

# Springfield CONNECTION

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PHOTO CONTRIBUTED



Lee Jost, a volunteer at Key Center School, is a local hero to students.

## 'Mr. Fix-It' at Key Center

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### Fire Chief John Butler to Set Vision

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### Myofascial Release Taught in Springfield

NEWS, PAGE 2

# Getting the Kinks Out May Take a Round of Myofascial Release

Workshop in Springfield focuses on muscle tension skills that can be used at home.

BY MIKE SALMON  
THE CONNECTION

Stress seems to be part of life for some in the Northern Virginia area, and it can manifest itself in many ways. Some find solace with meditation, exercise or yoga. Another approach is myofascial release. The Mayo Clinic website describes myofascial release as “a manual therapy technique often used in massage. The technique focuses on pain believed to arise from myofascial tissues — the tough membranes that wrap, connect and support your muscles.”

Honest Soul Yoga will hold a “Self-Myofascial Release,” workshop, teaching a hands-on technique that can be done at home.

“Self-Myofascial Release is when a person is able to mechanically stimulate their connective tissue in order to facilitate hydration and break up adhesions, thereby improving range of motion and allowing muscles to glide past each other more efficiently,” said Evelyn



PHOTO CONTRIBUTED

## Evelyn Mizell

Mizell, an expert of this technique that will lead the class at Honest Soul.

It is a hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion.

The myofascial release is popular in parts of the sports world, and

it has now made its way into the mainstream. It can be done at home, and this makes it easier to access and cost effective as well. Mizell has worked with athletes, particularly runners after a race.

“I’ve found many clients really love the self-myofascial release I’ve taught them for hands and feet,” she said. And it’s not just for ath-

## Workshop

**MYOFASCIAL WORKSHOP WITH EVELYN MIZELL**  
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letes. “I have one who knits and finds that releasing the connective tissue in her hands is a huge help,” she said.

Honest Soul Yoga sells self-myofascial release tools, reports that they are a top seller. “I think this is in part due to growing trend of people finding relief from these techniques, and also gives nod to how easy it is to learn these techniques and then apply them on your own to support your yoga practice and athletic endeavors,” said Julia Lopes at Honest Soul.

The term has hints of something exotic with a splash of science but it is something practiced world wide. At YogaWest, in London, England, Myofascial Release is taught by Alice Blunden to in-

crease blood flow, reduce muscle soreness, maintain normal functional muscular length and encourage movement of the lymph.” Myofascial release offers so many benefits to everyone, not just athletes. It is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and tension and restore motion in the body,” Blunden wrote on her website.

Foam rollers are one way to use the self-myofascial release, and it was highlighted by ESPN in 2014 as a way for athletes to find relief. Foam rollers are one tool that can loosen the tissues, but this can also be done with a soft ball or even a tennis ball, as many yoga classes use.

Mizell has been trained in self-myofascial release by Tiffany Cruikshank, founder of Yoga Medicine, who’s been a contributor to several health publications. Cruikshank is part of “Glo,” an online yoga and Pilates platform.

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Fairfax County Fire Chief John Butler helps a child with her toys at the Firefighters and Friends Toy Distribution Day in December of 2018.



Fairfax County Fire Chief John Butler, second from right, working with Liberian firefighters in January of this year.

## Fire Chief John Butler To Set Vision

The road from Liberia to Fairfax County, with vision to regain the reins of an organization bruised by claims of bullying and harassment.

BY JEANNE THEISMANN  
THE CONNECTION

Fairfax County Fire and Rescue Department Chief John Butler didn't grow up wanting to be a firefighter. Born in Liberia, he was 12 years old when his family was forced to flee the country following a military coup in April of 1980.

"My father was among those identified as someone the new regime wanted to do away with," Butler said in recalling the circumstances that led to his immigration to the U.S. "I'm not sure why since he was not involved in politics or the military — he was a businessman. But life had become tumultuous and my parents decided that was not how they wanted to raise their family."

Less than a month later, the family had resettled in Columbia, Md., where Butler graduated from Oakland Mills High School. He would go on to serve in the U.S. Marine Corps and was home on leave when he accompanied a friend to take the test to become a Howard County firefighter. That decision would change his life, leading to a career in firefighting and ultimately to his being named the first African American fire chief in Fairfax County.

"I wasn't looking for a job," Butler said. "I was loving being a Marine. But while I was waiting for my friend a recruiter convinced me to take the test and when I passed, I thought 'Why not this?' As I look back on this path, the wild ride from that lobby to where I am now is never lost on me."

**BUTLER WAS NAMED** last summer to

replace Chief Richard Bowers and was formally sworn in Sept. 4, 2018. Prior to that he served 26 years with the Howard County Department of Fire and Rescue Services. He began as a firefighter-paramedic, rising through the ranks to serve in a variety of roles, including as battalion chief, emergency medical services chief and administrative chief before being named Howard County's first African American Fire Chief in 2014.

"Howard County [Fire and Rescue] is a high performing organization, but it was time to take on new challenges," Butler said of his move to the helm of Fairfax County, a department three times the size of Howard County. "I always thought highly of Fairfax Fire and Rescue and am mindful of the more recent challenges. I thought I could bring something to the table — to help them get realigned and continue going in a positive direction."

In addition to his firefighting experience, Butler served in the Marines for 21 years, including two combat tours.

"Joining the Marines is one of the best decisions I ever made," Butler said. "In combat is where I grew a lot of my character. It's where I learned how to lead teams and how to lead others on a shared mission and vision."

Butler's vision for FCFRD is to regain the reins of an organization bruised by claims of bullying and harassment.

"I came here to establish guardrails, set a vision and build a healthy team," Butler



John Butler addresses the media after being sworn in as Fairfax County Fire Chief Sept. 4, 2018. Butler is the first African American to hold the position.

said. "We have a talented, diverse department but we can't solve problems using the same thinking that created those problems."

**BUTLER HAS CREATED** an equity and inclusion council and implemented code of conduct and social media policies. Social media policies in particular have been under scrutiny since the 2016 suicide death of firefighter Nicole Mittendorff following claims of online bullying.

"We need to reestablish and rebuild the relationships that have taken a hit over the years," said Butler, who was a defendant in a termination suit brought by a Howard County battalion chief based on social media postings.

"The case — Buker vs Howard County — went to the Supreme Court," Butler said. "We prevailed and stuck to strong social media policies and a code of conduct that basically says that if it disrupts the work-

place, we can hold you accountable. That's the platform I have for here — I won't tolerate cyberbullying or any behavior that disrupts the workplace."

Butler, 52, holds a Master of Science in management from Johns Hopkins University and a Bachelor of Arts from the University of Baltimore. He is a graduate of the National Fire Academy's Executive Fire Officer Program and from Harvard University's John F. Kennedy School of Government Leadership in Crisis Program.

**IN 2014**, Butler was the recipient of Johns Hopkins University's Global Achievement Award for his humanitarian work in Africa. He has made multiple trips to the Republic of Liberia, most recently in January of this year, when he

assisted in training recruits for the Liberian National Fire Service and visited the Sayklon Orphanage. Butler uses his personal vacation time and pays for all expenses out of his pocket.

"Whenever I return from trips such as this, I am reminded of how fortunate we are to have the things we have, the infrastructure and quality of life that we enjoy and most often take for granted," said Butler following his most recent trip.

Butler, who is married with three adult children, hopes to have a positive impact in Fairfax County.

"I am really loving the department, the people I am working with and the direction we are going," Butler said. "Most importantly, I hope that my emphasis on trust, courageous conversations and human engagement is making a difference. But the best way I can impact the organization is by modeling good behavior."

# OPINION

## Special Session on Gun Violence

**Eight proposed bills would make the commonwealth safer.**

**M**embers of the Virginia General Assembly were scheduled on July 9 to convene in a special session intended to address gun violence. After the May 31 mass shooting in Virginia Beach, Gov. Ralph Northam called for a special session of the General Assembly to address gun violence. Last week, he announced a package of eight bills for consideration during the special session.

❖ Legislation requiring background checks on all firearms sales and transactions. The bill mandates that any person selling, renting, trading, or transferring a firearm must first obtain the results of a background check before completing the transaction.

❖ Legislation banning dangerous weapons: assault weapons, high-capacity magazines, bump stocks and silencers.

❖ Legislation to reinstate Virginia's successful law allowing only one handgun purchase within a 30-day period.

❖ Legislation requiring that lost and stolen firearms be reported to law enforcement within 24 hours.

❖ Legislation creating an Extreme Risk Pro-

TECTIVE Order (Red Flag law), allowing law enforcement and the courts to temporarily separate a person from firearms if the person exhibits dangerous behavior that presents an immediate threat to self or others. This would prevent suicides.

❖ Legislation prohibiting all individuals subject to final protective orders from possessing firearms. The bill expands Virginia law which currently prohibits individuals subject to final protective orders of family abuse from possessing firearms, keeping guns out of the hands of domestic abusers.

❖ Legislation enhancing the punishment for allowing access to loaded, unsecured firearm by a child from a Class 3 Misdemeanor to a Class 6 felony. The bill also raises the age of the child from 14 to 18.

❖ Legislation allowing localities to enact any firearms ordinances that are stricter than state law. This includes regulating firearms in municipal buildings, libraries and at permitted events.

These are in fact common sense proposals, and each one should get consideration and a vote. There's a good chance that won't be the outcome because Republicans narrowly control both the House of Delegates and the Virginia Senate.

But the special session will focus legislators and voters on the importance of these issues, and that focus will serve the effort well, whether or not any of the bills pass into law this month.

EDITORIAL

## Good for the Gander

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



**T**he General Assembly went into Special Session July 9 at the call of Gov. Ralph Northam to address gun violence after a shooter with a silencer on his pistol murdered a dozen persons in a municipal building in Virginia Beach. The outcome of the session in which legislators introduced eight different bills at the request of the Governor is unknown as I write this column. I introduced the bill that I have introduced at other sessions to expand criminal background checks for all firearm transactions or universal background checks.

Virginia has had a criminal background check for gun purchases for 30 years. The system was put in place after a bill that was heavily debated and that seemed certain to be defeated was passed with the support of a senior delegate, Vic Thomas, who was an

avid NRA supporter. He concluded that it was a bill the public clearly wanted and should pass because it did not interfere with the Second Amendment. In what may have been the last time the NRA took such a position, it did not support but it did not oppose the bill's passage. Governor Gerald Baliles signed the bill into law even though he had earlier opposed any gun control legislation.

The resulting instant background check system that was put into place continues operating today. It was the promise of an instant background check without the need to wait for days for approval that was the feature that led to the bill's passage.

There was then that continues today a major flaw in the law as originally passed that supporters had hoped to correct but have not been successful in amending. The law only applies to purchases made with federally licensed gun

dealers. That's about half the gun sales in the state each year, although exact statistics are unknown because of statutory limitations on gathering information about gun sales put in place with NRA advocacy. This flaw in the law created what is referred to as the "gun show loophole." At any of the numerous gun shows that are held throughout the Commonwealth one can purchase a gun from a federally licensed gun dealer with an instant background check; at the next table at the show a person can purchase a gun from an unlicensed dealer with no identification needed and no questions asked.

The astonishing statistic is that in 2018 the Virginia State Police conducted 446,333 firearms transactions involving licensed dealers with 3,457 of the transactions denied because of previous criminal behavior. Had the loophole in the law been closed there may have been as many as a half million more checks with a proportionally high number of persons with criminal records being denied another weapon.

What is good for the goose is

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— MARY KIMM

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# CRIME REPORT

## Detectives Investigate After Two Men Treated for Gunshot Wounds

Detectives are investigating after two men were treated for gunshot wounds Wednesday evening, July 3. Officers first responded shortly after 6 in the evening to the 5200 block of Queensberry Avenue in Springfield for a person who had been shot. Officers found Johnathan Velasquez Romero, 19, of Springfield with a non-life-threatening gunshot wound to his hand. Information was falsely reported indicating that a man with a mask was involved. Detectives later determined that Romero's injury was accidentally self-inflicted. Romero was charged with reckless handling of a firearm and issued a summons.

Shortly after 8 p.m., officers from Franconia Police District responded to a local hospital after a man was dropped off with a non-life-threatening gunshot wound to his lower body. Detectives are continuing to investigate the circumstances of this shooting and working to determine whether it is related to the accidental discharge on Queensberry Avenue.

Detectives do not have any information to indicate these incidents are gang-related or related

to recent shootings in Gum Springs and Rose Hill.

Detectives from our West Springfield District Criminal Investigations Section are asking for anybody with information about this event to contact non-emergency dispatch line at 703-691-2131. Tips can also be submitted anonymously through Crime Solvers by visiting <http://www.fairfaxcrimesolvers.org>, or text-a-tip by texting "TIP187" plus your message to CRIMES (274637). Anonymous tipsters are eligible for cash rewards of \$100 to \$1000 dollars if their information leads to an arrest.

*Fairfax County Police Department - Franconia District Station reported the following incidents:*

**TUESDAY, JULY 9 LARCENY/ASSAULT ON LAW ENFORCEMENT/OBSTRUCTION OF JUSTICE:** 5944 Kingstowne Center (Home Goods), 7/8/19, 5:33 p.m. Officers responded to the store for a woman who was in loss prevention's custody for shoplifting. Prior to officers arriving, the woman was permitted to make a phone call and she called her son. Officers arrived to assume the investigation and someone began knocking on the loss

SEE CRIME REPORT, PAGE 9



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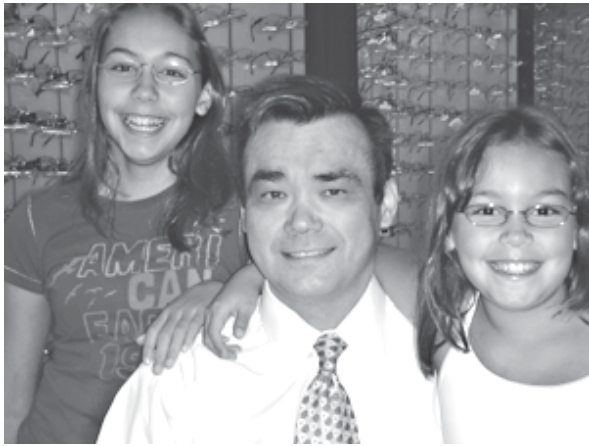
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Home LifeStyle

Plastic bins such as those in this closet can help maximize space in a dorm room, advises Susan Unger of ClutterSOS.



PHOTO COURTESY OF SUSAN UNGER.

# Dorm Room Decor

Adding style and creating space in tight quarters

BY MARILYN CAMPBELL  
THE CONNECTION

When she moved out of her family home and into a dorm room at Marymount University, one of the obstacles that Grace McKinley faced was creating a sense of style and order in her new downsized dwelling.

"[My] biggest challenge was making a small space feel like a functional home," said McKinley, an interior design major who now works as an intern at Case Design/Remodeling, Inc.

For students who are getting ready to head off to college next month, part of their preparation includes shopping for supplies to hold items ranging from jeans and t-shirts to laptops and books. Like McKinley, many will take on the task of finding pieces that will serve the dual role of adding both aesthetic appeal and efficient organization to a diminutive and austere room.

"First of all, since dorm rooms are really small, try to only take what you know you will actually need," said Susan Unger of ClutterSOS. "If you can only take your clothes, choose items needed for the current season and then change them out when you return home for a visit."

Even for those who choose to take only a limited amount of clothing, finding the best use of space requires creativity and precision. "Use bed risers to make room for under-the-bed storage bins where you can house items such as extra food and clothing you don't wear on a regular basis," said Unger.

Students who, like McKinley, miss the comforts of home, can use nostalgic reminders to smooth out the transition. "I made sure to put up photos of friends and family on the wall to add a sentimental touch," she said. "And I coordinated my favorite colors in my bedding and organization items." McKinley said those items included stackable, plastic storage trays that held her jewelry and school supplies.

In fact, tools for keeping order are essential when trying to maximize the limitations of size-challenged rooms. "Always think of using available vertical space such as the back of doors," said Unger. "You can actually use an over-the-door shoe bag for other things like toiletries or food instead of shoes."

Even dorm-sized appliances can be multi-functional, says Unger. "If you have a refrigerator with metal sides you can use magnetized bins for office



When decorating a small space, interior designer Allie Mann of Case Design/Remodeling Inc. says that bold colors can add vibrancy.

or kitchen supplies like condiments or eating utensils," she said. "A shower caddy is also a good idea so that you can keep all your bathing supplies in one place."

When it comes to breathing life into sterile, cramped quarters, a touch of vibrancy can have a big impact, says Allie Mann, designer and senior interiors specialist at Case. "When decorating a small space, don't be afraid of color," she said. "The best small spaces are those that are the most colorful. So many times folks are afraid of too much color. Be bold and have fun."

Accessories that Mann recommends include colorful peel-and-stick wallpaper. "Take any lamp and give it life and character with pom poms from a craft store," she said.

While she encourages color creative, her advice comes with a caveat. "Be careful not to mix too much pattern," she said. "Too much pattern in a small space could be a bit dizzying."

Now working as Mann's design intern at Case, McKinley says that, as she progressed in her major, she began putting her newly acquired skills to use in her dorm room. "In my interior design classes, we learned that balancing elements of design like color, shape, space, and texture creates the best spaces," she said. "Adding interest with a unique throw pillow, patterned rug, or a fun lamp can make a simple dorm stand out from the rest."

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# Student Representative on County School Board

**K**imberly Boateng, a sophomore at Lee High School, has been elected by the countywide Student Advisory Council (SAC) to serve a one-year term as student representative to the Fairfax County School Board, beginning July 1. Boateng will participate in School Board meetings as a nonvoting member, filling the position currently held by Bennie Tignor, a senior at South Lakes High School. She will be the 49th student representative to the School Board. Boateng believes her experience attending four schools in four years will contribute to her vision and ability to advocate for all students. "Through these years at a variety of schools, I've seen the diversity of people, location, and culture," she states. "I've seen things that have really worked for schools and I've also seen things that don't work in the slightest." She hopes that, as a student advocate, she can offer students "the sense of having some sort of say in decisions that will be made involving them."

Among the pressing issues for students, Boateng says that mental health, implicit bias awareness, the dress code, assistance for at-risk students, drug use, and punishment reform are most important.

Punishment reform, according to Boateng, "merges in with the issue of at-risk students



PHOTO COURTESY OF FCPS

**Kimberly Boateng**

and implicit bias É one can see that suspending or expelling students hasn't been effective." She adds that different solutions should be

explored to help reform students who have committed offenses. "Instead of throwing the child away, I want to work with the School Board to find a way to fix the child," she says.

Since seventh grade, Boateng has attended Twain Middle, South County Middle, South County High, and Lee High. Her activities have included membership in the Technology Student Association, International Club, Black Students Unite, South County Marching Band and Winter Guard, Jazz Band, Minority Achievement Committee, honor societies for math and music, National Honor Society, Lee Marching Band, and NAACP.

Boateng is currently enrolled in Advanced Placement (AP) Government, Honors English, band, International Baccalaureate (IB) chemistry and math, and Spanish 3. She plans to pursue the IB diploma and will be enrolled in IB Spanish HL (higher level), IB English HL, band, IB History of America HL, IB chemistry, AP Calculus BC, IB Theory of Knowledge, IB Anthropology, and economics and personal finance.

As a recipient of the Johns Hopkins Center for Talented Youth scholarship, Boateng studied psychology at Lafayette College and principles of engineering at Roger Williams University, and will study global politics this summer at Princeton University.

## BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

### CAMPS

#### Art Camp Registration.

Summer Art Camp in Burke for 5-8 year olds, 8 years and up, and teens/adults. Camp is held through Burke Centre Conservancy at the Woods Community Center, 10100 Wards Grove Circle, Burke. Camp weeks run July 22-26; July 29-Aug. 2; and Aug. 5-9. Call 703-250-6930 or visit [www.czartlessons.com](http://www.czartlessons.com).

- ❖ Fine Arts & Crafts Camp (8 years & up)
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### TUESDAY/JULY 16

#### Volunteering in Retirement.

10:30 a.m. at the American Red Cross National Capital Region office, 8550 Arlington Blvd., Fairfax. RSVP-Northern Virginia will hold a seminar on volunteering in retirement. The one-hour event is free and open to the public. To sign up, email RSVP volunteer specialist Brandie Morris at [bmorris@volunteerfairfax.org](mailto:bmorris@volunteerfairfax.org) or call RSVP at 703-403-5360.

SEE BULLETIN, PAGE 11

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# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Art Exhibit: Somewhere Between You and Me.** Through July 20, Fridays and Saturdays, 11 a.m.-3 p.m. at Olly Olly, 10417 Main St., 2nd Floor, Fairfax. In Somewhere Between You and Me, young nonbinary transgender artists intimately seek to understand and bring understanding to what it means to experience life as a nonbinary person. Call 703-789-6144 or visit [ollyollyart.com](http://ollyollyart.com) for more.

**Art Exhibition: Virginia Watercolor Society.** Through Aug. 2, gallery hours in the McGuireWoods Gallery, Workhouse Arts Center, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Virginia Watercolor Society (VWS) is organizing its 40th annual juried painting exhibition with about 85 paintings on display. Free and open to the public. Visit [www.workhousearts.org/](http://www.workhousearts.org/) or [www.virginiawatercolorssociety.org](http://www.virginiawatercolorssociety.org) for more.

**Kingstowne Farmers Market.** Fridays, through Oct. 25, 4-7 p.m. in the Giant parking lot, 5870 Kingstowne Towne Center, Alexandria. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne](http://www.fairfaxcounty.gov/parks/farmersmarkets/kingstowne).

**Wakefield Farmers Market.** Wednesdays, 2-6 p.m. through Oct. 30, at Wakefield Park, 8100 Braddock Road, Annandale. Eleven local farmers and producers. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/wakefield](http://www.fairfaxcounty.gov/parks/farmersmarkets/wakefield).

**Lorton Farmers Market.** Sundays, 9 a.m.-noon, through Nov. 17, in the VRE Parking Lot, 8990 Lorton Station Blvd., Lorton. The Fairfax County Master Gardeners Association will be there each week, providing horticultural information to home gardeners in Fairfax County. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/lorton](http://www.fairfaxcounty.gov/parks/farmersmarkets/lorton).

**Springfield Farmers Market.** Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.community-foodworks.org](http://www.community-foodworks.org) or call 202-697-7768.

**Burke Farmers Market.** Through Dec. 21, 8 a.m.-noon at the VRE parking lot, 5671 Roberts Parkway, Burke. All vendors make their own food or grow it locally within 125 miles. Call 703-642-0128 or visit [www.fairfaxcounty.gov/parks/farmersmarkets/burke](http://www.fairfaxcounty.gov/parks/farmersmarkets/burke) for more.

## THURSDAY/JULY 11

**Evenings on the Ellipse: Doc Scantlin and his Imperial Palms Orchestra (big band).** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit [www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse](http://www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse) for more.

## FRIDAY/JULY 12

**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](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

**Old Town Village Performances: Sior Org.** 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. The weekend starts here – Friday night on the Old Town Village Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit [www.oldtownplazafairfax.com](http://www.oldtownplazafairfax.com) for more.

## SATURDAY/JULY 13

**Children's Entertainment Series.** 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring Rocknocos (children's songs). Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).



## Railroad Museum

The Fairfax Station Railroad Museum holds events most Sundays, 1-4 p.m. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. The Fairfax Station Railroad Museum is located at 11200 Fairfax Station Road, Fairfax Station. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.



## Springfield Farmers Market

Vendors include Cascade Beverage, Celestial/Fossil Farms, Chilanga Tortilla, Conecopia, Greenwich Farms, Iganacio's Produce, Kingdom Gourmet, Lola's Kusina, Lund's Produce, Smiths Mecklenburg, Taste Old Country, Three Puppies, Tyson Farm, and Windmill Meadows. Saturdays, through Nov. 23, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.community-foodworks.org](http://www.community-foodworks.org) or call 202-697-7768.

**Summer Saturdays.** 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit [www.gunstonhall.org/visit/guide/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

## SUNDAY/JULY 14

**Chair Yoga.** 3-4 p.m. at Centreville Regional Library, 14200 St Germain Drive, Centreville. Gentle and mindful chair yoga for adults and older adults. Free. Call 703-830-2223 or visit [librarycalendar.fairfaxcounty.gov/event/5312868](http://librarycalendar.fairfaxcounty.gov/event/5312868).

**Films in the Park: Christopher Robin (2018).** 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit [mosaicdistrict.com/events/event/films-in-the-park-2/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## MONDAY/JULY 15

**Open House: Sentimental Journey Singers.** 9:30-11 a.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. A chorus for those diagnosed with early or beginning moderate Alzheimer's and other memory impairments, along with their care partners, Sentimental Journey Singers offers the fun and social aspects of singing in chorus together. Learn more about this new choral program at Insight before rehearsals begin in September. Contact Christi Clark at 703-204-4664 or [christi.clark@insightmcc.org](mailto:christi.clark@insightmcc.org).

## WEDNESDAY/JULY 17

**Springfield Nights: The Reagan Years (80's Tribute Band).** 7-8:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Springfield Nights returns for a second summer season with free musical performances on Wednesday evenings at Burke Lake Park ranging from bluegrass and pop, to rock and R&B. Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).

**Lee District Nights: City of Fairfax Main Street Community Band.** 7:30 p.m. at Lee District Amphitheater, 6601 Telegraph Road, Alexandria. Enjoy an evening of al fresco music at Lee District Park. Head to the amphitheater on Wednesdays for this series concerts featuring a variety of musical acts from jazz to big band, classic to bluegrass, swing to folk and vintage rock 'n roll. Visit [www.fairfaxcounty.gov/parks/performances/lee-district-nights](http://www.fairfaxcounty.gov/parks/performances/lee-district-nights) for more.

## THURSDAY/JULY 18

**Free Tea Day.** 10 a.m.-9 p.m. at McAlister's Deli, 10691 Braddock Road, Fairfax. McAlister's annual Free Tea Day. Enjoy a free 32-ounce fresh-brewed iced tea, no purchase necessary. Visit [www.mcalistersdeli.com](http://www.mcalistersdeli.com) or call 703-278-8117.

**Lunch N' Life.** Noon-2 p.m. at Saint Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. Those 50 and older are invited to join the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke. The guest speaker will be Paul Severance, a historian who will speak on The Lincoln Assassination Trial. For reservations, call Bea Stephenson at 703-273-5730 by July 12. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-273-5730. Visit [www.scfbva.org](http://www.scfbva.org) for more.

**Evenings on the Ellipse: Maybe April (country).** 5:30-7 p.m. at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Fairfax County Government Center's backyard will be alive with fun, music and good company this summer as the Evenings on the Ellipse concert series returns. Stop by and relax in style with generous tastings and sales from Fairfax County's two Wineries, Paradise Springs and Bull Run. Visit [www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse](http://www.fairfaxcounty.gov/parks/performances/evenings-on-the-ellipse) for more.

## THURSDAY-SATURDAY/JULY 18-20

**Mamma Mia.** Thursday-Friday, 7 p.m.; Saturday, 2 and 7 p.m. at Hayfield Secondary School, 7630 Telegraph Road, Alexandria. Based on a 2008 jukebox Musical Romantic Comedy, the story follows a young bride-to-be who invites three men to her upcoming wedding, each one with the possibility of being her father. \$10-\$12. Call 703-505-9955 or visit [www.hayfielddrama.com](http://www.hayfielddrama.com) for tickets.

## FRIDAY/JULY 19

**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](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

**Old Town Village Performances: Main Street Clarinet Quartet.** 7-8 p.m. at Old Town Plaza, 3955 Chain Bridge Road, Fairfax. The weekend starts here – Friday night on the Old Town Village Plaza – music and dance to relax by. Fridays, June-September, weather permitting. Performances are free. Call 703-385-7858 or visit [www.oldtownplazafairfax.com](http://www.oldtownplazafairfax.com) for more.

## SATURDAY/JULY 20

**Electric Vehicle Show.** 9:30-11:30 a.m. at Daniels Run Peace Church, 3729 Old Lee Highway, Fairfax. Learn how Fairfax County can be a leader in electric car technology and test drive several EV models. Environment Virginia, Daniel's Run Peace Church, and The Climate Reality Project are hosting this event. The church has an electric vehicle charging station, solar panels, and a community garden. Free. Visit [environmentvirginia.org](http://environmentvirginia.org) for more.

**Children's Entertainment Series.** 10-10:45 a.m. at Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Featuring Blue Sky Puppet Theater (puppets). Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).

**Summer Saturdays.** 11 a.m.-4 p.m. at Gunston Hall, 10709 Gunston Road, Lorton. Join Gunston Hall for a summer of fun. Each Saturday in June, July, and August, stop by for a historic adventure on the grounds and in the Visitor Center. Included with regular admission. Call 703-550-9220 or visit [www.gunstonhall.org/visit/guide/upcoming-events](http://www.gunstonhall.org/visit/guide/upcoming-events).

## SUNDAY/JULY 21

**NTRAK Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge Train Display. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**Films in the Park: Incredibles 2 (2018).** 7 p.m. at Strawberry Park in Mosaic, Fairfax. Mosaic's summer movie lineup has something for the whole family. Grab a blanket, friends and family and watch favorite films underneath the stars. Visit [mosaicdistrict.com/events/event/films-in-the-park-2/](http://mosaicdistrict.com/events/event/films-in-the-park-2/).

## WEDNESDAY/JULY 24

**Springfield Nights: The Woodshedders (Roots Rock).** 7-8:30 p.m. at Burke Lake Park, 7315 Ox Road, Fairfax Station. Springfield Nights returns for a second summer season with free musical performances on Wednesday evenings at Burke Lake Park ranging from bluegrass and pop, to rock and R&B. Visit [www.fairfaxcounty.gov/parks/performances/springfield-nights](http://www.fairfaxcounty.gov/parks/performances/springfield-nights).



PEOPLE

# 'Mr. Fix-It' at Key Center

Lee Jost is a local hero to students.

BY ALEX MORIN

Most mornings at the Key Center School, Lee Jost is bombarded with questions as he walks through the halls. "Could you modify this wheelchair?"

"Can you repair one of my toys, please?"

"How can we improve our students' interactions with the world?"

Jost, the school's "Mr. Fix-It," has been a fixture at the center for 22 years.

Jost's volunteer work is crucial at the Key Center because of the school's mission to support children and teens with disabilities. Students at the center rely on a variety of devices and assistive technologies to interact with the world and with Jost's help, the equipment is well-maintained.

Jost was drawn to the Key Center because his grandson, Carson, attended the school. Carson was born with Wolf-Hirschhorn Syndrome, a rare condition in which part of the fourth chromosome is deleted. Carson, now 27, lives on the West Coast with his parents.

**INITIALLY**, Jost was hesitant about volunteering and worried that he didn't have the medical background to help students. The children at the Key Center School have a variety of physical and intellectual disabilities that can challenge any volunteer. Jost com-



PHOTOS CONTRIBUTED

Now and then: Lee Jost today and in his Army days.



A thank-you board for Lee Jost at Key Center School.

mented, "For a teacher to excel here, it takes a very, very special person." Despite his concerns, Jost found that he could help by becoming "Mr. Fix-It" and grew to love the students. "Over time, I've gotten very close to many students," Jost said. "I've had a lot of fun in my life, but [volunteering at the Key Center] is the most satisfying thing I've ever done."

The staff estimates that Mr. Jost has saved the school millions of dollars building or repairing mat tables, adaptive use toys, privacy curtains, and undertaking many other projects. However, Jost's impact is more meaningful to the Key Center family. "Mr. Jost is always positive, and you can't help but smile when you see and talk to him. His generosity and kindness are so exceptional, and I'm sure he would give a total stranger his last penny if they needed it," Jody Stewart, a teacher at the Key Center, wrote.

One of Jost's most significant contributions is an amazing procedure to help students build wooden birdhouses, trucks, and more. Jost prepares the craft kits by starting nails in predrilled holes, but while some can hammer the nails on their own, most students have trouble with fine motor skills. To circumvent this, Jost or a teacher helps each student grip the handle, then wraps their own hand around the student's and moves the hammer. While the students might not have the strength to lift the hammer, they

feel the motion and sensations of the complicated task. Jost's methods have endeared him with the students and staff at the Key Center, and he is affectionately known as "Mr. Pound-Pound" for the sounds of his hammering.

**JOST, 84** and a member of the Riverside community, has been honored for his service as Fairfax County's 2001 Volunteer of the Year and as the subject of a Washington Post article in 2009.

"Volunteers like Mr. Jost are the heart of our community and inspirations for us all," Mount Vernon District Supervisor Dan Storck said.

Mr. Jost has learned many things about the children of the Key Center but most important to him is the students' ability to learn and act for themselves. Ann Smith, the principal at the Key Center, said, "It's just amazing [when using the devices] that the students know 'my hand will make something happen,' and it starts to unravel more ideas and more opportunities for students to interact with the world." With a grin, Jost remarked, "For the students, the key is those three words: 'I did it. I made it happen.'"

Alexander Morin graduated from South County High School in June 2018. He is currently pursuing a computer science degree at Virginia Tech and interning at the office of Mount Vernon District Supervisor Dan Storck.

CRIME REPORT

FROM PAGE 5

prevention's office door. The woman's two sons and daughter attempted to force their way into the loss prevention office to interfere with the investigation, striking the officer with the door as they attempted to force their way in. Additional officers responded and OC spray was used in order to arrest the group. A 63-years-old Springfield, woman was charged with petit larceny; a 37-year-old Maryland man and an 19-years-old Springfield woman were charged with obstruction of justice and a 24-year-old Washington, D.C. man was charged with obstruction of justice and assault on a law enforcement officer.

**BURGLARY:** 5300 block Harbor Court Drive, 07/07/2019 around 10 p.m. Someone entered a home through an unlocked window. Personal items were taken.

**LARCENIES:** 7000 block of Backlick Road, wallet and cell phone from residence 6900 block of Mary Caroline Circle, license plate from vehicle

**MONDAY, JULY 8**

**POSSESSION WITH INTENT TO DISTRIBUTE:** 6868 Springfield Boulevard (Motel 6), 7/5/19, 8:07 a.m. Officers responded to the motel for a larceny report and found a man and woman who had several different nar-

cotics along with stolen credit cards. A 30-year-old, Annandale man was charged with credit card theft, receiving stolen credit cards, possession of a scheduled I/II narcotic, possession of a firearm while in possession of schedule I/II narcotic, possession of drug paraphernalia, forging a public record, resisting arrest, carrying a concealed weapon, possession of ammunition by a felon and transporting a firearm. A 28-year-old Fredericksburg, woman was charged with possession with the intent to distribute a schedule I/II narcotic, possession of drug paraphernalia and possession of marijuana. Both were held without bond.

**COMMERCIAL BURGLARY:** 5601 General Washington Drive (Subway), 7/4/19, 1 a.m. Someone broke into the business overnight and stole cash.

**TRESPASSING/DESTRUCTION:** 9100 block of Sheffield Hunt Court, 7/7/19, 4:04 p.m. A home was entered and damage was discovered inside. A juvenile suspect was identified and charges are pending.

**LARCENIES:** 6500 block of Frontier Drive, frames from business

5800 block of Kingstowne Boulevard, merchandise from business

7200 block of Lackawanna Drive, cash from vehicle

West Springfield District Station reported the following incidents:

**TUESDAY, JULY 9**  
**LARCENIES:**

Americana Drive/Commons Road, electronic device from vehicle

**STOLEN VEHICLES:**

7700 block of Durer Court, 2002 Toyota Camry

**MONDAY, JULY 8**

**ASSAULT ON LAW ENFORCEMENT:** Rectory Lane/Sutter Lane, 7/6/19, 5:47 p.m. An officer attempted to arrest a man known to be wanted when the man assaulted the officer and ran off. Officers caught up to him and arrested a 33-years-old Annandale man. He was charged with assault on a police officer, resisting arrest, escape with force and violation of a protective order.

He was held without bond.

**LARCENIES:** 8200 block of Getty Court, registration from vehicle

7300 block of Little River Turnpike, ladder from location

7400 block of Little River Turnpike, package from residence

8700 block of Laurel Crest Drive, wallet from location

## COMMUNITIES OF WORSHIP



Worship Gathering - Sunday 8:45 & 11 AM  
Sunday School 10:10 AM  
Sun. Evening - Realtime Worship & Youth 6 PM  
Family Night - Wednesday 7:15 PM  
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups  
Visit our Website: jccag.org  
4650 Shirley Gate Road, Fairfax  
Bill Frasnelli, PASTOR 703-383-1170



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## CALENDAR

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## PEOPLE & PETS

### Foster Families Save Pets Lives

Temporary fosters are needed for dogs and cats at Lost Dog and Cat Rescue Foundation's animal care center in order to make space for newly rescued pets. The rescue's shelter partners are completely full and Lost Dog is being asked to transfer in more adoptable pets in order to save their lives.

"Several of our longtime shelter partners are really struggling this summer to keep saving lives," said Barbara Hutcherson, Executive Director of Lost Dog and Cat Rescue Foundation. "When they become overcrowded, they have to make hard choices. Our help in taking dogs and cats relieves some of that pressure, and allows them to keep saving lives."

Fosters are needed for pets of all sizes and ages. Dogs can be fostered for as little as one week. To apply to foster, visit [www.lostdogrescue.org](http://www.lostdogrescue.org).

"Foster homes are absolutely critical to our mission. If we know we have foster families at the ready, we can save more lives. It's really that simple," Hutcherson said.



You can read any of this week's 15 papers digital editions here:

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- Potomac Annapolis
- Reston Connection
- Springfield Connection
- Vienna/Quantico Connection

### Local Company Supports 'Take Your Pet to Work Week'

CSI DMC's love for animals came through for "Take Your Pet to Work" week last week, an extension for National Take Your Pet to Work Day, where employees from Alexandria, Arlington, Fairfax, and Washington, D.C. raised \$300 for the local Homeward Trails Animal Rescue, which adopts dogs and cats from high-kill shelters to homes in the DC metropolitan area.

Amberlee Huggins, CSI DMC president, has fostered four puppies from Homeward Trails Animal Rescue and several of CSI DMC employees have volunteered with the organization by fostering and adopting dogs. CSI DMC even arranged a "puppy break" activity at CSI DMC's Fairfax County, office, in which Homeward Trails brought adoptable dogs to meet the CSI team.

"We love supporting the local efforts of Homeward Trails in finding homes for our furry friends," said Huggins.

For more information on CSI DMC, please visit [www.csi-dmc.com](http://www.csi-dmc.com).



PHOTO BY SARAH PETERSON

**Sue Jeon and Momo of Fairfax: CSI DMC employees take their pets to work to support Homeward Trails Animal Rescue.**

# BULLETIN

FROM PAGE 7

## NOW THROUGH SEPT. 8

**Metro Station Closures.** Through Sunday, Sept. 8, 2019, the six Blue and Yellow line stations south of Ronald Reagan Washington National Airport (Braddock Road, King Street, Eisenhower Ave., Huntington, Van Dorn Street and Franconia-Springfield) will be closed for full platform reconstruction and major station improvements. Read more at [www.wmata.com/service/rail/PlatformProject](http://www.wmata.com/service/rail/PlatformProject).

## TUESDAY/JULY 16

**Car Seat Safety Check.** 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

## WEDNESDAY/JULY 17

**Fairfax Commission on Aging Meets.** 1-3 p.m. at Mclean Governmental Center, Rooms A & B, 1437 Balls Hill Road, Mclean. The public is welcome to attend and join in the comment period that begins each session. Visit [www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging). Call 703-324-5403, TTY 711 for access needs.

## THURSDAY/JULY 18

**Thrifty Thursday.** 7-9 p.m. at the South County Government Building, 835 Richmond Highway, Alexandria. Learn basic budgeting skills and tools to help manage money. Prepare a personal spending plan and learn to reduce debt. Free. [soco.financialemPOWERMENTCENTERS.ORG/](http://soco.financialemPOWERMENTCENTERS.ORG/) or call 703-704-6014.

## TUESDAY/JULY 23

**Car Seat Safety Check.** 5-9 p.m. at the West Springfield district police station, 6140 Rolling Road. Fairfax County Police Department offers free safety check and install events throughout the year to ensure children travel safely. By appointment only; call 703-644-7377 and press 0 at the recording to schedule. In preparation for appointment, install the seat using the instructions that came with the car seat. Trained officers will review the car seat instructions and car owner's manual to be certain that they are being followed as they should.

## WEDNESDAY/JULY 24

**Fairfax County Park Authority Board Meeting.** 7:30 p.m. in the Herrity Building, 12055 Government Center Parkway, Suite 941, Fairfax. The Park Authority Board's 12 appointed members establish strategic policy and direction for the Park Authority. Open to the public. For agenda and more information, visit [www.fairfaxcounty.gov/parks/boardagn2.htm](http://www.fairfaxcounty.gov/parks/boardagn2.htm) or call 703-324-8662.

## SATURDAY/JULY 27

**"Your Journey Through Grief."** 2-4 p.m. at Haven of Northern Virginia, 4606 Ravensworth Road, Annandale. Haven of Northern Virginia offers this free summer workshop. Registration requested. For information and registration, call 703-941-7000 or email [havenofnova@verizon.net](mailto:havenofnova@verizon.net).

## SUNDAY/JULY 28

**Movie Screening: Proof of Heaven.** 2-4 p.m. at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Best-selling author of Proof of Heaven: A Neurosurgeon's Journey into the Afterlife, Dr. Eben Alexander will describe his personal near death experience and the lessons he has learned. \$25. Register [proofofheavenunity.eventbrite.com](http://proofofheavenunity.eventbrite.com).

## SATURDAY/AUG. 3

**Peripheral Neuropathy Support Group.** 2-4 p.m. at Mason District Governmental Center, 6507 Columbia Pike, Annandale. The Peripheral Neuropathy Support Group for greater Washington meets the first Saturday of the month. All are welcome. RSVP for available seating. Call 301-263-0616 or visit [www.dcpnsupport.org](http://www.dcpnsupport.org) for more.

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## My Bi-Weekly Honeymoon



By KENNETH B. LOURIE

Granted, I'm not getting on a plane and flying to wherever isn't here but, when you're "labing," every other Wednesday, driving 45 minutes to and from and while "to:" sitting in/being infused at the Infusion Center every other week, the week off between the "others" is almost like getting away, just not on Southwest Airlines.

And when attempting to plan a "honeymoon" of this sort, juggling availability of accommodations, transportation and affordability around one's infusions - all the while aware of the possibility of a reschedule due to one's problematic lab results, is much easier contemplated than actually accomplished.

One preventative step I am now pre-paying for, as an acceptance/concession to the realities of my age/cancer treatment, is trip-cancellation insurance. As no doubt you can appreciate, when one's life is at stake, and whose life-sustaining treatment can change at the drop of a CT scan, it is extraordinarily prudent to anticipate the worst and work some financial flexibility into your wallet.

Unfortunately, when your oncologist says infuse or not to infuse, there is no question. That being said and most definitely true, my oncologist has regularly been concerned with my quality of life.

And by "quality of life," I mean he has been willing to not infuse me whenever I've said I needed to go out of town/attend to family matters/vacation, etc., and/or increase the interval between changes in treatment to accommodate these kinds of obligations/opportunities. He has always been sensitive to the weeks of my life he feels he/the treatment has taken - and which can never be replaced.

And though I've never actually taken advantage of his offer, having felt it was better, if I was physically able, to keep the pedal to the anti-cancer metal, I have worked it into my equation. An equation that has worked for me (kept me alive 10-plus years post diagnosis), but might not have worked for others. There is no recipe for success here. It is to each patient's own.

Moreover, there is no right or wrong because - as us cancer patient-survivors know - cancer treatment is not arithmetic.

As this stage IV, non small-cell lung cancer "diagnossee," given "13 months to two years to live" can attest: the numbers, lab results, chemo/immunotherapy, and scan results don't always add up on paper.

I have no doubt, in arrears, that my oncologist meant every word he told Team Lourie back in late February 2009, and anticipated losing yet another patient to this scourge. Now whether he was consulting a manual, a handbook or an artificial-intelligent data base, I don't know.

But he was clear.

I remember my brother Richard asking him specifically about my prognosis and if I could possibly outlive it. His reply to me: "Could you be the one? Absolutely." The relevant word we all remember: "the one." And that's the burden Team Lourie (and so many others I don't know) has carried ever since. But no worries, really. As my late father used to say: "K.B., you've got broad shoulders."

Still, those broad shoulders need a break and a brake once in a while. And every two weeks, under my present treatment schedule, I receive one.

Because, for all I know, aside from the positive attitude I inherited from my father and the non-Western alternatives I utilize to supplement this standard protocol, these off-weeks might be what's keeping me alive.

And when I realize that my next CT scan - and all the associated anxiety that attaches to it, is less than a month away, I need all the "honeymoon" weeks I can get.

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

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