



The 1st Arlington Connection

Back to School Not Simple

NEWS, PAGE 3

For some young Arlington students, this week marked their "first" day of school, or at least their first day IN school, here at Carlin Springs Elementary.

Father John Dies at 100

OBITUARY, PAGE 4

ArPets: Seven Good Samaritans

ARPETS, PAGE 5

WELLBEING

PAGE 7

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It's the First Day of School — But It's March

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Load up your backpack, wash your hands, complete your daily online symptom screener, put on your mask, and head for the school bus. It's March 2, and it's the first day of hybrid school for K-2 students in Arlington.

The timeline calls for five levels of return prioritized by students' level of need and ability to access learning remotely. Grades 3-5, 6 and 9 and secondary special education students are scheduled to return for concurrent instruction March 9 and grades 7-8 and 10-12 to return for concurrent instruction March 16. Career and Technical Education Students returned Feb. 3.

Concurrent instruction involves teaching students who log in from home and students in the classroom getting the same instruction from the same teacher at the same time. Teachers will instruct both groups of students simultaneously, whether the teacher is in school in person or teaching remotely. This may mean that some students in school will receive instruction from a teacher who is remote; these students will be monitored and assisted in-person by classroom assistants.

Unless noted by specific requirements for schools or programs, will report two days a week on Tuesday and Wednesday or Thursday and Friday.

In Arlington 7,017 elementary students or 52 percent have chosen hybrid learning while 5,274 or 42 percent have chosen distance learning.

Fifty-four percent or 7,292 of secondary students have chosen



Welcoming young students back to Jamestown Elementary in Arlington. Here is a peek inside Ms. Kalchbrenner's 1st grade class.

hybrid while 5274 or 39 percent have chosen distance learning.

In preparation for school reopening teachers and staff reported to work the weeks of Jan. 25 and Feb. 2 to become familiarized with mitigation measures, classroom set up and instruction in the hybrid and concurrent models.

APS conducted a brief survey to gather input on teachers' experience and found just over 50 percent of almost 3,000 responses agreed they understand the mitigation strategies in place and know the health and safety procedures to follow. Forty-six percent agreed with the statement that the mitigation measures in place in their building are consistently adhered to by their colleagues.

Their concerns about high quality instruction in person ranged from social-emotional well being for myself (14.3 percent), for the students (13.9 percent), to limitation of mitigation measures on small group instruction (14.5 percent) to technology applications (15.6 percent) and disruption of

contact tracing (10 percent).

The school experience will be different this year including new safety protocols and COVID tests, restructured transportation routes with reduced number of children on each school bus, distancing at meals and outdoor alternatives, to new rules for sports participation.

A daily health screening will be required prior to arrival at bus stops and schools for all students attending in-person instruction. The daily screening and questions will be sent to every parent and guardian by text and email every morning at 5:30 a.m. The health screening tool will be available in English, Arabic, Amharic, Mongolian and Spanish. Only those participating in sports will be required to submit the survey seven days a week.

School meals will feel different with new guidelines on breakfast and lunch with six-foot distancing and clear partitions for lunch in classrooms, 10-foot distancing in larger communal spaces like gymnasiums and outdoors where feasible with staff supervision.



First day of in-person school at Alice Fleet West Elementary School in Arlington.

Schools are urged to hold lunch outdoors with creative solutions where possible pending high winds, icy or wet conditions or a wind chill below 32 degrees. Schools are encouraged to use outdoor spaces to the extent possible.

School bus routes are entirely new with drivers trained on the new routes the week before school started. They have completely changed in response to the new requirement of only 11 passengers per bus and buses moving quickly back and forth to schools. Pickups may be earlier and students will have only one bus stop.

Arlington County Police Department (ACPD) is joining the back to school effort by encouraging the public to re-familiarize themselves with the location of school zones, applicable traffic laws (including those pertaining to school buses) and tips to keep students safe. They have installed message boards along roadways to remind motorists to slow down, avoid distractions and watch for students as well as signs indicating temporary

parking restrictions near schools.

The monitoring report released by APS indicates APS continues to follow a holistic mitigation approach recommended by the Centers for Disease Control (CDC) and Harvard School of Public Health. This includes strong mask requirement, de-densification, social distancing, good hand hygiene and improved ventilation including strong metrics for evaluation of air quality and ventilation. APS said 98 percent of the classrooms meet or exceed air quality requirements. APS requires all students and staff to wear a face covering during school and activities and will provide every student with two face coverings that meet guidelines.

Superintendent Dr. Francisco Duran's Return-to-School Update of February 23 concluded, "We know every transition brings different emotions for all, and that many have looked forward to this transition for some time. We are looking forward to seeing more students in person soon and continuing to support all students."

Multi-Kilogram Fentanyl Trafficker Sentenced

An Arlington man was sentenced Feb. 24 to 151 months in prison for participating in a conspiracy to distribute over seven kilograms of fentanyl.

According to court documents, Cornelius Frazier, 32, and others would press illicit pills containing fentanyl, among other substances, to resemble prescription pills such as Oxycodone, for illegal distribution and financial gain.

"As this case demonstrates, fentanyl is not only extremely dangerous because of its potency, but also because it may

be hidden in counterfeit prescription pills," said Raj Parekh, Acting U.S. Attorney for the Eastern District of Virginia. "We are grateful to the numerous law enforcement agencies that worked with our office on this investigation and prevented kilograms of fentanyl from poisoning our communities and harming our loved ones."

A June 1, 2020 court-authorized search of Frazier's residence resulted in the seizure of a blender containing approximately one kilogram of a mixture and substance containing fentanyl.

Law enforcement also seized parapher-

nal associated with prescription drug trafficking, including a hydraulic jack, two dust collectors with a large amount of residue, an inductor motor, various cutting agents, and pill presses with several insets containing markings consistent with those found on controlled prescription painkillers such as Oxycodone.

In addition, law enforcement seized approximately \$34,828 in U.S. currency and a loaded AK-47 with thirty bullets in the magazine.

Additional ammunition for this semi-automatic weapon and other firearms was also

found in the residence.

Additionally, a June 1, 2020 court-authorized search of one of Frazier's vehicles resulted in the seizure of two brick-like packages weighing over 1.6 kilograms, which tested positive for the presence of fentanyl. The vehicle also contained 5,307 pills, which tested positive for fentanyl and weighed approximately 4.4 kilograms. In another vehicle owned by Frazier, two machines used to create kilogram packages of controlled substances were seized pursuant to a search warrant.

Father John Leaves 100-Year Legacy

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Father John Van de Paer died peacefully at the Capital Caring Health Halquist Hospice Center in Arlington on Feb. 9, 2021. He had enthusiastically celebrated his 100th birthday on Nov. 29, 2020 with a parade held at Missionhurst where a caravan of former parishioners and supporters from his former parishes in Parkersburg, Philadelphia and Arlington drove by with waves, honks and banners.

Father John was born to Karel and Jeanne Van de Paer on Nov. 29, 1920 in the city of Antwerp, Belgium. As a youth in Catholic School he focused his efforts on carpentry which became a lifelong passion. In addition, he raised money for the missions with a business baking and selling waffles, a skill which he was still exercising 73 years later at Missionhurst in Arlington in their annual cookout. This entrepreneurial spirit guided his lifelong efforts to raise money to improve the lives in the community around him.

He joined the Congregation of the Immaculate Heart of Mary, a missionary order, and was ordained a priest on Jan. 27, 1947. He came to the United States and in 1948 was appointed assistant to the Pastor of St. Cyprian Parish in Cleveland, Ohio. He served this Black parish until 1952 when he was appointed to St. Charles Borromeo in South Philadelphia, also a Black parish. He embraced



Father John celebrates 100th birthday with a parade in November.

his new community with an open heart and a dedication to social justice. He said, "The people were my teachers."

Father John touched all in the community with his indomitable spirit and his deep belief in building independence in his parishio-

ners. He initiated a youth program with field trips and camping, religious retreats and a roller skating rink. Underlying his efforts was his desire to create leadership opportunities and a spirit of self reliance. He said, "I can summarize my ministry as the ministry of presence.

My greatest accomplishment was being a fixture in the community. I was there."

In 1996 Father John submitted his official resignation and went into semi-retirement in residence at Our Lady of Consolation in Parkersburg, Pennsylvania where he opened another skating rink and continued to use his carpentry skills to repair the facilities.

In September 2014, Father John retired again, this time at Missionhurst in Arlington, Virginia. His work continued to improve the grounds by building benches, repairing fences and refinishing doors. Members of his three communities came together each year to celebrate his birthdays, vocational milestones and the annual August cookout at Missionhurst where his famous waffles with whipped cream and berries were a highlight.

He is preceded in death by his parents, Jeanne and Karel Van de Paer and his brother, Herman Van de Paer. He is survived by his sister-in-law Annie Van de Paer; his three nieces and their spouses, his three nephews and their spouses, 18 great nieces and nephews, and 22 grand nieces and nephews.

Funeral services were scheduled at St. Charles Borromeo in Philadelphia on Sunday, Feb. 28 with a private mass at 6 p.m. streamed live on Youtube. A mass was held on Monday in Parkersburg Pennsylvania at 11 a.m. at Our Lady of Consolation. Arrangements for a service at Missionhurst in Arlington have not yet been announced.

FILE PHOTO BY SHIRLEY RUHE

Welcome Relief: Food and Rental Assistance

AHC Inc., a developer of more than 7,500 affordable-housing units in metro D.C., has been working to provide residents with needed relief since the start of the pandemic. Working with its Resident Services team and property management arm, AHC Management, AHC has established 18 new food distribution sites, provided grocery gift cards for over 3,000 families, and secured over \$2.3 million dollars in rental assistance for their residents. AHC continues to offer extended payment plans.

"In the first few months of the COVID-19 pandemic, we had a 50 percent increase in requests for food assistance from our residents," said Susan Davidson, AHC Resident Services Director. "To meet this in-

creased need, AHC established 18 more food distribution sites for its residents in addition to the six sites we typically operate in Maryland and Virginia."

To build its reach, Resident Services worked with 24 community partners, many of whom stepped up to help neighbors in need, including the Columbia Pike Revitalization Organization and local farmers markets, Amazon, World Central Kitchen, and AFAC.

The company has also distributed grocery gift cards to nearly 3,000 families in need thanks to generous individual donations and organizations such as the Arlington Community Foundation and Volunteer Arlington.

The relief initiatives are being implemented by AHC's 32-member Resident Services department, which helps residents in four key areas: Education, Health & Well-



AHC has established 18 new food distribution sites, provided grocery gift cards for over 3,000 families, and secured over \$2.3 million dollars in rental assistance for its residents.

ness, Financial Wellness, and Community Building.

In addition to the COVID-19 Residents Relief efforts, AHC's Resident Services team provides year-round resources, such as af-

ter-school programs, college and career readiness initiatives, summer camps, job readiness mentorship, eviction prevention, and social services assistance.

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Seven Good Samaritans Help Save Jake the Beagle

BY JOAN BRADY
ARLINGTON CONNECTION

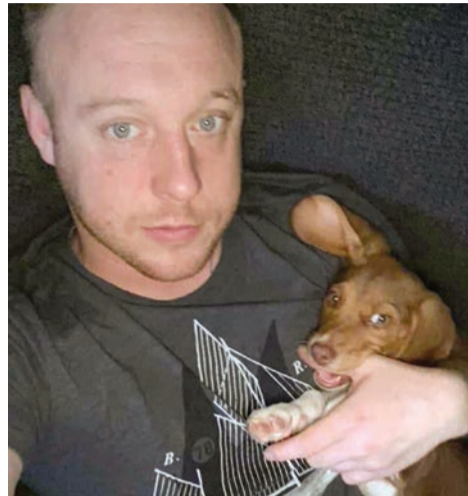
Beagle on the loose! If you have ever had your canine slip a leash, you know that split second of heart-freezing panic, followed by an adrenaline rush usually felt while watching movies like “The Texas Chainsaw Massacre.” When it happened to Erik Fuller, he knew he needed to act fast. Reflecting on that moment when Jake the beagle made his escape, Fuller says, “Honestly thought he was going to become a beagle pancake.”

The weather that February night was horrible with snow and slush. Cars flew by, spraying that cold mess as they sped to their destinations. “I ran into the road to stop [the cars]... yelling and waving my arms,” says Fuller. All the while, Jake thought this was a fabulous new game, and scampered well out of reach.

Jake had been part of Fuller’s family for about a month. Having moved into a building that welcomed canines, Fuller was picturing himself happily walking a dog and enjoying the company of other dog owners. He had been heavily influenced by a neighbor who has a wonderful beagle. She was very encouraging about the breed. Her beagle, it’s worth pointing out, is well past puppyhood. That difference would lead to a hard lesson.

Fuller did his research and rented a car for the drive to Buckingham, Va. to pick up his new puppy. It’s easy to imagine the joyful ride home with Fuller at the wheel and the new puppy snoozing in the back seat. Fuller even called his grandmother from the car to share his excitement.

Unfortunately, the scene didn’t remain perfect for long, as Jake defecated all over the back seat of the rental car. This unfortunate incident left poor Fuller with a veritable poop-fest to deal with and a grandmother who breeds dobermans in Michigan yelling



PHOTOS CONTRIBUTED BY ERIK FULLER

Meet the Fullers

through the car speaker, “TURN AROUND AND TAKE HIM BACK.”

Fuller pulled over and cleaned up the disaster. He was committed. And Jake happily spent the rest of the trip sleeping in his lap.

It’s definitely been a challenging transition to have a puppy, and a beagle puppy at that. Jake is apparently pretty mischievous and needs to be watched constantly. No cord, cable or roll of toilet paper is safe from his teeth. And ever a beagle, Jake has a knack for accessing even the most well-hidden food. But even with all that, Fuller loves him dearly. Jake is “friendly with people and children and trustworthy not to cause trouble with other [dogs].” Fuller says, “His personality is hilarious. He follows me wherever I go. ... I’ve formed a strong attachment to him. He’s my best friend.”

And Jake loves living in Arlington, enjoying the many parks and having so many dogs to meet and sniff. The Ballston Barber Shop is a favorite for the love and treats lavished upon Jake while Fuller gets his hair cut.

But that fateful night, Jake was saved by Fuller’s quick action and the many good Sa-



It’s always good to have a nap after a big adventure.



Enjoying one of the best parts of Arlington, outdoor dining.

maritans who stopped to help. It was rush hour, already dark and the roads and sidewalks were slick with sleet and snow. Jake was crossing back and forth on Glebe Road. Fuller estimates seven people got out of their cars to help, putting their own safety at risk to capture the playful beagle.

One guy dove into a bush, only to have Jake slip out of his grasp. Finally, the group cornered him and a woman was able to grab hold of the adventurous beagle. It may have been just 10 minutes or so; Fuller said it felt like forever. Fuller knows that without help from so many strangers on that stormy night, he was unlikely to have kept Jake from harm.



Poop or no poop, how could anyone resist that sweet face?

Adoption Resources

If you are interested in adding a cat, dog or small animal pet to your household, here are a few local rescue organizations who might be able to help you find your perfect match:

Animal Welfare League of Alexandria
Animal Welfare League of Arlington
Homeward Trails
Lost Dog and Cat Rescue Foundation
PetConnect Rescue
Wolf Trap Animal Rescue

And so, to all those who helped Jake live to see another day of beagling, Fuller says, “Thank you and God bless everyone. I believe what comes around goes around.”

ArPets is a weekly feature for highlighting the well-loved pets of Arlington as well as animals who are available for adoption. If you or your dog, cat, iguana, bunny, rat or any other pet, has an interesting pet story to tell, send email to: joan@joanbradyphotography.com.

Joan is an award-winning Connection Newspapers columnist and local photographer specializing in pets, children and families and contemporary business portraits.

March is Endometriosis Awareness Month

Women push for earlier diagnosis and treatment.

BY EDEN BROWN
ARLINGTON CONNECTION

Liz, an Arlington resident who had been abroad doing research, returned to Arlington in November 2019 for a conference, and while riding in the car with her mother, was doubled over in pain. She had been looked at for kidney stones, appendicitis, a pulled muscle, an ectopic pregnancy: nothing. She had a palpable, albeit small, mass in her muscle wall. It was time for a biopsy. It could have been a sarcoma. Or endometriosis.

By the time she was diagnosed with endometriosis, Liz had been in significant pain for four years. No doctor had pursued endometriosis as a cause of her distress. That is why one of the chief objectives of the Endometriosis Foundation is

to make people aware of the disease, because early diagnosis and treatment is an important part of managing the cruel chronic condition.

March is Endometriosis Awareness Month. There are about 176 million reproductive-age women worldwide who have the disease. Endometriosis occurs when the lining of the uterus (the endometrium) is found growing outside of the uterine cavity, in places where it doesn’t belong. The endometrium tissue forms cysts called implants that can be found on the ovaries, fallopian tubes, or elsewhere within the abdominal cavity and sometimes beyond. The tissue responds to the hormonal changes of the menstrual cycle, building up and breaking down like the uterine lining. But unlike the uterine lining, it has no place to go, and can

lead to pain, swelling, irritation and adhesions.

This March, the Endometriosis Foundation is asking for support by encouraging men and women to engage in healthy lifestyle activities. Participants do what makes them feel good every day while tracking their progress. They can walk, do yoga, meditate, volunteer, journal, or any other healthy activity—all while fundraising for endometriosis advocacy and education. Each healthy activity earns points, and each participant attempts to get sponsors to help them earn money according to the points they earn. For more information about the two week challenge which starts March first, see: EndoFound Event Page

And for more information about Endometriosis, see: <https://www.endofound.org>



PHOTO BY SHIRLEY RUHE/ARLINGTON CONNECTION

A steady line of about sixteen waited outside Walter Reed Community Center Monday afternoon for their Pfizer COVID vaccine. The volunteer distributing the information was heard to proclaim he felt like he was giving everyone Christmas.

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Lucky Irish, LLC trading as Mattie and Eddies, 1301 S Joyce St Ste. D1 Arlington, Virginia 22202-2068. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises/Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Cathal Armstrong, Manager. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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An Amended Remediation Consent Order has been proposed for the United States Department of Transportation, Federal Aviation District, for Ronald Reagan, Washington National Airport, Arlington, VA, for historical releases of waste material, pursuant to the Virginia Waste Management Act. A description of the proposed action is available by contacting the Department of Environmental Quality point of contact named below. Brett Fisher will accept comments by e-mail at Brett.Fisher@deq.virginia or by postal mail (DEQ, Central Office, P.O. Box 1105, Richmond, VA 23218), from March 3, 2021 to April 2, 2021.

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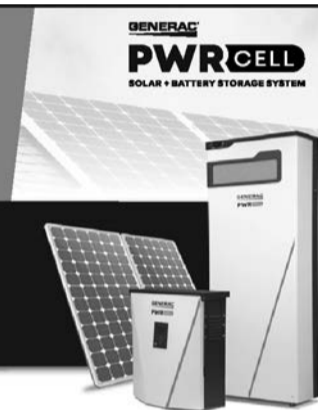


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WELLBEING

A Schedule Can Anchor Your Day

How creating a daily routine can ease anxiety during times of uncertainty.

By MARILYN CAMPBELL
THE CONNECTION



PHOTO COURTESY OF HOLLY PLATT

Creating a daily routine which includes walking her dog Leo has given Holly Platt a sense of order and peace.

Her days were overwhelmingly stressful. Holly Platt, a Bethesda mother of two, was preparing to sell her home and searching for a new one, homeschooling all while running her full time math tutoring business. She often ran late to appointments or missed them entirely. A friend suggested that she create a daily routine for herself that included blocking off specific time each day to complete tasks.

"Even morning, I pull up my daily calendar and enter yoga for 30 minutes, making and eating breakfast, and walking my dog Leo," she said. "Covid has been hard for everyone, but I hear a lot of people saying now that they are scheduling a specific time for daily activities to force them into a routine."

Platt is not alone in her strategy. Creating a routine – even for those who consider themselves to be whimsical and balk at the idea of strict scheduling -- can benefit from setting aside a specific time to complete at least one or two activities each day.

"Creating a daily routine is fundamental in developing a healthy relationship with one's own needs," said Jennifer Ha, Ph.D., Visiting Professor of Counseling at Marymount University. "Without this regular and intentional mindful attention, your mood and overall mental health can deteriorate, sometimes without one even realizing it."

Part of protecting mental health is having a sense of stability. "As human beings we thrive with a degree of predictability and certainty," added Diana Fuchs, Ph.D., a retired clinical psychologist based in Springfield. "We want to know that we have some control over our lives and what's going on around us, especially when we have major world pandemic that makes us feel as if the fabric of society is being unraveled."

In fact, studies show that undertaking some activities on a schedule helps to reduce stress during negative life events, including one study found in the Occupational Therapy Journal of Research. "Daily

routine gives us a sense of predictability, decreases anxiety related to uncertainty and provides a comfort that no matter how difficult the day might be, some things will be predictable and as we prefer them," said Dr. Gail Saltz, Clinical Associate Professor of Psychiatry at the NY Presbyterian Hospital Weill-Cornell School of Medicine. "This may be especially true for people that find change anxiety-producing and find transitions difficult."

From improving sleep quality to pledging to drink more water each day, a routine can improve one's overall wellbeing. "An exercise routine is healthy physically, but also mentally by decreasing stress and improving mood," said Saltz. "Having predictable work hours, separate from other hours, ... decreases ... likelihood of burn out."

Though the end result might be similar for most people, creating a routine is a highly individualized process, said Fuchs. "It can be helpful to visualize our day by writing out our daily routine," she said. "For example, 'At 3pm I get to leave work and see my son. At 8pm, I get to snuggle up with a cup of tea and read a good book.'"

Treat a routine like a medical appointment that you schedule in advance and commit to keeping, suggest Fuchs. "No doubt most of us already have some form of routine when it comes to self-care, brushing teeth and taking a shower, for example," she said. "Break down your day into smaller, manageable time frames. 'Ultimately you want to construct a time frame that works best for you.'

"Covid has been hard for everyone, but I hear a lot of people saying now that they are scheduling a specific time for daily activities to force them into a routine."

— Holly Platt

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Back to Abnormal



By KENNETH B. LOURIE

Well, those last two weeks were kind of fun (comparatively speaking), to the dozen or so previous weeks. 'Fun', when you're a cancer patient experiencing side effects from treatment, is a moderation, absence even of said effects. My recent two-week break from taking my thyroid cancer medication was due to those side effects. Mentioned in a previous column, I was having balance and dizziness issues. In short, I couldn't walk or drive - for that matter, in a straight line. After consulting with my oncologist who deferred to the oncology pharmacist who's been monitoring/adjusting my medication dosage, it was agreed that I should cease and desist until my symptoms subsided. As of this past Thursday, my symptoms had mostly disappeared so I have resumed my treatment, albeit at a lower dose. (This will be the second reduction in my dose since we've been trying to find the sweet spot where the tumors are stable and the side effects are manageable.)

Actually, these last two weeks of being side-effect free was more than just a break in the action. It was a revelation of sorts. The infirmity/muscle weakness I was having was not due to the older age I have become. It was the medication. During this past fortnight, I began to feel like myself again. I could get in and out of chairs without pacing myself. I could roll over in bed and pull up the covers without a fuss. And of course, I could walk and drive a straight line. It was wonderful. When one is in the midst of a cancer diagnosis/existence, any indication that your bodily functions are performing "within normal parameters," to quote Lt. Comm. Data from "Star Trek: Next Generation" is somewhere between reassuring and life affirming.

Generally speaking, we all know that cancer doesn't make its diagnoses big and strong. Realistically speaking, you're happy with normal. Conversely, when 'normal' isn't how you feel, it's hard to portend that death/disability is not fast-approaching. Moreover, it's an especially slippery slope when one has been given a "terminal" diagnosis originally and more recently had that diagnosis modified to include a second type of cancer: papillary thyroid cancer stage IV, to go along with my pre-existing non small lung cancer, also stage IV. One has to fight emotionally to keep from getting lost/going down that rabbit hole. Any good news/an unexpected positive reaction with your disease, like your mind and body returning to pre-cancer normalcy is about as good as it gets. So even though I'm back on the medicine, I feel empowered, upbeat, hopeful even. To that end/continuation of life, I am not going to worry yet that the reduced dose will allow my tumors to grow. I'm just not going to go there. What would be the point? I'll find out soon enough, a few days after my next CT scan in mid-March. Until then, I am going to bask in my semi return to glory.

Speaking of 'glory,' as a cancer patient, one has to grasp and hold on to anything of emotional, physical, psychological or spiritual value. In addition, what information you receive which is not particularly positive, in that it's premature/unproven/not corroborated by science, has to be compartmentalized. As with Jerry Seinfeld, you have to put it in the vault and almost throw away the key. Allowing negative possibilities or unpalatable scenarios to take root in your brain really does a disservice to your potential survival. Ever since I was diagnosed with a "terminal" form of cancer, I've tried not to put the cart in front of the horse, if you know what I mean? The diagnosis was bad enough on its own. I didn't need to make it worse by piling on. If and when my life becomes more challenging/more cancer centric than it is now, I'll deal with it. I don't need to bring it on any sooner than is absolutely necessary. I've had 12 years I wasn't expecting since receiving an initial "13 month to two" year prognosis. Twelve years later, I don't see any reason to change my approach.

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



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