

# Fairfax CONNECTION

WELLBEING  
PAGE 6

## Giving Back to Find a Cure

NEWS, PAGE 2

### 'I Never Expected Uriel to Shoot Him'

NEWS, PAGE 3

### Meteorologist Bob Ryan Speaks at OLLI

NEWS, PAGE 3

From left are Ava Buhr and Jacque Whang at the Alex's Lemonade Stand fundraiser at Rita's Italian Ice in Fairfax in support of childhood cancer research.

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Ava Buhr has fun scooping Italian ice into a cup to serve to a customer.



Fairfax High grad Kelly Salguero collects donations outside Rita's Italian Ice.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

## Giving Back to Find a Cure Rita's Italian Ice raises money for childhood cancer research.

BY BONNIE HOBBS  
THE CONNECTION

Combine children, frozen treats, a good cause and a hot summer day, and you get a fundraiser for the Alex's Lemonade Stand Foundation. And the recent one held at Rita's Italian Ice in Fairfax marked the fifth year this local business has partnered with ALSF.

The nonprofit is dedicated to finding cures for children with cancer; and during the event, the store donated 50 percent of its proceeds to it. Rita's also had a "Chief Ice Maker," celebrity scooper Ava Buhr, a leukemia survivor and rising fourth-grader at Fairfax Villa Elementary.

"I said, 'Welcome to Rita's' to the customers, scooped Italian ice and put on sprinkles," said Ava, 9. "And I liked giving people samples on tiny spoons and sampling the flavors, myself."

"She's been a great help," said store owner Jacque Whang. "She may have a job here in a few years."

**FOR THE FUNDRAISER**, local businesses donated prizes for a raffle and a resident donated her time to do face painting. In addition, customers were able to buy paper lemons for \$1 each and write their names on them. The lemons were then displayed on the store windows throughout June, and all the proceeds went to ALSF.

Rita's even served a special treat that day called "Ava's Gelati." It was Italian ice with Swedish Fish candy-flavored ice and vanilla custard and topped with yellow, Alex's Lemonade sprinkles. "Swedish Fish is a popular flavor here," said Whang, who's owned the business since 2012. "For people who like the candy, it tastes just like it, and Ava's favorite candy is Swedish Fish."

Ava also likes texting with friends, loves playing Minecraft and Roblox on the computer and is learning to swim. Described by her mom, Jeannie Buhr, as "kind, easy-going and helpful," Ava also wins the



From left, Valerie Nguyen, whose sister died of cancer, with Ava Buhr at the Rita's Italian Ice fundraiser for Alex's Lemonade Stand.

Golden Citizenship Award at her school, each quarter, for being a polite and good student and setting a good example for others.

But life hasn't always been so rosy for her; when she was 2-1/2, she was diagnosed with acute lymphoblastic leukemia (ALL). "She had a random fever in August 2011 and it went away," said Buhr. "But it came back, the week before Thanksgiving. Her pediatrician did blood tests and said, 'I think she has leukemia.'"

Ava then saw a hematologist at the Center for Cancer & Blood Disorders in Falls Church. After a bone-marrow test, the diagnosis became official. "You're a deer in the headlights and you think, 'That can't be happening – she's only 2,'" said Buhr. "I was frightened because I thought I was going to lose my child."

But when she learned of the high success rate of the treatment for this disease, nowadays, she also thought Ava would be treated and well in a couple months. However, leu-

kemia treatment for girls takes 2-1/2 years.

So Ava received chemotherapy via a port in her chest, plus monthly spinal taps. The chemo went into her spine and up to her brain. "Thankfully, she was so young, she doesn't remember any of it," said Buhr. "She also had to take steroids, which made her moody and angry for a week every month. Other than that, she was in good spirits."

However, because the chemo wiped out Ava's immune system, she was isolated from her friends. But toward the end of her treatment, the nonprofit Hopecam gave her preschool classroom a laptop so she and her classmates could connect.

Ava finished treatment March 21, 2014 and is designated as in remission. When she hits the five-year mark, she'll be considered cured. She currently undergoes blood tests every six months; but after March 21, 2019, it'll be just once a year for the rest of her life.

"When she was going through treatment, I wanted to raise awareness of the need for a cure, and Ava likes lemonade," explained Buhr. "So for the past five years, we've had an Alex's Lemonade Stand outside our house, usually the weekend of June 8-10, for National Lemonade Days. Ava's principal, Elizabeth Bumbrey, comes to it every year, so she's been very supportive."

And, added Buhr, "Fairfax Fire Station 40 got involved, told firefighters at other stations, and 20 firetrucks and ambulances came to our community just for our lemonade stand. It was amazing – my neighbor thought my house was on fire!"

Overall, she said, "We've raised \$5,000 for Alex's Lemonade Stand that way. And through other organizations – including Hopecam, DC Candlelighters and the Leukemia & Lymphoma Society – I've raised over \$40,000 for childhood cancer research."

Buhr said it's important to her that Alex's Lemonade Stand is focused on research. "The National Cancer Institute only allocates 4 percent of its budget toward it," she said. "And the kids go through adult chemo

from 30 years ago because there's not enough funding to develop new treatments."

"I told my husband, one day when I die and meet my maker, the first thing I'll ask is, 'Why do children get cancer?'" she continued. "So that's why I'm on the boards of Hopecam and DC Candlelighters, because I need to give back so I can keep helping these families. I met the devil and I know what they're going through."

Regarding the fundraiser at Rita's, Buhr said, "We always come here anyway because we love Rita's. So when one of Alex's Lemonade Stand's representatives told us they wanted Ava to be their celebrity Chief Ice Maker at Rita's for a day, we said, 'Sure.'" She's also considered an "ALSF Hero" – a child with cancer who helps the foundation with its mission.

**THE FUNDRAISER** yielded \$675 for the organization, and Whang was glad to host it at her business because "It involved kids, and Rita's is family-friendly and community-oriented. And what Alex's Lemonade Stand does for families going through cancer is amazing." "Most of our customers are families with children, so being able to make a difference for families is why we do these type events," she continued. "Alex's Lemonade Stand turns something unfortunate into something that gives them some hope and joy. And seeing Ava with a smile on her face makes me happy."

◆◆◆

The organization arose from cancer patient Alexandra "Alex" Scott's (1996-2004) desire to help other children like her. In 2000, 4-year-old Alex held a lemonade stand to raise money toward a cure for all children with cancer.

Since then, the foundation bearing her name has raised more than \$150 million. It's funded more than 800 pediatric-cancer research projects nationwide and provides support to families affected by childhood cancer. For more information, go to AlexsLemonade.org.

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## 'I Never Expected Uriel to Shoot Him'

Details revealed  
about local  
student's murder.

By BONNIE HOBBS  
THE CONNECTION

**T**he 18-year-old boy took the stand in court, Friday afternoon, and calmly implicated himself in major crimes including robbery, accessory to murder and obstruction of justice. But – thanks to a deal he made with the prosecutor – he won't be punished.

That's because, to save himself, Enrique Rivera agreed to testify against Fairfax City's Uriel Josaphat Espinosa Cruz, who's charged with killing Centreville High student Matthew Ortega. And that's just what Rivera did, July 27, in Fairfax County Juvenile and Domestic Relations Court.

"Matthew put up his hands in front of him and said, 'Stop, chill, chill,'" said Rivera. "That's when Uriel shot Matthew in the head."

Just 17, Ortega was murdered Feb. 13. At 5:17 a.m. the next day, a delivery driver discovered his body lying in the road in the 13000 block of Jeb Stuart Square in Centreville. Police were called, and medics pronounced Ortega dead at the scene.

Detectives initially sought the public's help to identify him and also asked anyone to contact them with information that could possibly lead to his killer. The trail led to Cruz, 18, and officers arrested him March 13. Charged with murder and use of a firearm in the commission of a felony, he's be-

ing held without bond in the Adult Detention Center.

**BUT LAST FRIDAY**, he was in court for his preliminary hearing before Judge John Kassabian. Friends and relatives of both Ortega and Cruz filled the courtroom, while a Spanish-language interpreter translated the proceedings to them.

Testifying first was county police Det. Aaron Spooner. He'd responded to the crime scene and said he saw blood near, around and on the body. He also identified the autopsy and toxicology reports that were done on Ortega. He said no weapons were found at the scene, but "Marijuana was collected in a prescription bottle in a pocket of the victim's pants."

Defense attorney Kasey McNamara asked if any "money, scales or anything else that could be related to the marijuana" were found on Ortega's person, and Spooner said no.

She then called Rivera to the stand.

"I used to live in Centreville, so I knew Matthew from there, and we went to school together," said Rivera. "I knew Uriel since I was a kid in Fairfax." He then identified Espinosa Cruz, sitting at the defense table in a green, jail jumpsuit. Rivera said that, on Feb. 13, he was driving around in his mother's car, smoking marijuana with Espinosa Cruz and a friend nicknamed Peanut before meeting with Ortega.

"It was Uriel's idea," said Rivera. "He said he wanted to rob somebody who had weed; he said it would be easy. [Peanut] contacted Matthew through Snapchat. Matthew sent the address where he was, in Centreville, and I drove there and parked."

Rivera said Peanut was in the front pas-



Uriel Espinosa Cruz



The victim, Matthew Ortega

senger seat, with Espinosa Cruz in the back seat, behind him. Ortega came inside, sitting behind Rivera. "There were people around, so I drove across the street because I knew Uriel was going to rob Matthew," said Rivera. He said the motor was running, and he identified a photo of the neighborhood and showed where he'd parked.

"Uriel pulled out a gun and pointed it near Matthew's chest," said Rivera. "I saw it in the rearview mirror." He said that's when Ortega put his hands, palms out, in front of him and told Espinosa Cruz to stop and chill. Instead, said Rivera, Espinosa Cruz fired the gun.

"After that, [Espinosa Cruz] said, 'He's bleeding, he's bleeding,'" testified Rivera. "Uriel grabbed [Ortega's] feet and I grabbed him, too, and we pulled him out of the car and put him on the ground." Then, he said, they left Ortega lying on the pavement and headed to Safeway to buy cleaning supplies – "Baby Wipes and stuff" – to erase the evidence of the crime inside the car. Said Rivera: "We all cleaned the blood off the backseat and the floor."

"From the time you drove across the street, how long were you there until Uriel took out the gun and shot him?" asked As-

sistant Commonwealth's Attorney Kathleen Bilton. Rivera said it was maybe a minute or two. She also asked if he knew, before driving to meet Ortega, that Espinosa Cruz had a gun. "Yes, he told us," replied Rivera.

"Did he tell you why he had it or what he intended to do with it?" asked Bilton. Rivera said no. Then defense attorney Andy Elders questioned him. He asked if there was a plan to buy additional marijuana that night from Ortega, and Rivera said there wasn't.

"You were aware you were going to help someone carry out an armed robbery?" asked Elders. "Yes," answered Rivera.

"So you didn't care what happened to Matthew Ortega?" asked Elders.

"I did care about Matthew," replied Rivera. "But I never expected Uriel to shoot him."

"And you were going to get a little free weed out of the robbery and gain some direct benefit from it?" asked Elders. Rivera answered affirmatively. "Did [Espinosa Cruz] ever say he was going to shoot Matthew or that he didn't like him?" asked Elders. Rivera said no.

Elders then asked if, during the ride from Fairfax to Centreville to meet Ortega, those in the car had discussed the robbery. "Uriel told me and Peanut that he was going to use the gun to rob Matthew," replied Rivera. "Uriel expected him to hand [the marijuana] over. I asked him, 'Why are you going to rob him for so little?' because Peanut said Matthew didn't have much weed on him. Uriel just said, 'It'll be fine.'"

Rivera also said neither he nor Peanut asked if the gun was loaded. Elders asked if Rivera's earlier time estimate of the shooting included the drive across the street with

SEE DETAILS, PAGE 5

## Meteorologist Bob Ryan Speaks at OLLI

**A**n enthusiastic audience of the Osher Lifelong Learner Institute at George Mason University (known as "OLLI" – an organization offering intellectual and cultural experiences to retired Northern Virginia residents) eagerly welcomed retired local meteorologist Bob Ryan at his presentation titled "Weather and Climate or Climate and Weather?" on July 11 at the Church of the Good Shepherd. A pioneer in televised broadcast meteorology, Ryan was the first on-air meteorologist for the Today show and served as a most trusted voice in weather forecasting for more than 30 years. Ryan says that meteorologists have a professional responsibility to deliver scientifically sound, accurate in-

formation to the public, including research results regarding climate change.

Topics presented included discussion of the differences between climate and weather, and a brief history of the science behind meteorology. His examples pointed out that advances in computer technology and science over the years have resulted in more data to analyze, giving us a better understanding of climate and weather and the differences between the two, leading us to more accurate conclusions. He believes that the use of scientific data modeling is critical, since it results in finding consistent patterns that confirm our human observations and, in this case, the confirmation of data indicating that increased CO2 levels, due to human activity and natural occur-



From left — OLLI President Bill Taylor and OLLI Member Stephanie Trachtenberg with Bob Ryan.

PHOTO BY  
O. LOUIS MAZZATENTA

rences, are causing global warming.

Ryan stressed that "nature has no agenda" and that our human influence on climate is clear. He added that "the more disruption we cause in nature, the more change we

will see." His presentation concluded with a quote from Jonas Salk, "Our greatest responsibility is to be good ancestors."

—CAROLYN KAZEMI

# When a Good Plan Must be Better

BY SUPERVISOR DAN STORCK  
(D-MT. VERNON)



**A**t the July 10 Board of Supervisor's meeting,, I voted against the County's first-ever Operational Energy Strategy. While I strongly believe the County needs such a strategy, the goals and plan were not aggressive enough to make a real positive difference to either our County budget or our environment.

The Energy Strategy set goals and targets for reducing energy use in County buildings, vehicles and operations, increasing some efficiencies, and saving money while also reducing greenhouse gas emissions. However, the strategy did not go far enough in advancing efficiencies, assessing future impacts or providing community and governmental leadership. As a County, we can and must do more to save people, places and property. Yes, the waters are rising, particularly here in the Mount Vernon District, our rivers, bays and marshes are seeing sea-level rise. We are experiencing more extreme weather events from derechos

to snowmageddons. Without strong, aggressive actions to stop or at least slow down global warming and protect our environment, these conditions will continue to worsen for ourselves, our children and our grandchildren. Our time to act is now!

The County needs more aggressive goals and actions for our Operational Energy Strategy, but it also needs a Community Climate Action Plan and to begin resiliency planning for the changes coming. I believe that by adopting stronger energy efficiency and savings goals, the County will not only lead the way in improving the quality of our environment, but also realize a rapid return on investment resulting in millions of dollars in future cost sav-

**"The environmental stewardship of our planet is a moral, social, political and financial issue, requiring action by all individuals, communities, businesses, religious institutions, social leaders, and especially by public officials."**

ings. During my time on the School Board, we successfully engaged an Energy Saving Performance Contractor which saved the schools more than \$10 million in 3 years. I am very proud of this achievement as these cost savings continue to increase as each day passes.

The environmental stewardship of our planet is a moral, social, political and financial issue, requiring action by all individuals, communities, businesses, religious institutions, social leaders, and especially by public officials. My thanks to the many community groups who embrace this challenge every day, working hard to education others and make our communities more sustainable and better places to live. It is an honor to serve you.

# In-Service Training

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

COMMENTARY

**T**he only common requirement for holding elective office is that one be a registered voter in the state meaning then of course that you must be at least 18 years of age.

You do not need to be a resident of the district you hope to represent although you will have to move into the district if you win. The concept of a citizen legislature is that it is made up of people from all walks of life in the community who can collectively speak for the community at large. Supposedly there would be no professional politicians—just regular everyday folks. Such an approach should work out well to have the community broadly represented.

In the past, because of laws and practices, most legislatures have been filled mostly with old white men. Recent years have seen a shift including in Virginia as more women are running for office and getting elected. This year has more women, young people, and people of color running than ever before.

With the diversification of who sits in the legislature the challenge becomes taking people of many different backgrounds, perspectives and constituencies and bringing them together to work for consensus on legislation to get a ma-

jority vote. While skills acquired in business and civic activities teach many of the soft skills of interpersonal relationships and team building that are transferable to a legislative body, there are unique differences that are important to recognize.

Most legislatures with which I am familiar have orientation programs to acquaint new members with where the bathrooms are, rules of order in committee meetings and on the floor, and operating procedures around the capitol. Putting legislation together, developing a strategy for its passage, and keeping constituents back home happy are most often handled by the political party caucuses or helpful mentors.

Another source of in-service training I have found invaluable are conferences put together by professional associations, specifically the National Conference of State Legislatures (NCSL). I am at their national conference this week.

NCSL keeps up with what is happening in state capitols around the country and through publications, conferences and consultancy keeps legislators informed. The association is truly non-partisan, although its leadership—chosen from among state legislators

across the country—maintain their party allegiance while the staff is able to stay out of the partisanship.

Virginia of course had the first representative legislature in the western world beginning in 1619. Not everyone followed the Virginia model however in writing their constitution of organizing their legislatures. I continue to be amazed as I work with colleagues from around the country as to the number of different ways that legislative bodies can organize themselves and do their business. No

one has a corner on the best way to do the people's business, but we can learn from taking a look at how other states conduct their business.

NCSL refers to the states as the laboratories of democracy. The description is appropriate as we all face mostly the same challenges. Our responses are different, however. By getting together for what some would call a conference, but what I think is more appropriately called in-service training, we can do a better job for the people we represent.

LETTERS TO THE EDITOR

# Gerrymandering Continues to Mess with Our Elections

To the Editor:

No matter where we stand on the political spectrum, the possibility that anyone interferes or tampers in our elections is unacceptable. Meanwhile, gerrymandering continues to mess with all our elections.

Gerrymandering is drawing voting districts to expand the impact of some votes and shrink others. In 2019, Virginians will elect 100 state delegates and 40 state senators. In 2020 another national census will be taken, and in 2021 the incumbents elected in 2019 (with more influence from the majority party) will draw voting maps that

favor their own re-election. Having incumbents draw their own districts is a serious conflict of interest. Unless we find a fairer way, this process will be repeated in 2029, 2031, and so on.

You can help by (1) identifying which candidates favor fair redistricting, (2) voting for them, and (3) checking out OneVirginia2021.org, where you (like more than 80,000 other Virginians) can send a message to your representatives demanding an independent commission to apportion districts fairly.

**Karen Scarfone**  
Clifton

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# Details Revealed About Local Student's Murder

FROM PAGE 3

Ortega in the car, and Rivera said it did. "So he got shot about 30 seconds later?" asked Elders.

"Yes," said Rivera. "Uriel pulled out the gun from his waistband." He also said Espinosa Cruz never explained to Ortega why he was pointing a gun at him or said anything to him, at all, before shooting him at point-blank range. But, said Rivera, "I saw and heard the gun shoot."

Rivera said he then opened the car door and helped pull Ortega's body outside. "Uriel helped me with the bottom half," he said. "I grabbed the top half, under his arms."

"You just dumped him on the ground and drove off?" asked Elders.

Replied Rivera: "We laid him down gently."

"Did you try to stop the bleeding or call 911 or yell for help?" asked the attorney.

"No," answered Rivera. "What was I supposed to do? Uriel shot him in the head. How was I going to save him?"

**RIVERA** also noted that he'd accidentally dropped his cell phone on the ground, near the body and – worried that it would link him to the crime – he drove back there and retrieved it, after first getting gas for the car at a station in Fair Lakes. "We were all scared,

but we had to go back," he explained. Rivera said about 20 minutes passed between the shooting and when they returned. He said they cleaned the car on a gravel road near Peanut's house and he threw the cleaning supplies in a trash can at his own home.

"You knew, at the time, that – even though you were just the driver – you could be implicated in a robbery resulting in a murder?" asked Elders. Yes, said Rivera. He also said he worried constantly about the police questioning him. When they finally did, he said he lied to them and said he didn't know Espinosa Cruz had a gun and was going to rob Ortega. But a month later, Rivera told them the truth.

"And you didn't lie to the prosecutor because you cut a deal so you wouldn't be charged with murder or anything?" asked Elders.

"Yes, and also because I felt guilty," answered Rivera. "And I didn't want to be in jail for something I didn't know was going to happen. I didn't know Uriel was going to shoot him." Bilton asked if he'd testified truthfully in court, and he said yes.

"After the robbery and shooting, did Uriel take any marijuana from Matthew?" asked Elders. Rivera said no. The judge then found probable cause to believe Espinosa Cruz committed the crime for which he's accused and certified his case to the grand jury for possible indictment.

## Survey for Young Adults to Help Target Drug Prevention Efforts

In an effort to better target opioid and other drug prevention efforts, the Fairfax-Falls Church Community Services Board (CSB) is seeking opinions of young adults between the ages of 18-25. The survey is anonymous and voluntary, and asks questions about use of alcohol, prescription drugs, and heroin.

An initiative of the Partnership for Success and the OMNI Institute, an organization that works to help organize substance use campaigns, the survey seeks comparison data from residents in various areas across the Commonwealth of Virginia concerning attitudes, knowledge and drug use of young people.

Participants will be asked to

select their three biggest substance abuse issues for their demographic in their community. They will also be asked about their perceptions of risk and other questions. The survey takes no more than five minutes to complete.

As an incentive, all those taking the survey will be eligible to enter to win a \$250 gift card. (Contact information for the drawing will be collected in a separate location and will not be linked to survey responses.)

Participants in the survey must be Virginia residents and between the ages of 18 and 25.

The survey is live now through Aug. 31, share the link with young adults in your community: <https://www.surveymonkey.com/r/3Y37BBJ>.

## BULLETIN BOARD

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

### MENTAL HEALTH SERVICES

The Fairfax-Falls Church Community Services Board's Merrifield Center offers a new stand-up information kiosk. Part of a

pilot project, the new feature aims to improve the customer service experience and decrease wait times for individuals who are seeking

SEE BULLETIN, PAGE 11

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**SPECIAL PULLOUT TAB**  
**Newcomers & Community Guide**  
**August 22, 2018**

The annual Newcomers and Community Guides for each of our 15 communities with inside facts on what makes each community special, their secret places, the real power players, how to get involved and more.

Including the history, schools, parks, libraries, local people, elected officials, county/city offices, how decisions are made, a calendar of events and other vital community information.

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## WELLBEING

# Required Vaccinations for School

Local clinics offer free immunizations.

BY MARILYN CAMPBELL

As parents compile back-to-school task lists, health officials say that along with backpacks, notebooks and pencils, parents add the vaccinations that are required by Maryland and Virginia state laws in order for students to attend school. Now is the time to get those immunizations to avoid the back to school rush.

"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year," said Mary Anderson, Montgomery County Department of Health and Human Services. "We urge parents to go now and not wait. We offer vaccines at clinics every day of the week at four different locations."

Appointments are not required for immunization visits in Montgomery, Arlington and Fairfax counties. The Alexandria Health Department, however offers services by appointment only.

"We would certainly encourage parents to make an appointment now," added John Silcox, Fairfax County Health Department. "Appointments fill up quickly, and there are some walk-in appointments, but the closer you get to school the more crowded our clinics get."

Fairfax County has five clinics which offer vaccines. "School-required immunizations are always free at our clinics, whether a person has insurance or not," said Silcox. "We highly encourage parents to call the clinic that is most conveniently located to them so that they have you vaccines in time for school."

Parents must bring a copy of the child's existing immunization record. "A parent or designated adult must be with the child when the go to get vaccines," said Anderson. "If a parents doesn't have or can't find their child's record, we can try to reconstruct it."

As recently as May, the Washington, D.C. region saw a case of a vaccine preventable disease, says Anderson. "There was a case of measles that this particular individual had contracted outside of the country," she said. "But this is a reminder about the importance of vaccinations because if you had come in contact with this individual and hadn't been vaccinated you could have gotten sick."



PHOTOS COURTESY OF FAIRFAX COUNTY

**Parents are encourage to get required vaccines now to avoid the back-to-school rush.**

**"We have free, walk-in clinics where you can get vaccines between now and the beginning of the school year. We urge parents to go now and not wait."**

— **Mary Anderson, Montgomery County Department of Health and Human Services**

## Immunization Requirements

### MARYLAND

<http://www.montgomeryschoolsmd.org/info/immunizations/>

### VIRGINIA

<http://www.vdh.virginia.gov/immunization/requirements/>

Some students may be granted an exemption from the Virginia and Maryland state requirements for religious for medical reasons. "There is an exemption form that people would need to get filled out and turn into their school in order to be exempt from the state requirement."

## Local Health Departments Offer Free Vaccines

### ALEXANDRIA

<https://www.alexandriava.gov/health/info/default.aspx?id=11444>

### ARLINGTON COUNTY

<https://health.arlingtonva.us/public-health/health-clinics-services/immunization-clinic/>

### FAIRFAX COUNTY

<https://www.fairfaxcounty.gov/health/immunization/school>

### MONTGOMERY COUNTY

<https://www.montgomerycountymd.gov/HHS/RightNav/SeventhGradeImmunizations.html>



## NEWS

# Jennifer Disano to Serve on Council on Aging

Virginia Governor Ralph Northam has appointed Osher Lifelong Learning Institute at George Mason University (OLLI Mason) Executive Director Jennifer Disano to serve on the Commonwealth Council on Aging. Disano joins a notable panel of 24 experts that advise the Governor on policy matters relating to aging in Virginia.



PHOTO CONTRIBUTED  
**Jennifer Disano**

Disano was chosen because of her wealth of experience directing OLLI Mason as well as her participation since 2014 on the Long Term Care Coordinating Council of Fairfax. At the helm of OLLI Mason, Disano has updated the organization to meet the needs of a wave of Baby Boomer retirements in Northern Virginia, doubling OLLI course offerings and increasing collaborations and intergenerational opportunities with George Mason University.

According to Disano, "understanding the needs, concerns and expectations of older adults is critical to making decisions and policy recommendations for the Commonwealth, and it is my honor to share with

the Council my insights and experiences serving as the Executive Director of the Osher Lifelong Learning Institute at Mason to better the lives of fellow Virginians."

The Council is tasked with providing the Governor and General Assembly recommendations on best practices to address the needs of older residents and their caregivers, including improvements to nutri-

tional health for the elderly. Council members will work with the Commonwealth's Department for Aging and Rehabilitative Services (DARS) to help develop strategies and goals to improve services that help the elderly live with more dignity and independence. The Council also assists the Commonwealth in developing and reviewing the Virginia Respite Care Grant Program. Since older adults represent Virginia's largest growing demographic, this is a task of enormous significance to the Commonwealth.

For more information about the Council and DARS, visit the following website: <https://www.vda.virginia.gov/index.htm>

## Fairfax High Hires Trey Taylor as Head Football Coach

Fairfax High School will welcome Trey Taylor as the new head football coach in the 2018-2019 season.

"We are delighted that Trey has agreed to become our head football coach," said Nancy Melnick, Fairfax HS Director of Student Activities. "Trey's football experience, leadership qualities, and passion for working with kids are qualities which our student-athletes and community will embrace."

Coach Taylor has been coaching in Fairfax County for 22 years and teaching since 1999. He has been a head coach in the Virginia High School League since 2006, most recently at South Lakes High School (2014-2017).

Coach Taylor brought new energy to the South Lakes program, posting a 34-15 overall record, two Liberty District Championships, one state Semi-Finalists (2016), and one Region Finals (2017) appearance. His four years as the South Lakes' football coach and teacher was marked by increasing student numbers in the football program as well as in his Personal Fitness classes. Coach Taylor is



PHOTO CONTRIBUTED  
**Trey Taylor**

excited about not only building a Fairfax football team that will succeed, but one that will excel and be the pride of Fairfax High School and the City of Fairfax.

"As a resident of Fairfax City for 15 years," said Coach Taylor, "I understand the unique opportunity that exists at Fairfax High School and am excited to work with the young men of Fairfax to

build a championship football program in addition developing outstanding young men who will contribute to their communities."

Coach Taylor was introduced to Fairfax HS returning football players on July 16 preparing for the July 30 start of the season.

"Nancy and I are thrilled that Trey is joining the Fairfax High School family," said new Principal Erin Lenart. "Trey has great leadership qualities and his record as a football coach and leading programs speaks for itself. He possesses all of the characteristics that our students need in a coach who can help them find respect and success on the playing field and in the classroom."

## LIVING HEALTHY LONGER

60 EVENTS SEPT. 15-26



MUST BE AT LEAST 50 TO PLAY

## NVSO2018

REGISTRATION ENDS AUG. 24 AT [WWW.NVSO.US](http://WWW.NVSO.US)

## Summer of Science CELEBRATION



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1:00 - 4:00 pm

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FREE Family Event for all Ages



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# ENTERTAINMENT

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## CAMP

**Youth Arts Summer Camps.** At Workhouse Arts Center, 9518 Workhouse Road, Lorton. Multiple sessions available for ages 3-17. Themes include Doodle Tots (ages 3-5), Visual Arts Explorers (ages 6-10), Fine Arts Innovators (ages 11-13), Summer Arts Intensive for Young Adults (ages 14-17), Short Film, and Game Design. New Music and Theatre Camps include Let's Play Guitar Camp, Vocal Arts Camp, Performing Arts Summer Camp Challenge, and Experimental Theatre Project Camp. Visit [www.workhousearts.org](http://www.workhousearts.org).

## WEDNESDAY/AUG. 1

**Springfield Nights.** 7 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Featuring: Ruthie & the Wranglers (American Roots). Bring a picnic dinner, blankets, your dog, and lawn chairs and relax with friends and family. Beer and food will be available for purchase. Call 703-451-8873.

**Kings Park Concert Band.** 7:30-8:30 p.m. at Mason District Park, 6621 Columbia Pike, Annandale. Kings Park Concert Band; program of marches, band classics, Broadway and movie show tunes. Seating provided in the amphitheater or bring your lawn chair. Free. Call 703-569-3090 or visit [kingsparkband.org](http://kingsparkband.org).

## THURSDAY/AUG. 2

**Bocce Picnic and Play.** 11 a.m.-1 p.m. at Green Acres Center, 4401 Sideburn Road, Fairfax. Featuring a free Bocce Picnic and Play event. Green Acres is the host site for the 2018 NVSO bocce competition scheduled on Thursday, Sept. 20. Medalists from past NVSO bocce competitions are expected to be on hand at the picnic Aug. 2 to help introduce bocce to those who might be new to the sport. Participants may also register for the NVSO at the picnic. All registration for the senior games ends Aug. 24. You must be at least 50-years-old by Dec. 31, 2018, to compete in the NVSO. To register for the free RSVP picnic or to become a NVSO volunteer, call volunteer specialist Carly Hubicki at 703-403-5360 or visit [www.rsvpnova.org](http://www.rsvpnova.org).

**Evenings on the Ellipse with The Gibson Brothers.** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Paradise Springs Winery and The Winery at Bull Run will be providing complimentary tastings; glasses of wine and full bottles available for purchase. A Farmers Market (2:30-6:30 p.m.) will also be on site selling fresh fruit and savory snacks. Rain or shine. Free. Visit [fairfaxcounty.gov/parks/performance](http://fairfaxcounty.gov/parks/performance).

## FRIDAY/AUG. 3

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638.

## SATURDAY/AUG. 4

**Car Wash.** 9 a.m.-1 p.m. at Next to

Patient First, 10100 Fairfax Blvd./Lee Highway (across from the fire station). Proceeds benefit the Fairfax High School Cross Country Team. Email [mawhalley@fcps.edu](mailto:mawhalley@fcps.edu).

**Workhouse Brewfest.** 1-8 p.m. at Workhouse Arts Center, 9518 Workhouse Way, Lorton. More than 30 Virginia craft breweries, artisan distilleries, and Virginia wineries will be on tap at the third annual Workhouse Brewfest, which will also feature live performances by 12 bands, food trucks, access to 12 air-conditioned art galleries and 65 artist studios. Visit [workhousebrewfest.org](http://workhousebrewfest.org) for tickets.

**Mount Vernon Nights.** 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit [www.fairfaxcounty.gov/parks/performance/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performance/mt-vernon-nights).

## AUG. 4-SEPT. 2

**Art Exhibit: Free Beer (and other lies).** At Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Featuring works by John Hartt, who is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, "Free Beer (and other lies)," explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Visit [www.workhousearts.org](http://www.workhousearts.org). For more information about John Hartt, visit [www.jortt.com](http://www.jortt.com).

## SUNDAY/AUG. 5

**History Challenge Day.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Choose from a selection of quizzes on a variety of topics for a chance to win a prize. Different versions will be available for all ages and groups and interests. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**Ballet "Precedence."** 2 p.m. at Ernst Community Cultural Center, NVCC Annandale Campus, 8333 Little River Turnpike, Annandale. Virginia Ballet Company and School will present a program that includes modern dance, ballet, and flamenco. All seats are reserved, and tickets are priced by location, with orchestra center \$30, orchestra sides \$20, and Balcony \$15 (all plus a \$3 processing fee). Tickets may be purchased at [www.vaballet.org](http://www.vaballet.org) or at the door. Call 703 249-8227.

## TUESDAY/AUG. 7

**Farm to Fairfax Market.** 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only – meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

**Erin's Epic Stories.** 10:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children's activities and entertainment in Old Town Square at the pergola, Tuesdays June-August. Weather permitting. Free. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).

**Dwelling Detectives.** 7-9 p.m. at Burke Centre Library, 5935 Fred Oak Road, Burke. Local Architectural Historian, Susan Hellman, will

## Hometown Thursdays: Lesson Zero

The new series hosts bands from the Fairfax area. Meet up with friends, grab dinner at one of the many restaurants in downtown, and listen to great music. A free, family-friendly event for all ages. Thursday, Aug. 9, 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays](http://www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays) for more.



## Closing Soon: Illuminated 'Scapes

Featuring 12 original pastels and paintings by Kathleen Best Gillmann. Illuminated 'scapes are waterscapes, skyscapes, and landscapes where the effects of light and color are key to the composition. The title was chosen to reference medieval illuminated manuscripts which were often complicated and colorful like Gillmann's work. Through Aug. 3, gallery hours at Arches Gallery, Bldg. W-9, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Visit [workhousearts.org](http://workhousearts.org).

**"High Desert, Colorado" pastel, 2018, by K. Best Gillmann.**

## Free Beer (and other lies).

Featuring works by John Hartt, who is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, "Free Beer (and other lies)," explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Aug. 4 through Sept. 2, at Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Opening reception on Saturday, Aug. 11, 6-9 p.m. Visit [www.workhousearts.org](http://www.workhousearts.org). For more information about John Hartt, visit [www.jortt.com](http://www.jortt.com).



**Oh Bartender! There's a Pink Squid in my Beer by John Hartt; media: Oil on Board; size: 8" x 10"**

provide tips on researching historic buildings, including resources to use in this area and steps to uncover the truth about one's house. Free. Email [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com) or visit [www.burkehistoricalsociety.org](http://www.burkehistoricalsociety.org).

## WEDNESDAY/AUG. 8

**Springfield Nights.** 7 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Featuring: The Colin Thompson Band (Blues/Rock). Bring a picnic dinner, blankets, your dog, and lawn chairs and relax with friends and family. Beer and food will be available for purchase. Call 703-451-8873.

## WEDNESDAY-THURSDAY/AUG. 8-9

**Studio Ghibli: Spirited Away.**

Wednesday, 7 p.m. (Japanese with English subtitles); Thursday, 11 a.m. (English dubbed) at Angelika Film Center – Mosaic, 2911 District Ave., Fairfax. The Angelika Mosaic will feature animated films from the celebrated Studio Ghibli praised for their originality, stunning animation,

and ambitious storytelling. All tickets are regular admission. Visit [www.AngleikaFilmCenter.com](http://www.AngleikaFilmCenter.com).

## THURSDAY/AUG. 9

**Evenings on the Ellipse with Robin and Linda Williams.** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Evenings on the Ellipse summer concert series is a family-friendly event featuring a wide range of musical genres. Rain or shine. Free. Visit [fairfaxcounty.gov/parks/performance](http://fairfaxcounty.gov/parks/performance).

**Hometown Thursdays: Lesson Zero.** 6:30-8:30 p.m. at Old Town Square, 10415 North St., Fairfax. Third Thursdays in May-September. The new series will host local bands from the Fairfax area. Meet up with friends, grab dinner at one of the many restaurants in downtown, and listen to great music. A free, family-friendly event for all ages. Visit [www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays](http://www.fairfaxva.gov/government/parks-recreation/special-events/hometown-thursdays).

## FRIDAY/AUG. 10

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638.

**Movies Under the Moon: Moana.** 8 p.m. at Van Dyck Park, 3740 Old Lee Highway, Fairfax. Enjoy a night under the stars in Van Dyck Park with family and friends with a movie for all ages to enjoy. Free admission, bring chairs and blankets.

## SATURDAY/AUG. 11

**Community Family Safety Day.** 10 a.m.-2 p.m. at 11230 Waples Mill Road, Fairfax. Sponsored by Jubilee Christian Center, Focus Family Martial Arts, and other local businesses and organizations. Free activities, including: inflatables, demonstrations on how to keep children safe, and sno-cones. Food vendors will be on-site. Call 703-383-1170 or visit [www.jccag.org](http://www.jccag.org).

**Opening Reception: Free Beer (and other lies).** 6-9 p.m. at Arches Gallery at Workhouse Arts Center, Building 9, 9518 Workhouse Way., Lorton. Artist John Hartt is known for his quirky oil paintings which have been described as strangely comforting. His latest kooky collection, "Free Beer (and other lies)," explores some of the concepts and stories surrounding beer, drunkenness and lies as only Hartt can interpret them. Visit [www.workhousearts.org](http://www.workhousearts.org). For more information about John Hartt, visit [www.jortt.com](http://www.jortt.com).

**Mount Vernon Nights.** 7 p.m. at Workhouse Arts Center, 9518 Workhouse Road, Lorton. This series of free, public concerts features a variety of musical performances reflecting Fairfax County's diversity, culture and community spirit. Bring a picnic dinner and a blanket and enjoy one of Fairfax County's special summer traditions. Visit [www.fairfaxcounty.gov/parks/performance/mt-vernon-nights](http://www.fairfaxcounty.gov/parks/performance/mt-vernon-nights).

## MONDAY/AUG. 13

**Donation Deadline.** During bank hours at Sonabank, 10855 Fairfax Blvd, Fairfax. Sonabank is collecting school supplies at all branches, including: notebook paper, three-ring binders, spiral notebooks, composition notebooks, No. 2 pencils, pencil pouches, colored pencils, calculators, crayons, pencil erasers, dry erase marker, glue sticks, bottle glue, pocket folders, three-prong folders, pocket dictionaries, markers, highlighters, rulers, tissues, hand sanitizers, copy paper, sticky notes, backpacks and blunt-end safety scissors. Visit [sonabank.com](http://sonabank.com).

## TUESDAY/AUG. 14

**Farm to Fairfax Market.** 10 a.m.-2 p.m. at Old Town Square, 10415 North St., Fairfax. The market, will be producers-only – meaning that all vendors at the market may only sell what they raise on their farms or make from scratch using local ingredients as much as possible. May-September, weather permitting. Call 703-385-7893.

**Erin's Epic Stories.** 10:30 a.m. at Old Town Square, 10415 North St., Fairfax. A variety of children's activities and entertainment in Old Town Square at the pergola, Tuesdays June-August. Weather permitting. Free. Visit [www.fairfaxva.gov/government/parks-recreation/old-town-square](http://www.fairfaxva.gov/government/parks-recreation/old-town-square).



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Caboose II, LLC trading as Caboose Brewing Company, 2918 Eskridge Rd, Fairfax, VA 22031. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Matthew Greer, Managing Member. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

**News**

**In an effort to increase the bee population in Virginia after a reported near 60 percent total colony loss by reporting beekeepers in the Commonwealth, individuals 18 years and older may receive up to three free bee hives through the Virginia Department of Agriculture and Consumer Services Beehive Distribution Program.**



## Where Have All the Honeybees Gone?

**Virginia General Assembly establishes the Beehive Distribution Program, after the shocking number of total winter colony losses.**

BY MERCIA HOBSON  
THE CONNECTION

**T**he winter losses of honeybee colonies over the 2017 – 2018 season were greater than expected. To address the problem and increase the number of actively managed bee colonies, the 2018 Session of the Virginia General Assembly established the Beehive Distribution Program.

“An individual who submits an application to the Department of Agriculture and Consumer Services for a beehive unit through the Program will be registered as a beekeeper with the Department ... Individuals may receive no more than three basic beehive units per fiscal year (July 1 thru June 30). Only residents of Virginia who are 18 years of age or older at the time the application is submitted are eligible to receive a beehive unit through the Program.”

“The winter losses were 59.5 percent,” said Keith Tignor, State Apiarist. This is the highest rate since 2000 when the state began monitoring winter losses. It is the fourth highest reported in the nation for total winter all colony loss with only Arizona, Tennessee and Louisiana reporting higher losses according to the nonprofit Bee Informed Partnership.

Virginia Department of Agriculture and Consumer Services said “VDACS staff found high levels of Varroa mites and nosema infections in wintering bees. Both of these maladies shorten the lifespan of worker bees, increasing mortality rates in winter months.”

VDACS cautions that applicants must comply with all state and local requirements related to beehive management and other beekeeping activity as well

as contact the locality in which the beehive(s) will be located to ensure compliance with all applicable ordinances.

Applications for beehive units may be submitted electronically to the at [www.vdacs.virginia.gov/plant-industry-services-beehive-distribution-program.shtml](http://www.vdacs.virginia.gov/plant-industry-services-beehive-distribution-program.shtml)

PHOTOS BY MERCIA HOBSON/THE CONNECTION



**Tim Field of Herndon checks his honeybee hives. Although his hives did not suffer colony loss, 60 percent of reporting beekeepers in the Commonwealth of Virginia did, the fourth highest loss percentage in the United States.**

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# BULLETIN

FROM PAGE 5

mental (behavioral) health services. To check in, individuals respond to five simple questions, then the CSB's Patient Track software alerts staff. Based on clinicians' schedules and availability, as well as the needs of the client, individuals are triaged and seen by the next available staff member. For more information on available services, call the CSB at 703-383-8500 (Monday-Friday, 9 a.m.-5 p.m.). In an emergency 24/7, call CSB Emergency Services at 703-573-5679 or the Fairfax Detox Center at 703-502-7000 (TTY 703-322-9080).

## VOLUNTEERS NEEDED

**Haven of Northern Virginia** is committed to offering, support, compassion, information and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those suffering from a loss. Volunteers must participate in a 30 hour training. Training will be offered in October 2018. To volunteer, call Haven at 703-941-7000.

**Assistance League of Northern Virginia**, a volunteer nonprofit, invites community members to join the organization to participate in its Reading Express program. Volunteers provide one-on-one tutoring to first grade students during the school year. To learn more contact VP Membership Mary Gronlund at gronbiz@aol.com or Program Coordinator Lynn Barron at lynnib517@verizon.net.

## FRIDAY-SUNDAY/AUG. 3-5

**Tax-Free Holiday.** During Virginia's sales tax holiday, qualifying school supplies, clothing, footwear, hurricane and emergency preparedness items, and Energy Star and WaterSense products can be purchased without paying sales tax. Visit [tax.virginia.gov/virginia-sales-tax-holiday](http://tax.virginia.gov/virginia-sales-tax-holiday) for details.

## TUESDAY/AUG. 7

**Volunteer Information Session.** 2-3 p.m. at Burke Library, 5935 Fred Oaks Road, Burke. Learn about opportunities to help children succeed in the classroom at GrandInvolve's volunteer information session for seniors. Email [info@grandinvolve.org](mailto:info@grandinvolve.org) or visit [www.grandinvolve.org](http://www.grandinvolve.org) for more.

**Lions Dinner Meeting.** 6:30-8:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Lions Club meets the 1st and 3rd Tuesdays of each month. Guests are welcome to learn about the mission of the Lions Clubs "We Serve," meet club members and learn to help serve the community. Free to first time guests. Email [fairfaxlions@cox.net](mailto:fairfaxlions@cox.net) or visit [www.fairfaxlions.org](http://www.fairfaxlions.org) for more.

## SUNDAY/AUG. 12

**Spiritual Prosperity Workshop.** 1:30-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Learn how to make changes in life using spiritual laws of abundance in this workshop with nationally-known author and speaker Edwene Gaines. Workshop is offered on a love offering (donation) basis. Call 703-281-1767 or visit [www.unityoffairfax.org/four-spiritual-laws-prosperity-workshop-s](http://www.unityoffairfax.org/four-spiritual-laws-prosperity-workshop-s) for more.

## AUG. 13-SEPT. 9

**Pool Closure: South Run RECenter.** Four Fairfax County Park Authority RECenter pools will be closing for regular, periodic cleaning and maintenance next month. Consider trying out another county pool during the temporary shutdown. RECenter passes are valid at all nine Park Authority RECenters. Dates are subject to change. Visit [www.fairfaxcounty.gov/parks/recenter](http://www.fairfaxcounty.gov/parks/recenter) for more.

## TUESDAY/AUG. 21

**Lions Dinner Meeting.** 6:30-8:30 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Lions Club meets the 1st and 3rd Tuesdays of each month. Guests are welcome to learn about the mission of the Lions Clubs "We Serve," meet club members and learn to help serve the community. Free to first time guests. Email [fairfaxlions@cox.net](mailto:fairfaxlions@cox.net) or visit [www.fairfaxlions.org](http://www.fairfaxlions.org) for more.

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## Fortitude For a Fortnight



By KENNETH B. LOURIE

Intestinal or otherwise. "All hands to the pump," (Downton Abbey), emotionally speaking. The weight of it all is not too much to bear, but it is pretty close to it:

- ❖ 24-hour urine collection on Tuesday;
- ❖ Pre-chemotherapy lab work and quarterly CT Scan on Wednesday (not often occurring on the same day but this cycle unfortunately they did);
- ❖ Balance of Wednesday and Thursday waiting for lab results which ultimately determine whether I'm approved for chemotherapy on FRIDAY;
- ❖ Thursday through Monday (or longer): waiting for scan results from previous Wednesday (my life doesn't hang in the balance exactly, but it's definitely hanging somewhere);
- ❖ Friday: my actual chemotherapy;
- ❖ Sunday through Thursday (post chemotherapy): feeling lousy, hardly eating, irregular sleep, tired all the time (typical post-chemotherapy side effects)
- ❖ And finally, per my July 25 column entitled "Phoning It In," talking with my oncologist over the phone to discuss my scan, my treatment going forward, my life, etc.

In summary: Tuesday, July 24 to Monday, Aug. 6, two weeks of cancer "centricity."

Considering this first paragraph, no wonder I used the word hope and expressed per pen the written emotion so much in my previous two columns. When cancer or any other treatment for a serious disease, operation, recuperation, physical therapy and so forth is concerned, ultimately, what else is there?

Whether you're following doctor's orders and/or supplementing it with non-Western, holistic-type alternatives, rarely are there any guarantees other than as they say "death and taxes" and for a time was said in the 1940s and 50s: "The Washington Senators finishing last in The American League."

Nevertheless, hope springs eternal, as a formerly long-suffering life-long member of Red Sox Nation can attest: three World Series Championships since 2004 after breaking/braking the "Curse of the Bambino," (the 86-year drought since the Red Sox had last won the World Series in 1918 - Babe Ruth's last season playing for the Red Sox).

And as I live on/write on nine years and nearly eight months past a "13-month to two-year" prognosis diagnosed back in late February 2009, I am eternally hopeful - and always forever grateful.

And in spite of my amazing, miraculous good fortune, the last thing I do, and I mean the absolute last thing I do, is take any of it for granted. That is why the emotion so often expressed in pen and in person is hope. I am never going to betray/dismiss who and/or what has power over my outcome/life expectancy.

I mean, at the end of the day (heck, at the beginning of the day), I am a mere mortal and don't presume for a minute (or even a second) that living in the "Kenny lane" is sufficient to defeat the greatest advisory mankind has ever known: cancer. And though I am generally positive and optimistic, I am cautiously so.

After all, I'm just not supposed to blow by (live through) my original prognosis as if it was an arbitrary statement. It was the real deal, and when you first hear it, it's a surreal one at that. But here we are, late July, 2018.

At this actual real-time Friday-morning moment, I am on hold with oncology confirming that my pre-chemotherapy lab results are acceptable for today's infusion. (Otherwise, this fortnight will be extended by seven days.) As any cancer patient under treatment knows, one's presence is never really confirmed until the medical staff advises you. Soon, I will be advised.

In all the intervening moments, I am still waiting to hear back concerning the results from my CT Scan on Wednesday. Hopefully (there's that word again), we will hear before the weekend. It's so much easier to suffer through/anticipate the fortnight when news is known sooner rather than later.

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





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