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Friday Night Live! 2019 rocks in the
Town of Herndon at the opening night
of the 25th anniversary season.

Friday Night Live! Rocks Herndon

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Allure of Monster Wheels and Loud Noises

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Blind Herndon Woman Gifted Guide Dog

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Blind Herndon Woman Gifted Guide Dog

Do not distract
working dog.

BY MERCIA HOBSON
THE CONNECTION

Carol Edwards of Herndon knew one day she would get a guide dog. The working wife and mother of two college-aged young adults slowly lost her vision over time and stopped doing the things she liked to do.

"It wasn't one specific incident but several. Going out with friends at night, walking and traveling independently." Diagnosed in childhood with Retinitis Pigmentosa (RP), Edwards no longer had any night vision, and most of her peripheral vision was gone from the inherited progressive disease.

In late March, Team Edwards and guide dog, Betty, a female yellow Labrador Retriever, graduated from the Residential Program of Guiding Eyes for the Blind in Yorktown Heights, N. Y.

"Betty knows what to do," said Edwards. "It is a testament to Guiding Eyes for the Blind, the perfect school for me," she said. Guiding Eyes "checked off" all of the boxes. Edwards said she wanted a small class size, training in urban and suburban environments and offer of a Labrador retriever.

According to Guiding Eyes for the Blind, the non-profit organization is an international leader in breeding and genetics. It charges nothing for their dogs, training and a lifetime of follow-up services.

"Our pups grow up to become exceptional guide dogs and service dogs because they begin with a solid foundation of good genes. ... We estimate the cost to breed, raise, train, and match a Guiding Eyes dog with a person with vision loss to be approximately \$50,000," stated Guiding Eyes on its website.

EDWARDS explained the eligibility and admissions process to Guiding Eyes. Applicants must be legally, or totally blind and provide "written paperwork from an eye doctor letting them know vision levels," said Edwards. According to Edwards, the applicant had to be able to take care of the guide dog from feeding to walking.

Ben Crawley, Director of Admissions and Graduate Relations, Guiding Eyes for the Blind said, "The road to getting a guide dog requires hard work and dedication. Future guide dog users must first learn how to travel with a white cane, trained by an Orientation and Mobility Instructor. Learning to travel, stay oriented, cross streets and problem solve independently are all skills that need to be mastered before training with a guide dog."

SEE GUIDE DOG, PAGE 5



PHOTO BY MERCIA HOBSON/THE CONNECTION

Guide dog Betty safely leads Carol Edwards of Herndon across the street.

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Friday Night Live! is about families, music, fun and food.



PHOTOS BY MERCIA HOBSON/THE CONNECTION

Left, Anne Marie Stevenson and Pam Smith show their IDs to FNL Volunteer and Herndon Town Councilmember Jennifer Baker and receive wristbands required to purchase alcohol.

Friday Night Live! Rocks Herndon

2019 marks the 25th Anniversary Season.

BY MERCIA HOBSON
THE CONNECTION

Voted DC area's Best Free Outdoor Concert Series, Friday Night Live! (FNL) opened on the Town Green behind the municipal building at 777 Lynn Street, Herndon for its 25th Anniversary Season on May 3, 2019. Produced by the Herndon Chamber of Commerce and presented by Title Sponsor Volkswagen Group of America, opening night featured Garden State Radio live performing four decades of music, the 80s through today.

Doug Downer, Founder and Chairman of Friday Night Live! recalled the first year of signature music event in the town.

"The first time we did the concert in 1995, we had a short season, six to seven events. It was going so well; we added several weeks onto the end," he said.

Fast forward to 2019. Downer announced to the packed crowd that they have a great season planned and will kick off the 25th Anniversary of Friday Night Live! on Friday, June 28 with a special performance by Love Seed Mama Jump, a six-piece rock band from Dewey Beach, Del. Downer said proceeds from the selling of beer, water and wine that evening would benefit the Chamber of Commerce and a portion of tip money from its sales will go to Herndon High School's after-prom and all night alcohol-free graduation parties.

Friday Night Live! would not be possible without the support of hundreds of volunteers who help make it a successful, fun and safe event in the town, Downer said.

Neither could Friday Night Live! be possible without all sponsors including Platinum Sponsor United Bank, Corporate Sponsors Herndon Chamber of Commerce,



Five-month-old Conner Gibson of Herndon wears his ear protectors at Friday Night Live! as dad, Steve Gibson enjoys the music of Garden State Radio.

Town of Herndon, HRI Associates, Virginia Eagle, new this year, ISI Enterprises LLC and Gold, Silver and Bronze sponsors.

Asked why they came to Friday Night Live! that evening individuals shared memories, spoke on how it is a family event, and how the community is in it together.

Herndon Mayor Lisa Merkel said, "The first night of Friday Night Live is always one of my favorite nights of the year.

Seeing all the neighbors, we haven't seen all winter. It's like "Happy new year, Herndon."

Former Herndon Mayor Steve DeBenedittis shared one of the many reasons he came to Friday Night Live! Opening Night 2019, "It's the site of my third



Doug Downer, Friday Night Live! Founder and Chairman announces that they couldn't hold the event without the hard-working volunteers and the support of corporate sponsors.

date with my then girlfriend and now lovely awesome wife, Rosemary," he said.

Steve Gibson of Herndon sat with his five-month-old son Conner. Gibson said he came because "families love it. Great music and tons of friends."

Jeanne A. Travis, President of ISI Enterprises of Herndon, said she came to Friday Night Live! "to support our community."

Pam Smith, CEO Next Gen Marketing LLC of Reston and member of Greater Reston Chamber of Commerce said, "Teamwork makes for dreamwork. We are all in this together."

For information about the weekly outdoor concert series, visit the event website, www.herndonrocks.com.



Former Herndon Mayor Steve DeBenedittis and wife Rosemary join the crowd for the opening night of Friday Night Live! 2019.

OPINION

Celebrating Mother's Day with Photos

Send in photos now or right after you take new Mother's Day photos; and more reasons to contact the Connection.

As usual every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Mother's Day is Sunday, May 12. This year we will continue to publish submissions through the May 22 edition. Photo submissions are due by Friday, May 17.

Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. We will not print your full address or contact information.

You can upload photos and information directly to www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

This is a fine time for submissions for our annual Father's Day galleries. Online at www.connectionnewspapers.com/fathersday/

Throughout the year, we ask for community submissions. Twice a year we ask you to tell us stories about your pets and how they have come into, touched and left your lives. The next

Pet Connection is the last week in July.

In late summer, we invite readers to share what they know about their community for neighbors and newcomers alike.

And wrapping up the year, we gather writing and art from local students to fill our holiday edition. Each year, through an enormous effort by area teachers and school staff we receive more material than is possible to publish for most of our 15 editions.

In addition, regular contributions to our entertainment calendars, community bulletin boards, school notes, and business notes help us to share news in your community. We also always welcome photos and captions from community organizations (Scouts, sports teams, faith groups, school activities, etc.) and local businesses. Calendar items:

www.connectionnewspapers.com/Calendar/
Meanwhile it's election season, you can submit a Letter to the Editor here:
www.connectionnewspapers.com/contact/letter/

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Submit Mother's Day photos online at



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— MARY KIMM

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EDITORIAL

LETTERS

Lessons to Learn?

To the Editor:

In Kofi Annan's recent opinion piece on Democrats and Ralph Northam ("Black or Blue: Lessons Learned from How Virginia Democrats Handled the Ralph Northam Debacle," Connection, May 1-7, 2019) he states that "Liberals have long sought to convince African Americans that they alone can shield us from conservative's intent on rolling back the hands of time." I'm one among many conservatives who don't want to roll back the hands of time, and welcome the opportunity to promote civil rights and equity for all. In doing so, it's important that we judge each other by the content of one's character, not by the color of one's politics.

Jim LeMunyon
Oak Hill

Former member of the Virginia House of Delegates

Stopping An Invasion

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

Over the past several weeks I have spent more than a dozen hours digging out at least a bushel of Star-of-Bethlehem plants and bulbs even though this time of year they look pretty with their white, six-petal blossoms. Soon the plants would have gone back into a bulb, so I dig them when they are blooming, and I can locate them.

Star-of-Bethlehem (*Ornithogalum umbellatum*) is a winter bulb belonging to the Lily family and blooms in late spring or early summer. It is native to the Mediterranean region and is similar to wild garlic. Star-of-Bethlehem flowers, though attractive for a few weeks when in bloom, have escaped cultivation in many areas like my flower bed. When this happens, they quickly become a danger to native and other ornamental plants. The problem is it takes over and will choke out other bulbs and plants. The only solution is to dig them out. A single plant can have dozens of bulbs that continue to multiply until removed.

While certainly not a direct analogy I could not help but think while I was digging away in my garden that in public policy there are areas where false or misleading ideas get started and are difficult if not impossible to dig out to expose the truth. Certainly, the Founding Fathers who were fresh from a revolutionary war to free themselves from the British Empire recognized the need to protect themselves



COMMENTARY

in the future. As they wrote in the Constitution: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed." Some scholars point to the prefatory language "a well regulated Militia" to argue that the Framers intended only to restrict Congress from legislating away a state's right to self-defense. They contend that citizens do not have an unlimited individual right to possess guns and that

local, state, and federal legislative bodies therefore possess the authority to regulate firearms.

The idea of an unlimited right to possess guns has taken hold and is cultivated by arms manufacturers and others to defeat the most reasonable, common-sense legislation.

So far in the first 120 days of this year according to the press there have been more than 100 mass shootings, more than 4,500 gun deaths not counting suicides with many being by assault weapons, and more than 8,400 gun injuries. These numbers have increased exponentially over the last couple of decades and show no indication of decline.

Reasonable gun safety legislation would not confiscate all guns despite what the fear mongers who lead the opposition to any gun safety legislation would have us believe. I support gun **safety** legislation—not eliminating gun ownership. We need to continue digging out the truth and do the hard work to have future generations act on facts and not fear. It is the only way to stop an invasion of misinformation that threatens the safety of individuals and families.

Oak Hill & Herndon
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Guide Dog Gets to Know Herndon Streets

FROM PAGE 2

Edwards described the 3-week residential program at the Guiding Eyes for the Blind campus held at the organization's training center in Yorktown Heights, N.Y. There she and others learned how to care for and safely travel with their new guide dogs. The training started on-campus and progressed to nearby towns and cities.

"The first couple of days, I worked with the trainers. They are walking with you, teaching you the commands. They record your walking pace, and they match the dogs to your speed," Edwards said. "The second day, they had me walk with two different dogs. After I walked with both dogs, the trainer asked how did that feel, too slow, too fast? On the third day, I got my dog, Betty. We worked on obedience training. I was the one being trained; the dog had been working with the trainer for a long time and knew what to do," she said.

Edwards said that contrary to popular belief, guide dogs cannot see a green stoplight nor can they read and understand traffic signals. "It's my responsibility to learn when to cross. If I ask the dog to cross the street and the dog sees a car, the dog will choose not to listen to my command, 'Forward.' This is intelligent disobedience. If I ignore the dog's signs, I may step off the curb or cross. I must stay in tune with the dog at all times."

Since Betty is responsible for keeping Edwards safe, others may not pet Betty when she is in harness, working. "Her harness is like a switch. When she is in the harness, she is working. Not in harness, she can be a family pet," said Edwards.

Cawley added: "One of the biggest obstacles to public access guide dog users face is a distraction by other dogs. It is important that guide dog teams are allowed to work without being distracted."

PETTING, speaking to or allow-

ing pet dogs to approach guide dogs can be very challenging distractions for a guide dog team. In some cases, distraction can cause the guide dog to lose focus on its work. An unfocused dog can make errors and be potentially dangerous to the team." To maintain the strong bond between Edwards and Betty, Edwards is the only person who is allowed to feed and walk

Betty. Having a guide dog is work. "I have a lot of visually impaired friends, and out of all of them, I'm the only one with a dog. When you have a cane, you can fold it up and put in your purse. When you have a guide dog, it's work," said Edwards.

Edwards said she chose a guide dog over a cane because a dog allowed her to walk at a quicker,

more natural pace and took over some of the mental workloads such as counting streets, remembering whether to turn left or right. "Because I don't drive, I walk to work. Betty knows my route. She's memorized it. With a cane, I'd have to think, through the route. Right, left, left, etcetera. It's more mental work with a cane," Edwards said.



PHOTOS VIA HERNDON POLICE DEPARTMENT

The Herndon Police Honor Guard stands watch over K9 Leon.

Retired Herndon Police K-9 Dies Graduated from K9 School in 2016.

BY MERCIA HOBSON
THE CONNECTION

The Herndon Police Department announced it lost one of its retired K9s. Leon, a German Shepard served with his partner PFC Ashman. K9 Leon joined the Department and graduated from K9 School with his handler Officer Ashman in late December 2016.

Leon was medically retired in February due to illness and lost his battle with cancer on Thurs-



K9 Leon.

day. The Department wrote on Twitter, "Thank you for your service, Leon. His partner PFC Ashman and his family are in our thoughts."

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Designs to Welcome Spring

Textiles and florals usher in a new season

BY MARILYN CAMPBELL

From pastel colors to floral accents, it's the time of year to celebrate the emergence of spring. Local designers offer spring decorating ideas that embody the season.

"Spring is the perfect time to freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs," said Ann O'Shields of the Nest Egg in Fairfax. "Throw pillows are one of the easiest ways to instantly refresh a space. Greens and yellows are quintessential colors of spring and are popular currently in interior design. Whether you prefer florals or geometrics, there's a variety of options in fabric design for pillows."

When decorating the master bedroom in a Potomac, Md. home recently, designer Cameron Manning finished off the design with a cheery area rug. "The right rug can pull a room together and make a powerful statement," she said. "The client's favorite season was spring and she wanted a bedroom that was light and cheerful. For this master bedroom, I chose a vintage rug in a pale orange shade."

Manning also recommends using paint to breathe fresh, spring air into a winter-worn space. "Painting a room with an off-white shade infused with subtle undertones of yellow, pink or pale blue can really lighten and brighten it. If you don't want to paint and entire room, consider painting just the door frame."

From peonies and daffodils to lilacs and tulips, designer Connie Hall of Hall Designs says that moving spring blooms out of the garden and into a fresh floral arrangement is a sure-fire way to usher out winter.

"Nothing says spring like a bouquet of fresh spring flowers," she said. "A large bouquet can really become the focal point of a room. Sometimes they're all you really need to show that spring has arrived."

Blossoms and branches from one's backyard can create visual interest and O'Shields suggests magnolia stems, cherry blossom stems and forsythia.

"Preserved floral arrangements are also an excellent choice and will last for years," she added. "Hydrangea flowers are a lovely, full option often used in preserved florals."

Lush greenery can be used for more than decorating a garden. "If you have a green thumb, consider adding in some plants in ceramic pots to add color



PHOTO BY THE NEST EGG

Whether fresh or preserved, local designers advise welcoming spring with a seasonal floral arrangement.



PHOTO BY THE NEST EGG

Adding throw pillows in spring colors like green and yellow to an interior space is one of the easiest ways to drive out the winter doldrums.

and texture," said O'Shields.

Among the popular plants that O'Shields suggests fiddle figs. "[They] can also add height to your space," she said. "More foolproof plants include Pachira aquatic, also known as a money tree, succulents and rubber tree plants. They're all easy to care for and add a freshness to your space."

Those who don't have a green thumb shouldn't be afraid to fake it. "There are so many realistic options for artificial greenery available, said O'Shields. "Artificial branches can be almost identical to the real thing."

"Spring is the perfect time to

freshen up your house by swapping out heavy, darker winter fabrics on linens and pillows with crisp and light patterns and designs."

— Ann O'Shields, The Nest Egg, Fairfax

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PHOTOS BY MERCIA HOBSON/THE CONNECTION

Center, Martin Gruszka, owner of Office Evolution Herndon and Town of Herndon Mayor Lisa Merkel mark the Grand Opening of the shared office space with a ribbon cutting ceremony. Also in attendance: Mark Hemmeyer, founder of Office Evolution, John Boylan, president of the Dulles Chamber of Commerce, Herndon Councilmember Jennifer Baker.

Office Evolution Herndon Finds 'Perfect Balance'

Grand Opening sparks transformation of small suburban businesses.

BY MERCIA HOBSON
THE CONNECTION

When technology professional and entrepreneur Martin Gruszka wanted to support the local suburban business community and open a shared, coworking business center, he turned to the largest coworking franchisor in the United States, Office Evolution.



Martin Gruszka

On Thursday, May 2, the franchise officially expanded its footprint to Herndon with a grand opening celebration and ribbon cutting at its newest location, 205 Van Buren Street, Suite 120. The center is strategically located in the business district of the Town of Herndon, within walking distance of the Herndon Silver Line Metro Station and a seven-minute drive to Dulles Airport. "We found the perfect balance between glass-walled coworking environments and stuffy executive suites," said the owner of Office Evolution Herndon Martin Gruszka. He explained the flexible, 6400 square foot workspace is geared toward small-business owners, entrepreneurs, solo-entrepreneurs and micro-entrepreneurs.

At the event, Herndon Mayor Lisa Merkel said, "Here in Herndon, we are 1,300 businesses, about 1,000 of them have 10 or fewer employees." President of the Dulles Chamber of Commerce John Boylan acknowledged Mayor Merkel's advancement for businesses in the Town of Herndon.

"Mayor Merkel is a great advocate for the business community," he said.

To celebrate the opening, Founder and CEO of Office Evolution Mark Hemmeyer flew from Boulder, Colo. He joined Gruszka, Merkel, Boylan, Herndon Councilmember Jennifer Baker, Office Evolution Herndon members and supporters for the official ribbon cutting and remarks.

"Business owners believe in their own ability, so much, so they are willing to leap," said Hemmeyer. "Martin Gruszka is an example. He believed in his ability, and he leaped." Hemmeyer spoke about the "Ohana" culture, strong family atmosphere at Office Evolution and how it supports small business owners. "If you own a pizza restaurant, you have customers. If you own an Office Evolution, your customers are business owners too. That's what makes it fun. What Gruszka has done is grow a family." Office Evolution member, Sunny Kumar came to the opening with his sons. Kumar is Founder and CEO of Peace Haven Corporation. "I see positivity here growing my business. The nature of the staff is so welcoming that it motivates me to build my IT business." Collaboration is key, explained Gruszka; it brings people together to get things done. "Come in here and be surrounded by people who have their own dreams. We focus on small business entrepreneurs," Gruszka said.

How to Keep Your Loved One with Dementia from Wandering.

If they walk, they're at a risk for wandering. Here are some tips so you can plan ahead to try to keep them safer.

Confusion and disorientation are part of dementia. Perhaps your loved one still thinks they have to go to work. Or "go home" when they already are home. These are signs they might be at risk of wandering.

Reduce wandering—and panic—by planning ahead.

Even if you're the most diligent caregiver, you can only lower your loved one's risk of wandering, not expect to prevent it entirely.

Some of the precautions the Alzheimer's Association and National Institute on Aging recommend:

- Hide car keys, shoes, coats, and suitcases.
- Avoid busy, overwhelming places.
- Have your loved one carry an ID or wear a medical alert bracelet, 24/7.
- Don't leave your loved one unsupervised.

- Put name labels in all clothing.
- Ask neighbors to alert you immediately if they see your loved one out alone.

If home care is taking a toll on both of you, consider a memory care community.

Memory care communities are designed to keep residents with dementia safe. But each one is different—including their safety records.

A leader in our area is Artis Senior Living. Each Artis memory care community provides the optimum balance of security and freedom for residents. A PIN-code protected entrance ensures residents are unable to leave the premises unsupervised. Beyond the entrance, there's no place off limits to residents, making them feel wonderfully unrestricted.

Compassionate staff check on residents hourly—when not already engaged with them at meals and social opportunities. When weather allows, residents have easy access to a beautiful, completely enclosed—with checks every 15 minutes to ensure safety. Residents have the freedom to resume favorite outdoor pursuits such as gardening all while protected from wandering.

Hourly checks are made even throughout the night while everyone's asleep in their private suite.

If caring for your loved one is sacrificing the independence you each used to know and love, perhaps a memory care community like Artis is your best plan of all—and worth securing sooner than later.



Ask neighbors and police to let you know immediately if they see your loved one out alone.

Learn more about *The Artis Way* by calling 877-351-8067 or visiting www.TheArtisWay.com/HerndonConnection

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ENTERTAINMENT

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

ONGOING

Herndon Farmers Market. Thursdays, through mid-November, 8 a.m.-12:30 p.m. in Historic Downtown Herndon, Lynn Street. Seasonal plants, produce, baked goods, meats and more; all sold by local growers and producers. Visit www.herndon-va.gov/FarmersMarket

FRIDAY/MAY 10

Gymboree Music I. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover melody pitch and rhythm while building a repertoire of joyful songs. Cosponsored by the Friends of the Reston Regional Library. Age 6-18 months with adult. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Gymboree Music II. 11:15 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Dance and sing to a new musical style each month, including Latin, Rock 'n' Roll and Classical. Age 18-24 months with adult. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

6th Annual Casino Night. 6-10 p.m. at Volkswagen Group of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon. 6th Annual Casino Night fundraiser supporting the Boys & Girls Clubs of Greater Washington/Fairfax County Region. Hosted By LaVar Arrington with special guest "Secretary of Defense" Dexter Manley. Visit one.bidpal.net/casinonight2019 for tickets.

FRIDAYS/MAY 10, 17, 24 AND 31

Discover How a Garden Grows. 9:45-10:45 a.m. at Frying Pan Farm Park, 2709 West Ox Road, Herndon. Preschoolers age 2-4 meet on four Fridays in May 2019 to explore the ever-changing landscape of the Kidwell Vegetable Garden. Each week, participants will have free time to explore and discover the changes in the garden. This program will also feature seasonal activities that can include planting seeds, harvesting vegetables, digging in the soil. \$8 per child. Adults must attend with a registered child. Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

SATURDAY/MAY 11

Spring Farm Day. 10 a.m.-3 p.m. at Frying Pan Farm Park, 2739 West Ox Road, Herndon. Watch sheep-shearing and antique farm equipment demonstrations and try cow and goat milking. Enjoy crafts, games and baby farm animals. \$8 per person at the door. No dogs Call 703-437-9101 or visit www.fairfaxcounty.gov/parks/frying-pan-park.

"Love Your Baby Day." 10 a.m.-5 p.m. at Beloved Yoga, 11109 Sunset Hills Road, Reston. Learn the Yogic tools for pre/post-natal wellness and infant health. Meet local providers who are passionate to support the journey through pregnancy, birth, and beyond. Free. Visit www.BelovedYoga.com for more.

Sing! Books With Miss Emily. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Miss Emily for singing storytime with illustrated songs. Cosponsored by the Friends of Reston Regional Library. All ages. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Top to Bottom Look at Colvin Run Mill.

10:30 a.m. at Colvin Run Mill, 10017 Colvin Run Rd, Great Falls. Climb to new heights and explore the second and third floors at Colvin Run Mill on Saturdays in May. Register for the "Four Floor Tour Class" to get an insider's look at this 200-year-old working mill. The exploration may last up to two hours. \$10 per person, and the tours are designed for visitors age 10 to adult. NOTE: Participants will be climbing steep stairs to reach the added tour areas in this historic building. Call 703-759-2771 or visit www.fairfaxcounty.gov/parks/colvin-run-mill.

Kindred Spirits. 7-9 p.m. at South Lakes High School - Auditorium, 11400 South Lakes Drive, Reston. A concert benefitting Canine Partners for Life, presented by Sopranessence. Help us raise \$30k, providing service dogs to facilitate independence for those with disabilities. \$20. Call 571-348-4664 or www.sopranessence.org.

SUNDAY/MAY 12

Mountain Stories and Songs with the Dulcimer. 3 p.m. at Reston Regional Library,



Jackie Merritton harmonica, bones, and ukulele, Miles Spicer on guitar, and Resa Gibbs on lead vocals and washboard.

Live Music: MSG Acoustic Trio

MSG's repertoire includes original songs, traditional blues, gospel/spirituals, and ragtime-influenced tunes. They've performed with the Archie Edwards Blues Heritage Foundation Band as well as Blues in the 'Burg, Smithsonian Folklife Festival, Artscape, Bayou Boogaloo. Their 2017 release, The Flood, received a first round Grammy nomination under the category of Best Traditional Blues Album. Tuesday, May 21, 7:15-9:45 p.m. at Amphora Diner Deluxe, 1151 Elden St., Herndon. \$10 members, \$11 non-members. Email DAHurdSr@cs.com for more.

11925 Bowman Towne Drive, Reston. Local musicians Ralph Lee Smith and Madeline MacNeil will play traditional songs and share stories of the dulcimer. They will have dulcimers on display, and books and music for sale. All ages. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

MONDAY/MAY 13

History for Preschoolers. 10-10:45 a.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Children will enjoy a story and craft in a historic setting as they start discovering how things were in the olden days. "History for Small Fries" is designed for preschoolers age 1-5. \$6 per child. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Toddler Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join in for fun stories, songs and finger plays. Age 2 with adult. Registration begins April 29. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

E-book Help on Mondays. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Get assistance downloading library e-books onto an electronic device. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

College Planning. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. College is important, but more expensive, than ever before. Experts from OneCommonwealth Advisors will help families plan ahead to maximize financial aid, grants and scholarships. Adults, Teens. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

TUESDAY/MAY 14

Baby Play And Explore. 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join for an hour of unstructured play and social time for babies. Cosponsored by the FRRL. Age birth-18 months with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Read To The Dog. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring a book or choose one from the Library. Call or sign up online for a fifteen minute session. Age 5-11. Registration begins April 30. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Spanchats. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join an ongoing Spanish conversation group. All levels

from beginner to fluent are welcome. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

WEDNESDAY/MAY 15

Lunch with the Four Mrs. Hemingways.

Noon-3 p.m. at RCC at Hunters Woods. Elaine Flynn is back, portraying Ernest Hemingway's four wives. Hear each wife tell her story about living with a man who changed literary history. One-hour, one-woman show. Lunch will be provided. This event is co-sponsored by Reston Community Center and the Reston Association. Ages 18 and older. \$12/Reston residents 55+; \$15/Reston residents 18-54 years; \$23/non-residents 18+ years. Register through RestonWebTrac account or email Ashleigh@reston.org or call 703-435-6577.

Gardening for Spring. 6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn and gain inspiration from this garden presentation from an expert with the Fairfax County Master Gardeners Association. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Basic Knitting. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn the only two stitches you need to knit anything. 16 years and above. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

THURSDAY/MAY 16

Storytime For Three To Fives. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. An early literacy program with stories and activities. Age 3-5 with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Bollywood Dance Fitness. 6:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join for a Bollywood dance fitness class led by local instructor Aparna Rao. No experience necessary. Adults, Teens. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Teen Advisory Board. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join TAB to gain leadership and volunteer experience and share ideas about how to make the library a wonderful place for teens. Age 13-18. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

FRIDAY/MAY 17

Bike to Work Day 2019. Pit stop times vary, all

over the region. Join more than 20,000 area commuters for a free celebration of bicycling as a fun, healthy and environmentally-friendly way to get to work. The first 20,000 to register and attend will receive a free Bike to Work Day T-shirt, enjoy refreshments and chances to win prizes. Visit www.biketoworkmetrodc.org.

FRIDAY-SATURDAY/MAY 17-18

Book Sale. Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-5 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls. Fill a shopping bag of books \$5 during the last two hours on Saturday. Call 703-757-8560.

FRIDAY-SUNDAY/MAY 17-19

Northern Virginia Fine Arts Festival. Reston Town Center. Greater Reston Arts Center (GRACE) presents the 2019 Northern Virginia Fine Arts Festival, which brings more than 200 fine artists from across the nation presenting original works in 16 categories of fine art and fine craft to the outdoor environment of Reston Town Center. \$5 donation requested. Visit restonarts.org/fineartsfestival/ for more.

SATURDAY/MAY 18

Ride4SPIRIT. 10 a.m.-1 p.m. at Frying Pan Farm Park, upper riding ring, 2709 West Ox Road, Herndon. Ride for Spirit, a public presentation of equine assisted activities in therapy nad education. For guests under 13. Junior Horsemanship Workshop (meet, greet and ride SPIRIT horses). Free. Call 703-600-9667 or visit www.spiritquestrian.org.

Bike Rodeo & Safety Fair. 10 a.m.-2 p.m. at Herndon Municipal Center, 777 Lynn St., Herndon. Bike or scooter on over to the Herndon Municipal Center for a day filled with free fun and safety. Kids can learn safety tips, riding skills, and complete obstacle courses in a Bike Rodeo. The Bike Rodeo will be held from 11:00 a.m.-1:00 p.m. We will also have a bike swap on-site where children can trade in a bike they have out grown for one the correct size (pending availability). Donated bikes in good condition welcome. For ages 5 and up. Free and no registration required. Visit herndon-va.gov/recreation, or call 703-787-7300.

Duplo Play. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Build and create using DUPLO blocks. Cosponsored by the FRRL. Age 2-5 with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

"Growing and Protecting a Park Forest." 1-2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. What does it take to keep Fairfax County's more than 400 parks healthy for residents to enjoy? 4-adult. \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/MAY 19

Chess Club For Kids. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn openings, tactics, and end game strategies. Players will be able to play against players at their strength. Age 8-16. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Delicious and Delectable. 4-5:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. At the Reston Community Orchestra's season finale concert Thomas Pandolfi will perform Rachmaninoff's, Piano Concerto No 2 in C minor. \$15 for reserved seating. Remaining seats while available are free. Call 571-271-9189 or visit www.restoncommunityorchestra.org.

Artist Talk: Pat McIntyre. 7-9 p.m. at Jo Ann Rose Gallery RCC Lake Anne, 1609-A Washington Plaza N., Reston. From You Gotta Have Art to Pioneering Women of Reston, renowned artist Pat Macintyre shares her story of her 1970s TV show, her enduring influence on generations of artists, and how Reston continues to inspire her artwork. Free. Vlsit www.restonmuseum.org/programs or call 703-799-7700.

MONDAY/MAY 20

Nose To Toes Yoga. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga poses and movement while enjoying books and songs with a children's yoga instructor. Age 3-5 with adult. Registration begins May 6. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Declutter and Get Ready for Spring Cleaning. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Certified Professional Organizer Susan Kousek will share step-by-step ideas for decluttering and organizing a home, room by room, as well as before and after photos to inspire you and give you storage ideas. Adults. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Collecting Food Items For Local Children

NWFCU Foundation recently ran a weekend meal program drive to collect non-perishable food items to provide nourishing meals for at-risk children to have on weekends. The Foundation received almost 3,000 food items and several hundred dollars in donations, many of which came from corporate partners Odin Feldman Pittleman (OFP) and Whitney, Bradley & Brown, Inc. (WBB)

“OFP has a strong culture of giving back, and we very much enjoyed the opportunity to participate in the Weekend Meal Program Drive again this year,” said Odin Feldman & Pittleman’s Marketing and Business Development Executive, Kimberly Greer.

“The employees of WBB cleared their cabinets and went shopping to donate non-perishable food to children in need through the Weekend Meal Program Drive to

help support their health and well-being,” said WBB’s VP Human Resources and Ethics Officer, Beth Skoletsky. “I am truly fortunate to work with so many people who sincerely care about others and partnering with NWFCU Foundation on various initiatives throughout the year directly helps the community and those in need, what a wonderful combination.”

The NWFCU Foundation holds several donation drives throughout the year to support their mission to empower youth. Find out more about their drives and scholarship program.

“The NWFCU Foundation is incredibly blessed to have such generous corporate partners,” said Interim Executive Director of the NWFCU Foundation, Robin Billings. “Their substantial donations will ensure that many local children don’t go hungry on the weekends.”



Kimberly Greer and Morgan Elwell from OFP, and Louise Busby from the Foundation

Correction to Meal Tax Vote.

In a story “Meal Tax Increase Is on the Menu” (May 1-7, 2019), The Connection incorrectly stated Mayor Lisa Merkel voted against the meals tax increase. Merkel voted for the meals tax increase. In a vote of 5-2, the Herndon Town Council approved Ordinance 19-O-10, as

presented to amend Chapter 30, Section 30-401, to increase the meals tax percentage rate to three and three-quarters percent. Councilmembers del Aguila, Dhakal, Friedrichs, Olem, and Mayor Merkel voted YES. Councilmembers Baker and McKenna voted NO.



Beth Skoletsky (second from left) and WBB CEO Robert L. Olsen on the far right, with their fellow employees

PHOTOS CONTRIBUTED



Public Meetings

Funding the Right Transportation Projects

You are invited to share comments on transportation projects that have been recommended for funding in the FY2020-2025 Six-Year Improvement Program (SYIP). Additionally, pursuant to §33.2-202, comments will be accepted for new projects valued in excess of \$25 million. Hearings held in Northern Virginia and Fredericksburg will also provide opportunity for input on the I-95 Corridor Improvement Plan. The Commonwealth Transportation Board (CTB) will consider your comments as it develops the FY2020-2025 Six-Year Improvement Program. The program allocates public funds to highway, road, bridge, rail, bicycle, pedestrian, and public transportation projects. All federally eligible projects in the SYIP will be included in the Statewide Transportation Improvement Program to document how Virginia will obligate its federal funds. Meeting materials will be available at <http://www.ctb.virginia.gov/planning/springmeetings/default.asp> beginning April 11, 2019.

**Public hearings begin at 4 p.m. in each of the locations except as noted below:
A formal comment period will be held at these meetings.**

Thursday, April 11, 2019 Lynchburg District Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504	Monday, April 15, 2019 Hampton Roads District Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435	Monday, April 22, 2019 Staunton District Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486
Tuesday, April 23, 2019 Bristol District Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	Thursday, April 25, 2019 Richmond District Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060	Monday, May 6, 2019 Culpeper District Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
Tuesday, May 7, 2019 Salem District Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018	Thursday, May 9, 2019 Fredericksburg District James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	Monday, May 13, 2019 NOVA District Northern Virginia District Office Potomac Conference Room 4975 Alliance Drive Fairfax, VA 22030 **meeting begins at 6 p.m.

*The Northern Virginia District meeting will serve as the required joint public meeting with the Northern Virginia Transportation Authority, the Northern Virginia Transportation Commission, the Virginia Railway Express, and the CTB per § 33.2-214.3 of the Code of Virginia.

Beginning at 3 p.m. (except in Northern Virginia and Fredericksburg, which will begin at 5 p.m.), there will also be an open house with information and opportunities for public feedback on the statewide, multimodal transportation plan, known as VTrans. This open house will be the first of four for the new plan update and will cover the vision and goals for the plan as well as information on the required statewide multimodal Needs Assessment. More information can be found at www.VTrans.org or via email at comment@vtrans.org. There is no formal hearing for the VTrans open house.

You can also submit your comments via email or mail by May 27, 2019, to:

For roads and highways: Six-YearProgram@VDOT.Virginia.gov, or Infrastructure Investment Director, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219.

For rail and public transportation: DRPTPR@drpt.virginia.gov, Public Information Office, Virginia Department of Rail and Public Transportation, 600 East Main Street, Suite 2102, Richmond, VA 23219.

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).

Legals

Legals

Vertical Bridge Development, LLC would like to place on notice the proposed construction of a 125-foot monopole tower (346.7 feet above mean sea level). If lighting is required the applicant will request the use of dual red/white, medium intensity lighting (but will ultimately use lighting/markings required by the FAA), located at 38°57'58.17" north latitude and 77°22'45.64" west longitude at 525 Grove Street Herndon, Fairfax County, Virginia 20170, ASR File #A1130500. The application for this proposed project can be viewed at www.fcc.gov/asr/applications by entering the ASR file number. If you have environmental concerns about the proposed structure, a Request for Environmental Review may be filed with the FCC at www.fcc.gov/asr/environmentalrequest or by writing to FCC Requests for Environmental Review, ATTN: Ramon Williams, 445 12th St SW, Washington, DC 20554. The FCC strongly encourages interested parties to file Requests for Environmental Review online. Requests for Environmental Review may only raise environmental concerns and must be filed within 30 days of the date that notice of the project is published on the FCC's website. If you have any concerns of any historic properties that may be affected by this proposed undertaking, please write to: DeAnna Anglin, The Lotis Engineering Group, PC, Anglin@thelotisgroup.com/6465 Transit Road - Suite 23, East Amherst, NY 14051-2232 or call (716) 276-8707 (ext 105). In your response, please include the proposed undertaking's location and a list of the historic resources that you believe to be affected along with their respective addresses or approximate locations."

Announcements

Announcements

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Announcements

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NEWS

Vaccines Protect You, Your Family, and Your Community

BY MATTHEW BAKER

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

Pockets of our country are experiencing a significant uptick in the number of measles. Measles is not just a harmless childhood illness. It is actually a highly contagious, dangerous disease that can even be deadly.

But measles is also easily preventable with a safe and highly effective vaccine. It is especially important to remember the value of vaccines as we mark National Infant Immunization Week, which reminds us that vaccines are essential to the health of our youngest and most vulnerable.

Vaccines are safe and highly effective. There's a lot of misinformation swirling around out there suggesting otherwise, so we want to get the facts out there.

Vaccines are among the most extensively studied medical products we have. Large studies undertaken over the years have confirmed their safety again and again. Vaccines do not cause autism and do not contain toxic chemicals. Any serious side effects from vaccines are exceedingly rare, and the protection from disease that vaccine provide outweighs any risks.

Some parents also wonder whether it is safe for children to get multiple vaccines in a day. The answer is yes, and we have years of science that backs that up. Even if your child gets several vaccines in a day, the weakened germs in vaccines that build pro-

tection make up only a tiny fraction of what a child's immune system fights off every day.

So what can you do to maximize the value of vaccines and help stop preventable diseases?

If you're a parent, talk to your child's doctor and make sure your child is up to date on all of his or her scheduled vaccinations. This is especially important if you have an infant, because vaccinating your baby according to the recommended immunization schedule provides protection against 14 serious childhood illnesses.

If you're an adult, check with your doctor about whether you're up to date on your vaccines.

If you're a healthcare provider, explain to your patients that vaccines are safe, effective, and highly recommended, and remind them to stick to their vaccine schedule.

For measles in particular, the Centers for Disease Control and Prevention recommends that children get two doses of the MMR vaccine, starting with the first dose at 12 to 15 months of age, and the second dose at 4 through 6 years of age.

You can find out more about the measles vaccine and other vaccines at Vaccines.gov.

We all want our children to grow up in a world that is free from preventable diseases. The single most important thing each of us can do to make that happen is staying up to date on our vaccines. So let's get serious about this issue before it gets out of control—let's get vaccinated.

Announcements

Announcements

Announcements

Spectacular Seaside Lots
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Build the home of your dreams! 1 to 2 acre lots in an exclusive development on the seaside (high and dry on the mainland) on Virginia's Eastern Shore, 42 miles south of Ocean City. Adjoins NASA and faces Chincoteague and Assateague Island National Seashore, world famous for it's fabulous beaches and wild ponies.
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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.

FRIDAY/MAY 10

Nomination Deadline. The Greater Reston Chamber of Commerce is seeking nominations for their annual Awards for Chamber Excellence (ACE). These awards are given to those members who demonstrate excellence in their business practices, are leaders in their industry, and support the mission of the Chamber. Visit www.restonchamber.org for more.

Grant Application Deadline. Audubon Society of Northern Virginia has funds available to help make an idea to improve habitat for birds and other wildlife come true. Applicants may apply for all or any part of the \$3,300 budget. Visit audubonva.org/advocacy-issues-list for information and application.

Digital Citizenship Tips for Parents. 10 a.m.-noon at at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. As parents in the digital age, being aware, alert and involved in a child's use of the internet is crucial. Digital Citizenship can be described as the norms of appropriate, responsible behavior, its positive and negative impact on self and others, with regard to technology use. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center

SATURDAY/MAY 11

Stamp Out Hunger Food Drive. Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). 202-662-2489.

Family Caregiver Expo. 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers. Free health screenings will be offered as well as free massages. Contact Amy Shields at ashields@capitalcaring.org or call 703-531-6095

Fairfax Board of Supervisors Chair Candidate Forum. 3-5 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Join the Fairfax NAACP for an engaging, moderated panel discussion with candidates for Fairfax County Board of Supervisor's Chair. Candidates are Alicia Plerhoples, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at www.eventbrite.com/o/naacp-fairfax-county-12397167937.

Performers Wanted. The NVFAF is once again bringing thought-provoking performance art to the three-day festival at Reston Town Center. *ON DISPLAY/RESTON*, a movement installation by Heidi Latsky, will celebrate the beauty of differences. The artist is looking for men and women 18 and older to participate. No formal dance experience is required, and diversity and the most inclusive range of ability are welcome. The movement installations will involve focus, stillness and structured improvisation. The events will take place Saturday, May 18 at 7 p.m. and Sunday, May 19 at 11 a.m. and 2 p.m. Email Kevin.Danaher@Fairfaxcounty.gov or call 703-390-6166 for more.

MONDAY/MAY 13

Candidates Forum on Affordable Housing. 7-9 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Cornerstones will host a forum for the candidates running for Hunter Mill District Supervisor. Questions for the candidates will focus on affordable housing and economic development in Fairfax County, specifically in the Hunter Mill district. The question and answer portion of the forum will be held from 7-8:30 p.m., immediately followed by a meet and greet reception with the candidates. To submit a question, email forum2019@cornerstonesva.org. You do not have to attend the forum to submit a question. The event is free. Visit www.cornerstonesva.org

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The Weak Before



By KENNETH B. LOURIE

Hardly am I Robert Johnson, but every time I'm about to be "CT-scanned," I feel like I'm at a crossroads.

And though I've never made a deal with the devil for good scan results (at least results with which I can live), I have to admit to making a momentary prayer of sorts when I see an email from my oncologist. An email that, given its arrival in my inbox, five days or so after my scan, is generally the one containing the results of the previous week's scan.

So, I take a deep breath and then exhale as I prepare to click until I see his words. More often than not, almost every time, in fact, his words: "CT scan looked good," as an example, have been encouraging. Although, as with many things, past results don't guarantee future performance – or a reasonable facsimile thereof.

Each good scan result (stable, shrinkage) does not portend another good result in the future. The results, both good or bad quite frankly, are kind of a limited offer. If it's good, it means your treatment is likely quo. If it's bad, it probably means things your treatment is about to change.

Whatever treatment protocol you start or stop or continue is only good, bad or indifferent until your next scan (when the rubber hits the road, so to speak). Which for me, according to my current bi-weekly immunotherapy infusion schedule, is every two months. So next week, the hammer comes down or rather the slide (the thing you lay on) comes out of the CT scanner and in and out I go.

Typically (meaning during my previous 10 years of chemotherapy), I have been mostly symptom free – other than the symptoms/side effects of the treatment itself, not from the underlying cancer cause. I have rarely felt anything and I certainly haven't/didn't/couldn't see anything.

It's/I'm different now.

Now I can see and feel something, that something, located under my Adam's apple is what precipitated the change from chemotherapy/alimta to my current immunotherapy/opdivo. The tumors in my lungs (mediastinum), which is where this whole mess began, remain stable. However, the appearance of the "Adam's apple" tumor changed my reason for living.

And my new life, or rather my new cancer life, has been tightened/shortened up. Now my infusions are every two weeks, instead of the most recent seven-week intervals (with alimta) and my CT scans which had occurred every 12 weeks are now only eight weeks apart.

All of which means I am constantly in the throws of some kind of cancer anxiety ("labbing," infusing, scanning, meeting with my oncologist).

Not that after 10 years, I am unaccustomed to this sort of "cancer-centricity," it's more that its crushing regularity is a constant reminder of my mortality.

And not that I'm "woeing" is me, hardly. I'm lucky to be alive. You all know I know that.

It's more the recurrence of "scanxiety" (not my word, although I thought it was when I first used it), the anxiety one feels waiting for the life and death scan results, especially so if the results come more frequently than previously. And believe me, that extra month is well worth not having to wait.

So the news of my possible negative (not good) scan results hopefully will be exaggerated, along with my demise. And in that exaggeration perhaps I can find some solace and humor.

'Solace' in that it turns out: what's all the fuss? Humor, in that "It's better to look good than to feel good, and you know you are, darlings," as when Billy Crystal invoked his inner Fernando Lamas in his famous bit from his 1985 year on Saturday Night Live! In summary, it's nothing until it's something, and even if it's something, it might not be anything.

This sort of confusing mental gymnastics is what occurs before, during and after these diagnostic scans. And until you hear back from your oncologist, you really don't know whether you're coming or going, or whether it's too little, too late.

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

The Allure of Monster Wheels and Loud Noises

Big Truck Days in Herndon draws families far and wide.

BY MERCIA HOBSON
THE CONNECTION

The Town of Herndon Department of Public Works (DPW) presented Big Trucks Days 2019 at its Spring Street Operations Center May 2-3. The two-day event allowed children and parents from the town and surrounding communities the free chance to see and climb into some of the town's biggest rigs.

Excavators, dump trucks, bulldozers, fire engines, they are rough and tough with massive tires and a multitude of moving parts meant for power and work.

Herndon Police Department and Fairfax County Fire & Rescue Station 404-Herndon also brought vehicles to display.

Parents and children provided different answers on why they liked Big Truck Days. Some said that coming to the event was a tradition. Others spoke about the power of the machines, their loud noises and how the operator sits up high. Yet for some, the trucks were "scary."

Owen Jones, 2, of Springfield visited Big Truck Days with his mother, Lindsay. He liked the height, mass and power of the mighty machines. "He loves trucks and anything that goes. We play trucks inside and outside, from dawn until dusk," said Jones. "He hasn't found a truck he didn't like," she said.

More than one child said the appeal was the noise, the roar the vehicles made. Caitlin Alfaro, formerly of Herndon visited the DPW Operations Center with her son, David, 1.

"He loves anything with wheels. David loves big trucks because they make loud noises," Alfaro said.

Naturally, some children wanted to bring the big rigs home with them; a giant toy meant to go into a giant toy box. Benjamin Michael 3, of Clifton, knew precisely where to store his chosen piece of construction equipment. "I'd like to put the Bobcat in my garage," he said.

Benjamin Ridout, 6, of Reston, seemed thrilled as he sat on one of Herndon Police Department's Harley Davidson Police Motorcycle but kept turning his head. Asked what he liked, Ridout looked over at the Herndon Police cruiser and said, "I'd like to bring a police car home."

Preschooler Ella Hokanson thought she'd like the big trucks. Her mother Katherine, formerly of Herndon said, "Her friend wanted to come to see the trucks, so she did too. Ella likes the Bobcats because they're smaller and not scary."

Bill Smith DPW General Services Administrator reported, "1,460 individuals visited Big Truck Days 2019."

The Town of Herndon's next significant event is Herndon Parks and Recreation 39th



It's big rigs, balloons and preschoolers at the Town of Herndon Department of Public Works Big Truck Days 2019.



"David loves anything with wheels," said Caitlin Alfaro, formerly of Herndon about her 1-year-old son.

PHOTOS BY
MERCIA HOBSON
THE CONNECTION



Benjamin Michael, 3, tests the pedals on a Bobcat owned by the Town of Herndon Department of Public Works during Big Truck Days 2019.



Benjamin Ridout, 6 of Reston, tries the motorcycle of Officer Charles W. Findley, Herndon Police Department, during Town of Herndon Department of Public Works Big Truck Days.

Annual Herndon Festival, May 30-June 2 at Northwest Federal Credit Union, 200

Spring Street. For more information on the free event visit Facebook at

www.facebook.com/herndonfest or follow on Twitter @herndonfestival.