiatives. Comments will be accepted informally at the meeting and may also be submitted via email, or online.

#### **Meeting Dates and Locations**

Open House begins at 4:00 pm in each of the locations:

Tuesday August 29, 2017 Gerrmanna Community College Center for Workforce & Community Education 10000 Germanna Point Drive Fredericksburg, VA 22408	Thursday, August 31, 2017 The Prior Center at UVA-Wise 437 Stadium Drive Wise, VA 24293	Monday, September 11, 2017 Culpeper District Office Auditorium 1601 Orange Road Culpeper, VA 22701
Thursday, September 14, 2017 Chesapeake Conference Center 700 Conference Center Drive Chesapeake, VA 23320	Monday, September 18, 2017 NOVA District Office The Potomac Room 4975 Alliance Drive, Fairfax, VA 22030	Monday, October 2, 2017 Hilton Garden Inn Richmond South/ Southpark 800 Southpark Boulevard Colonial Heights, VA 23834
Wednesday, October 4, 2017 Holiday Inn Lynchburg 601 Main Street Lynchburg, VA 24504	Tuesday, October 10, 2017  Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486	Thursday, October 12, 2017  Holiday Inn Valley View 3315 Ordway Drive Roanoke, VA 24017

Meeting materials will be available at http://www.ctb.virginia.gov/planning/fallmeetings/ beginning August 29, 2017.

If you cannot attend a meeting, you may also send your comments on highway projects to Infrastructure Investment Director, VDOT, 1401 E. Broad St., Richmond, Virginia 23219, or SixYearProgram@VDOT.Virginia.gov and on rail, public transportation and transportation demand management to Public Information Officer, DRPT, 600 E. Main St., Suite 2102, Richmond, Virginia 23219, or DRPTPR@drpt.Virginia.gov. Comments will be accepted until October 20, 2017.

The Commonwealth is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on these policies or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Compliance Officer at 804-786-2730 or the Virginia Department of Rail and Public Transportation's Title VI Compliance Officer at 804-786-4440 (TTY users call 711).



#### SUICIDE PREVENTION MONTH

September 1-30, 2017

PRS, Inc. and The Connection Newspapers team up for

### #CallTextLive

A social media campaign promoting suicide prevention and awareness.

#CallTextLive engages the community in discussing suicide and encourages people to get help.



Learn more at: prsinc.org/CallTextLive



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## CONFECTION Newspapers & Online

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## **FAITH**

## Rosh Hashanah — Not Just a New Year

By Rabbi Leibel Fajnland
Director of Chabad of Reston-Herndon

osh Hashanah is not just the Jewish New Year. It is the first step in a month long process of self-discovery, a month which guides us towards a deeper place within ourselves, our universe, and our Creator.

What is Rosh Hashanah? Rosh Hashanah is a reality check.

Instinctively, we are wrapped up in what we need, what we want, where we need to go and what we need to do. Not in a bad way necessarily, but life — when left to its own devices — is me, me, me. We need to work with that. Life is supposed to be about our responsibilities — the responsibilities we have to ourselves, and to our loves ones.

But ultimately, life is a gift, and it is granted for a reason: To lead a meaningful life, and strive towards a higher purpose than simply fulfilling our own needs and wants. And that ought to be our North Star.

This is not to suggest that we do not partake of the world, and enjoy the fruits of our labor. Yet simultaneously we must ask ourselves why? How? Are our motives purposeful? Am I divorced from the world around me?

Rosh Hashanah is about setting our self-image, our desires, our neuroses and our various gravitational pulls to the side, and affirming that we will endeavor in this new year to lead a more meaningful life, even when it is uncomfortable.

That is Rosh Hashanah. But that is only the beginning.

Real commitment is not an easy thing. Genuine, full-bodied commitment doesn't come from a simple



**Fajnland** 

conversation with oneself. Rosh Hashanah begins a 10-day process of trying to find authentic connectedness, a genuine bond, with those around us, and ultimately with the Divine. Day by day, we peel away layer after layer of our own ego and self-interest.

Until the 10th day: Yom Kippur.

At that point, we're ready for Oneness. We set aside our physical needs — our food and drink — and we zero in on the core of our lives, the central point of our existence and the North Star by which we will find a life of meaning. We connect. For real.

Once we have done that, Sukkot — the Festival of Tabernacles, the next holiday of the month — is a natural consequence. We can resume life. But it is done within a simple wooden hut under the wide open sky called a Sukkah. Surrounded by its flimsy walls and leafy roof, we are enveloped in a divine cosmic embrace.

At one with the vulnerability around us. Not ensconced away from it. Aware of our responsibility to repair our broken world.

So now you have the Tishrei journey, the spiritual path of this month. And perhaps we never needed it more urgently than now.

The call of the Shofar nudges us toward finding an authentic sense of bonding with something loftier and greater than us.

With best wishes for a Happy New Year for the Jewish calendar year of 5778.

### **High Holiday Services Schedule**

In anticipation of the upcoming Jewish New Year, Chabad of Reston-Herndon has announced its High Holiday Services schedule.

For information on Chabad's open to the community services for Rosh Hashanah (Sept. 20-22) and Yom Kippur (Sept. 29-30), as well as to reserve, visit <a href="https://www.chabadrh.org">www.chabadrh.org</a>.

Membership is not required to join. All are welcome, regardless of

background or affiliation. We do ask for you to make a reservation however so that seating can be assured.

The services will be user-friendly, with a Hebrew-English Prayer Book (Machzor) making it enjoyable and meaningful for both the seasoned and the unversed.

The services will be traditional, yet thoroughly contemporary, interspersed with traditional and modern Jewish tunes, English readings and a running commentary led by Rabbi Fajnland.

In addition, a special children's program will accompany the adult services.

For more information on the above event, call Rabbi Leibel Fajnland at 703-476-1829, visit <a href="www.chabadrh.org">www.chabadrh.org</a>, or write to Rabbi@chabadrh.org.

#### FAITH NOTES

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

The Mount Pleasant Baptist Church of Herndon invites the community to join them for praise and worship followed by a stirring message from the Word of God on Sundays starting at 8:30 and 10:30 a.m. (with Sunday school at 7:30 and 9:30 a.m.). Visit www.mtpleasantbaptist.org or call 703-793-1196.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. Visit ShalomDC.org.

Hope Fellowship Church will temporarily be meeting at Hyatt Place, 21481 Ridgetop Circle, Sterling. Sunday worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m.

The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. Call 703-599-3527 or visit

www.hopefellowshipchurchloudoun.org.

**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. Call 703-938-2391 or visit www.epiphanypreschool.com.

**Washington Plaza Baptist Church** will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village Center.

The group is studying the Gospel of Mark. Services follow at 11 a.m.

St. Timothy's Episcopal Church

needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church's Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Emails shawl@saint-timothys.org or visit the Pastoral Care page at www.saint-timothys.org.

**Nondenominational Christian businessmen** meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation.

\$12 or \$6 for students, seniors and unemployed. Call 202-986-2257 or visit www.meditation-dc.org.

www.ConnectionNewspapers.com

## Entertainment

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

#### **ONGOING**

Reston Farm Market, Saturdays, through Dec. 9, 8 a.m. - Noon, Lake Anne Village Center, 11401 North Shore Drive, SNAP accepted, bonus dollar program. (CLOSED for Multicultural Festival Sept. 23)

Herndon Farm Market, Thursdays through Nov. 9, 8 a.m. - 12:30 p.m., Old Town Herndon, 700 Block of Lynn St., by the Red Caboose. SNAP accepted, bonus dollar program

#### **SEPT. 9-20**

#### Northern Virginia Senior

**Olympics.** Various times and locations, more than 50 different events taking place at more than 25 venues across Northern Virginia. Call 703-403-5360 or visit www.nvso.us.

#### WEDNESDAY/SEPT. 13

Contact Center Nation. 9:30 a.m.-3 p.m. at Hidden Creek Country Club, 1711 Clubhouse Road, Reston. Networking and call-center professionals meeting. Visit www.contactcenternation.com.

Elections Have Consequences.

7:30-9 p.m. at Hunter Mill District Community Room B, 1801 Cameron Glen Drive, Reston. League of Women Voters will look at the scope, history, and overall effect of the number of Virginians who don't believe that their vote counts and stay home on election day. Free. Call 703-476-5758 or visit www.lwvfairfax.org

#### THURSDAY/SEPT. 14

Steel Drum Sandy. 11:30 a.m.-1:30 p.m. at the pavilion, 11900 Market St., Reston. Musicians are one of a variety of different entertainment each week at Fountain Square, every Thursday, through Oct. 19. Free. Go to www.restontowncenter.com.

Lunch Bunch Thursdays. 11:30 a.m.-1:30 p.m. at Reston Town Center, 11900 Market St., Reston. BYO lunch and see different entertainment in the Pavilion at Fountain Square each week. Rain or shine. Visit restontowncenter.com.

Fashion Tip Thursdays. 5:30 and 7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, how to wear plaid this season. Call 571-526-4185 or visit restontowncenter.scoutandmollys.com.

#### FRIDAY/SEPT. 15

Chalkfest. noon-11 p.m. at Reston Town Center, 11900 Market Street, Reston. Professional artists and sponsors will create chalk drawings on the pavement. Viewing is free. Call 703-467-9797 or email info@publicartreston.org

info@publicartreston.org. **Lullabye a Lamb**. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

#### SATURDAY/SEPT. 16

#### 8K Race and 2K Walk/Fun Run.

8:30 a.m. at South Lakes High School, 11400 South Lakes Drive, Reston. In memory of Timothy P. Susco. This race is hosted each year by Tim's family to honor and remember his life, as well as to promote brain aneurysm and organ



#### Art Crawl

Music is part of the Third Thursday ArtCrawl, Sept. 17 at 750 Center St., Herndon.

donation awareness. Visit www2.fcps.edu/SouthLakesHS/. **ChalkFest.** 8:30 a.m.-5 p.m. at Reston Town Center, 11900 Market St. Rain or shine. Registration fee for participation includes supplies. Call 703-467-9797 or email

info@publicartreston.org.

Fairfax County Brewfest 2017.

noon-6 p.m. at Mustang Sally
Brewing Company, 14140 Parke Long
Ct A-C, Chantilly. Featuring live
music from Scott Kurt and Memphis
59 and The Blues Buckets. A portion
of the proceeds will benefit K9 for
Warriors,\$10 pre-sale online; \$15 at
the door (while tickets last) includes
admission and logo tasting glass.
Visit www.msbrewing.com.

Lulu's Fate in Concert. 4-6 p.m. at Art Space Herndon, 750 Center St., Herndon. Traditional Appalachian and Americana music. Free. Visit www.artspaceherndon.org

Lullabye a Lamb. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

#### SUNDAY/SEPT. 17

Exercise with Athleta. 11 a.m.-noon at Reston Town Center, 11900 Market St., Reston. Season finale with RochiB Zumba. Free. Call 703-668-0256 or visit stores.athleta.net/store-4866/.

#### MONDAY/SEPT. 18

Photography Exhibit. 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 on the third Monday of the month. Visit www.leagueofrestonartists.org.

#### WEDNESDAY/SEPT. 20

"Mean to Be." 7 p.m. in the Jo Ann Rose Gallery at Reston Community Center Lake Anne. The Reston Historic Trust & Museum presents "Meant to Be: How Reston Almost Wasn't" with Timothy Beatley. Free. Seating is limited, reservations are welcome. Contact 703-709-7700 or restonmuseum@gmail.com for more information or to RSVP.

## THURSDAY/SEPT. 21 Food for Kids Community Packing

Event. 10-11:30 a.m. in Room 6 at at Dominion Energy, 3072
Centreville Road, Herndon. Email LynnieB517@verizon.net or visit www.northernvirginia.assistanceleague.org.
Lunch Bunch Thursdays. 11:30 a.m.-

1:30 p.m. at Reston Town Center, 1:30 p.m. at Reston Town Center, 1:30 p.m. at Reston. BYO lunch and see different entertainment in the Pavilion at Fountain Square each week. Rain or shine. Visit restontowncenter.com.

Fashion Tip Thursdays. 5:30 and 7:30 p.m. at Reston Town Center, 11900 Market St., Reston. This week, Victorian collars and accents. Call 571-526-4185 or visit restontowncenter.scoutandmollys.com.

Third Thursdays Art Crawl. 6 p.m. 750 Center Street, Herndon. ArtSpace exhibits art throughout Herndon. Free. Go to www.artspaceherndon.org.

#### FRIDAY/SEPT. 22

**Lullabye a Lamb**. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

#### SATURDAY/SEPT. 23

Reston Multicultural Festival. 11

a.m.-6 p.m. at Lake Anne Plaza. A celebration of the diversity and community spirit that is found in Reston, featuring music, entertainment, dress, food, and cultural treasures from all over the world. Everyone is encouraged to dress in attire from their own cultural roots. All ages. Free. Rain or shine. Visit www.restoncommunity center.com.

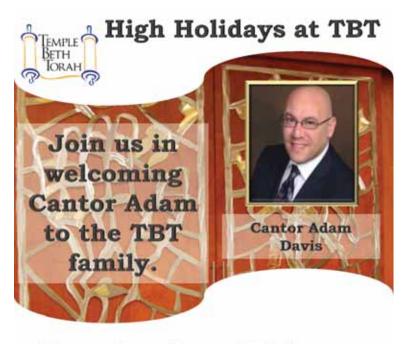
center.com. **Lullabye a Lamb**. 7-8 p.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Come to Kidwell Farm at Frying Pan Farm Park to see the bedtime routine for the park's farm animals. Bring a flashlight or lantern for this twilight tour of the park and see how animals on a farm settle down for the night. \$8. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/fryingpanpark/.

#### SUNDAY/SEPT. 24

Walk to End Alzheimer's. 1:30-5 p.m. at Reston Town Center, 11900 Market St., Reston. Join in and unite in a movement with the Alzheimer's Association Register at 703-359-4440 or samartey@alz.org/walk.







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The All Eyes Optometrists optometry practice located at (i) 6343 Multiplex Drive, Centreville, VA 20121, (ii) 3950 University Drive, Fairfax, VA 22030 and (iii) 2539 John Milton Drive, Herndon, VA 20171 has been sold and is now affiliated with MyEyeDr. Optometry of Virginia, PLLC. Drs. Kwon Choe, Deborah Kim and Laura Brykczynski will continue to provide services through MyEyeDr. of Optometry of Virginia, PLLC at (i) 6343 Multiplex Drive, Centreville, VA 20121, (ii) 3950 University Drive, Fairfax, VA 22030 and (iii) 2539 John Milton Drive, Herndon, VA 20171.

However, at the written request of any patient or an authorized representative, medical records or copies will be sent to any other optometrist of the patient's choice or provided to the patient. Patients requesting medical records will be billed for copies of the medical records. Such charges will not exceed the actual costs of copying and mailing or delivering the records.

**Announcements** 

**Announcements** 



**Announcements** 

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### News

## Food For Neighbors Kicks Off A Second Year of Combating Teen Hunger

n Sept. 9, Food For Neighbors kicked off its second year of providing nutritional support to students at multiple area schools. Volunteers of all ages gathered to celebrate the growing nonprofit and to collect, sort, and distribute food. Among those participating were Herndon High School Principal Dr. Liz Noto, Fairfax County School Board Chair Jane Strauss, and Del. Jennifer Boysko (D-86).

"This is a great example of the heart and soul of our community," said Boysko.

According to social worker Pat Humphrey, this impact included providing approximately 10,000 meals per year for students at Herndon Middle School alone.

"I was shocked to find that, in Fairfax County, one in four children go hungry every day," said Food For Neighbor founder Karen Joseph. "To me, that meant that it could be the children next door, around the corner, or down the street who are struggling with basic nutrition. Our children's peers in their classrooms could be struggling to learn, pay attention, or stay focused as a result of being hungry. Mark and I felt we had to do something."

Karen Joseph and her husband, Mark Joseph, founded Food For Neighbors to address teen hunger at schools. While various programs had recently begun to address this concern at the elementary school level, they were too limited to address the large middle and high school populations. In 2016, Food For Neighbors began filling this gap via its "Red Bag Program," which allows individuals to shop for nonperishable items at their convenience and to set them on their doorsteps for collection a few



Fairfax County School Board Chair Jane Strauss, Del. Jennifer Boysko (D-86), and Herndon High School Principal Dr. Liz Noto showed their support.



Volunteers of all ages came to help Food For Neighbors kick off a second year of combating teen hunger.

times per year. Volunteers organized by neighborhoods then collect the food and bring it to a central location, where it is sorted and then delivered to participating schools. At the schools, volunteers package the food, and social workers and parent liaisons distribute the packages to students on a weekly basis. The successful and ever-growing program now serves students at Herndon Middle School, Herndon High School, Potomac Falls High School, Park View High School, and Bryant Alternative High School. additional schools have requested support.

When addressing the volunteers, Chair Jane Strauss captured the spirit of the kickoff saying, "We are called to help those among us who are hungry. It's the right thing to do....Because you feed our children, they are ready to learn."

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## BULLETIN

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### **IN-PERSON, TV DEBATES**

The League of Women Voters of the Fairfax Area (LWVFA) will hold four in-person forums and three televised forums for the public and the press to learn about the candidates who are running for election to the Virginia House of Delegates. The League invited all certified candidates campaigning for office in their respective districts. At the in-person forums, question-and-answer sessions will be followed by an opportunity for informal conversations with individual candidates. The public and press are encouraged to attend. For more information about the candidates' priorities and positions, visit www.vote411.org

In-person forums:

- ❖ Ŝunday, Sept. 17 at 2:30 p.m. at Reston Community Center: Hunters Woods Village Center, 2310 Colts Neck Road, Reston.
- Thursday, Sept. 28 at 7 p.m. at Providence Community Center: 3001 Vaden Drive, Fairfax. \* Wednesday, Oct. 25 at 7:30 p.m. at Sully
- Government Center: 4900 Stonecroft Blvd.,

The televised forums at Fairfax County Public Access are on Channel 10 or livestreamed on YouTube "Inside Scoop Livestream." The public can submit questions by email to theinsidescooptv@gmail.com or call 571-749-1142 between 7-8:30 p.m. Tune in on: Monday, Sept. 11 at 8 p.m.; Monday, Sept. 18 at 8 p.m.; and Monday, Oct. 2 at 8 p.m.

#### SENIOR VOLUNTEERS

**RSVP** a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older. RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit www.rsvpnova.org.

#### **ONGOING**

Sunrise at Reston Town Center offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m. Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956- 8930 or email

 $Reston. ED@sunrises enior living. com\ to\ RSVP$ **Exercise for Parkinson's.** Every Monday, 1:15-2:15 p.m. Reston Sport&Health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson's Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free. parkinsonfoundation.org. Call Natalie McCall nmccall@onelifefitness.com 703-904-7600 for more.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call MG Help Desk at 703-324-8556 for more.

Passages DivorceCare. For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to www.viennapres.org, or send an email to Passages@ViennaPres.org.

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



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-Thomas Fuller

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## "Kenny's Story"



#### By KENNETH B. LOURIE

Ordinarily I wouldn't have given the Lyrica television commercial too much attention. But there sat a spokesperson named Kenny, his name clearly printed in red script on top of a white oval located above his right breast pocket on his custom-work shirt, a middle-aged white man like me, holding his left foot across his right knee talking about a medical problem that we both feel: the "shooting, burning, pins and needles of diabetic nerve pain." It was odd seeing someone named Kenny on television referring to a problem that not-on-television Kenny also has, though my symptoms are not from diabetes; they're from eight and half years of chemotherapy Nevertheless, as Babe Ruth said about the sound of his throat-cancer-ravaged voice on "Babe Ruth Day" at Yankee Stadium on April 27, 1947: "It feels just as bad."

Campaign to date, according to ISpot.tv, within the last 30 days, "Kenny's Story," as it's identified, has had "74 commercial airings." And though I don't think for a moment that this Kenny could be confused with that Kenny, considering that he's an auto mechanic who "grew into a free-wheeling kid" and "enjoyed every step of fatherhood," and I'm not 'free-wheeling,' not a father and know zero about cars, I do feel his

Now the fact that the words of advice are coming from someone named Kenny does give me pause however. Not that all Kennys have identical personalities or life's experiences but knowing how little familiarity I have with this product makes me distrust him somehow. My name is Kenny and I'm not prepared to make those statements. How can he?

It reminds me of a long-ago M\*A\*S\*H episode when Major Frank Burns was feeling paranoid (as he said: "I'm only paranoid because every one's out to get me") because he thought "someone else is using my face." None of which makes any more sense than my not believing spokesperson-Kenny just because his name happens to be Kenny.

But there's no accounting for viewer reaction, probably. That's likely why there were a total 1,271 airings" of Lyrica diabetic nerve pain commercials nationally over the last 30 days. "Kenny's Story," at 74 airings, was a small percentage of at least a dozen variations on this theme as well as a parallel campaign to address Fibromyalgia, a similar condition also treated by Lyrica.

It's odd, of the multiple spots that have appeared on television, all of which show people living active lives – and being grateful for using Lyrica, only three: "Kim's Salon," "Michael," and yours truly are "given-named." All the others: "Coach," "Grandpa," "School Teacher," "Keep the Beat Going," "Helping Others", as a few examples, are not.

I'm wondering if "naming"/invoking names in these spots does in fact personalize the experience for viewers in a way that the pharmaceutical companies think is counter productive? Maybe naming the spokesperson/sufferer causes a reaction among Kims and Michaels that yours truly is feeling/writing about?

Moreover, given that "Big Pharma" probably doesn't want to limit its reach by excluding a segment of the market because of name recognition possibly lends some credence to the presumption that using a name to identify the individual in one of these spots is rare because it's unhelpful. As it relates to these spots and their names, perhaps less is more, given how many research/clinical dollars (hundreds of millions of dollars we're often told) are invested in the process of bringing FDA-approved products to market? Accordingly, I suppose "Big Pharma" can't afford to leave any potential stone/"presrciptee" unturned.

I certainly don't know the answers to any of these questions. I can only wander – and wonder vhat is it that makes sense here and where I fit into their universe. The commercials have hit their intended target: me, a patient with "shooting, burning, pins and needles ..., but I have to tell you: I don't like "Kenny."

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

## From Waxed and Classic to Dull and Utilitarian

### Herndon Car, Truck, and Bike Show draws enthusiasts.

BY MERCIA HOBSON The Connection

hortly after dawn on Sunday, Sept. 10 owners of classic cars, trucks, and motorcycles as well as owners of not so "classic" vehicles headed toward lower Lynn Street in Historic Downtown Herndon. They were there to complete entry registration forms for The Herndon Car, Truck, and Bike Show produced by the Herndon Rotary Club. Proceeds from the show benefited the activities of the nonprofit organization and a scholarship fund for students at the George Mason University School of Nursing.

John Kolb of Centreville was at the show with his 1956 bright red Chevy Corvette previously owned by his dad, Eugene Kolb. Kolb said, "My father bought this car in in 1957 for \$2,550, a lot of money for an enlisted man back then, but he bought it anyway. Then he drove it for 98,000 miles. Used it as a truck. Put his mower in the back and would go roaring off." Asked about needed repairs when he acquired the Corvette, Kolb replied, "I repaired it at the speed of my wallet, two years."

John Keys of Herndon attended the show as a spectator and appeared to be having a good time. He looked over many of the vehicles and talked with their owners. Asked about his vote for People's Choice, Keys shared, "It's a tough job, all the good cars and good people.'

One car that was not shiny and not restored was parked on the street near the Red Caboose. Dwarfed by the big shiny American made classic trucks and cars around it, people walked by. Understated in appearance, not many patrons lingered around the small boxy "oxidized looking" vehicle until the person next to it, Scott Tilton started talking.

Tilton explained the car belonged to his wife, Melissa.

"You'll never see any around here, although there was nearly three million made," Tilton said. The dull sand-colored car was a 1983 Trabant 601 S, made of composite material, a hard plastic composed of recycled materials: cotton waste from the Soviet Union and phenol resins from the East German dye industry. VEB Sachsenring in Zwickau, Sachsen East Germany, produced it.

According to Tilton, production of the Trabant began in 1957 in the German Democratic Republic (GDR), East Germany and ceased in 1991 shortly after the fall of out of plastic and Socialism Tilton said, it was affordable to the East Germans, reliable, and easy to maintain with a two-cylinder two-stroke otto engine.

"You have to mix oil with gas, like a lawnmower," Tilton explained. Since the



Scott Tilton of Herndon climbs out of a 1983 Trabant, an East German made car that remained in production, vastly unchanged from the 1950s until shortly after the Berlin Wall fell at the end of the 1980s.



John Kolb holds a copy of the original canceled check his father wrote for \$2,550 to pay in full and purchase the red 1956 Chevy Corvette he the Berlin Wall. While the little car was built now owns. "\$2,500 was a lot of money for an enlisted man at that time," Kolb said.

Trabant burns its lubricating oil by design, it produces a smoky tailpipe emission. Tilton's blue t-shirt displayed an image of a Trabant with a burst of white smoke behind

it. Tilton added that there was no gas gauge "inside the car." The driver has to go outside, lift the hood and check the gas level with a dipstick. When the Berlin Wall fell,



Baby Cooper Douglas Browne, 5 months, Art Von Herbulis, Carolyn Higgins, Jessica Browne, and Chris Browne pose with Richard Harrison, owner of the 1936 sea foam green 1936 Chevrolet 2 ton coach at the Herndon Car, Truck and Bike Show held Sept. 10 in Historic Downtown Herndon. The show was produced by Herndon Rotary Club.

East Germans refugees drove over the rubble in their Trabants and abandoned their cars in cities such as Prague.

ACROSS THE VENUE, pedestrians could be seen strolling around the many other vehicles at the show, mingling and talking with vehicles' owners.

Art Von Herbulis of Fairfax City attended the show with Carolyn Higgins, his daughter Jessica Browne, her husband Chris, and their baby, Cooper Douglas, five months old.

The multi-generational family was instantly attracted to a very distinctive 1936 Chevrolet 2 ton coach painted sea foam green and owned by Richard Harrison of Lucketts, Va. Harrison proudly told the family how his 1936 Chevy drives like a new car with its 1972 Camaro front clip and spring. Harrison said he added disc brakes to stop the vehicle better and make for a safer ride.

After taking a family photo of their outing in front of Harrison's automobile, Von Herbulis summed up why he came to the event in a short, concise statement. "My family — together."

For more information about the Herndon Rotary Club and their many efforts of giving back to the community, sponsor an upcoming event or consider membership, visit herndonrotaryclub or call Hayward Hull at 571-259-4087.