



Oak Hill Herndon CONNECTION

WELLBEING

PAGE 8

Cousins Conrad McCumiskey, 4, and Audrey LaGarde, 4, of Herndon ride the Wagon Wheel together at Herndon Festival on Saturday, June 3.

Herndon Festival Draws More Than 80K

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PHOTO BY FALLON FORBUSH/THE CONNECTION

JUNE 7-13, 2017

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News



PHOTOS BY FALLON FORBUSH/THE CONNECTION

Herndon Police Chief Maggie DeBoard and 2nd Lt. Lance Schaible of the Fairfax County Police Department's Special Operations Division Explosive Ordnance Disposal team talk after he arrives on the scene on Elden Street.

Package Causes Alarm

BY FALLON FORBUSH
THE CONNECTION

The third day of the Herndon Festival ended on a temporary note of alarm when a "suspicious package" was brought to the attention of the Herndon Police Department just after the fireworks display.

The culprit: A forgotten backpack.

Without knowing what was inside the backpack, police quietly barricaded the 700 block of Elden Street between Spring and Center streets just after 10 p.m. before the festival was to close for the night at 11 o'clock.

The Fairfax County Police Department's Special Operations Division Explosive Ordnance Disposal team arrived on scene shortly thereafter.

"There's a suspicious package and we're going to take care of it," 2nd Lt. Lance Schaible, an officer with the FCPD, said after he exited his vehicle on the scene. "As long as we keep the street clear, we'll be fine," he added later.

People inside the O'Sullivan's

Irish Pub were evacuated and large crowds of people exiting the festival from Station Street were confused as they were diverted away from the barricade zone.

Once the festival crowds dispersed, police extended the barricade further east down Elden Street to Lynn Street. Patrons inside Jimmy's Old Town Tavern and Copan Restaurant were not disturbed. However, entrances from the establishments onto Elden Street were restricted.

FCPD Master Police Officer Thomas Eggers was sent into the barricade in a protective bomb suit. He exited and went back in a second time, just as someone who was unaware of the situation walked right out of a side door of Jimmy's Old Town Tavern within feet of the officer. She was quickly called out to a safe area and was brought up to speed.

"Eggers X-rayed the bag the first time and determined nothing dangerous was inside. He then went back in and inspected by hand," Schaible said. "It turns out it was miscellaneous items."

The barricade was lifted shortly after midnight.

"We couldn't leave it without checking it," Herndon Police Chief Maggie DeBoard, said once the situation was diffused. "Obviously, we called the county bomb technicians out here to safely deal with it and they were able to determine that there was nothing threatening inside the backpack. But in the meantime, we had to clear the area and make sure that it was away from anybody where it could have caused a problem."

The department has faced similar situations before. In fact, a suspicious package event happened the previous day just before the festival was to open for its second day, according to DeBoard.

"We cannot take the risk when we have crowds like this," she said.



Master Police Officer Thomas Eggers of the Fairfax County Police Department removes his protective gear after the package was determined to be harmless.



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THE CONNECTION
NEWSPAPERS



Stella Ferguson, 9, Madalyn Starling, 8, and Matthew Starling, 2, take a ride in a helicopter as the sun sets on Thursday, June 1.

PHOTOS BY FALLON FORBUSH/THE CONNECTION



Christian Valladares, 18, Angebeth Partidas, 17, Lisset Valladares, 17, and Reyna Perez, 16, are slung up into the air on the Street Fighter that spins 360 degrees while rotating back and forth like a pendulum, eventually taking riders upside-down.

Herndon Festival Draws More Than 80K

BY FALLON FORBUSH
THE CONNECTION

You must be 36 inches tall to ride. It also takes three tickets. The clear plastic bag strapped to Sonya's side is filling with the valuable blue and pink paper as parents and their children pay up after waiting in a long line.

Sonya Dunnigan-Farnsworth is a carnival worker and her spinning Tea Cups children's ride is popular.

Some parents try to board the revolving platform, but there is a 54-inch height limit. Sonya, small in stature herself, patrols the gate with confidence. She fills the six tea-cups with four kids each to fight back the line, but it keeps filling.

She tucks the kids into the cups, ensuring their seat belts are strapped in and the door of their round vehicles are securely shut. The kids are getting impatient. She gives them a test twirl as she walks by to their utter delight.

She counts and raises both of her thumbs to signal without saying a word, "Room for two more kiddos!" While this is going on a little girl manages to undo her seatbelt and climb out to the front of the platform, sobbing. The girl has changed her mind and wants no part of this.

Now there are three spaces to fill.

Without flinching, Sonya hands three tickets back to the child's mother and lets her into rescue her child. Other parents are shouting from the other side of the gate trying to get their kids' attention for photos on their smartphones.

Sonya circles the cups once more to make sure everything is set before she descends. "Watch me now," she says as the kids are quite possibly on their last nerve.

She makes a lavish gesture and raises her pointer finger above her head so they can all see this moment. She presses the large



Carnival worker Sonya Dunnigan-Farnsworth manned the Spinning Tea Cups during the four-day festival.

red button. They are off.

During the minutes-long reprieve, Sonya slurps a soda. Protruding from her other hip is a keychain affixed with a large bottle of hand sanitizer. You can also see socks embroidered with little hearts protruding from her black tennis shoes that are splattered with what looks like white paint.

Though Sonya could easily fit on the ride, she is not fragile. Aside from short restroom breaks, she has been operating the ride non-stop all weekend. Temperatures have raised to temperatures in the low 80s where her ride sits out in the open unshaded from the sun.

IT IS THE EVENING of Saturday, June 3, and the sun is setting on the third day of the 37th Annual Herndon Festival. Sonya smiles, her patience and professionalism never eroding.

The four-day festival featured musical entertainment on three stages, a carnival with rides, fireworks, arts and crafts, a business expo, 10K/5K races and fitness expo and a variety of food and drink vendors.

"We work on planning this for sometimes



Katie Preston, 10, of Herndon escapes the Surf Shack by sliding out of the maze on Saturday, June 3.

nine months to a year," Abby Kimble, marketing specialist with the town of Herndon's Parks and Recreation Department, which produces the festival each year. This is her 11th year working on the festival. "When the weather is nice and the crowds are happy, and the vendors are happy, then it's all a good payoff for all of that hard work."

The fireworks display on Saturday evening were set off to hometown themed music, like American Idol season 11 winner Phillip Phillips' 2012 hit single, "Home." "I spent hour selecting the music back in January," said Holly Popple, performing arts and special events supervisor for the town's Parks and Recreation Department. "It was all about town and hometown pride."

An estimated 81,500 people visited Herndon's historic downtown area to partake in the hometown's festival last weekend, according to Kimble. That is more than a threefold jump in the town's total population of 24,393, estimated in 2016 by the U.S. Census Bureau.

"The food selection at the Herndon Festival is enormous," Kimble said. "You can come in and get some amazing barbecue,

you can have vegetarian, you can have Indian food, it runs the gamut."

Everyone has their favorite.

"I think a classic funnel cake means festival to me," Kimble said. "I love seeing people that have eaten a funnel cake and then have all the powdered sugar on their shirt like they just missed their mouth and it's all down their shirt. That's always a good look."

The town and its residents take pride in the annual celebration.

"Volunteers are our backbone for this event," Kimble said. "If we didn't have the support of all the Herndon volunteers and people from the surrounding area, we couldn't put this event on. It takes over 1,000 hours of volunteer service to make sure that our entrances are covered, the place is kept tidy and we're also able to have free hand-on arts activities because of all of these wonderful volunteers."

There were rides suitable for all ages, from tiny tots to teenagers and adults. Kimble's favorite is the Gondola Wheel.

"What's really fun is to get up there when the fireworks go off and see the fireworks," she said. "That's my little insider tip."

THE FESTIVAL, which started 37 years ago because a community member wanted to throw a party, began as a one-day affair, according to Kimble. It's now a four-day staple of the town.

"It's kind of like a homecoming when you come to this event," Kimble said. "You get to see people that you haven't seen all winter long or haven't seen in years but they come out and support it."

The town employees are committed in keeping it going, even if the downtown will be unavailable next year.

"We're going to keep on offering it," Kible said. "It's a cherished event for many in the community. We look forward to offering the 38th and many more."

OPINION

Vote On or Before June 13

In-person absentee voting continues through June 10.

On June 13, every Virginia voter has the opportunity to vote in the Primary Election to choose the candidates for their chosen party for governor and lieutenant governor.

Ralph Northam and Tom Perriello are vying to be the Democratic nominee for governor.

EDITORIAL Ed Gillespie, Cory Stewart and Frank Wagner are seeking the Republican nomination for governor.

For lieutenant governor, Justin Fairfax, Gene Rossi and Susan Platt are seeking the Democratic nomination.

Bryce Reeves, Glenn Davis Jr. and Jill Vogel compete for the Republican nomination for lieutenant governor.

In Fairfax County, there are primaries for

Democrats in two delegate seats as well, the 67th District and the 42nd.

In the 67th, three Democrats, John Carey, Karrie Delaney and Hannah Risheq face off for the right to run against incumbent Del. Jim LeMunyon (R).

In the 42nd, long-time Del. Dave Albo (R) is giving up his seat; two Democrats and three Republicans are seeking to be on the November ballot to replace him. The Democrats, Tilly Blanding and Kathy Tran, will appear on the primary ballot.

The Republican candidate for the 42nd District will be chosen by GOP party canvass on June 10 at South County Middle School, 10 a.m. to 3 p.m. Eligible voters of the 42nd district will choose between Steve Adragna, Michael Drobnis and Lolita Mancheno-Smoak.

The filing deadline for independent and non-primary party nominees is June 13 at 7 p.m. for the November general election.

For in person absentee voting, available through June 10, see www.fairfaxcounty.gov/elections/absentee.htm. For more information on voting in Fairfax County including sample

ballots, see www.fairfaxcounty.gov/elections/upcoming.htm

Send Father's Day Photos

Father's Day is Sunday, June 18, and once again the Connection will publish a gallery of Father's Day photos. Every year at this time, the Connection puts out the call for photographs of fathers and their children, grandfathers and their children and grandchildren.

Send in photos with the following information: the town where you live, the names of everyone in the picture, the approximate date the picture was taken, the ages of the children and a sentence or two about what is happening and where the photograph was taken. Be sure to tell us your town name and neighborhood. Photos are due by June 12.

You can submit your photos online at www.connectionnewspapers.com/fathersday. You can also email photos to editors@connectionnewspapers.com.



Chairman Sharon Bulova enjoys the offerings at the Ramadan dinner with (left) Mustafa Akpinar, CEO with the Rumi Forum for Interfaith Dialogue and Intercultural Understanding and (right) Emre Celik, president with Rumi, organizers of the event.



The Kilic family of Vienna, from left, Cemal, Erdal, Yasemine and Emine, at the American Turkish Friendship Association Ramadan Iftar dinner at the Government Center.

PHOTOS BY ANDREA WORKER/THE CONNECTION

A Meal Among Neighbors

American Turkish Friendship Association and County dine together for Ramadan.

BY ANDREA WORKER
THE CONNECTION

Traditionally speaking, the reporter wanders the perimeters of an event, then dashes in to get the scoop with a key subject, a quote or two and maybe a photo. Then it's back to the sidelines to scout out the next newsworthy moment.

There were certainly a lot of traditions being observed at the Ramadan Iftar dinner at Fairfax County Government Center on May 31, organized by the American Turkish Friendship Association (ATFA) and hosted by Board of Supervisors Chairman Sharon Bulova — but the reporter as pure observer was not one of them.

Instead, demonstrating the spirit of friendship that ATFA seeks to promote, this reporter was “adopted” for the event by the Kilic family of Vienna — father Erdal, mother Emine, daughter Yasemin, and son Cemal, who have been in the country since 2015. While the

actual assignment was attended to, with interviews, photographs and hasty scribbling of highlights from speeches, in between it all, however, Ermine kept urging “come, sit down with us, eat” as she pointed to the plate she had put together for the new “family member.”

THE EVENING marked the third time that Fairfax County officials have hosted the joint community outreach. The Iftar is the evening meal when Muslims end their daily fast at sundown during the holy month of Ramadan. After a brief introduction and some insight into the meaning of Ramadan by Zeynep Cakmak of Clifton, Bulova welcomed the hundred-or-so attendees, comprising

all ages, ethnicities, and religious beliefs.

Citing “our diversity as the greatest asset in Fairfax County and what truly makes us special,” Bulova said it was “appropriate” to host the dinner at the Government Center. “This is the gathering place for our community and we welcome all of our neighbors here.”

Iman Mehmet Ayaz of the Institute of Islamic-Turkish Studies in Fairfax, thanked Bulova and the county for “making us feel included. These days it is extra meaningful to be welcomed and made comfortable, here at the center of our government.” Ayaz added that having such a diverse group at the Iftar dinner reflected

SEE NEIGHBORS, PAGE 7

Oak Hill & Herndon CONNECTION

www.ConnectionNewspapers.com

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VIEWPOINTS

The People Behind the 37th Herndon Festival

PHOTOS TAKEN AND
ANSWERS COMPILED
BY MERCIA HOBSON

More than 80,000 people joined the fun at the 37th Annual Herndon Festival held Thursday, June 1-Sunday, June 4. The Town of Herndon and the Parks and Recreation Department hosted the event which featured not only three stages of live entertainment, carnival rides and games, and two nights of firework displays but also a business exposition, arts, crafts and food vendors, Kids' Alley with a Children's Hands-on Art area, and free shuttle bus service.

“With so many events and people involved, what is your experience with Herndon Festival 2017?”



Bobbie Bowers, Herndon Department of Public Works

“I like seeing families enjoying themselves.”

Ronnie Mitchell, Herndon Department of Public Works

“I’m a rookie; this is my second year. I like the food.”

Kirk Anzengruber, Herndon Department of Public Works

“I like the Thursday night fireworks. I can see them from my home.”



John Orrison, Herndon Building Official

“What we’re looking for is that all the safety items are working; that the ride is properly assembled and there is no excessive wear. I’ve been an amusement devices inspector for over 20 years and a building inspector for 32 years.”



Balbir Singh, Herndon, Fairfax County bus driver

“I’ve been driving for Festival for five years now. Everybody is good; so very nice. I’m done when it ends.... when no one else is left.”



Ben Hoyt, Musician, Baltimore, Maryland

“The greatest thing about this town is its people. Every single experience I’ve had, musical or otherwise here, has been an absolute pleasure. I’m so grateful to the town, the audience, and my fellow musicians who have given me the opportunity to perform.”



Chief Jack May, Fair Oaks Fire Department

“We love coming to Herndon.”



Mary Kay Stine, former Herndon resident

“I was at the airport and the people in front of me were talking about the Herndon Festival. They were asking a lot of questions, and I encouraged them to come.”



Chris Skoviram Alpharetta, Ga.

“Every year I come to Herndon, and it is exceptional, from the patrons to all others. Everyone does a fantastic job, and I always look forward to it. Whoever ordered this weather, should be reinstated. Winds calm and temps perfect. Order this for next year, and I’ll be back.”



Sam Murray, Town of Herndon Stage Manager, Manassas

“I’ve been a stage manager for six years here in Herndon, and I look forward to it each year. I enjoy meeting the bands that arrive here, internationally and from across the country.”

Clay Maselle, Front Man for Strung Like A Horse, Chattanooga, Tenn.

“This is the second time I’ve been to Herndon Festival, and from just visiting and playing music, it seems like a real cool town with a lot of awesome people. We want to come back as many times as we can.”



Erik Hernandez, SOS Security

“We’re trying to be sure everybody is having fun and also safe while doing so.” Hernandez checked bags belonging to Wanda Mitchell and her daughter Katie Kipper both of Herndon. With them are Kipper’s children, Sierra and Colten, 3.



John Mosesso, Herndon Festival Volunteer Coordinator and Marnie Turman, Cameron Parish and Daughters of the American Revolution

Turman:

“Coming back to Herndon early this morning, another driver fell asleep at the wheel and rear-ended me. I spun; hit the curb, and my car flipped over. I have bruises and bumps, but I walked away from it. I’ve volunteered here for eight years, so I came anyway.”

Mosesso:

“You’ve outdone me 10 times over.”



Bob Stouts, Concert attendee, Herndon

“We’ve lived here since 1985, and we’ve come every year. It’s a tradition, kids, grandkids and family. They will fill up the blanket. This is a very joyful experience.”



Lydia Menci, 15, Herndon

“It’s a great place to spend time with friends.”

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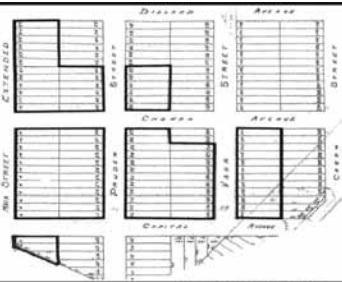
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ENTERTAINMENT

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

ONGOING

Women's Training Program.

through June 12, 6:30-8 p.m. at South Lakes High School, Seahawks Drive, Reston. Reston Runners Women's Training Program. Runners, walkers, run/walk intervals and Fresh Start, for women who need a more gentle start to working out. Designed by women for women. \$45. Email wtp@restonrunners.org.

Art Exhibition. 8 a.m.-5 p.m. through June 29 at U. S. Geological Survey, 12201 Sunrise Valley Drive. Exhibit "H. K. Anne Presents The American Landscape," will be on exhibit at the USGS National Center is a public building, parking is available in the visitor's lot outside the visitor's entrance. Photo ID is required to enter. Visit www.HKAnneFineArt.com for more.

Lake Anne Exhibit. Through July 2 at the Reston Community Center at Lake Anne, 1609 Washington Plaza N. Exhibit features work by members of the Reston Photographic Society. Visit www.leagueofrestonartists.org/rps or call 703-476-4500.

Free Concerts. Through Aug. 26, 7:30-10 p.m. every Saturday night in the pavilion at Reston Town Center, 11900 Market St. Call 703-912-4062 or visit www.restontowncenter.com/concerts for more.

All-comers' Group Fun Run at Potomac River Running.

Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 potomacriverrunning.com.

Over-40 Softball League. A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email skeduman@aol.com for more information.

"A Bird in the Hand" through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty's monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

Teen and Adult Art Classes

ArtSpace Herndon Every Monday from 5:30-8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com.

THURSDAY/JUNE 8

Book and Art Sidewalk Sale. 5-8 p.m. at 845 Station St., Herndon. The Closet sponsors sale for decorating or sprucing up the home and yard with an inventory of books on gardening, art, interior design, cooking and home improvement, as well as a selection of prints and paintings for sale. Proceeds benefit The Closet college scholarship fund for local students. Email dghitchings@verizon.net for more.

FRIDAY/JUNE 9

Morning Storytime. 10:30 a.m. every Friday at Scrawl Books, 11862 Market St. Reading stories for children. Visit www.scrawlbooks.com for more.

SATURDAY/JUNE 10

Book and Art Sidewalk Sale. 9:30 a.m.-4 p.m. at 845 Station St., Herndon. The Closet sponsors sale for decorating or sprucing up the home and yard with an inventory of books on gardening, art, interior design, cooking and home improvement, as well as a selection of prints and paintings for sale. Proceeds benefit The Closet college scholarship fund for local students. Email dghitchings@verizon.net.

JUNE 9-10

Davelle Clothiers 25th

Anniversary. Friday, 4-8 p.m. and Saturday, 12 - 6 p.m. at 11921 Freedom Drive, Suite 100, Reston. Wine along with acoustic guitar music performed by Shane Roots and a suit raffle. Visit www.davelleclothiers.com or call 703-904-0011.

SUNDAY/JUNE 11

Love Your Body Yoga Festival. 10 a.m.-5 p.m. at 11900 Market St., Reston. Yoga studios and wellness centers of Northern Virginia will be offering classes, services, and information on ways to care for your body, along with live entertainment and activities for children. Donations to participate in classes benefit Cornerstones. Visit loveyourbodyyogafestival.com for more.

MONDAY/JUNE 12

Muscle Up Mondays. 6:30 p.m. every Monday, 11900 Market St. Free fitness classes in the Pavilion presented by CRUNCH Fitness-Reston group instructors. Visit www.crunchreston.com or call 571-267-5000 for more.

FRIDAY/JUNE 16

Morning Storytime. 10:30 a.m. every Friday at Scrawl Books, 11862 Market St. Reading stories for children. Visit www.scrawlbooks.com for more.

SATURDAY/JUNE 17

Taste of Reston. noon-11 p.m. at 11900 Market St., Reston. Greater Reston Chamber of Commerce presents this outdoor food festival featuring two days of samplings from the region's eateries, live music, beer and wine gardens, and much more. Free admission; tasting tickets purchased on site or in advance at restontaste.com. Call 703-707-9045 or visit restontaste.com.

SUNDAY/JUNE 18

Brass Quintet Concert. 7-8 p.m. Reston Town Park, Reston Town Square Park Corner of Market and Explorer streets. A performance of selections spanning nearly 400 years from Handel, Debussy, and Sousa, to Leonard Bernstein and Fats Waller. Presented by Reston Community Center and Reston Town Center Association. Free. Visit restoncommunitycenter.com.

JUNE 24-25

SoccerFest. Various times at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Full weekend of soccer competition. call 703-471-5414.

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THE CONNECTION
NEWSPAPERS

Neighbors

FROM PAGE 4

the “true spirit of Ramadan.”

In addition to the chairman, representatives from all branches of county law enforcement and safety agencies and other departments were on hand to show their neighborly support. Supervisor John Foust (D-Dranesville) was also in attendance, as were Del. Vivian Watts (D-39), Del. Mark Sickles (D-43), and deputy county executive for public safety, David Rohrer.

Watts, who was hosted by a local family during a 2008 visit to Turkey, said it was “so sad what is happening in that extraordinary place.” With the tensions and unrest in their native country, and the spike in anti-Muslim sentiment that many Turkish immigrants have faced in their new homeland, Watts is saddened that many “must feel like no place is home. That’s why it is all the more important to be here as part of the bridge to connect people.”

Mustafa Akpinar, CEO of the Rumi Forum and an organizer of the event, agreed that of late “it seems like we are all on double shifts on our mission to be part of the community, but we love diversity and we celebrate it.”

Back to the Kilic table, where Emine carefully described each of the delicacies that she had picked out for my enjoyment, while still telling me that she, too, worries about the state of affairs in Turkey. “But we are so glad to be here, where things are so possible.”

Cemal, a smiling and anything-but-shy 11-year-old, was happy to talk about a wide range of subjects; why we are gathered here — “to better learn to communicate with each other” to cars — “Sorry, I am more for Lamborghini than Ferrari.”

Yasemin spent her first year here studying primarily in Turkish while she perfected her English — which seemed pretty perfect already. The 16-year-old student at Oakton High School is exploring the paths her future might hold. “I like math, for sure, but lately I am thinking about politics, or the law, something that I can do to help everyone have a better life.” She also loves to write — “I am working on a book” — so journalism is also a possibility.

ALL AROUND US, people were talking, laughing, and just getting to know each other a little better. The Imam’s call to prayers after the meal was the only pause. The gathering continued for many, once everyone had come back together.

Time to go and actually write the story, despite pleas from Emine, Yasemin and Cemal (dad Erdal was off meeting and mingling with other groups) to stay a bit longer and chat.

Duty calls, but not before receiving an invitation to attend a Turkish cooking class with Emine and a class in Ebru, the traditional Turkish “marbling” art form with Yasemin.

No regrets on breaking with journalistic tradition on this one occasion, and learning some new ones with a room full of neighbors.

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I Hope I'm Right



By KENNETH B. LOURIE

Having been a cancer “diagnosee” now for eight years and exactly three months — as I sit and type on May 27, 2017, a lifetime considering the original “13 month to two-year” prognosis I was given on February 27, 2009, I have learned much about cancer that I didn’t know. In fact, I’ve learned everything about cancer I know now because previously I knew nothing. Growing up I heard/experienced very little about cancer. My parents were healthy as was my immediate family (aunts, uncles, cousins).

And even though I spent many Sundays with my parents visiting my grandparents in nursing homes, the diseases/afflictions I remember hearing most about were diabetes, Parkinson’s, Leukemia and high cholesterol. Never cancer or any condition that I associated with cancer. I realize now how lucky we all were. I wouldn’t say I took good health for granted, but I might have taken it as a given. Not any more.

Everyday I wake up, as my father used to say, is a good day; and ever since I was diagnosed in early 2009, most days — all things considered, and I do consider all things, have been good days. I have been extraordinarily fortunate in how my body and mind has reacted to being diagnosed with a “terminal” disease: non-small cell lung cancer, stage IV. Rarely have I ever gone one step forward and then two steps backward.

Oh sure, the early hairless days of heavy-duty chemotherapy (infused for six hours every three weeks) were challenging, but it was a process I had to endure — so far as I knew (I know a bit more now and there are many more choices/protocols than ever before).

It reminds me of a long-ago M*A*S*H episode in which “Hawkeye” met a South Korean woman after she drove — a Cadillac — into the 4077th. She needed medical help for her family. Col. Potter ordered “Hawkeye” to return with the woman back to her home.

Begrudgingly he went along, mistakenly thinking she felt a sense of entitlement. After a short time treating her family he learned how wrong he had been. Later that day, “Hawkeye” saw the woman walking up a nearby trail carrying buckets of water on a pole. When he asked her why she was doing that (getting the water that way, from wherever); she replied: “Because that’s where the water is.” It struck him — and apparently — it struck me, too. As a cancer patient/survivor, that has always been my approach/attitude. “Next man up,” a common sports refrain; no excuses, keep moving forward.

Over the years, I have met many cancer patients; at the Infusion Center, at conferences, at work and at play. And I may be biased (no ‘maybes’ about it), but I have to say, we’re a fairly hearty and resilient bunch. Getting diagnosed with a terminal disease — frequently out of the blue, is not exactly the stuff of which dreams are made. Quite the contrary.

Nevertheless, many of the cancer patients I’ve met seemed to have faced their demons and are standing tall against the worst kind of adversity. Bette Davis is often credited with the quote: “Old age is not for sissies.” Well, neither is cancer. It seems to be for everybody, everywhere. Unfortunately, cancer is an indiscriminate, equal opportunity destroyer; all ages, all races, all ethnic groups, all populations.

According to “Medical News Today,” “One in two people will develop cancer in their lifetimes.” So getting cancer is either a matter of time, inevitable or a random-type miracle if it doesn’t affect you. For many of us who’ve been affected already, we’ve come to learn that cancer isn’t the automatic death sentence it used to be, especially for us lung cancer patients. The research dollars and enthusiasm going into defeating this scourge are at their most significant in decades, perhaps ever.

Now is not the time to give up hope. It’s time to embrace it.

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

WELLBEING

Getting Hurt in the Gym

Prevent and treat workout injuries.

BY MARILYN CAMPBELL

While sustaining an injury isn't on anyone's list of fitness goals, a recent study by the Center for Injury Research and Policy shows an increase in gym-related injuries in recent years. Corrective exercise is among the strategies for recovering from workout-related injuries, but fitness experts are also emphasizing prevention.

"Generally speaking, at some point it's good following an injury to perform corrective exercises to rehab injured muscles," said Joel Martin, Ph.D., Exercise, Fitness and Health Promotion Graduate Program coordinator and assistant professor of Kinesiology at George Mason University.

"Depending on the stage of the healing process the exercises may focus on getting blood flowing to the injured area, regaining strength in injured muscle or correcting poor movement patterns that contributed to the injury."

One of the most common causes of sports or workout related injuries is performing an exercise incorrectly, says Martin. "You

should take the time to learn proper form and seek the help of an exercise professional for advice as to how to perform various exercises," said Martin. "Investing the time to learn how to move well at the beginning of an exercise program will pay off in the long run."

Failing to do warm-up exercises before a workout and increasing the intensity of the exercise too quickly — either within the exercise session or across multiple exercise sessions — are among the leading causes of workout injury, says Martin. Not following safety procedures is another.

"Some of the most serious exercise injuries happen from not using common sense," he said. "These can come in a variety of forms, but may be due to trying to show off, not wearing proper shoes or equipment for the exercise mode, exercising in unsafe environments, or not using a spotter for heavy lifts."

Even with safety measures in place, Parker Bryant, a personal trainer based in Bethesda, Md., tells his clients that injuries can happen, even to the most cautious athletes. "For many common injuries, especially a muscle that's sore because it's been over-used, I usually advise clients to apply ice for about 20 minutes several times a day to reduce any swelling and to rest the injured body part," he said.



PHOTO COURTESY OF GEOFF ROBISON

Geoff Robison of Custom Kinetics in McLean shows a client how to use corrective exercise.

For those dedicated to fitness, being told to rest can be hard to hear, says Geoff Robison of Custom Kinetics in McLean, but he says that it is possible to be active while recovering from an injury. "One of the hardest things for a runner with an injury to hear is that they have to stop running," Robison said. "But one of the worst things you can do when you have an injury is lay down and not move. Movement, when done properly, can be very healing. It can bring blood flow and realign your body."

Exercise can be used to help heal some workout or sports related injuries, says Robison. "Everyone who walks in our door gets taken through an assessment," he said. "Whether it's low back pain, a knee problem or shoulder pain, we find the root cause of the problem."

Once the problem is identified, Robison and his team of trainers work to create an exercise program that is designed to decrease pain and build fitness.

One example that he uses to explain his therapeutic strategy is knee pain, which he says is one of the injuries he sees most often in clients. He observes the client's movements to help determine the cause of the problem. "Maybe it's coming from the foot, because the foot is not strong enough, so your knees cave in when you squat," he said. "Maybe your glutes [gluteal muscles] are weak or maybe your quads [quadriceps] are weak. Strengthening these muscles can help stabilize the leg and help relieve knee pain."

Robison builds an exercise regimen that is designed to address a specific issue or injury. "One exercise that I might use is the clam shell where clients lie down on their side and open and close their knees," he said. "When it's a case of muscle overuse, I might use a foam roller or resistance bands to loosen and strengthen the muscles."

Bryant says that an injury can be an opportunity to try a new type of workout. "For example, if you're a runner, but your knees are bothering you, stop running for a while and try swimming to give your knees a rest," he said. "After you're been pain-free for more than a week, you're probably healed. When you do return to your normal exercise routine, don't dive in with the same intensity as before your injury. Gradually work your way back so that you don't reinjure yourself."

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