

FEBRUARY 7-13, 2018

25 CENTS NEWSSTAND PRICE

Kaili Fox and Wade Parker rehearse a scene from Westfield High's upcoming musical, "Avenue Q."



Life on 'Avenue Q'

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PHOTO BY BONNIE HOBBS

Hospital Opens New Facility

Choices Outpatient Services offers care to adolescents.

Youth and families in need of mental health treatment now have a new option for service in Northern Virginia. Choices Outpatient Services, the newest Dominion Hospital facility, opened to patients recently.

“The Chantilly location affords us the opportunity to better serve the community,” said Michael Repie, Ph.D., clinical director at Dominion Hospital. “Western Fairfax County is a wonderful location for families and youth. It’s very conveniently located.”

The new facility, located at 14501 George Carter Way, offers treatment for a variety of mental health issues including depression, anxiety, non-suicidal self-injury and grief, loss, or abandonment.

“We consider ourselves to be the



PHOTO COURTESY OF DOMINION HOSPITAL

Choices Outpatient Services, a new outpatient behavioral health facility by Dominion Hospital, opened in Chantilly recently. Above is the main lounge.

leaders in behavioral health care,” said Repie. “We are often at or near capacity for treating youth and understand the need for behavioral services. Our new facility will allow us to treat even more patients.”

Dominion Hospital is the only freestanding mental health care facility in Northern Virginia, offer-

ing short-term mental health services for children age 5-12, adolescents age 13-17 and adults age 18 and older.

An open house has been scheduled for Feb. 7, from 4:30-6:30 pm. at the Chantilly location. For more information: dominionhospital.com.

— MARILYN CAMPBELL

Open House

CHOICES OUTPATIENT SERVICES

14501 George Carter Way, Chantilly
Feb. 7, from 4:30-6:30 p.m.



Michael Cohen, shaking the hand of Scoutmaster Kent Pankratz, is flanked by parents, Dawn and Don.

Eagle Scout Honored

Troop 30 of Centreville honored Michael Cohen who earned the rank of Eagle Scout in an Eagle Court of Honor ceremony on the evening of Sunday, Jan. 7. Michael was recognized for his significant leadership achievements in the ceremony held at the troop’s chartering organization, Centreville Presbyterian Church (CPC). Michael earned 24 merit badges and for his Eagle Scout Project he led a team of 18 workers totaling 144 hours in a project to support CPC by build-

ing from scratch four large benches at the entrance to the church.

Michael had a busy 2017 with working part-time, swimming on his high school team, sailing and scuba diving on a one-week scouting adventure, and finishing his Eagle Project.

More than 50 people attended his ceremony. Troop 30 is a mid-sized troop comprised of boys from the Centreville and Chantilly areas who attend the Westfield, Centreville, and Chantilly High School pyramids.

ROUNDUPS

Help Crime Victims

The Office for Women & Domestic and Sexual Violence Services (OFWDSVS) will hold orientations for prospective volunteers on Thursday, Feb. 8 and Monday, Feb. 12 from 6-8 p.m. at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, Conference Room 8.

The orientation includes an introduction to OFWDSVS, the services it provides, and the population it serves.

Volunteer opportunities include: Hotline counselor, ADAPT group co-facilitator, hospital accompaniment advocate, court accompaniment advocate, community ambassador, data analyst assistant, client intake coordinator assistant, and special projects.

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, Feb. 15, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

Because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

BULLETIN BOARD

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

or contact the school directly for specific enrollment information and dates of orientation or visit www.fcps.edu/registration/kindergarten-registration.

KINDERGARTEN REGISTRATION

Child turning 5 years old by Sept. 30? If so, contact your child’s school to make arrangements for kindergarten enrollment. Most schools begin getting information together now for parents of incoming kindergartners, and many host an orientation or open house. All kindergarten programs are full-day and located in FCPS elementary schools. Check your school’s webpage

THURSDAY/FEB. 8

Award Nomination Deadline. 5 p.m. Nominate a volunteer or volunteer group that has made a positive impact on the Fairfax County community at volunteerfairfax.org. The Fairfax County Volunteer Service Awards is a community-wide celebration of volunteerism. For a complete list of categories and guidelines, visit volunteerfairfax.org or call Kristen Moore at Volunteer Fairfax at 703-246-3531.

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www.syafotball.org
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Another **CONNECTION** Community Partner

'Life's Tough, But Just Keep Going'

Westfield High presents musical comedy, "Avenue Q."

BY BONNIE HOBBS

Westfield High's upcoming musical comedy, "Avenue Q," is about the residents of a fictional street in New York, their various struggles and how they work through them in humorous ways to have the best outcome possible. And while the use of puppets as characters may remind audiences of the classic TV show, "Sesame Street," it's a grownup, PG-13 version not for elementary-age children.

The curtain rises Friday-Saturday, Feb. 16-17, at 7 p.m., and Sunday, Feb. 18, at 2 p.m. Tickets are \$12 at the door or \$10 via www.westfieldtheatre.com.

The cast and crew of 35 have been rehearsing since November, and Director Rachel Harrington says things are going great. "The show lends itself to being hilarious and high-energy, and it's been really wonderful seeing the kids blossom into their characters," she said. "It's also exciting because the kids are making all the puppets, themselves."

There are about a dozen puppets total, mostly representing the main characters. "They're 'Sesame Street'-style and size and are bright colors with fur and all kinds of quirky and wacky accessories," said Harrington. "The actors are used to using their bodies as their instruments, so I've had to teach them to use the puppets, instead, as an extension of their characters."

So, she said, "With this show, I've certainly served them up a challenge — and every,



As the character Princeton, Wade Parker turns his moving boxes into puppets.

single one of them has risen to the occasion. I'm extremely impressed with the way they took on their roles and the initiative they've showed to make them their own."

The set is comprised of the apartment buildings on Avenue Q. They'll look old and rundown, but Harrington says the "bright and colorful aesthetic of the characters brings this environment to life." Overall, she said, "People will enjoy the uniqueness of this show. It combines two, completely opposite, artistic conventions — serious topics and funny puppets — while telling a story of everyday life that we all can relate to."

Senior Wade Parker portrays Princeton, and the story depicts his life after graduating college and moving to New York. He

meets a girl, tries to find his purpose, makes new friends, breaks up with the girl and wants to get her back.

"He's a naïve, fresh-faced adult who doesn't know a lot about life," said Parker. "He's pretty carefree, but intent on finding himself. He has good intentions, but doesn't always do the right thing. I like playing him because he's a goofball and a funny character because of the things he says."

Parker's favorite song is "Everyone's a Little Bit Racist," which he sings with other cast members. "To me, it's the show's funniest song," he said. "When I saw 'Avenue Q' off Broadway, it's the one that stuck with me. It's kind of portraying the 'Sesame Street' view of real life and takes a satirical approach to real problems."

He said the audience will definitely enjoy this show's story, comedy, singing and acting. And, he added, "People will also like the song, 'It Sucks to be Me,' because it's so catchy."

Playing Kate Monster is senior Kaili Fox. "Kate is a kindergarten teaching assistant who lives on Avenue Q," said Fox. "She has a lot of hopes and dreams and wants to start a monster school. Monsters are considered a different race, and she wants them to have the same opportunities as everyone else. She never thought her dream was achievable, but she tries. Of all the characters in the show, she's the purest one with the most heart and spirit."

SEE 'AVENUE Q,' PAGE 7

Man Charged with Series of Vehicle Break-Ins

Crimes had been continuing since October.

BY BONNIE HOBBS

After more than three months of vehicle vandalisms and break-ins in a Centreville neighborhood, Fairfax County police have arrested the man they believe is responsible. He is Marques King, 26, of 14527 Ravenscar Court in that same community.

The crimes occurred in Crofton Commons between late October 2017 until the early morning hours of Feb. 2 when, say police, they allegedly caught King in the act. Lt. Ryan Morgan, assistant commander of the Sully District Police Station, said dozens of vehicles were vandalized or tampered with, including 15 on Feb. 1, alone.

The offenses involved destruction of property and vehicle trespassing — rummaging through a vehicle, but not taking anything

from it. Many of them happened mostly during the overnight hours on Flamborough Road and near Hovingham Court.

"There was a rash of vehicle windows either being busted out by unknown means or shot out with BBs," said Morgan. "Then the vehicles were entered, either by using the broken windows or by finding unlocked doors."

When things like this occur, he said, the perpetrator searches the car and "anything of value — from loose change to electronics — is up for grabs. We always tell people, 'Lock your car doors,' but many of them still don't do it."

In this case, said Morgan, "It's been a source of frustration for the officers, trying to catch [the person responsible]. "So our officers were out there [last Thursday night, Feb. 1]. They did surveillance in the area

and [reportedly] caught him in the act, trying door handles and going through items in one, particular car."

He said police allegedly observed King, around 1:40 a.m., and started moving in to arrest him, "But he disappeared and got away for a short time. But officers found him near his home in that neighborhood."

King was then taken to the Adult Detention Center and charged with felony destruction of property, petit larceny and multiple counts of vehicle trespassing and was held without bond. Morgan said additional charges may be filed, as the investigation continues. Meanwhile, police executed a search warrant at King's home, later on Feb. 2, and seized a number of items.

According to Morgan, police followed up with neighborhood residents after the arrest and discovered that several of them knew the vehicle break-ins had been happening. But, he said, "Not everyone reported them. Sometimes, neighbors only share informa-

tion between themselves on social media and don't tell the police. We'd love to get the bad guys, but we need people to report crimes going on in their neighborhoods."

Morgan said residents can capture valuable information on their home-security systems, too. "That's also helpful," he said. "It helps us narrow down likely suspects."

Regarding King's arrest, Morgan praised the efforts of the Sully District Station's bike team and crime analyst. "The bike team caught him," he said. "When there are neighborhood concerns, they're our go-to people for special projects. They know the area and those streets."

"And our crime analyst Kelly Gurrola provided us with intelligence-led policing," continued Morgan. "She helped guide the police as to where the incidents have happened over time and did a probability analysis of which dates [future] crimes were most likely to occur. She used technology to put us in the right place at the right time."

An Opportunity To Improve TJ

To the Editor:

The following open letter was addressed to state Sen. Steve Newman, chair of the Education and Health Committee.

As graduates of Thomas Jefferson High School for Science and Technology (TJHSST), we were deeply troubled to read that the Education and Health Committee of the Virginia State Senate struck down Senate Bill 787, the proposal by state Sen. Scott Surovell to make the admissions policies at Governor's Schools such as TJHSST more equitable. While debates will continue about whether Senator Surovell's legislation is the right instrument, its intent to significantly alter Jefferson's admissions procedure to account for class is sound. No serious action has been taken on this issue at the state or local level since the school was designated as a magnet school and that has to change. Outreach efforts have had modest success in the past, but they are not enough to make Jefferson equitable. For this reason, we strongly support the intent of the senator's bill and ask the committee to work with Senator Surovell to draft legislation to make progress on this urgent issue.

All of us attended Fairfax County Public Schools. There's one among us who still has her yearbooks and class pictures from kindergarten through 12th grade. And in those images from schools like Saratoga Elementary School and Mark Twain Middle School are the smiling faces of friends and classmates of all races, as well as friends and classmates who lived in a nearby HUD housing development. None of the kids from that housing development made it into TJ, not one. And virtually none of the Black and Hispanic students in those other photos were admitted either.

The racial and economic composition of Jefferson has been an annual news story just about every year since it became a magnet school, and it's never good news. Last year, only 17 Black and Hispanic students were admitted — 3.4 percent out of 490 students. And only eight students (1.6 percent) eligible for free or reduced-price lunches (an indicator of students living in low-income or poor families). This despite the fact that Fairfax County Public School students overall are 25.4 percent Hispanic, 10.1 percent Black, and 29 percent are eligible for free or reduced-price lunches.

This disparity between Jefferson's enrollment and the racial and socioeconomic composition of Fairfax County is unacceptable and easily remedied. Countless elite institutions — especially elite colleges — have modified their admissions procedures and requirements in recent years because they have realized that their old criteria have long been leaving talent on the table. They have softened their standardized testing requirements, engaged in admissions outreach, and sought out partners in high schools and middle schools to create a pipeline of under-represented and low-income students to draw from. These students (who would never have been admitted under the old admissions protocols) have thrived at these elite institutions — often overperforming their standardized test scores. Yet Jefferson's admis-

sions policies proceed ignorant of these developments.

We live in a time when headlines and Twitter feeds constantly observe the pernicious effects of systemic inequality and racism in the daily lives of the poor and people of color. And the state of Virginia has a long legacy of racism that the world was reminded of last year during and after the events that took place in Charlottesville. White supremacy is not just Nazis marching in the streets; it also lies in maintaining a high school that excludes the poor, African-Americans, and Latinos, and then calls itself the greatest, most meritocratic high school in the country. You and the other 12 members of the committee who struck down this modest change to Jefferson's admissions policies have voted to maintain a blatantly racist and classist flagship school.

This is a shameful display when it would have been so easy for you to answer the impassioned requests of so many parents and alumni, as well as Senator Surovell. We understand that the committee has framed its objections to this bill in terms of local rights. While in many cases local school boards are best situated to make local educational decisions, when a board ignores a pressing issue affecting its most vulnerable and disempowered constituents over decades, the state has an obligation to step in and remedy the injustice.

The one way that Jefferson, with the help of the Fairfax County School Board and the Virginia legislature, could truly differentiate itself is by showing that it is working deliberately and intentionally to combat the structural and systematic racism and class privilege that feeds students into the school. Thousands of schools and nonprofits around the country have already made meaningful change in this area, it's time for Jefferson and those in charge to take responsibility for this problem and do the same.

Alexis Clements, TJHSST '98, BA Emerson College '01, MS London School of Economics '06

Daniel Morales, TJHSST '98, BA Williams College '02, JD Yale Law School '05

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Séain Guttridge, TJHSST '89
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Tamara Metz, TJHSST '99, BA Bryn Mawr College '03, MA University of Arizona '11

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Jorge A Torrico, TJHSST '98, BA University of Virginia '04

Sam Brinton, TJHSST '10

Tamara Krmoholz, TJHSST '01, BA University of Virginia '06, MT University of Virginia '06

Richard Joyce, TJHSST '00, BA University of Mary Washington '06, MA American University '10

Emily (Stanford) Colson, TJHSST '95, BA University of Virginia '98, MD Eastern Virginia Medical School '03

Caroline Odom, TJHSST '10

J. M. Harper, TJHSST '95, BS Carnegie Mellon '99, JD George Mason '06

Wendy Guo, TJHSST '14, BS College of William and Mary '18

Jennifer Gilbert Manly, TJHSST '07, BA University of Georgia '11

Sharon Gentges, TJHSST '92, BA University of Chicago, BArch Washington University

Feeding the Flu

What to eat when fighting the flu.

BY MARILYN CAMPBELL

Flu season is in full swing and, according to the latest statistics from the Centers for Disease Control and Prevention, it's packing a powerful punch. According to the most recent CDC report, the flu is widespread in most states, and healthcare providers report an uptick in influenza-related hospitalizations and deaths.

“One of the best sources for protein when you have the flu is real, bone-based soup.”

— Sara Ducey, Professor of Nutrition and Food, Montgomery College

While the thought of eating might be unappealing to someone who is battling the flu, nutritionists and health care providers say certain nutrients are essential for keeping up one's strength. Soothing and healing ingredients are key allies when fighting this season's virus.



COURTESY OF SARA DUCEY

Turmeric, powdered ginger, honey and almond or coconut milk can create a soothing and healing drink for those who are battling the flu, says nutritionist Sara Ducey.



PHOTOS BY MARILYN CAMPBELL

Fresh ginger can be a soothing ingredient for those who have the flu.



Garlic is credited with having antibacterial properties.

sources for protein when you have the flu is real, bone-based soup, not ramen noodles that have chicken flavoring.”

Bone broths, like those made from chicken or beef, offer hydration, protein and amino acids, added Ducey. Broth can be sipped or used as the base for a soup. “It's a natural healing and restorative food,” she said. “At this point, everyone can assume that they're going to get the flu and prepare some bone-based broth ahead of time and keep it on hand in the freezer. You can also buy boxes of it.”

Fresh ginger can work as an anti-inflammatory, soothe an upset stomach and boost one's immune system, says nutritionist

Debbie Hynes of Practical Ayurveda. “Warm water with grated ginger and honey can soothe a sore throat or upset stomach,” she said.

Foods that are high in Vitamin C like orange juice, particularly a variety that contains pulp, can boost your immune system, says Ducey. “It's a powerful antioxidant which is important for keeping your muscles strong especially when you're sick.”

Garlic is another ingredient that Hynes likes to include in flu-fighting recipes. “It has antibacterial properties, especially when it's raw,” she said. “I add it to chicken broth along with chili flakes to sip when someone in my family has a stuffy head. The combination can clear the sinuses. And if you can stand to eat it, raw garlic has the strongest antibacterial properties.”

Turmeric works as an anti-inflammatory and antioxidant, says Hynes. “It's been known for those properties in Chinese medicine for centuries,” she said.

Ducey uses the spice in a creamy drink she creates called Golden Milk. “I take a cup of milk, a teaspoon or two of honey and a little black pepper and put it in the microwave to warm it,” she said. “You can use almond or coconut milk if you can't tolerate dairy. Turmeric is very poorly absorbed by the body, so adding a little black pepper helps absorb it. It sounds bizarre, but it's strangely comforting.”

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PET Connection

Publishes: Feb 28, 2018 • Ads close: Feb 22, 2018

Connection readers love their pets. This keepsake edition will feature photos, anecdotes, advice and more about beloved family pets.

The Pet Connection will publish on February 28, 2018, and photos and stories of your pets with you and your family should be submitted by February 16.

This edition provides a great advertising opportunity to reach pet owners where they live in a section sure to attract and hold their attention - be sure to take advantage of our different advertising options.

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OPINION

Many Amazing Volunteers, Nominate One

One of the great things about living in Fairfax County is everyone who lives in Fairfax County. It's a county full of immensely talented people with years of experience doing many things. So when volunteers are needed, not only are so many willing to step up and pitch in, but such qualified and special people step up and pitch in.

EDITORIAL

Every year, Volunteer Fairfax celebrates some of the

cream of the crop, this year on Friday, April 27 at 8 a.m. at Waterford at Springfield at the Fairfax County Volunteer Service Awards, a community-wide celebration of volunteerism. Honor your outstanding volunteer by nominating them today. The deadline is Thursday, Feb. 8. <http://www.volunteerfairfax.org/non-profits/service-awards.php>

— MARY KIMM

LETTER TO THE EDITOR

Football Scholarships

To the Editor:

The National Capital Region Chapter of the National Football Foundation is accepting nominations for its 2018 Scholar-Athlete banquet. The Chapter awards five \$1,000 scholarships annually to deserving high school senior scholar athletes who played high school football.

Nominees are evaluated on academic and athletic excellence, as well as contributions to their school and community. Nomination packets have been mailed to each high school head coach in the National Capital Region. Deadline for submission of nomination

packets is April 6. The 12th Annual Awards Banquet will be held on April 22 at the Army-Navy Club in Arlington.

The National Football Foundation was founded in 1947 to promote and develop amateur American football on all levels.

The National Football Foundation has more than 115 chapters nationwide. The National Capital Region Chapter has awarded over 65 scholarships and honored over

230 deserving student-athletes in the past 10 years.

The National Capital Region Chapter requests and urges participation from all high schools in the National Capital Region.

For additional information, contact your head football coach.

Bob Jarrell

Scholarship Selection
Committee Chairman
NCR Chapter, NFF

BULLETIN BOARD

FRIDAY/FEB. 9

Section 504 - What Parents Need to Know. 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Learn

how students with a disability may qualify for a Section 504 Plan under Section 504 of the Rehabilitation Act of 1973. Register at bit.ly/2E6X15C.

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THE CONNECTION NEWSPAPERS

'Avenue Q'

FROM PAGE 3

Fox loves this role because she's previously played mainly small or ensemble parts, but this one is a lead. She also likes portraying Kate because "she's funny, has good songs to sing and is noticeably different from all the other characters. My favorite song is my solo, 'There's a Fine, Fine Line.' It shows Kate at one of her sadder points where she decides she doesn't want to waste her time anymore with the hardships in her life."

Fox said people will like "how relatable this show is about the difficulty of becoming an adult, even though it's told in a childish, 'Sesame Street'-type way. The audience will also really like the puppets because they're cute and fun to look at."

Classmate Nikolas Glover plays real-life actor, Gary Coleman — one of the few characters that's not a puppet. "In this show, after he was famous and lost his money, he became a building superintendent on Avenue Q," said Glover. "He's funny, always happy and sassy."

"I'm having a blast playing him," continued Glover. "I love this character because he's so much fun. And I feel Gary Coleman and I have similarities; we're both pretty comical and have childlike essences." Glover especially likes the number, "Schadenfreude," which means being happy at the misfortunes of others. He and another character sing it together, and Glover says it's funny and upbeat.

He says the audience will like "all the show's distinctive characters with their individual personalities and quirks. They'll also appreciate how real the music's messages are about life, how to get through it and that you're not alone."

Portraying Nicky is senior Nathan Marshak. "He's pretty much a slob and a foil to Rod, his roommate," said Marshak. "We parody 'Sesame Street's' Bert and Ernie; I'm Ernie, and Rod — played by Braeden Anderson — is Bert. They're good friends who care about one another. Nicky is kind and a good guy, but he isn't very independent, so he needs help from others on Avenue Q to basically get by in life."

Marshak enjoys his role because he gets to speak in Ernie's voice from the TV show. "His voice is familiar to people," he said. "But this time, it's in a new character who's an adult, so I can have more fun with it. Being a puppeteer is also a new experience; there's a limit to a puppet's physicality. It's challenging moving its mouth and arms while synchronizing the voice and motions perfectly — but it's definitely fun."

His favorite song is "If You Were Gay," which he sings to Rod. "It's to tell him, 'Even if you were gay, we'd still be friends,'" said Marshak. "It helps portray their relationship in a fun and carefree way, while giving a realistic message of acceptance and showing that the bonds between friends can go really far."

He said people will love seeing the puppets and, "Despite the play's serious message, it's presented in a really comedic way. The message is that life is challenging, but everyone's going through the same things and you've just got to persevere."

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"Chronic Ken"



By KENNETH B. LOURIE

Nearly nine years into a "13 month to two-year" prognosis, I can hardly believe my good fortune. And though I rarely look a gift-oncologist in the stethoscope, I am happy nonetheless to count my blessings as I continue to look ahead rather than stress behind, and try not think about what was said and when.

At the initial "Team Lourie" meeting with my oncologist, I was told that there was no cure for lung cancer. I could be treated though. As to whether I might live beyond two years, I remember my oncologist responding to our desperate query by saying: "Could you be the one? Sure." Reassuring it wasn't, but hopeful? It sort of was.

As the years have passed and research into lung cancer has grown, an interim step to a cure has evolved: treating lung cancer as a chronic (has opposed to acute/dire) disease, similar to diabetes, as an example. Not as yet curable, but manageable over a longer period of time. A disease with which, I'm fond of saying, one can live. Live beyond the applicable word because, I have to tell you, at the beginning of my treatment, based on what my oncologist had described, living was a long way from what he was anticipating my outcome would be. Nevertheless, I began treatment the following week and the rest is history you regular readers have been privy to since June of '09 when I first published a "cancer" column (as I call them).

Feb. 20, 2018 will be nine years since my internal medicine office called me at work with the results of my previous week's biopsy. He said the tumor was malignant. I remember asking him what that meant. (Duh!). He said he'd rather let the oncologist answer any questions and referred me to the doctor, the same doctor with whom I've been a patient all these years. Sure enough, a week later we heard the news: non-small cell lung cancer, stage IV. And I've been up to my whistles in real or imagined anxiety ever since.

And I'm still present and accounted for as are more and more of us previously-characterized-as-terminal, non-small cell lung cancer "diagnosees." We are not just patients any more. We are survivors, surviving longer than ever before. We are not cured but neither are we dying. Our treatments are modified when the results warrant it and life continues to go on. As much as a cure would be, and continues to be, the goal, life continues, relatively normally, for many of us. It's unlikely however, that we'll ever get out from underneath the weight of our cancer diagnosis. Rather than dying from it though, we're now able to live with it months/years longer than many patients previously diagnosed within the disease.

So what's the next step? Maybe a bigger, bouncier, longer step than before, but more than likely, more of the same, moving forward, one step at a time. To one whose present was hardly a given nine years ago and whose future seemed like a taken-away, being able now to actually live in the present without fearing/forfeiting the future is the opposite scenario many of us lung cancer patients, especially those of us staged as IV, ever imagined. Day by day was the best we could muster.

Now we're mustering months and years and living longer more fulfilling lives. We're not victims anymore nor are we victimized by our circumstances. We're advocating and being advocated for. We don't exactly have lung cancer on the run, but we may have it on the trot. I don't know if I'll live to see a cure but I have lived long enough to have given myself a nickname, one which I'm most proud to have earned.

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

ENTERTAINMENT

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

WEDNESDAY/FEB. 7

History Tots at E.C. Lawrence. 9:45 and 11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

FRIDAY/FEB. 9

Pop-Up Art Show. 6:30-9:30 p.m. Join Julia Malakoff of Paper Jewels Fine Art as she converts her Franklin Farm home into a pop-up art gallery, Sweet Art for Your Sweetheart. Art show guests also will be treated to the dark chocolate delicacies of chocolatier of Jill Feldman of Artsi Truffles, and sample a selection of Austrian wines. For more information, email juliatova@gmail.com.

SATURDAY/FEB. 10

Ping Pong Tournament. 9 a.m.-4 p.m. at Clifton Town Hall, 12641 Chapel Road. In-door activity in the middle of winter that includes cookies from Clifton's own Sweet Annaline's. Free. Visit clifton-va.com for more.

History Tots at E.C. Lawrence. 10 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by

month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Heritage Family Day. 10 a.m.-3 p.m. at Steven F. Udvar-Hazy Center, 14390 Air & Space Museum Parkway, Chantilly. African American Pioneers in Aviation and Space. The struggle for equal access to the skies. Call 703-572-4118 or visit airandspace.si.edu/udvarhazy.

Sully Historic Site Gets "Naked" for Special Tour. 2-3 p.m. at Sully Historic Site, 3650 Historic Sully Way, Chantilly. Peek behind the scenes at Sully while the site is completely open for all to see. With a guide, walk freely through the home of Richard Bland Lee, the first congressman from northern Virginia, without museum barriers. Clothing is required for those on the tour. Designed for participants age 5 to adult. \$8 per person. Call 703-437-1794 or visit www.fairfaxcounty.gov/parks/sully-historic-site.

Embrace the New Year with Meditation. 3:30-5 p.m. at Centreville Regional Library 14200 St Germain Drive, Centreville. Join Gerry Gorman to learn effective techniques that can reduce stress, enhance relaxation and promote inner growth. Also learn how meditation can improve physical, mental and spiritual health. Teens and adults. Free, no registration required. Call 703-830-2223 for more.

SUNDAY/FEB. 11

Table Top N Gauge Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Museum members and ages



Pop-Up Art Show

Julia Malakoff of Paper Jewels Fine Art will convert her Franklin Farm home into a pop-up art gallery, Sweet Art for Your Sweetheart. Art show guests also will be treated to the dark chocolate delicacies of chocolatier of Jill Feldman of Artsi Truffles, and sample a selection of Austrian wines. Join them Friday, Feb. 9, 6:30-9:30 p.m. For more information, email juliatova@gmail.com.

4 and under, free; ages 5-15, \$2; ages 16 and older, \$4. www.fairfax-station.org, www.facebook.com/FFXSRR, 703-425-9225.

Poetry & Tea. 3-4 p.m. at Ellanor C. Lawrence Park's Machen Farm, 5040 Walney Road, Chantilly. Hear the Walney mystery love poem and write your own verse. Frame it in a childhood Valentine card style. The program is designed for participants

age two to adult. \$8 per person, and children must be accompanied by an adult registered for the program. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

WEDNESDAY/FEB. 14

Nature Tots at E.C. Lawrence. 9:45 and 11 a.m. at Ellanor C. Lawrence

Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 a chance to explore the great outdoors. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SUNDAY/FEB. 18

NTRAK Scale Model Train Show. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Admission, Museum members and age 4 and under, free; ages 5-15, \$2 and 16 and older, \$4. Visit www.fairfax-station.org, www.facebook.com/FFXSRR or call 703-425-9225.

MONDAY/FEB. 19

Historic Survival Skills Workshop. 9 a.m.-4 p.m. In this immersive, day-long workshop, jump through three centuries in one day. Learn about the Native Americans who lived here, make butter and ice cream to learn the ins and outs of a dairy farm, and drill like soldiers. Download camp forms from website. Ages 8-14. \$65 (county resident); \$80 (non-resident). Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

Raising Monarch Butterflies. 7 p.m. at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Centreville Garden Club hosts a presentation by Kathleen Larson. Meetings generally 3rd Monday each month. Visitors and new members welcome. Learn more at centrevillegardenclub.blogspot.com or email: centrevillegardenclub@gmail.com. Visitors & new members welcome.

SATURDAY/MARCH 4

Outdoor Kids at E.C. Lawrence. 2 p.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, children ages 4-6 explore different habitats, trails, wild animals and wild places. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

WEDNESDAY/MARCH 7

History Tots at E.C. Lawrence. 9:45 and 11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

SATURDAY/MARCH 10

History Tots at E.C. Lawrence. 10 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 will explore history through sight, sound, taste and touch. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

WEDNESDAY/MARCH 14

Nature Tots at E.C. Lawrence. 9:45 and 11 a.m. at Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly. In this program, youngsters ages 1-3 a chance to explore the great outdoors. Topics vary by month. \$6 in-county or \$8 out-of-county. Call 703-631-0013 or visit www.fairfaxcounty.gov/parks/eclawrence.

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