

Sgt. James Allen Slape was an explosive ordnance disposal technician or EOD. It was dangerous work, he was one of the few selected to do it, and he died doing it in Afghanistan. It meant a lot to his wife that others had left flowers.

The Arlington Connection



PHOTO BY EDEN BROWN/THE CONNECTION

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Full fitness exercise classes at Lubber Run 55+ Center, Thursday, May 30, 10 a.m.; strength training, Wednesday, May 29 and Friday, May 31, 9 a.m. Drop-in. Cost \$4 per class or \$60 for a 15-session punch pass. Pay at front desk at Lubber Run.

55+ Fitness Day and Health Fair, Wednesday, May 29, 10 a.m. – 12 p.m., Lubber Run 55+ Center. Open to the public; free for all ages. Vision and hearing screenings, fall risk assessments, fitness class demonstrations, Q&A with dietitians, pharmacists, insurance counselors and more. Drop-in.

Apple device basics explained by experienced Apple user Lowell Nelson, Wednesday May 29, 1 p.m., Aurora Hills 55+ Center. Come with questions. Registration # 913403-08.

Listen of sing along at open rehearsal of the Off Our Rockers grown-up

garage band, Wednesday, May 29, 10 a.m. – 1 p.m., Madison Community Center. Drop-in.

Scrabble games, competition is friendly, coaching available, Wednesday, May 29, 1 p.m., Langston-Brown 55+ Center and Friday, May 31, 10 a.m., Walter Reed 55+ Center. Both are drop-in.

55+ basketball games, full court press, all skill levels welcome, Wednesday, May 29, 12-2 p.m., Walter Reed 55+ Center. Drop-in.

55+ women's basketball games, Wednesday, May 29, 7:15-8:45 p.m., Langston-Brown 55+ Center. Bring both white and dark shirts and a basketball. Drop-in.

Woodcarvers use carving techniques and tools to turn wood into objects of beauty, Thursday, May 30, 1 p.m., Langston-Brown 55+ Center. Members of the group are available to provide instruction. Drop-in.

Native American Soldiers' Path to Citizenship, virtual presentation by educator from the National Museum of the U.S. Army, Thursday, May 30, 1:30 p.m. Registration # 913400-37.

Introduction to streaming services and how to use them, presented by Lubber Run 55+ Center Director Ashley Gomez, Thursday, May 30, 6 p.m., Lubber Run. Bring your laptop or other devices and questions. Registration # 913403-09.

Movie matinee, "My Big Fat Greek Wedding 2" (2016) (PG-13), Friday, May 31, 12:30 p.m., Aurora Hills 55+ Center. Registration # 913804-07.

Crafternoon social group of experienced yarn crafters, knitting and crocheting followed by a stroll around Lubber Run's indoor track, Friday, May 31, 3-4:30 p.m. Drop-in.

55+ Travel group will board the Choptank Sightseeing Cruise, Hurler, MD and cruise to have lunch at Suicide Bridge Restaurant, Saturday, June 1. Cost \$107, Arlington resident; \$123, non-resident. Registration # 902406-01.

Advanced Stay Active and Independent for Life (SAIL) classes begin Monday, June 3, 1 p.m., Lubber Run 55+ Center. Improve overall fitness and reduce risk of falls, 21 sessions, Mondays and Thursdays, ending Aug. 22. No fee. Registration # 914502-01.

Around the world to Greece with public diplomacy counselors from the Embassy of Greece, Monday, June 3, 1:30 p.m., Lubber Run 55+ Center, registration # 914400-33 or virtual, registration # 914400-34.

Fitness equipment orientation by fitness programs manager Michelle Atkin, Monday, June 3, 10 a.m., Arlington Mill 55+ Center. Registration # 914100-06.

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Alverson Leaves a Sweet Legacy

Blood drive initiative in Jimmy's memory.

BY SHIRLEY RUHE
ARLINGTON CONNECTION

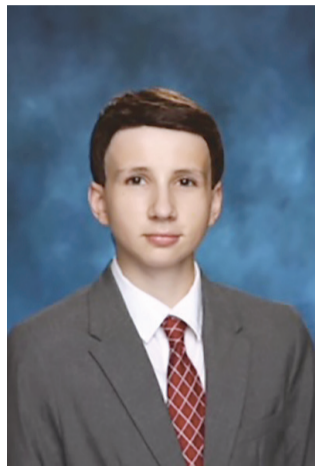
James Gibson Alverson IV (Jimmy) lost his 8 1/2-year battle from complications of medulloblastoma brain cancer and AML leukemia on November 20, 2023 but not without tasting crumbs of the final flavors in the Cheesecake Factory cheesecake competition. He was twenty years old.

A community blood drive is being held in honor of Jimmy On Sunday, June 2 at Rock Spring United Church of Christ in Arlington. His mother, Susan, estimates Jimmy needed more than 400 pints of blood in his journey.

His father, Jim, says Jimmy loved sweets, and it was on Jimmy's bucket list to try all of the 33 or so flavors of cheesecake from the Cheesecake Factory "so every month or so we would all get together on Sunday, cut the cheesecake slices into small pieces and try six or seven flavors and then vote. The champion of that round would advance to the next round, kind of like Jeopardy. The grand winner was key lime cheesecake, and we were able to place crumbs of the last cheesecake contestants in Jimmy's mouth as he lay unconscious at Children's Hospital shortly before he passed."

Jim said Jimmy was diagnosed when he was 12-years-old, and from the beginning Jimmy was determined to help manage his own care. Jim explains, "Jimmy was in on every medical conversation, read every consent form, and created his advanced care directive. He was in charge of his treatment, and we were a sounding board."

"Jimmy really wanted to help others by his example. He went with others to Congress to advocate for legislation, and he left his



Jimmy Alverson senior high school picture

Give Blood

To sign up for the blood drive: <https://bit.ly/JimmyA0602> or call 866-256-6372 code 8166.

body to be used for research." His dad continues, "It was his way of showing gratitude. Without dozens of blood donations Jimmy would not have been able to go to college. And he would never know who they were. It kept his dream alive."

"Jimmy was very determined to live as normal life as he could even with his significant health challenges. The blood donations allowed him to go to college full time. He would take Ubers to the hospital to get a transfusion of platelets and go back to class." Jim adds, "Jimmy wanted to do as much as he could." He lived independently at James Madison University in an apartment with three roommates.

"One time when I was driving him back from the hospital to get treatment, I asked him 'how do you do it? What is your secret?'"



Jimmy Alverson picture on the Ultimate Snack Adventure Invite/program for his memorial service in January 2024.



PHOTOS CONTRIBUTED
Jimmy Alverson accepts football that Patrick Mahomes presented to him on the field at Arrowhead Stadium. Attending a game there was on Jimmy's bucket list.

"Jimmy said, 'If there is something you can do about it, do it; if not, just accept it.'

"He was enjoying life as much as he could whether something simple like a dessert or more complicated like a trip. He played baseball, soccer and flag football and high school golf and participated in Scouts."

"I think he got most of these genes from Susan's side of the family. Susan's father, his grandfather, was very determined and showed amazing fortitude. He was an Olympic level swimmer. I think Jimmy got a lot of this attitude from him."

At Jimmy's celebration of life on Jan. 2, 2024, the room was packed with several hundred people who had known Jimmy in his short life. Tables were loaded with baskets of chips and tiers of sweets. Susan explains, "A couple of episodes of The Office, his favorite TV show, were playing, video montages that Jimmy had created were shown and finally his favorite church coffee hour fruit punch was available for all."

To sign up for the blood drive: <https://bit.ly/JimmyA0602> or call 866-256-6372 code 8166.

Arlington Park System Ranked 5th in Nation

Arlington County's park system has been ranked in the top five of the nation's 100 largest cities by the Trust for Public Land's ParkScore. This marks seven consecutive years of a top-five ranking, a reflection of Arlington's park system reaching new heights in many areas, including improved scores for access to outdoor public parkland in low-income neighborhoods.

"Recent years have taught us that our public outdoor amenities are some of the most vital sources of our health and well-being," said Jane Rudolph, Director of Arlington County's Department of Parks and Recreation.

Arlington's 2024 ParkScore

Arlington ranked fifth on this year's list with an overall ParkScore of 79.2 out of 100 points. Scoring is based on the following categories:

- ❖ Acreage – Across 26 square miles, Arlington has over 950 acres of County-owned parkland.

- ❖ Access – 99% of Arlingtonians live within a 10-minute walk of a park with public access.

- ❖ Equity – Arlington earned points this year for increased park acreage and improved access in low-income neighborhoods.

- ❖ Investment – Arlington invests \$303 in

annual park investments per resident.

- ❖ Amenities – Arlington earned extra points this year for an increased number of playgrounds and received high rankings across the board for basketball hoops, dog parks, senior and recreation centers and splashpads.

Planning the Future of Arlington's Outdoor Spaces

The Department of Parks and Recreation continues to forge a path towards better accessibility and conservation of Arlington's natural spaces. Implementation for the recently adopted Forestry and Natural Resources Plan is underway, en-

suring the management of Arlington's natural resources across public and private land.

The County is also working on a new tree canopy study that will share the most current and accurate data about our urban forest which will be released later this year. This is also an exciting year for major park renovations and master planning processes such as the Gateway Park Project—envisioning an even brighter future for Arlington's outdoor spaces

More: Full Breakdown of Arlington's ParkScore

MEMORIAL DAY

Flowers, Coins, and Tears: Veterans Honored at Arlington Cemetery

Volunteers collected and placed 140,000 flowers on graves.

By EDEN BROWN
ARLINGTON CONNECTION

“He really liked grilled cheese sandwiches,” said Nancy Smith with a wry smile, as she sat on the grass near the grave of FCC Gary Leo Rehm Jr. “The last conversation I had with him was about the best way to make a grilled cheese sandwich.” Smith was a shipmate of Rehm’s onboard the USS Fitzgerald when it collided with a merchant ship. “He was in the service a long time,” she continued. “This was his last tour, on the Fitzgerald. He would go to bat for you.”

Smith was also grieving for another shipmate who died that day, Xavier Carter, known as “Zeet.” Carter was “very earnest, very sweet. He worked really hard. He kept a bright yellow sports car in Japan, where the Fitzgerald was based. He loved that little car.” Smith placed a penny, a dime, and a quarter on the two graves on Memorial Day because she was there when they died.

The merchant ship collision pierced Fitzgerald’s hull below the waterline and flooded an enlisted berthing area, drowning both men and five other shipmates. The crew was able to save the ship, partially because they sealed off the compartment they were in, and brought it back to port in Yokosuka, Japan. The collision of Fitzgerald – and another similar incident the same year, resulted in the removal of a large number of Navy Pacific Fleet leaders and sparked an overhaul of surface warfare training, manning and maintenance.

A few graves away, Shawn Slape sat at the grave of her husband, James Slape. She had driven up from North Carolina with their cat, to sit with him for a while. Shawn thought he’d be upset to be the center of attention but she wanted to remember his sacrifice. “He was part of the one percent across all the services who get chosen for the tough job of bomb disposal. He was in Afghanistan when defusing a bomb, he was blown apart from the waist down. He was so pretty. I insisted on seeing him one last time before he was buried, and they made an effort to dress him in a dignified way, and he was still pretty. I already knew what I was getting into when I married him but I loved him for being willing to take the risk.”

At the other end of the row was Sandra Johnson-Carter, there to

celebrate her son, Michael Carter, who died on duty. He was only 18, a fresh marine who volunteered for recruitment duty in his own hometown because he was so inspired by the Marines - he wanted others to enter the service. His car accident on the way to work resulted in his death because of a faulty X-Lite guardrail, she said. Johnson-Carter realized his death could have been prevented if the faulty X-Lites were fixed, and so she dedicated the next few years to getting the state of Maryland to do just that. In memory of a son who was just starting his life and already felt like a hero to her, she wanted his death to help prevent others from dying that way. She has formed a foundation and just provided the first scholarship to a deserving student.

Diane Moscatello, who was visiting the cemetery from Lyon, France, said, “I found it very moving to see so many veterans buried together in such a beautiful place. The flags and flowers show a lot of care for the fallen. In France, you have a ceremony when a soldier dies but that is it. Here, you feel yourself among other grieving people, you are part of something greater than your own loss. It’s really nice to have a place to come where there are others who are going through the same thing.”

The Memorial Day Flowers Foundation brought 140,000 flowers for its annual floral tribute at Arlington National Cemetery on Memorial Day.

“We are grateful to the American public and our floral importers, who ensure our fallen military heroes are honored every year,” said Ramiro Penaherrera, the executive director of the Foundation. “Every year, this event expresses the patriotic spirit of so many Americans. Many of the floral importers donating flowers are immigrants to the United States who are grateful for this nation and the freedoms it offers.”

Ami Neiberger, who volunteers at the event, met Penaherrera in 2013 when he gave her a flower to place on the grave of her brother, Christopher Neiberger, who died in Iraq at age 22. She explained how the event got started: “Penaherrera is an American who lives in Ecuador and owns a flower farm. He and some other businessmen were at a Ecuador-American Chamber of Commerce lunch - it was right after Osama Bin Ladin was killed and they talked about all the wars



Xavier Alec Martin was killed on the USS Fitzgerald when a container ship collided with his ship and his sleeping compartment was flooded.



During the Vietnam War the coins were a way to honor service members and communicate a message of respect for family members. A penny means you visited the grave, a dime means you served with him/her at some point, and a quarter means you were there with them when he/she died.



PHOTO BY EDEN BROWN

Sgt. James Allen Slape was an explosive ordnance disposal technician or EOD. It was dangerous work, he was one of the few selected to do it, and he died doing it in Afghanistan. It meant a lot to his wife that others had left flowers.



The tradition of leaving coins on the graves of dead service members stems from old Roman and Navy beliefs that coins placed on the eyes of the dead or under the mast of a ship would pay the “ferryman” for safe transport to the afterlife in the event sailors died at sea. Each coin has its own quiet message of connection to the fallen.



Gary Rehm was going to retire after his last tour on the USS Fitzgerald. He had served in Iraq and took great pride in his service as a Fire Controlman. Rehm helped save at least one of his shipmates and remained behind to save others before a decision was made to save the ship by sealing the compartment, and his fate, along with six others.

PHOTOS BY EDEN BROWN



PHOTO CONTRIBUTED

A container load of flowers being gathered and prepared at Arlington cemetery for the Flowers of Remembrance.



PHOTO CONTRIBUTED

Boy Scout Troop 996 based out of the Methodist church in Fort Hunt, Va., volunteered at the Flowers of Remembrance event.



Sandra Johnson-Carter, proud mother of PFC Michael Anthony Carter Jr. who died in 2018, visits his grave with her grandchildren. She was grateful for the carnation left on his grave by volunteers.

in that region. They wanted to express their patriotism. He initially brought 10,000 roses in 2011.”

Neiberger is one of the 500 volunteers who came to Arlington cemetery to sort and place flowers.

“Some volunteers are military, and they bring their kids to show them this is what you do. Some just come

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to help honor the fallen. It takes a little time because they go up with a bucket of 150 flowers. As they go

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along the row, they read each name and put down a flower and often say thank you. It shows that some-

one came by. It connects people to their history and reminds them of the sacrifices that have been made.”

To learn more about Flowers of Remembrance, see: <https://memorialdayflowers.org/>

To learn more about the Michael Anthony Carter Foundation, see: <https://pfccarterjr.org/about-us/>

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NEWS DEPARTMENT:
arlington@connectionnewspapers.com

Mary Kimm
Editor and Publisher
mkimm@connectionnewspapers.com

Shirley Ruhe
Contributing Photographer and Writer
slrbc@aol.com

Eden Brown
Contributing Writer
arlington@connectionnewspapers.com

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Publisher
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Art/Design:
Laurence Foong
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com

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PHOTOS BY SHIRLEY RUHE/THE CONNECTION



Encore performer searching for Belonging at the annual fundraiser on May 15.



Waving sea anemone puppets, Encore performers remind the audience of their favorite moments from Finding Nemo.

Encore Theatre Supporter

BY SHIRLEY RUHE
ARLINGTON CONNECTION

An Encore Theatre student roams around the guests seated at the Washington Country Club fundraising brunch looking under chairs, behind the podium and up in the corner. He is looking for “belonging” from Finding Nemo, one of last season’s Encore Stage and Studio productions.

The morning program featured bits and pieces of the season including the famous “do, re, mi” from “The Sound of Music” as well as students sharing their experiences with the theatre.

This year’s Encore Benefit Breakfast was “Together: I’m Looking for Belonging,” to emphasize last year’s theme according to Sarah Duke, executive director of Encore Theater.

Duke has been there 14 years and has seen real growth in their offerings. “Encore is theatre by kids for kids. We have developed a deep commitment to the community with scholarships, working with Title I and the Flip the Script connector.”

Madaline Langston, the program director, says Encore started in 1967 with the Arlington Department of Parks and Recreation. “It was ‘A Pocket of Preposterous Poems’ held at Lubber Run.” She says they added sum-

mer camps and educational programs in the 70s and 80s. She says the season has grown from three plays a year to the current six as people have learned about Encore and to trust what they offer. It offers the largest children’s theater program in Northern Virginia. “We provide a journey as the students gain confidence from acting and participating in the production, and that confidence can’t be taken away. They learn they can do anything.”

The next production is Rapunzel from May 31-June 9 at Thomas Jefferson Community Center. For tickets and information, see <https://encorestage.org/showsandtickets/>



Encore Stage and Studio annual fundraiser at Washington Golf and Country Club

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Did You Hear That Other Shoe Drop?



By KENNETH B. LOURIE

Neither did I. But I sure felt it. The pain that I felt in my left side was somewhat reminiscent of the pain I felt 15 1/2 years ago – in my left side, when my cancer symptoms first presented. After a few days of left side pain, something unexpected happened: The pain migrated from my left side/ribcage to my right side/ribcage. By the weekend, more symptoms. I remember sitting on the couch at home watching television and not being able to bend over to stand up. Then when I couldn’t expand my lungs to take a breath, I knew something was wrong. My symptoms weren’t moderating, they were getting worse. Never a good sign. And so, we went to the Emergency Room on Jan. 1st no less. The rest, as you regular readers know, ad nauseum, is that yours truly became “Kenny with cancer.”

Recently, that pain returned. A couple of days later, with the pain not subsiding, I realized, given my cancer history, that I should see my primary care physician and have him assess my symptoms. Which I did. He directed me to have an X-Ray. The results of which were inconclusive. And so, the next step in the diagnostic ladder was ordered: a CT scan. (As a cancer patient, my orders are always “Stat,” meaning immediately, if not sooner.) The next day I received the CT results from the previous afternoon’s scan and sure enough, unfortunately, the cancer had spread. Where it spread, and how much it spread were not really addressed by the radiologists. On these reports, released automatically, often before even my doctor sees the results, are replete with medical jargon describing what the scan shows. It certainly tells a story. However, it’s not the whole story. (Certainly not one I understand, anyway). The whole story and/or a more detailed explanation of the scan comes when the oncologist follows up and summarizes the results. Six days later, including a weekend and I’m still waiting for that call, a call that the oncologist emailed me would be coming Thurs. or Fri. of last week. It’s now Tues. still no call. Certainly I realize I’m not his only patient, and I have been down this road for over 15 years, nevertheless; as much I compartmentalize these kinds of delays, and try to roll with the punches, the truth is, returning to the original scene of the crime, so to speak, has given me cause for concern. Not that I’ve ever been in remission, but neither have I been “spreading” cancer though my original characterization of stage IV which meant the cancer was inoperable and it had metastasized (meaning spread). Yet, here I am, a cancer survivor going on year 16. The papillary thyroid cancer, stage IV, had spread from my thyroid into my lungs at the beginning of this journey when the pain first manifested (see paragraph one). Which time has clarified as a slow-moving thyroid cancer, rather than the non-small cell lung stage IV, originally diagnosed. Given the results and language of the radiologist’s report - that I can understand, it appears that the party (relative calm and control of my initial cancer diagnosis) is over. However, it’s only speculation since I’ve not received a call back from my oncologist. Granted, I have some experience in this cancer department, but I learned a long time ago to wait until I’ve spoken to the oncologist and not overreact to facts not yet in evidence. And so here I sit waiting, semi patiently. Don’t get me wrong, I’m not in a hurry to hear bad news. But I would like to hear something so I can move forward already. Because for the moment, I feel stuck. And ‘stuck’ is the wrong place for a cancer patient to be.

However, to be honest, I’ve been waiting/anticipating this day ever since I was first diagnosed back in Feb., ‘09. It was early March of that same year when I received my first of many infusions (I’ve estimated that I’ve been infused over 100 times). And after every quarterly assessment of my disease (in coordination with a CT scan), I always took good news in stride, never getting too high or too low because subconsciously I was preparing for this day. And this day is when the cancer begins to spread. Never a promising sign. (Neither is not hearing back from your oncologist in a timely manner.) It’s easy to speculate – in the wrong direction when you’ve not received the actual details. But that’s what cancer does. In addition to the physical damage, there’s emotional damage. It’s been my experience that cancer changes you emotionally, in ways that you never anticipated. Things matter – or they don’t, it’s difficult to know how you’ll feel from one day to the next. But I always felt there was a next day so the stress of it was manageable, sort of. Now, however, it’s been 15+ years since I was first diagnosed “prognosed” and I can’t help wondering if I’ve finally overstayed my welcome, if you know what I mean? Cancer is very often a killer. Who am I to beat the odds? I’ve always thought that the longer I live with cancer, the closer I’ll be to not living with it. And I don’t mean a cure, I mean its resurgence. And “spread” is very much ‘resurgence.’ It’s a bad sign for sure. I just hope it’s not a fatal one.

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



Lucas MacPhail is making a double batch of homemade fettuccine for the Alexandria Community Shelter for his Eagle scout project. He estimates this batch will feed six. First step is to break two eggs into a container, mix with fork and add 60 ml water. Then pour into pasta maker.



Next Lucas pours 400 grams of flour into the pasta maker and turns it on as his mother Ann Lyles MacPhail offers suggestions in the background.



After about three minutes the machine begins to extrude the fettuccine.

MacPhail Plans Fettuccine for 100 for Eagle Scout Project

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Lucas MacPhail was going to build a bench for his Eagle Scout project to be located at Lyon Village Community House in Arlington where he lives. “But people would use a bench once in a while, and it didn’t speak to me. I wanted to do something I enjoy and that would be personal.”

So he decided to make 100 meals of homemade pasta for the residents of Alexandria Community Shelter operated by Carpenter’s Shelter in Alexandria where Lucas attends high school. “Making homemade pasta for 100 is something people will remember.”

He and his mother Ann Lyles MacPhail, who is the Assistant Scout Leader for Troop 2535, have been experimenting for a while. Lucas says, “We did a lot of tests. We tried to make the pasta manually, with a hand crank machine and with the current choice which is a pasta machine which mixes and extrudes the dough. We decided the last one made the most sense to make a large batch of consistent dough.”

Lucas says he first made homemade pasta with his grandmother in Illinois three or four years ago. “Her wrists hurt so I did most of the work. It was fun.”

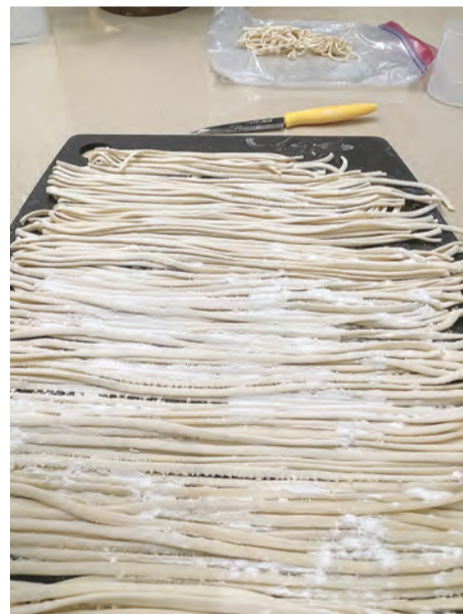
Along the way Ann says, “We broke the machine. Our best guess is that the flour and water sat too long and made a glue to jam the machine. We did some trouble shooting—plugged it in again, soaked all the pieces and pried them apart so we could disassemble the machine without breaking it.”



PHOTO CONTRIBUTED
Lucas MacPhail in Scout uniform

Lucas says they will be making fettuccine because it is a lot more dense than spaghetti and won’t fall apart in the pot when it is cooking. The pasta will be supplemented with homemade meatballs, spiced up Prego’s spaghetti sauce, garlic bread and green beans. Ann explains, “We investigated making the sauce from scratch but the list of ingredients was long, and there was no way homemade sauce would fit the budget so we’re adding onions, basil, peppers and a bunch of different spices to jars of Prego’s sauce.”

Lucas set up a list of needed supplies and ingredients on Amazon as well as a Go Fund Me page, and immediately the donations came in—garlic, the jars of sauce, the spices and ingredients. “But it’s nice to have extra



Finished double batch of fettuccine ready for the freezer until June when the Scout troop will finish and deliver the meals.

and if we get more donations than we need, we’ll use the extra money to make cookies.”

“He loves to make cookies,” his mother adds.

Lucas and his mother have started making the pasta, and neighbors and friends will join in on Memorial Day. About 20 members of his scout troop will help him in hourly shifts on June 1 and 2 to make the meatballs and sauce and put it all together into the meal for 50 for the first batch and on June 14 and 15 for 50 more to make the second batch. They will deliver the meals to Alexandria Community Shelter in Alexandria on June 2 and 15, and the older scouts will stay to help serve. “He could have done it all himself,” Ann says, “but the point of this is project management.”



Rob Henning, a family friend, joins in to assist with making pasta on Memorial Day.

Lucas says he thought about Carpenter’s Shelter because his church, Our Lady Queen of Peace in Arlington, often mentions it. Lucas had made pasta in the past for his confirmation project but it was the boxed kind. “Sure it’s cheaper but not so personal.”

Lucas started Scouts when he was about 5 years old. He says being an Eagle Scout is a family tradition since his brother and grandfather were also Eagle Scouts. “You learn to be successful and get knowledge about a lot of things. And there is the Boy Scout motto ... trustworthy, loyal, helpful, kind, clean, reverent ... I would like to think we are practicing most of them, especially the ‘clean’ because there will be a lot of that on this project.”

Lucas estimates he will have spent about 100 hours on the dinner. He says the hardest part has been the paperwork and all of the planning. “I have executive functioning problems so this is hard.” Each Eagle Scout project involves writing a proposal and description and a report afterwards addressing what worked and what didn’t, what unexpected problems emerged and how they were solved.

And Ann adds, “Everyone deserves a good homemade meal.”