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Springfield CONNECTION

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WELLBEING
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On the last day of April, 2019, the golfers gathered at the tee on holes one and 10 at the Springfield Country Club with dreams of making the cut to play in the Ladies Pro Golf Association tour.

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LPGA Event Puts Springfield On the Map

Qualifying round brings in women golfers from everywhere.

BY MIKE SALMON
THE CONNECTION

On the last day of April, 2019, the golfers gathered at the tee on holes one and 10 at the Springfield Country Club with dreams of making the cut to play in the Ladies Pro Golf Association tour. This is big step for young women hoping to make it as a professional golfer, and a big tournament for this local country club.

"This is an avenue for them," said Jennifer Cox, who was cad-dying for her daughter Carley, a 22-year-old from North Carolina. "She's chasing her dream," she said.

Before Elizabeth Coffren got up to the tee, she used her routine to calm the nerves. "I kind of zone out, I throw the ball in the air to distract me," she said.

Then there was Melanie Walker, a freshman at Robinson Secondary School that was younger than most of the others, but hit her first shot down the right side of the fairway just before the creek about the same distance as the others. She's a member of the country club, but



Melanie Walker of Burke has her lucky ball. Ashley Au is in from Ohio for the event.

plays other courses too.

"I like Burke Lake," she said. She was out there with fellow Robinson student Alexandra Austin. Ashley Au is a senior in high school in Columbus, Ohio, and

plans on playing in college next year too. Before teeing off at the event, she was in good spirits. "Do my best and see what happens," she said.

They were among the 50 play-



course," said Liz Cooper, the Head Golf Pro at Springfield Country Club.

"Virginia hasn't had a PGA Tour event since Kingsmill hosted one in the early 2000s," added Chris Lang of the Virginia State Golf Association, located in Midlothian. Kingsmill Golf Club in Williamsburg will be the site of the LPGA's Pure Silk Championship in late May, and the PGA Tour Champions Dominion Energy Charity Classic is at Country Club of Virginia in Richmond in October. But for courses in Northern Virginia, there aren't any planned, so this puts Springfield's course in a category of its own this year.

"Springfield has hosted a U.S. Junior Girls' Championship qualifier in recent years and was a natural club for us to ask to host this event," said Lang.

There were several threesomes teeing off all day. There were hooks, slices and putts from across the greens, but at the end of the day, the winners were Amanda Hollandsworth and Karoline Stormo who are the qualifiers to join the LPGA. Anita Uwadia is first alternate. Allie Knight is second alternate.

PHOTOS BY MIKE SALMON/THE CONNECTION

Greater Springfield Chamber Honors First Responders, Citizens

A civilian who assisted Fairfax County Police officers in apprehending a shoplifting suspect, a detective who took a simple credit card case and followed it until it resulted in uncovering a nationwide conspiracy and an officer who took a runaway teen under his wing were among those honored Friday by the Greater Springfield Chamber of Commerce at its Valor Awards Breakfast.

The event recognizes first responders in the Greater Springfield area who go beyond their job description to provide exemplary service to the community. More than 100 businessmen and businesswomen, first responders and elected officials attended the breakfast at the Springfield Golf and Country Club. Staci Redmon, president of Strategy and Management Services Inc. (SAMS), served as master of ceremonies. Col. Edwin C. Roessler Jr., Fairfax County police chief, presented the keynote speech.



Jessica Walters, chair of the Greater Springfield Chamber Board of Directors, presented plaques and certificates to the honorees.

Roessler noted Fairfax County is the safest jurisdiction of its size in the United States while maintaining the lowest officer-to-resident ratio of any major U.S. city.

"However, there is no magic formula to the Police Department in and of itself to have that low crime rate," he said. "We are blessed that this word 'engagement' is throughout Fairfax County because engagement helps us prevent and fight crime." In addition to engage-

ment with community groups such as the Greater Springfield and other chambers, Roessler credited the Police Department's close relationships with the Sheriff's Office and Fire and Rescue Department for keeping the county safe.

The awards were presented in four categories: Lifesaving Award, Certificate of Valor, Meritorious Civilian Award and Unit Citation.

❖ The Lifesaving Award was presented to Fairfax County Police

Private First Class Robert Marshall, who, at great personal risk, prevented a subject from dying of suicide.

❖ Certificates of Valor went to three recipients, including Detective Angelena Griffiths of the West Springfield Criminal Investigations Section, who maintains the highest successful closure rate among all property crimes detectives in the entire county and is responsible for uncovering the nationwide stolen credit card conspiracy. Also honored in this category was Fairfax County Police Officer Andrew Zelms of the West Springfield District Station, who took a runaway teen under his wing and kept him safe, warm and fed until he could be reunited with his Maryland social worker. The third honoree was Master Tech Hyun Lee, probationary trainer at Fairfax County Fire and Rescue Department's Fire Station 427, who is credited with training new recruits to the highest standards.

❖ Volunteer In Police Service (VIPS) Dave Saunders and Eric Oginsky received the Meritorious

Civilian Awards. Saunders received the honor for the countless hours he volunteers at the West Springfield District Station. Oginsky was honored for helping Fairfax County police safely apprehend a shoplifting suspect at the Springfield Town Center.

❖ The Chamber awarded three Unit Citations: A Sheriff's Office team that secured a facility during an active shooter call, Lt. Ilsa Blaney, head of the Fairfax County Police Department's highly effective West Springfield District Criminal Investigations Section, and the Fairfax County Police Department's Christmas Anti-Theft Team (CATT), which kept the Springfield Town Center safe during the 2018 holiday shopping season.

Jessica Walters, chair of the Greater Springfield Chamber Board of Directors, presented plaques and certificates to the honorees. For more information about the Chamber visit springfieldchamber.org.

PHOTO CONTRIBUTED

OPINION

Black or Blue: Lessons Learned from How Virginia Democrats Handled the Ralph Northam Debacle

Let's get something straight, this is not a blackface controversy, this is a KKK controversy.

BY KOFI ANNAN
PRESIDENT, FAIRFAX COUNTY NAACP

During a 1960 speech to a mixed audience in New York City, Dr. Martin Luther King Jr. said, "There is a pressing need for a liberalism in the North which is truly liberal." While Virginia is a southern state, it gets bluer with each election, therefore we should take heed to MLK's words, which essentially challenges liberals to fight the gravitational pull to the right on issues of civil rights and equity. It is difficult to see both the election of Ralph Northam, his subsequent actions, and the actions of the party to protect him as anything but the party signaling to the center-right that they have their back and are willing to sacrifice a few black voters if need be.

Liberals have long sought to convince African Americans that they alone can shield us from conservative's intent on rolling back the hands of time. And African Americans normally respond to that message, having never wavered in our loyalty for the last half century. Every election cycle we make or break elections in favor of the Democratic Party, even though for the most part we get marginal improvement in our quality of life overall, and in many measurable ways we actually regress. Our average collective net worth remains a fraction of whites, our employment rate remains half that of whites, our neighborhoods are still gentrified in the name of progress, predominantly black public schools are still underfunded, we still make up 40 percent of the nations' incarcerated, and school administrators still consistently dole out harsher punishments to our kids compared to their white counterparts, even in districts dominated by Democratic Party leadership. A report from the Institute for Policy Studies, released to coincide with what would have been MLK's 90th birthday, demonstrated that over the past few decades, black wealth actually fell by 50%.

On the other hand, Republicans haven't presented a particularly appealing message to African Americans voters at any point during this time period either, and even less so during the Trump Administration, which uses racism and xenophobia to collect votes as effectively as any administration in recent history. However, what's more intriguing is the possibility that Democrats like Northam view Trump's success as a reason to shift focus on securing the white middle-class vote even if that means sacrificing some of the African American vote, or at least taking the black vote for granted. After all, the politics of "fear the racist Republican" is a lot easier to sell today than it was just a few years ago. This might explain why presidential favorite Pete Buttigieg felt comfortable proposing that he would undo decades of work to expand voting rights to those convicted of crimes, who are disproportionately represented

by minorities.

This certainly appears to be the case in Virginia. Most of us are familiar with the controversy surrounding Governor Northam and his possible Ku Klux Klan (KKK) affiliation by now, right? Perhaps I shouldn't assume. Maybe you were one of those that ignored the Klan member in the photograph, and instead saw this incident as a [less harmful] 'blackface' controversy that could be explained by innocent cultural insensitivity. But let's get something straight, this is not a blackface controversy, this is a KKK controversy. A lot of people - including the governor - would rather focus on the person in blackface because it's a slightly more tolerant form of white supremacy, and conveniently ignore the terrorist next to the individual in blackface. But the governor should not be let off the hook that easily. The KKK is America's original domestic terrorist group (despite what the laws say), having killed well over 4,000 Americans that we know of, and our governor either is or was associated with them. Let that sink in, particularly as we still mourn the loss of another group of innocent lives at the hands of other terrorist groups in New Zealand a few weeks ago, Pittsburgh, Charlottesville, and most recently Sri Lanka. The leader of the Democratic Party in Virginia has yet to offer a sensible explanation for why a terrorist was in his yearbook, and the Democratic Party is okay enough with this that they're now openly not only defending him but trotting him out at political fundraisers.

To most the case against Northam seemed open and shut, and his resignation seemed inevitable. One would imagine that an elected official who represents the party which prides itself on its diversity, that routinely secures over 90% of the African American vote, and counts on that constituency to win key battleground territories in a purple state that was red just a few elections ago, would certainly recognize that defending the governor is not a hill worth dying on and step aside as quickly and as gracefully as possible.

Well we're now approaching May and not only has Northam refused to step aside, but even more unfortunate the Democratic Party has begun to rally around him in a show of solidarity. First came the slow drip of messages of appreciation from members of the General Assembly for one bill after the other on social media. Then the ridiculous Michael Jackson impersonation story that once seemed straight out of a bad SNL skit became the official party line. As for the "Coonman" nickname in his VMI yearbook that never received a formal explanation from the governor? Well one explanation floated to me by a Democratic member of in the Virginia House of Delegates - who happened to be African American - was an even greater insult to our intelligence, and full of even more racist stereotypes. According to the delegate the governor's nickname stemmed

from the fact that he had a lot of black friends due to his love of basketball.

As if insulting our intelligence wasn't bad enough, many within the Democratic Party felt it necessary to go after those amplifying the call for the governor's resignation. Following a protest led the Fairfax County National Association for the Advancement of Colored People (NAACP) at a Democratic fundraiser where the governor was scheduled to attend, Democratic Party loyalists and leaders alike attacked the NAACP for doing the very thing the organization was founded for - standing up against racism. Its members were described as "troublemakers" and "bullies"; and the nation's oldest and most successful civil rights organization is described as a "fringe element" by one party leader.

One of the talking points coming from Virginia's Democrats is that "the governor isn't going anywhere, so we might as well work with him." This intentionally alleviates the burden of responsibility from the rest of the party leadership, because it makes them seem powerless, when in reality they really don't want to challenge him anyway. As the reaction to the protests demonstrated, real challenges to the governor will not be looked upon favorably by the Democratic Party. If they'll publicly assassinate the NAACP, one could only imagine what private pressure is being placed on African American legislators who dare break ranks. This likely explains the deafening silence and acquiescence from most black elected officials on this issue.

Not enough black leaders (elected and community leaders alike) stand with the black community on principle when it matters most; and if they can't stand on principle when it comes to the KKK, when will they? If they can't break ranks with the party now, when will they? Black leaders stood next to Hillary Clinton when she called our youth "super predators", and they stood next to Bill when he doubled down on Reagan's mass incarceration policies. We're often told that the solution is electing more African American to office; but if this is the best they can do when faced with a such a clear-cut choice in a time of crisis, then their true value to the African American community is questionable.

If these officials don't have what it takes to tackle overt headline-grabbing racism within their own ranks, how can they be trusted to tackle systemic racism that doesn't make headlines. The numbers highlighting African American wealth decline speak for themselves. They can't.

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NEWS DEPARTMENT:
south@connectionnewspapers.com

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

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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For advertising information
e-mail:
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debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
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dgriffin@connectionnewspapers.com

Classified & Employment Advertising
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Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

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

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
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CIRCULATION
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Transportation Alternatives During Metro Shutdown

Free parking at Franconia-Springfield, Huntington Metro stations to join a slug line, catch a Fairfax Connector bus, or catch a WMATA express shuttle.

By Sharon Bulova, Chairman
Fairfax County Board of Supervisors

In response to Metro's shutdown of six Blue and Yellow Line stations south of Ronald Reagan International Airport this summer, Fairfax County is dedicated to ensuring commuters have access to alternative transportation options and the latest up-to-date information about the shutdown. In the Letter to the Editor How to Handle Metro Nightmare, (Connection, April 22) resident Nicole Miller asked "What will happen to those currently parking [for slugging]? Will we be shut out of parking due to the increased need for rides to the city?"

The good news is, in Fairfax County, the Franconia-Springfield Metro Station and the Huntington Metro Station will offer free parking during the Metro summer shutdown of the Blue and Yellow Lines. Commuters can park in these parking lots (which have a combined total of 8,686 spaces) and from there, join a slug line, catch a Fairfax Connector bus, or catch a WMATA express shuttle to help them get to work. Since

parking at these stations is currently under capacity by about 50 percent, we believe there will be more than enough spaces available for commuters participating in ridesharing, bus riding and shuttle riding. Free parking will also be available at the surface parking lot at the Van Dorn Street Metro Station.

To respond to increased demand for alternative transportation options during the Metro shutdown, Fairfax Connector will add increased bus service on Route 393 and 394 and reduce intervals to ten minutes during commuting hours. WMATA will run express shuttles to the Pentagon stations, where Metro will be operating and can take commuters into downtown D.C.

The Fairfax County Department of Transportation has been involved in outreach efforts to commuters through letters to employers, social media posts, email/text alerts through Fairfax Alerts, and the creation of a new webpage outlining transportation alternatives during Metro's shutdown: www.fairfaxcounty.gov/transportation/travel-alerts/metro-platforms.

Area Students Awarded in Virginia History Day Contest

Students from six Fairfax County public schools won awards at the 2019 Virginia History Day competition, based on the theme Triumph and Tragedy in History. Two student teams and two individual students captured first place awards in their categories.

First place winners were:

- ❖ Group Documentary, Junior Division: Sahitya Balguri, Havana Medina, and Anya Raval of Rocky Run Middle School, "World War II's Unknown Warriors: The Navajo Code Talkers."

- ❖ Group Documentary, Senior Division: Hannah Che, Heather Che, and Yuni Choi of West Springfield High School, "Comfort Women: The Unspoken Apology."

- ❖ Individual Website, Junior Division: Nikhil Manandhar of Lorton Station Elementary School, "Was the Triumph Worth the Tragedy? The Battle of Saipan."

- ❖ Paper, Senior Division: Carson Shin of Oakton High School, "War and Medicine: The Great War and Medical Innovation."

- ❖ Westfield High School students Shreya Aravindan, Qukua Neves, Sathvika Sangoju, and Eva Smart finished second in the Senior Division Group Exhibit category for their project, "The Effect of Christopher Columbus in Indigenous People."

- ❖ Erica Varner of Westfield High finished third in the Senior Division Individual Website category for her project, "Tragedy and Triumph: Stock Market Crash of 1929."

Special Awards were presented as follows:

- ❖ National Maritime Historical Society Award: Deven Hagen of Haycock Elementary for "When Allies Attack: The Triumph and Tragedy of Mers-El-Kebir."

- ❖ MacArthur Memorial Award: Nikhil Manandhar of Lorton Station Elementary, "Was the Triumph Worth the Tragedy? The Battle of Saipan."

First and second place winners now advance to the National History Day contest, scheduled to be held at the University of Maryland June 9-13.

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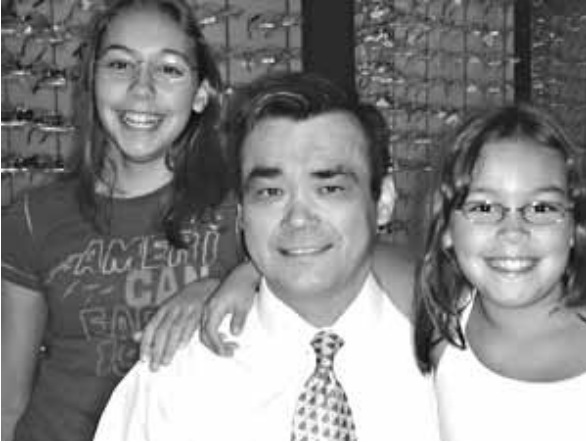
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WELLBEING



COURTESY PHOTO

Schar Cancer Institute rendering.

Schar Cancer Institute Opens to Patients May 13

Institute becomes a landmark for health care and research in Fairfax County

The Inova Health System will usher in a new level of medical treatment and patient care when the Inova Schar Cancer Institute opens to patients May 13 on its Merrifield campus.

"The Schar Cancer Center raises the already-high level of health-care facilities in Fairfax County," said Catherine W. Riley, interim president and CEO of the Fairfax County Economic Development Authority. "As part of the Inova Center for Personalized Health it can make Fairfax County a destination for world-class research and clinical work."

Dedication ceremonies took place Wednesday, April 24, for the \$150 million center for care and research that is anchoring the 117-acre Inova campus, fulfilling a vision that began with the acquisition of the former Exxon Mobil site. The institute was made possible, in part, by a \$50 million contribution from Dwight Schar and wife Martha, whose legacy will extend beyond Fairfax County-based NVR home builders.

MEMBERS OF THE SCHAR FAMILY were joined by others, including U.S. Senator Patrick Leahy and wife Marcelle, political commentator Cokie Roberts, and Lara Hopewell, a local hockey mom-turned-crusader for cancer research — all cancer survivors. Also participating in the ceremonies were U.S. Rep. Gerry Connolly, Fairfax County Board of Supervisors Chairman Sharon Bulova and Inova CEO Dr. Stephen Jones. The ceremonies featured more than 100 cancer patients and their family members, who became the first to walk through the front door of the newly-dedicated facility.

"We are so fortunate in Fairfax County to have access to such world class medical care and treatment," said Bulova, who presented a proclamation from the Board of Supervisors congratulating Inova. "We have amazing facilities, doctors and cutting-edge technologies that are right here, literally in our own backyard, and that is so incredibly valuable."

Riley echoed the importance of having a first-class cancer facility in the county, offering residents the highest quality care without requiring them to travel, often hundreds of miles for treatment. She also emphasized the importance of the research that will take place at the facility, creating a new horizon in the

diversification of Fairfax County's workforce.

"We're very excited about the research and development aspect of the Schar Institute and the ways in which it will help diversify our local economy," Riley said. "It will attract new doctors and scientists. In partnership with facilities like the University of Virginia Medical School, those researchers will be applying for new grants and developing the kinds of programs that will make Fairfax County known as a medical research and development center."

"We are so fortunate in Fairfax County to have access to such world class medical care and treatment."

Sharon Bulova, Chairman, County Board of Supervisors

DURING THE DEDICATION, Jones announced that Dr. John Deeken, who had been serving as acting president of the Inova Schar Cancer Institute, is named permanently to the president's role. Deeken said the institute would continue stress its "patient-first" philosophy, building on its ability to provide one-stop care through teams of doctors, nurses, therapists, researchers and specialized counselors.

"The vision and the spirit is that the patient is at the center of everything we do," said Deeken, who previously served as COO of the Inova Translational Medicine Institute. "Fundamentally, that's the difference in the model of care at Inova."

"This is the culmination of years of effort in planning and design and recruiting — to make real what we'd hoped to have for all the patients in Northern Virginia, which is expert care close to home. Nobody in Northern Virginia should think they need to go to Houston, New York or Baltimore to get world-class cancer care. We have it right here."

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Long & Foster to Hold Real Estate Pre-Licensing Class with Military Scholarships available starting in May

The Burke/Fairfax Station/Clifton office of Long & Foster Real Estate located at 6045 Burke Centre Parkway in Burke, Virginia, will host a real estate pre-licensing class in its new state-of-the-art training center, starting May 14. The 60-hour course is designed for individuals interested in pursuing a career in real estate. Classes will be held on Tuesday, Wednesday and Thursday evenings from 6:00 pm – 9:30 pm.

"At Long & Foster, we're dedicated to having the best trained and best equipped agents in the business, and our new training center helps us to accomplish those goals" said Paul DiCicco, manager of the Burke/Fairfax/Clifton office.

Long & Foster also offers the P. Wesley Foster Military Service Scholarship—a full scholarship program for real estate pre-licensing classes to U.S. military veterans, active duty personnel and their spouses and children. Scholarships cover the cost of tuition and textbooks for classroom courses offered by the Long & Foster.

For more information or to register for the upcoming course, contact Paul DiCicco at (703)503-1899 or email pauld@lnf.com.





PHOTO CONTRIBUTED

Some 60 volunteers assembled 1,500 food boxes.

Volunteers Pack Ramadan Food Boxes To Help People In Need

As the Islamic holy month of Ramadan approaches, Islamic Relief USA, a nonprofit humanitarian and advocacy organization based in Alexandria, helped prepare for the month of fasting by packing boxes with nonperishable foods.

Some 60 volunteers participated in the Saturday, April 27 event, which was split in two shifts. The volunteers helped fold boxes, pack them with food, tape them for shipping, and flatten unpacked boxes. In

total, the volunteers assembled 1,500 food boxes.

The food boxes, whose items are intended to last for several days, are all non-perishable. They include cooking oil, a 10 pound bag of basmati rice, canned tuna, beans, sugar, flour, vegetable bouillon, pasta, Ragu sauce, cereal, peanut butter, and, of course, dates.

The boxes will be given to local residents in need, regardless of their race, gender, creed, or religion.

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CALENDAR

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

ONGOING

Spotlight on the Arts. Through May 12, The 2019 Fairfax Spotlight on the Arts Festival will honor the 50th Anniversary of Woodstock with three weeks of theatre, dance, music and visual art, rekindling that “Age of Aquarius” vibe in Fairfax. Put some flowers in your hair, dust off your bell bottoms and join in for some or all of this local “Aquarian Exposition.” Learn about associated events at FairfaxSpotlight.org.

Art Exhibit: [Land]scape. Through May 19, in the Art Lab Gallery, Workhouse Arts Center, Lorton. Curated by GMU MFA Candidate, Emily Fussner. The exhibition itself becomes a landscape revealing a strata of emerging art practices. Visit www.workhousearts.org

Group Exhibition: Degrees of Honor. Through May 19 in the Warrior Way Gallery, 1st Floor, Workhouse Arts Center, Lorton. Group exhibition surveying the works of artists addressing the concept of honor in different perspectives—separation, pain, loneliness, turmoil, stories and memories. The Warrior Way is an exhibition space designated for artwork by active duty, retired and veteran service members. Visit www.workhousearts.org

THURSDAY-SATURDAY/MAY 2-4

Newsies. Thursday-Saturday, 7 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Hayfield Secondary School's Theatre Department is performing Disney's Newsies the Musical. This show is appropriate for all ages. \$10 online; \$12 at the door. Call 703-599-9143 or visit hayfelddrama.com.

FRIDAY/MAY 3

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Enjoy free coffee, entertaining callers, a friendly atmosphere, \$1,000 guaranteed jackpot, treasure chest progressive raffles, and good food available for purchase. All proceeds go to purchasing fire and rescue equipment. Visit www.fairfaxvfd.com or call 703-273-3638 for more.

SATURDAY/MAY 4

Healthy Strides 5k/10k. 7 a.m. at Burke Lake Park, 7315 Ox Road, Burke. Head out to Burke Lake Park and join the Fairfax County Park Authority for the 8th annual Healthy Strides 5k/10k. The 10k runs along a wooded path, taking runners around the lake. The 5k follows a tree-lined road through the park, is wheelchair accessible and stroller-friendly. Both courses are USATF certified. \$35. potomac.enmotive.com/events/register/2019-healthy-strides-community-5k-10k or call 703-814-7795.

Both Sides Tour XXII. 8:15 a.m. departure from Franconia Museum at the Franconia Governmental Center, 6121 Franconia Road. Join Don Hakenson, Ben Trittipoe and Carl Sell for an in-depth look at legendary “Stonewall” Jackson's exploits that caused the Union command to change tactics. This tour will cover a lot of ground and will arrive back in Franconia at 7 p.m. \$100, includes bus, lunch, and a fast-food value card. Bottled water will be provided on the bus. Contact Don Hakenson at 703-971-4984 or dhakenson@verizon.net.

Celebrate Pilates Day. 9 a.m.-noon at Studio BE Pilates, 4211 Fairfax Corner E. Ave., #200, Fairfax. In honor of World Pilates Day, Studio BE Pilates will be hosting events to celebrate. The morning will begin with a free Mat class held in the plaza of Fairfax Corner. Open House at Studio BE Pilates where people may enter a raffle, have a treat, and enjoy demos and games. Visit studiobepilates.com or call 703-222-0122.

Ekoji Arts Fair. 10 a.m.-3 p.m. at Ekoji Buddhist Temple, 6500 Lakehaven Lane Fairfax Station. Featuring: handmade jewelry, hand knit baby items, locally sourced mohair yarn, kumihimo keychains, Japanese dolls, journals, paintings, Asian amulets and decor, collages, pencil portraits, Japanese character art, hand dyed hemp textiles, scarves and wraps. Visit www.ekoji.org or call 703-239-0500.

Chamber Ensemble Recital. 3 p.m. at Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. The AYPPO Chamber Program is completing a year of music with some of the most beautiful chamber music. Call 703-642-8051 or visit www.aypo.org.

Fun Fair. 11 a.m.-3 p.m. at Canterbury Woods Elementary, 4910 Willet Drive, Annandale. This year's Fun Fair features laser tag, carnival



Chamber Ensemble Recital

The AYPPO Chamber Program is completing a year of music making with some of the most beautiful chamber music written. Students work very hard planning rehearsals and coaching beyond that required of most AYPPO students. It shows great commitment and dedication. Saturday, May 4, 3 p.m. at Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. Call 703-642-8051 or visit www.aypo.org.

games, a LEGO room, food (shaved ice, Chik-fil-a, pizza, and fresh baked goods), face painting, special activities for children 4 years and younger and more. The community is welcome. Email ada_todd@yahoo.com for more.

“From Classical to Tango.” 3 p.m. in the church sanctuary of Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. Concerts from Kirkwood presents the final concert of its 2018 - 2019 season as Trio Omnia comes to the Kirkwood stage with “From Classical to Tango,” a program of the works of Haydn, Rachmaninoff, and Piazzola. Visit www.kirkwoodpres.com, or 703-451-5320.

National Salamander Day Celebration. 4-4:45 p.m. at Hidden Oaks Nature Center, 7701 Royce St., Annandale. Mark this special day with a salamander search both on land and in the stream. Learn about salamanders and how they compare with other amphibians. Designed for participants age 5-adult. \$6 per person. Children under 10 years of age must be accompanied by registered adult. Call 703-941-1065 or visit www.fairfaxcounty.gov/parks/hidden-oaks.

Singles Dinner and Movie Night. 5 p.m. at PF Chang's in Fairfax Corner, 4250 Fairfax Corner Ave. Fixed price dinner, followed by movie of participant's choice at Cinemark Fairfax Corner 14. Cost of \$35 at door includes dinner, soda, tip and movie ticket. Advance RSVP required for reserved seats at movies: NewBCarol@verizon.net Sponsored by New Beginnings, a support group for separated/divorced men and women www.newbeginningsusa.org

Musical Feast Gala Celebration. 5:30-9:30 p.m. Begin in the deLaski Performing Arts Building with food, wine, student performance showcases including opera, steel pan, classical guitar, percussion, brass, piano, woodwinds, and an interactive music technology demonstration. Followed by a final concert featuring the Mason Symphony Orchestra, the Green Machine, Mason All-Star Jazz, Wind Symphony, Mason Chorale and more at 8 p.m. in the Center for the Arts Concert Hall. Proceeds support scholarship funds for music students. Tickets are \$95, \$75 for Mason faculty, staff, alumni and parents. cvpa.gmu.edu/musical-feast.

City of Fairfax Band Performance. 7:30 p.m. at Ernst Cultural Center, Northern Virginia Community College, 8333 Little River Turnpike, Annandale. At the City of Fairfax Band's concert, Aliferis will play “Tableaux de Provence” by Paule Maurice, on his alto saxophone. \$15 adult, \$10 senior, students free. Get tickets at the door or at www.fairfaxband.org.

SATURDAY-SUNDAY/MAY 4-5

HO Gauge Model Train Show. Noon-4 p.m. at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Potomac Module Group will have running HO gauge model trains. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit www.fairfax-station.org or call 703-425-9225.

SUNDAY/MAY 5

Kayak Tour at Lake Accotink. 8-10 a.m. at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Paddle Lake Accotink's tranquil waters with a naturalist guide for an early morning view of wildlife. Glide past bald eagle nests as the park comes to life. A single-seat

kayak and life preserver will be provided. No previous kayak experience is required. \$31 per person. Canceled for rain or unfavorable water levels. Call 703-569-3464 visit www.fairfaxcounty.gov/parks/lake-accotink.

Lorton Farmers Market. Sundays, through mid-November, 9 a.m.-1 p.m. at Lorton VRE Parking Lot, 8990 Lorton Station Blvd. Local producer market featuring seasonal fresh fruits, vegetables, plants, naturally raised meats, eggs, pickles, salads, artisanal breads and baked goods. SNAP accepted. Visit www.fairfaxcounty.gov/parks/farmersmarkets/lorton.

Pilates in Park. 10 a.m.-noon at Burke Lake Park, 7315 Ox Road, Fairfax Station. Celebrate National Pilates Day with a mat marathon challenge. Bring a mat and see how many classes you can finish and complete in special challenges. Prizes include free reformer (machine) pilates classes at our studio. Free. Call 703.691.5999 or visit www.clubpilates.com/burke.

Goat Yoga. Noon. Liberty Lorton, the former prison turned new development, is hosting a series of events that includes barnyard yoga, outdoor movie nights, and the second annual Turkey Trot. Events are open to residents and non-residents of Liberty. Visit thelibertylife.com

Spring Ballet: Coppelia. 12:30 and 3:30 p.m. at Metropolitan School of the Arts, 5775 Barclay Ave., Alexandria. Coppelia is a charming, humorous ballet of infatuation, deception, and finally a love that prevails. Dance along with Swanhilda and Franz as they find their way to love and “happily ever after.” \$12. Visit www.metropolitanarts.org for more.

Climate Rally. 2-3:30 p.m. at Veterans Amphitheater, 10455 Armstrong St., Fairfax. The third annual Mother's Day Climate Rally, featuring a keynote from youth climate leader Alexandria Villaseñor. Rally for kids' right to a healthy, clean-energy future. Features music, speakers and fun kids' activities. Visit NOVAclimate.org for directions, details.

Brass of Peace Concert. 4-5:30 p.m. at St. Andrew's Episcopal Church, 6509 Sydenstricker Road, Burke. Brass of Peace is a group of talented high school brass players. It is an auditioned band which offers tuition-free high-level performance opportunities to high schoolers. Come hear our rising stars of tomorrow. Free admission. Childcare provided. Reception to follow. Call 703-455-2500.

Animal Pajama Party. 7-7:45 p.m. at Hidden Oaks Nature Center, 7701 Royce St., Annandale. Wiggle little ones into their PJs and head to the nature center to hear bedtime stories, meet animals and wish goodnight to the center's live animals. Bring favorite stuffed animals to the party, too. Designed for children age 3-7. \$8 per child. Children must be accompanied by an adult. Call 703-941-1065 or visit www.fairfaxcounty.gov/parks/hidden-oaks.

TUESDAY/MAY 7

“Birding on the Boat.” 8-10 a.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy two hours of “Birding on the Boat,” a naturalist-led program aboard a tour boat, and get a closer look at some of the birds and animals that call Burke Lake home. Bring binoculars and dress for the weather. Designed for participants age 8-adult. \$12 per person. Children age 12 and younger must be accompanied by a registered

adult. Call 703-323-6600 or visit www.fairfaxcounty.gov/parks/burke-lake.

WEDNESDAY/MAY 8

Bike to School Day. Fairfax County Public Schools (FCPS) will participate in Bike to School Day to promote physical activity and reduce traffic congestion and pollution near schools. Parents are encouraged to accompany their children to school, and to work with their school and PTA or PTO to assemble bike trains or walking groups for the event. Visit www.walkbiketoschool.org/.

Sip and Swing. 5-8 p.m. at Laurel Hill Golf Club, 8701 Laurel Crest Drive, Lorton. Enjoy a round on Virginia's newest golf course. Price includes range balls, golf cart and nine holes of golf and a glass of wine. First 12 people who RSVP. Check in at to pro shop at least 15 minutes early. Member, \$32; [non-members, \$42. RSVP to Roberta Korzen at 703-324-8782 or roberta.korzen@fairfaxcounty.gov

MAY 8-JUNE 2

Featured Artist: Anne Hollis. Gallery hours at Arches Gallery, Workhouse Arts Center, Lorton. The whimsical exhibition, titled “Cirque du Plume,” is a series of mixed media collage artworks that depict circus acts performed by intrepid birds while dually representing family life. Visit archesgallery.weebly.com for more.

THURSDAY/MAY 9

Reception: “Transcend.” 6-9 p.m. at Torpedo Factory Artists @ Mosaic Gallery, 2905 District Avenue, #105, Fairfax. Featured work by juried artists from the Torpedo Factory Art Center represent a variety of media including painting, printmaking, photography and 3-D mediums explore the theme of transcendence. Visit www.torpedofactoryartists.com for more.

THURSDAY-SATURDAY/MAY 9-11

Newsies. Thursday-Friday, 7 p.m.; Saturday, 2 and 7 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Hayfield Secondary School's Theatre Department is performing Disney's Newsies the Musical. This show is appropriate for all ages. \$10 online; \$12 at the door. Call 703-599-9143 or visit hayfelddrama.com.

FRIDAY/MAY 10

6th Annual Casino Night. 6-10 p.m. at Volkswagen Group of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon. 6th Annual Casino Night fundraiser supporting the Boys & Girls Clubs of Greater Washington/Fairfax County Region. Hosted by LaVar Arrington with special guest “Secretary of Defense” Dexter Manley. Visit one.bidpal.net/casinonight2019 for tickets.

B-I-N-G-O. 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. See Friday, May 3.

FRIDAY-SATURDAY/MAY 10-11

Book Sale. Friday, noon-5 p.m.; Saturday, 10 a.m.-3 p.m. at the Kingstowne Public Library, 6500 Landsdowne Centre, Alexandria. Kingstowne Library's biggest sale of the year. Visitors will have access to hundreds of biographies, business books, children books, classics, cookbooks, craft books, family and marriage books, fiction, health and fitness books, histories and political tomes, religious themed books, science books, self help books, oldies but goodies and collectibles. Plus audio books on CD, DVDs, comic books, and graphic books. Email FKLbooksale@gmail.com for more.

SATURDAY/MAY 11

Together in Teal 5k. 8 a.m.-noon at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. This family-friendly event is the signature fundraiser for the National Ovarian Cancer Coalition. Run or walk the beautiful shaded course – all to support women with this deadly disease. \$45 adults, \$20 children under 12. Visit runwalk.ovarian.org/dcmetro or call 571-234-5231.

Easy Vegetarian Meals. 2-3:30 p.m. at Kings Park Library, 9000 Burke Lake Road, Burke. Chef Cal Kraft will teach easy recipes for vegetarians or anyone interested in eating more plant-based meals. Adults, teens. Free. Call 703-978-5600 or visit librarycalendar.fairfaxcounty.gov/event/4850528 for more.

Artist's Reception: Anne Hollis. 6 p.m. at Arches Gallery, Workhouse Arts Center, Lorton. The whimsical exhibition, titled “Cirque du Plume,” is a series of mixed media collage artworks that depict circus acts performed by intrepid birds while dually representing family life. Visit archesgallery.weebly.com for more.

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.

SATURDAY/MAY 4

Peripheral Neuropathy Support Group. 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. Meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit www.dcpnsupport.org for more.

SATURDAY/MAY 5

Ramadan Pack-Out Session. 10 a.m.-2 p.m. and 2-6 p.m. at 6820 Commercial Drive, Suite F, Springfield. Islamic Relief USA will hold its annual Ramadan Food Box Pack-Out sessions where volunteers pack boxes with many nonperishable foods. The packages will be given to people in need in their local communities through food pantries and houses of worship. Call 703-370-7202 or visit irusa.org for more.

Low Cost Rabies Vaccine Clinic.

Noon-2 p.m. at Mount Vernon Governmental Center, 2511 Parkers Lane, Alexandria. Cost is \$15 per pet, cash and check only. Dogs, cats, and ferrets may be vaccinated at the clinic. Dogs must be on leashes; cats and ferrets must be in carriers. All pets will receive a 1-year rabies vaccination. To obtain a 3-year vaccine, bring pet's rabies certificate (not tag) showing the current rabies vaccination expiration date. 2019 county dog licenses will be sold for an additional \$10. Visit www.fairfaxcounty.gov/animalshelter/communityassistance/rabiesclinics for more.

SATURDAY/MAY 8

Belvoir Toastmasters Meeting.

4:45-5:45 p.m. at Andrew T. McNamara Building Defense Logistics Agency (DLA) Room: 3501 (Third Floor), 8725 John J. Kingman Road, Fort Belvoir. All are welcome. Free refreshments will be provided. An escort may be required to enter the building, contact the group. Call 703-789-4798 or visit belvoir.toastmastersclubs.org.

Fairfax County Park Authority

Board Meeting. 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. www.fairfaxcounty.gov/parks/boardagn2.htm or call 703-324-8662.

FRIDAY/MAY 10

Digital Citizenship: Tips for

Parents. 10 a.m.-noon at at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Digital Citizenship can be described as the norms of appropriate, responsible behavior, its positive and negative impact on self and others, with regard to technology use. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

Volunteer Seminar. 10:30 a.m. at Volunteer Fairfax's headquarters, 10700 Page Ave., Suite 101, Fairfax. RSVP-Northern Virginia will hold a seminar on volunteering in retirement. RSVP offers more than 300 opportunities that include helping seniors age in place, assisting local food pantries, and teaching financial literacy. Free. To sign up for the May 10 orientation, email RSVP volunteer specialist Carly Hubicki at chubicki@volunteerfairfax.org or call RSVP at 703-403- 5360. www.rsvpnova.org.

SEE BULLETIN, PAGE 11

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News



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**Thumbs Up
for Gold Award**

The Old Dominion District (ODD) Round Tables — comprising Annandale, Springfield, Lorton and Seven Corners (Arlington) — in a group photo with the District Gold Award from the National Capital Area Council (NCAC), Boy Scouts of America (BSA). The pictures were taken in the Fellowship Hall of St. Mark's Lutheran Church, Springfield.



Adair Petty, District Committee Chair, ODD, NCAC, BSA



Peter Pate, District Commissioner, ODD, NCAC, BSA

Legals

Legals

PUBLIC NOTICE

**U.S. Army Garrison Fort Belvoir Seeking Interest in
Establishing a Restoration Advisory Board (RAB)**

The Department of Defense recognizes the importance of stakeholder participation in Installation Restoration Program (IRP) decision-making. In accordance with 10 USC 2705 and Department of Defense (DoD)/Army policy, U.S. Army Garrison Fort Belvoir is inviting involvement by community members in the decision-making process, including project prioritization, for Fort Belvoir's environmental restoration program. Environmental restoration is the planned and focused cleanup of contamination associated with past DoD activities to ensure threats to public health and the environment are mitigated or eliminated. A Restoration Advisory Board (RAB) is a volunteer, formal stakeholder group that regularly meets to discuss environmental restoration at specific properties on Fort Belvoir that are currently owned by DoD, and where the DoD oversees the restoration process. RABs enable persons interested in the DOD cleanup efforts to exchange information with State regulators, Army management, installation personnel, and other community members while participating in the decision process. Additional information regarding the RAB process, membership, and responsibilities can be found at the following internet sites: <http://www2.epa.gov/fedfac/restoration-advisory-board-rab-implementation-guidelines> and <https://aec.army.mil/index.php?cid=326>.

Environmental restoration program efforts at Fort Belvoir include investigation and remediation of former military munitions sites, landfills, buildings, petroleum remediation and other environmental areas of concern. Fort Belvoir is committed to public involvement in its environmental programs and is seeking to identify if the level of community interest is sufficient to sustain a RAB for the installation. Community members interested in volunteering and serving on a Fort Belvoir RAB are asked to contact Mr. Felix M. Mariani at imcom.fortbelvoir.dpw.environmental@us.army.mil before June 15, 2019.

Mr. Felix M. Mariani
Directorate of Public Works, Chief
Environmental and Natural Resources Division
703-806-3193
9430 Jackson Loop, Building 1442, Suite 200
Fort Belvoir, Virginia 22060-5116.

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BULLETIN

FROM PAGE 9

SATURDAY/MAY 11

Stamp Out Hunger Food Drive. Letter carriers will pick up donated food. Leave donations before your typical mail delivery time. All food stays in the local community. The top requested non-perishable food items are: cereal, pasta, pasta sauce or spaghetti sauce, rice, canned fruits and vegetables, canned meals (such as soups, chili and pasta), 100 percent juice, peanut butter, macaroni & cheese, canned protein (tuna, chicken and turkey), beans (canned or dry). You also can donate healthy, low-sodium, low-sugar items such as beans, oatmeal and other whole grains, and canola or olive oil. Specific questions regarding the Food Drive should be directed to 202-662-2489.

Office Hours. Mount Vernon District Supervisor Dan Storck will host Saturday office hours. Email mtvernon@fairfaxcounty.gov.

♦ 9-10:30 a.m. at Lorton Library, 9520 Richmond Highway, Lorton.

♦ 1:30-3 p.m. at the Mount Vernon district office, 2511 Parkers Lane, Mount Vernon.

Family Caregiver Expo. 10 a.m.-2 p.m. at Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Capital Caring will host its first Caregiver Expo in partnership with AARP and Virginia Hospital Center. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as free massages. Contact Amy Shields at ashields@capitalcaring.org or call 703-531-6095 for more.

Fairfax Board of Supervisors Chair Candidate Forum. 3-5 p.m. at Heritage Fellowship Church, 2501 Fox Mill Road, Reston. Join the Fairfax NAACP for an engaging, moderated panel discussion with candidates for Fairfax County Board of Supervisor's Chair. Candidates are Alicia Plerhopes, Tim Chapman, Ryan McElveen and Jeff McKay. Free. RSVP at www.eventbrite.com/o/naacp-fairfax-county-12397167937.

TUESDAY/MAY 14

NARFE Fairfax 737 Luncheon Meeting. 11:30 a.m.-1:30 p.m., at American Legion Post 177, 3939 Oak St., Fairfax. Meetings are held on the second Tuesday of each month from September through June, and opened to all active and retired Federal employees, spouses and guests. Register for luncheon (\$11) by Friday before meeting. Call 703-280-2356 or email rrharney2@gmail.com.

FRIDAY/MAY 17

Military Caregiver Workshop. 9 a.m.-3 p.m. Hope For The Warriors will host a one-day military caregiver workshop in the Springfield area. The free event will focus on self-care and mindfulness with activities that include: art therapy, applied theater experiential, therapeutic yoga by Pamela Stokes Eggleston of Yoga2Sleep and share time with other caregivers. Visit www.hopeforthewarriors.org/health-wellness/military-veteran-caregiver-support-services.

Emergency Preparedness for Parents of Students with Disabilities. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. For the millions of Americans with disabilities, natural and human-made disasters present a substantial challenge. Fairfax County's Office of Emergency Management is committed to the inclusion of all by spreading the message of preparedness to its residents with disabilities and access and functional needs. Free to parents, educators and community members. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

NEXUS 2019: Fussy Minds Forum. 1-3:30 p.m. at Fairfax County Public Schools Virginia Hills Center, 6520 Diana Lane, Alexandria. Today more than ever, stress wears people out. Stressed-out youngsters, tweens and teens may seek harmful ways to relieve stress. During this forum, participants discuss the effects of stress on the brain-ways of the young and how to build the resilience needed for successful learning into adulthood and beyond. Space is limited; register at www.eventbrite.com/e/community-conversation-addressing-irritability-stress-fussiness-in-todays-youth-tickets-60314231490.

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As Luck Has Had It



By KENNETH B. LOURIE

Aside from the fatigue I experienced a few columns ago, this immunotherapy infusion is, and has been, quite manageable.

My biggest take away so far is that I've had no real quality of life issues, as had been the case with my previous chemotherapy/alimta infusions. With that drug, I had post-infusion eating challenges and for nearly a week after the fact, felt less than mediocre.

Moreover, I wouldn't say I felt like I had cancer, but I certainly was reminded of it — if that makes any sense.

And even though I do have some minor side effects from my current immunotherapy infusion, I am reminded nevertheless, that I have cancer. Not because of how I feel, as was the case previously, but because of how I look — and because of what I feel.

I am referring to my "Adam's apple" tumor. Not only can/do I 'look' it all the time but quite often, depending on how I move my head: forward/downward, I can feel it too.

I have to tell you, feeling it as I do, and looking at it as often as I do: every day, is unsettling.

My whole approach to this living-with-cancer life has been to compartmentalize it a la Jerry Seinfeld and "the vault." Out of sight has helped keep some things out of mind. And when things are out of mind, it's much easier to make believe.

And making believe has been one of my methods of "operandi" since Feb. 20, 2009. That's the date (you bet I remember) when my internal medicine doctor called me at work with the results of my previous week's biopsy: "malignant," he said.

Up until that call, the previous six weeks' diagnostic pursuit had been interesting in a curious kind of way wondering what all the goings on were about and when all these inconveniences would end. And not for a minute during this entire process did I ever think I'd be diagnosed with a "terminal" disease: non-small cell lung cancer, stage IV. I figured, to the extent I figured at all, that the process would result in much having been done about nothing.

Boy was I wrong!

I still remember — and laugh when I recall the phone conversation I had with my thoracic surgeon after he had received the results of my PET scan: "You lit that thing up like a Christmas tree," he said.

Presuming that wasn't good news, I replied: "I hear there are false positives all the time which is why these scans aren't used a lot." (A perfect example of a little knowledge in the wrong mouth.)

I can't recall if the doctor snickered before he said the following: "Well, then your scan was a world record false positive." I don't know if I grasped the obvious at that point but soon a surgical biopsy was ordered and the rest is Kenny-with-cancer history, a history with which many of you regular readers are all too familiar.

And that's a familiarity which I hope has not bred contempt. Because even though it's my life — and I'm stuck with it (as the old saying says), it need not be yours. I can well imagine and appreciate how living with and/or seeking out negativity is not likely to improve any one's lot in life. (I try to avoid it every day.)

To that end, I have always tried to tread lightly and write with a soft touch since I've been cancer-centric beginning June 10, 2009, when I published my first column on the subject: "Dying To Tell You, Sort Of." And in so doing, I've tried to see the light amid the darkness and be thankful for any in between.

I can't say it's been fun, but it's funny how things have turned out: alive and reasonably well, 10-plus years later.

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



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