

Spring Farm Day at Frying Pan Farm Park

NEWS, PAGE 9

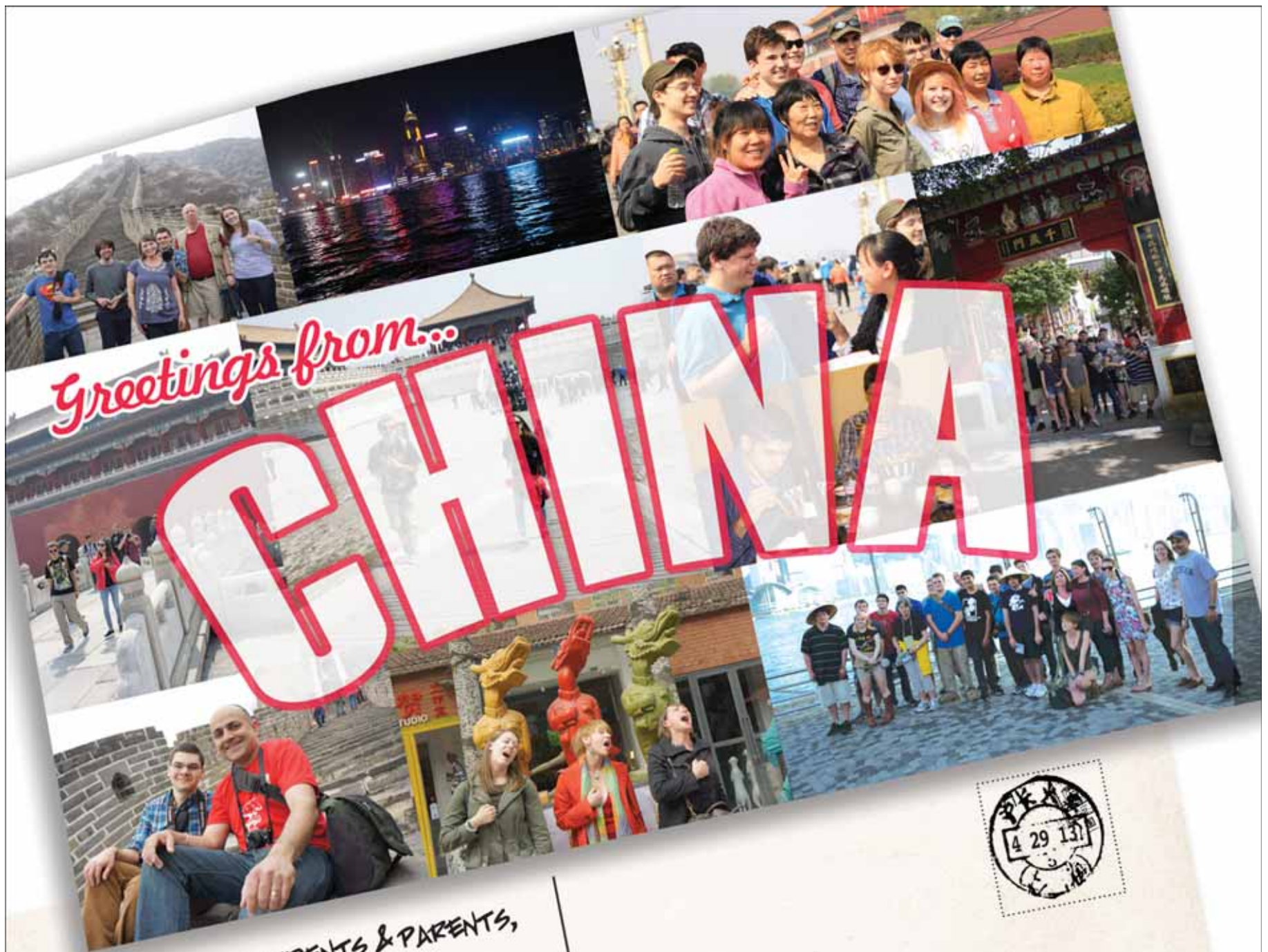
4-H Club member Kayla Blatman with a sheep that will be sheared at Spring Farm Day, held at Frying Pan Farm Park on Saturday, May 11.

From Herndon to
Sierra Leone

NEWS, PAGE 3

Area Students Receive Scholarships

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DEAR FAIRFAX STUDENTS & PARENTS,
 OUR HIGH SCHOOL STUDENTS WENT TO
 BEIJING, HONG KONG AND MACAU FOR
 THEIR ANNUAL INTERNATIONAL TRIP.
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NEWS

From left, scholarship recipients Ana Gloribel Pereira Mejia, Nicolas Polo Sánchez, Juan Guevara and Melanie Aguilar Rojas have worked hard to achieve “firsts” for their families in America.



PHOTOS BY LAUREN YOUNG/THE CONNECTION

Area Students Receive Hispanic Leadership Alliance Scholarships

Recipients are first in their families to attend college.

BY LAUREN YOUNG
THE CONNECTION

Every year, The Hispanic Leadership Alliance (HLA), a non-profit organization based in Northern Virginia, gives out scholarships to Latino high school students for post-secondary education. The alliance identifies itself as “a group of area residents committed to helping its students achieve their highest academic potential.” This year, on Monday, May 13, at the eighth annual awards banquet, eight students received scholarships. The banquet was hosted at El Tío Tex-Mex Grill in Falls Church. Families, friends, teachers, counselors, administrators, school board members and the leadership team for HLA were in attendance to show their support for the recipients. The students have plans to further their education, and have thought about possible courses of study for college.

ONE STUDENT, Melanie Aguilar-Rojas from Oakton High School, will be attending William and Mary College in Williamsburg this fall. She plans to study international relations with a future goal of working for the state department. Rojas, like the rest of the award recipients, will represent the first generation of her family to attend college. When asked about this she said, “I’m very excited, and my family is counting on me.”

Nicolas Polo Sánchez of West Springfield High School, another recipient of the HLA scholarship, also plans on studying international relations. He will attend Northern Virginia Community College, with intentions of transferring to James Madison University in Harrisonburg. The first of his family to attend college, he stresses, “If you try hard and have the right people pushing you, you can do amazing things.” Sánchez mentioned how people like the Spanish parent liaison of West Springfield High School helped him. He has been an officer for the Spanish Honors Society, and a member of the Hispanic Heritage Club for four years. These students are all well rounded and have kept busy with obligations outside of academics.

Ana Gloribel Pereira Mejia of Lake Braddock Secondary School says she worked 30 hours a week at a local restaurant throughout high school, in addition to her course work. At age 12 she came to America and had to learn English. This was a challenge she faced, but with the help of teachers like Patricia Rice, her high school English teacher, she has been able to catch up to other students and achieve so much in her four years at Lake Braddock.

Juan Guevara of Herndon High School also had to learn English, and remembers at a young age how



Nicolas Polo Sánchez, West Springfield High School



Ana Gloribel Pereira Mejia, Lake Braddock Secondary School



Juan Guevara, Herndon High School



Melanie Aguilar-Rojas, Oakton High School

he learned by listening to other students in places like the playground. He will attend Longwood University and pursue a double major in art and education. He expressed appreciation for the support and inspiration he received from his teachers in high school. Guevara, just like the other recipients, has had to overcome challenges in his life, but these have not stopped him from being the first of his family to attend college.

THE RECIPIENTS have advice for Latino students who wish to attend college and possibly represent the first generation of their family. Nicolas Polo Sánchez tells children, “Keep working hard, and don’t let people tell you what you can and can’t do.” Ana Gloribel Pereira stressed that “If you keep your grades up and volunteer, these will open up opportunities for you.” Juan Guevara added his short and sweet advice by urging youth to “work hard and not slack.” These students have worked hard to achieve “firsts” for their families in America. Melanie Aguilar says, “I’m really thankful there are organizations like the HLA that support Latino high school students.”



PHOTO COURTESY OF HELPING CHILDREN WORLDWIDE, INC.

Students from a previous service trip pose for the cameras with some of their new friends at the Child Rescue Centre in Bo, Sierra Leone. Floris United Methodist Church, with Senior Pastor Tom Berlin at the helm, will lead a local group of young adults on the next service mission from May 26 through June 9.

From Herndon to Sierra Leone

Floris United Methodist Church leads student service trip.

ANDREA WORKER
THE CONNECTION

Emily Lopynski started her Pen Pal relationship with Afiju, a boy of about the same age from the Child Rescue Centre in Bo, Sierra Leone, when she was in the third grade. Lopynski, a Herndon resident, just finished her freshman year at William and Mary College. She and Afiju are still in touch. In fact, their communication over the years has grown. “It was so wonderful when he got access to Facebook,” Lopynski said. “We could really keep up with each other and have a real conversation.” A vast improvement, considering that for most of the time since the two first “met,” their friendship relied on the exchange of letters that sometimes took as long as five months from the writing of one to the reading by the other.

On May 26, there will be yet another upgrade in the communications between Emily and Afiju. Instead of letters or data traversing the distance that separates them, Emily will join the sixth Sierra Leone Student Service Team trip, organized and lead by Floris United Methodist Church (FUMC), and travel the 4,553 miles that will take her to a face-to-face meeting with her friend. For two weeks Lopynski will join a team of 12, living and working in the compound that includes the

Child Rescue Centre, a school, and the 26-bed Mercy Hospital. Together with the centre staff, local volunteers, and the leadership of their group, the students will take on construction and repair projects, spend time teaching and playing with the children at the centre, learning more about the culture, and of course, making new friends and finally meeting old ones.

HOW DID ALL THIS come to pass? How did a girl from Herndon and a boy from Sierra Leone ever connect, stay connected, and then have the opportunity to meet? Because this friendship grew from another—that of FUMC’s Senior Pastor Tom Berlin, with now Bishop of Sierra Leone, Reverend John Yambasu. Berlin and Yambasu both attended Candler School of Theology at Emory University in Atlanta and Yambusa had hosted Berlin on a trip to Sierra Leone. In 1999, when the country was still firmly in the grip of a bloody civil war that often “employed” children in the armed forces, Pastor Berlin received a desperate phone call from Yambusa. “Tom! There are rebels in the front yard! Please help me get my wife out to safety,” Yambusa pleaded. Berlin and others immediately went into action and Yambusa and his family made it safely to a refugee camp.

SEE HELPING, PAGE 10



PHOTO CONTRIBUTED

From left, Wanda Rixon, director of operations of Molina Healthcare of Virginia; Community Champion award recipients Hank Chao, Ann Louise Lainge Bailey and John Horejsi; and Dr. Jean Glossa, medical director of Molina Healthcare of Virginia.

Celebrating 'Everyday' Heroes

Molina Healthcare honors local residents for making a difference in the community.

BY VICTORIA ROSS
THE CONNECTION

In the 1980s, Vienna resident John Horejsi and a "ragtag" group of social justice pioneers learned that Virginia was charging sales tax on food stamps. They discovered the sales tax boosted the state's coffers by \$9.5 million every year, money that they believed belonged to poor families for food or other necessary items.

He and his "gang of eight"—which Horejsi had formed into a non-partisan group called Social Action Linking Together (SALT)—lobbied Virginia lawmakers to stop the practice. While most agreed the tax was horrible policy, the talks ultimately failed. Undeterred, SALT took a leap of faith and reached out to one of the most powerful and influential members of the U.S. Senate, Senator Edward M. Kennedy.

Kennedy helped SALT push legislation to stop the tax. Through that effort, Virginia and 18 other states removed the sales tax on the federal food stamps program. SALT, which influences public social policy and legislation on behalf of low-income Virginia families, especially in the areas of homelessness and hunger, now has more than 1,200 members and is a recognized force in social justice reform.

Hank Chao came to Vienna from Taiwan in 1984 when he was 25 years old. He arrived without a college degree and did not speak much English, but he believed that Asian Americans needed to "help build the bridge to the mainstream society." In 2003 Hank joined one of the largest Chinese organizations, Hai Hua Community Center

(HHCC), and eventually became its president. Chao started the annual Chinese Lunar New Year celebration, a popular multicultural affair, with Chinese, Indian, Indonesian, Japanese, Korean, Malaysian and Filipino groups presenting cultural performance, demonstrations, and arts and crafts activities.

He said that the Lunar New Year event "not only educates area residents about cultures in Asia, but also plays an important role in reconnecting those removed from the geographic area to the culture of their ancestors."

Anne Louise Lainge Bailey of Alexandria believed it was important to improve mental health services for children and families. So she became the volunteer coordinator of The Nexus Committee, which focuses on improving the mental health of children through prevention, intervention, education and research, and as its name implies, brings together stakeholders to share information and ideas which can translate into effective action to advance government and private assistance to needy individuals and families.

ALL THREE have something important in common. They are unheralded heroes—everyday people who saw a chance to make a difference and did.

For their volunteer efforts, they were recognized as "Community Champions" by Molina Healthcare on Thursday, May 9, at the Stacy C. Sherwood Community Center.

"It is our pleasure and honor to recognize John, Anne Louise and Hank, individuals who go above and beyond the call of duty to help others in our communities," said Dr. Jean Glossa, medical director

of Molina Healthcare and Community Health Care Network. "Whether it's advocating for social justice on behalf of those in need, coming up with ways to improve the mental health of our youth or providing culturally-sensitive resources and education to the Asian community, these Community Champion winners are inspiring and commendable for all that they do."

Established to honor the memory of Molina Healthcare's founder, Dr. C. David Molina, the Community Champions program spotlights the good deeds of everyday heroes in the communities served by Molina.

"The third annual awards dinner brings together a group of three individuals whose leadership, volunteerism and advocacy embodied Dr. Molina's spirit of service, family and community," Glossa said.

Each winner, who was nominated by a community-based organization, received a \$1,000 grant to give to a deserving non-profit organization as part of his/her award.

"This kind of award is not why we do the work that we do in the community," Chao said, "but it's nice to be recognized and I hope it will encourage and inspire others to join us in doing giving back to the community."

Horejsi said he wanted to thank Molina Healthcare for "recognizing our community service and activism."

"To us it's just democracy, but when Molina recognizes us it recharges our batteries and reminds us to keep going," Horejsi said.

"Mental health is such an important issue for young people and at Nexus our mission is to build to-



John Horejsi, with wife Mariann and volunteer Robert Stewart, attended the Molina Healthcare Community Champions celebration at the Stacy C. Sherwood Community Center in Fairfax on Thursday, May 9.



Hank Chao of Vienna, recognized as an "everyday hero" for his work with the Hai Hua Community Center, addresses the audience.



Dr. Debra Deven and Dr. Jean Glossa, medical director of Molina Healthcare of Virginia.



Dr. Gloria Addo Ayensu, director of the Fairfax County Health Department, and Dr. Marwa El-Menshawi attended the celebration.

"Whether it's advocating for social justice on behalf of those in need, coming up with ways to improve the mental health of our youth or providing culturally-sensitive resources and education to the Asian community, these Community Champion winners are inspiring and commendable for all that they do."

—Dr. Jean Glossa, medical director of Molina Healthcare of Virginia

gether better ways to improve the mental health and wellbeing of the young," Lainge Bailey said.

FAIRFAX COUNTY CONTRACTS with Molina Healthcare to operate three Community Health Care network (CHCN) health centers, which serve residents of Fairfax County who are low income and uninsured. The Fairfax County Health Department

operates the centers located in Falls Church, Alexandria and Reston.

Dr. Gloria Addo Ayensu, director of the Fairfax County Health Department, said the Community Champions inspire others to make a difference.

"These are people who make a difference in our community and they deserve recognition," she said.

NEWS

Oak Hill Students “Plant It” With Dominion

On Arbor Day, April 26, the third-graders at Oak Hill Elementary School had a chance to get their hands dirty and plant some trees. It was all part of Dominion Virginia Power's environmental program Project Plant It!, a fun and educational way to help the children learn about trees and the environment.

Thousands of elementary students in Northern Virginia, including many third-graders in Fairfax County, were enrolled in Project Plant It! this spring. Teachers got a kit of lesson plans and other instructional tools that aligned with state learning standards for math, science and other subjects. Dominion also provided the students with their own redbud tree seedling to take home on Arbor Day.

Since 2007, Project Plant It! has distributed more than 160,000 tree seedlings to students in several states where the company operates. For more information or to view videos and games about trees, visit www.projectplantit.com.



PHOTO CONTRIBUTED
Marie Tarlecky, a groundsperson for Dominion Virginia Power, helps third-grade Oak Hill student Holly Stewart.

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News

Fairfax County Attracts Innovative Technology Firms

More than 1,400 jobs added to local economy in first quarter.

Continuing consumer demand for innovative technology such as web filtering, data security and cloud computing has helped Fairfax County post gains to the local economy, countering the sequester effect stalling business growth in other sectors.

According to the Fairfax County Economic Development Authority (FCEDA), 27 businesses added more than 1,400 jobs in Fairfax County during the first quarter of 2013. Most of these businesses are in the information technology and professional services sectors, and seven are foreign-based firms using a Fairfax County location to expand in North America.

One of the most prominent announcements came from Tysons Corner-based FrontPoint Security Solutions, a nationwide provider of interactive wireless home security systems that is adding 179 jobs to the county economy.

"We can certainly attribute a portion of FrontPoint Security's success to our Fairfax County location," said Chris Villar, CEO and co-founder of FrontPoint Security.

"From a recruiting perspective, qualified job can-

didates love the central location of the Fairfax County area. Not only is the close proximity to Washington D.C. and surrounding suburbs appealing, but access to top-tier universities and the high concentration of technology companies also make attracting top talent easier," Villar said.

"In today's environment, any business growth is remarkable. Fairfax County is fortunate to see growth from within as well as from other locations, including other countries," said Gerald L. Gordon, president and CEO of the FCEDA, which provides development and growth strategies to local businesses.

Other businesses that are creating jobs in Fairfax County:

- ❖ Salient Federal Solutions in Fairfax, which provides information technology and engineering services to government and commercial customers, adding 530 jobs;

- ❖ Strategic Operational Solutions in Tysons Corner, an information technology and management consulting firm adding 70 jobs; and

- ❖ Commtouch of Tysons Corner, an Israel-based firm supplying email security, Web filtering and antivirus capabilities, adding 10 jobs.

In addition to its headquarters in Tysons Corner, Fairfax County's largest business district, the FCEDA maintains marketing offices in seven important global business centers: Bangalore, Boston, London, Los Angeles, Munich, Seoul and Tel Aviv.

—VICTORIA ROSS



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HOME SALES

In March 2013, 62 homes sold between \$1,325,000-\$153,299 in the Herndon and Oak Hill area. This week's list represents those homes sold in the \$1,325,000-\$325,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR .	FB .	HB ...	Postal City	Sold Price ...	Type	Lot AC	PostalCode	Subdivision
12164 RICHLAND LN	5	5	1	OAK HILL	\$1,325,000	Detached	0.84	20171	WHITE PROPERTY
12150 JONATHONS GLEN WAY	5	4	1	HERNDON	\$975,000	Detached	0.72	20170	GRAND HAMPTONS II
13260 MIDDLETON FARM LN	4	3	1	HERNDON	\$837,250	Detached	0.25	20171	MIDDLETON FARM
433 VAN BUREN ST	5	3	1	HERNDON	\$718,388	Detached	0.37	20170	HERNDON WOODS
2510 GLENLAWN PL	4	2	1	HERNDON	\$690,000	Detached	0.20	20171	SYCAMORE LAKES
2908 MOTHER WELL CT	4	2	1	HERNDON	\$649,900	Detached	0.33	20171	CHANTILLY HIGHLANDS
1514 JUDD CT	4	2	1	HERNDON	\$628,000	Detached	0.19	20170	HERNDON CHASE
13210 PLEASANT GLEN CT	4	3	1	HERNDON	\$615,000	Detached	0.34	20171	BRADLEY ACRES
2660 PETERSBOROUGH ST	4	3	2	HERNDON	\$615,000	Detached	0.66	20171	FOX MILL ESTS
1500 JUDD CT	5	3	1	HERNDON	\$585,000	Detached	0.24	20170	RIDGEGATE WOODS
884 STATION ST	4	3	1	HERNDON	\$572,500	Detached	0.37	20170	AZALEA WOODS
12925 NEW PARKLAND DR	4	3	1	OAK HILL	\$567,000	Detached	0.22	20171	MONTEREY
13466 LAKE SHORE DR	4	3	1	HERNDON	\$561,500	Detached	0.20	20171	SPRING LAKE ESTATES WEST
3214 RAVENSCRAIG CT	4	3	0	HERNDON	\$557,000	Detached	0.31	20171	CHANTILLY HIGHLANDS
13346 GLEN TAYLOR LN	4	3	1	HERNDON	\$557,000	Detached	0.24	20171	CHANTILLY HIGHLANDS
601 AUSTIN LN	4	2	1	HERNDON	\$550,000	Detached	0.44	20170	HERNDON WOODS
13483 LAKE SHORE DR	3	3	1	HERNDON	\$545,000	Detached	0.20	20171	SPRING LAKE ESTATES WEST
3107 NESTLEWOOD DR	4	2	1	OAK HILL	\$545,000	Detached	0.22	20171	FRANKLIN FARM
13610 CEDAR RUN LN	4	2	2	HERNDON	\$540,000	Townhouse	0.04	20171	CREEKSIDE
13569 CEDAR RUN LN	3	2	2	HERNDON	\$540,000	Townhouse	0.05	20171	CREEKSIDE
1451 POWELLS TAVEN PL	5	3	1	HERNDON	\$528,000	Detached	0.20	20170	HASTINGS HUNT
603 NASH ST	4	2	1	HERNDON	\$501,000	Detached	0.29	20170	HERNDON
13610 ACORN HUNT PL	3	3	1	HERNDON	\$482,500	Townhouse	0.07	20171	SQUIRREL HILL
13459 LAKE SHORE DR	3	2	1	HERNDON	\$470,000	Detached	0.20	20171	SPRING LAKE ESTATES WEST
1521 POWELLS TAVEN PL	4	2	1	HERNDON	\$459,000	Detached	0.20	20170	HIDDENBROOK
2136 CAPSTONE CIR	4	2	2	HERNDON	\$450,000	Townhouse	0.04	20170	ROCK HILL
2452 SUGAR MILL WAY	3	3	1	HERNDON	\$449,900	Townhouse	0.04	20171	COPPERMILL
2625 ARMADA ST	4	3	0	HERNDON	\$437,000	Detached	0.24	20171	FOX MILL ESTATES
700 PEACHTREE ST	3	2	0	HERNDON	\$435,000	Detached	0.35	20170	ELWARDSTONE
13589 BECKINGHAM DR	3	2	1	HERNDON	\$431,000	Townhouse	0.05	20171	WELLESLEY
12818 BRIERY RIVER TER	4	2	1	HERNDON	\$428,000	Detached	0.23	20170	HIDDENBROOK
12248 PARKSTREAM TER	3	2	2	HERNDON	\$414,000	Detached	0.19	20170	KINGSTREAM
2153 SEAMAN CT	4	2	1	HERNDON	\$405,000	Detached	0.25	20170	REFLECTION LAKE
1004 JEFF RYAN DR	4	2	0	HERNDON	\$390,000	Detached	0.26	20170	TREESIDE
2795 GRANITE WOOD CT	4	2	1	HERNDON	\$382,000	Detached	0.35	20171	GLENBROOKE WOODS
3336 PINEY RIDGE CT	4	2	1	HERNDON	\$380,000	Townhouse	0.04	20171	FRANKLIN FARM
12913 FRAMINGHAM CT	3	2	0	HERNDON	\$380,000	Detached	0.26	20171	FOX MILL ESTS
3309 HILL HAVEN CT	3	2	1	HERNDON	\$375,000	Townhouse	0.04	20171	FRANKLIN FARM
2494 CURIE CT #4	3	2	1	HERNDON	\$365,000	Townhouse	20171	COPPERMINE CROSSING
12806 FANTASIA DR	3	2	0	HERNDON	\$358,000	Detached	0.20	20170	KINGSTON CHASE
3332 PINEY RIDGE CT	2	2	1	HERNDON	\$356,000	Townhouse	0.05	20171	FRANKLIN FARM
3274 TAYLOE CT	2	2	2	HERNDON	\$355,000	Townhouse	0.04	20171	FRANKLIN FARM
12716 BUILDERS RD	3	2	0	HERNDON	\$354,000	Detached	0.20	20170	KINGSTON CHASE
2516 EINSTEIN ST #266	3	2	1	HERNDON	\$353,000	Townhouse	20171	COPPERMINE CROSSING
13654 VENTURI LN #211	3	2	1	HERNDON	\$352,500	Townhouse	20171	COPPERMINE CROSSING
13521 DAVINCI LN #68	3	2	1	HERNDON	\$350,000	Townhouse	20171	COPPERMINE CROSSING
1063 NICKLAUS CT	3	3	1	HERNDON	\$345,000	Townhouse	0.04	20170	POTOMAC FAIRWAYS
13484 OLD DAIRY CT	4	3	1	HERNDON	\$325,000	Townhouse	0.04	20171	FRANKLIN FARM

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Vote in Spite of Election Fatigue

Primary Voting, Absentee Voting, Republican Convention.

Absentee voting, including “in-person” absentee voting, is already underway for the June 11, 2013 primary, a statewide Democratic party primary for lieutenant governor and attorney general, plus one delegate race in Northern Virginia.

Voters in the Democratic primary will choose between Ralph S. Northam and Aneesh Chopra for lieutenant governor; and between Mark R. Herring and Justin E. Fairfax for attorney general.

Because voters do not register by party in Virginia, any voter can vote in the Democratic primary, but cannot vote in a Democratic and Republican primary on the same day.

The Republican party will nominate their candidates for statewide office in a convention to be held on May 17-18, 2013 in Richmond. Delegates to the convention were elected by locality in March and April.

Each locality is entitled to one Republican convention delegate vote per 250 Republican

votes for governor and president at their last election, so that Fairfax County is entitled to 1,392 delegate votes; Arlington County is entitled to 215 delegate votes; Alexandria City is entitled to 133 delegate votes; the City of Fairfax is entitled to 32 delegate votes; Falls Church City is entitled to 14 delegate votes. Localities choose up to five times the number of delegates as votes, plus an equal number of alternates.

In Fairfax County, there is also Democratic primary for District 86, between Jennifer Boysko <http://www.jenniferboysko.com/> and Herb Kemp <http://www.herbkempfordelegate.com/>, with the winner facing incumbent Tom Rust (R). Democratic voters in the 86th House of Delegates District will find this on their ballots along with lieutenant governor and attorney general. (Precincts: Floris, Fox Mill, Stuart, Herndon #1, Herndon #2, Clearview, Herndon #3, Hutchison, Sugarland, Coates, Kinross West, Lees Corner #1, Carson)

The polls will be open from 6 a.m. to 7 p.m. on June 11, 2013.

Absentee voting allows qualified voters to participate in upcoming elections even though they may not be able to go to the polls on Election Day. Absentee voting in person began on April 26, 2013.

Most people in Northern Virginia qualify to vote absentee under this provision, although there are many others:

“Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for eleven or more hours of the thirteen that the polls are open (6 a.m. to 7 p.m.).”

In Fairfax County, in-person absentee voting is ongoing through June 8 at the Fairfax County Government Center, 12000 Government Center Parkway, Suite 323, Fairfax, VA 22035

Hours: Monday, Tuesday, Wednesday, and Friday: 8 a.m.-4:30 p.m.; Thursday: 8 a.m.-7 p.m.; Saturdays (June 1st and June 8th): 9 a.m.-5 p.m. Closed Monday, May 27, 2013 for Memorial Day.

Here are some good sources for information on upcoming elections:

Virginia State Board of Elections, <http://www.sbe.virginia.gov/>,

Virginia Public Access Project, <http://www.vpap.org/candidates?display=state>,

Fairfax County Board of Elections, <http://www.fairfaxcounty.gov/elections/ecalendar.htm>.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Campaigning in Support of Homeless Solutions

BY SYLISA LAMBERT-
WOODARD
PRESIDENT AND CEO
PATHWAY HOMES, INC.

As Pathway Homes joined our nonprofit colleagues, local officials and Fairfax County partners in the 100,000 Homes Campaign to raise awareness and support for the homeless in our area, I felt renewed hope that we will eradicate homelessness in our community.

Since the 100,000 Homes Registry Week in February, the outpouring of support and interest from citizens and friends has been nothing less than inspiring. I witnessed the amazing surge of community support and show of corporate responsibility that is characterized by the Fairfax community. In preparation to meet the needs of those identified through this community-wide event, local non-profits partnered and purchased new housing stock in anticipation of using subsidized housing vouchers to assist those most vulnerable in our community to get housing and stay housed.

While energized by public awareness raised around the



PHOTO CONTRIBUTED

raised the awareness of many to the plight of the homeless. Pledges of support and creative partnerships are emerging to house the 1,350 individuals who are homeless in Fairfax County on any given day.

In the midst of such progress towards ending homelessness, few could have predicted what has evolved into a quiet storm involving deep cuts from sequestration that impact the homeless; and impending Medicaid cuts to supportive services for those with mental illness and substance use that help these individuals remain in housing.

In our daily efforts we never take for granted how critical the collective voice is to galvanize needed change. It was just weeks ago that Congress decided to ease the burden of federal spending cuts on

needs of homeless individuals and families encountered during Registry Week, there is much left to do. The good news is that this campaign successfully educated many caring neighbors and

travelers inconvenienced and angry over airport delays. How impactful it would be to use our collective voice to show that this quiet storm of sequestration and Medicaid cuts will result in conditions that eclipse those caused by travel delays. These cuts will lead to increased homelessness, reduced and limited support services to the most vulnerable, and loss of new vouchers that were intended to support individuals in the homes recently acquired by non-profits and private landlords in their efforts to provide affordable and sustainable housing in our community.

While there is no doubt that our 10-year-plan to end homelessness will find a detour ahead, I maintain hope that it will not be a dead end that takes a severe toll on the resilience of our local community partners. Sequestration is having a disproportionate impact on the most vulnerable in our community, and the “collective voice” creates change. While the Fairfax local housing authority and elected officials are actively identifying short term solutions to temporarily mitigate additional reductions, we are left with the uncertainty of the extent of the impact of additional cuts on the individuals we serve and our community as a whole.

With continued community advocacy directed towards local, state, and federal elected officials, I believe our voice can be as influential and successful as our “frequent flyers” in averting a most devastating impact to our community.

At Pathway Homes we remain committed to advocacy and education and are committed with other non-profits, to developing innovative partnerships that will create needed housing and support to those most vulnerable in our community. We remain inspired by those we serve.

At the same time, it will take a great deal of innovation, collaboration, and faith to continue to help the most vulnerable in our communities. Pathways’ forecast for our community remains bright and hopeful with a strong belief that eradicating homelessness in our community is possible. As a community, we must remember that collective advocacy can change the course of time and result in positive outcomes for the individuals we serve.

Pathway Homes Inc. provides non-time-limited housing and recovery-based supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia.

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Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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News

Spring Farm Day at Frying Pan Farm Park

By RYAN DUNN
THE CONNECTION

Spring Farm Day was held at Frying Pan Farm Park in Herndon from 10 a.m.-3 p.m. on Saturday, May 11, and although the weather was overcast, the event was well attended. "Spring Farm Day was started about 15 years ago," said Park Manager Paul Nicholson. "It used to be divided into sheep and wool day, and then dairy day, but we combined it so the second Friday of every May is Spring Day at Frying Pan Park. It all revolves around the sheep shearing. We turned it into a public event and added different activities," said Nicholson.

These activities at this year's event included the cow milking, children's art and craft booths, pony rides, displays of the Frying Pan beehive and other local demonstrators.

Local blacksmiths Kipp Coddington and Rick Johnson attended the event and were working at the blacksmith shop forge. Joseph Moffet and his son Henry operated the Moffet Blacksmith Shop in downtown Herndon from 1904 to 1955. "The shop was moved to Frying Pan Farm Park in 1975 and contains much of the blacksmith's original equipment," said Johnson.

During the event, certified sheep shearer Rachel Summers shaved more than 11 sheep. "I used to come to Frying Pan Park as a child," said Summers. She has been shearing since 2006 and studied animal husbandry. She is currently working with Crowfoot Farm. "We always have someone come shear the sheep for us," said 4-H Club member Kayla Blatman.

Hoofers and Heifers is Frying Pan's very own 4-H livestock club. They were very involved in helping Frying Pan Park staff and visitors enjoy the event. The 4-H Club assisted at both the sheep shearing and the cow milking.

Also attending Frying Pan Park Spring Day was Sylvia Broderick and her border collie dog, Gunner.

PHOTOS BY RYAN DUNN/THE CONNECTION



Steve Golobic (left), park employee at Colvin Run Mill Park, assisted at the children's puppet show.

Broderick picked up sheep herding seven years ago. "It is a very complex sport," said Broderick. Broderick, Gunner and friends from the Virginia Boarder Collie Association put on a demonstration of sheep herding for visitors.

The Stabler-Leadbeater Apothecary Museum in Alexandria had a display near some other local visitors. Site Manager Lauren Gleason showed some herbs farmers may have grown and used. "If the farmers could not heal or cure their illness with herbs, the next stop would be to visit an apothecary store, and then maybe a doctor," said Gleason.

"It's a fun day, lot of kids and lots of questions about bees and how they make honey," said Frying Pan Park volunteer and beekeeper John Fraser. Steve Golobic, a park employee at nearby Colvin Run Mill Park, assisted at the children's puppet show near the Farm House. Children enjoyed playing in the popular corn sandbox. "I was a little worried about the weather but the turnout had been good," said Nancy Saunder, park employee and historian's assistant.

To learn more about Frying Pan Park visit: <http://www.fairfaxcounty.gov/parks/fryingpanpark/>.

To learn about the 4H program visit: <http://www.fairfaxcounty.gov/parks/fryingpanpark/4hclub.htm>.



Certified sheep shearer Rachel Summers came to Frying Pan Park as a child.



Blacksmith Rick Johnson attended Spring Day and worked at the blacksmith forge.



The Sunday, May 19, Reston Community Orchestra concert features four accomplished young violinists selected to be the soloists for the world premiere of "Concertino for Four Violins and Orchestra" by Michael Ream. (From left) Jenny Lee, 17, Jasper DeBoor and Sarah Slate, both 12, and Grace McKay, 10.

ENTERTAINMENT

Send announcements to herndon@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/MAY 15

Brian Menish Exhibition. 9 a.m.-9 p.m., at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Artist Brian Menish exhibits paintings he made with his left hand after losing the use of his right following a traumatic brain injury after a motorcycle accident; the former Restonian artist has two fine art degrees and currently lives in Colorado. www.brianmenish.com.

THURSDAY/MAY 16

Popsicle Picnic and Membership Drive. 10 a.m.-noon, at Bready Park, 816 Ferndale Ave., Herndon. Herndon-area mothers are invited to bring a picnic lunch to complement free bagels with coffee and popsicle treats for children as part of a membership drive; games are available for children. Herndon_moms_info@yahoo.com.

Bob Simon at Reston Young Professionals. 6 p.m., at Reston Museum, 1639 Washington Plaza N., Reston. Enjoy wine, hors d'oeuvres and a chat with Reston Founder Robert E. Simon as well as Reston's first salesman Chuck Veatch, at Reston Young Professionals' cocktail for 35 people. RSVP. <http://www.meetup.com/RestonYP/events/109912442/>.

FRIDAY/MAY 17

Opening Night: Party On. 6-9 p.m., at Town Center Pavilion, Reston Town Center, Reston. The party with live music, entertainment, a silent auction, signature cocktails and local prominent business leaders and elected officials, providing an opportunity for art lovers, sponsors, media, donors and for the public to celebrate to benefit the Greater Reston Arts Center's educational program; \$75-\$250. <http://www.eventbrite.com/event/4769049355?Buy=Purchase+Tickets#>.

SATURDAY/MAY 18

Herndon High School Walk/

Run to Remember. 8 a.m.-noon, Herndon High School, 700 Bennett St., Herndon. The event will feature a 5K walk/run, a soccer tournament, Battle of the Bands, Paige's Closet, face painting and games for children, and more. \$20; \$10 for children.

22nd Annual Northern Virginia Fine Arts Festival. 10 a.m.-6 p.m., at Reston Town Center, 12001 Market St., Reston. Contemporary artwork from over 200 artists in 16 categories. www.RestonArts.org or www.NorthernVirginiaFineArtsFestival.org.

Red Shoe Jazz Luncheon. Noon-3 p.m., Hyatt Dulles, 2300 Dulles Corner Blvd., Herndon. A luncheon to promote sisterhood, scholarship and service. \$65. info@fcacdst.

Improv(e). 4-9 p.m., at Herndon High School's auditorium (Door 6 in the back), 700 Bennett St., Herndon. A night of comedy to benefit the Chuck Stanley Memorial Scholarship; entering improv teams pay \$30 at the door. \$5. www.herndondrama.org or @herndondrama.

American Cancer Society Relay for Life Reston. 1-8 p.m. for tennis, 8 p.m.-8 a.m. for walking, at South Lakes High School, 11400 South Lakes Drive, Reston. One hour of tennis or walking the track for a \$10 donation; join the "Tennis Team for Life." 703-435-6502, www.restonrelay.org or relayforlife@restontennis.org.

Lonesome Highway. 7:30 p.m., at the Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Lonesome Highway from Romney, W. Va., perform traditional bluegrass music; barrier and smoke free facility, refreshments provided. \$12. Free for children under 12. 703-435-8377 or kd4fue2@verizon.net.

Opera for the People. 7:30 p.m., at Reston Community Center, 2401 Colts Neck Road, Reston. The Vienna Choral Society and The Reston Chorale present an accessible concert of Verdi and Copland. \$25; \$20 for seniors/students; free for youth 15 and under accompanied by an adult. www.viennachoralsociety.org.

SUNDAY/MAY 19

22nd Annual Northern Virginia Fine Arts Festival. 10 a.m.-4 p.m., Reston Town Center, 12001 Market St., Reston. Contemporary artwork from over 200 artists in 16 categories. www.RestonArts.org or www.NorthernVirginiaFineArtsFestival.org.

PHOTOS COURTESY OF MARYMOUNT UNIVERSITY



Marymount University professor Lisa Jackson-Cherry, Ph.D., discusses an altruism project with her pastoral counseling class.

Teaching Healing Through Altruism

Marymount students learn counseling technique by helping U.S. troops.

BY MARILYN CAMPBELL
THE CONNECTION

A group of counseling students got to experience a therapeutic technique while also helping service men and women serving in Afghanistan.

Graduate students in the pastoral counseling program at Marymount University in Arlington assembled care packages for U.S. troops as part of a community service requirement. One of the project's goals was to teach the future therapists how altruism can have long-term mental health benefits.

"The research has shown that if a person goes outside of themselves to help others it can be a therapeutic experience, especially for those who have depression or other mental health challenges," said Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling and founder of the Pastoral Counseling program. "We want students to experience what a client would experience."

Students are required to perform 30 hours of community service as part of their program. The class of 11 students formulated, planned and implemented the task. "I think everyone thought of the assignment as not just a project we had to complete, but a chance to actually, in some small way, let men and women in the military know that people here at home do appreciate their service and sacrifice," said Annandale resident Nina Angeles.

The students collected an array of items like games, magazines, books and DVDs. They gathered nearly enough items to fill their classroom and exceeded their professor's expectations. "I was expecting five or six boxes, but it became more than what the entire university could have put together," said Jackson-Cherry. "We had almost a roomful of supplies. The students solicited from their churches and from family members across the country."

Pastoral counseling students learn to incorporate



Marymount University counseling students Maya Georgieva, of Alexandria, and Sandi Boyles, of Centreville, pack a box for female soldiers.

spirituality into their work with clients. They wrote personal letters to the troops and included information on stress relief practices like meditation and breathing exercises. "We could not help but feel for the brave men and women who ... face stressful and sometimes traumatic situations away from home," said doctoral student Maya Georgieva of Alexandria. "... It was essential that we send notes of encouragement and support."

Jackson-Cherry said the most powerful learning experience came when she delivered the boxes to a VFW Post in Maryland: the feeling that comes from seeing the impact benevolence has on others. "The place was packed for lunch, and I was planning to slip in the back door and drop off the boxes," she said. "There were veterans there from World War II and Vietnam ... they became teary-eyed as they were telling me stories of how the acts of strangers had impacted them when they were serving overseas. It was quite touching. I wish the students could have been there to see how their acts of kindness touched so many more people than they would have thought of."

The students did get an opportunity to experience gratitude first-hand, however, when the military unit that received their supplies wrote a thank you note to the class. "The unit was overwhelmed by the generosity and the kindness of strangers, especially because they were away from their families," said Jackson-Cherry.

Helping Children in Sierra Leone

FROM PAGE 3

Yambusa came to the United States later that year to thank those who had responded to his call for assistance, and to garner support for the children orphaned by the war and left to fend for themselves on the streets. Floris United Methodist again rose to the occasion, becoming the first official sponsor of Yambusa's efforts. "Our fundraising even took us by surprise," marvelled Pastor Berlin. "It was Christmas of 1999. We set a goal of \$25,000. With a congregation of about 500 people, we thought that was doable. Well, we raised 50,000, I think, in that first week. We kept changing the goal on the poster thermometer, until we just erased the cap." By the end of January, FUMC's generous parishioners had raised more than \$125,000 that became the seed money for the construction of the Child Rescue Centre, ultimately taking hundreds of children off the streets, many of them former "soldiers."

"The goal is to educate these kids and help them transition back into family life," explained Pastor Berlin. The residents live at the centre for between one and three years. Then they are usually welcomed into a local foster family. The centre continues to support them and they attend the school, receive healthcare and support for continuing education. Berlin said that the centre and related programs are all aimed at encouraging the graduates to stay "in-country" and not become part of the brain drain. "So many of professionals, trades and crafts persons and business people fled the country during the war and often still seek to emigrate to a country not continuously on the United Nation's list of least developed and most poverty stricken in the world," he added.

FUMC is now part of a larger collaborative of Methodist Churches that support the centre and the hospital. The churches, mostly from Virginia but also from as far away as Texas, raise funds for items like treated mosquito netting for the anti-malaria campaign. Mercy Hospital-trained personnel then travel around the country delivering the simple, but life-saving materials, and help insure that they are used and used

properly. "One in five kids in Sierra Leone will not live past the age of five. Many of them will die from malaria, and that just doesn't need to be the case," declared Berlin. "We're talking about a 40 percent decrease in malaria deaths since the mosquito nets have been put into use among a larger portion of the population," said Berlin.

BERLIN AND OTHER ADULTS from FUMC and other churches have made numerous working trips to the centre in Bo over the years. But how did the student trips come to be? "This is a long-term partnership," said Berlin.

"The people of Sierra Leone will need our help for many years if they are to climb out of the desperate poverty that they have been left in. The next generation, and the next, and maybe even the next, will need to answer the call. Our young adults get the chance to see first hand how much these people need us, and they get the chance to serve and see for themselves how much good one person can do in this world."

The students raise their own travel money—about \$3,000 for the airfare and other travel expenses—and are then housed and cared for during their service mission. They attend several training and orientation sessions to ensure success for all. "And we keep close contacts with both our government and the local authorities to monitor the situation on the ground for safety," Berlin added. He did note that despite crushing poverty, personal crime in Sierra Leone is actually quite low.

Emily Lopynski isn't worried about anything like that. "I have two friends at school from Sierra Leone and they are so excited that I am going to their country. They keep telling me I will love it—and that the people of Sierra Leone will love me! They say their countrymen are just friendly and really like Americans," she said. "I can't wait to get there and get to work—and to meet Afiju!"

The Child Rescue Centre and Mercy Hospital are now part of the Helping Children Worldwide non-profit organization, head-quartered in Herndon.

For more information, see their website at www.helpingchildrenworldwide.org.

SCHOOLS

Send school notes to north@connectionnewspapers.com by Friday.

The following Oak Hill students are National Merit Scholars, who will receive a \$2,500 scholarship for academic excellence: **Katherine Lee**, aspiring to a career in science/research; and **Jennifer Q. Peng**, aspiring to a career in biochemical engineering.

The following Herndon students are National Merit Scholars, who will receive a \$2,500 scholarship for academic excellence: **Amy J. Chen** and **Yash M. Maniar**, who both aspire to a career in medicine.

Junior **Theresa Naquin**, of Herndon, received the JMU Coaches' Award for her performance on the James Madison University women's soccer team for the 2012 season.

Achievement Scholar awardees are the finalist candidates judged to have the strongest record of accomplishments and greatest potential for academic success in college. The 2013 National Achievement Scholarship Winners are: **Kenyah T. Calhoun** of South Lakes High School; **Kyannah C. Calhoun** of South Lakes High School; and **Howard A. Small, Jr.**, of Thomas Jefferson High School for Science and Technology.

Elizabeth Scarry, of Herndon, has been named to the Dean's List at Waynesburg University for the fall 2012 semester. Scarry is a graduate of Oakton High School and a junior pursuing a degree in psychology.

Forty-four undergraduate researchers at the University of Virginia have been selected for the Harrison Undergraduate Research Awards, which allow them to conduct independent research projects during the summer of 2013. The research awards support students who present detailed plans for projects that have been endorsed by a faculty mentor. A faculty senate committee selected the winners, who receive up to \$3,000.

Among the award recipients is **Kathryn Kingsbury**, 19, of Herndon, a second-year student in the College who intends to major in biology and biochemistry, who is researching the role of a class of retinal ganglion cells that are similar in some respects to the rods and cones of the mammalian retina, but are largely responsible for non-visual effects, such as pupil constriction and the maintenance of circadian rhythm.

Veronica Epley of Herndon completed a master of arts degree in security studies at the Naval Postgraduate School Center for Homeland Defense and Security in Monterey, Calif. Epley is currently Senior Policy Advisor to the Director of the Contingency Planning and Incident Management Division of the Office of Infrastructure Protection. She holds a bachelor's degree from the University of Rochester.

Emily Kodat of Herndon, daughter of Betsey and Roger Kodat, was included on the dean's list for the 2012 fall semester at Furman in Greenville, S.C.

Freshman **Josh Schow** of Herndon recently completed the 2012 football season at Guilford College.

Schow, a 5-8, 180-pound running back, played in eight games for the Quakers this season. He accumulated 74 all purpose yards during the season on 13 attempts and also saw significant time on special teams. **Schow's** best game came against Emory & Henry College on Nov. 12, when he rushed for 13 yards on two carries and caught two passes for 48 yards, with a career-long 35-reception.

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SPORTS

Oakton Girls' Lax Finishes District Runner-up

Cougars fall to Westfield in overtime.

BY JON ROETMAN
THE CONNECTION

The defending state champion Oakton girls' lacrosse team would live to see another day, but not before experiencing the sting of letting a potential third consecutive district title slip away.

Facing the Westfield Bulldogs in the Concorde District championship game, the Oakton Cougars led by a goal late in the second half when Westfield junior and district Offensive Player of the Year Molly O'Sullivan was forced to the sideline with a yellow card for a dangerous shot. The Bulldogs managed to tie the score in regulation and went to win 14-13 in overtime on May 10 at Chantilly High School.

Oakton, which won the 2012 district, Northern Region and state championships, had to settle for district runner-up in 2013 and faced West Springfield on Tuesday in the opening round of the region tournament, after The Connection's deadline.

"It's disappointing to lose this tournament—you never want to lose in overtime," Oakton head coach Jean Counts said. "... They know that there's a tomorrow, but the sting of today is still very, very fresh."



Oakton junior Tori Anderson scored four goals against Westfield in the Concorde District girls' lacrosse championship game on May 10 at Chantilly High School.

Tori Anderson and Danielle Palmucci each scored four goals for Oakton. Lydia Montanino and Katie Scoggins each scored two goals and Kelsey McWilliams had one.

O'Sullivan led Westfield with seven goals, tying a career high. Katie Manning finished with three goals, Meghan Heick had two, and Katie Matz and Katelyn Rennyson each

had one.

"Meghan and Molly are excellent players on their team," Counts said. "They cannot be stopped in a very easy manner."

Oakton led 11-9 after Anderson scored with 8:58 remaining in the second half. O'Sullivan's goal with 4:26 remaining cut the lead to one, but she would head to the

"They know that there's a tomorrow, but the sting of today is still very, very fresh."

—Oakton head coach Jean Counts

sideline with 3:25 remaining after receiving a yellow card.

With their top offensive threat out of the game, the Bulldogs tied the score when Heick found the back of the net with 2:04 on the clock.

Westfield scored the first three goals in overtime, including two by O'Sullivan. Oakton's McWilliams scored a goal in the first overtime period and Scoggins added one in the second period, but the Cougars fell short.

"You can't let them get ahead by three in two minutes and try to fight back," Counts said.

Oakton's Anderson (attack), Palmucci (midfield), McWilliams (defense) and Val Daniels (goalkeeper) received first-team all-district accolades. Mei Pionke and Scoggins were named to the second team as midfielders, and Karlie Cronin, Sami Pleasants and Olivia Townsend were named to the second team for defense.

SPORTS ROUNDUPS

Herndon Boys' Soccer to Host Robinson

The Herndon boys' soccer team finished the regular season with a 9-1-3 record and secured a berth in the Northern Region tournament by finishing second in the Concorde District standings. The Hornets will host Robinson at 7 p.m. on Wednesday, May 15 in the district tournament semifinals.

The Concorde District championship game is at 8 p.m. on Friday, May 17.

South Lakes Boys' Soccer Clinches Regional Berth

The South Lakes boys' soccer team secured a berth in the Northern Region tournament with a 5-2 victory over Stone Bridge in the Liberty District tournament quarterfinals on Monday.

South Lakes extended its winning streak to 13 after dropping its season opener to T.C. Williams on March 14.

The Seahawks will compete in the Liberty District semifinals on Wednesday, May 15.

McLean Softball Beats Langley

The McLean softball team closed the regular season with a 13-7 victory over Langley on May 10. The Highlanders enter Wednesday's Liberty District tournament with a 16-4 record, including an 11-3 mark in the district.

McLean Girls' Soccer Best Fairfax in District Quarterfinals

The McLean girls' soccer team secured a berth in the Northern Region tournament with a 1-0 victory over Fairfax on Monday in the Liberty District tournament quarterfinals.

The Highlanders will host Madison at 7 p.m. on Wednesday, May 15.

Langley Girls' Lacrosse Secures Regional Berth

The Langley girls' lacrosse team defeated South Lakes 1-0 on Monday in the Liberty District tournament quarterfinals, securing a berth in the Northern Region tournament.

The Saxons will travel to face Stone Bridge in the district semifinals at 5 p.m. on Wednesday, May 15.

All-Concorde District Lacrosse

The Herndon girls' lacrosse team had two players earn first-team all-Concorde District honors.

Freshman attack Maureen Curran and junior midfielder Rachel Delmontagne were named to the first team. Sophomore attack Michelle Huchette, freshman midfielder

Kerry Curran and sophomore midfielder Alexis Duke were named to the second team. Sarah Suter, Katherine Wilson, Leanne Janowski, Katherine Dougherty and Alexandra Asack garnered honorable mention.

Langley Boys', Girls' Lax Finish District Runners-up

The Langley boys' and girls' lacrosse teams each finished district runner-up to Madison.

The boys' team lost 10-2 on May 10. The girls' team suffered a 17-9 defeat stretched over two nights (May 10-11) due to lightning.

Each Langley team competed in the first round of the Northern Region tournament on Tuesday, after the Connection's deadline.



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A Fluid Situation



By KENNETH B. LOURIE

I don't mean to be the least bit paranoid, but I suppose that's because, as a stage IV non-small cell lung cancer "diagnosee," I'm already the most bit paranoid. A terminal diagnosis of incurable cancer has a way of doing that to you (at least to me it has). Not to blame cancer totally for my behavior, but can you think of a more deserving and appropriate cause of this effect than the "leading cancer killer in both men and women in the United States." In fact, according to the American Lung Association, "Lung cancer causes more deaths than the next three most common cancers combined (colon, breast and prostate)."

So call me crazy (at least you can still call me – and I will answer, because I am STILL ALIVE). However, as a four-years-plus cancer survivor, if I've learned anything during my treatment, it is that symptoms manifest themselves – at their discretion, and presumably their appearance means something (as opposed to nothing which would of course be my preference). Ergo, an increase in the fluid in my lungs is nothing to sneeze at; that's because I've been too busy coughing (just kidding). But what does the existence of this fluid mean? Hopefully nothing, but it could mean something; something problematic.

An outpatient procedure: a needle aspiration of my lungs, will provide the answer. Although learning that answer comes with risks: aside from analyzing the fluid for active cancer cells, there's a possibility of a collapsed lung followed by a week-long stay in the hospital due to the penetration of the lung. And it could be all for nothing. It could simply be, as it is in 40 percent of the cases, a side effect of the targeted treatment tarceva pill I have taken every day without interruption going on nine months now. Unfortunately, we're dealing with 100 percent of it, and the other 60 percent could contain cancer cells, which opens up a whole host of "unpleasantries," none of which have as yet been discussed. Aspirate and learn my fate or sit tight and be willing to wait. It's not exactly Shakespeare, but that is my question. Made easier – to me, in that I don't have any compelling/indicating-type symptoms: no shortness of breath, no persistent cough, no weightiness in my chest, to confirm this potential life-changer. Is the cancer spreading, or is the tarceva doing what tarceva does: harmlessly side-effecting while saving my life my life, but leaving behind this "fluidy" residue? Do I even want to know or can I continue to keep on living believing that it's nothing because it's not something? (For this cancer patient, ambiguity is a way of life.)

This is another one of those mental moments, one of the many emotional cross-roads that cancer/terminal patients face. It's not exactly "The Price Is Right" where what's behind Door #2: "A New Car!" – or a tube of toothpaste (as but one of many examples) could make your public humiliation worthwhile – or not. For cancer/terminal patients however, these decisions could make your life worth living again, or it could make it worse. Where's that studio audience when you need them?

If I delay the procedure, will what I don't know now hurt me more than what I do know later? I don't know. Right now, I feel fine. Can't I just keep on pretending? I don't want to look for trouble. Besides, trouble has already found me. I don't need or want any more. Until I'm told otherwise, that is.

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



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*W.A.C. Cannot be combined with any other offer. Not valid on prior purchases, sale or clearance items. Expires 5/31/13.

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Call or email Julie for FREE Consultation
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