

CONNECTION McLean and Oakton Vienna

From left, Eryn Lampe, development manager at MPA, and Manuela Salgado, MPA intern and NVCC student, discuss "Fusion" by Ricardo Pizarro, an acrylic on canvas painting.



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PHOTO BY MERCIA HOBSON/THE CONNECTION

Come See The Arts

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Church Street Vision Project Gets Town Council Approval

Within the next couple of years, the properties at the corner of Church Street NW and Lawyer's Road NW will be transformed from two, dated and aging buildings to a single, three-story, mixed-use building with a two-level parking garage in the rear. The Vienna Town Council unanimously

approved the project at its regular meeting last night at Vienna Town Hall.

"I think it's going to add a lot to Church Street, a lot to our town and a lot to that corner," said Mayor Linda Colbert after the developer's presentation of the latest project enhancements.

The approved development is the fifth in a series of projects

designed to enhance the economic vitality of the historic Church Street commercial corridor. The latest project will include restaurants, office space and residential space in a bicycle- and pedestrian friendly design that is reminiscent of late 19th and early 20th century, small-town America. The approved project is consistent with

the Church Street Vision that the Vienna Town Council adopted in July 1999.

"This project will enhance Church Street's growing reputation as a destination for high quality restaurants, shopping and tourism," said Vienna Economic Development Manager Natalie Monkou. "It will contribute to our efforts to further strengthen our

local economy and enhance the quality of life for the town's residents."

The next step is for the developer to obtain permits and prepare the site for construction. Project renderings and background materials presented at last night's Town Council meeting are available online: <https://bit.ly/ChurchStreetVision>.



Latino Conservation Week

Fairfax County will highlight and celebrate the Latino community's love for the outdoors during Latino Conservation Week, which takes place July 16 to July 24, 2022.

Modeled after the Hispanic Access Foundation's Latino Conservation Week, the Fairfax County Park Authority, in collaboration with Providence District Supervisor Dahlia Palchik, Defensores de la Cuenca, the Northern Virginia Soil and Water Conservation District, the Fairfax County Park Foundation and other community partners, are hosting a family-friendly celebration at Justice Park on Sunday, July 24, 2022 from 2 to 4 p.m.

Enjoy educational demonstrations, kid's activities, giveaways, music and a chance to make community connections. Interact with animals or take a bird walk. The festival will be held rain or shine at Justice Park located at 3312 Peace Valley Lane in Falls Church, Virginia.

To find more details on all the events planned for Latino Conservation Week, please

The Park Authority is offering the following related programs:

July 16, 2022: Farm Tours in Spanish & Free Wagon Rides (Frying Pan Farm Park) from noon to 3 p.m.

Join us at Frying Pan Farm Park as we celebrate Latino Conservation Week on July 16, 2022. We will have Spanish language tours of the farm and free wagon rides in the afternoon.

Meet at the gazebo in the farmyard for free Spanish language tours of the farm at noon and at 2 p.m. Learn about the history of the farm, as well as how we tend to the animals in our care.

Get a free wagon ride in the afternoon at 12:30 p.m., 1:15 p.m.,

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SEE LATINO, PAGE 5

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NEWS



Chief Kevin Davis speaks at the scene in McLean July 7 after a Fairfax County Police officer shot and killed Jasper Aaron Lynch, 26.



Chief Kevin Davis speaks at the scene at Springfield Town Center June 30 after Fairfax County Police officers shot and killed Christian Parker, 37 of Reston.

Two Fatal Shootings by Fairfax County Police

FROM FAIRFAX COUNTY
POLICE REPORTS

Fairfax County Police officers shot and killed two men in separate incidents. A Reston man, Christian Parker, 37, was shot and killed in the parking lot of Springfield Town Center on June 30. Jasper Aaron Lynch, 26, was shot and killed in a McLean home on July 7. Investigations are underway. Many questions arise from reading the facts as released by the police. Both incidents were recorded on officers' body cameras, and that footage will be released along with audio recordings "within 30 days or when it no longer jeopardizes the integrity of the investigation."

Per department policy, the officers have been placed on restricted duty pending the outcome of an administrative investigation by the Internal Affairs Bureau.

An independent review will be conducted of both incidents by the Fairfax County Independent Police Auditor, Richard G. Schott. The Office of the Independent Police Auditor was established by the Board of Supervisors on the recommendation of the Ad Hoc Police Practices Review Commission, in the wake of the police shooting death of John Geer of Springfield. The recommendations of the commission also led to the timeline for release of information.

IN McLEAN

According to police, at approximately 7:11 p.m. Thursday, July 7, officers responded to a home in the 6900 block of Arbor Lane in McLean, after a family friend of Jasper Aaron Lynch, 26, called with concerns for his safety. The family friend said Lynch was throwing objects inside the home and pacing.

A designated co-responder unit responded. This team included an officer assigned to our Crisis Intervention Team (CIT) and a clinician from the Sharon Bulova Center for Community Health. Lynch left the residence prior to the team's arrival at 7:26 p.m. The team checked the home and re-

mained in the area for an additional period of time to attempt to locate him, according to the report, but they didn't find Lynch. The co-responder unit then went to the McLean District Station to speak with Lynch's family by phone.

At 8:34 p.m., a second call for service was placed by a family friend. This time, three crisis intervention trained officers arrived at the home and spoke to a family member on the scene. The officers found Lynch inside holding a bottle and an object, believed to be a large decorative wooden tribal mask. The officers attempted to de-escalate the

The officer is assigned to the McLean District Station.

The name of the officer will be released within 10 days, unless there is a credible threat to the safety of the officer involved or if additional time is required to thoroughly complete the risk assessment process.

A criminal investigation into the use of force is being conducted by FCPD Major Crimes Bureau.

Police report that all information provided in their release is based on preliminary investigative findings and may be subject to revision as the investigation progresses.

"We have crisis-intervention training, and it requires ongoing education. About 42 percent of our agency is trained in it. We'd like to have co-responder mobile-crisis units – a police officer and a mental-health professional in the same car ... It's the wave of the future in public safety."

—Fairfax County Police Chief Kevin Davis during a recent meeting of the Sully District Police Station's Citizens Advisory Committee

situation with verbal commands inside the foyer of the home.

Lynch threw the mask at an officer and began to swing the bottle in striking motion. Two officers attempted to utilize their Electronic Control Weapons. Lynch ran toward officers while swinging the bottle.

One officer discharged his firearm, striking Lynch four times. Officers immediately rendered aid until fire and rescue personnel arrived. Lynch was pronounced deceased at the scene.

The officer who discharged his firearm has been identified as a ten-year veteran.

To view Chief Davis' press conference from the scene, see https://youtu.be/n_s66dYFQLs

AT SPRINGFIELD TOWN CENTER

On June 30, officers found Christian Parker, 37, of Reston, in the Springfield Town Center parking lot. Parker was wanted for possession of a firearm by a felon, larceny of a firearm, brandishing a firearm and discharging a firearm within a home.

Parker was wanted after an incident on Sunday at his home in the 2000 block of Royal Fern Court in the Reston Police Dis-

trict. A family member reported Parker stole a firearm from the home and pointed the weapon at a relative. Parker then discharged the firearm inside the home.

The incident was reported more than 10 hours after it occurred. No one was injured at the time of the reckless discharge. Officers obtained warrants for Parker and notified our Fugitive Track and Apprehension Unit. Our officers worked throughout the week to find Parker, eventually finding him in the Springfield parking lot.

Detectives from our Fugitive Track and Apprehension Unit learned Parker was in the area of the Springfield Town Center. Detectives coordinated with the Summer Crime Initiative team to help find Parker. This seasonal team of officers focuses on suppressing crime during the summer months.

Officers found Parker in a parking lot and positioned their vehicles in a manner to prevent Parker's escape.

Parker entered his vehicle as officers approached. Three officers gave Parker several commands to show his hands. Preliminarily, it appeared Parker reached across the passenger seat and retrieved a firearm. At least one of the officers observed a firearm in Parker's hands and alerted other officers. The officers gave multiple commands to Parker to drop the firearm. Parker disregarded these repeated commands, and Police Officer First-Class Daniel Houtz and Officer Ryan Sheehan discharged their firearms. PFC Houtz is an eight-year veteran of the Franconia Police District Station and OFC Sheehan is a two-year veteran of the Mount Vernon Police District Station. Both officers were assigned to the Summer Crime Initiative Team.

An independent review will also be conducted by the Independent Police Auditor.

A criminal investigation into the use of force is being conducted by our Major Crimes Bureau.

To view Chief Davis' press conference from the scene, see <https://youtu.be/1May-cMMYWO8>



PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

Innovation Center Station runs beside the Dulles Toll Road.

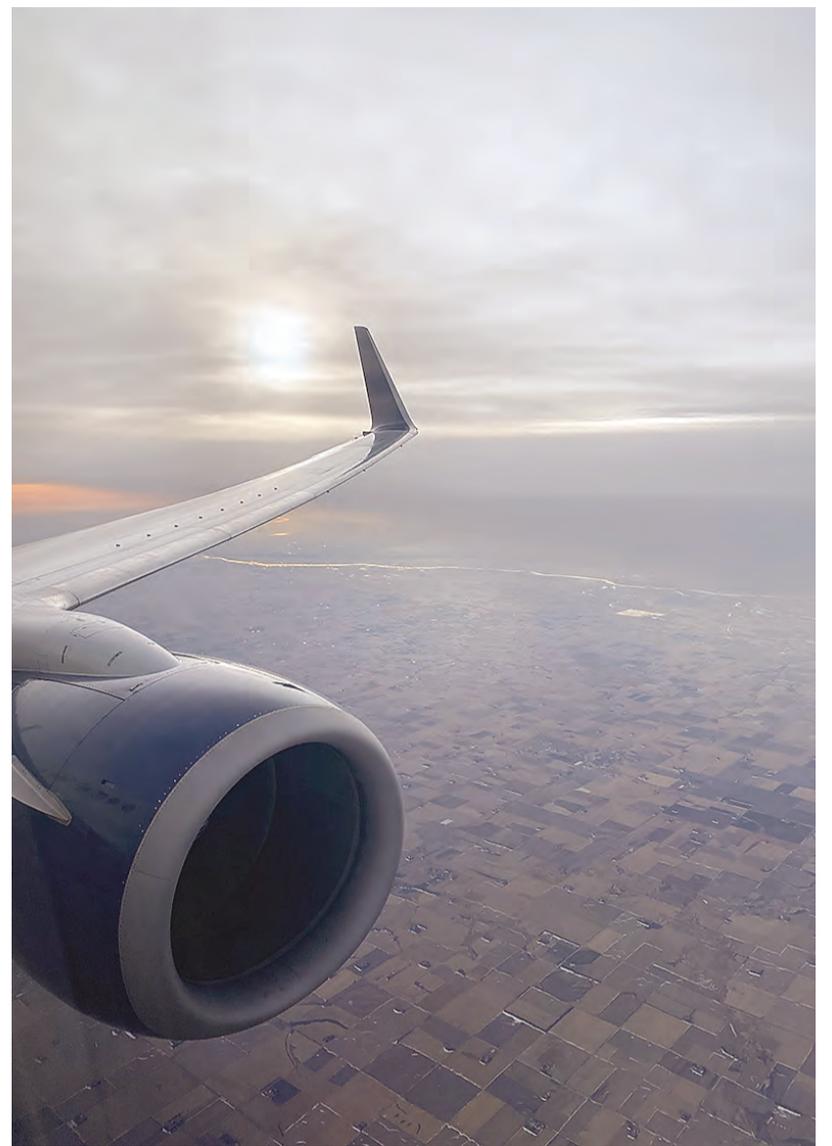


PHOTO BY MERCIA HOBSON/CONNECTION NEWSPAPERS

Metropolitan Washington Airports Authority announced public hearings on raising the tolls on the Dulles Toll road; public comment period will run through Aug. 10.

MWAA Proposes Dulles Toll Road Increases

Public comments accepted through Aug. 10, 2022.

BY MERCIA HOBSON
THE CONNECTION

The Metropolitan Washington Airports Authority will propose raising the toll rates on the Dulles Toll Road. MWAA is accepting public comments through Tuesday, Aug. 10 on proposed changes to toll rate which would start on Jan. 1, 2023.

Tolls for a 2-axle vehicle at the Main Line Plaza would increase to \$4.00 from \$3.25. Drivers would incur a second increase at the ramps. The charge for a 2-axle would increase from \$1.50 to \$2.00 on the ramps. If the Airports Authority's Board of Directors approves the amendment, someone driving a passenger car will pay \$12 a day round trip using the Dulles Toll Road rather than the current \$9.50.

The Airports Authority also wants to be able to charge administrative fees to cover the costs it must pay when it bills toll road customers who use the pay-by-plate (license plate imaging) method to pay tolls.

On Tuesday evening, July 12, the Airports Authority held the first of two public hearings — the first meeting a virtual one. The public learned about the Dulles Toll Road's

Vehicle Class	Main Line Plaza		Ramps	
	From	To	From	To
2-axle	\$3.25	\$4.00	\$1.50	\$2.00
3-axle	\$6.50	\$8.00	\$3.00	\$4.00
4-axle	\$7.75	\$9.25	\$3.50	\$4.50
5-axle	\$9.00	\$10.50	\$4.00	\$5.00
6 or more axles	\$10.25	\$11.75	\$4.50	\$5.50

SCREENSHOT

Proposed Dulles Toll Road Increases

switch to all-electronic tolling, how toll revenue is used to pay for capital improvements in the Dulles Corridor, and the funding and construction of the Dulles Corridor Metro-rail Project.

The Airports Authority seeks public comment not just about the proposed amendment but also converting to all-electronic toll collection will reduce harmful emissions from vehicles idling at toll plazas. It poses questions: Are there other potential environmental initiatives related to the operation or maintenance of the Dulles Toll Road that should be explored? Would offering toll credits or other financial incentives be an effective way to encourage Dulles Toll Road customers to carpool or travel during off-peak hours?

The full text of the proposed changes can be found online at <https://www.dullestollroad.com/toll-setting-process>.

NEXT STEPS	
June 2022	<p>06/15/22 Airports Authority Board Committee Meetings Staff report on consultation with DCAC; Request Committee authorization to proceed with the regulatory process for proposed rate adjustments.</p>
July/August 2022	<p>07/11/22 Public Comment Period begins 07/12/22 Virtual Public Hearing 07/18/22 In-Person Public Hearing 08/10/22 End of Public Comment Period Information will also be posted on the Airports Authority website.</p>

SCREENSHOT

Next Steps

A second public hearing, this time in person, is set for Monday, July 18, 2022, from 6:30 to 8:30 p.m. at the Washington Dulles Airport Marriott, Salons A, B, and C, 45020 Aviation Drive, Dulles, Virginia 20166. As per the Airports Authority "There will be no formal presentation, but the information provided in the virtual public hearing will be available for discussion in an open house format. Attendees will be able to visit several information stations to learn about the proposed regulatory amendments, the Dulles Toll Road, and the Dulles Corridor Metrorail project.

Attendees will be able to provide written comments or provide comments to an official meeting stenographer."

Additionally, beginning July 11, 2022, written comments may be submitted using the online comment form at <https://www.dullestollroad.com/toll-setting-process>. One can also phone (703) 253-5896 and leave a statement after the tone. It will be received and entered into the record. All comments must be received no later than Aug. 10, 2022. The Airports Authority's Board of Directors is the only group that can take the final step to adopt these proposed changes.

Latino Conservation Week

FROM PAGE 2

2 p.m. and 2:45 p.m. Reserve your ride at the country store. Then, take in the sights, including the trails, the woods, the crop fields and around the farmyard.

Frying Pan Farm Park is located at 2709 West Ox Road close to Centreville Road and Route 28 in Herndon. There are two entrances to the park, one at the Visitor Center and one at the farm, where the animals are. Enter through the farm entrance. Parking is available at the large gravel parking lot next to the farm.

For questions, visit <https://www.fairfaxcounty.gov/parks/frying-pan-park>. You can also call 703-324-9760 or email Sean.redmiles@Fairfaxcounty.gov for more information.

July 16, 2022: Hidden Oaks Nature Center Grand Reopening (Hidden Oaks Nature Center) from 10 a.m. to 1 p.m.

From Bolivian dancers to a children's story along a trail, enjoy activities for all ages at Hidden Oaks Nature Center's Grand Reopening celebration on Saturday, July 16, 2022, from 10 a.m. to 1 p.m. All the activities indoors and outside are free and open to the public. Visitors will reap the benefits after the long wait of COVID closures and construction of new learning centers, additional classrooms and meeting spaces, exciting new features and ADA restrooms. Fairfax County voters approved the 2016 Park Bond which provided funding for the \$2.1 million expansion and renovation of the county's first nature center.

The festivities begin at 10 a.m. with opening remarks and a collective welcome to all guests. Beginning at 10:30 a.m., multicultural entertainers will treat families to songs ranging from American barbershop to Korean folk tunes to native Bolivian music and dance. At 12:15 p.m. Fraternidad Folclórica Cultural will showcase a dozen students ages 5 to 15 who will perform traditional dances of Bolivia. Festivities include a puppet show, crafts and exploring with a 3-D microscope.

Three ongoing interpretive programs will be unveiled as well. In honor of Jean Laub, an Elly Doyle Award-winning program volunteer and retired Fairfax County Public School teacher, a new bilingual reading corner will open for the public. On the ADA trail between the Packard Center parking lot and Hidden Oaks parking lot, park

visitors can now enjoy an original story translated into Spanish, Korean and English. The story features native woodland creatures and shares fun nature facts along the Storybook Trail. Along the Old Oak trail, which loops around the nature center, families can scan the QR code at each animal cutout to learn the names of the featured animal's young and particulars on the newborn's life. Each of the ten animals will feature a video in both English and Spanish.

Hidden Oaks Nature Center is located at 7701 Royce St., Annandale, Virginia. The event is free. Parking is located in Annandale Community Park at 4030 Hummer Road, Annandale, Virginia. ADA parking is available at the nature center's parking lot. <https://www.fairfaxcounty.gov/parks/hidden-oaks>

For more information contact Suzanne Holland at suzanne.holland@fairfaxcounty.gov or 703-941-1065.

July 16, 2022: Invasive Management Area Workday (Eakin Park) from 9 a.m. to noon

Eakin Park Habitat Restoration! - Annandale
9:00 am - 12:00 pm

Celebrate Latino Conservation Week with us! Through the removal of invasive species, you will protect the plants and wildlife of Fairfax County's forests while spending time outdoors, meeting new people and restoring natural habitats.

Address: Eakin Community Park Fairfax, VA 22031

July 23, 2022: Invasive Management Area Workday (Eakin Park) from 9 a.m. to noon.

Eakin Park Habitat Restoration! - Annandale
9:00 am - 12:00 pm

Celebrate Latino Conservation Week with us! Through the removal of invasive species, you will protect the plants and wildlife of Fairfax County's forests while spending time outdoors, meeting new people and restoring natural habitats.

Address: Eakin Community Park Fairfax, VA 22031

July 24, 2022: Justice Park Latino Conservation Week Community Festival from 2 to 4 p.m.

Fairfax County will highlight and celebrate the Latino community's love for the outdoors during Latino Conservation Week, which takes place July 16 to July 24, 2022.

SEE LATINO, PAGE 10



Public Notice

Updated weight limits on Virginia bridges and culverts

In accord with state and federal law, the Virginia Department of Transportation (VDOT) has imposed new or changed existing weight restrictions and installed new signage indicating the updated weight restrictions on the following bridges and culverts (structures) in Virginia within the last 30 days.

Jurisdiction	Fed Struct Id	Raise #	Road Name	Crossing	Posted Date
KING & QUEEN	10620	628	SPRING COTTAGE RD.	MATTAPONI RIVER	6/30/2022
KING & QUEEN	10595	602	WARES CHURCH RD.	DRAGON RUN	6/30/2022
KING WILLIAM	10671	629	ACQUINTON CHURCH R	ACQUINTON CREEK	6/30/2022
KING WILLIAM	10649	600	W. RIVER RD.	AYLETT CREEK	6/30/2022
LANCASTER	10683	3	MARY BALL RD.	BELLWOOD RUN	6/30/2022
GRAYSON	8690	58	WILSON HWY	BIG WILSON CREEK	6/29/2022
WASHINGTON	18877	58	JEB STUART HWY	STRAIGHT BRANCH	6/29/2022
KING GEORGE	10576	625	PRIM RD.	MATTOX CREEK	6/29/2022
ESSEX	6156	629	BATTERY RD.	MOUNT LANDING CREEK	6/28/2022
ESSEX	6163	684	HOWERTON RD.	WHITE MARSH CREEK	6/28/2022
CAMPBELL	4347	738	ENGLISH TAVERN RD.	TRIBUTARY FLAT CREEK	6/25/2022
WASHINGTON	18878	58	JEB STUART HWY	STRAIGHT BRANCH	6/22/2022
CAROLINE	4484	632	EDGEHILL ACADEMY R	MATTA RIVER	6/22/2022
ESSEX	6152	620	CHEATWOOD MILL RD.	HOSKINS CREEK	6/22/2022
CAROLINE	4359	1	JEFF. DAVIS HWY.	STEVENS MILL RUN	6/21/2022
CAROLINE	4409	301	NBL A.P. HILL BLVD	N FORK PEUMONSEND CREEK	6/21/2022
CAROLINE	4411	301	RICHMOND TPKE	POLECAT CREEK	6/21/2022
CAROLINE	4367	17	TIDEWATER TRAIL	GOLDENVALE CREEK	6/21/2022
ARLINGTON	110	1	JEFF DAVIS HWY.SBL	110: I-395NB & I-395 EXP	6/15/2022
PRINCE EDWARD	13930	612	SANDY RIVER RD.	LITTLE SANDY RIVER	6/11/2022
LEE	10734	58	BUSINESS RTE 58	BRANCH	6/6/2022
MIDDLESEX	12085	17	NBL GEO. WASH. PWY	DRAGON RUN	6/2/2022
KING GEORGE	10566	615	BERRY WARF RD.	DEEP CREEK	6/1/2022
MATHEWS	26970	609	BETHEL BEACH RD.	GARDEN CREEK CANAL	6/1/2022

The list above is not a comprehensive list of all structures with weight restrictions in the Commonwealth, but shows only structures that have new or changed weight restrictions within the last 30 days. The list contains only basic structure identification and location information and the date the new or changed weight restriction and signage became effective.

For a full listing of all bridge and culvert weight restrictions with detailed information about specific structures, including location data and actual weight limits, visit <https://www.virginiadot.org> and navigate to Info Center/Trucking Resources. This page references a posted structures report and a GIS map tool that contain detailed information about restricted structures in Virginia. To receive email notifications regarding new or updated weight restrictions for structures statewide, complete the sign-up form on the web page.

Notices regarding bridges and culverts with new or updated weight restrictions are published monthly by VDOT. For additional information or questions, please contact haulingpermits@vdot.virginia.gov.

The Virginia Department of Transportation is committed to ensuring that no person is excluded from participation in, be denied the benefits of, or be subjected to discrimination under any of its programs or activities on the basis of race, color, or national origin, as protected by Title VI of the Civil Rights Act of 1964. If you need further information on VDOT's Title VI Program or special assistance for persons with disabilities or limited English proficiency, please contact the Virginia Department of Transportation's Title VI Program Specialist at 804-786-2730.

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MPA's Group Art Exhibition Opens at Atrium Gallery

Ten local artists represented, works for sale.

BY MERCIA HOBSON
THE CONNECTION

McLean Project for the Arts announced the MPA Classworks Exhibition opening at its Atrium Gallery in the McLean Community Center. On view through August 20, the professionally installed exhibition showcases the latest paintings by participants in the MPA Studio Education Program. Much of the original artwork is for sale, ranging from \$20 to \$650. The Atrium Gallery is available to visitors during MCC hours of operation.

Ten local artists are represented: Jan Buchanan, Loretta M. Kopelman, Dwight Rhoades, Susan Trivers, Joanie Mathews, Mary Hallahan Kushan, Tami Dibble, Ricardo Pizarro, Kazue Chin Worth, and Abby Mandel.

"The student exhibit touches on multiple styles and approaches. Works are made by adult learners taking MPA classes from our artist instructors. Each one offers both technical skill learning and help for students to embrace their individual style and develop their own artistic voice. The biannual student exhibit offers our hardworking students a chance to see their work in a gallery setting and to participate with others in a professional exhibition format," said Nancy Sausser, curator and artistic director of MPA.

Eryn Lampe, development manager at MPA reminds the community that "Continuum: Artists Teaching Artists," will be on display in the Emerson and Atrium Galleries from Sept. 16 to Nov. 10 and that the MPA's "60th Anniversary Gala" will be held on Sunday, Sept. 18 at Capital One Hall, 7750 Capital One Tower Road, Tysons. The MPAartfest 2022, its 16th annual event, follows on Sunday, Oct. 2, at McLean Central Park.



One can almost feel the mist of the flowing river emanating from Dwight Rhoades' untitled acrylic on canvas painting.



From left, Eryn Lampe, development manager at MPA, and Manuela Salgado, intern at MPA and NVCC student, are lured to the beauty of "Beach Grasses" by Loretta M. Kopelman. The romantic acrylic on canvas artwork with its atmospheric intrigue calls them to step closer.



PHOTOS BY MERCIA HOBSON/CONNECTION NEWSPAPERS

From left, Eryn Lampe, development manager at MPA, and Manuela Salgado, MPA intern and NVCC student, discuss "Fusion" by Ricardo Pizarro, an acrylic on canvas painting.

MPA is a contemporary visual arts nonprofit organization located at 1234 Ingleside Ave., McLean, VA. "Each year, MPA offers over 150 art classes taught by professional artist-educators for adults, teens, and children. MPA's education program includes family art workshops, artist-led workshops, and summer

art camps," according to its website. MPA's mission is "to exhibit the work of emerging and established artists from the mid-Atlantic region; to promote public awareness and understanding of the concepts of contemporary art, and to offer instruction and education in the visual arts."

MPA is supported by grants from the McLean Community Foundation, ARTSFairfax (the Arts Council for Fairfax County), National Endowment for the Arts, Virginia Commission for the Arts, and other sponsors and individuals.



PHOTOS BY JESSICA WALLACH - GREATER DEPTH MEDIA

"Heracles!" is a world premiere by Judith Walsh White. On July 29, its second presentation is in the Traveling Players Studio at 11 a.m.



An outdoor performance on the Plaza at Tysons Corner Center by the Traveling Players.

Traveling Players Perform Free Family-Friendly Plays

Free and on The Plaza at Tysons Corner Center.

BY MERCIA HOBSON
THE CONNECTION

Traveling Players will offer, weather permitting, three days of free, family-friendly performances on The Plaza at Tysons Corner Center, a 1.5-acre outdoor civic space at 1961 Chain Bridge Road, Tysons Corner. Local tweens and teens perform in the premier nonprofit educational theater company.

If inclement weather looms, the performances will be moved indoors to the nearby Traveling Players Studio at Tysons Corner Center - DL01, 1961 Chain Bridge Road, Tysons. According to the organization's website, if families want to ensure that they can

attend a free performance on the scheduled day and time, regardless of the weather, they can buy "rain tickets" for \$15 each. Capacity is limited in the studio, and tickets are available online now to the public. Tickets may not be available at the door.

On July 14 is the first outdoor free performance of "A Festival of 3 Plays." The performance will be presented again on Aug. 4. The first play is at 4 p.m., Moliere's "Sganarelle." It is recommended for ages six and up and is forty-five minutes long. The organization's release sounds intriguing: "A misplaced locket and an unexpected fainting fit lead to a hilarious mix-up of mistaken identities, miscommunications, and imagined betrayals that might ruin two relationships."

The Summer Traveling Players perform Carlo Gozzi's "King Stag" at 5 p.m. The recommended age is six and up, and the run-

time is forty-five minutes. According to a release, "A naive King's search for love leads to disaster when his evil Prime Minister takes advantage of a magical gift to turn the King into a stag." "A Festival of Three Plays" concludes at 7 p.m. with "Two Gentlemen of Verona" by William Shakespeare. It is recommended for ages eight and above and runs for a total of seventy-five minutes. "When Valentine and Proteus visited Milan to broaden their horizons, they never expected that they would both fall in love with the same woman," states the release.

On Aug. 3, at 7 p.m. is a free performance of William Shakespeare's "Comedy of Errors" performed by the company's most advanced students in the Shakespeare Troupe. A released script summary states, "Twenty years ago, two pairs of identical twins were separated in a great storm. Now they are on a mission to reunite."

In addition to the free performances, Traveling Players will present in the Traveling Players Studio a ticketed performance of "Heracles!" by Judith Walsh White on July 29 at 11 a.m. It premiered on July 8 and is recommended for ages six and above, with a 35-minute runtime. Traveling Players commissioned the work to provide young performers with material commensurate with their abilities and imaginations. Former Holton-Arms teacher and award-winning D.C. poet and playwright Judith Walsh White wrote the play. Nathan Sherwood Liang composed the original score for this work. Tickets are \$15 and may not be available at the door.

To learn more about the Traveling Players Ensemble or to purchase tickets, go to the company's website, <https://www.traveling-players.org/performances/>. Masks are required during all studio performances.



On Wednesday, July 6, 2022, the Hunter Mill Sharks won the NVSL Division 8 Relay Carnival.

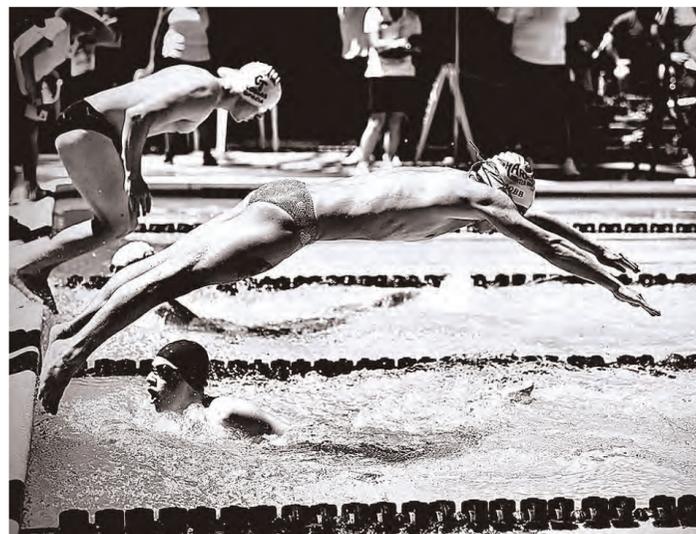
SWIMMING UPDATE

Hunter Mill Sharks

The Hunter Mill Sharks (HTM) won its 4th A meet of the season against the Fairfax Frogs (238 - 182). Single winners were Evan Chen, Sydney DeLacy, Regan Hau, Chase Jenks, Hunter Jenks, Owen Cobb, Elyse Rosade, Abigail Roth, Alexandra Samsot, Andrew Stephenson, Archie Trudel, and Julia Tysse. Double winners were Elle J. Caetano, Benham Cobb, Alexandra Dicks, Adrienne Jenks, Andrew Rose, and Madeline Ulen.

The Hunter Mill Sharks (HTM) took a bite out of the Cottontail Cobias (223-196). Single shark winners were Skylar DeLacy, Chase Jenks, Abigail Roth, and Julia Tysse. HTM sharks with double wins were Benham Cobb, Sydney DeLacy, Alexandra Dicks, Hunter Guthrie, Regan Hau, Adrienne Jenks, Elyse Rosade, Andrew Rose, and Madeline Ulen.

The following HTM relays took first place: the 9-10 girls medley (Adrienne Jenks, Calley Hegerty, Julia Pickersgill, and Morgan Samsot), the 11-12 girls medley (Sophia



Hunter Mill Shark Benham Cobb dives in ahead of the Cottontail Cobias to ultimately secure a win for the boys mixed age relay.

MacDonald, Elyse Rosade, Olivia Rose, and Alexandra Samsot), the 13-14 girls medley (Skylar DeLacy, Sydney DeLacy, Josephine Hau, and AnaSofia Zanellato), the 15-18 boys 200 meter relay (Benham Cobb, Oliver Hau, Joey DiCintio, and Nick DiCintio), 15-18 200 meter relay (Lauren Brown, Alexandra Dicks, Regan Hau and Kate Frothingham), the boys mixed age 200 meter free relay (Benham Cobb, Hunter Guthrie, Andrew Rose, and Charles Stipanovic), and the girls mixed age 200 meter free relay (Sydney DeLacy, Alexandra Dicks, Adrienne Jenks, and Elyse Rosade), and the 15-18 mixed age girls free (Sydney DeLacy, Alexandra Dicks, Adrienne Jenks, and Elyse Rosade).

Shouse Village Sharks

The Shouse Village Sharks notched their first win of the season, edging Fox Mill Estates 210-208 in Herndon. The Sharks record now stands at 1-3, but they have come on strong late in the season. On Wednesday, they just missed 1st place in the Division 13 Relay Carnival, and now they have recorded



Coach Atalay Onol leads the Sharks into Fox Mill Estates in Herndon, VA.

their first dual meet win. Max Thompson set a new team record in the 11-12 boys 50m Freestyle with a time of 27.20.

Multiple close finishes in the rain made for an electric atmosphere. Double winners from Shouse were Kyle Armstrong, Edward

Coleman, Evie Coleman, Amelia Erwin, Marius Franklin, Emma Judkins, Declan Redfern, and Max Thompson. Single winners were Katelyn Armstrong, Claire Balistrere, Mia Franklin, Nya Lewin, and Quinn Riihimaki.

Learning from Others

BY DELEGATE KENNETH R. "KEN" PLUM

Jane and I routinely record each "PBS NewsHour" program to allow us to watch it whenever it is convenient for us. Typically, we watch the program during dinner, but the time at which we eat can vary. The recording is always there whenever the time is right for us to watch it. We consider PBS to be our best source of news to keep ourselves honestly informed.

We just returned last weekend after almost two weeks of vacation on a trip to Scandinavia that was planned before the pandemic but only now felt safe to take. We did not get to keep up with the NewsHour daily as we do as part of our regular routine at home. However, what we were able to do was to tune in almost daily to BBC News in the evenings. We

sometimes watch BBC World News at home, but the past couple of weeks were especially informative. As you no doubt know from local reporting, the Prime Minister of the UK, Boris Johnson, has been forced by events to resign from his position of power. Being in another part of the world and watching the story unfold by a source other than American news reporting was fascinating and very thought provoking.

Boris Johnson has been referred to as a norm-busting politician whose rise to power and his scandal-plagued administration offer some resemblance to a former president of the United States. Indeed, it was the parallels between the two that continued to run through my head as I watched the continuous coverage of the



Plum

events that led to Johnson stepping down. The BBC coverage of the number of lies and lack of integrity made clear that Johnson was unfit for leadership. They were reporting what members of Johnson's administration were saying publicly about him as first ten members of his administration, then 39, then 50 members resigned. He was being brought down by members of his own administration.

Contrast that with the experience in the United States when the president continued to be involved in scandals and behavior unsuitable for his office.

The 25th Amendment provides a method of removing a president from office, but it was never invoked. His party rallied around him regardless of his outlandish

behavior and clear lack of ethics or leadership skills.

Some even participated in his treacherous act to try to keep the presidency when he was clearly defeated at the polls. Now, with the better-late-than-never January 6 hearings we are seeing how unsavory the administration was not only at the top but throughout the executive branch.

A small but important minority of members of that administration are finally coming forth with unbelievable detail as to what was going on during the administration. A shocking number are pleading the Fifth Amendment.

How much prouder we could have been as Americans if the people around the former president had removed him just as the members of the Boris Johnson administration are doing to him in the UK. It is a lesson we must learn from others.

The Dangers of Invasive Plants

BY DEL. PAUL KRIZEK

This week, I received the honor of recognition by the Virginia League of Conservation Voters as a "Legislative Hero" for my record on environmental protection and climate action. I received a 100% score on their 2022 scorecard.

Perhaps one of my biggest recent pushes as an environmentalist Delegate is to raise awareness of, and curb, the proliferation of invasive plant species in Virginia. If you are unfamiliar with the concept of invasive species, perhaps you have had to battle with the notorious English Ivy in your own backyard or garden. Once introduced, this plant spreads heavily across all levels of vegetation and can quickly overwhelm and outcompete native plant species for resources. It can be costly and time-consuming to remove. Despite its aggressive and harmful nature, it is still sold and marketed as an ornamental plant across the United States, and even here in Virginia. And this is but one example.

During this past session, I introduced two bills, HB 311 and HB 314 directed at this problem. HB 311 would have encouraged state agencies to prioritize the use of native plants on state properties. This bill failed this session, but I plan to reintroduce it next year. HB 314 was signed into law, directing the Commissioner of Agriculture and Consumer Services to develop a brochure on the value of native

plants and the danger of invasives and noxious weeds. Plant retailers will be able to distribute these informational brochures in their stores.

What else can we do to combat this problem? First, it is important to learn what an invasive plant species is, which ones have become endemic in our area, and how we can all work together to protect our native plant species.

Invasive plants are species intentionally or accidentally introduced by human activity into a region where they did not evolve and cause harm to natural resources, economic activity, or humans. These species displace native plant species, reduce wildlife habitat and otherwise alter natural processes. They also impose serious costs on our economy: it is estimated that all invasive species (plants, animals, and diseases) cause \$120 billion in losses every year. Invasive plants typically exhibit the following characteristics:

- ❖Rapid growth and maturity
- ❖Prolific seed production
- ❖Highly successful seed dispersal, germination, and colonization
- ❖Rampant vegetative spread
- ❖Ability to out-compete native species
- ❖High cost to remove or control

The Virginia Department of Conservation and Recreation's Division of Natural Heritage currently identifies 90 invasive plant species that threaten (or potentially threaten) our natural areas, parks, and other protected lands here in Virginia.

Not all non-native plant species are harmful. In North America, since the time of European colonization, tens of thousands of plant species have been introduced to the continent. Introduced species often do not become established outside of cultivation, and when they do, some are in fact beneficial. In fact, some are vital parts of our economy, including wheat and soybeans. Remember, Virginia's largest industry by far is agriculture. Of the tens of thousands of plants introduced to North America, here in Virginia, 606 species have been identified as naturalized (reproducing outside of cultivation). Of these, 90 species, or 15 percent of naturalized species (3 percent of the total Virginia flora), have been assessed as invasive in natural communities.

I encourage you to visit the Virginia Department of Conservation and Recreation website (<https://www.dcr.virginia.gov/natural-heritage/invspinfo>) and learn more about invasive species present in our area, report and map sightings of invasive species you may encounter, and do your part by not purchasing and planting invasive species.

In addition, you can join groups such as the Friends of Dyke Marsh that host regular events targeting and removing invasive species.

Their next events will be on July 16th and 30th, and August 13th and 27th from 9 am to 11 am. You can email info@fodm.org to sign up. On the legislative side, I intend to continue working with environmental stakeholders and my colleagues in the General Assembly to introduce and pass more legislation to promote awareness and target the spread of invasive species in Virginia, including legislation limiting sales and creating an advisory committee on noxious weeds in the Commonwealth.

For more resources on restraining invasive plants and why to plant native plants, see Plant Northern Virginia Natives at <https://www.plantnovanatives.org/>

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ENTERTAINMENT

SATURDAY MORNINGS

Summer Programming for Kids. 9 a.m. to 1 p.m. At Reston Museum, 1639 Washington Plaza, Reston. Reston Museum is launching new summer programming for kids! Visit the Reston Museum to participate in fun and creative activities inspired by Reston's history. Program is free and everyone will receive an Explore Reston packet.

NOW THRU DEC. 31

Crafts for Kids. 10 a.m. to 12 noon. At Reston Art Gallery and Studios, 11400 Washington Plaza W at Lake Anne, Reston. Free, themed art projects for children (with guardian) are offered at Reston Art Gallery and Studios every Saturday from 10 a.m. until 12 p.m. Visit the website: www.restonartgallery.com

SATURDAYS UNTIL DECEMBER

The Reston Farmers Market (sponsored by the Fairfax Co. Park Authority) will take place at Lake Anne Village from 8 a.m.-noon. SNAP beneficiaries receive up to \$20 match. Visit <http://restonfarmersmarket.com/>

MCLEAN FARMERS MARKET

The McLean Farmers Market opened for the 2022 season on May 6th, at Lewinsville Park, 1659 Chain Bridge Road, McLean. The market will run every Friday from 8 a.m. to noon through November 11. Local farmers and producers will sell fresh produce and fruits; breads and pastries; prepared foods; meats; herbs; flowers, and more. All products are grown or produced by the vendors and come from within 125 miles of Fairfax County. For more information, see: <https://www.fairfaxcounty.gov/parks/farmersmarkets/>

HERNDON FARMERS MARKET

Thursdays through Nov. 3, 8 a.m. to 12:30 p.m. 765 Lynn St., Herndon, VA, 20170 <https://www.fairfax-county.gov/parks/farmersmarkets/herndon>

GREAT FALLS

FARMERS MARKET

The Great Falls Farmers Market Outdoor Market is open every Saturday, Spring and Summer, 9 a.m. - 1 p.m., 778 Walker Road, Great Falls. For vendors and weekly highlights see <https://www.greatfallsfarmers-market.org/>

NOW THRU AUG. 26 (FRIDAYS)

Storytime for Little Historians. 11 a.m. The second annual Storytime for Little Historians program returns this summer. Reston Museum invites our youngest visitors to the Reston Museum every Friday at 11 a.m. to listen to a story about Reston or one of Reston's founding principles. Books for the program come from the Reston Museum and Reston's Used Book Shop. Program is offered free of charge and each child will receive a goodie bag. Program is recommended for children under 7. Visit www.restonmuseum.org.

NOW THRU JULY 24

"Memory and Illusion." At Jo Ann Rose Gallery, 1609-A Washington Plaza, in Reston. A retrospective exhibit of more than 50 original paintings by Reston-based painter Sandra C Dovberg will be shown in the Jo Ann Rose Gallery at Reston Community Center-Lake Anne.

Dovberg's solo exhibit, "Memory and Illusion," is a highly eclectic collection of paintings that show the versatility of the artist who is also an award-winning silversmith and jewelry designer. Everyone is welcome to an informal reception to meet the artist at the gallery on Sunday, July 10 from 2 until 4 p.m.

NOW THRU JULY 31

Art in Motion. At Reston Art Gallery, 11400 Washington Plaza West, Reston. Mobiles and Stables by Wayne Schifflbein on display. An array of mobiles suspended from the ceiling and stables displayed on tabletops are presented by Wayne Schifflbein in his show, "Art In Motion." The show offers 20 pieces of Schifflbein's latest 'Calder-esque' works that range in size from 1 1/2 inches to 46 inches in width, each with its own distinctive character in combinations of colorful aluminum and glass balanced with stainless steel.

JULY 14-AUG. 18 (THURSDAYS)

Farmers' Market Fun Days. At Town Green, 730 Elden Street, Herndon. Enjoy free kid-friendly entertainment on Thursdays running July 7-August 18 from 10:30-11:15 a.m. on the Town Green, 730 Elden Street. Before or after the performance, people are welcome to shop the locally grown and homemade goodies at the Farmers' Market from 8 a.m. - 12:30 p.m., on Lynn Street in historic downtown Herndon. If inclement weather occurs, call the Inclement Weather line at 703-435-6866 for the status of the performance.

Entertainment Schedule:

July 14: Drew Blue Shoes - interactive magical miracles

July 21: Marsha and the Positrons - songs about science and how the world works

July 28: Mr. Jon and Friends - Parents Choice Award winning music for kids

August 4: Milkshake - music for little dudes

August 11: Groovy Nate - fun and educational shows using exotic musical instruments

August 18: Rainbow Rock - plays original children's music for the tot rock set

To learn more about the Town of Herndon Parks and Recreation Department, visit herndon-va.gov/recreation, or call 703-787-7300.

NOW THRU JULY 17

"Newsies." At Capital One Hall, 7750 Capital One Tower Road, Tysons Corner. The Reston Community Players (RCP) presents a youth-centered production of "Newsies" this July as part of their new Apprentice Program. Based on the 1992 motion picture and inspired by the true story of the Newsboy Strike of 1899, Newsies tells the story of Jack Kelly, a charismatic newsboy who dreams of a better life. After publishing giant Joseph Pulitzer raises newspaper prices at the newsboys' expense, Jack rallies a ragged band of newsies from across the city to strike against the unfair conditions and fight for what's right. Newsies will perform July 15-17. Curtain time is 7 p.m. on Fridays and Saturdays and 2 p.m. on Sundays. For tickets, visit www.capitalonehall.com.

THURSDAY/JULY 14

Project Locrea. 7:30-8:30 p.m. At Nottoway Park, 9537 Courthouse



D'DAT will appear Sunday, July 17, 2022 at 1468 Dolley Madison Blvd. in McLean.

Road, Vienna. Join this ensemble for an evening of eclectic music that crosses cultural and musical boundaries, which fuses modern technology with Western classical, jazz and traditional folk instru-

mentation from around the world. Call 703-324-SHOW (7469) for inclement weather updates.

SATURDAY/JULY 16
90's JParis Live. Part of the Summer

Concert Series. 7-9 p.m. At Tysons Corner Center, McLean. Join Tysons Corner Center on a tour through the decades! Listen to your favorite songs on the plaza while enjoying drinks and takeout from the plaza retailers. These events are free to attend.

SATURDAY/JULY 16

NVMR Train Station Open House. 1-5 p.m. At Vienna Train Station, 231 Dominion Road, NE, Vienna. Stop by the Historic Vienna Train Station where you can see and hear HO scale model trolleys and trains including Thomas and some of his friends on display and in operation. Great family fun and activity for the young and young-at-heart. Hosted by the Northern Virginia Model Railroaders. See www.nvmr.org.

SUMMER SUNDAY CONCERTS

The Alden at the McLean Community Center is bringing great music to the great outdoors with its Summer Sunday Concerts in the Park series. The concerts are for all ages and include a wide range of music genres, from South Asian, to indie rock, to hip-hop, to Southwest Native American jazz fusion. The free concerts are being held at 3 p.m. on Sundays through July 31. The park is located at 1468 Dolley Madison Blvd.

Sunday, July 24, 3 p.m. Lil'Maceo. Old-school funky, foot-stomping R&B saxophone. Lil' Maceo's musical roots in funk, pop, dance and contemporary jazz will get you up and partying.

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Latino Conservation Week

FROM PAGE 5

Modeled after the Hispanic Access Foundation's Latino Conservation Week, the Fairfax County Park Authority, in collaboration with Providence District Supervisor Dahlia Palchik, Defensores de la Cuenca, the Northern Virginia Soil and Water Conservation District, the Fairfax County Park Foundation and other community partners, are hosting a family-friendly celebration at Justice Park on Sunday, July 24, 2022 from 2 to 4 p.m. Enjoy educational demonstrations, kid's activities, giveaways, music and a chance to make community connections. Interact with animals or take a bird walk. The festival will be held rain or shine at Justice Park located at 3312 Peace Valley Lane in Falls Church, Virginia.

BULLETIN BOARD

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

SUPPORT GROUPS

Parent Support Partners, a service of the Healthy Minds Fairfax initiative, are all parents who have received training and are qualified to offer education, support and assistance at no cost to families or caregivers. They provide reliable information that families can use in decision-making and are familiar with services and resources that can help families in distress. Visit www.fairfaxcounty.gov/healthymindsfairfax or www.nami-northernvirginia.org/parent-peer-support.html.

The Shepherd's Center of Northern Virginia Caregivers' Support Group takes place the first and third Tuesdays of each month, 10-11:30 a.m. via Zoom. This group is for caregivers of family members with dementia. Meetings are gently facilitated. For more information and to get the Zoom link, contact Jack Tarr at jtarr5@verizon.net or 703-821-6838.

Haven of Northern Virginia Support Group. 703-941-7000, www.havenofnova.org or havenofnova@verizon.net.

Virginia Chronic Pain Support Group Meets from 1:30-3 p.m. the 2nd Wednesday of each month at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

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Smart Growth America Shows Roads Are Dangerous by Design

Today, Smart Growth America released “Dangerous by Design” documenting the dangers faced by pedestrians on America’s roads. “The Coalition for Smarter Growth urges every official in the DC region, Maryland, and Virginia, to read this report and to make safety for pedestrians and bicyclists on our streets a top priority,” said Stewart Schwartz, Executive Director. <https://smartgrowthamerica.org/dangerous-by-design/>

In the past week, two pedestrians were killed in Fairfax County, bringing the total number of pedestrians killed in 2022 to 12,

Officers responded at 10:20 p.m. July 6 for a pedestrian struck on Richmond Highway near Huntington Avenue in the Mount Vernon area. Doris Anita McPhail, 56, of Alexandria, was struck by an SUV. She died the next morning in the hospital.

Keith Thomas, 24, was killed in a crash that occurred at 1:28 a.m., Friday, July 8 on Richmond Highway over the ramp from northbound I-95 to northbound Richmond Highway.

According to the report, national statistics show:

Pedestrian fatalities are up 62% since 2009, totalling 64,073 deaths.

Pedestrian fatalities increased 4.7% in 2020 over 2019 and preliminary data shows 7485 deaths in 2021, a 40-year high.

Arterial highways – think Route 1, Route 355, Route 50, Georgia Avenue, and Route 7 in the DC region – comprise 15% of all lane miles in the U.S. but 67% of pedestrian deaths.

During the pandemic, as traffic congestion went down, more drivers drove faster and death rates went up.

Places that were less friendly to walking before the pandemic had significantly higher increases in pedestrian fatalities during the pandemic compared to places that supported higher rates of walking pre-pandemic.

People of color, particularly Native and Black Americans are more likely to die while walking.

Lower income people and older people are more likely to die while walking.

“Despite better relative rankings than many parts of the U.S. the DC region is still seeing too many deaths and serious injuries to pedes-

trians and cyclists, and like other parts of the country, our suburban arterial roads are particularly dangerous. That’s why Coalition for Smarter Growth has partnered with CASA in a campaign to make Route 7 in Baileys Crossroads safer, helping the Gum Springs community’s fight for a safer Route 1 in Fairfax, and working together with the Northern Virginia Families for Safe Streets and Fairfax Alliance for Better Bicycling for safer streets across Northern Virginia,” said Sonya Breehey, CSG’s Northern Virginia Advocacy Manager.

“Similarly, we support Action Committee for Transit’s fight for safer streets in Montgomery County and are working for safer streets in Prince George’s, which have some of the highest rates of pedestrian injuries and deaths in the region,” said Jane Lyons, Coalition for Smarter Growth’s Maryland Advocacy Manager.

Areas in this region which have higher percentages of people of color and lower-income households, experience disproportionately more fatalities of pedestrians and crashes on arterials than the rest of the region, said Bill Pugh, Coalition for Smarter Growth Senior Policy Fellow.

“Unfortunately, VDOT and MDOT, and many local departments of transportation are not taking the sort of swift and concerted action necessary to make our streets safer. They continue to prioritize vehicle speed and movement over safety, and routinely push back on redesigning our streets – especially our very dangerous arterials to make them safer for people walking, biking, rolling, and using transit,” said Schwartz.

Sonya Breehey concluded, “SGA documents why design matters and we urge a transformation in how our state and local departments of transportation design our streets – using the design guidance from NACTO (National Association of City Transportation Officials) instead of the car-dominant AASHTO (American Association of State Highway and Transportation Officials). Funding should be shifted from highway and arterial expansion to redesigning our arterials and streets to make them safer for all users.”

<https://smartgrowthamerica.org/dangerous-by-design/>

Man Sentenced for Conspiracy to Distribute Meth on the Darknet

A Fairfax man was sentenced Tuesday, July 12 to 52 months for conspiring to distribute between 15 and 45 kilograms of pills containing methamphetamine via the darknet.

According to court documents, from about May 2019 through December 2019, Tyler Pham, 39, conspired to distribute peach tablets advertised as Adderall, but in fact containing methamphetamine, nationwide through the U.S. mail. Pham used the moniker “addy4cheap” on darknet markets, the Empire Market and Cryptonia. Between August 2019 and December 2019, law enforcement agents conducted 20 controlled purchases from “addy4cheap” on both markets for a total of 767 peach tablets received, weighing approximately 268 grams total.

On Dec. 9, 2019, search warrants were executed at Pham and his co-conspirators’ residences, including the homes of Lien Kim Thi Phan, 37, Fairfax, and Hon Lam Luk, 35, Chantilly. In the home of Phan and Pham, agents found 95 peach tablets, and in Luk’s Chantilly residence, investigators found over 6,000

peach tablets weighing approximately 2.2 kilograms, all of which resembled those advertised on “addy4cheap” and those received by law enforcement through controlled purchases.

As of Dec. 10, 2019, “addy4cheap” had completed 3,665 sales on the Empire Market and received 2,568 reviews. Based on these reviews, “addy4cheap” had received approximately \$482,572.10 in sales for an approximate 44,872 pills sold. As of Nov. 7, 2019, “addy4cheap” had fulfilled 140 transactions on Cryptonia.

Pham’s six co-conspirators all previously entered guilty pleas in connection with the conspiracy and were sentenced to over 13 years in prison combined. Phan and Duong Nguyen, 29, of Springfield received a sentence of time served for their roles in the conspiracy. Son Nguyen, 36, of Annandale, was sentenced to 34 months in prison for his role in the conspiracy. Dat Nguyen, 37 of Alexandria, and Trieu Hoang, 39, of Springfield, were sentenced to 39 months in prison for their roles in the conspiracy and Luk received 46 months imprisonment for his conduct.

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Back in the Cancer Business



By KENNETH B. LOURIE

Not that as an active cancer patient still undergoing treatment you’re ever out, but occasionally, there are intervals where you are less in/have less frequent cancer-centric activities. And it’s important to never let these intervals pass without elevating their importance. A break/brake in any cancer-related action is welcome relief and acknowledging its occurrence is paramount. When you’re living in the cancer world, you must find ways to find the most positive element of your rather negative experience. And if the most positive element of that experience is that absolutely nothing happened/is happening, don’t ever take it for granted. Take it for every advantage, rationalization, and accommodation possible. Any port in a storm is how many of us cancer patients roll, and the more often the roll, the better.

And for those of you who have unfortunately been effected/associated with cancer, you know the storm of chaos and disruption that its diagnosis causes. Talk about upheaval. Your orderly world goes topsy-turvy and everything you knew/understood before the diagnosis no longer applies. There’s the pre-cancer you and the post-diagnosis you. In many cases, you’re different people. It’s as if your brain is rewired. Moreover, assimilating a cancer diagnosis into your regular routine is hardly for the weak of mind. Unless you find a way to incorporate cancer into your life and minimize its deleterious effects, especially emotionally, the sooner some of the more debilitating physical challenges can be relegated somehow.

It’s not simply taking the good with bad – or vice-versa, it’s taking it all in stride and being grateful for any morsel of good news/lack of cancer activities whereby you can try to forget you have cancer and live as normal and rewarding a life as your deficits allow. It’s not exactly making lemonade, but you’re definitely making something. And what’s that something? Peace, that’s what. Acceptance and comfort. Learning to live within your cancer confines (lab work, treatment/medication, side effects, scans, miscellaneous doctor’s appointments, and a pre-occupation with your own mortality) and treat it like any other day – or interval of time. It may be your life, but it doesn’t have to define you.

If you have minimal cancer stuff, celebrate it. If you have maximum cancer stuff – as I do in 10 days, give in to it. There’s nothing to be done about it other than adhere to the schedule. Once you have cancer and are scheduled into the various ongoing/recurring appointments/responsibilities, unless you make light of it, the weight of it will crush you. Cancer is an equal opportunity villain. It goes after everybody everywhere with seemingly no rhyme or reason or sometimes, all the reasons (family history, environmental, smoking/second-hand smoke). It’s not inevitable, but it is undesirable. Avoiding it altogether would be best. If only it were that simple.

Often cancer is in control even as your doctors are treating it/you. Finding a way to balance the ebb and flow, and to not take the lows too hard and try to keep an even keel when there is some good news (it’s hardly a guarantee of future results, it may even be temporary; it’s a tease almost) seems the only logical pursuit. What you can’t control, you need to accommodate, and in that accommodation, you must find your level, a way to remain level-headed throughout your ordeal. (And cancer is nothing if not an ordeal.) Otherwise, you’ll make an excruciatingly bad situation worse, if that’s even possible. And believe me, it’s possible, and there’s no future in that.

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



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