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Wellbeing
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Burke Connection

Jennifer Wexton celebrates with supporters her victory in Virginia's 10th District Tuesday night at Washington Dulles Airport Marriott. She said that Congresswoman Barbara Comstock was gracious when they spoke and thanked Comstock for her service.

Wexton Helps Dems Take the House

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Advocating for Immigrant Protection

News, Page 12

Scout Me In At Burke Centre

News, Page 4

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Burke Connection Editor Kemal Kurspahic
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Photo by Marcus Simon via Facebook

Packed house to celebrate Jennifer Wexton's win in the 10th Congressional District.

Photo by Michael Lee Pope

Former Gov. Terry McAuliffe tells the crowd assembled at Tim Kaine's victory party that voters in Virginia rejected President Donald Trump's campaign of "fear, hatred and division."

Democrats Seize Control of Northern Virginia

Region once had its own brand of Republicanism; now that seems almost extinct.

By Michael Lee Pope
The Connection

The loss of two-term incumbent U.S. Rep. Barbara Comstock (D-10) means Republicans are down to one lone elected official in Northern Virginia, Del. Tim Hugo (R-40). The blue wave that started last year unseating Republicans like Del. Jim LeMunyon (R-67) and Del. Bob Marshall (R-13) continued this year, when state Sen. Jennifer Wexton (D-10) was able to flip a seat that had been in Republican hands since a young military lawyer named Frank Wolf beat incumbent Democrat Joe Fisher back in 1980. For a region that once had Republican heavyweights like U.S. Rep. Tom Davis (R-11) and U.S. Sen John Warner, the prospects for Republicans in Northern Virginia now seem pretty bleak.

"It's going to be a tough road ahead for Republicans in Northern Virginia. Essentially, it's gone," said Republican consultant Dan Scandling, who served as Wolf's chief of staff. "Redistricting is not going to help. The seats now in Northern Virginia are going to be Democratically controlled for a generation."

Although the controversy surrounding the nomination of Brett Kavanaugh to the U.S. Supreme Court helped some Republican candidates for Senate in places like North Dakota and Missouri, it provided a huge burden for Comstock. Kavanaugh and Comstock had been friends since they served together as young Republican staffers trying to impeach Bill Clinton in the 1990s. This year, Wexton was able to use sexual assault allegations as wedge to charge Comstock was guilty of an "unacceptable failure of leadership." In the closing days of the campaign, television ads branded the incumbent "Barbara Trumpstock."

Incumbent Sen. Tim Kaine easily beat back a challenge from Republican Corey Stewart, whose message of an invading caravan of foreigners failed to resonate outside rural Virginia.

Photo by Ken Plum via Facebook

Jennifer Wexton

"Corey Stewart and Barbara Comstock followed President Trump's playbook. They stoked fear about immigrants. Both lost big," said Frank Sharry, founder and executive director of immigration-reform group America's Voice. "It seems evident the people of Virginia are just not interested in Trumpism, with or without Trump."

KAINE CELEBRATED an early victory Tuesday night, taking the stage at the Falls Church Marriott Fairview Park as one of the first Democrats to deliver a victory speech. He quoted scripture, thanked longtime supporters and cracked a few jokes about how the race was called one minute after the polls closed. The former fair-housing attorney got his start in Richmond politics before becoming lieutenant governor and governor. This year he faced a candidate who promised a "vicious" campaign and delivered by suggesting — without any evidence — that Kaine had somehow been charged with sexual misconduct. Kaine said voters rejected that approach.

"You rejected the politics of peddling lies to try to get ahead," said Kaine. "You rejected the politics and the economics of it's about a few and not about all."

Wexton celebrated victory at the Washington Dulles Airport Marriott, thanking supporters and volunteers that helped her win in the most expensive congressional race in Virginia. Democrats targeted the race and pumped millions of dollars into an effort to knock on doors and appear on television screens.

Comstock ended up raising more money, $6 million in total from Northern Virginia business stalwarts like Northrop Grumman and Capital One. But national Democrats flooded the race with money, and Wexton tapped her experience as a Loudoun prosecutor to gain funding from law firms like Wilmer Hale and Jones Day. In the end, she said, suburban voters rejected the Trump playbook of racial division and economic nationalism.

"I have been saying from the beginning of this campaign that change is coming, and change came today," said Wexton. "That kind of change doesn't just happen, it happened because of you."

WITH DEMOCRATS seizing control of the House of Representatives, the Fairfax County delegation stands to gain a new sense of prominence on Capitol Hill. U.S. Rep. Gerry Connolly (D-11) is expected to take a key role on the House Oversight and Government Reform Committee, which is expected to start investigating the president's political involvement with Russia and economic ties to foreign leaders.

"Tonight we get a mandate for oversight and accountability," said Connolly during Kaine's victory party, which was in his district. "And I just want to say to all my friends in the Trump administration: You better put on your rollerblades because you're going to be skating to Capitol Hill a lot."

U.S. Rep. Don Beyer (D-8) also stands to gain a new sense of prominence, possibly taking a position as chairman of a subcommittee on federal land or on space. Beyer says he would probably prefer chairing a subcommittee on federal land because he is the only former park ranger in Congress. Beyer also says he also wants to play a role on a new Select Committee on Climate, which Democrats have been planning for some time.

"The centerpiece of my leadership these last five years has been trying to be the strongest and clearest voice to fight climate change as I can be," said Beyer. "So being on that select committee would make a lot of sense."

With two other Democratic women challengers defeating incumbents in Virginia Congressional Districts, Virginia's Congressional delegation shifts from seven Republicans and four Democrats to seven Democrats and four Republicans.

WEXTON'S VICTORY opens a cascading series of special elections in Northern Virginia that are going to keep consultants and volunteers busy for the next few months. Del. Jennifer Boysko (D-86) announced her run for that seat. Her House seat in Herndon would open if she were successful, initiating a rapid-pace series of special elections to install new members of the General Assembly ahead of the January session. State Sen. Adam Ebbin (D-30) says Boysko is "the overwhelming and obvious choice."

"She's known in Fairfax and has been spending a lot of time in Loudoun County, and she's got a really strong fundraising ability," said Ebbin. "She's got a great legislative ability, and she does a lot of community events in the area. So I think she'd be pretty formidable, and I'd be surprised if she didn't win."

Results

U.S. SENATE
- Democrat Tim Kaine: ..... 1.9 million votes, 57 percent
- Republican Corey Stewart: ..... 1.4 million votes, 41 percent
- Libertarian Matt Waters: ..... 62,000 votes, 2 percent

HOUSE DISTRICT 10
- Democrat Jennifer Wexton: ..... 203,000 votes, 56 percent
- Republican Barbara Comstock: .. 158,000 votes, 44 percent

Photo contributed

Burke Centre Scout Troop 1345's newest members Liesl Winternitz, Nicole Walther, and Cathleen Warner meet with Scoutmaster Kate Mattice to plan the launch of the new troop for girls.

Scout Me In!

Burke Centre starting new troop for girls.

The Boy Scouts of America are now becoming Scouts BSA and welcoming girls into Cub Scouts and Scouts. The Burke Centre Scout Troop 1345 is joining the adventure and starting a girls troop this winter.

Aimed at adventure-loving girls ages 11-17, the Troop will be led by the girls and be focused on adventure, leadership, learning and service. The troop will meet weekly on Wednesday nights and troop adventures once a month.

The Troop will hold its next information meeting on Wednesday, Nov. 14 at 7 p.m. at the Woods Community Center on 10100 Wards Grove Circle in Burke. Another information meeting will be held on Dec. 5 with the formal launch in February 2019. For more email BurkeCtrTroop1345G@gmail.com

News

Fairfax County Police Department Arrests Former Fairfax County Sheriff's Deputy

Police photo

Tenzin Kunkyab

A former Fairfax County Sheriff's Office deputy was charged Nov. 1 with simple assault. Tenzin Kunkyab, 33, of Fairfax, was charged with one count of simple assault. The Police Department's Special Investigations Section was contacted by the Office of the Commonwealth's Attorney on Feb. 2, 2018, after a Fairfax County Sheriff's Office Internal Affairs investigation determined Kunkyab assaulted an inmate on Dec. 20, 2017, at the Fairfax County Adult Detention Center. Kunkyab did not use any weapons during the physical assault — according to police reports.

The Special Investigations Section has been working in coordination with the Office of the Commonwealth's Attorney and the Fairfax County Sheriff's Office since being made aware of the incident. In cooperation with Fairfax County Office of the Commonwealth's Attorney, the warrant was obtained in the morning Nov. 1 for Kunkyab and he immediately turned himself in at the Adult Detention Center. Kunkyab has been released on his own recognizance.

Area Briefs

Detectives Asking for Information About Farea Sisters Disappearance

NYPD detectives are investigating the circumstances surrounding the death of the Farea sisters who were found dead in New York on Oct. 24. Tala, 16, and Rotana, 22, both from Fairfax Corner, were reported missing to FCPD on Sept. 12. They were last heard from on Aug. 24. The sisters were entered in the National Crime Information Center (NCIC) database. Although the NYPD is leading the investigation, FCPD is assisting their detectives and asking if anyone has information about the whereabouts of the Farea sisters leading up to their death to contact FCPD's Major Crimes Bureau at 703-246-7800.

We are now able to share the Farea sisters' identities publicly, despite Tala being a juvenile, because her family provided detectives written consent as required by law. As a law enforcement agency in Virginia, we are barred from releasing juvenile crime victims' identity unless we have written consent.

Photo contributed

Girl Scouts from SU 52-11 Troops 1796, 2429, and 52060

Girl Scouts Commemorate Founder's Birthday Through Service

The founder of Girl Scouts, Juliette Gordon Low, was born on Oct. 31. To commemorate her birthday, Girl Scouts of Service Unit 52-11 (Springfield) collected and donated "Birthday Bags" to the Lorton Community Action Center (LCAC) in Lorton. The LCAC Mission is to provide basic needs (food, emergency financial assistance, etc.) to low-income individuals, senior citizens, and families in the Fort Belvoir, Lorton, and Newington area.

Forty-three Birthday Bags were delivered to LCAC by Girl Scouts from Troops 1796, 2429, and 52060. Birthday Bags included cake mixes, frosting, candles, gift bags, tissue paper, plates, napkins, party hats, and party favors. In addition to the 43 bags, additional cake mixes and frosting were donated for distribution to clients by LCAC.

To find out more about LCAC, visit LortonAction.org, or call 703-339-5161.

To find out more about Girl Scouts, visit www.GSCNC.org or call the Kingstowne Office at 571-642-0253.

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Opinion

Be Part of Children's Edition 2018

Get creative and send art, poetry and more.

Editorial

During the last week of each year, this newspaper devotes its pages to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. Even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View) is a tradition of well over a decade.

We welcome contributions from public and private schools, art classes, individuals and homeschoolers. We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on flash drive. Writing should be submitted in text format. Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents, family or friends any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? Describe one of the best or worst things that ever happened to you? What is the best gift you've ever been given? Ever received?

❖ Your opinion (50 to 100 words) about traffic, sports, restaurants, video games, toys, trends, politics, etc.

❖ Poetry or other creative writing.

❖ News stories from school newspapers.

❖ Photos and text about activities or events.

❖ Were you involved in November's elections? What did you think?

To be published, we must have the full first and last name of the student artist/writer.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Home schoolers' contributions are welcomed.

To send flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the flash drive to: Children's Connection (including Children's Gazette, Children's Almanac and Children's Centre View), 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Monday, Dec. 3, 2018. The Children's Edition will publish the last week of 2018.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

Email submissions for the Children's Edition to the following editors:

❖ For Burke, Clifton, Fairfax, Fairfax Station, Great Falls, Herndon, Lorton, McLean, Reston, or Springfield, email to Kemal Kurspahic at kemal@connectionnewspapers.com.

❖ For Arlington, Potomac, CentreView, Chantilly, Alexandria and Mount Vernon, email to Steven Mauren, smauren@connectionnewspapers.com

Join Us to Learn, Engage and Act to Save Our Environment

Mount Vernon District to hold first Environment Expo on Saturday, Nov. 10.

By Supervisor Dan Storck
(D-Mt. Vernon District)

Photo contributed

Scouts plant natural landscaping at Mount Vernon Governmental Center.

Join me and the Mount Vernon District Environmental Advisory Committee at the District's first Environment Expo on Saturday, Nov. 10, 2018 from 8 a.m. – noon at Walt Whitman Middle School. Spend the morning exploring how each of us can help save our planet, with the theme "Saving the Earth One Person at a Time." The morning will feature an Exhibit Hall with a variety of County agencies, service providers and educators, informational and hands-on workshops and screenings of the film "Hometown Habitat". Read more about the Expo at www.fairfaxcounty.gov/mountvernon

As we recognize that climate change is impacting our lives here in the Mount Vernon District, we all need to do our part to protect Mother Earth. In our District, environmental concerns range from coastal and inland flooding to extreme heat, as well as increasing more intense storms. The Expo will educate and inspire attendees to be more engaged in the protection of our natural resources and our heritage.

While the County has taken steps to be good environmental stewards, like adopting a Countywide Energy Policy, Environmental Vision and Operational Energy Strategy, these steps are not proportional to the challenges we face. I strongly believe we need to move forward quickly to adopt a Community Climate Action Plan and a Resiliency Plan. We also need to enter into an Energy Savings Performance Contract and advocate for Solar Freedom legislation to come before the General Assembly this session. One of the most immediate steps we can take is to quickly adopt CPACE, a potential County financing program where commercial building owners can borrow money for energy efficiency, renewable energy, or similar projects, and then make repayments via an assessment on their property tax bill.

As a County, we can do far more, and adopting more aggressive goals will result in significant cost savings and a faster environmental and budgetary return on our investments. Come to the Environment Expo on Nov. 10, to learn what you can do as an individual to protect our people, places and property.

Letters to the Editor

Urgent Warnings on Climate Change

Dear Delegate Plum:

I commend your attention to the topic of climate change, addressing it with urgent warnings as you did in your past two commentaries shared with newsletter subscribers and Connection newspaper readers. Any reader would agree with you that the politics of the issue present the greatest challenge. We can hope that the United States is moving closer to joining the rest of the world in seeing the climate as a non-partisan challenge that our elected officials must work on together to address for all our sakes.

Thanks for including pricing carbon in your state-level climate to-do list, and here's why I agree with you that it's important. It will drive all the other necessary actions and generate buy-in from every household, which is the level of engagement we need to be successful.

As you have previously endorsed, the carbon fee and dividend proposal of Citizens' Climate Lobby frames the pricing as a revenue neutral fee, not a tax. As demonstrated by our northern neighbors, successful introduction

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NEWS DEPARTMENT:
south@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
e-mail:
sales@connectionnewspapers.com
703-778-9431

Steve Hogan
Display Advertising, 703-778-9418
shogan@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

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

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
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A Good Night's Sleep

The impact of sleep deprivation and how to avoid it.

By Marilyn Campbell

For those with seemingly endless to-do lists, taking a nap or sleeping late might seem like a luxury they can't afford. Foregoing sleep in lieu of checking email, doing laundry or studying for an exam, could decrease the quality of those tasks.

"Two well-known effects of inadequate sleep are cognitive processing problems including attention, storing information and retrieving information from memory," said Dr. Linda Gulyn, professor of psychology at Marymount University. "That's why someone who is consistently sleepy has difficulty in classes, getting work done, and taking tests. This is problematic especially for high school and college students."

The Centers for Disease Control and Prevention recommends that school-aged children get nine to 12 hours of sleep each night, teenagers get eight to 10 hours, adults 18-65 get seven to eight and adults 65 and older get seven to eight hours. The CDC also reports that one in three people don't get enough sleep.

"This country is very achievement-oriented. It's go, go, go and we think that sleeping is for wimps," said Adam Winsler, Ph.D. professor of applied developmental psychology at George Mason University and lead author of an article published in the Journal of Youth and Adolescence called "Sleepless in Fairfax …"

Photo by Marilyn Campbell

Avoiding activities like playing video games before bed can improve the quality of one's sleep, says researchers.

But in addition to a decrease in productivity, a lack of adequate sleep can have a negative impact on one's overall wellbeing. Winsler's study looked at 39,000 8th, 10th and 12th graders in Fairfax County. The researchers recorded the average number of hour of sleep the teens get each night and found that sleep deprivation can have a profound impact on mental health and certain behaviors. "We found that getting eight to nine hours of sleep each night lowers the risk of underage drinking, smoking and serious drug use in kids and adolescence. Each hour more of sleep a night adolescents get is associated with less depression, suicide, and drug use for teens," said Winsler. "But generally, the reality is that most kids and teens are considered deprived. A lack of sleep hurts them emotionally and can make them feel depressed and grumpy. Younger children who don't get adequate sleep can experience problems with self-control and behavior regulation."

"When we are tired, we are more likely to be agitated and this affects social relationships. [Someone who's sleep deprived] might have a tough time completing tasks," added Gulyn.

There are physical and mental health benefits to getting proper sleep, says Dr. Jerome Short, a clinical psychologist and associate professor of psychology at George Mason University who has also studied the effect of sleep patterns on overall health and wellness. "Sleep clears the brain of toxic proteins, repairs muscles, and restores the immune system. Adequate sleep is associated with less obesity, diabetes, heart disease, and cancer," he said. "In recent research with college students, I found that the combination of vigorous exercise and sleep satisfaction led to next day positive mood, he said. "The combination of moderate exercise and longer sleep led to reduced negative mood."

"During sleep, the body releases hormones that stimulate growth, increase muscle mass, and repair cells and tissues," said Julia Dorsey, RN, School Public Health Nurse – Fairfax County Health Department. "Hormones also help boost the immune system to better fight infection. Chronic sleep deficiency is linked to an increased risk of obesity and type II diabetes, as well as heart disease, high blood pressure, and stroke."

ADEQUATE SLEEP can be elusive in a social environment where social media and information on demand are prevalent. "It's critical to reduce screen time before bed and not allow video games and computers and phones use late at night," said Winsler. "Dimming the lights and doing calming activities also helps. One big ussie is that teens sleep with their phones next to them and the phones vibrate and wake them up."

"Daily exercise, reduced light, physical comfort, and a regular sleep routine of going to bed and getting up at the same time increase duration of, and satisfaction with, sleep," added Dr. Jerome Short.

To improve the quality of one's sleep, Gulyn advises that "if sleep problems are associated with excessive worry or depression, then it's important to seek professional advice."

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Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431

The Connection Newspapers

Empower Chiropractic holds double ribbon cutting ceremony with Reston and Tysons Chambers of Commerce. From left: Dr. Evan Lichtenauer, co-founder Empower Chiropractic; Marc Ingrao, president and CEO, Reston Chamber of Commerce; Dr. Callan Lichtenauer, co-founder Empower Chiropractic; and Chris Tomseth, vice president, marketing, Tysons Regional Chamber of Commerce.

Empower Chiropractic Opens Family Practice in Fairfax

Empower Chiropractic, owned and operated by the husband and wife team of Drs. Evan and Callan Lichtenauer, have opened a new family chiropractic practice within the Fairfax Circle Shopping Center (9649 Fairfax Blvd.) in Fairfax.

The recent graduates of LIFE University in Marietta, Ga. relocated to the Northern Virginia region earlier this summer to establish the practice that utilizes the Torque Release Technique (TRT) that has been proven to correct the root cause of health care issues and consistently deliver life-changing results to patients.

Empower Chiropractic is in the Fairfax Circle Shopping Center, located near the intersection of US Route 29, Old Lee Highway, and US Route 50. For more information, call 571-406-4102 or visit www.empowernova.com.

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Drs. Evan and Callan Lichtenauer

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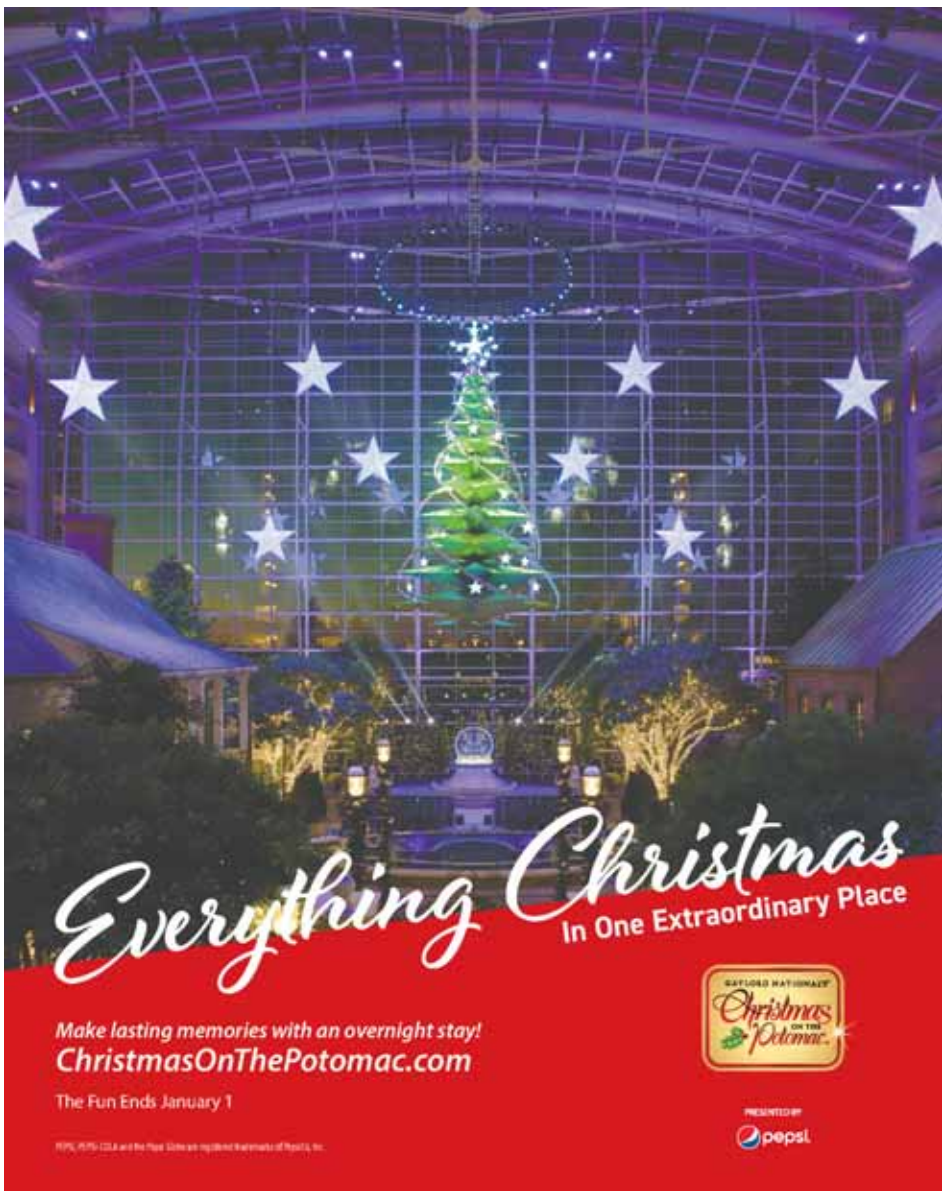

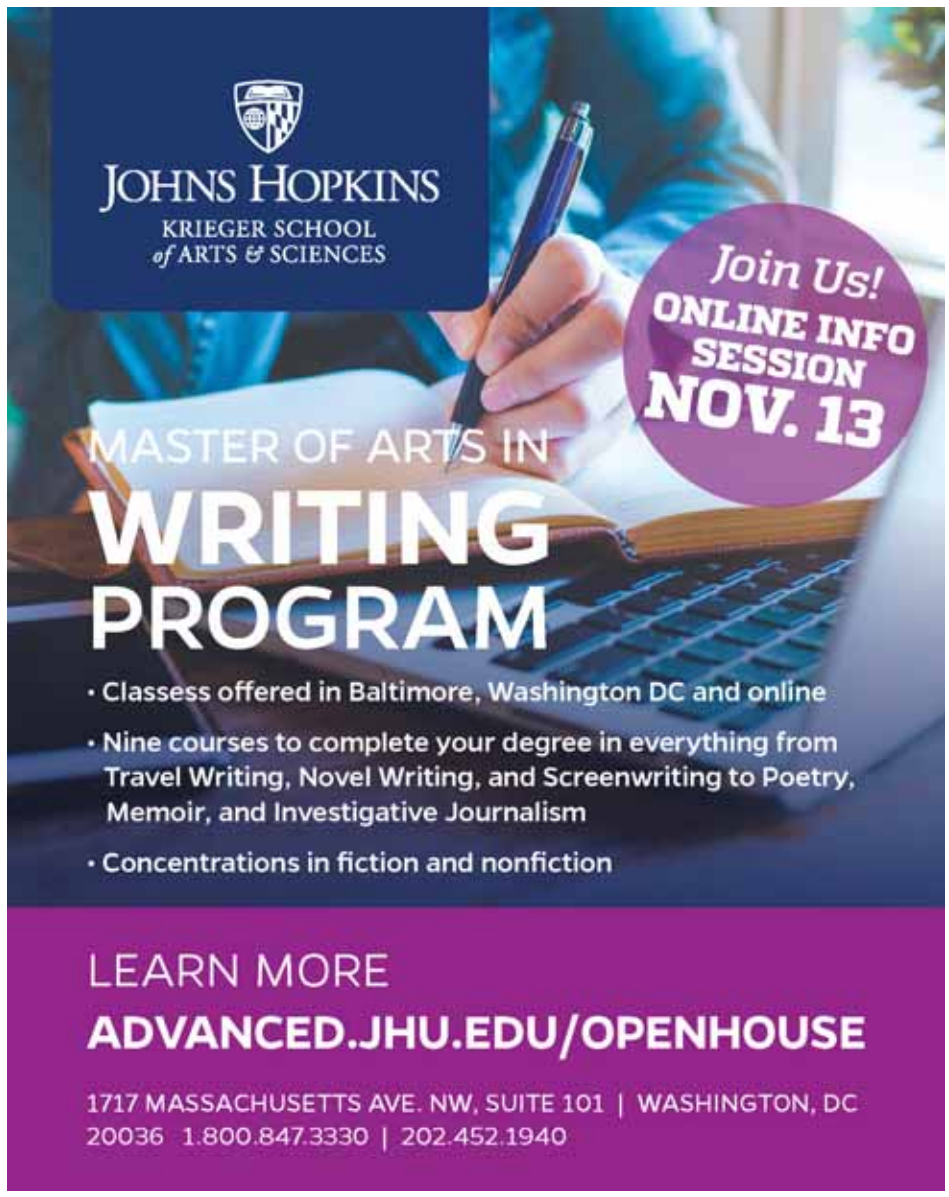

Entertainment

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

THURSDAY/NOV. 8

Annual Charity Holiday Auction. 11 a.m. at the Country Club of Fairfax, 5110 Ox Road, Fairfax. Northern Virginia Women's Club will hold a charity fundraiser for the Fairfax County Area Agency for Aging. Registration and social hour are followed by their November luncheon and live auction. Prospective members and guests interested in joining our festive activities for this event, should call Anna at 703-281-4811.

FRIDAY/NOV. 9

NOVA Annandale Symphony Orchestra. 8 p.m. At Ernst Community Center, 8333 Little River Turnpike, Annandale. Under Music Director Christopher Johnston, the concert is sponsored by the Shepherd's Center of Fairfax-Burke (SCFB), the NOVA-Annandale Community College, and the Reunion Music Society. Tickets are $15 Adults; $10 students with IDs; Free for children 12 and under free. Purchase tickets through the SCFB (703-426-2824) to support programs and services.

SATURDAY/NOV. 10

Fairfax History Conference. 8:30 a.m.-3:30 p.m. At Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Featuring "Years that Shook Our Nation and Fairfax County: 1868, 1918 and 1968." Join historians and re-enactors to unravel the stories and personalities from three critical years in American history: Reconstruction, World War I, and the tumultuous cultural changes of the 1960s. Registration: $25. Email lynnegarveyhodge@gmail.com.

Icelandic Christmas Bazaar. 10 a.m.-3 p.m. at American Legion Post 177, 3939 Oak St., Fairfax. Icelandic arts and crafts, live music, Icelandic licorice and chocolates, famous Icelandic hot dogs, open faced sandwiches and crepes. Free admission. Visit www.icelanddc.com.

Let's Talk Turkey. 2-3:30 p.m. At Kings Park Library, 9000 Burke Lake Road, Burke. Free. Chef Cal Kraft will share holiday recipes, including turkey, salad, stuffing, sides, desserts and more! He will also bring lots of hints and tips to add more fun to your holiday dinner. Visit librarycalendar.fairfaxcounty.gov/event/4540497

SATURDAY-SUNDAY/NOV. 10-11

Holiday Express Boutique. Saturday (10 a.m. to 6:30 p.m) and Sunday (9 a.m. to 2 p.m). At St. Mary of Sorrows, 5222 Sideburn Road, Fairfax. One-of-a-kind holiday items. Featuring table linens, baby items, ornaments, pumpkins, much more. Gifts for all from babies to grandparents. Sweet Shoppe both days. All items homemade. Chili Lunch and Cafe on Saturday only (10 to 4 p.m.). Silent Auction and Raffle - Drawing 11/11, 2 p.m.; winner need not be present. Contact Lou Aimone at aimonem@aol.com.

SUNDAY/NOV. 11

Women of Resilience. 2 p.m. at Fairfax Museum and Visitor's Center, 10209 Main Street, Fairfax. Free. Featuring "Women of Resilience: Daughters of the American Revolution Service in World War I." Join Tracy Elizabeth Robinson, CA, Director of Archives and History at the DAR Headquarters in Washington, D.C., for a talk on the different roles and services DAR members performed during World War I. Call 703-385-8414.

Veterans Day Concert. 6-8 p.m. at Church of the Good Shepherd, 9350 Braddock Road, Burke. Good Shepherd concert series presents Capital Band in a concert honoring our veterans. Concert features patriotic band and vocal music followed by a festive reception. $25 adults/$15 students. Call 703-323-5400 or visit www.good-shepherd.net.

TUESDAY/NOV. 13

Fall Art Classes. 5:15-6:15 p.m. At Woods Community Centre, 10100 Wards Grove Circle, Burke. Registration for Fall Art Classes for Youth Classes (8 yrs & up). Next session starts Tuesday, Nov. 13. Call the instructor Carol Zeitlin at 703-250-6930 or www.czartlessons.com

Fall Drawing Plus Color Class (5-8 yrs.). 6:15 p.m.- 7 p.m.at Woods Community Centre, 10100 Wards Grove Circle, Burke. Instructor Carol Zeitlin, drawing and watercolor. Visit www.czartlessons.com. Call 703-250-6930.

THURSDAY/NOV. 15

Lunch N' Life. 12-2 p.m. at Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. Steve Friedman, the guest author and lecturer, will present a program about Broadway musical theater. Sponsored by the Shepherd's Center of Fairfax-Burke. For reservations, call Bea Stephenson at 703-273-5730 by Nov. 9. Cost $10.00; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org.

SATURDAY/NOV. 17

Civil War Tour. 8 a.m.-4 p.m. at Fairfax Station Railroad Museum and sites in Clifton, Centreville, 11200 Fairfax Station Road, Fairfax Station. Blake Myers, noted Civil War Historian, will lead a history tour of interesting Civil War sites in and around Fairfax, Clifton and Centreville. Meet at the Museum. Wear comfortable walking shoes and appropriate clothing for walking through wooded areas. Museum members, $20; non-members, $30. Register at information@fairfax-station.org. Call 703-425-9225 or visit www.fairfax-station.org.

Pet Adoption Event. 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit www.fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet.

"Ever the Gray Ghost." 2 p.m. at Historic Blenheim, 3610 Old Lee Highway, Fairfax. Free. "Ever the Gray Ghost: Colonel John Singleton Mosby and the Lincoln Conspiracies." How much did Mosby know, and was he complicit in an attempt to murder the President of the United States? In his new book, author Dave Goetz – the first author to examine Mosby's possible in the conspiracy – offers new insights and focuses on numerous attempts to capture or kill Lincoln. Call 703-591-0560.

2018 Evening of Elegance with Jazz and Advocacy Gala. 6-11 p.m. at the Waterford Reception Center, 6715 Commerce St., Springfield. The National Coalition of 100 Black Women, Incorporated, Northern Virginia Chapter (NCBW NOVA) preents their inaugural Evening of Elegance with Jazz and Advocacy Gala. $75. Purchase directly from coalition members or through Eventbrite at www.eventbrite.com/e/national-coalition-of-100-black-women-nova-presents-an-evening-of-elegance-tickets-49268297805.

Jazz4Justice. 8 p.m. at GMU's Center for the Arts, Fairfax. George Mason University's School of Music presents the 17th annual Jazz4Justice live concert and fundraiser. The events raise funds to support vital legal services and the George Mason University Jazz Studies program. Tickets available at 703-993 2787, or at cfa.gmu.edu.

SATURDAY-SUNDAY/NOV. 17-18

Gem, Mineral and Fossil Show. 10 a.m.-6 p.m. Saturday; 10 a.m.-4 p.m. Sunday. At The HUB Ballroom, GMU, 4400 University Drive, Fairfax. Admission $6/adults; kids free. Presented by the Northern Virginia Club, Inc. and sponsored by the Dept. of Atmospheric, Oceanic and earth Sciences at GMU. Featuring over 20 dealers. Also demos, door prizes, exhibits and kids' activities including mini-mines for kids to dig in and get free minerals and fossils. Contact Tom Taaffe at rockcllctr@gmail or visit www.novamineralclub.org.

Burke Civic Ballet's "The Nutcracker." Saturday, 2 and 6 p.m.; Sunday, 1 and 5 p.m. at Ernst Community Cultural Center Theater, Northern Virginia Community College, Annandale Campus. Share in the magic of this holiday tradition. Featuring 3-year old miniature dolls to professional dancers, this 25th Anniversary production will enchant all ages. Visit www.buffas.com to order tickets or email burkecivicballet@gmail.com.

SUNDAY/NOV. 18

Flower Design Show. Noon-4 p.m. at Blenheim Civil War Interpretative Center, 3610 Old Lee Highway, Fairfax. Fairfax Ferns Garden Club presents a Small Standard Flower Show – "Strolling Through Historic Fairfax City." It will include flower design, horticulture, nature photography and educational exhibit. Plant related items for sale. Free admission. Email hilcarn31@aol.com or call 703-591-5305.

SATURDAY-SUNDAY/NOV. 24-25

Fairfax Ballet Company's Nutcracker. Saturday, 2 and 7 p.m.; Sunday, 2 p.m. at W.T. Woodson High School, Fairfax. The Fairfax Ballet Company presents the full-length production of "The Nutcracker," the family-friendly holiday tradition. Company members, along with students from the Russell School of Ballet and George Mason University, and professional guest artists, join Clara and her Nutcracker Prince in a magical journey through a winter wonderland. $15-$30. Find tickets at fairfaxnutcracker2018.brownpapertickets.com or at the door beginning one hour before each show. Email events@fairfaxballet.com or call 703-665-9427.

Mozart's 'Don Giovanni' at Mason

Saturday, Sunday at Center for the Arts from Virginia Opera.

By David Siegel
The Connection

Aiming to seduce audiences with its luscious memorable music, arresting comedy and challenging characters, Mozart's "Don Giovanni" features one of opera's most suave rogues. He is a shameless nobleman who outrages the women and men who encounter him as he journeys along his chosen path; a lustful life.

Mozart's "Don Giovanni" has been a treasure for centuries. It remains one of the most performed operas in the world. Last performed by Virginia Opera in 2010, "Don Giovanni" returns to the Center for the Arts full of bright comedy, tragedy and a journey to an ultimate fate.

Adam Turner, Artistic Director, Virginia Opera and Conductor for "Don Giovanni."

Lillian Groag, director, Virginia Opera's "Don Giovanni"

Tobias Greenhalgh in performance as Don Giovanni.

Photos courtesy of Virginia Opera

With Mozart's "Don Giovanni" as with all Mozart works, "there is an abundance of humor and beauty, leading to endless discoveries and fresh insights," said Adam Turner, Artistic Director, Virginia Opera and conductor of the Virginia Symphony Orchestra for the production.

"Mozart's soundscape reflects this constant back and forth between the serious and light qualities; particularly with the orchestra serving as sort of a 'Greek chorus', offering poetic and witty commentary throughout," said Turner. "The opera requires vocal pyrotechnics and deeply committed characterizations from singing actors. The virtuosity demanded by Mozart's score is unparalleled.

"And now, more than ever, Mozart's masterpiece offers us the opportunity to reflect upon current day conversations, particularly inspired by the #MeToo and #TimesUp movements. Mozart and "Don Giovanni" may not have changed, but we have," noted Turner.

Lillian Groag directs Virginia Opera's "Don Giovanni." The production will showcase talented young singers making their Virginia Opera mainstage debuts. They include baritone Tobias Greenhalgh as Don Giovanni, bass-baritone Zachary Altman as manservant Leporello, and soprano Rachelle Durkin as Donna Anna and former Emerging Artist Sarah Larsen as Donna Elvira

"Don Giovanni" is complex with characters who want to do their own thing. "Everyone wants to break the rules," said Groag. The opera "endures because it is so funny - the definition of slapstick comedy. You will be laughing for an hour and a half then it turns abruptly. It has supernatural elements, terrifying moments and the most wonderful music in the world."

"There's a reason audiences love watching Mozart's operas - it's like attending a sporting event, waiting for the performer to "cross the finish line" or "execute the triple axel" - exhilarating and electrifying performances at the highest artistic level." added Turner. "I hope that audiences are thoroughly entertained and engaged by this production."

Virginia Opera presents Mozart's "Don Giovanni" at Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Performances; Saturday, Nov. 10 at 8 p.m. and Sunday, Nov. 11, at 2 p.m. Visit www.cfa.gmu.edu or call: 888-945-2468.

Teen Star and Photography Buff Comes to Town

Keenan Allen displays his laid back, Hollywood side.

By Mike Salmon
The Connection

Hollywood actor, writer and photographer Keenan Allen talked about his favorite photo that is on the back cover of his new book "Hollywood: Photos and Stories From Foreverland," at a recent book signing at Springfield Town Center. He was taking a picture of a sunset in Hollywood, his hometown, but wasn't sure he had the settings right, so everything was out of focus except the sunset, which he was focused on in the first place. "I blocked out all the craziness of Hollywood and focused on the sunset," he said. "I wanted to highlight that in particular."

The crowd of about 100 teenage girls hinged on his every word, clutching books and flashing smiles at the star, who just finished his seventh season of "Pretty Little Liars," hit television series. When he's not in front of the camera, he practices his hobby of writing and photography. At age 11 he was inspired to write "Hollywood," and after six years of working on it, the finished product was the focus of his book tour.

The book has his impression of Hollywood, and contains a lot of the street performers and less famous people that are hoping for that big break. He wanted to show it as it is, without any point of view, and let people get their own impression. "There is a responsibility to portray your own point of view," he said, but admitted that he was "worried about my prospective getting in the way," he said. "I wanted to take people on a journey through Hollywood without telling them how to feel," he said.

His view from the street provides a certain perspective he was going after. "Everybody just wants to be appreciated, I took the time to look people in the eye," he said.

Sophie Runia, 14, liked that about him. "It's very cool, that's a good thing, everybody should be independent," she said. Runia is a freshman at West Springfield and related to the book.

Mount Vernon residents Rachelle Deleon, 14, and Lizbeth Ramirez, 16, clutched their signed copies as they came off the stage. "I like how he's an artist dedicated to his work," said Ramirez.

Photo by Mike Salmon/The Connection

Keegan Allen got down to do a selfie with the crowd.

Allen grew up in the social media era and worked it into this event as well. He posed for selfies with everyone and before the signings, got down with the crowd for some pictures and video. "We're on his Instagram," said one girl who came up from Fredericksburg to see him and had her Instagram on throughout the event. Allen has 6.4 million followers, she said. "I'm about to cry."

Allen had an arts background since he was a child, and his parents were immersed in the artist scene in California. At age 13, he was in an independent film on Animal Planet, and went on to study video production in high school. In addition to "Pretty Little Liars," he's been on "Young and Hungry," in 2015 and "CSI: Crime Scene Investigation," in 2011.

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Members of the Fairfax for All Coalition outside Government Center demanding that the Board of Supervisors adopt their Ordinance to Protect Equal Justice for All which would end sharing information with ICE, end releasing immigrant detainees to ICE, and establish a legal fund for immigrants among its components.

Photos by Andrea Worker/The Connection

From left, Mary Lareau (DMV Sanctuary Congregation), Michelle LaRue, M.D. (CASA in Action) and Sookyung Oh (NAKASEC) speak on behalf of their Fairfax for All coalition. The group says that the county's One Fairfax Resolution fails to address the immediate issues being faced by immigrant residents.

Advocating for Immigrant Protection

Fairfax for All Coalition demands more immigrant protection from County supervisors.

By Andrea Worker
The Connection

A determined group of citizens advocating for immigrants' rights held a press conference outside the Fairfax County Government Center on Tuesday, Oct. 29, before heading inside where several members of the Fairfax for All Coalition provided testimony during the Board of Supervisors' meeting.

The coalition is demanding that the Board adopt their "Ordinance to Protect Equal Justice for All" which they drafted and presented to the Supervisors in February of this year.

In a recent written response to the group, Board Chairman Sharon Bulova cited the joint passage of the One Fairfax Policy by the Board and by the Fairfax County Public Schools' Board in 2016, which pledges their commitment to "intentionally consider equity when making policies and delivering programs and services." One Fairfax outlines 17 areas of focus, including housing, health and human services, and public safety, as areas that "must be addressed to create an equitable community."

In the response, the Chairman wrote "As I have said in the past, I do not plan to pursue the Ordinance to Protect Equal Justice for All." Bulova's reasoning, beyond the existence of the One Fairfax resolution, is that the ordinance calls for the complete severance of the county's cooperation with ICE (Immigration and Customs Enforcement), something the county is not prepared to do since "we work with outside law enforcement agencies like ICE on criminal matters like gang prevention, human trafficking, and cyber crimes."

SPEAKING FOR FAIRFAX FOR ALL at the press conference, Michelle LaRue, M.D., Virginia State Director for CASA, fired back that One Fairfax without their ordinance "lacks teeth."

Sookyung Oh, a member of the coalition and the Area Director of the National Korean American Service and Education Consortium (NAKASEC) added that without the accountabilities and direction of the ordinance "One Fairfax is just an abstract," applied to nothing tangible and basically just another "checklist."

Both speakers acknowledged that the Fairfax County Sheriff's Office has terminated its "Intergovernmental Service Agreement" with ICE as of May 23, 2018. Under that agreement, the Sheriff's Office would hold detainees for ICE past their release dates. In a statement announcing the termination, Sheriff Stacey Kincaid said "We intend to comply with all federal obligations as they pertain to ICE É but the current contract is not necessary for us to do this É we found it expedient to no longer have an agreement that requires us to extend our resources beyond these obligations."

"But they are still collecting the personal information of people arrested and detained and sharing that information with ICE and others," said Oh. Even with the termination of the agreement between the Sheriff's Department and ICE, Oh says that 73 people were released to the Immigration authorities between August and September of this year alone.

"Of those 73 people, 50 of them were never even convicted of the charges they were arrested for," said Oh, adding that for many of these same charges, "others have been let off with warnings or fines, not sent to jail and then ripped from their families. That is not equality for all in Fairfax County."

The coalition thinks that without their ordinance, the county is basically leaving many of its most vulnerable residents open to discriminatory actions and adversely impacting thousands in the region. According to the coalition speakers, 1 in 4 families in Fairfax County have a parent or guardian born outside the county.

Elizabeth Benson and Sharon Canner of Reston show their support for the Fairfax for All Ordinance to Protect Equal Justice for All. "We should do everything we can to protect and support all of our residents," said Canner. "Immigrants to our area are vital to our growth and success. It's a business issue as well as a human one."

"And it's not just about collaborating with ICE," said LaRue, and Mary Lareau with the DMV Sanctuary Congregation.

Fear of family separation is keeping children from school, parents from work or from seeking needed medical attention, says Lareau. Lareau and her fellow advocates say that this same fear is hampering the safety of us all, as immigrants fail to report criminal activity or to come forward to cooperate in criminal investigation.

"Turning people over to ICE, that's the real crime. How is any of this helping us to make our communities safer places?" asks LaRue.

Reached for comment, Karla Bruce, the county's Chief Equity Officer charged with championing the One Fairfax Resolution, said she has met with members of the coalition, and other immigrant and civil rights advocate groups.

"I can't speak to the individual Board members' stance on the group's proposed ordinance, but I can say that since taking over this role in June, I have been meeting with as many parties as possible, internally and externally. I want to listen, to hear what the concerns are and see how our policies may be negatively affecting, even if inadvertently, our residents."

Bruce said the County is sincere in the desire to implement One Fairfax, but that it's not something that can be achieved overnight, even while she acknowledges the frustration of groups like Fairfax For All.

"We are trying to see where changes are needed in the entire system," she said. "Yes, there are individuals who are experiencing negative impacts today. We have to keep at it and I want to keep hearing from groups like this."

AFTER THE PRESS CONFERENCE, several of the coalition representatives gave testimony before the board, some recounting personal struggles as immigrants or family members of immigrants, including a young man named "William" who is fearful that his stepfather is about to be deported. "He has been everything to me. I need him. I still need him."

Others, like Ruth Maul of Herndon, spoke of how domestic violence victims refuse to come forward for treatment or protection because of their fears of being deported or separated from family members.

Marcella Levine told the Board that "you don't have to be a sanctuary county to adopt more non-compliance regulations."

Before the meeting was gavelled out of session, the members presented more than 500 signed petitions they had collected in support of their ordinance.

"They say we don't have support from the community," said Oh of NAKASEC, "but we do, and we are gathering more each day."

Fairfax for All vows to continue to advocate for immigrants in the region and to continue to "bring these friends, neighbors, co-workers, families, and congregants under our full protection."

The full text of the proposed ordinance is available on the website www.fairfaxforall.org.

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Drug Take Back Initiative Nets a Ton of Medications

Fairfax County Police Department reported that the Drug Take Back Initiative was a huge success again this year: Fairfax County residents turned in a ton of medications – literally. More than 2,200 pounds of medications were collected at the events throughout the county.

BREAKDOWN:

- West Springfield District Station – 473 pounds
- McLean District Station – 351 pounds
- Fair Oaks District Station – 297 pounds
- Mason District Station – 279 pounds
- Mount Vernon District Station – 247 pounds
- Franconia District Station - 223 pounds
- Reston District Station – 221 pounds
- Sully District Station – 183 pounds

Total: 2,274 pounds

If you missed the event, you can still dispose of your unneeded medication at the drop box in the lobby of the West Springfield District Station (6140 Rolling Road in Springfield). It's open 24/7, and any unused prescriptions can be dropped off anonymously (pills or liquids only; no pressurized canisters or needles) - according to FCPD Media Relations Bureau.

Photo courtesy FCPD Media Relations Bureau

More than 2,200 pounds of medications were collected at the events throughout the county.

NOVA Relief Center Launches Refugee Blanket and Coat Drive

Fairfax County Board of Supervisors Chairman Sharon Bulova will officially announce and launch the 2018 Northern Virginia Blanket and Coat Drive for Syrian Refugees on Friday, Nov. 9.

"We are pleased to continue this wonderful humanitarian effort in Fairfax County, and join our other Northern Virginia local governments to assist approximately 3 million refugees living in Lebanon and Jordan," Bulova said.

The Drive is organized by NOVA Relief Center and runs Nov. 10 – Dec. 8, 2018. Blankets and coats will be sent to refugees in three camps in Jordan this winter, through a partnership with Helping Hand for Development and Relief (HHRD). Anyone can donate. Those wishing to contribute can become involved in two ways. Blankets and coats should be new or gently worn and may be dropped off to one of the drop-off locations (see website for updates). Monetary donations are also needed and may be made to NOVA Relief Center online and at some drop-off locations. To make a tax-deductible donation, visit NOVA Relief Center's website at novareliefcenter.org.

Since 2013, Northern Virginia citizens, businesses, local governments, religious groups, schools and neighbors have come together to collect and donate over 100 tons of blankets and coats, to assist Syrian refugees who have fled their homes to other countries to escape the violence from the civil war in Syria.

Upon the conclusion of this drive, Paxton Van Lines will transport all items collected to the port where they will be shipped to Jordan via Maersk Shipping. Upon arrival in Jordan, HHRD will distribute the blankets and coats to refugees near the Syrian border. Previous shipments have been delivered to refugees in camps in Turkey and Lebanon. As with the previous Blanket and Coat Drives, both Paxton Van Lines and Maersk are donating their services this year. The generosity of these two companies allows anyone to donate.

NOVA Relief Center is a newly formed non-profit organization based here in Northern Virginia. NOVA Relief's mission is to improve the quality of life for refugees abroad, as well as for our own neighbors. Visit the website to learn more and see photographs from previous Blanket and Coat Drives.

Healing Wall

Members of the Vienna Arts Society have been visiting the Fort Belvoir Community Hospital since 2014, bringing art supplies and giant puzzle pieces to troops on the mend. The Healing Wall will be on display at the Unitarian Universalist Congregation of Fairfax (2705 Hunter Mill Road, Oakton) through the end of the year. Shari MacFarlane and Doré Skidmore prepared the thirteen panels to be moved from the Art Center, and pictured above, MacFarlane hangs the final panel. Email doreskidmore@aol.com to join this outreach.

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.

FOOD DRIVES

Scouting for Food. Scouts will collect non-perishable food items that will nourish the area's hungry on Nov. 10. Scouting for Food is held every fall prior to Thanksgiving. Local food banks rely on it to stock their shelves for the upcoming holiday months, when food demands are the greatest. Items in highest demand include: canned protein (tuna, salmon, chicken, peanut butter); soups and stews (beef stew, chili, meat-based soups); 100 percent fruit juices (all sizes); grains (pasta, whole grain pasta, rice, brown rice, boxed macaroni and cheese); cereals (multi-grain, low sugar cereals, oatmeal); canned vegetables; canned fruits; condiments; and hygiene products (diapers, toilet paper, tissues, soap, toothpaste). Visit www.ncacbsa.org for more.

Food Collection. Through Friday, Nov. 16, PenFed is collecting boxed and canned foods at all of its DC area branch locations. PenFed, NBC4, Telemundo44 and The Boys and Girls Club of Greater Washington will collect the boxes and assemble over 4,000 turkey baskets to be distributed to local families, seniors, veterans and others in need. Visit visit PenFed.org. PenFed branch locations collecting donation items include:

- ❖ Kingstowne – 5775 Barclay Drive, Alexandria
- ❖ Fort Belvoir – 9651 Gunston Road, Bldg 1152, Fort Belvoir
- ❖ National Geospatial-Intelligence Agency – 7500 Geoint Drive, Springfield

Holiday Basket Donation. Thanksgiving basket donations by Nov. 19 and Christmas baskets by Dec. 17. Preparing a special holiday meal and joining one's family around the table to give thanks are visions that come to mind when we think of Thanksgiving and Christmas dinner. Visit www.koinoniacares.org/holiday-baskets.html for suggestions and to sign up to donate a basket.

Food for Fines. Nov. 1-30. Fairfax County Public Library will be hosting a food drive called "Food for Fines." Canned goods and other non-perishable items collected during the drive will be donated to Food for Others. Customers may donate even if there are no fines accrued. Visit www.fairfaxcounty.gov/library/food-fines for more.

Letters

From Page 6

in British Columbia is now set to expand to all of Canada. Washington State has on the ballot this November an initiative that would put a steadily rising fee on carbon pollution emitters. Bill Gates and Michael Bloomberg are in support, with Gates writing in an open letter, "You may be skeptical about this idea. I know I was. How can one state make a difference on a global problem like climate change? But I overcame my doubts."

The signal, that pollution costs must be paid up front, will spur investment in the new energy economy both at the household and business scale. And while we might debate how much good can one state do, it also might be asked how much harm? That Virginians, as ratepayers beholden to Dominion Energy, will sink upwards of $2 billion in the Atlantic Coast

Pipeline is unconscionable. All efforts at "greening" Virginia by enacting the other items on your climate to-do list cannot make up for this pipeline tragedy. The combined ACP and MVP fracked gas pipelines will generate greenhouse gas emissions estimated equivalent to that produced by 45-coal-fired power plants.

So it will take courage to act, to act without short-term gain, and against long-strategized opposition. You know what's at stake.

Meredith Haines
Vienna

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Sounds Not So Silent

By KENNETH B. LOURIE

With apologies to Simon and Garfunkel: burping, hiccuping, coughing, "expectorating," wheezing, sneezing, sniffling, nose running, nose bleeding, nose blowing, "gassing," gurgling and "nauseating."

If this were football, I'd likely receive a penalty for piling on: too much not of a good thing.

For me, it's just another day in cancer's side-effect paradise. For my wife, Dina, however, it's more difficult; caught in the crossfire, so to speak. Aside from how cancer makes you look and feel, there is also an element of how it makes you sound.

Not that I'm self-conscious or anything; I'm just more self-aware. But there's only so much one can do, or quite frankly, want to do to manage/control one's sights and sounds.

After all, side effects are sort of the cost of doing business in the medical/pharmaceutical world. And though every patient doesn't experience identical symptoms, we're all warned equally that there could be trouble in them "thar" pills. Part of that trouble is internal: what you feel, and part of that trouble is external: what you see and hear. And depending upon what medication you're receiving, you could be experiencing side effects that manifest more like main effects.

Generally speaking, unless I was really uncomfortable and/or insistent when speaking to my oncologist, he has refrained from treating side effects – too much. His thinking has been that too many pills treating too many side effects makes Kenny an extraordinarily dull and dependent boy, and likely makes matters worse. Granted, there have been exceptions.

But prescribing an ever-increasing number and variety of pills seems akin to chasing one's own tail. It may be amusing to look at (if you're a cat or dog owner), but it's a hell of a price to pay for a minimal amount of relief. You may not be any worse for the wear, but neither are you any better off than when you started.

Obviously, in the cancer-treatment world, there's going to be some discomfort, and I have been prescribed some side-effect medication accordingly: for a skin rash, for constipation, to boost my appetite, for pain and for neuropathy. But overall, to ease my worried brow, we've tried to stay away from letting side effects affect my primary care.

Unfortunately, the reality is, every medication, every treatment, every procedure produces side effects. Trying to keep your eye on the ball during multiple processes, can become challenging. And though it may not be rocket science, it is medicine/science which for a Humanities graduate like me is as unnatural as it can possibly be.

All I understand is trying not to make matters worse, but when you've been diagnosed as "terminal," which I was, things have already become worse. Ergo, knowing how to manage your situation so as not to exaggerate the challenge you already face itself becomes a side effect for which there's very little treatment.

Knowing when to add or subtract medications, knowing when to change one's infusion medicine, knowing when to schedule infusion intervals and knowing when to schedule diagnostic scans, are all wrenching emotional decisions which might have life-ending consequences so these decisions do carry the weight of the world. And though my father always told me that I had broad shoulders (meaning I could carry the weight), I have never been tested as I have these last nearly 10 years.

Having survived for as long as I have, presumably, I have made some correct decisions. Nevertheless, I still feel like I'm one wrong move from disaster. And it's never more clear to me then when I'm listening to what I'm hearing.

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

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