



# McLean CONNECTION

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PHOTO BY EDEN BROWN/THE CONNECTION

## Strictly Painting in McLean

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"On and On," a painting by Sally Kauffman, is on exhibit at the McLean Project for the Arts, June 15-Aug. 12, 2017.

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JUNE 28 - JULY 4, 2017

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## Bank Robber At Large

Detectives with the Fairfax County Police Department are searching for the man who robbed the Old Dominion National Bank in the Tysons Corner area of Vienna on Thursday, June 22.

The robbery happened shortly after 2 p.m. when the suspect entered the bank, approached a teller and demanded money, according to the police. While no one was hurt, the suspect escaped with an undisclosed amount of cash, according to police.

The suspect is described as black, in his 40s, about 5-feet-10-inches tall, and approximately 180 pounds with no facial hair, according to police.

The police urge the public to call 703-691-2131 with any information.

## Help Support the Shepherd's Center

The Locker Room restaurant in Falls Church will be sponsoring a fundraiser for The Shepherd's Center of McLean-Arlington-Falls

SEE WEEK, PAGE 9



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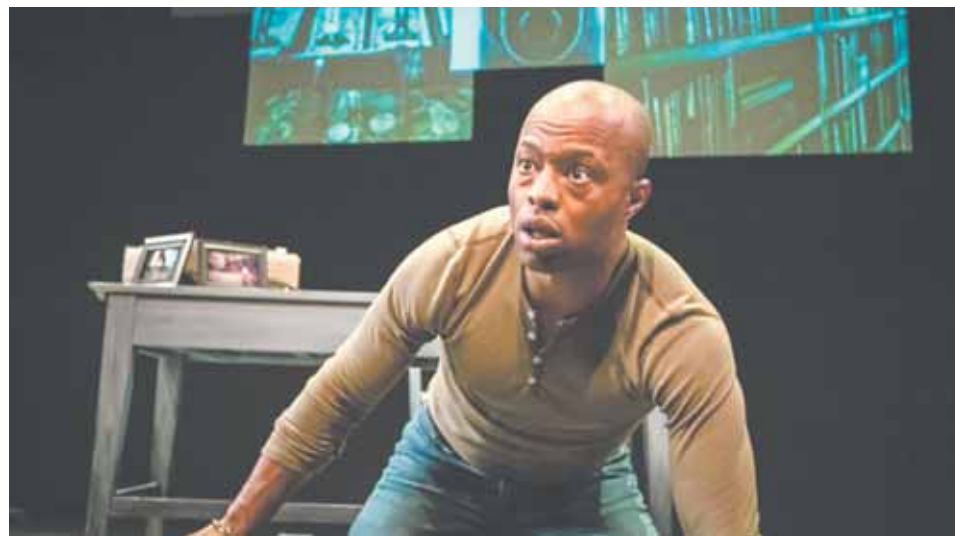
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Juan Francisco Villa in "Empanada for a Dream" at the solo NOVA Arts Festival, New York, N.Y. in 2012.

PHOTOS COURTESY OF 1<sup>ST</sup> STAGE THEATRE



Vin Shambry in E.M. Lewis' "The Gun Show," CoHo Productions, Portland in 2016.

## One-of-a Kind Artistry Comes to 1st Stage

### The Logan Festival of Solo Performance, July 6-16.

BY DAVID SIEGEL  
THE CONNECTION

A different sort of performing arts festival will be front-and-center at 1<sup>st</sup> Stage in Tysons. Featuring some of the nation's most celebrated solo performing artists, The Logan Festival of Solo Performance at 1<sup>st</sup> Stage is the first of its kind in the region. The Festival will run for two-weeks of performances, workshops, discussions, and events.

Curated by Alex Levy, artistic director, 1<sup>st</sup> Stage, The Logan Festival has support from the Riva & David Logan Foundation.

"Although solo shows pop up from time to time in theater seasons in the D.C. area there is no festival that is bringing the country's great solo performers to the area," said Levy. "I really wanted to share with our

### Where & When

1<sup>st</sup> Stage presents The Logan Festival of Solo Performance at 1524 Spring Hill Road, McLean. Performances run July 6-16, 2017.

Tickets: \$20 per show, \$10 per show for students with valid ID. Festival pass (valid for all three festival shows) can be purchased for \$50. Individual tickets and festival passes can be purchased online at [www.1stStage.org](http://www.1stStage.org) or by call 703-854-1856.

Performances of each show of The Logan Festival of Solo Performances as follows:

- ❖ "Hick: A Love Story" — July 6 at 8 p.m., July 8 at 8 p.m., July 9 at 2 p.m., July 12 at 8 p.m., July 15 and 16 at 5 p.m.
- ❖ "Empanada for a Dream" — July 7 at 8 p.m., July 8 at 2 p.m., July 9 at 8 p.m., July 11 at 8 p.m., July 15 at 8 p.m., and July 16 at 2 p.m..
- ❖ "The Gun Show" — July 13 at 8 p.m., July 14 at 8 p.m., July 15 at 2 p.m., and July 16 at 8 p.m.

audience how beautiful the work being done around the country is.

"I wanted to be able to share the great work happening around the country with our region," added Levy. "I hope our audiences come and see all of the different ways the solo performer art form can be used. It is powerful and intimate theater."

The Festival will include three multi-performance solo shows. They are "Hick: A Love Story," "Empanada for a Dream," and "The Gun Show." Each of the three productions runs approximately 90 minutes with no intermission.

a dark secret that destroys it all. It's about growing up by getting out, then returning home.

"The Gun Show" by E.M. Lewis and directed by Shawn Lee, features Vin Shambry. The performance draws on the playwright's personal history with firearms. It examines the gun control debate including how a diverse nation searches for mutual understanding.

1<sup>st</sup> Stage aims to be a cultural hub for the community reaching beyond theatrical productions to host professional musicians, orchestras and visual artists. The theater company has received not only Washington area Helen Hayes Awards, but an American Theatre Wing National Theatre Company Award as well.

"Each of the shows in The Logan Festival of Solo Performance is compelling and theatrical and powerful. All approach the art form in completely different ways," said Levy.

"Hick: A Love Story" is by Terry Baum and Pat Bond and directed by Carolyn Myers. A one-woman show, featuring Terry Baum, the show based on Eleanor Roosevelt's letters to pioneer journalist Lorena Hickok exploring the romantic relationship between the two women.

"Empanada for a Dream" is written by and features Juan Francisco Villa. It is a portrait of family and neighborhood set against



Terry Baum in "Hick: A Love Story" by Terry Baum, Lilith Theatre San Francisco in 2014.

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Alex Levy, artistic director, 1<sup>st</sup> Stage.



# House Paint and Risk Takers at McLean Project for the Arts

## The McLean Project for the Arts show Strictly Painting opens at new venue.

BY EDEN BROWN  
THE CONNECTION

If 1446 Chain Bridge Road were not in a strip mall next to the Giant supermarket in McLean, but down some sandy road to the beach in East Hampton, N. Y. or Easton, Md., ...then you could imagine it this way: “the McLean Project for the Arts inhabits a new summer home it has decorated with stunning modern canvasses by risk-taking painters. The other night, guests milled about the home, sipping wine and admiring the art, which simmered with the sophistication of nearby New York or Richmond...”

The show is called Strictly Painting 11 and features Arlington and Washington, D.C artists as well as Charlottesville area painters. Some of the paintings in the show are rich with color; some rely more on design and limit the color to grey, black, and white. All of the exhibited work makes one want to “meet the people who live in this summer home” – the painters – and those who created this oasis of modern art squeezed in between a Turkish restaurant and the CVS.

At the opening reception for the show on



PHOTO BY EDEN BROWN/THE CONNECTION

**Sue Grace, an Arlington painter, with Jen Lillis and Nancy Sauser, Executive Director of the McLean Project for the Arts.**

June 15, people came in to sip wine and do just that. This juried biennial exhibition of the work of artists from the Mid-Atlantic

region explores the medium of painting. The Juror who elected the entries is Anne Reeve, Assistant Curator at Glenstone, a private museum near Washington, D.C., devoted to modern and contemporary art.

One artist, Sally Kauffmann, stood in front of her oil on canvas painting called “On and On,” a vibrant scene at the outdoor concert series in Washington, D.C., last summer. She did a series of three paintings showing people outdoors at the concert, talking and taking in the music – it’s a loud, boisterous canvas that reminds one of the Bal du Moulin de la Galette or the Dejeuner des Canotiers by Renoir, so full of life and color that you can hear the conversation and laughter.

It’s not an impressionist at all but a lovely blend of abstract and representational art. Two of the series were purchased by the city of Washington for its art in public spaces program.

**AT THE SHOW**, visitors can treat themselves to modern art reminiscent of the fundamental life objects of Claes Oldenburg, the reclaimed house paint can lids, “The Colors of Our Lives,” by Steven Dobbin, actually very soothing to look at – and the eggs on toast with ketchup bottle, “Match Enemy” by Jenny Walton. “Torrent” by Paul Hrusa is a beautifully executed natural rush.

Sue Grace had a painting elected for the juried show, with an intriguing title, “Injury

## Details

McLean Project for the Arts, 1446 Chain Bridge Road, McLean; Monday-Thursday, 10 a.m. to 9:30 p.m. and Friday-Saturday, 10 a.m. to 4 p.m. Info@mpaart.org or 703-790-1953.

and Pardon.” Like many of Grace’s paintings, it has a wonderfully muted palette of colors, and looking at it makes one feel allowed in on an intimate moment of emotion. Grace’s art is about the domain of abstract versus figurative. She accentuates the flatness of the picture plain by emphasizing marks or patterns and at the same time renders a recognizable shape that can tell a story.

Grace said, “In this painting I was looking at the notion of forgiveness: how that word gets framed. For me, painting is a fascinating battleground where abstraction combats the figurative.” Grace is an Arlington painter who has been painting full time for 10 years: re-emerging after an earlier art career and raising a family.

Nancy Sauser, the McLean Project for the Arts executive director said most of the work she shows is from the mid-Atlantic region. The summer exhibit was physically set up by Jen Lillis who is the gallery manager and did the lighting for the show in its new, temporary space, while renovations on the McLean Project for the Arts take place. The show will be open to the public from June 15-Aug. 12, 2017.

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# News



## New Officers

The McLean Area Branch of the American Association of University Women announced the names of the officers for the year starting July 1. Pictured are members of the executive committee: Carol Mournighan, Sue Christie, Betsy Reddaway, Myrtle Hendricks-Corrales, Aroona Borpujari, Adarsh Trehan, and Betsy Schroeder. Not pictured are Lynne Glikbarg and Barbara Sipe. The Executive Committee will be directing their annual book collection and sale that will take place in the fall. For information go to [mclean-va.aauw.net/2017-book-sale/](http://mclean-va.aauw.net/2017-book-sale/) or call 703-527-4201.



When your **MS** medication isn't working for you, it's time to learn about another option.

Join others with multiple sclerosis and hear from experts about an infusion treatment for relapsing MS.

**Friday, July 7, 2017 at 6:30 PM**

**WHAT:** An MS speaker event

### WHERE:

Wildfire  
1714U International Drive  
Tysons Galleria  
McLean, VA 22102

### SPEAKER:

**Florian Thomas, MD**  
Director, Multiple Sclerosis Center, Hackensack University Medical Center, Hackensack, NJ

Please RSVP so we can reserve your seat.  
Use event code **TR424434**



**MoreaboutMSTreatment.com**



**1-866-682-7502**

This special event is for people with relapsing MS And their care partners to learn about an infusion Treatment option. You'll also hear from an MS patient.

A light meal or snack will be provided.

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GZUS.MS.15.06.1785a(1)c



Join us throughout the summer to improve quality of life and connect with others who are caregiving or coping with Parkinson's

at The Kensington Falls Church

700 West Broad St, Falls Church, VA

RSVP to 703-992-9868 or [ConciergeFS@kensingtonsl.com](mailto:ConciergeFS@kensingtonsl.com)

Light refreshments served

## Caregiver Connect: A Monthly Gathering for Caregivers

with Aging & Dementia Expert Anya Parpura, MD, PhD

Wednesdays, July 12 & August 2 • 6:30-8:00pm

A facilitated discussion for caregivers, offering information, advice and support in a welcoming, private setting

## Parkinson's Communications Club

with Speech-Language Pathologist

Susan Wranik, MS, MA, CCC-SLP

Every Wednesday • 10:30-11:30am

A wellness and prevention program for individuals with Parkinson's and their care partners, with a focus on maintaining communication skills

A collaboration with the Parkinson Foundation of The National Capital Area (PFNCA)

## Energized Fitness for Parkinson's

with Physical Therapist Sheetal Yadav, MPT

Every Friday • 10:30-11:30am

A high-energy fitness experience geared toward improving mobility and strength while sharing time with others facing Parkinson's

A collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) & Genesis Rehab Services



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# Killing the Poor to Pay Millionaires

Even employer provided insurance would suffer; coverage caps and exclusions of pre-existing conditions could return.

The U.S. Senate bill to repeal the Affordable Care Act would take more than \$600 billion (yes with a B) from poor children, poor elders and people with disabilities to give a tax cut to people who make more than \$200,000 a year. Households with income of \$1 million, would gain \$50,000 in tax cuts per year. It is a massive transfer of wealth to the wealthiest households in America taken from the most vulnerable and neediest people. It would lead to more sick people and thousands of preventable deaths every year.

While much of the damage is done by massive cuts to Medicaid, affecting poor children, people with disabilities and most people in nursing homes, some of the changes will result in damage to the quality of insurance for those who get their insurance from their employers as well.

What could go wrong?  
❖ Millions of people lose their health insurance — 22 million fewer would have health insurance by 2026 according to the Congressional Budget Office analysis.  
❖ Loss of coverage for pre-existing conditions, including cancer survivors, people who had transplants, people with asthma, arthritis, high cholesterol, hypertension, obesity, mental health issues, ADD, etc.  
❖ States could opt out of the law's essential

health benefits measure, which requires insurers to cover 10 main benefits, including hospitalization, prescription drugs and other services. That is, companies could sell health insurance that wouldn't actually be health insurance. Would Virginia be a state that opts out? Quite likely.

❖ Ending annual and lifetime coverage caps would also impact people who get health insurance from their employers and the private insurance market. For example, a serious accident or an illness that requires repeated surgeries or bone marrow transplants could put any one of us over the coverage cap.

❖ Medicaid pays public schools for many services for special education students, but the Senate bill removes schools from eligible Medicaid providers, costing Virginia an estimated \$40 million annually; \$3 million in Fairfax County; \$2 million in the City of Alexandria.

❖ \$800 billion plus in cuts to Medicaid puts the funding for most people who are currently in nursing homes at risk. Many of these are people who were middle class and but outlived their savings and coverage.

❖ In Virginia, the proposed changes to Medicaid would cost the state \$1.4 billion over seven years.

❖ Medicaid pays for much of the fight against opioid addiction, including treatment. Cuts would be devastating to efforts to counter the wave of overdose deaths and other effects of

addiction.

❖ Coverage for mental health treatment, including addiction treatment, is threatened both by cuts to Medicaid and by changes in the private insurance market.

❖ There will be greater need for Medicaid over time. More seniors will be poor, as fewer people who are retiring have pensions or adequate retirement savings. The demand for nursing home beds will be increasing as the population ages.

(This is by no means a comprehensive list of problems.)

If a version of the Senate bill were to pass, the results will be harmful to tens of millions of Americans. Call your senators. Virginia's U.S. Senators, Tim Kaine and Mark Warner, are both Democrats in the forefront of pushing back against this bill. But let them know you expect them to do the extraordinary to hold this up. Call the senators listed below and tell them to vote against it.

Ask family and friends to call their senators today.

If you have family or friends who live in West Virginia, Louisiana, Maine, Nevada, Alaska or Ohio, their calls are especially important. Senators Shelley Capito (R-WV); Bill Cassidy (R-LA); Susan Collins (R-ME); Dean Heller (R-NV); Lisa Murkowski (R-AK); Rob Portman (R-OH) are among those reported to be possible opponents of this proposal.

The U.S. Capitol Switchboard number is 202-224-3121, and a switchboard operator will connect you directly with the Senate office you request.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

# November General Elections

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

With the conclusion of the political party primaries last week the general election is now teed up for Nov. 7. There were some surprises coming out of the Democratic and Republican primaries. Lt. Gov. Ralph Northam easily won the Democratic primary to be the nominee for governor even though there was discussion beforehand that polls indicated

COMMENTARY

a tight race. Polling for primaries is notorious for being inaccurate because with a typically light turnout the universe of potential voters is almost impossible to determine. Former one-term U.S. Rep. Tom Perriello has a great deal to offer and will hopefully stay on the scene for future opportunities. Although the term "establishment" was grossly over-used in describing Ralph Northam, his service in



Justin Fairfax gained everyone's admiration after a primary loss to Attorney General Mark Herring four years ago led to his active campaigning during the interim time making him well known for this primary. He was also well known for his work as an attorney.

If you review the areas where Ralph Northam did well and compare them with where Justin Fairfax was strongest, you create a strong statewide team that will be nearly impossible to defeat. Attorney General Mark Herring was not challenged in a primary and will be on the ballot to succeed himself in November. There is no one-term limitation with the attorney general and the lieutenant

governor as there is with the governor.

The greatest surprise of the primaries may have been on the Republican side to pick a candidate for governor. Ed Gillespie who has been mentioned for years as the next Republican governor of Virginia barely got through the primary with a shockingly strong showing by Corey Stewart who is known for his anti-immigrant work in Prince William County and for campaigning with a Confederate flag. He has the distinction of being so over the top that he was fired by the Trump campaign. Turnout was especially low in the Republican primary, and Stewart was just over a percentage point in taking out Gillespie. It will be interesting to see if the folks who voted for Stewart will vote in the general election or decide to stay home.

The Republican primary for lieutenant governor was a slug-fest between two state senators with Jill Vogel winning after a mud-slinging campaign that left neither

candidate looking good.

All 100 seats for the House of Delegates are up for election this fall with a record number of contested elections. Historically it has been difficult to recruit candidates to run for the House of Delegates, but events of the past year have brought forth more candidates than ever before. There was a record number 27 seats where the candidates were determined by the primary because there was so much interest in running. Democrats will certainly pick up seats in the House of Delegates getting closer to shifting or sharing power in that legislative body.

While I am uncontested in my race for the House of Delegates you can still expect to see me campaigning. It is a good way to stay in touch with constituents and to increase turn-out for the statewide elections. Expect a busy fall of campaigning leading up to the fall elections in Virginia that will send a signal to the nation as to the public's reaction to national events.

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## CONNECTION FAMILIES

# A Week of Area Independence Day Celebrations

### FRIDAY/JUNE 30

**Independence Fireworks.** 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Fireworks with Mansion Tour: \$34 for adults; \$24 for youth; No Mansion Tour: \$30 for adults; \$20 for youth. Call 703-780-2000 or visit [www.mountvernon.org](http://www.mountvernon.org).

### SATURDAY/JULY 1

**Fireworks at Lake Fairfax Park.** 10 a.m.-10 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. The Water Mine Park, boat rentals, live music, food, puppet show, camping and fireworks. \$10 per car. The rain date is Sunday, July 2. Call 703-471-5414 or visit [www.fairfaxcounty.gov/parks/lakefairfax/](http://www.fairfaxcounty.gov/parks/lakefairfax/).

**Workhouse Arts Center Festivities.** 5-9:30 p.m. at The Workhouse, 9518 Workhouse Way, Lorton. \$20. Golf course lecture, hole-in-one challenge, fireworks. Visit [www.workhousearts.org](http://www.workhousearts.org).

**Independence Fireworks.** 6-9:45 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Fireworks with Mansion Tour: \$34 for adults; \$24 for youth; No Mansion Tour: \$30 for adults; \$20 for youth. Call 703-780-2000 or visit [www.mountvernon.org](http://www.mountvernon.org).

### MONDAY/JULY 3

**History Day Tours.** Tours at 11 a.m. through 3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Test your knowledge of U.S. history at Sully Historic Site with political trivia, games and fun facts. \$7 for adults, \$6 for students, and \$5 for seniors and children. Call 703-437-1794 or visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov).

### TUESDAY/JULY 4

**Firecracker 5K.** 8-10 a.m. Reston Town Center, Reston Town Center, 11900 Market St. Live music and American flags while rooting for the runners in the "Battle of the Branches" competition. Call 703-912-4062 or visit [restontowncenter.com](http://restontowncenter.com).

**Autism Speaks 5K.** 8 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac, Md. Fundraiser for autism. Registration, packet pick up at 6:30 a.m. Call 202-955-3111 or email [AutismSpeaks5K@AutismSpeaks.org](mailto:AutismSpeaks5K@AutismSpeaks.org).

### Great Falls Hometown

**Celebration.** 8 a.m.-1 p.m. at at Great Falls Village Centre, 776 Walker Road, Great Falls. Great Falls 5K Walk/Run starts at 8 a.m. and then view the floats, antique cars,



People capture the firework display on cell phones and cameras during the 2016 celebration of Alexandria's birthday.

horses and the bike brigade in the 4th of July Parade at 10 a.m. After the parade, food, music, field games and festivities on the Village Centre Green. At 6 p.m., the gates open at Turner Farm Park featuring music, games, contests and food trucks until the Fireworks Show gets underway just after dusk. Visit [www.celebrategreatfalls.org](http://www.celebrategreatfalls.org).

**Mount Vernon Independence Day.** 9 a.m.-5 p.m. at George Washington's Mount Vernon, 3200 Mount Vernon Memorial Highway. Troop inspection, wreath laying, citizen naturalization, music, fireworks and cake. Call 703-780-2000 or visit [www.mountvernon.org](http://www.mountvernon.org).

**Fairfax Independence Day Parade.** 10 a.m. On Main Street in downtown Fairfax. Visit [www.fairfaxva.gov/about-us/special-events/independence-day-celebration](http://www.fairfaxva.gov/about-us/special-events/independence-day-celebration).

**City of Fairfax Evening Show.** 5:30 p.m. at Fairfax High School, 3501 Rebel Run. Children's activities (inflatables, face painting, and balloon artists), Oon-stage entertainment with a fireworks display that follows. The rain date for the fireworks only is July 5. Items that may puncture the synthetic turf, smoking, alcohol and animals (except service animals) are not permitted on the football field. Visit [www.fairfaxva.gov](http://www.fairfaxva.gov) or call 703-385-7855.

**Fairfax Station Holiday Crafts Day.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Crafts will highlight the holiday and the railroads. Museum members and ages 4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. Visit [www.fairfax-station.org](http://www.fairfax-station.org), or call 703-425-9225.

**Great Falls Fireworks.** 6 p.m. at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. As part of the Village of Great Falls Independence Day celebration, Christ the King Lutheran Church invites members, friends, and members of the community to gather on the church's front lawn to enjoy the fireworks from this premium vantage point. Visit [www.gflutheran.org](http://www.gflutheran.org) or call 703-759-6068.

**Arlington Independence Day.** 5-10 p.m. at the Long Bridge Park, 475 Long Bridge Drive, Arlington. Family-friendly activities including live music, food vendors, games, and a view of the Washington, D.C., fireworks display. Games and activities will include face painting, balloon art, moon bounces (weather permitting), cornhole, bocce, and more. No on-site parking at the event. Free event shuttles will run continuously from 4:30-10:30 p.m. between Long Bridge Park and the



PHOTO BY TOWN OF VIENNA

**Celebrate Independence Day at 144 Maple Ave. E., Vienna.** Food, water games, pie eating contest and more. Visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.

Pentagon City and Crystal City Metro stations. Free. Visit [parks.arlingtonva.us/july-4th/](http://parks.arlingtonva.us/july-4th/).

**Vienna July 4 Festival and Fireworks.** 6:30 p.m. at at Yeonass Park, 1319 Ross Drive SW, Vienna. Food available from the Vienna Little League snack bar, those who register can get their taste of America in the form of two eating contests: Children ages 5-10 can sign up onsite to participate in a pie-eating contest. Adults can give their chomping skills a try in Vienna's second annual hot dog-eating contest. Visit [viennava.gov](http://viennava.gov) or call 703-255-6360.

**McLean Independence Day.** 6:30 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Musical entertainment by a local disc jockey, as well as food trucks selling a variety of entrees and snacks. Off-site parking and shuttles available. Admission is free. In case of inclement weather, the fireworks show will be presented at 8 p.m. on the rain date, Wednesday, July 5. Call 703-790-0123, or visit [www.mcleancenter.org](http://www.mcleancenter.org).

**Herndon Independence Day Celebration.** 6:30-9:30 p.m. in Bready Park at the Herndon Community Center, 814 Ferndale Ave. Family-fun event featuring games, patriotic arts and craft activities, live music, family games,

bingo, food, balloon artists and more. Visit [herndon-va.gov/recreation/special-events/4th-of-july](http://herndon-va.gov/recreation/special-events/4th-of-july).

**Falls Church Celebration.** 7-10 p.m. at George Mason High School, 7124 Leesburg Pike, Falls Church. Live music. Visit [www.fallschurchva.gov/](http://www.fallschurchva.gov/).

**Montgomery County Sparkles.** 7:30 p.m., Albert Einstein High School, 11135 Newport Mill Road, Kensington. Montgomery County celebrates Independence Day with live music featuring Gringo Jingo. Fireworks are at 9:15 p.m. Shuttle bus at Westfield Wheaton North Building. Handicap parking only available at Einstein High School. Food vendors on site. Raindate is July 5 for fireworks only. Call 240-777-0311.

**Free Sober Rides.** Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberride.com](http://www.soberride.com).

### THURSDAY/JULY 6

**Patriotic Music.** 1-2 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. \$2 or free for residents. Visit [www.holidaypark.us/](http://www.holidaypark.us/).

**Summer Under the Stars Concert.** 8 p.m. Veterans Amphitheater (adjacent to City Hall), 10455 Armstrong Street, Fairfax. Main Street Community Band. Visit [fairfaxva.gov](http://fairfaxva.gov) or call 703-385-7855.

### SATURDAY/JULY 8

**USA/Alexandria Birthday Celebration.** 5-10 p.m. at Oronoco Bay Park, 100 Madison St. Event to celebrate the 241st birthday of the USA and the 268th birthday of the City of Alexandria, featuring entertainment, cannon salute during the 1812 Overture, food and beverage sales, and fireworks at 9:30. Call 703-746-5592 or visit [www.visitalexandriava.com/alex-bday/](http://www.visitalexandriava.com/alex-bday/).

**Riverfront Fundraiser.** 7:30-10:30 p.m. Del. Mark Levine's house, at 805 Rivergate Place, Alexandria. Refreshments include "impeachment punch," "Orange Russians," wine and beer, soft drinks, and food. And great views of the fireworks which begin at 9:30 p.m.

Come early to get a good lawn seat or come later after the festivities next door at Oronoco Park.

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# ENTERTAINMENT

Send entertainment announcements to [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). Deadline is Friday at noon for the following week's paper. Photos/artwork encouraged.

## ONGOING

**Great Falls Farmers Market.** Every Saturday, 9 a.m.-1 p.m., 778 Walker Road, Great Falls. Music, vendors, fresh produce, fresh prepared food, delightful bakery, spices from around the world, wild-caught fish, grass-fed, free-range meats, organic-fed poultry and eggs. Email [kathleen@greatfallsfarmersmarket.org](mailto:kathleen@greatfallsfarmersmarket.org) for more.

**Ken Frye Exhibit.** Various times through June 30 at the Meadowlark Gardens, 9750 Meadowlark Gardens Court, Vienna. Ken Frye is the Vienna Arts Center artist of the year. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) for more.

**Art at the Library.** Various Vienna artists work on display in June at the Patrick Henry Library, 101 Maple Ave. E., Vienna. Reno Number Eleven Steam Locomotive is one of five pictures supplied by the Vienna Arts Center. Visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) for more.

**"On the Bay" Photographs.** Normal business hours through July 1 at Katie's Coffee House, Village Center, 760 Walker Road, Great Falls. Silvia Gonzalez Roman will exhibit her pictures taken around the Chesapeake Bay. Visit [oldbrogue.com/katies-coffee-house/](http://oldbrogue.com/katies-coffee-house/) or call 703-759-2759 for more.

**"Slice of Life: Great Falls."** Normal business hours through July 1 at in the TD Bank, 9901 Georgetown Pike. Jill Banks exhibits her oil paintings during bank opening hours seven days a week including "First Friday Art Walk" on June 2 until 7 p.m. Visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com).

**The Light of Day Paintings.** Through July 15, various times Broadway Gallery, 1025-J Seneca Road, Great Falls. Featuring landscape paintings by Michael Godfrey, Christine Lashley, Tricia Ratliff, and Rajendra KC. Call 703-450-8005 for more.

**Julie Cochran Photography.** Various times through July 29 at the Vienna Arts Gallery, 513 Maple Ave. W. Exhibit called "Lotus-Palooza." Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**Sunny Days Art.** Artists exhibition through July 29 at the Vienna Arts Center, 115 Pleasant St., NW. Sunny Days exhibition. Call 703-319-3971 or visit [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

## WEDNESDAYS/JUNE 28-AUG. 2

**Stories and Sprinklers.** 1:30 p.m. at 144 Maple Ave. E., Vienna (behind the Freeman Store). Hear a story. Visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.

## FRIDAY/JUNE 30

**Shepherd's Center Fundraising Meals.** 7 a.m.-midnight at the The Locker Room, 502 W. Broad St., Falls Church. The Locker Room restaurant will donate 15 percent of its sales from breakfast, lunch and dinner to the Shepherd's Center of McLean-Arlington-Falls Church. Visit [www.scmafc.org](http://www.scmafc.org) or contact Nancy Murray at 703-734-8353.

**Summer on the Green Concert.** 6:30 p.m. at 144 Maple Ave. E., Vienna. Featuring Shenandoah Run. Free. Visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.

**For King and Country Concert.** 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit [www.tysonscornercenter.com](http://www.tysonscornercenter.com) or call 703-893-9401 for more.



## Summer Sunday

**Summer Sunday Concerts in the Park featuring Oceans Quartet, Sunday, July 2, at 5 p.m. in McLean Central Park, 1468 Dolley Madison Blvd. Free. Call the Center at 703-790-0123 or visit [www.aldentheatre.org](http://www.aldentheatre.org).**

703-893-9401 for more.

**Things that Fly at Night.** 6-7:30 p.m. at Riverbend Park, 8700 Potomac Hills St., Great Falls. Learn about bats, insects and s'mores. \$8. Call 703-759-9018 or visit [www.fairfaxcounty.gov/parks/riverbend-park/](http://www.fairfaxcounty.gov/parks/riverbend-park/) for more.

Madison Blvd. Set to a wide array of Latin grooves with vocals in Spanish, Portuguese, Catalan and English. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit [www.aldentheatre.org](http://www.aldentheatre.org).

## SUNDAY/JULY 2

**Oceans Quartet Concert.** 5 p.m. at McLean Central Park, 1468 Dolley Madison Blvd. Varied musical styles include bagpipes and Beatles music. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit [www.aldentheatre.org](http://www.aldentheatre.org).

## TUESDAY/JULY 4

**Great Falls Fireworks.** 6 p.m. at at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. As part of the Village of Great Falls Independence Day celebration, Christ the King Lutheran Church invites members, friends, and members of the community to gather on the church's front lawn to enjoy the fireworks from this premium vantage point. Visit [www.gflutheran.org](http://www.gflutheran.org) or call 703-759-6068.

**July 4 Festival and Fireworks.** 6:30 p.m. at 1319 Ross Drive SW, Vienna. Visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.

**McLean Independence Day.** 6:30 p.m. at Churchill Road Elementary School, 7100 Churchill Road, McLean. Musical entertainment by a local disc jockey, as well as food trucks selling a variety of entrees and snacks. Off-site parking and shuttles available. Admission is free. In case of inclement weather, the fireworks show will be presented at 8 p.m. on the rain date, Wednesday, July 5. Call 703-790-0123, or visit [www.mcleancenter.org](http://www.mcleancenter.org).

## FRIDAY/JULY 7

**Summer on the Green Concert.** 6:30 p.m. at 144 Maple Ave. E., Vienna. Featuring Richard Walton Group. Free. Visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.

**Danny Gokey Concert.** 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit [www.tysonscornercenter.com](http://www.tysonscornercenter.com) or call 703-893-9401 for more.

## SATURDAY/JULY 9

**Trio Caliente Concert.** 5 p.m. at McLean Central Park, 1468 Dolley

## WEDNESDAY/JULY 12

**"Dining with Dorothy"** 12:30 p.m. at Pan Am Family Restaurant, Pan Am Shopping Center, 3051 Nutley St. SW, Fairfax. Join your friends or make new ones at this socializing/dining event. Call 703-281-0538 or visit [www.scov.org](http://www.scov.org) for more.

## THURSDAY/JULY 13

**Driftwood in Concert.** 7:30 p.m. at Jammin' Java, 227 Maple Ave. E., Vienna. \$15-25. Visit [www.jamminjava.com](http://www.jamminjava.com) for more.

## JULY 14-30

**Summer Musical.** 8-10:30 p.m. or Sunday matinees at 2 p.m. at Vinson Hall Retirement Community, Community Building Ballroom, 1735 Kirby Road, McLean. McLean players present "The 25th Annual Putnam County Spelling Bee." \$23-25. Email [publicity@McLeanPlayers.org](mailto:publicity@McLeanPlayers.org), call 703-304-3176 or visit [www.McLeanPlayers.org](http://www.McLeanPlayers.org).

## SUNDAY/JULY 16

**Da Capo Barbershop Quartet.** 5 p.m. at McLean Central Park, 1468 Dolley Madison Blvd. Barbershop quartet style music with various music styles. Part of The Alden at the McLean Community Center's 2017 Summer Sunday Concerts in the Park. Call the Center at 703-790-0123 or visit [www.aldentheatre.org](http://www.aldentheatre.org).

## MONDAY/JULY 17

**JD Eicher Concert.** 7:30 p.m. at Jammin Java, 227 Maple Ave., Vienna. Call 877-987-6487 or visit [www.jamminjava.com](http://www.jamminjava.com) for more.

## FRIDAY/JULY 21

**Chillin' on Church.** 6:30 p.m. at Church St., Vienna. Water games, Harlen Simple band playing rock/funk/blues. Visit [www.viennava.gov](http://www.viennava.gov) or call 703-255-6360.

**Delta Spur Concert.** 6:30-8 p.m. at the The Tysons Corner Metro Station Plaza, 1961 Chain Bridge Road. Part of the Tyson's Concert Series. Visit [www.tysonscornercenter.com](http://www.tysonscornercenter.com) or call 703-893-9401 for more.

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# SUMMER Sunday CONCERTS

*in the park*

## Free Concerts

**Every Sunday in July at 5 p.m. in McLean Central Park Gazebo.**  
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**July 02**  
**Oceans Quartet**  
*A premier Celtic fusion band.*

**July 16**  
**Da Capo**  
*A barbershop quartet for the 21st Century.*

**July 30**  
**Kara and Matty D**  
*An acoustic duo making beautiful, top-notch vocal harmonies.*

**July 09**  
**Trio Caliente**  
*A blend of flamenco, pop & Brazilian jazz.*

**July 23**  
**Slim Harrison & The Barnstormers**  
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Presented by the Alden at the McLean Community Center in McLean Central Park, located at the corner of Old Dominion Dr. and Dolley Madison Blvd. (Route 123). Schedule subject to change.

Presented in cooperation with the Fairfax County Park Authority and Dranesville District Supervisor John Foust.



# 'Main Street' Redevelopment Abandoned

BY FALLON FORBUSH  
THE CONNECTION

Property owners have withdrawn their rezoning application that sought to redevelop the Old Dominion and Chain Bridge Corner shopping centers in McLean into a combined, mixed-use development.

The preliminary designs for the proposal were first promoted to the public in February. A follow up meeting was held in May, which included revisions after landowners collected community feedback.

McLean Properties, which represents the landowners, filed a

proposal for a comprehensive plan amendment and rezoning with the county in April. Unexpectedly, the company sent an email to the Connection and other undisclosed recipients on June 14:

"Good morning,

Thank you to everyone who attended the Main Street community meetings, visited our website, and shared your questions/comments; we appreciate your input. Unfortunately, we have decided to withdraw our zoning application.

We are grateful for the time and energy that the McLean Planning Committee, McLean Citizens Association, Supervisor [John Foust's] office, and county staff put into

this project. While we are disappointed that Main Street will not move forward at this time, we remain excited about the future of our community.

Best, McLean Properties"

The email provided no explanation as to why the application was withdrawn.

Neither Betsy Frantz, a spokesperson for McLean Properties, nor

Vidal Sadaka, who addressed community members on behalf of McLean Properties at the community meetings, responded to inquiries from the Connection.

"There was a lot of community support for the application and I was surprised and disappointed by McLean Properties' decision to withdraw it," Supervisor John Foust said in an email to

Dranesville District residents who subscribe to his newsletter. "I am frustrated that the opportunity to implement the Main Street concept is once again delayed," he added. "However, I realize that no project can move forward without the cooperation of the property owner. Despite this setback, we will continue to encourage and work with landowners to identify and deliver projects that contribute to the revitalization goals for the McLean Community Business Center."

## WEEK IN McLEAN

FROM PAGE 2

Church. The Locker Room restaurant will donate 15 percent of its sales from breakfast, lunch and dinner to the Shepherd's Center on Wednesday, July 12, 2017 from 7 a.m.-midnight at The Locker Room, 502 W. Broad St., Falls Church. Call 703-854-1230.

The Shepherd's Center of McLean-Arlington-Falls Church is an all volunteer-based organiza-

tion dedicated to assisting seniors in maintaining an independent and safe lifestyle. The Shepherd's Center also receives support from religious congregations and businesses in the community.

For more information, visit [www.scmaf.org](http://www.scmaf.org)

The Shepherd's Center of McLean - Arlington - Falls Church is located at 1205 Dolley Madison Blvd., McLean. Call 703-506-2199.

## Attractive Upgrades that Make for a Safer Bathroom



Times have certainly changed when it comes to the bathroom. The very things that make your bathroom safer and easier to navigate—large, walk-in showers; higher toilets; natural lighting—are also some of the latest design trends.

The terms have changed over the years but their purposes have remained the same. Grab bars are now being called "shower rails". Higher-seated toilets are "comfort height." And easy-to-use lever handles and handheld showers are "ergonomic." Items once avoided by homeowners are not only sought after, but in high demand.

What's wonderful about incorporating these design components into your bathroom is how it relates to "visability" which means making your home welcoming to people of all ages and abilities.

Some features to consider when planning for safety in the bathroom:

- Create the right lighting with natural light, sconces and a night-light
- Widen doorways and switch from knobs to levers
- Enlarge the shower and go curb-less
- Use wall mounted sinks that allow space underneath for someone seated
- Look for slip-resistant tile or vinyl
- Choose grab bars that match towel racks and other fixtures
- Think about a walk-in tub



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.

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**Vince Gill Christmas Show in Nashville, Nov. 28-Dec. 2** .....\$1255  
Includes Motorcoach from Vienna, Rockville & McLean Metro, 4 nights hotel (2 nights Opryland Resort), Seating for Christmas Show at Ryman Auditorium, Backstage tour of Grand Ole Opry, Barbara Mandrell's Home, & many more activities – Call for full itinerary.

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## Announcements

## Employment

### Admitting Clerk Medical Records Position

McLean Surgery Center is looking for a positive, hardworking individual who can work well in a team environment. We are a small office, so we are looking for an all-around medical office person who can perform all business office functions; which includes front desk/registration, patient phone calls, and medical records. Ideal candidates would possess excellent customer service skills, experience working within a medical/health-care environment, ability to multitask with high degree of accuracy and efficiency, strong interpersonal skills in order to communicate by phone or email with patients, doctors and staff. Bilingual and understanding of HIPAA laws would be preferred. Hours would be from 7:30 - 4:00PM. This is a great opportunity for the right person. If interested and feel you are qualified, please submit your resume to Dottie: dseeley@mcleansc.com Fax: 703-752-1107

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## SPORTS



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### Winning the Brooks Brothers Open

**Suneil Peruvemba, from the McLean area, the winner from the boys 11-13 age division at the Brooks Brothers Open at Old Hickory at the Old Hickory Course. His score was a 72-78 for the two-day tournament. This open was part of the Hurricane Junior Golf Tour, the largest junior golf tour in the country, hosting 275 events in 32 states this year.**

### Vienna Girls Win All-Star Soccer Tournament

**The Vienna Youth Soccer U19G all-star team was the champion in their division of the FPYC all-star tournament this past weekend. In sweltering heat, the girls went undefeated in four games. Pictured: Coaches Vicente Carbajal and John Sweeney, Bottom row: Courtney, Ellie, Kelsey, Sara, Beth, Emily, Jessie. Top row: Elena, Anna, Emily, Caroline, Sam, Bella, Maya, Emma, Olivia.**



## LETTERS TO THE EDITOR

### Wearing Orange Won't Stop Gun Violence

To the Editor:

On June 2 we wore orange for National Gun Violence Awareness Day and in memory of a Chicago teen who was shot and killed in 2012. As a McLean mom of a teenager, I can just look at the daily headlines to know gun violence can strike anyone and anywhere and this is a scary reality.

Federal data published in late 2015 showed in Virginia, along with 20 other states and the District of Columbia, deaths by guns outnumbered deaths by auto accidents. Here in McLean the NOVA Firearms shop stands less than 100 feet from Franklin Sherman Elementary School which is a location which defies logic. Legislators, for the most part, have failed to take a more common sense approach to gun ownership.

There has been one bright spot with Virginia Delegate Kathleen Murphy's tireless work on leg-

islation to prevent gun violence. In 2016, her bill HB1391 was signed into law which prohibited people under a permanent protective order for family abuse from possessing a firearm.

I am saddened that Murphy's further efforts have been blocked with HB2044, which expands on HB1391, languishing in committee in the Virginia General Assembly. This bill would close the gap to bar people under other protective orders from accessing a gun. It should be noted that Murphy's bill HB422 to keep gun shops out of school zones is stuck in committee too.

I implore policymakers to co-sponsor Delegate Murphy's bills.

We should realize that wearing orange won't stop gun violence. While we should never forget those killed and touched by gun violence, real action and policies are necessary now; not later, to protect the public's safety.

**Kristin Battista-Frazee**  
McLean



## BULLETIN BOARD

To have community events listed in the Connection, visit [connectionnewspapers.com/Calendar/](http://connectionnewspapers.com/Calendar/). The deadline for submissions is noon on Friday.

### INDEPENDENCE DAY

**Free Sober Rides.** Tuesday, July 4, 7 p.m. through Wednesday, July 5, 2 a.m. Area residents, 21 and older, may download Lyft to their phones, then enter the code SOBERJULY4 in the app's "Promo" section to receive a no cost (up to \$15) safe ride home. The SoberRide code is valid for the first 1,500 Lyft users who enter the code. Visit [www.soberride.com](http://www.soberride.com).

### THROUGH JULY 31

**Backpacks for Students.** Various times at Christ the King Lutheran Church, 10550 Georgetown Pike, Great Falls. Christ the King's Team Service is collaborating with Reston's aid to families organization Cornerstones and school supplies collection organization Kids R First to help youngsters in the community. Collections will run through July; drop off in the church lobby. Visit [www.gflutheran.org](http://www.gflutheran.org) or call 703-759-6068.

### THROUGH SUMMER

**Vienna Street-sweeping Program.** The Town of Vienna began its annual street-sweeping program beginning March 20. The Town is divided into eight sections for purposes of the sweeping program. During the first pass through Town, the Public Works Department asks that residents not park on the street. Find the "sweeping" sections at [viennava.gov/sweeping](http://viennava.gov/sweeping). Additionally, signs will be placed on streets marking a window of 7-10 days during which the truck will come through. Contact public works at 703-255-6380.

### SUPPORT GROUPS

**Are You A Caregiver? Shepherd's Center of Oakton Vienna Caregivers' Support Group** takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10:00 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton, VA. For more info contact facilitator, Jack Tarr, 703-821-6838 [jtarr5@verizon.net](mailto:jtarr5@verizon.net).

**Haven of Northern Virginia Support Group.** 703-941-7000, [www.havenofnova.org](http://www.havenofnova.org) or [havenofnova@verizon.net](mailto:havenofnova@verizon.net).

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

### VOLUNTEERS NEEDED

**Shepherd's Center of McLean-Arlington-Falls Church,** 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at [info@scmafc.org](mailto:info@scmafc.org). The Center's website is [www.scmafc.org](http://www.scmafc.org).

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit [fairfaxgardening.org](http://fairfaxgardening.org) or call MG Help Desk at 703-324-8556 for more.

**Volunteers Needed.** PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email [lpadgett@prsinc.org](mailto:lpadgett@prsinc.org).

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Also visit [www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/).

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them. <b>-Werner Heisenberg</b>					

## Infusing is Rarely Amusing

By KENNETH B. LOURIE



Four weeks out of every five, it appears as if I don't have cancer. Fortunately, I don't look the part. Nor do I act the part – in my opinion. However, there is one week out of every five when I most definitely feel the part: the week after my chemotherapy infusion, when eating is a particular challenge. The look, feel, taste and thought of food and/or drink is nearly impossible to swallow – literally and figuratively. And though I'm not in any pain during this post-chemotherapy weak, I am compromised nonetheless.

Friends and family who are familiar with my "normal" eating habits (I'd order off the children's menu if I could) have joked that since I'm unable to eat any of the usual and customary Kenny selections, perhaps I should try eating foods that I would never select: Brussels sprouts, grapefruit, tuna fish in a can, fresh fish on a platter, all condiments other than mayonnaise, all legumes and a million other foods that you probably love. Plain and boring is how I roll (a potato roll is my preference), repeatedly.

The problem is that when I'm post chemo, nothing satiates: salty, sweet or "snacky;" hot, cold or medium; fast or slow; store-bought, home-made or restaurant-ready. It's all merely a variation on a theme where my back stiffens, my head tilts back and down and my eating mind says "no." It's been this way for about two and a half years now. And though I don't look the least bit undernourished, I am overwhelmed by these week-long post-chemotherapy eating fits and non-starts.

Naturally I have discussed this side effect with my oncologist. When asked how long this situation lasts, my seven-ish day struggle seems about average, according to my doctor, maybe even slightly shorter than some other patients he treats who are infused with the same chemotherapy drug as I am. Apparently, there are other patients where the eating challenges last even longer than mine. And since there's nothing to be prescribed/recommended to affect this eating problem/lack of outcome, all I can do is live with the consequences of my treatment. Live being the operative word. So unless I stop treatment, this eating challenge will persist, presumably. (Although, there's scant clinical information regarding side effects on stage IV, non-small cell lung cancer patients still living after eight years and four months as we're a patient population that doesn't much exist. We're not exactly unicorns, but neither are we ponies at the Fair.)

Fairness – and normalcy for me was officially gone on Feb. 27, 2009, the date of my diagnosis and the initial Team Lourie meeting with my oncologist. But so what. As of that date, my perspective/orientation became about living forward, not recriminating backward. Sure, the present was important, but the future was more important, and the past, well, it had passed. No more could I afford to consider who, what, where, when, why and how I ended up in this predicament. My goal was to remain positive, take the bad with good, survive until the next drug approval by the FDA (of which there have been half a dozen in the last two years specifically for the treatment of lung cancer) and try not to impose my problems on anyone else.

Which I believe I've succeeded in doing. Oh sure, I've imposed myself on you regular readers, but what I've imposed on you have been my experiences. Considering the context, I'd like to think I've shared, not self-indulged. Moreover, I'd like to think we're all better off for the 'experience.' I know I am.

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





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