

# Great Falls CONNECTION

"I love teaching them to uphold our family values, our faith values—loving others, being kind, and being part of a community."—Johnny Yun enjoying a Saturday treat at the Great Falls Creamery with his three children (from left) Jordan, 13, Hannah, 8, and Noah, 11.

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## NEWS

# High School Seniors Awarded Scholarships

Provided by Reston  
Hospital's medical staff.

BY MERCIA HOBSON  
THE CONNECTION



RESTON HOSPITAL CENTER.

**Reston Hospital Center awarded scholarships to ten Fairfax County seniors.**

Ten Fairfax County high school students in the Class of 2021 received scholarships from the medical staff of Reston Hospital Center in recognition of their academic excellence and plans to pursue careers in healthcare. According to the hospital news release, medical staff dues collected from providers at Reston Hospital funded \$13,000 in scholarships available to the Fairfax County seniors and six Loudoun County seniors.

"These students have risen to the occasion throughout their high school careers and are well deserving of the medical staff scholarships. We wish them all well as they begin their journeys of exploring careers in the healthcare field," said Dr. Brett Sachse, president of the Reston Hospital Center's medical staff.

The Fairfax County recipients of the Reston Hospital Center Medical Staff Scholarships are:

Sri Vaishnavi Konagalla – Chantilly High School

Lucille Brown – Herndon High School  
Mai Virginia Ishikawa – James Madison High School  
Rupa Siva – Langley High School  
Amelia Zug – McLean High School  
Annabelle Grace Wolsborn – Oakton High School  
Neha Pai – Oakton High School  
Virag Ellen Murphy – South Lakes High School  
Emma Lynch – South Lakes High School  
Daniella Fernanda Medina – Westfield High School  
"We are pleased to be able to support these young adults as they venture into the world of higher education," said John Dardorff, president and chief executive officer of the HCA Healthcare Northern Virginia market and Reston Hospital Center.

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PHOTO BY ALEXIS GLENN

The ghost bike at Franconia Road and Telegraph Road, where bicyclist Fatima Del Carmen Alvarez Romero, 24, was hit and killed while crossing in the crosswalk.



PHOTO BY JORGE TORRICO

Bicyclists holding signs during a moment of remembrance at the crash site where Fatima Del Carmen Alvarez Romero was killed.

## Pedestrian and Bicyclist Fatalities Rise in the Area

Road design, speeds, lighting and negligence are factors.

BY MIKE SALMON  
THE CONNECTION

This spring has seen several fatal pedestrian accidents, possibly signaling a warning to drivers, pedestrians and transportation engineers that more could be done to lessen these fatalities in Fairfax County.

In early June, a 64-year-old cyclist died following a crash that occurred just after 10 a.m. at the intersection of Hidden Canyon Road and Blueridge View Drive in Centreville. Detectives from the Fairfax County Police Crash Reconstruction Unit have preliminarily determined that Raymond Buza, of Centreville, was on his bicycle traveling east on Hidden Canyon Road and was hit by a 2017 Hyundai Sonata turning left in front of Buza resulting in the fatal crash. The driver of the Sonata remained at the scene, and was later charged with infliction of injury on a vulnerable road user, the police said.

On June 3, Reynaldo Quinteros Alfaro, 54, of Alexandria, was crossing South Kings Highway when the driver of a 2017 Dodge Journey was traveling southbound on South Kings Highway, a posted 35-mile-per-hour roadway, and struck him. Virginia law, §46.2-924, requires drivers to stop for pedestrians at any intersection when the driver is approaching on a highway where the speed limit is not more than 35 miles per hour. Quinteros Alfaro was taken to the hospital where he was pronounced dead, police said.

On June 4, Fatima Del Carmen Alvarez Romero, of Alexandria, a 24-year-old cyclist, died in a crash just after 11 a.m. at the



PHOTO BY MIKE SALMON/CONNECTION

About a mile south of the site of the June 4 fatality, there is a multi-use path being constructed as part of an intersection modification project at Lee District Park. This should enable pedestrians and cyclists to safely enter the park.

intersection of Telegraph Road and Franconia Road. According to the FCPD, she was on her bicycle and entered the crosswalk to cross Telegraph Road on the south side of the Franconia Road intersection. Alvarez Romero proceeded east through the intersection in front of a 2020 GMC Savanna which was traveling north on Telegraph Road and had a green traffic signal which resulted in the crash. The driver of the GMC Savanna remained at the scene.

In April, pedestrian Choon Yoo, 77, of Annandale, died following a crash at 10 p.m. near the intersection of Little River Turnpike and Backlick Road. Detectives determined that Yoo was crossing Little River Turnpike and the driver of a 2011 Toyota Corolla on Little River Turnpike and struck Yoo.

### Police Presence

The Fairfax County Police Department

is increasing patrols to increase police visibility and enforce laws that make the roads safer, according to Sgt. Hudson Bull. "While enforcement and education efforts are underway, the Department relies on its partnership with the community in sharing our message to increase public safety," Bull said. Although many fatalities have occurred in early June that makes it seem like a large amount, "to date, fatal crashes, and all crashes, are lower compared to 2020 and 2019," Bull said.

Many states are taking part in the "Vision Zero," traffic safety program. "Vision Zero starts with the ethical belief that everyone has the right to move safely in their communities, and that system designers and policy makers share the responsibility to ensure safe systems for travel," the policy information stated. In this area, the Vision Zero program is active in Alexandria, Montgomery County, Md. and Washington, D.C.

Fairfax County is not part of Vision Zero, and some members of the bicycling community feel the county should sign on to Vision Zero.

"The Fairfax Alliance for Better Bicycling calls on Fairfax County to join its neighboring jurisdictions in adopting Vision Zero and acknowledging that the injuries and deaths of vulnerable road users are preventable," FABB stated.

### Outdated Street Design

In many cases, "it's the design of streets that needs to be updated to prioritize street safety over motorist speed where pedestrians and bicyclists are likely to be present and accommodate all users with safe, welcoming, and context-appropriate facilities and networks," said Melanie Bowzer at the Association of Pedestrian and Bicycle Professionals.

Other factors affect the severity of injuries too, including road design that lends itself to people driving faster and the increase of larger vehicles on the road. Both speed and vehicle size increases the likelihood of fatal and serious crashes. Distracted driving is also a relevant factor in pedestrian and bicyclist fatalities, Bowzer noted.

VDOT works closely with Fairfax County to administer projects through the county's prioritization and funding processes, following the comprehensive and multimodal plans for the County.

"Safety is always our top priority and is a vital consideration at each stage of project design," VDOT said. At the project development stage, VDOT will initiate all highway construction projects with the presumption that the projects shall accommodate bicycling and walking, their planning document states.



A Fairfax County police helicopter flying above the area.



# ‘We Fly Where Other Aircraft Are Restricted’

Police share information about their helicopters and drones.

BY BONNIE HOBBS  
THE CONNECTION

In his 29th year with the Fairfax County Police Department, Capt. Mike Shamblin has headed the Helicopter Division for a year. And he recently addressed an online meeting of the Sully District Police Station’s Citizens Advisory Committee to discuss the police helicopters and drones.

“We have two Bell 429 helicopters, and we do both police and Medevac missions,” he said. “We can also fly in areas where other aircraft are restricted. We’re a 24/7, 365-day operation; the only time we can’t fly is because of bad weather.”

The division started in 1983 when a local businessman donated the helicopters to the Police Department. And Inova flight nurses flew with the police until the 1990s, when the police took over operations completely. Now, it Medevacs victims of car-crashes and traumas to Inova Hospital and burn victims to MedStar Health in Washington, D.C.

“We’re normally based at 4604 West Ox Road [in Fairfax],” said Shamblin. “But we’re currently housed at the Manassas Regional Airport until we can get our new, larger hangar built. It’s due to open in mid-April 2022. We’ve been there since July 2020, and it’s just a six-minute flight from there to the old hangar.”

He said they have a combination of police and civilian pilots. There are 12, full-time paramedics – all sworn police officers, plus six, full-time pilots who are mostly civilians. And their helicopters are the only law-enforcement aircraft in Northern Virginia.

“We fly about 1,500 missions a year,” said Shamblin. “About 70 of them are Medevacs – we fly at least one Medevac per week.

**MEDEVACS** are our number-one priority; police missions are second. We’ll leave police events to do Medevacs, and we’ll leave events in other jurisdictions to do an event in Fairfax County. Our paramedics have even more training than Fairfax County Fire Department paramedics, so we can provide advanced, life-saving techniques that they can’t.”



PHOTO COURTESY OF  
JOSH LAITINEN  
Capt. Mike Shamblin

He said their helicopters are dual-engine aircraft and “are safer that way, in case there’s a problem with one of the engines – which happened recently. Our maximum cruise speed is 155 knots, which is about 175 mph. They each weigh 7,000 pounds and have a range of 400 miles. We often fly to Roanoke for routine maintenance and to Salem for major repairs. And the camera mounted on the front of the aircraft has video and night vision.”

“Our helicopter program is extremely valuable to the county,” said Sully District Station Commander, Capt. Jason Allegra. “And it’s an important asset in keeping our officers and community safe.”

In addition to helicopters, the Police Department began flying UAS (Unmanned Aerial System), or drone, missions in 2019; and by 2020, it had 30 trained UAS pilots. Police have legal authority to fly missions in Virginia as law enforcement. They’re also permitted to operate in national airspace in a particular location.

**THEY MAY USE DRONES** under the following conditions:

With a search warrant; to serve a felony arrest warrant at a wanted subject’s primary residence; when in hot pursuit of someone actively sought for an arrest; when there’s an amber, senior or blue alert; to investigate a reportable traffic crash; in a location where they have consent to be; for training pilots and evaluating equipment; and to “alleviate an immediate danger to any person,” such as a missing, endangered person; suicidal/homicidal person; barricaded/armed suspect; active shooter; explosive ordnance disposal; fleeing suspect considered armed and dangerous; and incidents involving hazardous materials.

“We currently have 12 drones,” said Shamblin. “Our SWAT team has six; the Technical Investigation Unit, one; Fugitive & Apprehension, one; Crime Scene Unit, two; and Helicopter Search & Rescue, two. These drones can help clear a building [to make sure it’s safe for police to enter]. And some can be used to help find missing persons.”

His assistant commander, 2nd Lt. Brian Bowman recommended that people wanting more information go to the FCPD Website and search for UAS. All their drone activity is logged on there, as well as lists of what the drones can and cannot do.



PHOTO CONTRIBUTED

Keller Williams Team Leader Amina Basic, second from left, presented Share with a check for \$17,522.

## Local Charity Gets Boost from Realtors

A local food bank in McLean was presented with a big contribution from Keller Williams agents in McLean and Great Falls recently. SHARE, a non-profit 501c(3) charity that supports area residents with food, clothing and furniture was presented with a check for over \$17,000 raised from agents with Keller Williams Realty McLean/Great Falls.

Keller Williams normally conducts an annual food drive at Giant in McLean and Safeway in Great Falls to help fill the shelves at Share. It’s called Red Day when Keller Williams agents dedicate a day to give where they live and support the local communities. But the Covid shutdown prevented the realtors from contacting shoppers to contribute food items. So instead, Keller Williams raised money from its agents for a week so SHARE can now buy more food and products

needed by its patrons.

Keller Williams Team Leader Amina Basic presented Share with a check for \$17,522. “We are so proud of our agents for stepping up and helping this wonderful organization and the great work that they do,” said Basic. “We were disappointed we couldn’t conduct the food drive this year because of covid. It gives us an opportunity to reach out to our area residents for help, and they always support us. So this year we collected money instead from our agents.”

SHARE Executive Director Don Frickel said this last year has been very challenging. “It has been a very rough year for us because the need has been so intense, while our normal resources were diminished. So this check is a really big boost and will help us meet the needs of our people. We can’t thank the Keller Williams agents enough. We are truly grateful.”

## 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 the event.

### JUNE 25-26

**Ham Radio Operators Field Day.** At 12399 Falkirk Drive, Fairfax. Ham radio operators from the Vienna Wireless Society will be participating in a national amateur radio exercise from Saturday June 25th at 2 p.m. until Sunday June 26th at 2 p.m. Location of the event takes place at the, Amateur Radio Station WA3RGH. Amateur radio operators from the Vienna Wireless Society will also be participating in a national amateur radio emergency communications exercise that runs for 24 hours starting on Saturday, June 26 at 2 p.m. An emergency communications operation participating in this event will be

set up at 128 South Spring Street in Falls Church. Members of the community are welcome to visit the operation to learn more about amateur radio and the public services amateur radio operators provide in situations where the communications grid has failed. For more information, visit the VWS website at [www.viennawireless.net](http://www.viennawireless.net).

### SATURDAY/JUNE 26

**14th Amendment Kick-Off.** 1 to 3 p.m. At the Vienna Community Center, Vienna. A summary of the supreme court case followed by a Q&A with Philip Hirschkop (who represented



# 95 and Counting

Seniors who are 95 and older reflect on life and offer advice to younger people.

BY MARILYN CAMPBELL  
THE CONNECTION

95-year-old Howard Eisenberg says he was carded recently and asked to provide proof of his age as he boarded a train on his way to visit his 80-year-old girlfriend.

"Three different conductors carded me. I said, 'Look, isn't my gray hair enough?' The conductor said, 'Nope, that could have started at 40.' They insisted on seeing my driver's license and boy, was I proud."

What's the secret to a long life? Three local seniors reflect on their lives and share their accomplishments and their advice to younger generations.

Born in Manhattan, Eisenberg, who now lives in Alexandria, began his lifelong career as a writer while doing a stint in the military.

"I started writing at 18. WWII had just ended and my captain learned that I'd had a couple of years of college. He said, 'PFC Eisenberg, the Nazis who were in this barracks left a mimeograph machine and a typewriter here. Write me a newspaper to improve morale.' You don't say no to your company commander, so I wrote 'The Rifleman.'"

Eisenberg, who recently completed the script for a musical, says he's been a writer ever since. "I've written for radio and television. I've written magazine articles, he said. "I shared magazine and book bylines with my amazing late wife, Arlene.

To him, age is just a number and he says he has no intention of retiring. "There is so much to write about that I don't plan to quit until my fingers break off in the computer keys," he said. "And then I'll try dictating."

He has three children, six grandchildren and three great grandchildren. "I have to do a bit of math to keep track of progeny," he jokes.

Eisenberg doesn't attribute his longevity to genetics. "My mom only reached 62 and my dad his mid-70s," he said. "But those were meat-and-potato days. You ate what tasted best, not what was good for you."

Instead, he attributes his good health to prioritizing nutrition and taking vitamins. A healthy diet and regular exercise are two habits that Eisenberg attributes to hitting the 95+ mark. "Down with sugar and white flour," he said. "The more colorful the food the better."

WWW.CONNECTIONNEWSPAPERS.COM



PHOTO COURTESY OF MIRIAM HALPRIN

103-year-old Miriam Halprin enjoys a deli sandwich during her first outing since the coronavirus pandemic began says that she credits her long life to positive mental outlook, good genes, a good laugh and an extremely high degree of vanity.

**"Always keep a positive attitude and a sense of humor."**

— Miriam Halprin



SMITH DAVIS PHOTOGRAPHY

Howard Eisenberg

Broccoli, spinach, asparagus, yams and low-fat, sugar-free ice cream are among the foods that he enjoys. "Of course, this is common sense, not prescription," he said.

Inquisitiveness is a trait that Eisenberg advises younger generations to acquire. One of his regrets is not being bold enough to ask questions when he didn't understand something in his youth.

"I joined my outfit as an infantry replacement and they gave me a bazooka, which I'd

only fired twice and that was in basic training, he said. "I didn't remember how to shoot it but was sadly too embarrassed to ask guidance from one of the Battle of the Bulge seasoned veterans. Big mistake."

"So when a machine gun nest stopped us and the captain shouted, 'Bazooka up front,' I was momentarily frozen in place," continued Eisenberg. "The GI carrying bazooka rockets saved me. He turned and ran to the rear with the ammo and I had to chase and tackle him. By the time I got back with the ammo the machine gun was kaput."

This experience taught him the value of seeking as much information as needed to gain the understanding necessary to complete a task.

"You may not carry a bazooka, but there will be many times at different stages in your life when you won't know how to do something. Don't be a shy guy or gal. Ask questions, ask questions, ask questions. Ask until you're sure you understand. Then do it."

# A Gift of Being a Father

Father's Day 2021:  
Capturing dad moments.

BY MERCIA HOBSON  
THE CONNECTION

Being a father is a gift. It offers a man an opportunity for pride in another being, for crazy play filled with giggles and squeals of joy, and for quiet moments to savor life's simple pleasures with his children. The Connection came upon three such environments in the days before Father's Day

2021, where dads were with their children. The first was a farmers market, the second a playground, and the third an ice cream shop.

At each location, the reporter asked one father, "What do you love about being a dad?" Unexpectedly all three dads responded in the same manner- a pause of several seconds and a look at his child or children before answering. This is what they said.



"I love being able to watch her grow every day and seeing new developments." - Adam of Reston with his daughter Ruby riding in his front-facing baby carrier. At the same time, he shopped and socialized at the Herndon Farmers Market.

PHOTOS BY MERCIA HOBSON/  
THE CONNECTION



"I enjoy being outdoors here with my kids and playing tag, keeping them active and keeping me active. I [love] watching them grow and seeing them enjoy everything the world offers. My secret is giving them everything they need to be successful in life." -- Mike Johnson with his wife Alison and their three children, (from left) Ryan, 10, Nathan, 13, and Caroline, 7, at the Great Falls Grange Playground.



"I love teaching them to uphold our family values, our faith values- loving others, being kind, and being part of a community."- Johnny Yun enjoying a Saturday treat at the Great Falls Creamery with his three children (from left) Jordan, 13, Hannah, 8, and Noah, 11.



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# BULLETIN

FROM PAGE 4

the Loving's), along with first-person testimonial from community members who were directly affected by the Supreme Court decision in 1967.

## SUNDAY/JUNE 27

Concerts on the Green. The Oxymorons. 6-8 p.m. At the Village Centre Green, Behind the Old Brogue, Great Falls. Join in a free, live concert every Sunday in June and then mid-August through the end of September. Pack up the kids, a blanket and your lawn chairs...bring dinner or pick it up at wonderful local restaurants. You are sure to see a neighbor or two. Sponsored by Great Paws Veterinary Services

## ST. FRANCIS SERVICES

Sundays at 9 a.m. Join us Sunday mornings In-person/Live Streamed Via Zoom at St. Francis (9220 Georgetown Pike, Great Falls). Eucharistic Service. Followed by Coffee Hour via zoom breakout rooms and Millen Hall.

Sundays at 5 p.m. This will be an Outdoor Eucharist at 5 p.m. this Sunday, held immediately behind the large window of the sanctuary out of doors, the area known as the Green Room at St. Francis. What kind of service will it be? It will be Sunday Outdoor Eucharist Service. There will be communion. Weather permitting.

## ONGOING

In-Person Worship Begins. 10:15 a.m. The Church of the Good Shepherd (United Methodist), 2351 Hunter Mill Road, Vienna. In-person worship services will resume with some restrictions. Details at: [https://faithconnector.s3.amazonaws.com/goodshepherdva/files/revised2\\_in\\_person\\_worship\\_begins\\_june\\_13.pdf](https://faithconnector.s3.amazonaws.com/goodshepherdva/files/revised2_in_person_worship_begins_june_13.pdf)

## GREAT FALLS SUMMER ART CAMP

**WEEK 3 — June 28-July 2**  
Paper Mache Sculpture and Mask Painting with Michela Mansuino  
Ages 8-14; Session 3a — 9:30am-12:30pm details/ register  
Paper Mache Sculpture and Mask Painting with Michela Mansuino  
Ages 10-18; Session 3b — 1:30-12:30pm details/ register  
**WEEK 4 — July 6-9**  
Color Study in Oil Paints with Michela Mansuino  
Ages 10-18; Session 4a — 9:30am-12:30pm details/ register  
Color Study in Oil Paints with Michela Mansuino  
Ages 10-18; Session 4b — 1:30-4:30pm details/ register  
**WEEK 5 — July 12-16**  
Cartooning with Bud Little  
Ages 8-14; Session 5a — 9:30am-12:30pm details/ register  
Photography for Middle & High Schoolers with Joe Willmore  
Ages 12-18; Session 5b — 1:30-4:30pm details/ register  
**WEEK 6 — July 19-23**  
Classical Drawing with Michela Mansuino  
Ages 8-12; Session 6a — 9:30am-12:30pm details/ register  
TEEN Classical Drawing with Michela Mansuino  
Ages 12-18; Session 6b — 1:30-4:30pm details/ register  
**WEEK 7 — July 26-30**  
Paper Mache Sculpture and Mask Painting with Michela Mansuino  
Ages 8-12; Session 7a — 9:30am-12:30pm details/ register  
Paper Mache Sculpture and Mask Painting with Michela Mansuino  
Ages 10-18; Session 7b — 1:30-4:30pm details/ register



## CALENDAR

### SATURDAY/JUNE 26

Drag Storybook Hour. 10:30 a.m. and 11:30 a.m. At Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Celebrate Pride Month by attending Drag StoryBook Hour co-sponsored by Fairfax County Public Library and McLean Community Center.

### SUNDAY/JUNE 27

Concert on the Green. 6-8 p.m. At the Village Green, behind the Old Brogue, Great Falls. Featuring The Osmorons. Sponsored by Great Paws Veterinary Services.

### SUNDAY/JUNE 27

China's Economic Rise. 2-3:30 p.m. At the Cold War Museum, 1734 Farm Station Road, Warrenton, VA. The former Hong Kong Bureau Chief for Business Week, fluent in Mandarin, talks on Zoom about what she observed in mainland China in the 80's as China's economy started its rise. Cost is \$20. Visit the website:

<https://www.eventbrite.com/e/the-real-leap-forward-witness-to-the-origins-of-chinas-economic-rise-tickets-142302489577>

### SUNDAY/JUNE 27

Summer Sunday Concerts in the Park. 5 p.m. At McLean Central Park Gazebo 1468 Dolley Madison Blvd., McLean. Sunday, June 27 -- JoJo & The Pinecones. Sunday, July 11 -- Sun Dogs: A Tribute to Rush. Sunday, July 18 -- The Sensational Soul Cruisers: A Tribute to Motown. Sunday, July 25 -- Nashville Girls Night Out.

### MONDAY/JUNE 28

Reston Community Orchestra. 7-9:30 p.m. At Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Reston Community Orchestra is making music again. Come join the orchestra for open rehearsals on Mondays, June 28th and July 5th through 26th at the Reston Community Center.

### TUESDAY/JUNE 29

"Duck Harbor" Web Series. 8 p.m. Episode Five. Sponsored by 1st Stage in Tysons Corner. Duck Harbor is a web series about a long-distance love in later life. The piece is brought to audiences through a creative series of short scenes in which the actors, just like the characters, are meeting for the first time. Audiences will get to experience the magic of the theater and the excitement of new love between these two lonely hearts reaching out from charming small towns on opposite sides of the country. Every week, each of the two actors, who live on opposite coasts, will be given only their half of the script and will experience the other side of the story with a sincere and genuine freshness, "on stage," in front of our audience. Performances will take place every Tuesday, now through August 17. Get your tickets today at [www.1ststage.org](http://www.1ststage.org).

### FRIDAY/JULY 2

Friday Night Live. At Herndon Town Green, Herndon. Popular free outdoor concert series returns to regular performances. This will be the 27th season for the concert series which is produced by the Herndon Chamber of Commerce.

#### Schedule

July 2 -- Under the Covers;  
July 9 -- Turtle Recall;  
July 16 -- The Rockets;  
July 23 -- Herr Metal + Dr FU;  
July 30 -- Kristen and the Noise;  
Aug 6 -- Social Call;  
Aug 13 -- It's All Good;  
Aug 20 -- JunkFood;  
Aug 27 -- All-Star Band;  
Sept 3 -- Shake the Room;  
Sept 10 -- keeton + 8 Track Jones;  
Sept 17 -- The Reflex;  
Sept 24 -- Screaming Mönkeys.

Friday Night Live! is produced by the Herndon Chamber of Commerce and brought to you by its title sponsor Volkswagen Group of America.

### JULY 4 FIREWORKS

In Herndon. 8 -10 p.m. At Bready Park, 814 Ferndale Ave, Herndon. This year the event [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

is scaled back and will feature a fireworks display only. The fireworks will begin at 9:30 p.m. Event parking and access to Bready Park will open at 8:00 p.m. Rain date, fireworks will be held on Monday, July 5, 9:30 p.m. Free admission and Parking. Visit the website: <https://www.hernndon-va.gov/recreation/special-events/4th-of-july>

### SUNDAY/JULY 4

Trailblazers 5K Fun/Run. 8 a.m. At Great Falls Library Ballfield, 9830 Georgetown Pike, Great Falls. Great Falls Trailblazers are sponsoring the free annual 5 K Fun/Run. All ages are welcome. Sign up at the web site [www.GreatFallsTrailblazers.org](http://www.GreatFallsTrailblazers.org).

### SUNDAY/JULY 4

July 4th Drive-Thru Ice Cream Celebration. 11 a.m.-2 p.m. At McLean Community Center, 1234 Ingleside Ave., McLean. Celebrate Independence Day with MCC's drive-thru 4th of July event. This event includes music, free ice cream, patriotic giveaways, and more. Registration is required for this timed event. Sign-up for one of the following time slots to participate. One registration per vehicle.\*

Register: 11 a.m.-noon

Register: Noon-1 p.m.

Register: 1-2 p.m.

### FIREWORKS AT LAKE FAIRFAX

Fireworks Return to Lake Fairfax. Lake Fairfax will host fireworks on Saturday, July 3, 2021, bringing back this community celebration after a pandemic-driven cancellation last year. This year's event will take place the day before the national holiday - on Saturday, July 3. Tickets can be purchased online through 11:59 p.m. on July 2. Advance tickets are available for \$10 per car; day-of tickets may be purchased at the park for \$15 per car. The fireworks will be launched at dark which is usually shortly after 9 p.m. Attendees should arrive by 8 p.m. to ensure sufficient time to park and find a spot to watch the show.

For those looking to make a day out of it, the park will be open at sunrise and will have various food trucks on site throughout the day providing delicious food and beverages. The Water Mine Family Swimmin' Hole will also be open from 11 a.m. until 6 p.m., but be sure to purchase tickets in advance as the water park routinely sells out by noon.

### FREE SUMMER CONCERTS IN RESTON

Reston Community Center is pleased to announce that free summer concerts will return to venues around Reston beginning in June. Lunchtime with the Arts at Mason - Thursdays in June, Reston Town Square Park. 12:30-1:30 p.m.

Take a Break - Thursdays, 7 p.m. - 9 p.m., Lake Anne Plaza

Summerbration Fab Fridays - 7 - 9 p.m., Reston Station

Family Fun Entertainment Series - Saturdays, 10 a.m. - 10:45 a.m., Reston Town Square Park

Sunday Art in the Park with the Shenandoah Conservatory - Sundays, 7 p.m. - 8 p.m., Reston Town Square Park

## Great Falls CONNECTION

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## Wait. What?



By KENNETH B. LOURIE

After each individual appointment with my oncologist, either virtual or in person; all my prescription needs and my next round of appointments are scheduled while I wait. Typically, my oncologist will ask me which days and times are convenient. Our cycle for such responses is every three months, after my quarterly scans. Since it's a regular routine, we've come to know our schedules three months in advance so we can make suitable and available arrangements - both medically and socially so as to not upset any previously scheduled apple carts. It's not that often that any non-cancer activities might conflict with a Wednesday morning in Gaithersburg. Nevertheless, scheduling is preferable to rescheduling. And since time is a wastin', there's no time like the present to smooth out any potential blips on the calendar.

When we were scheduling this week's on-site day at the facility back in March, we knew we were going to Montana this month. The original Wednesday, June 16, when I should have been scheduled for my scans, was not totally inconvenient but it was the day before we were leaving town. No problem. My health comes first so I was ready to okay the 16th. Then my doctor suggested that I wait a week, until the 23rd, the day after I will have arrived home, because he said "Nobody wants to get bad news before a vacation." It seemed the lesser of two evils so I decided on the 23rd. Then it hit me: "What bad news?" Not that I have been particularly symptomatic of late or have emailed my oncologist every step of the way. Hardly. But I can't believe my oncologist's suggestion was totally innocent. Though he most definitely meant well (he's always talking about quality of life), it unfortunately ruffled my feathers and got me thinking about results and consequences - and of course, life expectancy. And since bad news travels fast, I didn't see a point in speeding it up. Whatever will be will be and there's nothing I can do about any of it before my vacation which somehow affects my results after. If I've learned anything during these 12-plus years in the cancer world, it is that there's no need to hurry things along. Cancer works at its own pace and being flexible in the face of such imminent danger is the only way to roll.

But that's the dilemma us seriously ill/diagnosed patients experience. Do we delay the inevitable or do we naively hope for the best. I mean, how much respect do we give cancer? Somehow, we have to live our lives and occasionally "damn the torpedoes." And if we're not able to find a break in this very serious action, I imagine our wherewithal living forward might be adversely affected. Cancer has a way of getting under your skin (no pun intended) and then seeping into your subconscious. Before you know it, "the cancer" as "Forrest, Forrest, Gump" said will likely make you a very dull boy or a "dismal Jimmy" as the Brits say.

I chose to throw caution to the wind and live my life with the usual weight and not compound an already heavy burden by having my scan results emailed to me while I'm on vacation. I'm pretty good at compartmentalizing but I saw/see no reason to test my credentials. As a cancer patient, if I'm being honest/realistic, something bad could happen to me. I don't see any advantage to making matters worse, potentially, by forcing the issue.

I think why I'm focusing - and possibly over-reacting, to this presumptive unpleasantness, is that it hadn't ever been suggested to me before by my oncologist in quite this context. Oh sure, he's talked about my health and various percentages of survival but this last meeting, its directness caught me off guard. Sure we all laughed, but for a moment it raised the stakes and reminded me how fragile our existence is. I'm a very positive person so I can usually fend off most emotional trauma. In fact, the title of one of my earlier columns was "Positive About the Negative." And though I've been quite able to keep my "terminal" diagnosis in perspective, hearing 'nobody wants to get bad news before a vacation' may be considerate to suggest, but some things are better left unsaid, especially to a cancer patient.

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





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