

Chantilly CONNECTION

Fair Oaks ♦ Fair Lakes

‘It Takes a Long Time To Master this Job’

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his dog, Dozer.

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OPINION

Siege of the Capital

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

This column is being written as news stories continue to increase that thousands of persons opposed to gun legislation will be coming to the Capitol grounds to protest. Increased citizen participation is usually a good thing, but in this case it is seeming more like a siege than a peaceful protest. Already the FBI has arrested three individuals in right-wing hate groups who apparently were planning to come with guns that would be fired from various locations to start a race riot. Three other persons were arrested from the same hate group but whose plans for the day were less specific. Law enforcement authorities had gathered enough credible evidence of a threat that the Governor barred any guns on Capitol grounds on Monday except for the police. Security fencing was installed on the grounds. Streets were closed.

The General Assembly had made plans to conduct business as usual as much as that is possible. I am hopeful that the news you have been reading is that the day passed without serious incident. I can assure you that I will be going forward with my bill to close the many loopholes in the current background checks system to ensure that people who have shown themselves to be a threat to themselves or others will not be able to purchase firearms. Recent polls indicate that about 80 percent of people support the bill as a good public safety measure.

Only twice before am I aware that the capital experienced a serious physical siege. The first occurred in 1676-1677 while Virginia was still a royal colony with its capital in Jamestown. Nathaniel Bacon led an armed rebellion against royal Governor William Ber-

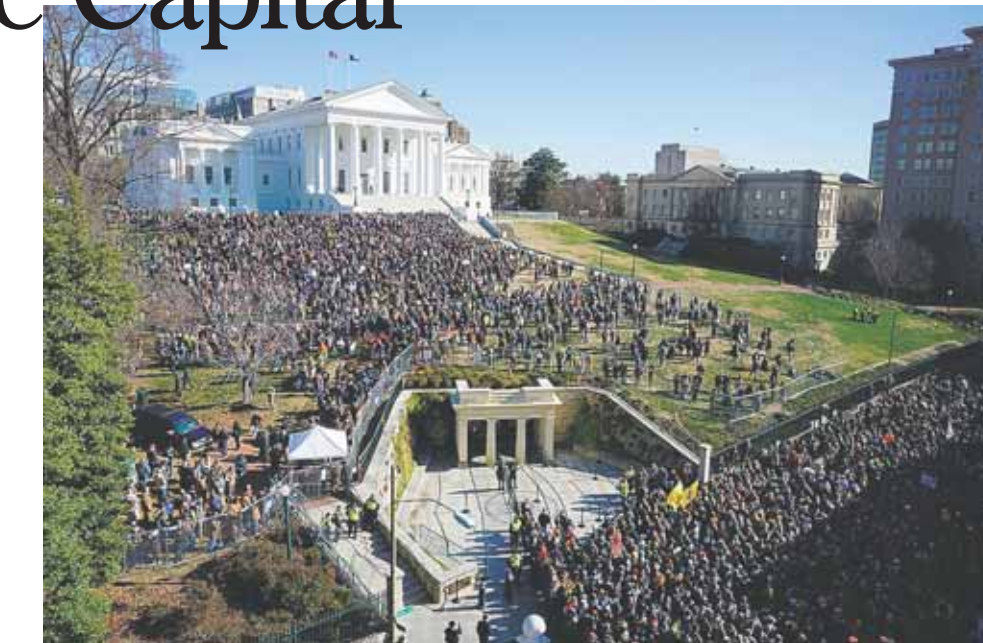


PHOTO BY JEFFREY KNIGHT/VCU CAPITAL NEWS SERVICE

Capitol Police estimated around 22,000 people attended gun rights rally in Richmond on Monday, Jan. 20, with 6,000 entering the secured area where weapons were not allowed.

keley who he contended did not provide adequate protection against Indian attacks for settlers on the western frontier. The story gets more complicated as there was a desire by the settlers to seize more land from the Indians and for Bacon to gain more power in the governance of the colony. His attack led to the capital being burned. You can still view the foundation of the capital if you visit Jamestown Island today.

The second siege of the capital came near the end of the Civil War after Virginia had been out of the Union for four years. Richmond was the capital of the Confederate States, and many skirmishes and battles occurred around it during the war. The city was key to mobilizing,

outfitting and feeding the Confederate army but did not fall to Union forces until April 1865. Confederate forces burned the city as they departed. Fortunately, the Capitol building was saved from the fire that otherwise destroyed the city. A week later the Confederates surrendered at Appomattox west of the city. The war was ended even though there are many who continue to debate who was to blame for the war and who won.

A well-regulated militia made up of state and local police will protect the Capitol building and its occupant legislators from those who would deny freedom to others through their misuse of firearms. We will not be bullied regardless of their siege.

LETTERS TO THE EDITOR

Making Alzheimer's a National Priority

To the Editor:

One in three seniors dies from Alzheimer's Disease. It is the only leading cause of death in the United States that cannot be prevented, cured or even slowed down. It is imperative that we have elected officials who are working to make Alzheimer's a national priority!

As an Alzheimer's Association Advocacy Ambassador I am fortunate to be able to work with Sen. Mark Warner to discuss the staggering impact of Alzheimer's Disease in Virginia and the Nation. I am grateful for his willingness to listen and work with us toward solutions for helping families with a diagnosis of dementia. We are proud Virginia is represented by a champion in Congress to the 150,000 Virginians living with Alzheimer's.

My young family was impacted by Alzheimer's when my 53 year old husband was diagnosed with the disease. Although he died 17 years ago, I am passionate about advocating to find a cure for this dreadful disease. I believe research at the NIH is an important necessity towards a cure so we can live in a world without Alzheimer's!.

Please join the Alzheimer's Association and me in thanking Sen. Warner for his continued support in the fight to end Alzheimer's.

Sarah Jewell Harris
Fair Oaks

Dangerous Escalation

To the Editor:

Trump's blatantly illegal assassination of a military leader in a foreign country was a dangerous escalation of hostilities that will affect the whole Middle East region. Imagine if another country had done that to one of our

generals? Fortunately, there is growing bipartisan

support in the House and Senate to reassert Congress's constitutional war authority and prevent another disastrous and endless war. I encourage all citizens to take action by writing or calling their elected representatives and asking them to co-sponsor and vote for proposals that would prohibit the unauthorized use of military force in Iran or any other country. The President has the right to defend our country in a crisis, but we need to take away his ability to exercise arbitrary and unjust actions unilaterally.

Cathy Tunis
Reston

Help Prevent War

To the Editor:

So often I hear people say, "There is nothing I can do to work for a safer, more just world."

In recent days we have wit-

nessed the frightening deadly increase in hostilities between Iran and the United States.

There is something important you can do.

Over the last two years, I have heard from legislative staff that our legislators do not hear from many constituents weighing in on Foreign Policy.

Now you have an opportunity to do something to help prevent war with Iran.

Contact your US representative to support H.R. 5543, a bill to immediately defund military action in Iran. The Trump Administration can't make war without funding. Congress must retake its constitutional duty to decide when we go to war.

Don't know how to contact your Representative? Learn how here: <https://www.usa.gov/elected-officials>. It's easy to write or call.

Make a difference. Speak out to your Representative.

Katherine Cole
Reston

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A Connection Newspaper

NEWS

'It Takes a Long Time to Master this Job'

Behind the scenes with a police K9 officer.

BY BONNIE HOBBS
THE CONNECTION

Each month, members of the Sully District Police Station's Citizens Advisory Committee (CAC) learn about a different aspect of police work. And recently, they received a presentation on the K9 unit from K9 Officer Brad Weeks.

Weeks – who's been a K9 officer for 10 years – works with two dogs, an 18-month-old, German Shepherd named Dozer and a bloodhound puppy named Juneau. And Dozer accompanied him to the CAC meeting and illustrated how he responds to Weeks's commands.

"Fairfax County police have 15 patrol/narcotic dogs, plus three bloodhounds," said Weeks. "The patrol dogs are trained to alert on narcotics and in searches. Their agility enables them to jump over obstacles, go through tunnels and climb up ladders."

He also said these dogs will go into places that were broken into and will bark if someone's there. And, he added, if neces-



Officer Brad Weeks introduces his K9, Juneau, to local residents.

sary, they'll bite the suspect to apprehend him. "But what we do the most with them, is tracking," said Weeks.

PATROL DOGS go through an 18-week training school. Bloodhounds are trained in



PHOTOS BY BONNIE HOBBS/THE CONNECTION

K9 Officer Weeks puts his dog, Dozer, through his paces.

scent-specific tracks and are usually used in searches for missing children and adults.

"For example, bloodhounds sniff the odor

on a missing person's clothing and can do tracks that are 24 hours old," said Weeks. "And when they find them, they're trained to jump on, but not bite, the person. Patrol dogs are better following fresh tracks."

In Fairfax County, the Police Department's Explosive Ordnance Division has four or five dogs, and the Narcotics Unit has five or six. There are also therapy dogs, as well as one dog in Cyber Forensics, looking for thumb drives. Weeks said this dog is trained to smell a thumb drive's glue.

He said the K9 dogs usually cost \$8,500-\$9,000 each and come from overseas. "We get hounds as puppies and train them as we go along," said Weeks. "They're lazy, so we have to make them want to work. German Shepherds don't need constant rewards and praise like bloodhounds do."

Most K9 dogs live in their handlers' homes and have free run of the house. "Dozer is super-friendly but has

SEE DOZER, PAGE 5

Westfield's Keeley Rogers in Upcoming Musical

The Fairfax Academy presents 'A Chorus Line.'

BY BONNIE HOBBS
THE CONNECTION

Featuring a cast and crew of 65, plus a 10-piece orchestra, The Fairfax Academy presents the musical, "A Chorus Line." Set in 1970s New York City, it's about dancers auditioning for a musical-theater production, from beginning to casting.

"It's a very funny show, and you get to know each person's life," said senior Hannah Black. "It sheds light on what the dancers go through to get where they are, because it's harder and more stressful than most people realize. It takes people behind the scenes."

The curtain rises Friday-Saturday, Jan. 31 and Feb. 1, at 7:30 p.m.; Sunday, Feb. 2, at 3:30 p.m.; Friday, Feb. 7, at 7:30 p.m.; and Saturday, Feb. 8, at 2 and 7:30 p.m. Tickets are \$15, adults; and \$10, students, via etix.com. This show is for mature audiences only; students under age 13 must be accompanied by an adult.

Director Mike Replogle is thrilled with how this production's turning out. "I think we're going to have a hell of a show," he said. "The kids really get its spirit, and no other show is about auditioning. It tells it from the view of the people who give up everything to be in the chorus."



Dancers at the end of the "Montage Four" number in The Fairfax Academy's production of "A Chorus Line."

The show happens in real time and the audience becomes part of the audition. "And as exhausting as it is for the dancers, they often go through this, two or three times a day," said Replogle. "And this is as close as the audience may get to auditioning, themselves. I love this show because it focuses solely on the dancers. For one show, the chorus line gets to be in front – and it's all about them."

Academy Administrator Andrea Cook choreographed nine of the dances. "Our first

dance rehearsal was in October, so the kids have been learning the steps since then," she said. She and Replogle always try to put their own, unique spin on their shows, such as adding extra dancers to a number or portraying it in a fresh way. And, added Cook, "Since we're doing the adult version of this show, we get to perform the full-length, musical numbers. And it's an intimate look at what many of our students are choosing for their profession."

Westfield High senior Keeley Rogers por-

trays Maggie, who's passionate about dancing. "She has issues with her father, who left when she was a child, so she expresses what it was like growing up without him through her dance," she said. "That's what drove her to become a dancer, because she has fantasies about dancing with her father."

Rogers describes Maggie as "the sweetest, goofiest and most lovable character. I've seen this show, and Maggie's story affects a lot of people. I'm the most emotionally invested in her character because it's so real – I feel like she's a genuine person. I love playing her because she has this truth to her. She's open but is closed off until she has the chance. She doesn't draw attention to herself but is just authentically her."

Her favorite song is the famous and iconic "One," because it's the final number and everyone's onstage dancing together. "It's a crowd-pleaser and a big spectacle," said Rogers, who hopes to become a professional dancer, herself, someday. "I feel like it's the perfect way to wrap up the show, and it's enjoyable for both the actors and the audience."

She said "A Chorus Line" is relatable and easy to enjoy because "the audience will feel so connected to every single character and their stories. There are so many ups and downs – sad stories immediately followed by big, happy, high-energy numbers. People will want to stand up and dance along with them."

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Route 50 STARS Safety and Operational Improvements Study Fairfax County

Public Information Meeting

Thursday, January 30, 2020

6:30 p.m. to 8:30 p.m.

Presentation begins at 7 p.m.

Inclement Weather Date: March 12, 2020

Brookfield Elementary School
4200 Lees Corner Road
Chantilly, VA 20151

Find out about a STARS (Strategically Targeted Affordable Roadway Solutions) study assessing potential safety and operational improvements for two miles of Route 50 (Lee Jackson Memorial Highway) between Route 28 (Sully Road) and Stringfellow Road (Route 645). The concepts being studied include improving traffic signal timing and operations, adding or extending turn lanes, access management for properties along the corridor, and innovative intersection improvements.

Stop by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the study. A presentation will begin at 7 p.m. Study staff will be available to answer your questions.

Review project information at the VDOT project website (www.virginiadot.org/route50chantillystudy), at the information meeting, or during business hours at VDOT's Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. Please call 703-259-2239 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

As part of this study, we request your input by taking an online survey via the study webpage (www.virginiadot.org/route50chantillystudy). You may also give comments at the meeting or submit them by February 10, 2020 to Mr. Andrew Beacher, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030.

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PHOTO COURTESY OF JUNIOR ACHIEVEMENT

The Junior Achievement students at Carl Sandburg Middle School in Mount Vernon are learning the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit.

The ABCs of Kids and Money

Teaching children how to budget, save and manage finances.

BY MARILYN CAMPBELL
THE CONNECTION

In an age when paying one's mortgage can be done from a smartphone, money smarts is an important part of navigating life. From saving to buy the latest video game to learning how to budget an allowance, financial literacy is one of the most important lessons for children, say financial experts.

"It's very important to teach tweens and teens about money," said Steve Pilloff, Ph.D., Associate Professor in the School of Business at George Mason University. "For many kids, this is the first time they are making independent financial decisions, such as whether to save a birthday gift or spend it on a video game."

In fact, Patti Senft, Manager of Program Engagement at Junior Achievement of Greater Washington in Fairfax, Virginia says that one of her organization's goals is to teach financial literacy to children. "Junior Achievement has determined that teaching the concepts of savings, income, budgeting, investing and the pros and cons of debit and credit should begin with middle school students in 7th and 8th grade," she said.

"The knowledge that the students learn through the Junior Achievement gives students the skills they need to manage their expenses and budget wisely for a successful future," she said.

Helping children set financial goals, delay gratification, earn money and save it toward achieving those goals is one of the first steps that parents can take to teach smart money practices, said Pilloff. "The

habits, and even more critically, the decision-making process children develop early on will influence the way they approach financial matters throughout their lives," he said.

Students should be taught to make choices with the amount of money they have, suggests Senft. "It's important to teach children to distinguish between what you need versus what you want," she said. "It's important to teach children of all ages about money. It's never too soon to talk about the importance of savings."

"It's important because in any modern society, the one thing that people do almost every day is make money decisions, so knowing how to do it well is something that is going to be useful to every single one of us," added Laura Levine, president and CEO of the Jump\$tart Coalition for Personal Financial Literacy. "Knowing how to manage money is something that all consumers need to do so it's important that we teach that to our kids."

In fact, learning to manage a budget is one of the basic skills that Levine encourages parents to teach.

"Years ago, finance was basic, but today there are so many options and financial decisions that have to be made," she said. "Money is more self-directed than ever before. Finances are more complicated than ever before, so we need skills to manage it."

When it comes to managing money, one of the best ways to teach is leading by example, says Levine. "Like with anything else, kids learn by what they see at home," she said. "Even parents who haven't made the best financial decisions in the past can resolve to do it now in the New Year."

While some parents might find starting a dialog daunting, it's vital that parents have those conversations with their children, said Levine.

"Talk to your kids about money," she said. "It's important to distinguish between talk and teach. Parents who don't know about money can freak out when they're asked to teach their children about money. Instead, talk to them and say, 'Let's learn about this together.'"

ROUNDUPS

WFCM Chicken Nugget FUNraiser

Western Fairfax Christian Ministries (WFCM) is hosting a chicken nugget FUNraiser with four local Chick-fil-A restaurants. People pre-ordering a Chick-fil-A nugget tray for the Super Bowl by Jan. 29 may then enjoy these nuggets during the big game on Feb. 2. Each tray serves 8-10 people and may be heated about 15 minutes before serving. They may be picked up Saturday, Feb. 1, at WFCM's office, 4511 Daly Drive, Suite J, in Chantilly.

Cost per tray is \$36 (plus 3-percent online-transaction fee), with a portion of each sale supporting WFCM's efforts to serve those at risk of hunger and homelessness in the local community. Participating Chick-fil-A restaurants are at Fair Lakes, Sully Plaza on Route 50, near the Dulles Expo Center off Willard Road, and near the Air & Space Museum off Route 28. Place orders by Jan. 29 at <https://donatenow.networkforgood.org/wfcmnuggets>.

Or for large orders, contact Mary Ellen D'Andrea at mdandrea@wfcmvva.org.

Sock Drive for Local Students

The Sully District Police Station is hosting its annual Sock Drive for Fairfax County students in need. Last year, this station col-

lected more than 3,500 pairs of socks that were given to students as a special, Valentine's Day surprise. Donations will be accepted until Feb. 10. Three years ago, a patrol officer was doing a school crossing at an elementary school. He noticed that, even though it was a very cold morning, many of the children weren't wearing any socks. He later learned that socks are luxury items that many families can't afford after paying their bills, so he started a sock drive at the Fair Oaks District Station. And now, the Sully District Station is participating, too.

New Entrance Road to E.C. Lawrence Park

Drivers must now use the new entrance road at 5000 Stonecroft Blvd. to access the E.C. Lawrence Park athletic fields. On the north side of the park, it's accessible from Westfields Boulevard. The old entrance from Route 28 closed in December.

The traffic signal on Route 28 will remain in place for use with upcoming detours and traffic-pattern changes necessary for construction of the new bridge that will connect Braddock and Walney roads.

Besides relocating the park entrance, 115 new parking spaces were added near the ballfields. A shared-use path for pedestrians and cyclists will open adjacent to the new access road this spring.

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Dozer Meets Community

FROM PAGE 3

only been on the street for six weeks, so I'm still teaching him," said Weeks.

Basically, he explained, "I want a well-balanced dog that wants to work and is confident and won't run away and be scared. He must also be easily adaptable to every environment without shutting down. And he should be sociable and friendly with people. But when I tell him it's time to go to work, he can [quickly] turn it on and do his job. He should also be obedient, but not constantly challenging me."

Weeks said most suspects will submit to a dog faster than they will to a police officer – "and that's kind of why we have them." He said most K9s are male and that it generally takes three to four years for an officer to become a handler.

"The school is mainly about training the handler," said Weeks. "I train every night with Dozer because he's a new dog. And every two weeks, he has a scheduled, full day of training. He's still learning even being around people."

He said deciding whether to deploy the dog is done on a case-by-case scenario. For example, said Weeks, "During a pursuit in Loudoun [County], a man disappeared into the woods, and I let my dog go into the pond by the side of the high-

way. Then I saw a guy lying face down in the water. He didn't come out when I asked him to, so I sent my first dog, Cody, in to bite him – and he came out of the pond like a swamp monster."

When looking for someone, said Weeks, "We always take other officers with us – especially other K9 officers, if possible. Usually, there'll be a helicopter overhead, shining a beacon. And we also have night-vision equipment."

"It takes a long time to master this job, and you're constantly learning things," he added. "But we try to do it as safely as possible. I have a passion for dogs – and you need to have that passion to be a good K9 officer. You really get out what you put into it."

WEEKS then took the meeting attendees outside and demonstrated some of the things he's taught Dozer to do. They also met Juneau, who was inside the officer's vehicle.

"To become a K9 officer, you have to shoot expert on the range, run an obstacle course and take an oral test," said Weeks. "Then you're ranked against the other officers vying for the job. And the outcome also depends on how many openings there are when you're applying."

Tell us what you think
submit your letter to the Editor to editors@connectionnewspapers.com



THE CONNECTION Newspapers & Online Special Edition: PET Connection

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Feb 20, 2020



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News



**Lane's Mill Chapter Supported
Christmas in Afghanistan**

Honorary Chapter Regent Heidi Haynes of the Lane's Mill Chapter of Daughters of American Revolution (Centreville) created a "Christmas in Afghanistan" project for the chapter to support Air Force members serving in Afghanistan. Chapter members donated Christmas ornaments that were hung on a miniature Christmas tree. The tree was sent as part of a care package to Mrs. Haynes son, a senior Airman serving at Bagram Air Force Base, Afghanistan, to provide some Christmas cheer to him and those in his unit.



Announcements

Announcements

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ROUNDUPS

Collect Coats for Children in Need

The Fairfax-Falls Church Community Services Board (CSB) Youth & Family Outpatient staff is holding a coat drive to benefit its clients and the community. Bring new or gently used coats, hats, scarves and gloves to CSB's office at 14150 Parkeast Circle, Suite 200, in Chantilly, now through Feb. 28.

Making Local Pedestrians Safer

To enhance pedestrian and bicycle safety, Fairfax County and VDOT are partnering to install nine new Rectangular Rapid Flashing Beacons (RRFBs) at targeted crosswalks around the county. The flashing yellow lights, when activated, warn drivers and bicyclists to yield to those in the crosswalk before proceeding. However, pedestrians will still need to watch for approaching traffic, even if the RRFB is activated. In Chantilly, they'll be installed at

- ❖ Franklin Farm and Old Dairy roads, and
- ❖ Franklin Farm Road and Thorngate Drive.

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.

WEDNESDAY/JAN. 22

Pipelines Community Meeting. 6:30-8:30 p.m. At Bull Run Regional Library, 8051 Ashton Ave., Manassas. Two pipelines seek permits from Virginia — a 42-inch fracked gas pipeline in Prince William County. Join us; learn about the proposed dirty energy projects and how we can stop them. Free. Visit the website <https://act.sierraclub.org/events/details?formcampaignid=7013q000002Bl8gAAC>

NOW THRU JAN. 27

HOPE for Mental Health. 7-8:30 p.m. At Centreville Presbyterian Church, 15450 Lee Highway, Centreville. HOPE for Mental Health is a support group for adults 18-plus who are dealing with mental health challenges of various kinds. The group is designed to provide a welcoming, confidential, supportive, and spiritually-enriching environment where participants are encouraged to share their experiences, give and receive comfort and encouragement, and learn how faith and reliance on God can instill hope. Email: Lauren Mowbray at lauren@cpceco.org.

THURSDAY/JAN. 30

Judges Are Needed. 3:30 p.m. At Westfield High School, 4700 Stonecroft Blvd., Chantilly. Westfield High School is holding its annual Science Fair and needs judges. Arrive between 3:30-3:45 p.m. and read abstracts and judging will begin at 4 p.m. All judging must be completed at 6:30 p.m. This is a valuable experience and for many this type of independent research is their first experience with hands-on science. The fair provides students the opportunity to see not only what their peers have done, but also to gain the experience of presenting to and getting feedback from knowledgeable adults. Contact Rory McGlinn at rhmclinn@fcps.edu

Car Seat Safety Check. 5-8:30 p.m. at the Sully District Police Station, 4900 Stonecroft Blvd., Chantilly. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. In preparation for inspection, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

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Treat One, Get Two.



By KENNETH B. LOURIE

I'm sure you regular readers are waiting with bated breath for the confirmation of my updated health status. Unfortunately, for the moment anyway, we'll all have to wait a bit longer. Though the needle biopsy of my "Adam's Apple" tumor did indeed confirm thyroid cancer, stage 2, no such confirmation or clarification as to its origin was made, or whether it's been thyroid cancer that I've been living with all these years, instead of non small cell lung cancer, stage 4 or not. However, there is a path forward. Surgery to remove my thyroid gland, along with my "Adam's Apple" tumor, and possibly a lymph node is in the planning stage. As such, scheduled for next Friday is an appointment with a head and neck surgeon to determine my fitness for surgery. All we've been told so far is that the surgery is usually outpatient, arrive in the morning and leave that afternoon (maybe I'll bring along my dry cleaning). Apparently, this is the next step "on the road to find out" (Cat Stevens).

If I am indeed home that same evening, I've been told by my endocrinologist that the recovery period is approximately two weeks. At present I don't have any details of what "recovery" exactly means/entails. If all goes according to the pre-surgical-actually-discussing-the-procedure-with-the-surgeon conversation, a month or so after the procedure, I will revisit my endocrinologist to have radioisotopes administered somehow. Once inside my body, I will be scanned by a machine looking exclusively for thyroid cancer. This will confirm, if I understand the process correctly, whether the tumors in my lungs are thyroid or lung cancer.

In the interim, I am to continue with my immunotherapy ("I. O.") and with any other appointments, scans, etc. I recall something that my oncologist said about my lung cancer tumors during his "exciting" phone call. He said that my tumors never really acted the way he anticipated, as if they weren't non small cell lung cancer at all. And sure enough, some of them, as confirmed by the first of my recent two biopsies were thyroid cancer. As I've been joking, this is what my oncologist gets excited about as opposed to what yours truly would get excited about: a World Series Championship. And also, as he said, thyroid tumors are more treatable, with more choices and better outcomes - which is exciting for me.

OKAY. So I have thyroid cancer and it's more treatable. Wonderful news. But do I still have lung cancer? If so, where's the future in that? Is it somehow no longer a "terminal" disease because I've outlived my original "13 month to two year" prognosis? Will I now be treated for thyroid cancer only to die of lung cancer? Moreover, am I now going to get treated twice, in two medical suites, one for each cancer? Have these multiple biopsies simply determined that the doctors were actually right - both times and I'm just the unfortunate patient to be so wronged?

For 10 or so years, until last January, I was treated for lung cancer - with chemotherapy. However, this past January, the Adam's Apple tumor appeared and we switched to immunotherapy. The reason for the change: the lung cancer had spread, according to my oncologist. Now, a year later, the story/diagnosis has changed, thanks to my most recent biopsy. The tumor wasn't lung cancer that had spread, it was thyroid cancer that had spread. I didn't even know I had thyroid cancer. Now you're telling me it's spread? How lucky am I? Two cancers for the price of one. I guess this will make health insurance more affordable, sort of like buying in bulk at Costco.

The big question: did my lung cancer treatment inadvertently prevent my thyroid cancer from manifesting/metastasizing or did its non-diagnosis allow it to grow unimpeded and now present this quite unexpected/unanticipated complication? Explain though it may to my oncologist why I haven't succumbed to my original disease, it doesn't quite explain to me what the hell's been going on and why.

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

CALENDAR

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

ONGOING

Sock Drive for Local Students. Now thru Feb. 10. At Sully District Police Station, 4900 Stonecroft Blvd., Chantilly. The Sully District Police Station is hosting its annual Sock Drive for Fairfax County students in need. Last year, this station collected more than 3,500 pairs of socks that were given to students as a special, Valentine's Day surprise.

Collect Coats for Children in Need. Now thru Feb. 28. At CSB Office, 14150 Parkeast Circle, Suite 200, Chantilly. The Fairfax-Falls Church Community Services Board (CSB) Youth & Family Outpatient staff is holding a coat drive to benefit its clients and the community. Bring new or gently used coats, hats, scarves and gloves to CSB's office.

NOW THRU JAN. 26

Joshua's Hands Quilting Event. At 38997 E. Colonial Hwy., Hamilton VA. Joshua's Hands is a non-profit in Loudoun County that hosts free quilting events to support wounded servicepeople. Joshua's Hands will host 10 days of quilting fun to make handmade quilts for servicemen and women wounded while serving our country. All are welcome. No sewing experience or registration needed. All materials are provided but donations are appreciated. Come for an hour or the day. Monday-Saturdays 9 a.m.-9 p.m.; Sundays 1-9 p.m. Purcellville. Check website for exact location.



ALNV Volunteer Opportunities

Learn about ALNV Volunteer Opportunities on Monday, Feb. 10 at the Sully District Government Center.

MONDAY/FEB. 10

ALNV Volunteer Opportunities. 10 a.m. to 12 p.m. At Sully District Government Center, 3072 Centreville Road, Herndon. Volunteer to help your community through the many programs sponsored by Assistance League of Northern Virginia. Assistance League programs support local children and families in need through Weekend Food for Kids, tutoring programs, and providing new clothing and layettes. Individuals looking to stay in touch with the local community are invited to attend to learn more about the organization's programs. Pre-meeting social starts at 9:30 a.m. Free. Visit the website www.alnv.org.

Info@JoshuasHands.org, or call 540-454-7827, or visit www.JoshuasHands.org.

FRIDAY/JAN. 24

How Animals are Coping with Cold. 4:30-5:30 p.m. At E.C. Lawrence Park, 5040 Walney Road, Chantilly. Your pet may wear a sweater when it gets cold outside, but what do animals in the wild do to stay warm? Get some answers at the "Winter Wonder Campfire." Bundle yourself up and get ready to learn some animal strategies for surviving

THURSDAY/JAN. 23

Centreville Choir Concert. 7-9 p.m. At Centreville High School, 6001 Union Mill Road, Centreville. Centreville High School Choirs present their annual winter concert. Come enjoy the sounds of the season. Free. Email Jennifer Copeland at jennifercopeland2003@yahoo.com.

winter. Meet some of the park's exhibit animals and find out how they cope with the cold and snow. Warm yourself by a campfire and enjoy s'mores. Designed for participants age 4 to adult. The cost is \$8 per person. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

participants age 4 to adult. Cost is \$8 per person. Children must be accompanied by a registered adult. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/FEB. 9

Free Chair Yoga. 3:30-4:30 p.m. At Centreville Regional Library, 14200 St. Germain Drive, Centreville. Gentle and mindful chair yoga. For adults. Free.

MONDAY/FEB. 10

ALNV Volunteer Opportunities. 10 a.m. to 12 p.m. At Sully District Government Center, 3072 Centreville Road, Herndon. Volunteer to help your community through the many programs sponsored by Assistance League of Northern Virginia. Assistance League programs support local children and families in need through Weekend Food for Kids, tutoring programs, and providing new clothing and layettes. Individuals looking to stay in touch with the local community are invited to attend to learn more about the organization's programs. Pre-meeting social starts at 9:30 a.m. Free. Visit the website www.alnv.org.

SATURDAY/FEB. 15

"Cinderella." 2 p.m. and 6:30 p.m. At Hylton Performing Arts Center, 10960 George Mason Circle, Old Town Manassas. This brand new production choreographed by Artistic Director Rafik Hegab will enchant audiences with beautiful sets, costumes, music, choreography, and dancing. Starring Saaya Pikula as Cinderella, and featuring VNB's professional company as well as students from VNB School. Tickets are \$40 adults, \$25 students (age 17 and under). Visit the website <https://hylton.calendar.gmu.edu/virginia-national-ballet-cinderella>

SATURDAY/FEB. 29

Pink Tie Breast Cancer Charity Ball. 6 p.m. to midnight. At Hilton Washington Dulles Hotel, 13869 Park Center Road, Herndon. The IIIB's Foundation will host its 9th Pink Tie Breast Cancer Charity Ball to raise funds for their Bosom Buddy Baskets which are presented to women when they wake up in hospitals following breast cancer surgery. These baskets provide comfort from the pain associated with breast cancer surgery and treatment and lets them know they are not alone in their journey. The event will feature a Candlelit Served Dinner, Open Bar and Dancing All Night, Silent Auction, Raffles, Surprise Guests and More. 100% of All Proceeds benefits The IIIB's Foundation. Ticket prices are \$199 per person.

ONGOING

Diabetes Sisters PODS Meetup. Meets the first Monday from 7-9 p.m. At Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. An evening of sisterhood, encouragement, and peer support. Opportunities to share experiences, peer support, and lived expertise with others who have been there too. Meet with other women living with diabetes for encouragement, education, and empowerment. Women age 18+ living with any type of diabetes or prediabetes are welcome, regardless of whether they were diagnosed yesterday or 40-plus years ago. They strive to create an open, respectful environment for women with diabetes or prediabetes to truly focus on their health. Free. Visit the website: <https://diabetessisters.org/pods-meetups>

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