



# Connecting To Nature

NEWS, PAGE 3

Visitors to Walker Nature Center's Spring Festival 2019 learn how fallen trees are recycled and turned into toys. Jim Pahl of Catoclin Area Turners of Leesburg demonstrates top turning on his lathe.

## Reston Chorale's 'Tapestry Of Peace and Justice'

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## South Lakes Track Team Sets New Records

SPORTS, PAGE 12

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# Connecting to Nature

**Walker Nature Center Spring Festival 2019 reveals local woods, water and wildlife to Reston community.**

BY MERCIA HOBSON  
THE CONNECTION

**R**eston Association produced and presented Walker Nature Center's biggest event of the year, its Spring Festival 2019 connecting citizens with nature.

"It's a chance to teach all ages about Reston's wildlife, plant life and water, said Katie Shaw, center manager. Located at 11450 Glade Drive, Reston, Walker Nature Center is 72 acres of woodland. It features streams, ponds, a wetland pool, native plant gardens, natural surface trails, paved paths, pavilion, entrance to Lake Audubon and a LEED Gold education building known as Nature House.

**DURING THE FESTIVAL**, held on Saturday, May 4, parents and children packed the meeting room at Nature House for three educational and environmental performances. Becky Shore of the Wildlife Ambassadors allowed everyone to get up close to her rescued animals, species similar to those found in Reston backyards during her "Wild Virginia" presentation. The second performance, a high-energy show by Mad Science, brought experimentation alive much to the delight of the children. Bob Brown Puppets, Second Hand Stars featured recycled, thrift store and garage sale cast-offs transformed into puppet friends.

"Reston is a Biophilic City," said Shaw who explained Reston works to celebrate nature and enables its inhabitants to benefit from biodiversity and natural spaces. "Events like Spring Festival just prove how important our green spaces are and how people enjoy spending time in them," Shaw said.

Outside of Nature House and down a stone dust trail, Ella Prillwitz, 6, her brother Frank, 3, and dad, Alex of Reston stood in the woods with white papers pressed against the bark of a tree. They took their crayons and rubbed them gently against the paper. Once an image of the tree bark formed, each took it off and ran over to the RA Tree Station to use in tandem with a field guide and identify the tree from its bark. "We came here for the Walker Nature Center's Spring Festival 2019, to learn more," said Alex Prillwitz.

At the Walker Nature Center Pavilion, Rahima Yaqubi held her son's hand tightly. Ahmademaad Shokohmand, 3, moved closer and closer to Liz Dennison, owner of Secret Garden Birds and Bees. Dennison

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**Mathilda Mace, 4 of Reston, discovers her 'wingspan' at the Audubon Society of Northern Virginia booth.**



PHOTOS BY MERCIA HOBSON/THE CONNECTION

**The Prillwitz family, Ella, 6, Frank, 3, and dad Alex take tree rubbings to use in tandem with a field guide to identify native trees in the forest at Walker Nature Center during its Spring Festival 2019.**



**Liz Dennison, owner of Secret Garden Birds and Bees, holds a great horned owl.**

held her arm out vertically like a perch. On it stood a great horned owl. "A car hit the bird, and it was injured," said Dennison. "This is only his second time out (for a program)." Dennison works with birds of prey as an educator and rehabilitator. She told visitors about the owl's diet of mice, powerful talons and large eyes adapted for night hunting.

**RESTON COMMUNITY CENTER** spon-



**Hailing from Arlington, Falls Church and Reston, members of The Stewart Sisters, Niels Jonker, Jen Smith, Sherry Stewart, Valeria Stewart and Jim Nagle perform Americana Roots music at Walker Nature Center's Spring Festival 2019.**

sored the acoustic music of The Stewart Sisters, Song Garden and Lindsey Hirshfield on stage at Nature House's front porch overlooking the outdoor sale, information and demonstration booths. At one booth, Catocin Area Turners of Leesburg set up their laths and demonstrated top turning to children and adults who stood safely behind Plexiglass wall shields. Jim Pahl and other turners gifted finished

tops to the children. Nearby at the Audubon Society of Northern Virginia's booth, Mathilda Mace, 4, of Reston attempted to match her 'wingspan' with that of birds found in Virginia. "My wingspan is a crow and a broad wing hawk," Mace said excitedly.

By day's end, Shaw reported an estimated crowd of 1000 people visited Walker Nature Center's Spring Festival 2019.

RESTON CONNECTION ♦ MAY 8-14, 2019 ♦ 3



# 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/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

This is a fine time for submissions for our annual Father's Day galleries. Online at [www.connectionnewspapers.com/fathersday/](http://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/](http://www.connectionnewspapers.com/Calendar/)  
Meanwhile it's election season, you can submit a Letter to the Editor here:  
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— MARY KIMM

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

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



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.

COMMENTARY

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## Ganesan Resigns from Reston Association Board

**S**ridhar Ganesan resigned from the Reston Association Board of Directors last week. Ganesan was appointed to a one-year at-large seat in 2017 and served as treasurer. He was elected to an at-large seat in 2018 and served as vice president during his second year on the nine-member board. The term for the at-large position expires in 2021.

In his April 14 letter of resignation to the board, Ganesan said he was resigning for “business reasons and other personal time commitments.”

Ganesan said, “I very much appreciate the confidence placed in me by the RA membership and the support I received from them, the RA staff and my board colleagues, especially during 2017-2018, when I helped implement new operational policies and procedures, as well as internal controls at RA.

I am also happy that during my two years on the RA board, I helped forge and maintain a strong partnership between RA and Coalition for Planned Reston, which resulted in holding off the Fairfax County from raising the density cap for Reston PRC district,” said Ganesan.

As a result of Ganesan’s resignation, the board passed a motion by written consent to invite qualified candidates to apply for



**Sridhar Ganesan**

PHOTO CONTRIBUTED

the position by submitting a statement of candidacy to the assistant secretary by May 16 at 5 p.m.

The board will then review all staff-certified candidates and discuss their qualifications at the May 23 board meeting. Because this will be a board-appointed position, the term will only run through April 2020. The seat will then be placed on the election ballot in 2020 and the winning candidate will serve the final year of the term.

## Fine Arts Festival Returns May 17-19

**G**reater Reston Arts Center (GRACE) has announced the 2019 Northern Virginia Fine Arts Festival, May 17-19, 2019. The festival 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.

Thanks to the continuing support of Reston Town Center, the Festival will include Festival Friday, May 17, allowing GRACE to bring this world-class experience to the community’s workforce population; many Town Center merchants will offer Festival Friday deals for that day only. The Festival Party, sponsored by the M Group Architects and catered in-kind by Not Your Average Joe’s with wine provided by Balducci’s Food Lover’s Market, will take place on Saturday, May 18, 7-10 p.m., and will serve as a platform to announce the

2019 artist Awards of Excellence. In addition, thanks to those critical sponsorships, the party will again be free this year to GRACE’s sponsors, supporters, and all Festival artists. The Festival is also bringing thought-provoking performance art to the Reston Town Center. *ON DISPLAY/RESTON*, a movement installation by Heidi Latsky, will celebrate the beauty of differences. This immersive artwork is sponsored by GRACE’s community partner, Reston Community Center, also a Festival Signature Community Sponsor with the Reston Town Center Association. The performance will take place during the Festival Party on May 18, 7 p.m., and at Reston Town Square Park on May 19, 11 a.m. and 2 p.m.

All opportunities for volunteering (500 volunteers are needed), sponsoring, and other ways to get involved can be found on the GRACE website, [www.restonarts.org](http://www.restonarts.org).



Image credit: Gerardo Leccese, Love Travel (detail), 2018

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#### May

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5/8/19.....HomeLifeStyle  
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## HomeLifeStyle

# 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 can 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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# PEOPLE

## Recognized for Regional Sales

**M**ark Ackermann, president of Weichert, Realtors' Capital Region, announced that sales associate David Houghtaling with the Reston/Herndon office was recognized for outstanding sales performance in March.

A top producer for the month, Houghtaling shared top honors for leading his Weichert region in sales. The Weichert sales region

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## BULLETIN BOARD

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

### 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](http://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](http://audubonva.org/advocacy-issues-list) for information and application.

**Digital Citizenship: Tips for Parents.** 10 a.m.-noon 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](http://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, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as

free massages. Contact Amy Shields at [ashields@capitalcaring.org](mailto:ashields@capitalcaring.org) or call 703-531-6095 for more.

**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 Plerhopes, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at [www.eventbrite.com/o/naacp-fairfax-county-12397167937](http://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](mailto: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](mailto:forum2019@cornerstonesva.org). You do not have to attend the forum to submit a question. The event is free. Visit [www.cornerstonesva.org](http://www.cornerstonesva.org)

### FRIDAY/MAY 17

**Emergency Preparedness for Parents of Students with Disabilities.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Fairfax County's Office of Emergency Management is committed to the inclusion of all. Free to parents, educators and community members. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

**NEXUS 2019: Fussy Minds Forum.** 1-3:30 p.m. at Fairfax County Public

## WEEK IN RESTON

## New Trail Hosts Party & Charity Rides

On Saturday, May 18, 7:30 a.m.-noon, New Trail Cycling Studio will host its Ride for a Cause: 100 percent of the proceeds from the rides that day will go to local nonprofits. The indoor cycling and strength studio located in Lake Anne Plaza is celebrating being open for 6 months. Owner, Liz Kamp, said: "Our coaches are excited about these rides. ... All levels are welcome so don't worry if you've never done indoor cycling." There will be six 30-minute rides that morning. Each coach

chose a different organization close to his or her heart that will benefit from the proceeds of that ride. Raffle tickets will also be available for purchase for the week leading up to the event in order to raise more funds for each organization. Riders can join for one or all rides. Bikes must be booked in advance. Fundraising credits can be purchased at [www.newtrailcycling.com](http://www.newtrailcycling.com).

For more contact Liz Kamp at [liz@newtrailcycling.com](mailto:liz@newtrailcycling.com)



## 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.**

<b>Thursday, April 11, 2019 Lynchburg District</b> Holiday Inn Lynchburg 601 Main St. Lynchburg, VA 24504	<b>Monday, April 15, 2019 Hampton Roads District</b> Hampton Roads District Office Auditorium 7511 Burbage Drive Suffolk, VA 23435	<b>Monday, April 22, 2019 Staunton District</b> Blue Ridge Community College Plecker Center for Continuing Education One College Lane Weyers Cave, VA 24486
<b>Tuesday, April 23, 2019 Bristol District</b> Southwest Virginia Higher Education Center One Partnership Circle Abingdon, VA 24210	<b>Thursday, April 25, 2019 Richmond District</b> Richmond Marriott - Short Pump 4240 Dominion Boulevard Glen Allen, VA 23060	<b>Monday, May 6, 2019 Culpeper District</b> Culpeper District Auditorium 1601 Orange Road Culpeper, VA 22701
<b>Tuesday, May 7, 2019 Salem District</b> Holiday Inn Tanglewood 4468 Starkey Road Roanoke, VA 24018	<b>Thursday, May 9, 2019 Fredericksburg District</b> James Monroe High School 2300 Washington Avenue Fredericksburg, VA 22401 **meeting begins at 6 p.m.	<b>Monday, May 13, 2019 NOVA District</b> 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](http://www.VTrans.org) or via email at [comment@vtrans.org](mailto: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](mailto: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](mailto: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).*

SEE BULLETIN, PAGE 11



# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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/](http://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 and education. For guests under 13. Junior Horsemanship Workshop (meet, greet and ride SPIRIT horses). Free. Call 703-600-9667 or visit [www.spiritquestrian.org](http://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](http://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](http://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](http://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](http://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](http://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. Visit [www.restonmuseum.org/programs](http://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](http://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](http://librarycalendar.fairfaxcounty.gov).





PHOTOS BY MERCIA HOBSON/THE CONNECTION

Poet and host for The Reston Chorale's Tapestry for Peace and Justice, Mike Maggio introduces Blue Ridge, by poet Susan Notar.

# Reston Chorale's 'Tapestry Of Peace and Justice'

An inspiring collaboration of music, visual and literary arts.

BY MERCIA HOBSON  
THE CONNECTION

The Reston Chorale presented "Tapestry of Peace and Justice," on Saturday, May 3, a concert combining three different forms of art — music, poetry and visual. Mike Maggio, concert host and President of The Poetry Society of Northern Virginia, shed light on the program title. "Tapestry of Peace and Justice."

"What do we mean by that ... Perhaps John Lennon said it best when describing his iconic song, 'Imagine,'" said Maggio. "Imagine a world at peace without the barriers of borders or the divisions of religion and nationality," said Maggio quoting the song by Lennon. Inspired by the performance theme, four members of The Poetry Society of Virginia read their original poems between songs, among them Susan Notar who presented "Blue Ridge."

Works by nineteen artists from The Reston Art Gallery & Studio and the League of Reston Artists hung on the walls surrounding the performance area. The visual artists, like the poets, created their works inspired by the program's theme.

Artist Alessandra Ricci painted, "Starving for Peace," oil on double canvas that depicted a crying dove held in the teeth of an unidentified person, head wrapped in a lilac cloth of white peace signs.

Two area youth choirs joined the chorale in selected works. The first was the junior choir of Washington Hebrew Congregation, JAM led by Cantor Susan Bortnick and songleader Audrey Katz.

The second youth choir was ADAMS Beat, possibly the first Mosque Muslim youth choir in America, under the direction of Hurunnessa Fariad.

"David Lang, (Reston Chorale Artistic Director) met ADAMS Beat at Washington Hebrew Congregation's



The two leaders of Jewish American Music (JAM), the junior choir of Washington Hebrew School, Song Leader Audrey Katz (left) and Cantor Susan Bortnick (right), stand with Hurunnessa Fariad, director of Adams Beat, among the first Mosque Muslim youth choirs in America.

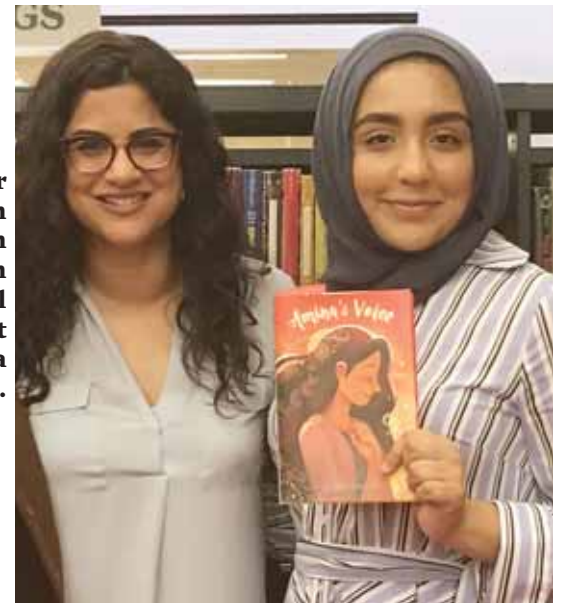
Martin Luther King Jr. service and asked them to join the Reston Chorale in this concert," Bortnick said. The concert also featured selections by R&B singer Margo Hope, Cyndy Elliott, bassist, and Erika Johnson, percussionist.

Before the second half of the concert, Reston Chorale Board President Ruth Ann Pinkman said how each year, Reston Chorale awarded the Robert E. Simon Music Scholarships to local high school and college students. "These talented singers are selected by audition and perform with us throughout the season. They also receive a financial scholarship that can be put toward their education fund," she said. "This season, we've enjoyed having three South Lakes High School students sing with us, Chelsea Camacho, Audrey Webb and David Whomsley. Chelsea couldn't be here today, but David Lang and I are pleased to present scholarships to Audrey and David."

The Reston Chorale's next concert is "A Star Spangled Salute," Saturday, May 25, 7-9 p.m. at the Reston Town Center Pavilion.

Left, author Hena Khan poses with Herndon High School student Nura Behgoman.

PHOTO  
COURTESY OF  
SCRAWL BOOKS



## Children's Book Author at Reston Regional Library

Hena Khan includes Muslim characters in her books.

Scrawl Books, a locally-owned, independent bookstore in Reston Town Center, partnered with the Reston Regional Library to bring children's book author Hena Khan to the library, Saturday, April 13. In conversation with Herndon High School student Nura Behgoman, in front of a diverse crowd of more than 80 children, teens, and adults, Khan discussed her middle grade and children's books, and her efforts to include Muslim characters in stories that are fun, entertaining, and focused on situations that affect all children. Behgoman, an aspiring writer and avid reader who wears hijab, asked about Khan's ability to write Muslim characters without making background or religion the main focus of the story. Khan pointed out that her characters, all bearing traditionally Islamic names taken from her own family members, deal with the same issues all kids deal with: friendship problems, pressure at school, at home, and on the basketball court and soccer field. Khan said characters in her books often visit mosques and Muslim centers, where they worship, attend pizza lunches and book sales and participate in other typical community center activities like all children and families. "As a kid, you just want to be a kid like everybody else," Khan said.

In conclusion, Khan read from her picture book, Under My Hijab, a friendly introduction to hijabs for all readers, which celebrates the many Muslim women and girls who

choose to wear them.

The audience included longtime Khan fans and families who were new to her work. Funding for the program was provided by the Friends of the Reston Regional Library, and this included free copies of two of Khan's books Under My Hijab and Amina's Voice to the first 20 children and teens that lined up.

"Reston was designed to be a diverse community, and we are so pleased to work with the Library to further that mission," said Rachel Wood, founder and owner of Scrawl Books. "We're committed to promoting books and authors that give readers of all ages an opportunity to recognize themselves in the characters and situations, and that celebrate our cultural similarities and differences."

Eileen Evon, Community Outreach Chair for the Friends, lead a team of volunteers to support the event. "This is why we volunteer. This is why we sort, stock and sell 30 tons of donated books a year. We love our library, and we love funding programs like this. We want to help our library be the best it can possibly be, and we want to encourage people to get the most out of our library."

Before and after the discussion, the Scrawl Books table was humming as families purchased copies of Khan's many titles, including her Zayd Saleem series about a young student doing his best to make it on the basketball team. Scrawl Books is an independent bookstore located in the Reston Town Center.



**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](http://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.

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# BULLETIN

FROM PAGE 7

Schools Virginia Hills Center, 6520 Diana Lane, Alexandria. Today more than ever, stress wears people out. Stressed-out youngsters, tweens and teens may seek harmful ways to relieve stress. During this forum, participants discuss the effects of stress on the brain-ways of the young and how to build the resilience needed for successful learning into adulthood and beyond. Space is limited; register at [www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490](http://www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490).

## MONDAY/MAY 20

**DMV2Go at the Pavilion.** 9 a.m.-4 p.m. at Reston Town Center. The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Visit [dmv.virginia.gov/general/#dmv\\_2go](http://dmv.virginia.gov/general/#dmv_2go).

## WEDNESDAY/MAY 22

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. Visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## SATURDAY/JUNE 1

**Dementia Care Support.** 10-11 a.m. at Hunters Woods at Trails Edge Showroom, 2254B Nunters Woods Plaza, Reston. Dementia Care Support Group - 1st Saturday of the month. Distinguish between normal aging and dementia, understand different types of dementia, the impact of changes to the brain and how family caregivers can best cope with these changes. Free. Call 703-708-4047 or visit [www.integracare.com](http://www.integracare.com).

**Peripheral Neuropathy Support Group.** 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit [www.dcpnsupport.org](http://www.dcpnsupport.org) for more.

## SUPPORT GROUPS

**Parent Support Partners**, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit [www.fairfaxcounty.gov/healthymindsfairfax](http://www.fairfaxcounty.gov/healthymindsfairfax) or [www.nami-northernvirginia.org/parent-peer-support.html](http://www.nami-northernvirginia.org/parent-peer-support.html).

## ONGOING

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at [gronbiz@aol.com](mailto:gronbiz@aol.com) or Program Coordinator Lynn Barron at [lynnieb517@verizon.net](mailto:lynnieb517@verizon.net).

**STEM Professionals Needed.** Help assist K-12 STEM teachers as part of the American Association for the Advancement of Science's STEM Volunteer Program, [stemvolunteers.org](http://stemvolunteers.org), during the 2018-19 school year. In the 2017-18 school year, there are 85 volunteers in six Northern Virginia school districts. Contact Don Rea at 571-551-2488, or [donaaldrea@aol.com](mailto:donaaldrea@aol.com).

**Volunteer Adult Mentors Needed.** Help assist the Department of Family Services' BeFriendA-Child mentoring program. The mentors provide opportunities for companionship, guidance and support to children who have been abused and neglected, or who are at risk of abuse and neglect. Contact Ibrahim Khalil at [Ibrahim.khalil@fairfaxcounty.gov](mailto:Ibrahim.khalil@fairfaxcounty.gov) or 703-324-4547.

**Herndon High School Library** needs volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email [hhs\\_library@fcps.edu](mailto:hhs_library@fcps.edu).

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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.



# South Lakes High Track Team Sets New Records

Another school record broken and additional postseason qualifications highlighted the two meets South Lakes High School track and field teams participated in during the first week of May.

After breaking the school record in the girls' 4x100 meter at last month's Penn Relays, they improved on that mark at the Liberty District Jamboree May 1 at SLHS.

Juniors Hannah Waller, Mary Gregory, sophomore Juvannadean Mullings and freshman Jillian Howard won the event in 46.86. The previous mark of 47.28 was set April 25.

In addition to the school record, Waller (12.04, 1st) and Howard (12.39, 3rd) ran 6A State Meet qualifying marks in the 100. Gregory finished fourth in the event with a 12.50, which is a 6A North Region D meet qualifying time.

Senior Nicky Napolitano had a region qualifying time in winning the 400 meters in 50.74.

At the Nike Spring Invitational, SLHS put on quite a performance for visiting Seahawk track alumni at the meet, which also honored the Class of 2019.

Seniors Asher Levy-Myers and Jonny Luu dominated the boys pole vault. Levy-Myers won the event with a vault of 13-03.00 followed by Luu (12-09.00), both state-qualifiers.

Senior Isabelle Gulbert also had a state-

meet qualifying performance by finishing second in the 1,600 meters (5:05.62). Junior Caleb Miller hit the state-meet mark in the discus throw with a 141-08.00 for second.

He also won the shot put with a 48-03.50, a region-qualifying mark.

The Seahawks dominated the sprint competition winning the:

- ❖ freshmen girls 100 meters (Howard, 12.47, region-qualifier)
- ❖ girls open 100 (junior Rhema Konadu, 12.57, region qualifier)
- ❖ boys open 100 (junior Jackson Cooley,

11.12, state qualifier)

❖ boys open 200 (Cooley, 22.82, region qualifier)

❖ boys 4x100 meter relay team of seniors Nicky Napolitano, Daniel Ezidinma, sophomore Ebi Fiobotei and Cooley (43.67, region qualifier)

SLHS also swept both the girls 200 meters and 400 meters. Waller won both events with state-qualifying times of 24.75 in the 200 and 55.14 in the 400.

She was followed in the 200 by Howard (2nd, 25.59, state qualifier) and Konadu (3rd, 26.42, district qualifier). As with Waller, Mullings (2nd, 56.96) and Gregory (3rd, 57.54) ran state-qualifying times in the 400.

Seniors Nicole Post (45.82, region) was first and Kristen Williams (48.34, region) fourth in the the 300 meter hurdles and junior Emily Lannen won the 800 meters in a region qualifying time of 2:17.59 in helping the girls team to win the Nike Spring Invitational. The SLHS boys team finished second.

The relay team of juniors Kelly Bidwell, Olivia Cochis, Frankie Delmolino and senior Kiara Johnson won the girls 4x800 with a time of 11:10.00.

South Lakes will send some members to the =PR= Spring Classic Wednesday, May 8 at Lake Braddock Secondary School before preparing to defend their Liberty District titles May 14-5 at SLHS.



**Mary Gregory, Hannah Waller, Jillian Howard, Juvannadean Mullings break South Lakes High School record in 4x100 at Liberty District Jamboree May 1.**

PHOTO CONTRIBUTED

## Reston Town Centers Hosts Home and Garden Marketplace

Reston Town Center presented HGRTC, a home and garden marketplace in the Pavilion on Sunday, May 5. Throughout the event visitors enjoyed guest speakers, DJ music, a variety of vendors with décor, plants and more for sale, plus educational groups with information about keeping things natural and beautiful in the garden. On stage, gardening expert Mike McGrath, broadcaster of WTOP radio's Garden Spot, presented two 1-hour shows including time for Q&A and book signings, and Mina Fies talked about the Renovate Happy experience.

Despite a chilly day full of rain, hardy folks came out to enjoy Mike McGrath's fun and informative talks, receive tips from non-profit organizations and vendors. About 60 people got tickets to see a free showing of the film "Hometown Habitat" at Bow Tie Cinemas.

HGRTC plant sales benefited The Reston Chorale thanks to support from Reston Farm Market, the retail center on Baron Cameron Avenue in Reston, established in 1976.



**May Bernhardt at the Mayflowers booth at HGRTC.**

**Mike McGrath speaks about how to "Grow Your Best Tasting Tomatoes Ever" at HGRTC.**



**Mina Fies of Synergy Design & Construction spoke about Zen Remodeling.**



PHOTOS COURTESY OF MYERS PR