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Kindergartner Andrew Lukoma goes to his first day of school at Spring Hill Elementary with his younger brother, Albert.

McLean CONNECTION



First Day of School in McLean

News, Page 3

Schools Provide New Resource For Parents, Students

News, Page 9

Teen Sex Trafficking Close to Home

News, Page 6

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OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10

AUGUST 29-SEPTEMBER 4, 2018

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CAREGIVER CONNECT

*A Monthly Gathering for Caregivers
at The Kensington*

At The Kensington, we understand that caregiving for someone with dementia is a demanding responsibility. We also believe it is one you should not undertake alone. That's why we strive to preserve your well-being by helping you stay positive, manage fatigue and make the most of moments as your loved one's memory changes.

Join us each month to share time connecting with other caregivers and discussing common challenges. Guest facilitators offer information, advice and support in a welcoming, private setting.

Dr. Aleksandra (Any) Parpura, an expert in aging and dementia, leads our Caregiver Connect program and brings to us vast knowledge, helpful tips and a kind heart.

**The first Wednesday of each month from 6:30-8:00pm
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An Assisted Living Community

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www.TheKensingtonFallsChurch.com

Kensington Park, another Kensington community located nearby in Kensington, MD



News



PHOTO CONTRIBUTED

The Vienna Essentials musicians (from left): Tariq Abdulhak; Sarah Kwartin; Adriano Moran; Rachel Petrovich; and Christina Luckett

Teens Share Music with Senior Citizens

The Vienna Essentials, a group of high school students who hail from Vienna, put on a concert for the residents of Sunrise Senior Living of McLean. Vienna Essentials musicians and their respective instruments: Tariq Abdulhak (violin); Sarah Kwartin (guitar); Christina Luckett (piano); Adriano Moran (violin and voice); and Rachel Petrovich (trombone).

Their concert included both solo and group performances. After performing as a group together, then each Vienna Essentials member played a solo piece on his/her

musical instrument.

This Sunrise Senior Living facility includes Memory Care. Vienna Essentials members learned that several research studies suggest that listening to and singing music has positive mental and emotional benefits for all ages, including the elderly. So the concert ended with a Sing-a-long portion. Specifically, the Vienna Essentials musicians invited the senior citizens to join in singing several songs, including: "You are My Sunshine," "Lean on Me," "Do Re Mi," "What a Wonderful World" and "Here Comes the Sun."

Let us know about an upcoming event
www.connectionnewspapers.com/Calendar

Friends of the McLean Community Center Name Cecilia D. Closs 2018 Friend in Deed

Cecilia D. Closs was awarded the Friends of McLean Community Center's (FMCC) 2018 Friend in Deed Award at the organization's annual meeting. Closs is the 27th person to receive this award "with gratitude for outstanding leadership and support of the McLean Community Center." FMCC President W. Glenn Yarborough Jr. presented the award on June 4 at the McLean Community Center administrative office.

At the ceremony, Yarborough praised Closs, who currently serves as secretary of FMCC, for her dedication to Friends and for making a difference in the McLean community. She is a long-time resident of McLean and works as a family law attorney. In addition to Friends, Closs serves on the board of Redeemer Lutheran Preschool and volunteers for the Children's Law Center as well as the Self-Help Center in D.C. Superior Court.

At the completion of the McLean Community Center's renovation,



Glenn Yarborough and Cecilia Closs.

her name will be added to the list of award recipients on the "Friend in Deed" plaque displayed in the

Center's main lobby. For more information on Friends of MCC, visit www.friendsmcc.com.

PHOTO COURTESY OF MCC



PHOTO BY CARLYN KRANKING/THE CONNECTION

Izarra and Avishay Bector begin their first day of second grade and fourth grade at Spring Hill Elementary.

First Day of School in McLean Students start the new year at Spring Hill Elementary.

Students and their families filled schools across the county Tuesday morning as Fairfax County Public Schools began the new school year. As buses unloaded and students searched for their classrooms, Spring Hill Elementary was busy, but spirits were high. Young students gave smiles and playful looks to their friends from across rooms, while their parents talked with school staff. Parents, teachers and administrative staff alike worked to ensure a smooth start to school in hopes of a great year ahead.

—CARLYN KRANKING

Schools Provide New Resource for Parents, Students

FCPS Office of the Ombudsman up and running.

BY ANDREA WORKER
THE CONNECTION

The Family and Student Ombudsman is a new position in the Fairfax County Public School (FCPS) system. Last May, announcing the establishment of the office and the selection of then-principal of Pine Spring Elementary School Armando Peri Jr. as the first ombudsman, FCPS Superintendent Scott Brabrand said, "We are committed to providing an unbiased point of contact for all student issues. We believe the creation of this new position will provide families another resource to assist in positive outcomes and resolutions of concerns."

"Armando will bring a wealth of invaluable experience as both principal and counselor to this role," Brabrand said.

In addition to a bachelor of arts from Saint Charles Seminary, a Psy.S. in school psychology, and a



PHOTO BY ANDREA WORKER/THE CONNECTION

"We're open for business," said Armando Peri, ombudsman for the newly created Fairfax County Public Schools' Office of the Family and Student. School opens this week, but Peri and Carla Dallas, the department's administrative assistant, have already been handling calls.

master of arts in developmental psychology, Peri also brings more than 23 years of experience as an FCPS employee.

Peri has worked as a school psychologist at all levels with the FCPS, and as an educational specialist in the former Office of Minority Student Achievement before his appointment as assistant principal at Parklawn Elementary School, then Irving Middle School, and most recently as principal at Pine Spring before accepting the

ombudsman position.

"Actually, I applied for the role," Peri said. "I truly see how valuable this office can be. As an FCPS parent for 16 years, if I am still learning and have to do some research for resources on occasion, I'm sure there are parents out there who could use our help in navigating the system from time to time."

So what will the ombudsman bring to FCPS parents, students, teachers and faculty and staff?

"It's important that people un-

"Our number one priority is really to give parents the knowledge to be confidently active in their kids' education."

—Armando Peri, FCPS Ombudsman

derstand just what an ombudsman is, and what an ombudsman can and cannot do. In our first encounter with anyone who contacts us, we will first listen carefully and respectfully to their issues, and then make clear what the strengths and the limitations of our office are. In any case, we will always seek to provide information, resources and options," he said.

The International Ombudsman Association lists four key elements in its Standards of Practice: independence, neutrality and impartiality, confidentiality, and informality.

As applied to the new FCPS office, Peri says those four principles mean that his office is a safe place to bring concerns, complaints or issues that will remain as confidential as the parent or student wish them to be.

Unless failure to disclose information could pose an imminent risk or danger to students or others, "we will only share information with the permission of those who ask for our assistance," Peri

said. "And no topic is off the table."

The ombudsman does want to make clear that his office does not have the power to make appeal decisions, change policies or take specific actions on behalf of families or students. "We can't do those things or directly advise, but we can help both navigate the system and connect them with the right people. Our goal is to educate and help people find options and make decisions being well-informed."

The office will analyse trends to assist the FCPS in developing future strategies and improve systems and communications, But Peri is adamant that nothing about the Ombudsman's Office is to be a "blame game," but to work in tandem with all involved to secure the best, most positive outcomes.

Of course, Peri added, "If we recognize problems through our work, we will help address them, but our number one priority is really to give parents the knowledge to be confidently active in their kids' education."

SEE MEET FCPS, PAGE 5

OPINION

America Needs Unions

BY DAVID BRODER
PRESIDENT,
SEIU VIRGINIA 512



Broder

This Labor Day, while some of us attend barbecues or spend quality time with our families, millions of Americans will go to work.

Americans are now working longer hours for lower wages. Despite an increase in our educational attainment, fewer of us have paid sick days, parental leave or employer-based healthcare. Even fewer of us have retirements we can count on.

Unions are a solution to our broken economy. Working people who form unions with their co-workers earn higher wages, have better health care, have more secure retirements, and are safer on the job.

The statistics are overwhelming. Working people in unions earn 30 percent more than their non-union counterparts, and are nearly five times more likely to have a guaranteed pension.

Women workers who are union members earn nearly \$9,000 a year more than their non-

union counterparts. For African-American workers, the union differential is also about \$9,000, and for Latino workers the yearly advantage is more than \$11,000.

Unions have made all the difference in my family's life.

I'm the great-grandson of eastern European Jewish immigrants, who fled anti-Semitic violence, and came to this country with nothing. Thanks to my grandparents' union, my father was able to go to college. Thanks to my mother's teachers union (in which she was a powerful leader), our family never had to choose between seeing a doctor and putting food on the table, and my parents can now retire and live with dignity.

It's no wonder that more people are speaking out, organizing and voting for the rights to form a union.

Across the country, in deeply-conservative states like Oklahoma and West Virginia, union teachers and community allies have successfully mobilized for improvements to our education system, teacher pay and workers' rights.

Here in Virginia in 2016, a bipartisan majority of voters rejected the anti-worker constitutional amendment known as "right to work," while last month, voters in Missouri rejected the state's right-to-work law by a 2:1 margin.

Across the country, 61 percent of Americans

support unions, according to a recent Gallup Poll. Young workers are even more supportive, and are joining unions in record numbers, in order to fix a broken economy.

When workers join together to form unions, we all benefit.

Strong unions raise wages, improve health care, and expand retirement security for all workers, union and non-union. Unions have played important roles in the civil rights movement and women's rights movement, and continue today to fight for racial, immigrant and environmental justice.

Here in Northern Virginia, unions have helped lead fights to raise wages, increase mental health funding, create jobs, and ensure health care for up to 400,000 people through Medicaid Expansion.

So, this Labor Day, whether you're enjoying a burger with family and friends or you're hard at work at your job (or maybe your second or third job), I invite you to join us.

Let us all unite together on our jobs, in our communities, and at the polls this November, to demand a better economic future for all people!

Learn more at AmericaNeedsUnions.org

David Broder of Vienna is president of SEIU Virginia 512, a union of home care providers, and county employees in Fairfax and Loudoun.

LETTERS TO THE EDITOR

Wake-up Election

To the Editor:
(re: An Open Letter to Representative Comstock, by David Pope, Connection, Aug. 22-28, 2018)

Barbara Comstock has served all well; your lifelong Republican anxiety representative in your Open Letter appears your cup half empty; others out here in your longed-for "democratic" past, are

experiencing glass half full and increasing volume in Real Life.

Speaking of President Trump's actions, I refer you to a recent interview with 94 year old Henry Kissinger.

"Donald Trump is a phenomenon that foreign countries haven't seen before." Kissinger gives new understanding of

Trump's foreign policy and predicts its success. "He is the one true leader. After eight years of tyranny, we finally see a difference."

We the people electing past Presidents, Congress members, Social Democrats, (swamp dwellers), incumbents, both parties (the deep State) bureaucrats working to take duly elected President

Trump down, need to wakeup!

Fellow conservatives, light a fire under your outrage, preserve The Constitution with God given Rights, vote November for Barbara Comstock. Your future way of life may well depend on it!

Mary Donaldson
Great Falls

Make Gun Violence Rare Again

To the Editor:
As my daughter goes back to school on Aug. 28 as a junior at McLean High School, the Parkland School shooting is at the forefront of my mind. Fort Lauderdale, Fla. is my other hometown, and I knew friends who were impacted by this horrific event. Gun violence can happen anywhere and we shouldn't accept this as our norm.

McLean High School, as well as many other schools that reside in District 10, is represented by Barbara Comstock. Let's not forget she is ranked as one of the top ten politicians who happily accepted \$137,232 in donations from the NRA. Comstock might be quiet these days about gun policy because constituents in Northern Virginia have shifted to favor more

sensible gun control, but her record speaks loud and clear. Comstock has voted against universal background checks and limiting semi-automatic weapons and currently votes with Trump more than 97 percent of the time.

The uprising of student advocacy for adequate gun control in the aftermath of the Parkland shooting needs to continue nation-

wide. This November vote for Democrat Jennifer Wexton who doesn't take money from the NRA and supports universal background checks and closing gun show loopholes. At least with Wexton in office, we might have a fighting chance to make gun violence rare again.

Kristin Battista-Fraze
McLean

Majority Wants a Secure Border

To the Editor:
It's the cliched language which grates: "breaking up families," "shocked the conscience," "from their mothers' arms" ("Isolating the Children," Connection, Aug. 22-28). Not one to pass up an opportunity to make political capital instead of offering practical solutions, Del. Ken Plum (D-36)

inveighs against separation from their presumed parents of children entering the United States illegally. The sincerity here is a tad suspect since we recall nothing of this censure when separation was practiced, to a degree, by the previous administration. I suspect the vast majority of illegal immigrants know that their entry is illegal.

Unfortunate as they are, children who have made it here across considerable land expanse under uncomfortable conditions can probably tolerate clean beds, tasty meals, TV, and recreational facilities while their illegal parents are being detained. It is incontestable that the vast majority of Americans want a secure border. Del. Plum

offers no solutions to an insecure-border problem. Practical suggestions in place of overwrought language would be welcome.

Of-stated administration policy is controlled legal immigration. What otherwise: open borders, abolition of ICE?

Harry Locock
Reston

McLean
CONNECTION

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NEWS DEPARTMENT:
mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Trisha Hamilton
Display Advertising
703-624-9201
trisha@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly, Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

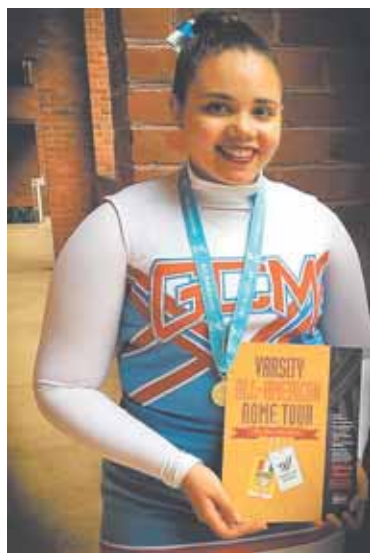


PEOPLE

McLean Dancer to Perform in Rome's New Year's Celebration

Kayla Haight from George C. Marshall High School is one of more than 300 high school dancers, cheerleaders and drum majors from across the U.S. who will be performing in the historic city of Rome on New Year's Day.

The individuals invited to perform in the Rome celebration are part of the All-American program, selected from Universal Dance Association, National Dance Alliance and United Spirit Association at summer camps across the country. All-Americans are chosen based on superior athletic and leadership skills. Only the top 12 percent of athletes who attend camp earn the chance to perform in the holiday spectacular. "The All-American program is celebrating its 31st year in 2018, and our talented cheerleaders, dancers and drum majors really enjoy the opportunity to show their skills to a very enthusiastic international



Kayla Haight.

audience," says Mike Fultz, International Event Coordinator for Varsity Spirit.

Support Kayla at <https://www.gofundme.com/KaylaDancesInRome>

PHOTO CONTRIBUTED

Meet FCPS Ombudsman

FROM PAGE 3

PERI'S OFFICE is prepared to help with whatever parents or students need. "It doesn't have to be a major issue. Sometimes parents just need help with a form, or information about resources for their children. We are here to help with things like that, as well."

Peri will be assisted by administrative assistant Carla Dallas, who

also brings years of FCPS experience to the new venture, including a tenure in the Superintendent's Office.

To get better acquainted with the ombudsman and learn more about the Office of the Family and Student, check out Peri's "Meet the Ombudsman" YouTube video and visit the website at www.fcps.edu/ombudsman. Recah Peri Dallas at 571-423-4014.

BULLETIN BOARD

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

REGISTRATION OPEN

Girls on the Run Fall 2018 season will begin the week of Sept. 24. The program serves approximately 5,000 girls annually with over 900 volunteer coaches throughout the Northern Virginia region. GOTR NOVA envisions a world where every girl knows she has the ultimate power to be her best. For more information about the Fall 2018 registration and team sites for Girls on the Run of NOVA, visit www.gotrnova.org.

VOTER REGISTRATION EVENTS

The Fairfax County Office of Elections (12000 Government Center Parkway Suite 323, Fairfax) is open daily during normal business hours to provide county residents the opportunity to register to vote or obtain a free voter photo ID if needed. Applicants will need to complete a photo voter ID

application, have a photo taken and sign a digital signature pad. Call 703-222-0776.

The following special events will also provide opportunity to register to vote and/or get a photo Virginia Voter card.

- ❖ Monday/Sept. 24, 10 a.m.-2 p.m., Goodwin House Bailey's Crossroads, 3440 South Jefferson Street, Falls Church.
- ❖ Thursday/Sept. 27, 10 a.m.-2 p.m., Lewinsville Retirement Residence, 1515 Great Falls Street, McLean.
- ❖ Tuesday/Oct. 9, 10 a.m.-2 p.m., Arleigh Burke Pavilion at Vinson Hall Retirement Community, 1739 Kirby Road, McLean.

VOLUNTEERS WANTED

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide, now in its 51st year, offers free in-person

SEE BULLETIN, PAGE 9

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JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.

At the Alzheimer's Association Walk to End Alzheimer's®, people carry flowers representing their connection to Alzheimer's — a disease that currently has no cure. But what if one day there was a flower for Alzheimer's first survivor? What if there were millions of them? Help make that beautiful day happen by joining us for the world's largest fundraiser to fight the disease.

Register today at alz.org/walk.

**Walk to End Alzheimer's
in Northern Virginia
Reston Town Center
September 23 | 2:00 pm**




Additional Walks available.
Find one near you at alz.org/walk
or call **703.359.4440**.

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**SEPTEMBER IS
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Suicide takes nearly 45,000 Americans each year. We all have a role in keeping our community suicide safer.

This September, join PRIS CrisisLink and Connection Newspapers to learn how you can help save lives.

1-800-273-TALK
prsinc.org/calltextlive

ENTERTAINMENT

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

ONGOING

Row by Row Junior. Through Oct. 31, local quilt shop proprietors like Jinny Beyer Studio (776 Walker Road, Great Falls) are welcoming children participating in Row by Row Junior to their shops. It's the junior version of the summertime travel event for quilt making fans known as Row by Row Experience. Kids visit shops in person, collect a free sewing pattern, and find inspiration in colorful, creative world of sewing. At home, families can find free tutorial support and activities online by visiting rowbyrowexperience.com or jinnybeyer.com for local quilting.

McLean Farmers Market. Fridays through Nov. 16, 8 a.m.-noon at 1659 Chain Bridge Road, McLean. Visit www.fairfaxcounty.gov/parks/farmersmarkets/mclean.

Great Falls Farmers Market. Saturdays, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email kathleen@greatfallsfarmersmarket.org for more.

Vienna Farmers Market. 8 a.m.-noon, Saturdays, through Nov. 3 at Vienna Community Center, 120 Cherry St. S.E., Vienna. The Vienna Farmers Market, hosted by the Optimist Club of Greater Vienna, has more than 30 vendors from across the region, the Vienna Farmers Market provides locally-sourced fruits and vegetables and homemade eats. Throughout the year, great music will be featured. Visit www.optimistclubofgreatervienna.org/ for more.

Oakton Farmers Market. Saturdays, 9 a.m.-1 p.m. at Unity of Fairfax Church, 2854 Hunter Mill Road, Oakton. Year-round weekly farmers market in Oakton. Local produce, meats/eggs, dairy, baked goods, and more. Admission is free. Visit community-foodworks.org.

The Freeman Store & Museum Wednesday through Sunday noon-4 p.m. 131 Church St. NE, Vienna. The Freeman Store & Museum is dedicated to Preserving and promoting Vienna's heritage through the identification, preservation, and interpretation of history significant places, events, and persons. Historicviennainc.org

Colvin Run Mill open 11-4 p.m. daily, closed Tuesday. 10017 Colvin Run Road, Great Falls. Fairfax County's operational 19th century water powered gristmill, offers recreational and educational activities for all ages through daily tours, school programs and special events. Fees: \$7/adult, \$6 students 16+ with ID, \$5 children & seniors. Admission to park is free except for some special events.

Fishing Rod Rentals. Riverbend Park, 8700 Potomac Hills St., Great Falls. Rentals available during Visitor center hours. Fishing tackle and live bait are available for purchase. Reservations required for group rentals. \$6/rental (2 hour max). Valid driver's license required. Rod/reel combinations are perfect for beginners and children. A Virginia or Maryland freshwater fishing license is required for those 16 years or older. The park does not sell fishing licenses. www.fairfaxcounty.gov/parks/riverbend-park/.

FRIDAY/AUG. 31-SUNDAY/SEPT. 2

AAUW's Used Book Sale. Friday, 9 a.m.-7 p.m.; Saturday, 10 a.m.-6 p.m. and Sunday, 10 a.m.-3 p.m. at the Spring Hill Recreation Center, 1239

Spring Hill Road, McLean. The McLean Branch of AAUW's 49th Annual Used Book Sale will feature 40,000 books, CDs, DVDs, and records. On Sunday, most books are \$10 a bag. Credit cards will be accepted. Proceeds provide scholarships for women. Visit mclean-va.aauw.net for more.

SATURDAY/SEPT. 1

Live Music: Hot Lanes Big Band. 8 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. Performance will feature Capitol Steps singer Delores King Williams. Visit www.jamminjava.com for more.

SATURDAY-SUNDAY/SEPT. 1-2

Middle Eastern Food Festival. Saturday, 11 a.m.-11 p.m.; Sunday, noon-6 p.m. at Holy Transfiguration Church, 8501 Lewinsville Road, McLean. The Festival will feature authentic Middle Eastern food, pastries, music and dancing, as well as vendors, church tours, and activities for both children and adults. Children can enjoy the moon bounce, face painting, pony rides and the petting zoo, as well as participate in some of the many games going on throughout the Festival. Rain or shine. Admission and parking are free. Call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.

TUESDAY/SEPT. 4

Bird Watching for Beginners. 8-10 a.m. at Riverbend Park, 8700 Potomac Hills Street, Great Falls. Birding is a hobby that can last a lifetime. Get started with this intro course at Riverbend Park. The class will cover such birding basics as how to use binoculars and the importance of a field guide. It will also cover strategies to use for identifying different types of birds. Designed for participants age 14-adult. \$15 per person. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/riverbend.

WEDNESDAY/SEPT. 5

Newcomers & Neighbors Coffee. 11 a.m.-12:30 p.m. at in the Community Room of the Regency at McLean, 1800 Old Meadow Road, McLean. The McLean Newcomers and Neighbors will host a coffee for members and for non-members who might be interested in joining. Visit www.McLeanNewcomers.org or email McLeanNewcomers@yahoo.com for more.

THURSDAY/SEPT. 6

Meet Douglas Grindle. 7:30-9 p.m. at Patrick Henry Library. 101 Maple Ave. E., Vienna. Meet the author of "How We Won and Lost the War in Afghanistan," a firsthand account of a small team of Afghans and Americans who brought peace to a portion of Kandahar Province in 2012, and then saw that peace begin to slip away as they departed. Books available for sale and signing. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4028889.

FRIDAY/SEPT. 7

50 Years of Jethro Tull at the Filene Center. 8 p.m. at Wolf Trap, 1645 Trap Road, Vienna. Ian Anderson presents 50 Years of Jethro Tull. Formed in 1968, Jethro Tull have released 30 studio and live albums, selling more than 60 million copies worldwide. \$35-\$95. Call 703-255-1900 or visit wolfftrap.org.

FRIDAY-SUNDAY/SEPT. 7-9

Tysons Library Booksale. Friday, 11



Middle Eastern Food Festival Sept. 1-2

The Festival will feature authentic Middle Eastern food, pastries, music and dancing, as well as vendors, church tours, and activities for both children and adults. Smell the aromas from the outdoor grills, partake of Kibbee, Shish Kebab, Falafel, Falafel, Fattoush, Hummus, and Stuffed Grape Leaves, or any number of other delicious menu choices, including a roast lamb dinner at 6 p.m. Saturday evening and all day on Sunday. Then relax with a cup of Arabic coffee and mouth-watering pastry. Children can enjoy the moon bounce, face painting, pony rides and the petting zoo, as well as participate in some of the many games going on throughout the Festival. Saturday, Sept. 1, 11 a.m.-11 p.m.; Sunday, Sept. 2, noon-6 p.m. at Holy Transfiguration Church, 8501 Lewinsville Road, McLean. Rain or shine. Admission and parking are free. Call 703-734-9566 or visit www.MiddleEasternFoodFestival.com.



a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday, 1-4 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. Large selection of books and media for all ages and interests. Half Price / \$10 per bag sale on Sunday. Email TysonsLibraryFriends@gmail.com or call 703-790-4031.

SATURDAY/SEPT. 8

Virginia Indian Festival. 10 a.m.-4 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn about the culture of Virginia's first residents when the Virginia Indian Festival returns to Riverbend Park. The festival features eight American Indian tribes from Virginia, including the Rappahannock dancers and drummers. Enjoy performances, hands-on activities and live demonstrations. Hear American Indian storytelling, try a bow and arrow, throw a spear and make stone tools. Help build a dugout canoe. Visit the marketplace for American Indian crafts, pottery and jewelry. Purchase a six-hour pass in advance online for \$8. Tickets at the gate are \$10 each. Call 703-759-9018 or visit www.fairfaxcounty.gov/parks/

riverbend.

Freeman Store Vintage Market and Appraisal Day. 10 a.m.-4 p.m. at Freeman Store, 131 Church St., NE, Vienna. Come to the Freeman Store and Museum lawn with rolled-up sleeves to whitewash the Victory Garden fence and visit with their chickens. Set up a chair on the lawn to listen to foot-stomping Hickory Grove bluegrass music, shop the outdoor vintage sale, including antiquarian books, purchase crafts and observe spinning and beekeeping demonstrations, enjoy games for all ages, don clothes and props for your own photo opportunity. Food and drink for sale by local Vienna merchants. Three expert appraisers will be on hand to evaluate jewelry, gems, coins, watches, stamps, and general items - china, glass, furniture, art work, from 10-1. Call 703-938-5187 or contact historicviennava@gmail.com for an appointment, \$10 per item. Free and family-friendly. Visit historicviennainc.org for more.

Lahey Lost Valley Open House. Noon-3 p.m. at historic Lahey Lost Valley property, 9750 Brookmeadow Drive, Vienna. The Fairfax County Park Authority (FCPA) is preparing

the historic Lahey Lost Valley property for the Resident Curator Program. The Resident Curator Program provides the opportunity for individuals, non-profit and for-profit organizations to secure long-term lease agreements in beautiful public park settings such as Lahey Lost Valley in Fairfax County. Visit www.fairfaxcounty.gov/parks/resident-curator-program or contact Stephanie Langton at 703-324-8791.

SUNDAY/SEPT. 9

A Doggone Good Time. 10 a.m.-1 p.m. at The Water Mine Family Swimmin' Hole at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine will go to the dogs this September with a season-ending event benefiting the Fairfax County Animal Shelter and Fairfax County Park Foundation. Dogs can swim in Rattlesnake River and splash in the playground area for a suggested donation of \$10 per dog. The event will also serve as a collection site for dog food donations for the Fairfax County Animal Shelter. A low-cost rabies clinic will be available in Lake Fairfax Park's Main Office from noon-2 p.m. Pets may receive 1-year rabies vaccinations for \$15 each (cash or check only). Visit www.fairfaxcounty.gov/parks/rec/watermine/ or call 703-324-8662.

Countdown Concerts in the Park: Superfly Disco. 5 p.m. in the McLean Central Park Gazebo, , 1468 Dolley Madison Blvd., McLean. Concert series tracks the history of the McLean Community Center from its opening in 1975 — revisit a decade as the McLean Community Center prepares for the reopening of the Ingleside Avenue facility. Visit www.mcleancenter.org/alden-theatre/ for more.

Youth Orchestra Auditions. 6:30-8:30 p.m. at at St. Dunstan's Episcopal Church, 1830 Kirby Road, McLean. Students in junior high schools and high schools in the area are invited to participate in the auditions for the McLean Youth Orchestra. The conductors are full time music directors at Fairfax County public schools and will lead the groups with practices planned on Sunday afternoons for the fall 2017-18 season. Visit mcleanyouthorchestra.org for more.

TUESDAY/SEPT. 11

Youth Orchestra Auditions. 6:30-8:30 p.m. at at St. Dunstan's Episcopal Church, 1830 Kirby Road, McLean. Students in junior high schools and high schools in the area are invited to participate in the auditions for the McLean Youth Orchestra. The conductors are full time music directors at Fairfax County public schools and will lead the groups with practices planned on Sunday afternoons for the fall 2017-18 season. Visit mcleanyouthorchestra.org for more.

"Celebrating Our Lights." 7-9 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. "Celebrating Our Shining Lights" with Suzanne Giesemann: Join evidential medium and author Suzanne Giesemann as she shares stories of communication across the veil. \$25. Visit www.unityoffairfax.org/events for more.

THURSDAYS/SEPT. 13, 20 & 27

Mah Jongg for Beginners. 6:30-9:30 p.m. at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. A three-session Mah Jongg class for beginners. Enrollment is limited. \$85 includes nine hours of lessons with a Mah Jongg card. To register, Email iva.gresko@gmail.com or 703-328-1606.

NEWS

FCEDA President/CEO Gerald Gordon to Retire



Gerald Gordon

Gordon will take university post in South Carolina, depart at end of 2018.

Gerald L. Gordon, Ph.D., whose work as leader of the Fairfax County Economic Development Authority to build and diversify the county's business community and economy helped to lead its transformation into a top business location, announced Monday, Aug. 27 that he will retire at the end of this calendar year. Gordon lives in Burke.

Starting in January, Gordon will serve as a fellow in the College of Charleston's Joseph P. Riley Center for Livable Communities, where he will be working with faculty, staff and students to support the economic and cultural vibrancy of the City of Charleston, S.C. He also will teach in the college's Master of Public Administration program. Additionally, Gordon will be consulting with institutions in northern Virginia and will serve on a local board.

Gordon has been with the FCEDA since 1983 and has led it since 1987, during which time office space in Fairfax County grew from 32 million square feet to more than 117 million, making it the second-largest suburban office market in the nation. Fairfax County is home to 10 Fortune 500 headquarters, and also many top companies in a broad set of industry sectors, including information technology, aerospace and defense, cybersecurity, data analytics, financial services and personalized medicine.

At the same time, jobs in the county grew from 243,000 to more than 600,000. As a result, the real estate tax rate has decreased from \$1.47 to \$1.15.

The FCEDA is led by a seven-member Commission (board) appointed by the Fairfax County Board of Supervisors. Fairfax County Board Chairman Sharon Bulova and FCEDA Chairwoman Catherine Lange congratulated Gordon for his work on behalf of the county.

"Throughout the past 30 years Jerry Gordon has been on the leading edge for moving Fairfax County into the world-class business location it is today," Bulova said. "No one is a fiercer advocate for Fairfax County and I will personally miss working with him."

Gordon holds a bachelor's degree from The Citadel, a master's degree from The George Washington University, and a doctorate in international economics from The Catholic University of America. He is the author of 13 books on strategic planning and economic development. His most recent book is "Understanding Community Economic Growth and Decline: Strategies for Sustainable Development" (Routledge Press, 2018).

In the last decade Gordon has chaired the boards of the Fairfax Symphony Orchestra, the Arts Council of Fairfax County, the Board of Governors of the Tower Club, the Foundation for Fairfax County Public Schools and the George Mason University Honors College. He also has served on the board of the International Economic Development Council, of which is he is a Fellow Member and Honorary Life Member.

The FCEDA Commission will lead a search for Gordon's successor.

WEEK IN MCLEAN

Vendor Spaces Available for McLean Fall Community Garage Sale

The McLean Community Center will hold its annual Fall Community Garage Sale from 9 a.m. to 1 p.m., on Saturday, Sept. 15, in the parking garage located at 1420 Beverly Rd. With more than 50 adult and youth sellers, it is one of the largest garage sales of the season. Admission to the sale is free.

A limited number of selling spaces are available for purchase. Adults can purchase selling spaces for \$45/\$35 MCC district residents; children (up to 15 years old) can purchase selling spaces in the Kids' Corner portion of the sale for \$25/\$15 MCC district residents.

For more information, or to reserve a selling space, call the Center at 703-744-9365, TTY: 711, or visit: www.mcleancenter.org/special-events and register online. The deadline to apply is Wednesday, Sept. 12, or until sold out.

This event has been made possible with the support of General Assets, Inc., Giant Food and McLean Properties.

BULLETIN BOARD

FROM PAGE 5

preparation and assistance to anyone, especially those 50 and older, who can't afford a tax preparation service. Volunteers make a difference in their communities by assisting many older, lower-income taxpayers, and their families, who might otherwise miss out on the tax credits and deductions they've earned. To learn about volunteer opportunities, visit aarpfoundation.org/taxaide or call 1-888-OUR-AARP (1-888-687-2277).

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 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).

AUG. 26-SEPT. 9

Pool Closure: Providence 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 for more.

AUG. 27-SEPT. 23

Pool Closure: Spring Hill 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 for more.

SEE BULLETIN, PAGE 9

MIDDLE EASTERN FOOD FESTIVAL

Labor Day Weekend

Saturday, Sept. 1, 11:00 am-11:00 pm

Sunday, Sept. 2, 12:00 noon-6:00 pm

Holy Transfiguration Melkite Greek-Catholic Church
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Announcements

Obituary



Dr. Frederick Willis Hubach, 85, of Lititz, Pennsylvania passed away peacefully on August 21, 2018 at Landis Homes. He was born in Brooklyn, New York, son of the late Rev. Frederick George Hubach and Carolyn Gardner Hubach. Fred graduated from Western Maryland College in 1954, and from George Washington Medical School in 1958. After serving in the United States Army at Fort Bliss, Texas, Fred returned to the East Coast in 1963 settling in Herndon, Virginia. There, he and his wife, Wilma Robertson Hubach, raised their family and developed lifelong friendships while Dr. Hubach pursued his career in Family Medicine.

Fred served as a faithful member and deacon at Grace Orthodox Presbyterian Church in Vienna, Virginia for more than forty years. He was a member of the Herndon Lions Club, team physician for McLean High School football team, and an active member of the McLean Photography Club. An early partner of Old Dominion Medical Center in McLean, Virginia, Dr. Hubach was also an original staff physician at Fairfax Hospital. Fred was a well-respected and skilled doctor, faithfully and proudly serving thousands of patients throughout his fifty-four years of practicing medicine. Dr. Hubach helped shape the current Family Medicine specialty as one of the first board certified physicians in the field. He retired from medicine in 2012 at the age of eighty.

Blessed with a quiet and gentle demeanor, Fred was always ready to serve. Possessing a wry sense of humor, he was often discovered to be kidding when his unforgettable smirk gave him away. In his free time Fred loved gardening and photography. He won several awards for his still life photographs. Fred's love for North Pond in Smithfield, Maine was evident to everyone who knew him. It was his place to relax and enjoy fishing, reading a favorite Louis L'Amour novel, picking blueberries, and eating lobster. In Maine, Fred could often be found catching an afternoon nap on the dock amid the sound of loon calls and the water lapping on the shore.

Fred is survived by his loving wife of sixty years, Wilma; three sons: Frederick (Stephanie) of Stevens, Pennsylvania; Kurt (Anne) of Bedford, Virginia; and Karl (Sharon) of Myrtle Beach, South Carolina; 9 grandchildren and 7 great-grandchildren. He is predeceased by his sister Marilyn Larson.

A brief prayer service will take place at 6:00 p.m. on Tuesday August 28, 2018 at the Landis Homes in the East Bethany Chapel in Lititz, Pennsylvania.

A Memorial Service will take place at Grace Orthodox Presbyterian Church, 2381 Cedar Lane, Vienna, Virginia 22180 at 2:00 p.m. on Saturday, August 25, 2018.

In lieu of flowers, gifts in memory of Dr. Fredrick Willis Hubach can be made to Pine Tree Camp, 149 Front Street, Bath, Maine 04530.

To leave an online condolence, please visit SnyderFuneralHome.com.

News

Alzheimer's Conference to Be Held in Fairfax

The Alzheimer's Foundation of America's (AFA) national Educating America Tour will visit Fairfax on Thursday, Sept. 27, for a free Alzheimer's and caregiver educational conference. The conference is open to family and professional caregivers, individuals living with Alzheimer's disease and the general public, and will be held at the Waterford at Fair Oaks, located at 12025 Lee Jackson Memorial Highway, in Fairfax, from 9 a.m. to 2 p.m.

The conference is designed to connect people with information about Alzheimer's disease, brain health, healthy aging and caregiving, as well as to give them a place to have their questions answered. Guests will hear from dementia and caregiving experts who will share their research, services and stories and teach attendees about dementia, practical steps on how to be a better caregiver, and improving quality of life for those with Alzheimer's disease.

"Knowledge is a powerful tool. We want to equip as many people as possible with important information that will help them," said Charles J. Fuschillo, Jr., AFA's president and chief executive officer. "With more than 140,000 people in Virginia living with the disease, and many more serving as caregivers, we aim to help individuals understand Alzheimer's disease and improve their quality of life through education and empowerment."

THE KEYNOTE SPEAKER will be Dr. Peter Davies, director of the Litwin-Zucker Center for Alzheimer's Disease & Memory Disorders at the Feinstein Institute for Medical Research. Davies is also a professor of pathology and neuroscience at the Donald and

Barbara Zucker School of Medicine at Hofstra/Norwell. For more than 35 years, Davies' research has been focused on the biochemistry of Alzheimer's disease, with a specific interest in the development of new treatments and diagnostic tests for Alzheimer's disease. He will provide an update on Alzheimer's disease research, its symptoms, and the steps researchers are taking to find a better treatment and cure.

The next session will be a panel discussion on long-term care strategies and options. Learn the different types of care plans available, and their benefits. Find out how to ensure a better quality of life for loved ones by providing dependable and affordable care.

There will also be a discussion in the five pillars of brain health, led by Sarah Lenz Lock, senior vice president of Policy, Research and International for AARP. She is also the executive director of the Global Council on Brain Health. Lock will educate people about how to improve and maintain brain health as they get older while reducing risks.

THE CONFERENCE will conclude with a session on tips to improve a difficult caregiving day. Led by Lindsey Vajpeyi, BA, ADC/MC, director of education and outreach for the Insight Memory Care Center, the session will offer strategies to help caregivers reduce their stress and improve their health, while providing the best possible care for their loved ones.

Free, confidential memory screenings will be conducted throughout the day.

For more information or to register, visit: <https://alzfdn.org/event/afa-educating-america-tour-fair-oaks/>.

Using the Libraries for Successful School Year

Fairfax County Public Libraries provided a few suggestions for using the libraries to help students succeed this school year.

❖ Get support and guidance from library staff. Library staff are trained to help students find legitimate information sources online including historical newspapers, speeches, reference databases, trusted websites and more.

❖ Use the library branches to read and study. There are reading nooks, tables and chairs, quiet study rooms and small group study rooms.

❖ Take advantage of free online tutoring sessions with a Virginia certified teacher.

❖ Free homework help research.fairfaxcounty.gov/c.php?g=758032&p=5455538 is available 24/7 through the library. Among the online resources, there's live homework help with a teacher through Credo Reference, a service for students in grades 3-12.

Students can also [sign up for GIVE tutoring in multiple branches](#) throughout the academic year.

The library also has a variety of Online Resources separately tailored for [Grades K-8](#), and for [Grades 9-12](#).

Writing a paper? Check out "Crediting Online Resources" to find the correct way to properly cite your sources.

And then there's "Homework Related Websites" categorized by subject.

Whether you're studying classics, history or current events, the library has over 2.2 million items in its collection including digital material and print material. Use library resources to prep for fall SATS AND ACTS. Several different online sources offer test preparation for SAT, AP, ACT and SOL exams. Visit [Learning Express](#) to get started.

Access free Wi-Fi and computers.

Girls on the Run Gains Two New Board Members

Girls on the Run of NOVA has two new members on its board of directors: Chris Holland and Christine Klein.

"Chris and Christine have greatly supported our organization in a number of ways prior to their appointments to our board. They bring experience, expertise and new energy to the table. We are excited to continue to work with them in this new role as we work to inspire every girl across the Northern Virginia region to be strong and confident," said Katey Comerford, GOTR NOVA's executive director.

Klein is currently senior vice president, meetings and business partnerships at the National Defense Industrial Association. She is a past coach for Girls on the Run and currently serves at the chair of Strong Girls Celebration for GOTR NOVA. "The opportunity to be involved and contribute to an organization that

promotes a healthy lifestyle and an environment for girls to be strong and confident is extremely gratifying and a pleasure," said Klein.

Holland comes to GOTR NOVA's board as a service area manager for Wegmans Food Markets at the Chantilly store. He also leads the company's community outreach in the Northern Virginia area. Holland has been an active supporter of GOTR NOVA programming in recent years as someone who believes in giving back to one's greater community. Holland said, "I personally and professionally work hard to help families live healthier, better lives. I am excited about the opportunity to further these efforts through my new role with GOTR NOVA."

For more information about the Fall 2018 registration and team sites for Girls on the Run of NOVA, visit www.gotrnova.org.

BULLETIN BOARD

FROM PAGE 9

WEDNESDAY/AUG. 29

Northern Virginia Regional Elected Leaders Summit. 8-10 a.m. at Northern Virginia Community College's Loudoun Campus in Waddell Theater, 21200 Campus Drive, Sterling. The event will feature elected officials from across the area, including Arlington County Board Chair Katie Cristol, Fairfax County Board of Supervisors Chairman Sharon Bulova, Loudoun County Board of Supervisors Chair Phyllis Randall, Prince William County At-Large Chairman Corey Stewart, and Alexandria Mayor Allison Silberberg. \$50 for members of the co-hosting chamber groups; \$70 for non-members. Register at bit.ly/2w0FFLr.

FRIDAY/AUG. 31

Survey Deadline. 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. Learn more about CSB's Wellness & Prevention efforts in Fairfax County at www.fairfaxcounty.gov/community-services-board/prevention. Visit www.surveymonkey.com/r/3Y37BBJ to take the survey.

Application/Nomination Deadline. The Tysons Regional Chamber of Commerce is looking for a group of dedicated people to join the 2019 Board of Directors. To apply for oneself, visit www.surveymonkey.com/r/SDZVRBT. To nominate someone else, visit www.surveymonkey.com/r/SC6NXDK. Call 703-281-1333 or visit www.tysonschamber.org/ for more.

SATURDAY/SEPT. 1

Active Assailant Briefing. 7:30-9 p.m. at Patrick Henry Library, 101 Maple Ave. E., Vienna. Learn about preparedness and safety awareness in the event of an act of domestic terrorism from the National Center for Citizen Safety and its Assess/Cover/Tell public awareness campaign. Free. Call 703-938-0405 or visit librarycalendar.fairfaxcounty.gov/event/4219388.

WEDNESDAY/SEPT. 5

Caregivers Treat. 9 a.m.-12:45 p.m. at Vienna Baptist Church, 541 Marshall Road, SW, Vienna. Taking care of a family member with dementia takes a toll on every caregiver, whether that person is at home, a local facility or in another state. The Shepherd's Center of Oakton-Vienna (SCOV) sponsors a free 4-hour "Treat" for caregivers each year. Caregivers of spouses, parents, or family members are invited to this free event. For more information or to sign up for the Treat, caregiver support groups, contact Casey Tarr at eileentarr1@verizon.net, 703-821-6838. Visit www.scov.org for more.

THURSDAY/SEPT. 6

Capital Region Business Forum. 7:30-9:30 a.m. at Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Virginia Gov. Ralph Northam, Maryland Gov. Larry Hogan and D.C. Mayor Muriel Bowser will discuss their plans to work cooperatively to bolster the regional economy. Visit www.bot.org/upcomingevents/dmnbizforum for more.

Caregivers Support Group. 10-11:30 a.m. at UUCF Unitarian Universalist Congregation of Fairfax - Program Building, 2709 Hunter Mill Road, Oakton. For caregivers to adult family members with dementia. First and third Thursdays of every month. Hosted by Shepherd's Center of Oakton-Vienna. scov.org. Contact facilitator Jack Tarr at 703-821-6838 or jtarr5@verizon.net.

Public Hearing. 7 p.m. in the Oaks Room at Twin Lakes Golf Course, 6201 Union Mill Road, Clifton. The Fairfax County Park Authority (FCPA) and the Northern Virginia Regional Park Authority (NOVA Parks) will hold a joint public hearing on the proposed adoption of an amendment to Park Regulation Section 1.17, Remote-Control Devices and Powered Models or Toys. The full text of the proposed amendment is available at www.fairfaxcounty.gov/parks/model-aircrafts-drones. Anyone wishing to speak on this subject may call Judy Pedersen, FCPA Public Information Officer, at 703-324-8662 or email parkmail@fairfaxcounty.gov, to be placed on the Speakers' List.

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Present and Future Danger



By KENNETH B. LOURIE

Having recently been infused three weeks after my last treatment, no guarantee given certain lab results, I am now on track to have one more infusion before my Sept. 26 CT scan. The plan is, per my "Progressing But So Am I" column (8/15/18), to triple the amount of medicine I will have received before my next scan. This will compare quite favorably to the one infusion I received prior to my July 25 scan.

Moreover, as I've considered the previous quarter's infusion schedule trying to understand possible reasons for the 10-percent-ish tumor growth which occurred, I've come up with a hopefully plausible explanation. Other than that's what cancer so often does, that is.

As my previous years of scans continued to show "stable," my oncologist and I kept increasing the interval between infusions trying to strike a balance between treating the cause and me living with the effect. Over these years, we've gradually extended those infusion intervals from every three weeks, to every four, to five, to six and most recently to seven-week intervals, all the while maintaining my quarterly CT schedule.

Apparently, we've now struck out, so to speak and for the moment at least, we're in sort of a limbo. (Hopefully the bar isn't set so incredibly low that we can't slide under it.)

As for minimizing the growth, could the solution be as simple as more medicine?

As to what my oncologist thinks of this assessment, I've not mentioned to him as I've only recently theorized it (maybe he knew already and that's what contributed to his suggestion that we follow this course of treatment/action).

We did discuss changing medicines, but he was afraid of the side effects it might cause. We also discussed if he'd had other patients who had experienced tumor growth after a period of stability — like me, who after increasing the frequency of the previously stabilizing drug showed stable once again. He said he had — so, rather than presume all is lost, we've agreed to go forward into the great semi unknown. An "unknown" that will likely end in late September when my next scan's results will be reported.

Now that you know the foundation for this column, let me address the substance behind it. There is a scenario which worries me. It's premature I grant you, but it's difficult to play dumb all the time, especially when it involves cancer/your life.

Still, if I've learned anything from my oncologist, it is that discussing scenarios before the evidence is confirmed is a bit of a fool's errand, so waiting until the actual results are in is better. More accurate anyway.

Despite what I've been told, this patient might not be able to be so patient. Ergo: What if my late September scan shows growth — again? What if, even after tripling the amount of medicine I infuse, the tumors grow, maybe even grow more significantly than ever before?

I'd have to say that development would be a problem and a bit more disappointing than July's scan results. If that result in fact occurs, would that square me at a crossroads? I would think. Would that result obliterate the false sense of security I may have had? Hardly. Cancer patients don't have a sense of security, false or otherwise. We have a sense of inevitability.

Somehow, over the next month, I must find a path forward through this cycle of potentially impending gloom. Right now, nothing has happened. Right now, nothing has been determined. I don't feel any different than before and I don't believe I have any of the symptoms my oncologist has advised me about. I still have an appetite and I'm certainly not losing any weight.

I expect to have one more infusion before this next scan, and to feel the usual post-chemotherapy side effects that I do and then recover and feel as I do today: pretty well. One month, exactly, from the date I'm writing this column, to the date of my next scan and hopefully just a few days later for the results.

What worries me most is, sometimes the human body has a mind of its own, and despite the best of intentions and treatment, it is, to quote my late mother, "Enough already."

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



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