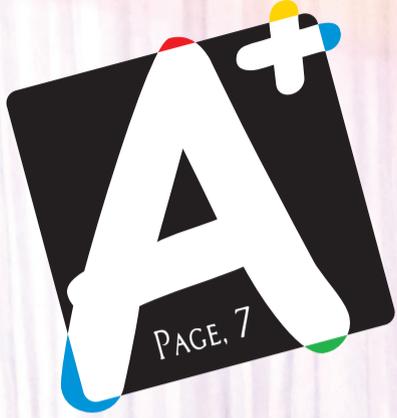


PHOTO BY STEVE HIBBARD/THE CONNECTION OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 8 ♦ CLASSIFIEDS, PAGE 10 FOLLOW ON TWITTER: @BURKECONNECTION



# Burke CONNECTION

Jonah Dennis, 6, and brother Sawyer, 3, visit with Santa during the Winter Wonderland earlier this month at Burke Lake Park. A line from Connection editorial: "Whether you embrace the Christmas story literally or in spirit, it is the story of joy, hope and love, with the promise of redemption."

HOLIDAY ENTERTAINMENT PAGE 8

# Merry Christmas

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From Amazon to Shutdown?  
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Panhandling at Traffic Signals Increasing in Area  
NEWS, PAGE 6

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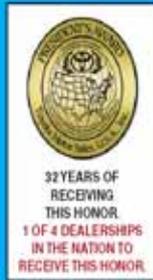
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## From Amazon to Shutdown

BY ANDREA WORKER  
THE CONNECTION

“I’ve been wrong before, so who knows? But I don’t think we will see a government shutdown over this budget and the border wall.”

That was U.S. Sen. Tim Kaine’s opinion at a roundtable discussion with his colleague U.S. Sen. Mark Warner. The event was hosted by the Northern Virginia Chamber of Commerce, held at the Arlington campus of George Mason University, and moderated by NBC4 News Northern Virginia Bureau Chief, Julie Carey.

The question of a possible government shutdown with its disproportionate effect on Northern Virginia was one that the audience of area businesses, nonprofits and local government representatives were anxious to hear.

“There are two bipartisan options on the table for the President to choose from,” added Kaine, and if neither is to his liking, Kaine said that Congress could still move forward and “kick the can” with one or more Continuing Resolutions. “We can write the checks two months at a time.”

Warner agrees, while noting the situation is somewhat better than it has been during past similar circumstances.

“There are seven appropriation bills ready for signing,” he said. “Seventy-five percent of the needs are already funded through the regular rules of order.”

Border security is the last piece, with the president threatening the shutdown if Congress doesn’t provide him with the \$5 billion he’s asking to build the border wall. “We’re still waiting for that check from Mexico [that Trump keeps promising],” Warner joked.

Warner is not opposed to spending on border security. He just doesn’t see the value in massive spending on a wall or fence that would also require maintenance and manning. Spending on drones and other proven technologies would garner his support, “and would be more effective and cost a lot less now and in the future.”

The same applies when it comes to defense spending, which the senators say that the President wants to increase. “Virginia would certainly benefit from more defense spending,” said Kaine, but he doesn’t think it’s really a good idea or the right answer.

**WARNER WORRIES** that this administration is going all in “to buy the best of 20<sup>th</sup> century stuff” instead of focusing on what’s needed to fight the “real battles of today.”

Both men see that fight as cyber wars and attacks of misinformation — “taking place daily” declared Warner — and the surpassing of the United States in technology and trade by China, Russia and others. None of these “real, modern threats” will be won by the addition of another battleship or even more troops.



**U.S. Senators Mark Warner and Tim Kaine and NBC4 News Virginia Bureau Chief Julie Carey trade questions and answers at a discussion hosted by the Northern Virginia Chamber of Commerce.**

PHOTOS BY ANDREA WORKER

Calling the government’s lack of preparedness and outdated networks and devices “stupid on steroids,” Warner gave examples of continuing purchases of devices without even the most basic of safeguards. “We are literally adding to our own vulnerability.”

Warner will be pushing for a cohesive “cyber strategy” going forward and thinks that Virginia could become the Cyber Capital, since no one else has yet laid claim to that title and role.

**WHAT ABOUT** the addition of Amazon in the senator’s own backyard?

“It’s a game-changer for the region,” in Warner’s view, praising Gov. Ralph Northam and the many others who worked on the deal to make it possible. Warner also sees the Amazon addition as another building block to the growth of a local economy that he says has continued to experience “real weakness” and a “level of vulnerability” post-sequestration. He also hopes that Amazon and the support services that will follow in its wake will help stem the decline of millennials in the region.

Risking what he said might be considered a “little bit of heresy to say with an Arlington crowd,” Warner has his fingers crossed, and will do what he can to encourage some “down-state” job benefits from those support services.

Kaine noted that the Amazon move, while fairly well accepted throughout the Commonwealth, received a resounding 90 percent approval rating from Virginians in the Appalachians.

“They see the connection with our shared successes.”



**Fairfax County Supervisor Jeff McKay (D-Lee) meets with U.S. Sen. Mark Warner after the discussion. McKay says he agrees that the Amazon deal was an affirmation of Virginia and its workforce. The supervisor also said he and the board were willing to participate in any way necessary to continue the press for affordable housing and to invest in workforce development.**

Both Kaine and Warner agree that the arrival of Amazon poses challenges, but provides the best opportunity to add impetus to working on two of the region’s biggest problems: affordable housing and workforce development.

Kaine sees Amazon’s choice of Virginia as one of their new headquarters as an affirmation of the workforce quality that the state can offer, but warns that it is critical to work toward producing that workforce, rather than allowing local companies to merely “cannibalize each others’ best workers.”

Work has already begun to update and re-write the “Higher Education Act” and Virginia is the chair of that taskforce. Kaine

says there is plenty that can be done at the federal level to encourage employers to “treat their employees like the assets they say they are” with tax incentives, changes to accounting rules, re-do’s of laws that hinder continuing education, and more emphasis on all forms of education, not just four-year college schooling.

On the subject of affordable housing, both men have ideas that they will support.

Kaine believes that Congress can assist by expanding the Low-income Housing Tax Credit. “It’s already a good program” and is a good place to start, rather than trying to “recreate the wheel,” but admits that to date, it’s been a tough sell.

Warner called for a regional housing authority to tackle the issue. The state already has a housing development division and will soon have millions to develop housing initiatives as part of the Amazon deal, but to deal with the problem locally requires local thinking and collaboration in his view.

**QUESTIONS ABOUT METRO,** transportation and infrastructure were also on the table.

Working together, Virginia, Maryland and the District helped the rail service gain its first dedicated revenue stream this year, but the additional federal \$150 million per year is not guaranteed year over year. Kaine and Warner are hopeful, with a Democrat-controlled House to be seated in January, but it’s still but something to count on, “but if we can get the \$150 million again, we’ll take the money and run,” said Warner.

The two senators lamented the fact that the anticipated “Infrastructure Bill” is nowhere in sight, with Warner going to so far as to label the Trump Plan “a scam extraordinaire, a shell game ... stealing money from the highways departments and projects” and leaving them unable to repair the country’s crumbling infrastructure. With a “builder President in the White House,” Warner thought that infrastructure work would have been easy for both sides of the aisle and all levels of the government to connect, but sees nothing of consequence taking place.

And the last question that Carey posed to the senators? After the midterm elections, would they now categorize Virginia as a “Blue State?”

Warner wouldn’t say specifically, but he does think that the Northern Virginia delegation to the General Assembly being all Democrats will be a benefit.

Kaine still sees Virginia as “battleground trending Blue,” but if the GOP “keeps putting up cultural warriors and ideologues as their candidates, if that’s the match up — we’re Blue.”

# OPINION

# Merry Christmas

**“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”**

**T**he pages of the Connection Newspapers (including the Alexandria Gazette Packet, the Mount Vernon Gazette, the Potomac Almanac and the Centre View) have been full of holiday spirit, beginning before Thanksgiving. Group and individual efforts to help the needy, holiday parades, Santa arriving by boat, Santa arriving by horse-drawn carriage, Santa arriving by tractor-pulled hayride, Santa arriving at the Malls, tree lightings, Menorah lightings, stories of giving, secular celebrations, religious celebrations. Shopping locally. Giving locally.

Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, with the promise of redemption.

It is also about embracing the teachings of Jesus: to love thy neighbor as thyself; to help the needy; to feed the hungry and clothe the poor; to care for those who are sick; to invite and welcome strangers; to treat others as you would have them treat you.

## **Matthew 7:12:**

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

## **Matthew 25:35-40:**

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

“Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’



## **Sharing Holiday Spirit**

**Santa is escorted by an entourage of his paddleboard elves as he prepares to dock at Lake Anne Plaza in Reston for Jingle on the Lake on Dec. 1, 2018. The pages of the Connection Newspapers have been full of holiday spirit, beginning before Thanksgiving.**

PHOTO BY CHARLOTTE GEARY/  
[HTTPS://CHARLOTTEGEARY.COM](https://charlottegeary.com)

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

**SO LET US SHARE** the verse relating the birth of Jesus from the Bible, Luke 2: 4-19:

“And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David.) To be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

“And there were in the same country, shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

“For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

“And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.

“And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us. And they came with haste, and found Mary, and Joseph, and the babe lying in a manger. And when they had seen it, they made known abroad the saying which was told them concerning this child. And all they that heard it wondered at those things which were told them by the shepherds.”

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## **Editor's Note About The Rest of 2018**

This is our last regular edition of 2018. Next week, after Christmas, we will publish our annual Children's Issue, devoted entirely to the artwork and writing of local students. You'll be able to find this online at <http://www.connectionnewspapers.com/PDFs/> Scroll down to Children's.

Our next regular edition will publish Jan. 2-3, 2019, with deadline for content and advertising of Dec. 28 (late ads accepted).

In the meantime you can email the editors at [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com). You can reach sales/marketing/advertising at [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com).

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foundly moving experience, something that they remember for the rest of their lives. One mother remarked, “I never knew there was such love in the world.”

On behalf of Homestretch, we thank all those who donated funds and volunteered time to bring so much joy to the families we serve.

**Christopher Fay**  
Executive Director  
Homestretch

## **LETTERS TO THE EDITOR**

## **Successful Holiday Adoption Program**

To the Editor:

Homestretch is a place where homeless parents with children go to turn their crises into opportunities. We work with our families to ensure each parent acquires skills and education, reduces debt, repairs credit, builds savings and restores health; and provide services for their children to ensure they are safe, happy and flourish-

ing in school.

As a way of rewarding these families for their hard work, each family gets “adopted” for the holidays. They receive a full Thanksgiving meal, and at Christmas they get a bounty of gifts based on wish lists that they provide. This holiday adoption program is a wonderful blessing for the children but it also assures the parents that

their hard work is leading to a far better life down the line.

Holiday adopters are local individuals, churches, businesses or civic groups who choose to do this as their way of supporting Homestretch.

For a mother escaping domestic violence or human trafficking, to see her children cared for in this way at Christmas by a group of caring strangers can be a pro-

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**NEWS DEPARTMENT:**  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Andrea Worker**  
Contributing Writer  
[aworker@connectionnewspapers.com](mailto:aworker@connectionnewspapers.com)

**Jean Card**  
Production Editor  
[jcard@connectionnewspapers.com](mailto:jcard@connectionnewspapers.com)

**ADVERTISING:**  
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Display Advertising, 703-778-9418  
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703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Classified & Employment Advertising**  
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**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://www.instagram.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
703-549-0004  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
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Kemal Kurspahic  
**Art/Design:**  
Laurence Foong, John Heinly,  
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**CIRCULATION**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



# LETTERS

## A Wake Up Call on Climate Change

To the Editor:

Global warming is a pressing issue that needs to be addressed immediately. It's important for everyone to take part in limiting pollution from individuals at home to big industries. It is not helpful when our current administration and 53 out of 100 Senators and 232 out of 435 Representatives do not believe that global warming is real or a big issue.

We all live on this earth; it's important to take care of it for the future of humanity. The consequences for not acting are a decrease in crops, massive weather patterns such as increases in hurricanes, major problems with our ocean, and so much more with devastating outcomes. IPCC (International Panel on Climate Change) has recently released a report that finds these climate patterns will just worsen if we do not keep the global temperature to 1.5C. The only possible way for this to happen is if carbon pollution is cut by 45 percent by 2030 and goes down to 0 percent by 2050. It would make a traumatic difference if the temperature went

from 1.5c to 2c. The action taken to slow climate change is not only positive for our planet but for our economy. Solar energy has given twice the amount of jobs compared to the coal industries.

A survey conducted found that 58 percent of Americans believe in global warming and that humans are the main cause of it. It also showed that 75 percent agreed to restrict carbon emissions from coal power plants. Despite this, The United States has recently drawn away from the Paris Agreement of 2015, which brought many other countries in an agreement to keep rising global temperatures below 2c and the Clean Power Act that would have decreased greenhouse gas

emissions effectively. Congress appears to be more interested in the goals of special interest groups than with what most Americans want.

I urge you to take actions into your own hands. Call or write your representative and let them know that you support reasonable measures to protect our natural environment. You can also visit the Conserve Energy Future website, <https://www.conserveenergyfuture.com/stopglobalwarming.php> to learn what you can do in your own daily life. Every little bit helps because our future depends on making a change.

**Katelyn Leuck**  
Burke

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

Send to:

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By email: [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)  
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### Fairfax County Parkway Widening Fairfax County

#### Public Information Meeting

Monday, January 7, 2019  
6:30 p.m. to 8:30 p.m.

Presentation starts at 7 p.m.

Inclement Weather Date: Monday, January 14, 2019

Robinson Secondary School  
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**Find out** about plans to widen Fairfax County Parkway (Route 286) from four to six lanes between Route 29 (Lee Highway) and Route 123 (Ox Road). The proposed project design also includes an interchange at Popes Head Road and the future Shirley Gate Road extension, improvements to the existing trail in the Fairfax County Parkway right of way and construction of a new shared-use path to make the trail continuous within the project limits.

**Stop** by between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and its preliminary design, including Popes Head Road interchange options under consideration. VDOT will hold a presentation beginning at 7 p.m. Project staff will be available to answer your questions.

**Review** project information at the VDOT project website ([www.virginiadot.org/projects](http://www.virginiadot.org/projects)), at the information meeting, or during business hours at VDOT's Northern Virginia District Office at 4975 Alliance Drive in Fairfax. Please call ahead at 703-691-6710 or TTY/TDD 711 to ensure appropriate personnel are available to answer your questions.

**Give your written comments** at the meeting, or submit them by **January 22, 2018** to Mr. Sitaram Kodali, P.E., Virginia Department of Transportation, 4975 Alliance Drive, Fairfax, VA 22030, or email [meetingcomments@VDOT.virginia.gov](mailto:meetingcomments@VDOT.virginia.gov). Please reference "Fairfax County Parkway Widening" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Mr. Sitaram Kodali at 703-691-6710 or TTY/TDD 711.

State Project: 0286-029-259, P101, UPC: 107937,  
Federal: STP-5A01 (775)



## NEWS

On the island on  
Frontier Drive, this  
man displays a  
cardboard sign.



PHOTOS BY MIKE SALMON/  
THE CONNECTION

## Panhandling at the Traffic Signals Is Picking Up in Area

Officials looking for  
alternatives to handing out  
spare change.

BY MIKE SALMON  
THE CONNECTION

**T**hey're at the traffic light, they're veterans, they're religious, they're out of work, disabled, hungry and homeless, with the look, signs and sometimes a cup for the spare change. This year, in particular, the panhandling seems to have picked up in the area. During the holiday season, drivers are particularly generous but giving out spare change is a questionable fix.

Springfield Supervisor Pat Herrity has worked on this issue, and came up with an alternate plan last year, and mentioned it in Herrity Report internal newsletter.

"There has been a noticeable uptick in panhandling in our community, much of it due to the generosity of our residents," he wrote. "The Board recently approved my motion to look at an innovative program out of Albuquerque, N.M. - 'There Is a Better Way,' using a jobs first approach to address some of this complex issue," Herrity said.

Albuquerque's Mayor Richard J. Berry launched their program in May 2015, to give panhandlers a chance at a change in their lives and a way to provide caring members of our community with a better way to donate their money, according to the city.

Albuquerque uses a custom van to circulate throughout the city and offer panhandlers a job for the day, working in the city's Solid Waste Department, to do work such as landscape beautification in designated areas to earn a day's pay. This is currently being used in the City of Fairfax, Herrity said, and the county government is considering adopting it as well.

**THE CITY OF FAIRFAX** recently launched their program, which they call the "Day Work Program," that addresses both homelessness and an individual's financial viability and dignity, the city information stated. "This offers a great opportunity for folks that need assistance," said city spokesperson Chris Cohen.

Although handing out money to people on the



Walking up and down the island is the  
activity of the day.

street could be risky, panhandling is not against the law, said Sergeant Aaron Pfeiff at the Fairfax County Police Department. As long as panhandlers are not impeding traffic, panhandling at traffic lights is perfectly legal. Popular intersections in the Springfield area include the Franconia Road-Loisdale Road intersection, Frontier Drive near the Metro station and the Rolling Road-Old Keene Mill Road intersection.

On Nov. 30, 2017, Fairfax County released "What You Need to Know About Panhandling in Fairfax County," a webpage put together with input from several county agencies, including FCPD and the Office to Prevent and End Homelessness.

One suggestion from the report: "We encourage you to not give money to panhandlers," it stated. This encourages more panhandling, and the county wants the panhandlers to take other routes to getting food, shelter and the necessities of life around here. The counties social service program is a place to start.

**SUPERVISOR** Jeff McKay (D-Lee) agreed. He noted the past county investigations into the panhandlers, where they found it part of an organized group who were not like they seemed at all. "We have identified that many of these people are not homeless at all, they come in to the county and collect money from the generous people in our community," he said. Instead of giving out money at the stoplights, "give money to our well-known charities in the area," he recommended, and named a few like Koinonia in Franconia, ECHO in Springfield or the United Community Ministries who have offices throughout the county.

Fairfax County human services hotline phone  
number: 703-222-0880.

# Advice from Professors

Sharing things they wish they could tell their prospective students.

BY MARILYN CAMPBELL

**M**any high school seniors will spend their holiday break working on college applications or making visits to prospective university campuses. As the excitement builds over the new collegiate experience that lies ahead, local professors offer advice on the things they wish they could share with new college students.

Avoid seeing college as simply a means to end or a pathway to a career and instead take advantage of the multitude of learning experiences available to students. From football games and art exhibitions to student debates and faculty recitals, there are opportunities gain a vast amount of knowledge in four years. Use that time to discover one's interests, says Vincent Intondi, Ph.D., professor of history at Montgomery College. "Do not come to college simply for financial gain," he said. "Study what you are most passionate about. Study what you love. The jobs will be there."

In an effort to encourage students to move outside of their comfort zone, Linda Gulyn suggests that they, "Learn, have new experiences, but do well academically," she said. "Socialize and engage in activities across your major or regular crowd."



PHOTO COURTESY OF MONTGOMERY COLLEGE

**Asking questions in class is advice that David S. Torain II, Ph.D., professor of mathematics and statistics at Montgomery College would offer new students.**

"Read and always do your homework," said David S. Torain II, Ph.D., professor of mathematics and statistics at Montgomery College. "If you read slowly, don't sweat it, just read," he said. "If you get bored, break your reading in to short sessions, but come back to it. If you can't make sense of it all, make sense of as much of it as you can, then talk to a classmate and ask a question in class."

Use college as an opportunity to build skills that will be necessary after college, says Jerome Short, Ph. D. "Students should

choose courses and experiences to build their oral and written communication skills to better express themselves persuasively and concisely," he said.

Practice self-care and recognize stress and anxiety that a new college experience might bring. When those feelings arise, avoid negative coping mechanisms and instead focus on those which are healthy, advises Short. "College is a time to dramatically grow your brain," he said. "Scientific research shows that exercise grows brain cells, learning connects cells,

and sleep consolidates memories in cells. Do plenty of each of them every day."

For some professors, one of the best parts of their job is getting to know and share knowledge with their students even on subjects that are not related to the course, says

**"Do not come to college simply for financial gain, Study what you are most passionate about. Study what you love."**

— Vincent Intondi, Ph.D., professor of history, Montgomery College.

Joanne Bagshaw, PhD, professor of psychology at Montgomery College. "Get to know your professors, and make sure they get to know you," she said. "Visit your professors during office hours and use the time to ask questions about the course and even chat about topics interesting to you."

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# HOLIDAY ENTERTAINMENT

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

## ONGOING

**Glass National 2018.** Through Jan. 13 at The Workhouse Arts Center, Vulcan Gallery, W-16, 9518 Workhouse Way, Lorton. The Workhouse Arts Center presents its 3rd Annual Glass National exhibition. Glass National is a juried exhibition which promotes and displays the breadth of contemporary glass artwork being created throughout the USA and Canada by highlighting both functional and sculptural works. This year's juror is artist and educator Carmen Lozar, director of the Merwin and Wakeley Galleries at Illinois Wesleyan University. Visit [www.workhousearts.org/event/glass-national-2018](http://www.workhousearts.org/event/glass-national-2018).

### Founding Artists Exhibition.

Through Feb. 3 at The Workhouse Arts Center, Vulcan Gallery, 9518 Workhouse Way, Lorton. Workhouse Arts Center presents a group exhibition highlighting Studio and Arches artists that have been a part of the organization for its 10-year span. In honor of their dedication and support, the exhibition will survey their works in various mediums including painting, sculpture, fiber, glass, precious metals, and mixed media. Visit [www.workhousearts.org](http://www.workhousearts.org) for more.

**Farmers Market.** Saturdays, 10 a.m.-2 p.m. at Springfield Town Center, 6699 Spring Mall Drive, Springfield. Visit [www.facebook.com/SpringfieldFoodworks/](http://www.facebook.com/SpringfieldFoodworks/).

### Second Saturdays.

6-9 p.m. at the Workhouse Arts Center, 9518 Workhouse Road, Lorton. The Second Saturday Art Walk is the perfect time to meet nearly 85 Resident and Associate Artists, creating art in the studios or exhibiting in our galleries. Experience performances of dance, cabaret, comedy, big band, jazz, and theater. Indulge in classes in the art of mixology or cuisines from around the globe. Enjoy art exhibitions in nine galleries of the region's finest sculpture, painting, glass, ceramics, and fiber art works. Visit [www.workhousearts.org/](http://www.workhousearts.org/).

**Senior Line Dancing.** Mondays, 1 p.m.; Fridays, 10-11:30 a.m. at Little River Glen Senior Center, 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8-week session. Email [barbriba@hotmail.com](mailto:barbriba@hotmail.com) or call 703-524-3739.

**Carolina Shag.** Wednesdays, 6:30-10 p.m. at Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. [nvshag.org](http://nvshag.org).

**FUN-Exercise** Thursdays, noon-12:50 p.m. at Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133.

**Exercise Program** Mondays and Fridays at 9:30 a.m. year-round at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The exercises are for strength, balance and maintaining limberness. Contact SCFB office at 703-426-2824 for more information.

### Cafe Ivrit (Hebrew Cafe).

Wednesdays, 8:15-9:15 a.m. Jewish Community Center of Northern

Virginia, 8900 Little River Turnpike, Fairfax. Shalom (hello) Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel. Free, however we ask that you try to attend regularly. RSVP [Naama.Gold@jccnv.org](mailto:Naama.Gold@jccnv.org).

**Smoke Free Bingo.** 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). [www.fairfaxva.gov](http://www.fairfaxva.gov). 703-273-3638.

**English Conversation Groups** weekly at George Mason, Burke Centre, and Lorton Libraries Practice and improve your English. Day and start times vary. Visit: [va.evanced.info/fairfaxcounty/lib/eventcalendar.asp](http://va.evanced.info/fairfaxcounty/lib/eventcalendar.asp)

**Funday Monday** 10:30 a.m., every Monday at Old Town Hall, 3999 University Drive, Fairfax. There will be music, movement, storytelling, performances, crafts, and more. It is open to children of all ages, however especially for those who haven't yet started school. Programs are free and open to the public, donations are gratefully appreciated. There is ample free parking in the downtown area, and stroller access at the rear of Old Town Hall on Main St. 703-385-7858 [www.fairfaxva.gov/culturalarts](http://www.fairfaxva.gov/culturalarts) for more.

## WEDNESDAY-FRIDAY/DEC. 19-21

### Book Sales at Franconia Museum.

6-8 p.m. at the Franconia Museum, 6121 Franconia Road, Alexandria. Holiday hours for sales of Museum books and books by members Don Hakenson, Nathaniel Lee and Carl Sell. Cash or credit cards accepted. Visit [myrosehill.snappages.site](http://myrosehill.snappages.site) for more.

## FRIDAY/DEC. 21

**Moscow Ballet's Nutcracker.** 4 and 8 p.m. at GMU Center for the Arts Concert Hall, 4373 Mason Pond Drive, Fairfax. Experience Moscow Ballet's Great Russian Nutcracker during their Dove of Peace Tour, spreading goodwill in over 100 cities across North America during the holiday season. \$28 and up. Go to [www.nutcracker.com](http://www.nutcracker.com) for tickets.

**Grand Opening: Sky Zone.** 4-11 p.m. at Sky Zone, 5325 Port Royal Road, Springfield. Sky Zone trampoline park is celebrating with a grand opening event which will kick off with a ribbon cutting ceremony by the Springfield Chamber of Commerce at 4 p.m. followed by an evening of face painting, family activities, a live DJ, and more. Experience the new park with a free 30-minute jump ticket, valid Dec. 21 only. Call 952-641-0831 or visit [www.skyzone.com/springfield-va](http://www.skyzone.com/springfield-va).

**Family Movie Night: "The Incredibles."** Lights go down at 7 p.m. at Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Enjoy a free, family friendly (movies are PG) movie night. Participants may bring their own snacks. An adult must accompany anyone under the age of 14. Britepaths will accept donations of non-perishable food until 9 p.m. Call 703-385-7858.

## WEDNESDAY/DEC. 26

**Holiday Concert.** 6-7:30 at The John F. Kennedy Center for the Performing Arts, 2700 F St. NW, Washington, D.C. Featuring local Encore Chorale groups from Alexandria, Arlington, Fairfax, and Reston. Encore Creativity for Older Adults, the nation's largest choral program for singers 55+, will present the



Barbara Atkinson, Vintage Crochet Collar



Brent Cole, Surface

## Glass National 2018

The Workhouse Arts Center presents its 3rd Annual Glass National exhibition. Glass National is a juried exhibition which promotes and displays the breadth of contemporary glass artwork being created throughout the USA and Canada by highlighting both functional and sculptural works. This year's juror is artist and educator Carmen Lozar, director of the Merwin and Wakeley Galleries at Illinois Wesleyan University. Through Jan. 13 at The Workhouse Arts Center, Vulcan Gallery, W-16, 9518 Workhouse Way, Lorton. Visit [www.workhousearts.org/event/glass-national-2018](http://www.workhousearts.org/event/glass-national-2018).



PHOTO COURTESY OF EC PHOTOGRAPHY

## Longest Night Masque

New York Times bestselling author Jacqueline Carey will be appearing at The Longest Night Midwinter Masque. Join us for an evening plucked straight from Terre d'Ange and dropped in Fairfax. Saturday, Jan. 5, 8 p.m.-1 a.m. at Hyatt Regency Fairfax, 12777 Fair Lakes Circle, Fairfax. \$100. Event weekend includes a Friday evening private reception with the author 7-9 p.m. (additional \$50 ticket required) and Sunday brunch 8 a.m.-noon (additional \$30 ticket required). All events are 21+. Visit [thelongestnightmasque.com](http://thelongestnightmasque.com) for more.

combined talents of more than 250 Encore Chorales and Encore ROCKS singers in concert. Free, the public is invited and no tickets are required. Call 301-261-5747 or visit [www.encorecreativity.org](http://www.encorecreativity.org) for more.

## THURSDAY-SATURDAY/DEC. 27-29

**The Nutcracker.** 2 and 7 p.m. at Northern Virginia Community College Annandale Campus in the Ernst Community Cultural Center Theater. Virginia Ballet Company and School will present its 68th season of the classic Nutcracker ballet. \$30 for adults; \$20 for children, students and seniors at [www.vaballet.org](http://www.vaballet.org). A limited number of general admission tickets is available for the Working Stage Rehearsal on Dec. 26 at 6:30 p.m. (\$10) at [www.vaballet.org](http://www.vaballet.org). The tickets for the Working Stage Rehearsal must be purchased in advance.

## MONDAY/DEC. 31

**Country-Western Dance.** 8 p.m.-12:15 a.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a New Years Eve dance. A DJ provides

music. Couples and singles of all ages welcome. Admission for adults \$30; children under 18 accompanied by a paying adult \$20. Smoke-free, alcohol-free. Potluck dinner. Visit [www.nvcwda.org](http://www.nvcwda.org).

## WEDNESDAY/JAN. 2

**First Hike Fairfax 2019.** Visit any Fairfax County Park Authority trail on Jan. 1, 2019. Take lots of photos. Pick a favorite photo to enter into the Fairfax County Park Authority's First Hike Photo Contest by Jan. 2. The contest is open to amateur and professional photographers. Limit one photo entry per person. Visit the First Hike Fairfax at [www.fairfaxcounty.gov/parks/first-hike](http://www.fairfaxcounty.gov/parks/first-hike) for more info.

## SATURDAY/JAN. 5

**RECenter Swim Classes Start.** The Fairfax County Park Authority offers youth swim instruction for babies to teens at nine RECenters throughout the county. Adults join their children in the pool in the early years. Kids go solo and advance through different instruction levels as they get older. Call 703-222-4664 or visit [www.fairfaxcounty.gov/parks/recenter/swimming](http://www.fairfaxcounty.gov/parks/recenter/swimming).

**Author Jacqueline Carey at the 2017 Longest Night Midwinter Masque in Hershey, Pa.**

## SUNDAY/JAN. 6

**Winter Make 'n Take.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Fairfax Station Railroad Museum will celebrate the New Year with a Make 'n Take craft event. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## TUESDAY/JAN. 8

**Parktykes.** 1:30-2:15 at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Youngsters have a natural fascination with the world around them. Give them new worlds to explore with the "Parktykes" program at Lake Accotink Park. Adult and toddler will join a Lake Accotink naturalist in the classroom and outdoors to discover the wonders of the natural world. This program is designed for budding explorers age 1-4. \$9 per child. Meet at the park's visitor center. Call 703-569-3464 visit [www.fairfaxcounty.gov/parks/lake-accotink](http://www.fairfaxcounty.gov/parks/lake-accotink).

## SUNDAY/JAN. 13

**Game Day/Scavenger Hunt.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Come to the Fairfax Station Railroad Museum and play a Train Game or History Game as well as working on a Scavenger Hunt. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## SUNDAY/JAN. 20

**Garden Gauge (G Scale) Model Train Show.** 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Washington, Virginia, and Maryland Garden Railway Society will hold their annual Garden Gauge Model Train Show at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfaxstation.org](http://www.fairfaxstation.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

## HOLIDAY FUN

# Lunch with Santa and Friends

**F**airfax City held its annual Lunch with Santa, Dec. 8, in Old Town Hall. Children enjoyed chicken nuggets, juice, fruit and Christmas cookies from Cameron's, while coloring, making Christmas ornaments and visiting with Santa, Olaf, Rudolph the Red-Nosed Reindeer and an elf.

Ready to serve the lunch are (from left) Isaiah and Sandra Lastra, Courtney Villareal and Donia Kerdasi.

PHOTOS BY  
BONNIE HOBBS  
THE CONNECTION



From left, Clinton Tran, 3, Maygan Cao, 3-1/2, and April Cao, 6-1/2, make Christmas ornaments together.



Henry Brandenburg, 8, and sister Emilia, 9, take a photo with Santa Claus.



Jayden Komaily, 3, with Olaf from "Frozen."

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[www.BurkePresChurch.org](http://www.BurkePresChurch.org)

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**NEWS**

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**Last weekend's rain pushed the annual  
 rain totals for the Washington metro area  
 to more than 62 inches – breaking the  
 record set in 1889.**

**L**ast weekend's rain pushed the annual rain totals for the Washington metro area to over 62 inches – breaking the record set in 1889. All this rain wreaks havoc on the many constructions sites in the area. As a result, Fairfax County officials said they received more than twice as many complaints about erosion and sediment control problems on construction sites in the first ten months of 2018 than were received in all of 2017.

Currently, more than 1,500 construction sites are active in Fairfax County, each of them monitored by inspectors from the Site Development and Inspections Division (SDID) of Land Development Services (LDS). When construction disturbs the ground, it is much more susceptible to eroding. Rainfall events can loosen soil and carry it with the rainfall runoff to adjacent properties or streams.

The Fairfax County Erosion and Sediment Control Law requires that anyone who disturbs more than 2,500 square feet of land must prepare an erosion and sediment control plan to protect communities and local waterways from the impacts of construction. This is a state-mandated program that is enforced by localities.

**IN JULY ALONE**, the National Oceanic and Atmospheric Administration recorded over 11 inches of rain at the Washington Dulles International Airport. July's average during the last ten years has been about four inches. Adding to the challenge: There has rarely been a break in between rain events, which would allow time for contractors to repair the erosion and sedimentation controls.

To respond to this situation, county inspectors are proactively reaching out to site managers to help them maintain compliance with erosion and sedi-

ment control regulations. In addition, inspectors rely on residents to report construction sites that may have erosion and sediment issues. Inspectors respond to resident complaints within 24 hours.

Before construction begins, the contractor must install controls around the perimeter of the active construction area. The controls include a series of measures that trap the sediment before it leaves the site. For example, silt fence is a permeable fabric stretched between wooden stakes that allows water to pass through but traps most sediment particles before leaving the site. Even when the controls are operating, brown-colored water may still be seen leaving the construction area. The best system of controls is only about 75 percent effective.

**AFTER A RAIN EVENT**, the contractor on the site is responsible for repairing and replacing any damaged controls, such as broken silt fencing or clogged sediment traps. The excess rainfall seen this year presents even more challenges to construction managers' attempts to capture the sediment and clean and maintain the controls. SDID conducts a series of on-site inspections to make sure construction is moving ahead correctly and the erosion and sediment controls are working properly. Inspectors will also visit the site after a significant rainfall event to make sure the contractor is maintaining the controls in compliance with regulations.

LDS is committed to protecting communities and the environment from excessive sediment leaving construction sites. If you observe a construction site that seems to have malfunctioning erosion and sedimentation controls, you can submit your concern online via the Site Construction Hotline Submission Form or call 703-324-7470, TTY 711.

SOURCE: FAIRFAX COUNTY

**Free Senior Nutrition Seminar on Jan. 15**

RSVP-Northern Virginia is partnering with the University Mall Giant to present a free nutrition seminar for seniors, Tuesday, Jan. 15, 2019, at 10:30 a.m., in Fairfax.

The University Mall Giant is located at 10653 Braddock Road, Fairfax, at the intersection of Braddock and Ox roads, across from the main entrance to George Mason University.

Giant registered nutritionist Marissa Donovan, MS, RD, LDN, will lead the 90-minute free class which will include a tour of the store highlighting healthy food choices for seniors. Donovan will share tips on eating healthy with a budget in mind and how to create a balanced healthy plate.

RSVP (Retired and Senior Volunteer Program), the region's largest volunteer network for people 55-years-old and better, provides personalized support to seniors who are seeking their ideal service opportunities in and around Fairfax County, Arlington County and the City of Alexandria.

In addition to providing a personalized volunteer matching service for seniors and retirees, RSVP holds a number of free seminars on areas of interest such as nutrition to members and prospective members throughout the year.

To take part in this event you must pre-register by contacting RSVP volunteer specialist Carly Hubicki at 703-403-5360 or email Carly at [chubicki@volunteerfairfax.org](mailto:chubicki@volunteerfairfax.org). You can also register online at <https://conta.cc/2zi18HF>.

After the seminar, RSVP volunteer specialist Carly Hubicki will lead a free information session at the store on the benefits of volunteering with RSVP.

RSVP offers more than 200 meaningful opportunities that include helping seniors age in place, assisting local food pantries, and teaching financial literacy. RSVP also recruits volunteers for various community events including Volunteer Fairfax's annual Give Together which takes place in Annandale on Martin Luther King Jr. Day. Several of RSVP's non-profit partners offer opportunities in the Central Fairfax Area including Junior Achievement, The Shepherd's Center of Fairfax-Burke and Insight Memory Care.

RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group service projects and social gatherings.

To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org). RSVP-Northern Virginia is a program of Volunteer Fairfax, Volunteer Alexandria and Volunteer Arlington.

## BULLETIN BOARD

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

### SOBER-RIDE FOR THE HOLIDAYS

**Free Sober Rides.** 8 p.m.-4 a.m. daily, Dec. 14-Jan. 1. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app's "Promo" section to receive a no cost (up to \$15) safe ride home (limited quantities available). WRAP's Holiday SoberRide promo code will be posted at [www.SoberRide.com](http://www.SoberRide.com).

### VOLUNTEER DRIVERS NEEDED.

**The Shepherd's Center of Fairfax-Burke** needs volunteer drivers for trips to medical appointments (Monday - Friday) and companion shopping (Tuesday, Friday) within the Fairfax-Burke area and in the South County area (west of Route 1, Alexandria). Office volunteers are also needed to work in the SCFB (Olley Glen) office to schedule rides. Bilingual volunteers (English and Spanish) are needed as drivers and office volunteers. Email Shavaun Wall at [recruiter@scfbva.org](mailto:recruiter@scfbva.org) or call 703-323-4788.

### WEBINAR

**Online Salary Negotiation Workshop.** AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit [salary.aauw.org](http://salary.aauw.org).

### THURSDAY/DEC. 20

**Collaborative IEP Meetings: Parents as Partners.** 10 a.m.-noon at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Workshop for parents of children receiving special education services. Highlights include: the IEP process and its components, the parent's role in the IEP meeting, responsibilities of the IEP team members and planning for a child's IEP meeting. Free to parents, educators and community members. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

### MONDAY/DEC. 24

**Christmas Eve Services.** At Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. Evening services begin at 6 p.m. with a Family Holy Eucharist with Children's Choirs. At 10:30 p.m. is a Christmas Carol presentation with choir and brass ensemble, followed by the 11 p.m. Festival Holy Eucharist. Visit [www.pohick.org](http://www.pohick.org) or call 703-339-6572.

**Christmas Eve Service.** 8-9 p.m. at Harvester Presbyterian Church, 7800 Rolling Road, Springfield. Join this traditional candlelight Christmas Eve service. Free. Call 703-455-7800 or visit [www.harvesterpc.org](http://www.harvesterpc.org).

### TUESDAY/DEC. 25

**Christmas Day Service.** 10 a.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. Christmas Day Holy Eucharist. Visit [www.pohick.org](http://www.pohick.org) or call 703-339-6572.

### TUESDAY/JAN. 8-FEB. 19

**Workshop Series: Mind in the Making.** 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 - Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center) for more or to register.

- ❖ Tuesday, Jan. 8 - Focus and Self Control (part 1)
- ❖ Tuesday, Jan. 15 - Perspective Taking (part 2)
- ❖ Tuesday, Jan. 22 - Communicating (part 3)
- ❖ Tuesday, Jan. 29 - Making Connections (part 4)
- ❖ Tuesday, Feb. 5 - Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 - Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 - Self-Directed, Engaged Learning (part 7)

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## Stepping Back From the Precipice



By KENNETH B. LOURIE

Not so bad, even though it's been nearly 10 years on the cancer trail - and two columns, recently, courting my imminent demise.

The appointment with the otolaryngologist to assess the presumptive damage/my decline was instead wonderfully uplifting: "nothing worrisome in the throat." What symptoms I was experiencing (basically seasonal-type cold and flu to go along with a scratchy and extremely hoarse voice) had nothing to do with cancer and more so to do with the time of the year.

Meaning I wasn't going to die as a result; just sneeze, cough and so forth like everyone else, which as I've been told, repeatedly, I'm not.

Cancer patients might not have the benefit of doubt or delay like the rest of you. Time may not be of the essence, but one never knows. Cancer cells sort of have a mind/process of their own.

It's not so much a lesson learned as it has been a lesson reminded.

My oncologist has frequently advised me that should a new symptom appear and persist for two to three weeks, I should email him and alert him to my status/situation. I might have been a week or so late this time, but fortunately not too many dollars short.

My oncologist responded immediately as did my primary care physician. Each doctor making arrangements for me within a matter of hours: a face-to-face appointment with my internal medicine doctor - which led to the referral for the otolaryngologist (who called to schedule an appointment before I even got a chance to); and a referral as well by my oncologist for a CT scan of my neck.

Having now been examined and results interpreted, I am glad to report that as scared as I have been for the past two columns, my symptoms were not indicative of my lung cancer progressing. Rather it was more indicative of a cancer patient being stupid and stubborn.

Not wanting to ever believe that my life hangs in the balance and could be severely endangered by my neglect, I tend to go about my health-related business as I would guess the rest of you who are healthy and not cancer-diagnosed: I wait out the symptoms and try not to go negative.

As has been said recently - to me, nothing could be less appropriate given my stage IV, lung cancer. Being negative might actually save my life.

The reality is: I am compromised and subject to risks and complications many of you are not. My immune system has likely been weakened by this most recent every-three-week infusion interval recommended to shrink a relatively new tumor - and in so treating, hopefully will not have allowed any existing cancer cells to trigger and mutate and cause even more trouble.

After all, cancer is likely in control here and giving them an inch, so to speak, has never been part of our plan.

Even though my cancer had already metastasized in 2009, its movement seems to have been confined to my lungs and amazingly has remained there ever since. Still, if I've finally learned anything with this most recent scare, it is that I can't turn a blind eye or a deaf ear, metaphorically writing, to common sense or doctor's orders.

I'm not supposed to wait for the ambulance, if you know what I mean? I'm supposed to be smarter than that and act like my life matters: making arrangements much sooner rather than way later. Denying, pretending and hoping that new symptoms are benign because many other people experience them is, for a cancer patient, as foolish as it gets.

The last, and I mean the absolute last thing a cancer patient should think is that they are like everybody else. They are not. We are not. I am not.

You get it, Kenny?

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



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