

McLean High Crew Wins Top Honors

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McLean High School Men's Co-Captain, David Russell takes home gold in Junior (age 17) Men's 2000M Open Weight category at the 2015 MidAtlantic Erg Sprints, hosted by TC Williams High School on Jan. 31.

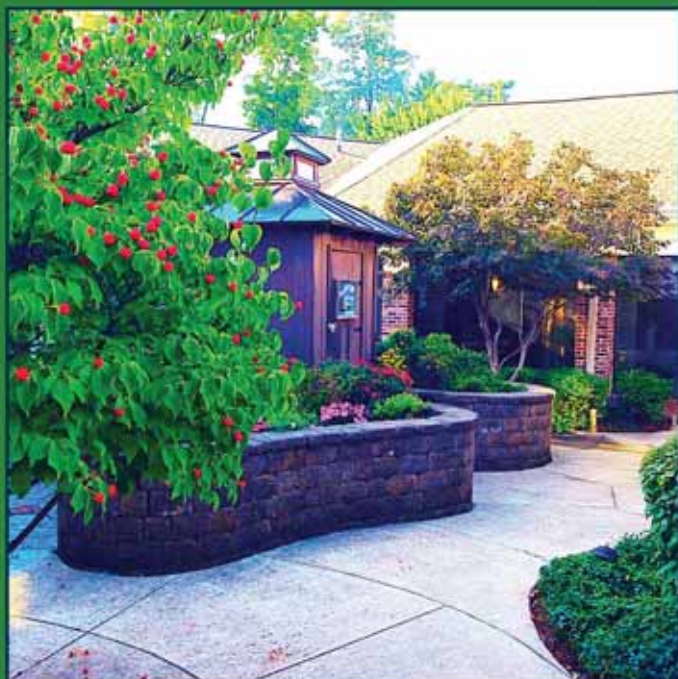
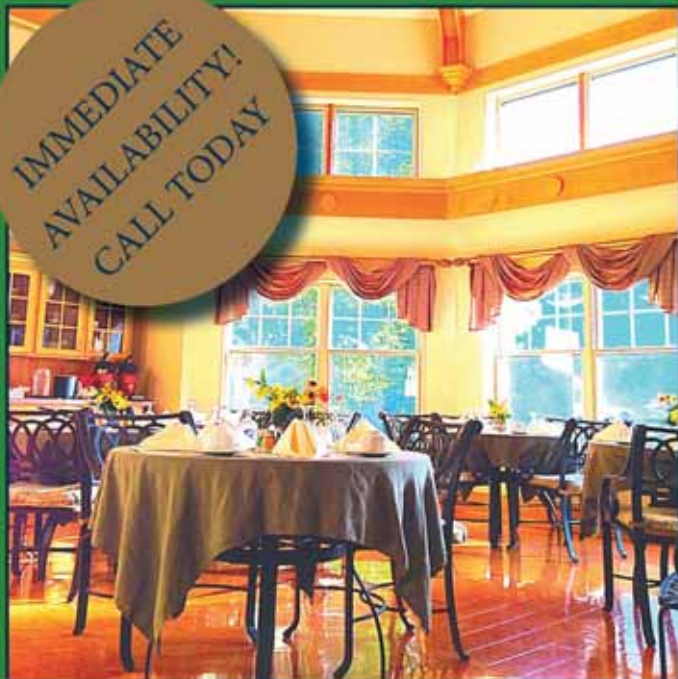
McLean Student's Artwork Featured at the Smithsonian

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McLean Native Serves Aboard USS Mustin

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McLean Native Serves Aboard USS Mustin

A 2010 McLean High School graduate and McLean native is serving aboard the U.S. Navy destroyer USS Mustin (DDG 89), living and working at the Navy's forward-deployed base south of Tokyo.

Ensign John Nowell is a surface warfare officer aboard the destroyer operating out of Yokosuka, which is located approximately 35 miles south of Tokyo and accommodates the United States' furthest forward-deployed naval forces.

An Arleigh Burke-class guided-missile destroyer, Mustin is 509 feet long or more than 1 1/2 football fields. The ship is 66 feet wide, weighs more than 9,200 tons, and its four gas turbine engines can push the ship through the ocean at nearly 35 miles per hour. The ship is named in honor of the Mustin family, who has recorded a rich and honorable tradition of naval service, a family legacy to the Navy service that lasted from 1896 until 1989.

As a sailor with numerous responsibilities, Nowell said he is proud to serve his country aboard a destroyer in Japan. He added that it is an exciting time to be in the military, and serving in the world's greatest Navy.

"I work on the really big, jet engines that power the ship," said Nowell.

Nowell also said he is proud of the work he is doing as part of the Mustin's 330-member crew, living thousands of miles from home, and protecting America on the world's oceans.

"The people are awesome and the experiences, such as traveling, are once in a lifetime for the average American," said Nowell. "Sometimes I will be doing something and then I pause and think whoa, this is amazing."

"Mustin is always where she needs to be when it matters. I am so proud of the utmost professionalism her sailors display every day," said Cmdr. Joseph A. Torres, Jr., the ship's commanding officer. "Their honor, courage, commitment, and selfless dedication to the Navy are truly motivating."

Approximately 40 officers and 290 enlisted sailors make up the ship's company and helicopter detachment. Their jobs are highly specialized and keep each part of the \$2 billion destroyer running smoothly — this includes everything from washing dishes and preparing meals to maintaining engines and handling weaponry, as well as conducting helicopter flight operations.

Fast, maneuverable, and technically advanced, destroyers provide the required



PHOTO CONTRIBUTED

Ensign John Nowell, a 2010 McLean High graduate

warfighting expertise and operational flexibility to execute any tasking overseas. With multi-mission capabilities in surface warfare, anti-submarine warfare, anti-air warfare, ballistic missile defense, and humanitarian assistance, Arleigh Burke destroyers excel as the Navy's premier fighting warship.

Assigned to U.S. Seventh Fleet, Mustin sailors are continuously on watch throughout the Indo-Asia-Pacific region, acting as America's first responders in that part of the world. As a member of one of the U.S. Navy's most versatile combat ships, Nowell and other Mustin sailors understand they are part of a forward-deployed team that is heavily relied upon to help protect and defend America across the world's oceans.

"I love all the opportunity for travel and moving around that the Navy provides," said Nowell. "It's a pretty good lifestyle."

—NAVY OFFICE OF
COMMUNITY OUTREACH
PUBLIC AFFAIRS

Vienna Celebrates 125 Years

BY DONNA MANZ
THE CONNECTION

The Town of Vienna, in partnership with Historic Vienna, Inc., celebrated the town's 125th anniversary, calling it a "birthday" ceremony, on closed-down Church Street and the grounds of Freeman House on Saturday, Feb. 28. A time-travel play, written by HVI's Jon Vrana, featured contemporary children learning first-hand about Vienna's founding by principles of 1890.

As chilly and snow-blanketed as it was on Saturday, hundreds of adults and children watched the short play on the Church Street stage and stayed around for farm animals, horse-drawn carriage rides, and roasting marshmallows over open fire pits.



Dignitaries and elected officials participate in the 125th birthday celebration commemorating incorporation in 1890.

After guests sang "Happy Birthday," they retreated to a heated tent for food, cupcakes and hot beverages.

Local elected officials — U.S. Rep. Gerry Connolly (D-11), State Sen. Chap Petersen (D-34), Del. Mark Keam (D-35), Fairfax County Chairman Sharon Bulova and Fairfax County Supervisor Cathy Hudgins (D-Hunter Mill) — made brief remarks. Mayor Laurie DiRocco presented the Town Proclamation on behalf of the Vienna Town Council.

Vienna delegate to the General Assembly

Mark Keam joked that many of the issues that Vienna addressed in its incorporation ordinances in 1890 — from concealed carry to taxes — are confronted today by the General Assembly.

Congressman Connolly referred to Vienna as having a "sense of place, belonging, inclusion, and community."



PHOTOS BY DONNA MANZ/THE CONNECTION

NEWS

McLean Student's Artwork Featured at the Smithsonian

High school senior would like to use art to help others.

Maya Chung, of McLean, a senior at Thomas Jefferson High School for Science and Technology (TJHSST), is the youngest of 56 artists selected to have their art displayed in the "Artists at Work" exhibit at the Smithsonian's Ripley Center in Washington, D.C. Chung's black ink drawing titled "Redbay (*Persea borbonia*)" was inspired by a botanical sample collected in the museum's butterfly garden, and is in the style of a scientific drawing.

"Last summer I was doing scientific illustrations for the invertebrate zoology department," she said. On a school holiday, Chung visited the Q?rius, an interactive science gallery for students in the Natural History Museum where she volunteers. With her sketchbook in hand, she drew one of the botanical specimens. "I just free-handed the drawing," said Chung. "I start with pencil and then go over in pen, adding detail."

For almost two years, Chung has interned at the Smithsonian, which is also how she found out about the "Artists at Work" contest. The contest is an opportunity for Smithsonian employees to submit pieces of their art. The exhibit features sculptures, photographs, paintings and even films.

"One of my co-workers pointed it out to me and said I would be good," said Chung. "I've done a lot of scientific illustrations, but wanted to submit a really good one to the contest." Much like her artwork in the past, Chung's drawing was a standout piece.



PHOTO COURTESY OF MAYA CHUNG

Maya Chung, of McLean, a senior at TJHSST, is the youngest of 56 artists to have her artwork featured in the "Artists at Work" exhibit at the Smithsonian Institution's Ripley Center in Washington, D.C.

She was previously a Scholastic Art Awards regional Gold Key winner for another piece, a self-portrait titled "The Unseen." However, her primary focus is how she can use art to help others understand scientific concepts.

"I find that using art and being able to draw really complex scientific concepts is really helpful for teaching people," said Chung. "Ultimately I want to be a teacher because I love interacting with people. But there are all kinds of opportunities." While an excellent and award-winning artist, Chung plans to attend Harvard University in the fall to study physics or chemistry. She hopes to continue exploring ways to connect her interest in both the arts and sciences.

Visitors can view Chung's art at the Smithsonian, as well as other featured pieces, from now through May 1.

WEEK IN MCLEAN

Renovation for Lewinsville Senior Center

The Board of Supervisors is expected to approve the renovation of the Lewinsville Center on March 3, 2015.

"Our senior citizens deserve a better senior center," said Dranesville Supervisor John Foust.

The Planning Commission recommended approval of the plan unanimously on Jan. 29.

Plans for the renovation to the county-owned facility have been in the making for more than 10 years, with proposals for the 8.66 acre property dating back to 2003.

When completed, the new Lewinsville Center will consist of two new buildings. Wesley Hamel will build 82 units of independent housing in the residential building and the county will renovate the senior center, the adult day care, and two childcare centers, according to Fairfax County

documents.

Construction is expected to take 18 months and will tentatively begin in Spring 2016, according to Fairfax County documents. Planners hope for residents to move in during the Fall of 2017.

Protecting Tree Canopy

McLean Citizens Association responded to concern of residents of the loss of tree canopy in established neighborhoods.

The citizens association, which is celebrating its 100th anniversary of advocacy this year, will host a "Tree Forum" at the McLean Community Center on Tuesday, March 24, from 7:30 to 9:30 p.m.

Learn what the County and private citizens can do to preserve and protect neighborhood trees.

Dranesville Supervisor John Foust, Robert Vickers of the Fairfax County Tree Commission and members from the McLean Trees Foundation and Virginia Cooperative Extension will speak.

SEE WEEK, PAGE 7

March 7th
(Snow Date: March 14th
Please call to confirm!)

12:00 to 4:00pm

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NEWS

Pictured is the Churchill Road Regional Science Olympiad team and coaches:. From left — Rajee Ramesh (coach), Audrey Yin, Elaine Li, Anya Patel, Toto Brewry, Rupa Siva, Jennifer Ho, Vicky Chen, Jaerin Chung, Katie Jeong, Alex Zhang, Pratyush Jaishanker, Joshua Lian, Neil Kohli, Teymur Zavar, Jack Overdeck, Sahana Ramesh, Arion Tripathi, Jennifer Ezzell (coach), Austin Shi, Dylan Tschampel, Daniel Kalish and Austin Young (not pictured are Oviya Dass, Paige Graves, Danny Quinn, Siddhant Ranka and Gabriel Witkop).



PHOTO BY K.J. LIAN

Churchill Road's Science Olympiad Team Qualifies for the State Tournament

Churchill Road Science Olympiad team presented an outstanding performance at the Virginia Science Olympiad Regionals tournament on Saturday, Feb. 14 at Fairfax High School. Twenty three teams from local middle and elementary schools participated. Churchill Road Elementary team members placed third overall, competing

mainly against 7th and 8th graders in all of the high school level science categories. CRS was the top elementary school finisher and placed behind tournament winner. The team was coached by parent mentors, Jennifer Ezzell and Rajee Ramesh. The students are looking forward to the state tournament on April 11.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

St. Francis Episcopal Church, 9220 Georgetown Pike in Great Falls, offers musical, educational, outreach and fellowship ministries in addition to worship services, including a 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

The Antioch Christian Church offers a time of Prayer and Healing on Wednesday evenings at 6:30 p.m. for anyone wanting encouragement and healing through

prayers. People are available to pray with you or for you. Antioch Christian Church is located at 1860 Beulah Road in Vienna. www.antiochdoc.org

The Jewish Social Services Agency (JSSA) offers a wide variety of support groups for those with emotional, social, and physical challenges. www.jssa.org/growth-learning.

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis. 703-941-7000 or www.havenofnova.org.

McLean Bible Church Fitness Class at Body & Soul Fitness. Gain balance, energy and strength at 9:45 a.m. Mondays and Fridays. Free childcare for registered students. bodyandsoul@mcleanbible.org.

St. Dunstan's Episcopal Church, 1830 Kirby Road in McLean, holds a third Sunday service every month at 10:15 a.m. which allows children to play active roles in the music and as greeters and ushers. Traditional services are every Sunday at 8:15 and 10:15 a.m.

Vienna Christian Healing Rooms are open, every Saturday, 1-5 p.m., at 8200 Bell Lane. A team of Christians is available to anyone requesting prayer. Free and open to the public. 703-698-9779 or www.viennachristianhealingrooms.com.

Chesterbrook United Methodist Church is at 1711 Kirby Road, McLean. Worship service is at 11 a.m. Sunday school is at 9:30 a.m. for adults and children. 703-356-7100 or www.ChesterbrookUMC.org.

Assistant Editor

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Community engagement, communication with readers and sources. Continuously seeking new sources of local information. Copy editing, fact checking, familiarity with AP Style.

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Update websites daily, post to social media.

Stay on top of local breaking news, work with editor and reporters to update.

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OPINION

Good, Bad and Ugly

The 2015 session of the Virginia General Assembly came to an end last week, and some of the biggest news was about what it did not do.

By far the ugliest debacle rests in the Assembly's ongoing refusal to expand Medicaid to cover as many as 400,000 uninsured people in Virginia, even though it would come at no cost to Virginia (Federal government pays 100 percent for the next two years and 90 percent after that) and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

GOOD: The Assembly nixed a bill which "empowers the Director of the Department of Corrections to make and enter into contracts ... to compound the drugs necessary to carry out execution by lethal injection. ... Information relating to the identity of the persons or entities compounding such drugs, the identities of persons or entities engaged to manufacture or supply the materials used to compound the drug products, and the name of the materials or components used to compound drug products for use in an execution are confidential,

exempt from the Freedom of Information Act, and not subject to discovery or introduction as evidence in a civil proceeding ..."

The House of Delegates nixed executing people with secret potions. Passed in the Senate, blocked in the House of Delegates. Be sure to thank those local legislators who voted against this craven proposal: Senators: Adam

EDITORIAL

Ebbin, Barbara Favola, Janet Howell, Dave Marsden and Chap Petersen. Delegates: David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam, Kay Kory, Rob Krupicka, Jim LeMunyon, Alfonso Lopez, Ken Plum, Tom Rust, Mark Sickles, Marcus Simon, Scott Surovell and Vivian Watts.

And ask these local legislators who voted to carry out executions with secret drugs and secret methods what they were thinking: Senators George Barker and Dick Saslaw. Delegates: Dave Albo and Tim Hugo.

No good comes from conducting the people's business in secret, all the more true when the business is brutal. Killing people is wrong, two wrongs don't make a right, killing people and keeping the brutal details secret is wrong.

BAD: State Sen. Barbara Favola's bill to extend foster care services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years who were formerly in the custody of a local board of social services passed unanimously in Senate, and

A look at recently ended session of the Virginia General Assembly.

died in the House of Delegates. The money spent would have been matched by Federal dollars, and every dollar spent helping former foster children become independent, self-supporting adults saves a bundle in other costs down the line.

UGLY: "Ethics reform" put a \$100 cap on each individual gift from lobbyists to members of the Assembly, with no enforcement mechanism, and no changes in campaign finance. Former Gov. Bob McDonnell and his wife were convicted of corruption for taking more than \$170,000 worth of gifts and favors from Star Scientific and related individuals; this was the catalyst for the so-called reform. It is apparently fine, however, that Star Scientific also gave \$108,000 to McDonnell's campaign. More than 40 other entities gave more, including Dominion (\$383,720), Altria (\$361,556), Smithfield Foods (\$267,738), Walmart (\$121,250), just as examples. (Source: vpap.org). No good comes from having our legislative body awash in this kind of cash. You can visit the Virginia Public Access Project at vpap.org and look up who has been giving how much to the people who represent you. It's fascinating.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Fair and Humane

To the Editor,

I completely agree that there should be better management of mental illnesses in jail (Editorial, "Managing Mental Illness in Jails," Connection, February 25-March 3, 2015).

This is a common pattern that many people are unaware of or simply don't care about because of the stigma that comes with those imprisoned.

It is common to assume that because someone is imprisoned, they are undoubtedly "evil." Since substance abuse and mental illnesses are common patterns among prisoners, more awareness should be spread on this issue so that treatment can be improved.

If people who are not imprisoned can receive support and treatment for their addictions and illnesses, then prisoners should receive the same opportunities. It is not fair to deny people access to these resources just because of what they've done in the past. In fact, receiving this treatment could improve their quality of life and possibly keep them from future criminal activities. Despite what they have done in the past, criminals deserve fair and humane treatment just as any other human does. Along with humane

treatment comes effective treatment, involving proper support and resources for those suffering from addictions and mental illnesses. Natasha McKenna obviously did not receive humane or effective treatment, as she was suffering from severe mental treatment and was punished to the point of death for it rather than receiving adequate and proper treatment. Her situation could have easily been avoided if there was better management of mental illnesses in her jail facility. Perhaps she would not have been so combative or aggressive if she had received adequate care. Enclosing people in restrictive jail cells is not an effective response to mental illnesses, as we have learned in the past from asylums and other inappropriate "hospitals" for the mentally ill. I hope that our society will soon realize this so that action will be taken.

Victoria Lamb
Reston

Taking Exception On Start Time

To the Editor,

Recently our schools have un-

dergone major changes in the schedule due to snow, but next year it won't just be snow that modifies our schedule.

Next year the school schedule at FCPS will change for high school and middle school students. The school board has decided to switch the start times without giving the students an option to keep the same start time they had.

The high schoolers get to sleep later at the expense of us middle school students. Although we are the same "teens" who need more sleep, apparently we don't count as much as the high school "teens."

Did anybody think about student's sports practices? Now that West Springfield High School will end later, this nearly shuts out the possibility for there to be crew practice after school because safety rules say students can't be on the water after sunset.

This change was loosely based on studies in other areas. I think the school board could've saved the \$143,000 hiring a consultant to conduct a study about implementing late start times and spent it on improvements to our decaying middle and high schools.

Aidan Donahue
Springfield

Bravery to Act

To the Editor:

I am a resident of Vienna, though away at college, and I saw the article that was posted referring to the young lady from Vienna who helped pass a piece of legislation in the House regarding restaurants training their employees about food allergies ("House Passes Keam's Bill on Food Allergies," Vienna/Oakton Connection, February 25-March 3, 2015). I think that it is extremely important that all food vendors are aware of food allergies; there are many people who are gluten intolerant, allergic to peanut butter, etc. It is no longer an individual problem and the fact that this young lady had the bravery to write to her representative is really inspiring. I think that this bill will be extremely effective in the restaurant business because more people will be willing to eat at places where they can feel safe about the foods that they consume. I really think it is important that she was featured in the paper to inspire others to write to their representatives about what they are facing because rarely are people alone in their problems.

Alex Dibblee
Vienna

McLean
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FROM PAGE 4

No Increase on Tax Rate

Chairman Sharon Bulova was scheduled to announce Tuesday, March 3 that there will be no increase to the advertised real estate tax rate this year.

Members of the Fairfax County Board of Supervisors will hold town hall meetings around the county, with presentations about the budget and an opportunity for questions and feedback.

Dranesville Supervisor John Foust and School Board member Jane Strauss will host McLean's budget meeting on Wednesday, March 11 from 7:30 to 9:30.

The meeting takes place at the McLean Community Center, 1234 Ingleside Avenue, on Wednesday, March 11, beginning at 7:30 p.m.

Other sessions include:

Dranesville District Budget Meeting at Great Falls Library, 9830 Georgetown Pike, Great Falls, Wednesday, March 4, 7 p.m.

Chairman Bulova's Community Dialogue on the Budget at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax - Conference Room 9/10, Saturday, March 14, 2:30 p.m.

Gala & Auction Registration Deadline

The 21st Annual Gala & Auction, benefiting Navy Marine Coast Guard Residence Foundation will be held on Saturday, March 14, 6-10 p.m. at the new Vinson Hall Community Building at 1735 Kirby Road in McLean.

Registration closes Thursday, March 5.

The event's honoree is Gen. Norton A. Schwartz, President and CEO of Business Executives for National Security, former 19th Chief of Staff of the U.S. Air Force. Special Guest Speaker: U.S. Rep. Barbara Comstock (R-10).

Since 1969, Navy Marine Coast Guard Residence Foundation continues to fulfill its vision to be a leader in developing innovative models for senior living, health and wellness preserving programs, as well as community partnerships.

Proceeds will go towards Wounded Warrior Transitional Housing, Resident Assistance, and Research & Technology.

Please join for an evening of friendship, entertainment, and fun. \$195 Per Guest, \$375 per couple, Valet Parking. Cocktail Attire. Military: Service Dress Blue (or Equivalent) Uniform. Sponsorship opportunities are still available.

Contact: Navy Marine Coast Guard Residence Foundation, 6251 Old Dominion Drive, McLean, Tel: 703-538-2970, www.NMCGRF.org

email to: development@vinsonhall.org

Comstock Announces Art Competition

U.S. Rep. Barbara Comstock (R-10) announced the 2015 Congressional Art Competition for the 10th Congressional District. The competition is open to all high school

students who reside in the District. The winner of the competition will have their piece of art displayed in the United States Capitol.

Students should drop-off their completed artwork on March 25, between 1 to 6 p.m. at Enterprise Hall on the campus of the George Washington Virginia Science & Technology Campus. All art submitted will be on display from April 3 to May 7 on the campus of VSTC. Art submitted must be ready to hang and entries are limited to two per student. On the evening of May 4, the First, Second, Third, Honorable Mention, and Best In Show awards will be announced. For information and guidelines about the 2015 Congressional Art Competition go to Congresswoman Comstock's website. Competitors can also contact Lucy Norment in the Congresswoman's office at 703-404-6903 or by email at Lucy.Norment@mail.house.gov

Fundraiser Supporting Lift Me Up!

A fundraiser for Lift Me Up therapeutic riding center in Great Falls has been announced by HBC Realty Group's (Keller Williams Realty) Community Charity Champions. Come to dinner on Tuesday, March 10, 5-8 p.m. at Pulcinella Italian in McLean to support Lift Me Up. Approximately 70 percent of the proceeds from food and drink will go to the charity when diners bring the flyer for the event. Contact HBC Realty Group at 703-734-0192 or visit www.HBCRealtyGroup.com to get a flyer.

Lift Me Up has been providing safe and effective therapeutic riding lessons to children and adults with disabilities in Great Falls for 40 years. The money raised at this event will go to the "good fences make good neighbors" campaign to help pay for improvements to the property that will ensure the safety of horses and riders. Fencing keeps horses and people where they are supposed to be and is essential to the operation of the program.

Sponsors of the event are: Karen Briscoe and Lizzy Conroy, HBC Realty Group of Keller Williams Realty; Betty Sparkman and Chris Lara, Reveal Remodel; Marcus Simon, EKKO Title; Kevin Dougherty, Pillar to Post; Kathy and Justin Neal, The Neal Team/SunTrust Mortgage; The McLean Chamber of Commerce; and Moe Jebali with Pulcinella Italian Host.

Youth Art Shows to Open in McLean

Youth Art Shows will be on exhibit at McLean Project for the Arts, 1234 Ingleside Avenue, McLean. Youth Art Exhibition I (McLean Pyramid) will be held March 12 to 22, with an Opening Reception on Saturday, March 14, 11 a.m. to 1 p.m. Youth Art Exhibition II (Langley Pyramid) will be held March 25 to April 5, with an Opening Reception, Wednesday, March 25, 4:30 to 6:30 p.m. Emerson Gallery hours are Tuesday to Friday, 10 a.m. to 4 p.m.; Saturday, 11 a.m. to 5 p.m. Atrium and Ramp Galleries are open Monday to Thursday: 9 a.m. to 11 p.m.; Friday and Saturday: 9 a.m. to midnight; Sunday: 12 to 6 p.m.



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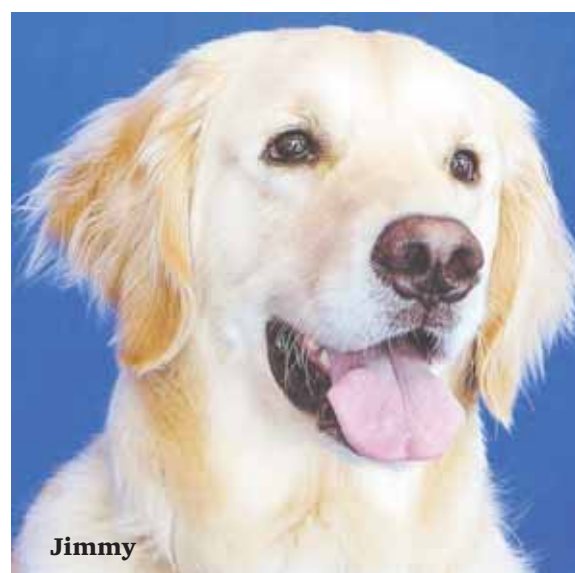
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Jimmy



PHOTOS BY JOAN BRADY PHOTOGRAPHY

Shannon DeLacy at Flint Hill Elementary in Vienna with her 6-year-old twins; Skylar (blue) and Sydney (pink)



Jimmy with Jack, Sydney, Skylar and Riley.

Dog as Lifeline to Vienna Boy

Golden Retriever assistance dog connects Jack to schoolmates, community.

BY JOAN BRADY
THE CONNECTION

Jack DeLacy was not expected to see his second birthday. But by the time he turned 4, it was clear the DeLacys could start planning

for a future they never expected to have.

Diagnosed with mitochondrial disease, Jack has a great many challenges. "Mito" primarily affects children and can cause a host of complications including loss of motor control, muscle weakness and pain, seizures, developmental delays and others,

according to the United Mitochondrial Disease Foundation.

Allison Kaminsky, Shannon DeLacy's childhood friend, had been volunteering with a non-profit that trains service dogs for children, veterans and young adults. She encouraged the DeLacys to look into

getting Jack a dog that might help to improve his quality of life.

Shannon and her husband had always loved dogs. But they weren't exactly sure how a service dog might benefit their non-verbal son, who, at four, was not yet walking. And the process of getting and

maintaining a service dog would require a significant commitment including ongoing training.

But with Alison's encouragement, they decided to apply and were accepted into the paws4people.org program.

Jack loves golden retriever, Jimmy. Shannon says he is a perfect fit for their family. And as Jack has gotten older, opportunities to interact with children outside of his special education Intellectual Disabilities class have become more limited.

Because of Jimmy though, Shannon says Jack has a kind of super hero status with the kids at Sunrise Valley Elementary in Reston. Other students approach Jack to say hello to Jimmy or to ask about him if he isn't in school. Jack shows his delight by smiling broadly.

Jimmy's impact isn't limited to the DeLacy family. He volunteers with Shannon at her twin's Vienna elementary school, Flint Hill. When Karen Sparacino, the school's reading specialist, first announced that parents could sign their kids up to read to Jimmy, 70 kids were signed up on-the-spot.

Sparacino says that reading to Jimmy is about giving early readers confidence. Jimmy listens without judgment. Jimmy doesn't correct. That takes some of the stress off the young readers.

And the kids know Jimmy is listening because he

responds when they read words he understands, like "Treat" and "Drop it."

Shannon remembers one little girl who arrived to the library with her book in hand. "I don't read very well. Jimmy may not like this book," she said, as she arranged herself on the floor next to him. She began reading slowly and carefully. But by the end of the book she was reading with fluidity and inflection.

And reading to a dog doesn't end with Jimmy. Some of the kids have reported reading to their own dogs at home. At the end of the day, the more kids read, the better, says Sparacino.

Jimmy is a trained assistance dog who definitely works. But he also loves to play with Jack and his three sisters; Riley, Sydney and Skylar.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

More

On Mitochondrial Disease: <http://www.umdf.org>
On paws4people: <http://paws4people.org/>



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At the request of the Special Commissioner, and by order of The Circuit Court of Arlington County, Virginia, the following described real estate will be offered to the highest bidder at **PUBLIC AUCTION** on the above date and time...

Parcel 1
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Parcel 1

Parcel 2
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CALENDAR

Send announcements to north@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged.

THURSDAY/MARCH 5

Les Ballets Trockadero de Monte Carlo. The Alden, 1234 Ingleside Ave., McLean. \$50/\$40 MCC tax district residents. www.mcleancenter.org.

THROUGH WEDNESDAY/MARCH 11

Ice Skating at Tysons Corner Center. Monday-Thursday, 11 a.m. - 9 p.m.; Friday-Saturday, 11 a.m. - 11 p.m.; Sunday, 11 a.m. - 7 p.m. Tysons Corner Outdoor Center, 1961 Chain Bridge Road, Tysons. Adults, \$10; Child/Senior/Military, \$9; Skate Rental, \$6; Group of 10+, \$12 and includes skates.

FRIDAY/MARCH 6

Antigone Rising. 8 p.m. Jammin' Java, 227 Maple Avenue E, Vienna. The girls will be bringing their trademark sound - a fusion of country, pop, rock and folk. Tickets: \$15-\$18.

Altan. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. One of Ireland's most respected traditional Celtic music acts blends lively strings and ethereal vocals to transport listeners to the heart of the Emerald Isle. Tickets: \$25.

Playdate Cafe. 10 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Toys and Playspace for children. Coffee and conversation for grown-ups.

Drop-In Chess. 3:30 p.m. Great Falls Library, 9830 Georgetown Pike,



Catch Antigone Rising playing on March 6 at Jammin' Java. The girls will be bringing their trademark sound - a fusion of country, pop, rock and folk.

Great Falls. Drop-in and play Chess. All skill levels and ages welcome.

SATURDAY/MARCH 7

Great Falls Grange Reopening Ceremony. 10 a.m. 9818 Georgetown Pike, Great Falls. John Foust, Dranesville District Supervisor, and the Fairfax County Park Authority hold the Re-Opening Ceremony of the Great Falls Grange. The ceremony will be held during the Great Falls Farmers Market.

Pancake Breakfast. Vienna Volunteer Fire Department, 400 Center Street South, Vienna. 8 a.m. - Noon. All you can eat pancakes, sausage, bacon, juice and coffee. Adults \$8, Seniors 65+ \$7, Children under 12 \$6, Children under 4 free. There will also be tours of the fire equipment available. All proceeds go to the Vienna Volunteer Fire Department to assist in purchasing life saving fire

equipment. Come have a delicious breakfast, spend time with the members of the VVFD and the community. For more information contact: Joanie@vvfd.org.

Salon Simone and Med Spa Cultura. 6-10 p.m. Tysons Corner Mall, 1961 Chain Bridge Road, McLean. Come by and bring a friend or two for a sip, a bite and mingle at Tyson's Corner Center's newest salon and spa.

SUNDAY/MARCH 8

Keaton Simons. 7:30 p.m. Jammin' Java, 227 Maple Avenue E, Vienna. Keaton Simons' music has been heard in dozens of feature films and television shows. He has also worked as a writer, musical director, singer, bassist and guitarist with notable acts like Gnarl's Barkley, Black Eyed Peas, Snoop Dogg, and Tre Hardson of The Pharcyde. His guitar playing is highly



The Vienna Arts Society invites the public to discover how Potomac artist Jack Harding creates subtle textural effects with watercolors on distressed rice paper on March 12 at 10:30 a.m. at the Vienna Art Center, 115 Pleasant St. NW, Vienna.

sought-after, so much so that friends and peers like Ben Harper and Josh Kelley have asked him to join them on tour and on live TV.

MONDAY/MARCH 9

Tiny Tots. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Join for an exciting storytime featuring stories, rhymes and songs. Ages 13 - 23 months with adult.

WEDNESDAY/MARCH 11

Buckwheat Zydeco. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Join a "Swamp-boogie joy ride" (People) as this Grammy-winning zydeco band serves up their vibrant brand of

Creole music. Tickets: \$28. **Great Falls Historical Society March Program.** 6 p.m. Celebration of the Grange, refreshments; local memories of the Great Falls Grange, film.

Toddling Twos and Threes. 10:30 a.m. Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Join for an early literacy enhanced story time featuring stories, rhymes and songs. Age 2-3 with adult.

THURSDAY/MARCH 12-SUNDAY/MARCH 22

Youth Art Exhibition I. MPA, 1234 Ingleside Avenue, McLean. Opening reception March 14 from 11 a.m. - 1 p.m.

THURSDAY/MARCH 12

Artist's Demonstration. 10:30 a.m. - 12:30 p.m. Vienna Art Center, 115 Pleasant St. NW, Vienna. The Vienna Arts Society invites the public to discover how Potomac artist Jack Harding creates subtle textural effects with watercolors on distressed rice paper. Free. 703-319-3971.

Fit2Finish. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Meet Dr. Wendy LeBolt, author of "Fit2Finish: Keeping Your Soccer Players in the Game". Help your athletes play their best, prevent injury and have fun. Adults.

FRIDAY/MARCH 13

Weather or Not. Vienna Art Center, 115 Pleasant St., NW, Vienna. Tuesdays - Saturdays, 10 a.m. - 4 p.m. March 3 - April 4. Members of the Vienna Arts Society bring Mother Nature. Meet the artists, to include National Gallery of Art copyist Dick Neff and featured artist Ginger Sanaie, at a reception Friday, March 13, 7 - 9 p.m. Free and open to the public.

CTK Lenten Fish Fry. 6:30 p.m. Fellowship Hall, Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Join us for fish, fries, slaw, cornbread, mac and cheese, ice cream sundaes, brownies and more. Games and activities, too. 703-615-8660.

SATURDAY-SUNDAY/MARCH 14, 15, 21 AND 22

"Totally RED!" 3 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. An Alden Production. Meet Red (who is nobody's fool) and the wolf (who tries to be cool). The story is told in classic storybook theatre style and the show will be performed by MCC tax district youth. \$12/\$10 MCC tax district residents. www.mcleancenter.org.



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CALENDAR

FROM PAGE 10

SATURDAY/MARCH 14

Model Railroad Open House. 1-5 p.m. 231 Dominion Road NE, Vienna. See and hear model trolleys and steam and diesel trains plus Thomas and some of his friends in the Historic Vienna Train Station along the W&OD trail just past the Caboose. The layout reflects the mountainous terrain and towns of Western North Carolina with award winning structures. For more information visit www.nvmr.org.

Cars & Coffee. 7-9 a.m. 760 Walker Road, Great Falls. Early on Saturday mornings you'll find an amazing gathering of cool cars at Katie's Coffee House. Antique, custom, hotrods, exotic, sports cars, they're all here.

SUNDAY/MARCH 15

Brendan Conway, Violin and Florian Noack, Piano. 4 p.m. Saint Francis Episcopal Church, 9220 Georgetown Pike, Great Falls. Amadeus Concerts welcomes Conway and Noack for a recital titled "The Fisherman and his Soul," featuring music by Faure, Schumann, Szymanowski and others. A pre-concert lecture by Music Director A. Scott Wood will begin 45 minutes prior to the start of the concert. A reception will follow the concert. \$30, 17 and under free. Purchase at the door or online at <http://www.amadeusconcerts.com>.

TUESDAY/MARCH 17

Ukulele Phil & the Hula Kids. 10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Sing and dance with Ukulele Phil & the Hula Kids.

THURSDAY/MARCH 19

Artists Meet for Coffee. 8:30 - 10 a.m. Katie's Coffeehouse, 760 Walker Road, Great Falls. Local artists gather to get to discuss art while enjoying some morning coffee.

FRIDAY/MARCH 20

Enter the Haggis. 8 p.m. Wolf Trap, 1551 Trap Road, Vienna. Experimental roots-rock stalwarts push the boundaries of Celtic music with vigorous performances and inventive albums. Tickets: \$28.

St. Paddy's Day Party. 7-9 p.m. The Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. These popular 5th and 6th grader parties include music, dancing, games, snacks, videos and more. \$35/\$25 MCC tax district residents. Advance registration is required. Call 703-448-8336.

SATURDAY/MARCH 21

New Artist Reception. 1-4 p.m. 212 Dominion Rd NE, Vienna. New Artist Reception for Thomas Xenakis.

TUESDAY/MARCH 24

Annual Children's Printmaking Workshop. 4-5 p.m. Patrick Henry Library, 101 Maple Avenue E, Vienna. The Vienna Arts Society invites children ages 7 - 12 to create prints using fish, vegetables, and more at a workshop. To register, call the Children's Librarian at 703-938-0405.

Berlin Then, Berlin Now. 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Bill Rapper, author of "Tears of Innocence" and "Berlin Breakdown" discusses the attraction Berlin continues to hold 70 years after the fall of the Nazis. Adults.



PHOTO CONTRIBUTED

Trocks-LaTrovatiara.

Tutus, Tights and Testosterone — The Trocks Return to The Alden

Back by popular demand after three seasons, the dynamic and delightful ballet dancers in drag, Les Ballets Trockadero de Monte Carlo, return to The Alden in McLean. The troupe will perform one night only on Thursday, Mar. 5, at 7:30 p.m. Tickets are \$50, \$40 for McLean tax district residents. The Alden is located at 1234 Ingleside Avenue, inside the McLean Community Center.

Les Ballets Trockadero de Monte Carlo is celebrating its 40th anniversary season. It was founded in 1974 by a group of ballet enthusiasts for the purpose of presenting a playful, entertaining view of traditional, classical ballet in parody form

and *en travesty*. "The Trocks," as they are affectionately known, quickly garnered a major critical essay by Arlene Croce in The New Yorker, and combined with reviews in The New York Times and The Village Voice, established the company as an artistic and popular success.

The Trocks' inspired blend of a loving knowledge of dance, their comic approach and the astounding fact that men can, indeed, dance *en pointe* without falling flat on their faces, has been embraced and noted around the world.

Tickets are on sale now. For more information or to purchase tickets online, visit: www.aldentheatre.org or call 703-790-0123, TTY: 711.

PET FRIENDLY EVENTS

SATURDAY/MARCH 3

Fun Dog Show. 11 a.m. Market Square, 301 King Street, Alexandria. Register your dogs to win the contests ranging from Best Tail Wag to Best Irish Costume. The show starts at 11:15 a.m., and afterwards all dogs are welcome to walk in the annual Old Town Alexandria St. Patrick's Day Parade. Register and learn more at http://www.ballyshanners.org/parade/ParadeInfo_dogshow.htm.

FRIDAY-SUNDAY/MARCH 27-29

Super Pet Expo & Doggie Kissing Contest. Dulles Expo Center, Chantilly. The Super Pet Expo is the largest, most amazing event for animal lovers in the DC Metro. Learn, shop and be entertained with hundreds of vendors and fun activities. Buy tickets at <http://www.superpetexpo.com/tickets> and use code NOVADOG to save \$3. Before the expo on Saturday morning, join hundreds of other dogs and the people who love them to attempt to set a doggie-kissing record.



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Here's What's Happening at MCC



**Onstage @ The Alden
Les Ballets Trockadero
de Monte Carlo**

Thursday, Mar. 5, 7:30 p.m.
\$50/\$40 MCC district residents

**Old Firehouse Teen Center
Double Feature at AMC Tysons**

Friday, Mar. 13, 3:30-10 p.m.
\$35/\$25 MCC district residents

**An Alden Production
"Totally RED!"**

March 14, 15, 21 and 22, 3 p.m.
\$12/\$10 MCC district residents

**OFTC Teacher Work Day Trip
Bazooka Ball Sports**

Monday, Mar. 16
\$35/\$25 MCC district residents

**Midday Thrillers
"The Manchurian Candidate"
(1962)**

Wednesday, Mar. 18, 1 p.m.
Free. Reservations are not required.

**5th and 6th Grader Party
St. Paddy's Day Party**

Friday, Mar. 20, 7-9 p.m.
\$35/\$25 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org



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SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Langley junior Paige Galiani tries to split a pair of West Springfield defenders during the 6A North region quarterfinals on Feb. 28.

Head coach Amanda Baker led the Langley girls' basketball team to a 21-5 record during the 2014-15 season.

Langley Girls' Basketball Team Has Bright Future

Saxons win 21 games, reach region quarterfinals.

BY JON ROETMAN
THE CONNECTION

The Langley girls' basketball team exceeded expectations during the 2014-15 season, winning 21 games, including a regional tournament contest against Osbourn Park.

But that hardly dulled the pain of Saturday night's season-ending loss to West Springfield.

The Saxons came out on the short end of a physical contest, losing to the Spartans, 47-37, in the 6A North region quarterfinals on Feb. 28 at West Springfield High School.

In a game that featured bodies hitting the floor and officials swallowing their whistles, Langley failed to generate the offense necessary to overcome a six-point deficit entering the fourth quarter.

When a reporter mentioned the physical nature of the contest during a postgame interview, Langley head coach Amanda Baker said: "That's the understatement of the year."

How did officials affect the game?

"I don't think we got to the line as much as we probably should have and those are easy points, normally, for us," Baker said. "Give us a few free-throw attempts and it's a completely different game."

Langley made 10 of 12 free-throw attempts Saturday. West Springfield made 13 of 20.

JUNIOR GUARD Paige Galiani, whose game-high 19 points accounted for more than half of the Langley offense, was frustrated with the outcome.

"Usually, I won't complain about the referees, but today it just changed the game

completely — the tempo and everything," Galiani said. "... To have that be our last game of the season is really rough."

Sophomore guard Ari Aulisi scored seven points for Langley. Junior guard Lizzy Shamloo and freshman guard Jordyn Callaghan each scored four points, junior forward Sarah Flatley finished with two and senior forward Lauren Meyer added one.

While the season ended on a sour note, the Saxons can use the loss as motivation for next season. Baker knows from experience the pain of a playoff loss. As a junior, her Forest Park team lost to Atlee, the eventual state champion, on a buzzer beater in the first round of the 2003 state tournament. The following year, Baker's Forest Park team won the AAA state title.

"Sometimes, a loss like this is a different feeling than a loss like [in] first round of districts — it really can motivate a team," Baker said. "My junior year in high school, we lost on a buzzer beater to Atlee and they went on to win. I remember that feeling. I told the kids tonight, 'Remember how this feels and how close you got and we need to really work this entire offseason to overcome what just happened.'"

The Saxons produced plenty of positives on which to build. Langley finished with its first winning season since 2009, amassing a 21-5 record in Baker's fourth season as head coach. The Saxons entered the Conference 6 tournament as the No. 3 seed and finished runner-up to perennial power Madison, losing to the Warhawks, 32-28, in the conference championship game.

Langley hasn't won a conference/district championship since 1988, according to the team's banner hanging in the school gym.

The Saxons found success through defense. While Langley averaged just 47.3 points per game, the Saxons limited opponents to 33. Langley's notable regular-sea-



Senior forward Lauren Meyer played her final game for the Langley girls' basketball team on Feb. 28.

"I think we exceeded a lot of expectations. Winning 21 games was not even on my radar, and I'm not even sure the girls thought that was a possibility."

— Langley girls' basketball coach
Amanda Baker

perimeter shooting from post players.

LANGLEY will lose one starter — Meyer — to graduation. Baker said Meyer was the Saxons' top post defender.

"Lauren was our heartbeat," Baker said. "She was, on defense, conducting traffic, [and] on offense she would go after every board. Lauren was really the heart and soul of the team so we're going to have to look for someone to fill those shoes."

Langley's season ended in frustration, but the Saxons laid the foundation for continued success.

"Despite the fact that we did end up losing and couldn't advance, I'm so proud because we established the [Langley girls' basketball program] and school to now be respected," Meyer said. "I think in the years following, everyone is going to respect Langley. ... It's definitely a very different dynamic. Before, when teams played us, they would be like, 'Oh, this is an easy win. No problem, it's just Langley.' But now people had to prepare for our games, and it was just a completely different feeling going into these games."

son achievements included a 14-game win streak, and victories against Chantilly, Madison, South Lakes and Fairfax.

"I think we exceeded a lot of expectations," Baker said. "Winning 21 games was not even on my radar, and I'm not even sure the girls thought that was a possibility. It feels really good to have that accomplishment; and then to get to regionals and now we know what it's like. We're returning a big core of our group so I feel like this is a good tone setter for next season and we can go further."

Galiani, the team's top offensive threat, will return next season, along with standouts Callaghan, Aulisi and Shamloo. Baker said one area in which the Saxons need to improve is offensive production and



McLean High School Women's team member Grace Fabrycky, coached on by McLean's Women's coxwain Natalie Seppi during Erg Sprint warm-ups.



McLean High School Men's Co-Captain's David Kenworthy, front, Connor Koch, behind, and McLean's Men's Assistant Coach Zach Johnson coaching from the sidelines. Kenworthy places 5th in the Junior (age 17) Men's Lightweight 2000M; Koch takes home the gold in the Junior (age 18-19) Men's Lightweight 2000M.

McLean High Crew Wins Top Honors

McLean High School rowers won a total of seven gold medals, two silver medals and four bronze medals at the 2015 MidAtlantic Erg Sprints, hosted by TC Williams High School on Jan. 31. Many of McLean High School medalists qualified to compete in the C.R.A.S.H-B Sprints in Boston on Sunday, March 1st. (<http://www.crash-b.org>)

More than 1,700 athletes from 130 teams in 14 states competed. The McLean High School Crew Club

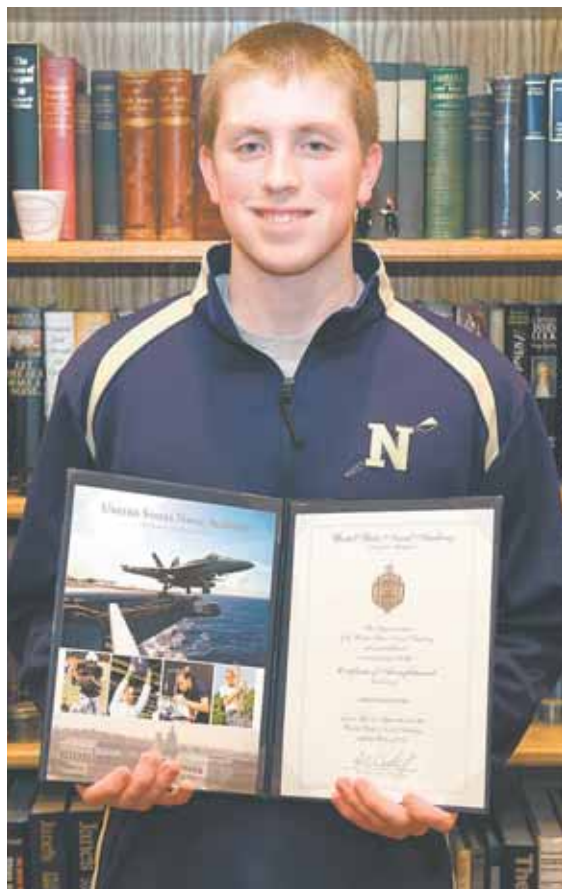
earned the Top High School Rowing Team and Top Virginia Scholastic Rowing Association Team honors. During the event, the MidAtlantic Erg Sprints celebrated its 30th anniversary in Alexandria, growing from a handful of competitors in 1986 to become the world's second largest indoor rowing competition and the largest high school indoor rowing event. Rowers, ranging from Olympic athletes to novices, from ages 5 to 87, competed in more than 100 events.

Langley Crew's Owen Shenk to Row at US Naval Academy

Langley High School senior Owen Shenk has been recruited to row at the United States Naval Academy. Following upon his commitment late in 2014, Owen received his congressional nomination from Virginia's 10th Congressional District.

While at Langley, Shenk has excelled with Langley Crew including stroking the Men's Varsity Four boat to a gold medal at Virginia State Championship, and a fourth place at SRAA Nationals last year. Following the Spring 2014 regatta season, he received the Washington Post All-Met Selection, and the Langley Crew Most Valuable Player award. In addition, Shenk currently holds the record for the fastest rower (2K) in the history of Langley Crew. As a team captain for the 2014-2015, he hopes to lead the team to another successful regatta season.

At the US Naval Academy, Shenk will row with the Navy Heavyweight Crew coached by Rob Friedrich. The Naval Academy's crew program is one of the oldest sports at the Academy - over 135 years - and one of the most distinguished rowing programs in the country. Navy rowers have represented the United States at the Olympics and Gold Medals in the 1920 and 1952 games. Since 1980, over 30 Navy rowers have been members of the U.S. National Teams, including Olympic and Pan-Am Games representation.



Owen Shenk

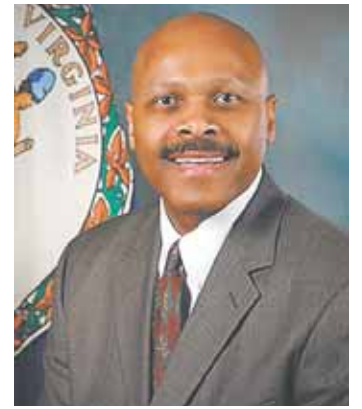
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Virginia Secretary of Trade and Commerce to Keynote Chamber Gala

The Greater McLean Chamber of Commerce announced that Maurice A. Jones, Virginia Secretary of Trade and Commerce, will keynote its Winter Gala and Board Installation on Thursday, March 12, at the Gannett Conference Center (7959 Jones Branch Drive, McLean).

"Mr. Jones brings deep knowledge related to conducting business in the Virginia area. His expertise spans numerous industries, and we are very anxious to have him share his insights with guests at our Winter Gala and Board Installation," said Greater McLean Chamber of Commerce President Marcia Twomey.

Mr. Jones was appointed Secretary of Commerce and Trade by Governor Terry McAuliffe in January, 2014. Previously, Mr. Jones served as Deputy Secretary for the U.S. Department of Housing and Urban Development. In this capacity, he managed the Department's day-to-day operations, the annual operating budget and the agency's 8,900 employees.



Maurice A. Jones, Virginia Secretary of Trade and Commerce

The Greater McLean Chamber of Commerce Winter Gala and Board Installation will be held Thursday, March 12 from 6:30 to 9 p.m. at Gannett Conference Center. The cost to attend is \$90 for Chamber members and \$110 for guests. The event includes dinner and dancing, a silent auction and a celebrity guest bartender challenge. Sponsorship opportunities are available. For more information or to purchase tickets please call 703-356-5424 or visit www.mcleanchamber.org.

2ND ANNUAL Boys & Girls Club Fairfax Casino Night

Friday, March 6, 2015

The Ritz-Carlton, Tysons Corner



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The Ritz-Carlton, Tysons Corner

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Tickets: www.bgcgw.org/fairfax/casino-night/

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6:30-11:30pm**

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We invite your organization to consider sponsorship opportunities for our 2nd Annual Boys and Girls Clubs of Greater Washington, Fairfax Region Casino Night.

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21 Announcements

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applied for authority to operate as a Common
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Dulles International Airport (IAD, in Loudoun,
Virginia).

Any person who wishes to support or
oppose the application, but does not wish to
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statement to DMV Motor Carrier Services
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Box 27412, Richmond, VA 23269-0001. The
statement must be signed and contain the
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Any person who wishes to protest the
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Authority Compliance Management at (804)
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21 Announcements

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Sole-Searching



By KENNETH B. LOURIE

There's no denying the emotional fact that the CT Scan results I received and wrote about last week were a bit of a disappointment. Not a shock, mind you, because once yours truly was characterized as "terminal," back in late February 2009, all subsequent bets came off the table, almost literally; and expectations, such as they were explained to Team Lourie, likewise nearly ended up on the floor, figuratively speaking, meaning they were pretty low at that point. And ever since, my life has been about managing expectations and reacting to scan results and lab work and trying to live forward. This recurring assessment has dominated my life over these past six years.

So receiving results last week was, in and of itself, nothing new. Heck, I've received bad results before; I've even been hospitalized because of them. Obviously, I was not hospitalized this time. Nor will there be any changes to my treatment protocol, although we are advancing by one month my next CT Scan, as a precaution/prudent course of reaction to the mass which seems to be forming in my left lung. At this juncture however, premature as it may or may not be, nothing really has changed. Life goes on.

Nevertheless, I can't help thinking that change has indeed occurred. Unfortunately, the process by which one finds out about such change: scans, sort of happens in arrears. That's not to say that now is definitely too late, but neither is it too early. It's more that this kind of timeline makes for worrisome days and sleepless nights. All of which, if you believe the anecdotal evidence, are counter-productive to surviving cancer. It serves no purpose, other than as an entirely reasonable and predictable response to an incredibly difficult set of circumstances, to focus on such a negative. Moreover, attempting to control something likely beyond one's control similarly stretches one's emotional strings. Finding a balance between what is and what isn't quite yet, or what might become of what hasn't been confirmed, is a constant struggle.

Do I care and/or worry now and beat the rush, or do I do neither, and care/worry later? If this growth isn't quite something, do I presume its nothing? Or do I presume it's something even though it may still be nothing? Do I go around in circles or do I attempt to live long and prosper and damn any torpedoes that interfere with my life?

Such is life as a "terminal" cancer patient (mine anyway); upside down and all around, and never the twain shall meet, "except on the twack," as my father always joked. And though I am regularly supported - and encouraged, by friends, family and many of you returning readers, this surviving-cancer business is most often a solitary endeavor. Living with my own thoughts, internally, this cancer-afflicted life, regardless of what I hear, see or read externally, is my responsibility and somehow I must navigate the landscape; a landscape I knew very little about previously and one fraught with danger, both mentally and physically.

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

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