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Adorned with Valentine stickers are Woman's Club of Fairfax members (from left) Diane Tuininga, Mary Driver-Downs, Yvonne Sening, Jo Ormesher and Martha Peacock.

Fairfax  
**CONNECTION**



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FEBRUARY 14-20, 2019

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# 'Passionate Educator and Born Leader'

Lyons named Fairfax Pyramid Teacher of Year.

BY BONNIE HOBBS  
THE CONNECTION

First, freshman-biology teacher Ronnetta Lyons was honored as Fairfax High's Teacher of the Year. Now, this inspiring and hardworking educator has been selected as the Teacher of the Year for the entire Fairfax High School Pyramid.

"I am so honored to be named Teacher of the Year amongst the amazing faculty and staff that I work with daily," said Lyons. "I am rewarded every time I see any growth and success with our students here at Fairfax High, but it is really amazing to get recognized for that hard work."

She was nominated for this award in January by her school's staff members. And, according to City of Fairfax Schools spokeswoman Carrie Dorsey, Lyons was chosen to receive it because of "her love for her students, her positivity in and out of the classroom and her leadership among her peers."

Dorsey noted that Fairfax High



Fairfax High biology teacher Ronnetta Lyons (fifth from left) with some of her students beside the school's brand-new spirit rock donated by the Class of 2019.

Principal Erin Lenart was "immediately impressed" with Lyons when they first met each other, prior to the start of the school year. "Ms. Lyons's reputation and influence are second to none," said Lenart. "When I met Ronnetta over the summer, what I encountered was a consummate professional, passionate educator and born leader." "After working with her, I found she is organized, support-

ive, creative and leads by example – expecting the same of her peers," continued Lenart. "She is so deserving of this award, as she represents all that we hope to cultivate and nurture."

Also praising Lyons was City of Fairfax School Board Chairman Carolyn Pitches. She knows Lyons not only as a member of the Fairfax High teaching staff, but as a teacher of one of her own children.

**"When I met Ronnetta over the summer, what I encountered was a consummate professional, passionate educator and born leader."**

—Fairfax High Principal  
Erin Lenart

"She is compassionate and respectful with her students and has an amazing rapport with each of them," said Pitches. "Ms. Lyons makes the [curriculum] content come alive, trying to engage all her students."

In addition, Lyons is the co-sponsor for Fairfax High's Class of 2019. Later this month, she will be in the running for the Region 5 Teacher of the Year award.

WEEK IN FAIRFAX

## Stuff Bus for Britepaths

Fairfax County's Stuff the Bus Food Drive for Britepath's food pantry will be held this Saturday, Feb. 16, from 11 a.m.-4 p.m., in front of the Walmart at 11181 Lee Hwy. in Fairfax. Area residents, businesses and organizations are encouraged to bring non-perishable food items and hygiene products.

## Capitol Steps at Fairfax High

The Capitol Steps political-satire comedy troupe is performing a benefit for The Cappies of the National Capital Area. It's set for this Sunday, Feb. 24, at 7 p.m. at Fairfax High. Tickets are adults, \$30; students/senior citizens, \$20; children 12 and under, \$10; and groups of 10 or more, \$15. For more information, contact [amy.young@cappies.com](mailto:amy.young@cappies.com).

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Holding the Valentines they made are (from left) Waples Mill Elementary students Nicole and Eric Holtz Djiba and their mom Sara Holtz, and Franklin Middle students Aaron Selvan and David Holtz Djiba.



PHOTOS BY BONNIE HOBBS/THE CONNECTION

Robinson Secondary eighth-grader Lyden Butler, 13, and mom Terri display some of the Valentines they made.

# Bringing Valentine Joy to Children

Volunteers unite during MLK weekend project.

BY BONNIE HOBBS  
THE CONNECTION

For more than 40 years, Volunteer Fairfax has worked to build better a community through service. And via its annual Valentine's Challenge, some 425 volunteers spent part of a rainy Saturday making heartfelt Valentines to send to children needing some sunshine in their lives.

Armed with stickers, doilies, scissors and glue, they gathered Jan. 19 inside Fire Station 3 in the City of Fairfax to make their cheerful creations. People of all ages participated; and by the end of the day, they'd made 5,100 Valentines.

Receiving them would be children in foster care and child protective services in Fairfax County, plus college students who recently aged out of foster care and receive guidance from the Foster Care to Success program. "What a special and amazing day," said Kim Luckabaugh, program manager with Volunteer Fairfax. "The overwhelming support was so heartwarming."

The Fairfax Wegmans donated breakfast snacks for the volunteers. And comprising these Valentine-makers were youth, service clubs, local corporate employees, Girl Scouts, senior citizens, families, sororities, groups of friends, and members of Volunteers for Change. A program of Volunteer Fairfax ([www.volunteerfairfax.org](http://www.volunteerfairfax.org)), Volunteers for Change connects adult volunteers to needs in the community.

Also stopping by to lend a hand were Del. Mark Keam (D-35), Fairfax Mayor David Meyer and City Councilman Sang Yi. Some of the students participated for community-service hours for their schools, but others came for different reasons.

Julie and Erik Pozo enjoyed watching their children, Theo and Josie, decorate Valentines. "We want to instill good behavior in them," said Julie Pozo. "We also want them to be thankful for what they have."

GMU senior Agnes Rhee, now working on her second degree there, and GMU grad and professional cellist Emma Johnson, made

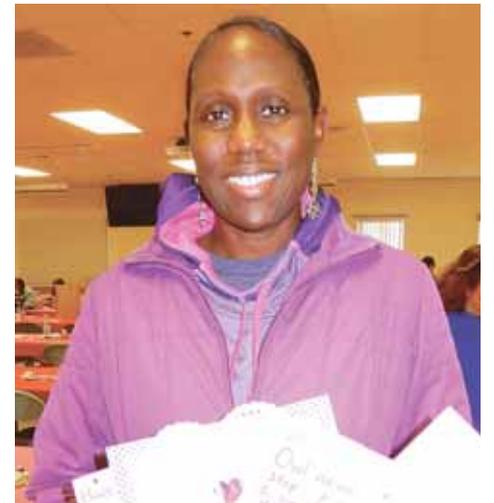
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Holding a Valentine is Theo Pozo, 8, with dad Erik photobombing him.



Josie Pozo, 4, proudly holds the Valentine she's making.



Audrey June brought her children to volunteer and ended up making Valentines, too.



Showing their handmade Valentines are (from left) GMU senior Agnes Rhee and GMU grad Emma Johnson.

their Valentines together. "We both just wanted to volunteer more often, and I thought this would be fun," said Johnson. And, added Rhee, "It was a New Year's resolution to volunteer more."

The Woman's Club of Fairfax also participated in a big way. "We partnered with Volunteer Fairfax and wanted to do something for MLK [Martin Luther King Jr.] weekend," explained club member Mary Driver-Downs. "So [a few months ago] we asked Volunteer Fairfax how we could help."

After learning about the Valentines project, the club members began collecting supplies for the event at their meetings. As a result, they were able to contribute glue sticks, construction paper, doilies and 8,620 Valentine-themed stickers. In addition, eight Woman's Club members donated refreshments and eight others helped during the event. Furthermore, the Virginia Service Foundation gave Volunteer Fairfax a \$250 grant for further supplies and to help carry out the event. And inside each Valentine was an inspiration poem of encouragement. One such poem contained the message, "There is inside you all of the potential to be whatever you want to be ... And though at times, it may seem too difficult to continue, hold on to your dream."

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## NEWS

# Fairfax City Shows its Mason Spirit

## Activities slated for GMU's Homecoming Week.

BY BONNIE HOBBS  
THE CONNECTION

The City of Fairfax is proud to have a world-class university such as George Mason in its midst, and it's displaying its school spirit in several ways. Most recently, it did so during the Jan. 22 City Council meeting.

That evening, GMU professors, students, athletes, alumni and administrators packed the City Hall Annex to see February officially declared GMU Patriots Month in Fairfax. Presenting a proclamation to that effect was City Mayor David Meyer, noting that "GMU has just under 38,000 students and is the fastest-growing university in Virginia."

Now, both the school and City are busily and eagerly preparing for GMU's Homecoming Week, Feb. 18-23. Fairfax and its Economic Development Authority (EDA) are partnering with Mason to celebrate the event with activities including "Paint the City Green" and "Patriots in the City."

For "Paint the City Green," said Danette Nguyen with the City's Office of Economic Development, "Over 20 Old Town Fairfax businesses will join with GMU student organizations, clubs, fraternities, sororities and athletic groups. They'll use the school's green-and-gold colors to paint their storefront windows."

She said the idea is for the businesses to illustrate GMU's Homecoming theme, 'Brave and Bold,' to "show their Patriot pride and how the City supports the university." Then Meyer and the Fairfax City Council will choose the winner.

Entries will be judged on how well they carry out the theme, and the winning display window will be announced during GMU's Homecoming basketball game on Saturday, Feb. 23. For a list of participating businesses, go to <http://fairfaxcityconnected.com/masonhomecoming/> and click on "Paint the City Green."

As for "Patriots in the City" – which will also run during that entire week – more than 30 Fairfax City businesses, including restaurants, will extend discounts to GMU students, alumni and faculty members. For a list of which businesses are participating, what they're offering and a map of their locations, go to <http://fairfaxcityconnected.com/masonhomecoming/>. Click on "Patriots in the City" and scroll down to "Patriot Specials." To take advantage of these offers, members of the GMU commu-



BONNIE HOBBS/THE CONNECTION

**During a City Council meeting, Fairfax Mayor David Meyer (center) declares February as GMU Patriots Month in the City, while the university mascot and representatives look on.**

nity just have to show their Mason ID or alumni pass available at [alumni.gmu.edu](http://alumni.gmu.edu).

Some other Homecoming activities include the following:

❖ Sunday, Feb. 17: At 2 p.m., Coyote Grille, 10266 Main St., will host a men's basketball watch party as GMU's Patriots take on St. Bonaventure.

❖ Monday, Feb. 18: A Homecoming Week tip-off party will be held from 6-8 p.m. on the main and top levels of the Hub (Fairfax campus).

There'll be live music, arcade games courtesy of the Corner Pocket and free food catered by Coyote Grille. Special guests from the men's and women's basketball teams will help distribute this year's Homecoming T-shirt, and various Fairfax City vendors will tell students how they can get involved with the local community.

❖ Wednesday, Feb. 20: Homecoming Week is also about giving back to the local, Fairfax community. So from 11 a.m.-6 p.m., the Patriot Activities Council will host three service activities for students in the GMU Hub. More information and student sign-ups are at <https://homecoming.gmu.edu/dayofservice/>.

❖ Thursday, Feb. 21: In GMU's Center for the Arts at 8 p.m., comedian Preacher Lawson will perform. The only comedian to make it to the 2017 finals of "America's Got Talent," he returned for the TV show's current season of champions. Tickets are \$5, students; \$10, faculty, staff and alumni; and \$15, general public. People not purchasing tickets on campus may buy them online at [tinyurl.com/PreacherLawson](http://tinyurl.com/PreacherLawson).

❖ Saturday, Feb. 23: The Homecoming basketball game is at 4 p.m. in EagleBank Arena, where the Patriots will tangle with Duquesne University.

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## Kiddie Country Awarded National Accreditation

The National Accreditation Commission for Early Care and Education Programs announced that Kiddie Country Developmental Learning Center has been awarded a NAC accreditation.

The National Accreditation Commission recognizes Kiddie Country as an early care and education program exemplifying excellence in the care of young children. This accreditation is an additional indicator that Kiddie Country provides a high quality program for children, professional

development for the staff, and an environment for children that is conducive to their individual growth and development.

The National Accreditation Commission for Early Care and Education Programs is sponsored by the Association for Early Learning Leaders, a national leader among associations serving child care owners, directors, and administrators. For more information, visit [www.earlylearningleaders.org](http://www.earlylearningleaders.org).

Kiddie Country Developmental Learning Center is located at 9601 Old Keene Mill Rd., Burke, 703-644-0066.

# BULLETIN

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.

## WINTER SHELTERS

**Find homeless and cold weather** drop-in centers and shelters that serve Northern Virginia at [www.novaregion.org/174/Homeless-Shelter-Lists](http://www.novaregion.org/174/Homeless-Shelter-Lists).

## VOLUNTEERS WANTED

**Interested in local Civil War or Railroad History?** Consider volunteering at the Fairfax Station Railroad Museum. The Museum offers a variety of volunteer opportunities in Museum events, programs and administration. The Museum is also seeking an individual to coordinate the scheduling of the volunteer staff. Training will be provided for all positions. Email [volunteers@fairfax-station.org](mailto:volunteers@fairfax-station.org) or call 703-945-7483 for opportunities. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. It is open every Sunday, except holidays, from 1-4 p.m. Visit [www.fairfax-station.org](http://www.fairfax-station.org), [www.facebook.com/FFXSRR](http://www.facebook.com/FFXSRR), or call 703-425-9225.

**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.

## INPUT SOUGHT

**Shaping the Future Together.** Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit [fairfaxcounty.gov/strategicplan](http://fairfaxcounty.gov/strategicplan) and:

- ❖ Take a short five-question online survey
- ❖ Join a community conversation in person: Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- ❖ Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

## TUESDAYS THROUGH 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, Feb. 19 – Self-Directed, Engaged Learning (part 7)

## FRIDAY/FEB. 14

**Grant Application Deadline.** 5 p.m.

SEE BULLETIN, PAGE 11

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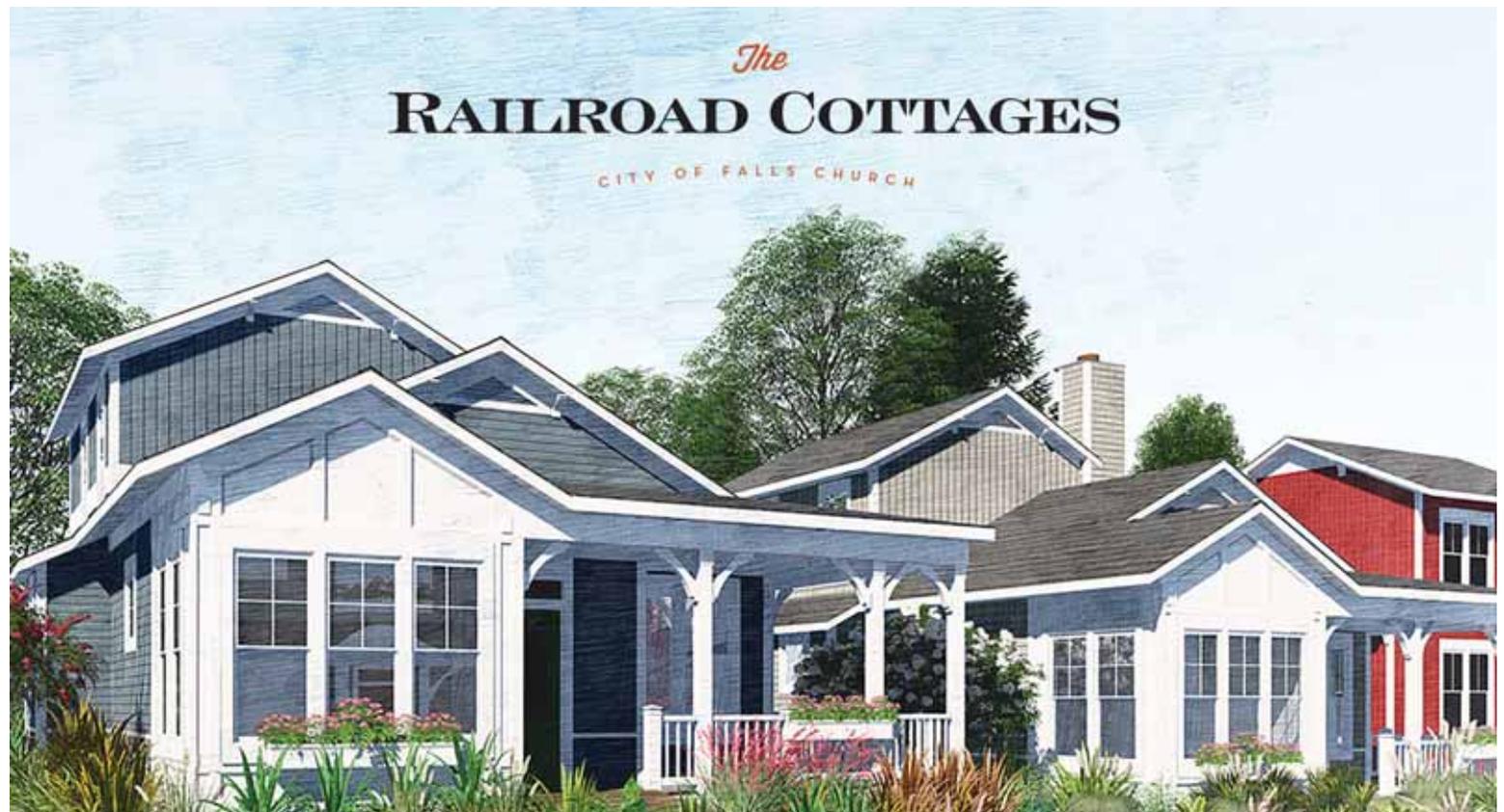


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# OPINION

## Be Part of the Pet Connection

**T**he Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your busi-

ness have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include

address and phone number (we will not publish your address or phone number, just your town name).

Email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com) or submit online at [www.connectionnewspapers.com/pets](http://www.connectionnewspapers.com/pets).

### EDITORIAL



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— MARY KIMM

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## Staying on Task

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

**D**espite all the distraction associated with events in Richmond these days, the General Assembly is staying on task dealing with legislative and budgetary issues it faces. Each house of the legislature has started to work on legislation passed by the other with conflicts resolved in conference committees made up of members from both houses. The really big conference committee is that working to resolve differences on the budget. The big differences on the budget are between the Democrats and Republicans and not the two houses—how to deal with additional revenues coming to the state from the federal tax changes. Stay tuned for the differences on the budget because they will not be resolved until the last few days of the session that is scheduled to adjourn on Feb. 23.

Some good news is emerging from the session. Requiring hands-free phones in cars that has been required in most other states many years ago may finally be coming to Virginia.



### COMMENTARY

Research shows that the greatest cause of auto accidents is distracted driving with calls and texting being the chief reason.

I remember the many sessions that it took to pass requirements for smoke-free areas. Richmond as the cigarette manufacturing capital was finally over-ridden by popular sentiments, and smoke-free areas were legislated. Amazingly but happily the age to buy cigarettes and the latest craze of buying electronic vaping devices is being raised from age 18 to 21.

Efforts to legalize gambling establishments in areas of the state as diverse as Portsmouth, Bedford and Danville failed this year in favor of a year-long study to determine state policy. I predict we will see casinos established in the state in a few years as some regions see them as economic development and a source of new revenue offsetting anemic state funding. I voted to let a study go forward but would not support public financing of a stadium or gambling establishment. Bills that would have decriminalized marijuana did not make it out of

committee in either house. My bill introduced at the suggestion of the Chris Atwood Foundation to make Naloxone more available to reduce deaths from drug overdoses passed.

Different bills passed that purport to create a fairer way to draw legislative district boundaries, but neither comes close to the independent processes that the public has been seeking to end gerrymandering.

On the environment, bills to require Dominion to clean up their coal-ash ponds passed both houses with endorsement by major environmental groups. A bill I voted for that would have established an ambitious agenda for cleaning up the environment in Virginia failed in the House.

The Senate passed a bill to require public schools to teach a class on the Bible! I will not be voting for it if it makes its way through committee.

All the gun safety bills were defeated in both houses. A bill to make it easier to get a concealed weapon if you are from another state passed with a likely veto by the governor.

Yes, there are other big challenges in the capital these days. I will be addressing them in future columns as the facts involved become better known.

### LETTERS TO THE EDITOR

## Re-think Spraying

Dear Editor,

On Jan. 24, Fairfax and Prince William County spokesmen urged a Virginia House of Delegates subcommittee to allow localities to continue to kill caterpillars with broadcast spraying. At issue is *Alphila pomataria*, the inchworm or fall cankerworm, a native insect that in its larval stage is a caterpillar, a major food source for spring breeding and migrating birds. Some view this caterpillar as a "nuisance" when

it spins down from trees on a silken thread.

A coalition is trying to stop this spraying, which kills not just the target species but all butterfly and moth caterpillars exposed to the spray, *Bacillus thuringiensis var. kurstaki* (Btk). "This collateral damage is much too high a price to pay, when the focal animal is a natural element of Virginia's forest ecology," wrote the University of Connecticut's Dr. David Wagner, a world caterpillar expert.

Some spraying advocates contend that inchworms defoliate

and kill trees. Opponents argue that it takes several years of severe defoliation to kill a tree, which is rare; that most trees releaf in one season; and that tree mortality has many, often undetermined causes.

Del. Kathy Tran (D-Fairfax) offered a compromise to her original bill to require residents to opt into the spray program, a reversal of these counties' current opt-out programs. The subcommittee rejected the bill on a party-line five to four vote.

The inchworm is a native insect, part of the natural ecosystem, not

a destructive invasive like the gypsy moth. Government officials at all levels should understand the value of native insects and their role, critters that noted biologist E.O. Wilson said are "the little things that run the world." Killing caterpillars without documentation of real harm or without understanding their importance is inexcusable.

**Ashley C. Kennedy, MS**  
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# 'Living Coral' Named 2019 Color of the Year

“... can help to brighten a space lacking natural light.”

BY MARILYN CAMPBELL

A breeze of warm air to heat the winter chill is how some designers are describing one of the trendiest colors on tap for this year. “Living Coral” was selected as the 2019 Color of the Year by the Pantone Color Institute, the self-described global authority of color. It’s a shade that is expected to have a prominent presence in interior design, home accessories and fashion this year.

“It works well with most of the foundation colors everyone has in their homes including white, taupe, gray, and brown,” said designer Amanda Mertins of Patina Polished Living in Alexandria. “If you choose to paint, it can help to brighten a space lacking natural light.”

Described as a nurturing color that can be found in nature, Living Coral is a shade of orange with a golden undertone. “It can be used as a wonderful accent color,” said Mertins. “Introduce it with artwork, toss pillows, rugs and throws.”



PHOTO COURTESY OF NICELY DONE KITCHENS AND BATHS

Life-affirming and reminiscent of coral reefs, Living Coral is credited with the ability to breathe life into any space in one’s home. “[It’s] is vibrant, energizing shade ... that can be incorporated as a light accent or bold statement in both a kitchen or bath,” said designer Natalia Fabisiak of Nicely Done Kitchens and Baths in Springfield. “As the timeless trend of white kitchens continues, Living Coral offers the perfect pop of color an all-white kitchen may need.”

“Coffee mugs, dish towels, trays and trivets are an easy and inexpensive way to introduce the trending color of the year into your kitchen,” added Fabisiak.

Home accent pieces are the way that de-

signer Julie Ackerman of Home Polish in Bethesda recommends using the Pantone pick. “Dishware, serveware or decorative accent pieces and porcelain figurines, like those by Herend are a great way to incorporate Living Coral into your home,” she said.

For a more long-term commitment, Fabisiak says, “In a bathroom, Living Coral can be used as a wall color that can be easily paired with neutral tile and fixtures. If painting the walls is too drastic, bath accents like coral towels or a rug can brighten up the space beautifully as well.

In announcing the selection, Leatrice Eiseman, executive director of the Pantone Color Institute, said, “Color is an equaliz-

When used on a wall in a kitchen or bathroom, Living Coral can make a bold statement, says designer Natalia Fabisiak of Nicely Done Kitchens and Baths.



PHOTO COURTESY OF PATINA POLISHED LIVING  
Living Coral can be introduced into one’s home through art, says designer Amanda Mertins.

ing lens through which we experience our natural and digital realities and this is particularly true for Living Coral. With consumers craving human interaction and social connection, the humanizing and heartening qualities displayed by the convivial Pantone Living Coral hit a responsive chord.”

Each year, the Pantone Color Institute makes a prediction about the color that will be on trend for the upcoming year. The selection process, which takes about nine months, has color gurus at Pantone spanning the globe, taking note of the trends in industries that run the gamut from ranging from film and entertainment to art and interior design.

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# ENTERTAINMENT

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

## ONGOING

### Art Exhibit: Amazing Art Jam.

Through Feb. 24, gallery hours at the Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Workhouse Arts Center hosts the third iteration of the Amazing Art Jam. This pop-up exhibition offers fresh perspectives by exploring several young, contemporary themes including street art, anime, Marvel iconography and hip-hop culture. Visit [www.workhousearts.org/event/amazing-art-jam](http://www.workhousearts.org/event/amazing-art-jam) for more.

**Winter Golf.** Through Feb. 28, skip the traffic with the Afternoon Drive special at the heated and covered ranges at Burke Lake Golf Center. All buckets are \$2 off, Monday-Thursday, 4 p.m. until closing. Visit [www.fairfaxcounty.gov/parks/golf](http://www.fairfaxcounty.gov/parks/golf).

**Exhibit: Purchased Lives.** Through Feb. 28, 9 a.m.-5 p.m. daily (except major holidays) at the Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Purchased Lives is a traveling exhibition from the Historic New Orleans Collection. The exhibit examines a complex and divisive period of American history and educating about the far-reaching economic and heartbreaking personal impact of the domestic slave trade. Call 703-385-8414.

## FRIDAY/FEB. 15

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

## SATURDAY/FEB. 16

**“One Woman, One Vote.”** 10 a.m. at Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. All are welcome to the showing of the PBS video “One Woman, One Vote.” The film documents the 70-year battle for women’s suffrage in the United States, culminating in the passage of the 19th Amendment to the Constitution. The film, narrated by Susan Sarandon, is part of the general meeting of the Springfield-Annandale branch of the American Association of University Women. Call Irene McGhee at 703-628-4048.

**Pet Adoption Event.** 11 a.m.-2 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Find a new forever animal friend with the help of the City of Fairfax Animal Control and Animal Shelter. Visit [fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet](http://fairfaxva.gov/government/police/programs/animal-control/adopt-a-pet) for more.

**CatnipHaven Grand Opening.** 11 a.m.-4 p.m. at Pet Supplies Plus, 11054 Lee Highway, Fairfax. Fairfax-based cat adoption group, Pets Bring Joy, is launching a brand-new adoption habitat called CatnipHaven. The 8 x 10 screened enclosure provides a comfortable setting for rescue cats and kittens and human visitors alike to interact in hopes of finding a “purrfect” match. Visit [petsbringjoy.org/](http://petsbringjoy.org/) for more.

**Valentine’s Day Banquet.** 6:30-11 p.m. at Waterford Receptions at Springfield, 6715 Commerce St., Springfield. The Family Ministry of the Greater Little Zion Baptist Church in Fairfax is sponsoring their Annual Valentine’s Day Banquet. All couples and singles are invited to fellowship and to enjoy an evening of fine dining, music, dancing and featured entertainment. \$60 per person (payment deadline is Feb. 10). Contact Anthony or Terri Bazemore at 703-239-9111.

**Country-Western Dance.** Lessons, 6-7 p.m.; open dancing 7-9:30 p.m. at Accotink Universalist Unitarian

# Circus Life Comes Alive

## Cirque Mechanics comes to Center for the Arts.

By DAVID SIEGEL  
THE CONNECTION

“The Center for the Arts is thrilled to be sharing Cirque Mechanics with our community. Audiences of all ages will be mesmerized by the acrobatic feats performed, and the humor inherent in the clowning ensures patrons are engaged and entertained,” said Adrienne Godwin, Programming Manager, Center for the Arts (CFA).

“Cirque Mechanics takes a unique approach by including innovative mechanical staging that you don’t see with other American circus troupes, which means that circus novices and aficionados alike will see something new and inspiring,” added Godwin.

Cirque Mechanics, an American circus, was founded in 2004 with roots for its performances in the mechanical. At the CFA performance patrons will experience “42FT-A Menagerie of Mechanical Marvels.” It is a singular blend of acrobatics as well as impressive array of mechanical marvels including a stunningly lifelike mechanical horse. There will be plenty of clowning and the ageless wonder of circus artistry such as traditional circus acts like the Strongman and juggling.

“We create circus shows that showcase the relationship between the mechanical and the acrobatic worlds. The Center for the Arts show has all the big wow moments we expect from a circus show with a great story and a unique stage set that allows us to see the action in the ring and behind the scenes,” said Chris Lashua, Founder and Creative Director, Cirque Mechanics.

Cirque Mechanics: “42FT-A Menagerie of Mechanical Marvels” displays life in a circus tent show. It will follow the story of a down and out roustabout filled with wanderlust and enamored with the circus, willing to persevere in order to reach his dream of performing under the big top. It takes place in an rotating tent frame.

“In ‘42ft’ we sought to pay tribute to the classic



PHOTO BY MEIKE SCHULTZ

**“Cirque Mechanics: 42FT-A Menagerie of Mechanical Marvels” in performance at the George Mason University, Center for the Arts on Feb. 22, 2019.**

one ring circus. The central element of the circus has been the circus ring itself (42’ in diameter), and this ring provides the perfect boundary to allow an acrobat to perform tricks on horseback at a full gallop,” added Lashua.

Lashua is a circus performer in his own right. He created and performed visionary circus acts using an innovative aerial apparatus before forming his own circus company, Cirque Mechanics. Before the circus, Lashua was in professional bicycle freestyle competitions and performance.

Cirque Mechanics is “to be enjoyed by audiences of all ages,” said Lashua.

## Where and When

George Mason University, Center for the Arts presents “Cirque Mechanics: 42FT-A Menagerie of Mechanical Marvels” at 4400 University Drive, Fairfax, VA 22030. Performance Saturday, February 22, 2019 at 8 p.m. Tickets: \$48, \$41, \$29. Call 888-945-2468, or visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu).

Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a dance. A DJ provides music. Couples and singles of all ages welcome. Admission for NVCWDA members \$10; non-members \$12; children under 18 accompanied by a paying adult \$5. Smoke-free and alcohol-free. BYO refreshments. Visit [www.nvcwda.org](http://www.nvcwda.org).

**Art for the Heart.** 7-10:30 p.m. in the Parish Hall at Church of the Nativity, 2400 Nativity Lane, Burke. The Knights of Columbus Fr. Sikora Council 7992 is holding their Annual Art Auction. Join in a festive evening of viewing and bidding on a variety of fine art, memorabilia, and collectibles while enjoying complementary wine and specialty

hors d’oeuvres prepared by A Bit More Catering. \$15 per person. For tickets contact Tom Savage at 512-983-5641 or [tomkc7992@gmail.com](mailto:tomkc7992@gmail.com).

## SUNDAY/FEB. 17

**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 Display at the Fairfax Station Railroad Museum. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

## TUESDAY/FEB. 19

**Serve Up Dinner for the Animals.**

4:30-5:30 p.m. at Hidden Pond Nature Center, 8511 Greeley Boulevard, Springfield. It may not be everyone’s idea of dinner, but worms and insects are considered fine dining for the nature center’s exhibit animals. Ages 3-adult. \$6 per person. Call 703-451-9588 or visit [www.fairfaxcounty.gov/parks/hidden-pond](http://www.fairfaxcounty.gov/parks/hidden-pond) for more.

## THURSDAY/FEB. 21

**Burke Historical Society Speaker.** 7 p.m. at George Mason Regional Library, 7001 Little River Turnpike, Annandale. Learn about the many spooky legends of the region — and their historical background — as Cindy Bennett presents “Ghosts, Goons, and a Bunny Man.” Visit

[burkehistoricalsociety.org](http://burkehistoricalsociety.org) for more.

## FRIDAY/FEB. 22

**B-I-N-G-O.** 7 p.m. at Fire Station 3, 4081 University Drive, Fairfax. Visit [www.fairfaxvfd.com](http://www.fairfaxvfd.com) or call 703-273-3638 for more.

## SATURDAY/FEB. 23

**Fairfax Genealogy Society.** 9:30 a.m. at Dunn Loring Volunteer Fire Station Hall, 2148 Gallows Road, Vienna. Michael Donovan will discuss the 1958 explosions at the Nike missile launch site in Middletown, N.J., and the genealogical research on the 10 victims. Visit [www.fxgs.org](http://www.fxgs.org) for more.

**Orienteering Workshop.** 10 a.m.-noon at Burke Lake Park, 7315 Ox Road, Fairfax Station. Put down the GPS and get around the old-fashioned way. Orienteering is the sport of navigation with map and compass. It’s easy to learn but always presents challenges. Participants in this program will learn how to use a compass, read a topographic map and navigate orienteering courses. A compass is required. Designed for participants age 8-adult. \$31 per person. Call 703-323-6600 or visit [fairfaxcounty.gov/parks/burke-lake](http://fairfaxcounty.gov/parks/burke-lake).

**Reception: Amazing Art Jam.** 7-11 p.m. at the Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Workhouse Arts Center hosts the third iteration of the Amazing Art Jam. This pop-up exhibition offers fresh perspectives by exploring several young, contemporary themes including street art, anime, Marvel iconography and hip-hop culture. Visit [www.workhousearts.org/event/amazing-art-jam](http://www.workhousearts.org/event/amazing-art-jam) for more.

## SUNDAY/FEB. 24

**Hands On Activity Day.** 1-4 p.m. 1-4 p.m. at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Crafts and activities often in a railroad or historical theme will be offered for visitors to enjoy. Cost of supplies is included in the admission. Ages 16 and older, \$4; 5-15, \$2; 4 and under, free. Visit [www.fairfax-station.org](http://www.fairfax-station.org) or call 703-425-9225.

**MainStreet Band Concert.** 4-5:30 p.m. at Sidney Lanier Middle School, 3801 Jermantown Road, Fairfax. 10th anniversary celebration. Medley of Beatles hits, a Romantic-era composition by Camille Saint-Saëns, and selections from favorite movie musicals and birthday cake to celebrate the band’s decade of success. Free. Visit [fairfaxband.org](http://fairfaxband.org) or call 571-336-CFBA (2322).

**Pohick Church Coffeehouse Fundraiser.** 5-7 p.m. at Historic Pohick Episcopal Church, 9301 Richmond Highway, Lorton. Come for an evening of entertainment, snacks, coffee and hot chocolate. Performers will include youth, adults and local musicians. All are welcome. The event is free, but donations are encouraged: all proceeds go toward the summer Sr. High Mission Trip. Contact Rusty Booth at 703-339-6572 or [rusty@pohick.org](mailto:rusty@pohick.org), or visit [www.pohick.org](http://www.pohick.org) for more.

**The Capitol Steps Benefit Performance.** 7 p.m. at Fairfax High School, 3501 Rebel Run Road, Fairfax. Join in for a SILLYarious evening as the Capitol Steps political satire comedy troupe performs a show to benefit high school theatre for the Cappies of the National Capitol Area. Free parking. Adults, \$30; students/senior citizens, \$20; children 12 and under, \$10; and groups of 10 or more, \$15. Contact Amy.Young@cappies.com or visit [www.cappies.com/nca](http://www.cappies.com/nca).

## DINING

# Indian Dishes with Contemporary Edge

## Restaurant review: Bollywood Bistro.

BY ALEXANDRA GREELEY  
THE CONNECTION

The name “Bollywood” refers to the Indian film industry that originated in Bombay, India, several decades ago. A conflation of the words “Bombay” and “Hollywood,” Bollywood is legitimately all about movies in India, but in Northern Virginia, a savvy restaurant group has attached the name to a flourishing restaurant with two locations. And giant Indian film star photos decorate the wall, at least in Fairfax. Bollywood Bistro in Fairfax and Great Falls offers a splendid array of distinctive Indian dishes with a contemporary edge. Opened in 2009, the Fairfax Bollywood Bistro is really the parent destination—it is larger, more flamboyant, and its lunchtime buffet draws huge crowds. Hint: go before noon or around 1 to avoid a wait for tables, unless you don’t mind sitting at the bar.

At a recent Fairfax lunchtime, there was indeed a wait for seating, as crowds had headed in to enjoy the vast buffet display with enough offerings to feed an army or two. Once you are seated, and you have decided on a buffet meal, head to the spread and grab a plate. A few offerings such as fruit are displayed on the adjacent bar, but the vast amount of goodies will draw patrons right down the line.

The offerings probably change or rotate from one buffet to the next, but chances are that the kitchen

always includes rice, a lentil dish or two, several chicken curries, kabobs, several vegetable-based dishes, chutneys, and the addictive starter, the bhel puri of potatoes and puffed rice. Before and during one’s feasting, staff provide more pieces of hot naan, ideal for picking up or wrapping up tempting bites of food. While the buffet spread draws huge crowds, Indian food fans should not skip past the menu, with its pages of honest Indian eats. Of course, samosas and pakoras, standard Indian appetizers, are there and so is the bhel puri, but more offbeat samplings include garlic shrimp, lobster tomato bisque, and Chicken 65, a South Indian dish that can be searingly spicy, depending on the version. But expect pieces of crispy fried chicken awash with red chilies in some form or another.

Entrées include several tandoori (barbecued) options plus vegetarian dishes such as dahl Makhani and malai kofta (potato croquettes with cheese) and, of course, meat-based entrées. Chicken options are a plenty, but for anyone who loves lamb, the lamb shank vindaloo is stunning. And, for those who like to experiment, the kitchen also offers goat curry.

Besides the entrées, the kitchen turns out assorted bread choices, from plain naan to dates naan, and as a help, a bread basket with garlic, rosemary, and butter naans. Dessert choices are limited to such dishes as kulfi (Indian ice cream), carrot halwas, kheer (rice pudding) and gulab jamun (fresh cream balls), plus a few more.

Bollywood Bistro, 3965 Chain Bridge Rd., Fairfax, 703-273-0031. Hours: Lunch, Mon.-Fr., 11:30 to 2:30, Weekend, noon to 3; Dinner Mon.-Thurs. 5 to 10 p.m., Fri., Sat., 5 to 10:30; Sun., 5 to 9:30 p.m. <http://bollywoodbistro.com>



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**VDOT** Virginia Department  
of Transportation

## Route 29 Northbound Bicycle and Pedestrian Improvements Fairfax County

### Public Information Meeting

Tuesday, March 5, 2019

6:30 p.m. to 8:30 p.m.

Presentation starts at 7 p.m.

Inclement Weather Date: Tuesday, March 19, 2019

Fairhill Elementary School  
3001 Chichester Lane  
Fairfax, VA 22031

**Find out** about plans to build a continuous shared-use path along northbound Route 29 (Lee Highway) between Vaden Drive and Nutley Street (Route 243) to improve safety and accessibility for bicyclists and pedestrians. The project will also extend the Route 29 culvert over the tributary of Accotink Creek just west of Nutley Street to accommodate the shared-use path.

**Stop by** between 6:30 p.m. and 8:30 p.m. to view displays and learn more about the project and preliminary design plans. 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 703-259-2907 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 **March 15, 2019** to Ms. Hong Ha, 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 “Route 29 Northbound Bicycle and Pedestrian Improvements” 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 Ms. Hong Ha at 703-259-2907.

State Project: 0029-029-414, P101, R201, C501  
UPC: 113518, Federal: NHPP-5A01 (946)

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## NEWS

# Sparkling Wit and Magical Love Potion

## Virginia Opera brings 'The Elixir of Love' to the Center for the Arts.

By DAVID SIEGEL  
THE CONNECTION

**T**ime for some lightening up courtesy of the Virginia Opera. The comic opera "The Elixir of Love" by Gaetano Donizetti will be bringing a plentitude of remedies for the February cold. "Elixir" is an operatic romantic comedy about the pursuit of love with help from a very special tonic.

Donizetti's charming "The Elixir of Love" is performed in the bel canto opera style in which expressive voices transport the audience into a bubbly, vibrant tale of comedic misunderstandings and endearing characters. What is "The Elixir of Love" about? It is centered upon a shy peasant named Nemorino who is secretly enthralled with a rather feisty socialite Adina. Alas, Adina has her eyes on a dashing military man, Sergeant Belcore. Nemorino decides a love potion is his best hope to win over Adina. He uses his paltry savings to purchase a special potion from a very skillful traveling salesman named Dulcamara.

Nemorino is convinced the potion is magical and will make Adina fall in love with him. But, will the elixir help love find its way? Will the path to love be simple? Directed by Kyle Lang, "The Elixir of Love" features sumptuous arias, beautiful musical melodies and scenes with rapid-fire comic pattern. Adam Turner, Virginia Opera's artistic director will conduct the Donizetti score. The opera features one of the more celebrated tenor arias, "Una furtiva lagrima." ("a furtive tear"). In the song Nemorino vividly recalls a tear on his beloved Adina's cheek; he convinces himself that she loves him.

The cast features Cecilia Violetta López named a



BEN SCHILL PHOTOGRAPHY/COURTESY VIRGINIA OPERA

**Cecilia Violetta Lopez as Adina and Carlos Enrique Santelli as Nemorino in the Virginia Opera's "The Elixir of Love."**

## Where and When

Virginia Opera presents "The Elixir of Love" at the George Mason University, Center for the Arts, 4400 University Drive, Fairfax. Performances: Saturday, Feb 16, 2019 at 8 p.m. and Sunday, Feb 17, 2019 at 2 p.m. Tickets: \$110, \$90, \$54. Call 888-945-2468, or visit [www.cfa.gmu.edu](http://www.cfa.gmu.edu). **Note:** Sung in Italian with English subtitles. A pre-performance discussion featuring "Dr. Opera," Glenn Winters begins 45 minutes prior to the performance.

rising star by "Opera News" as Adina. Recent winner of the 2018 Metropolitan Opera National Council Auditions, tenor Carlos Enrique Santelli makes his Virginia Opera mainstage debut appearing as love-lorn Nemorino. Bass-baritone Matthew Burns is Dulcamara the animated purveyor of the magical love potions. Corey Crider sings the role of the dashing military man Belcore. In an interview, Burns, originally from Richmond and a graduate of Virginia Commonwealth University, discussed his character of Dulcamara as not unlike a traveling salesman selling "the virtues of a dark looking drink as a cure to fix anything." When singing rapid fire comic songs his character Dulcamara is like "a modern day rapper, able to rattle off lyrics and names in quick seconds."

"The Elixir of Love," is one of the most performed operas worldwide. Visit the Virginia Opera production to enjoy its happy endings.



PHOTO COURTESY OF G.C. 'GARY' BLACK, III

**Members of the ESBOR: Michael Warme, Geoff Abbott, Jared, Phil Sternberg, Bruce Summers, C.P. Watkins, and Gary Black, III (not in photo).**

## Becoming an Eagle Scout

**J**ared Andrew Lucas passed his Eagle Scout Board of Review (ESBOR) and is now the 213<sup>th</sup> Eagle Scout of BSA Troop

1131 at St. Stephen's United Methodist Church in Burke. Jared is a member of the Order of the Arrow and is a junior at W.T. Woodson High School. He

lives in the Wakefield area of Annandale. His father Ken is an IT manager and his mother Michelle is a part-time librarian.

# BULLETIN BOARD

FROM PAGE 5

ARTSFAIRFAX is accepting nominations for its eighth annual Arts Awards recognizing visionary contributions that the arts bring to Fairfax County and the Cities of Fairfax and Falls Church. This year's awards categories include Emerging Arts, Arts Achievement and Arts Philanthropy. Visit [artsfairfax.org](http://artsfairfax.org) for more.

## FRIDAY/FEB. 15

**Black History Month Celebration: "Know the Past, Shape the Future."** 6 p.m., reception; 7 p.m., program begins at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Virginia's Lieutenant Governor Justin E. Fairfax and Fairfax County Executive Bryan Hill will be part of the free Black History Month Celebration. The program also includes recognition of historically black churches in Fairfax County. Visit [www.fairfaxcounty.gov/publicaffairs/know-past-shape-future-black-history-month-celebration-0](http://www.fairfaxcounty.gov/publicaffairs/know-past-shape-future-black-history-month-celebration-0) for more.

## MONDAY/FEB. 18

**Alzheimer's Disease and Dementia Care Seminar.** 9 a.m.-5 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Take the path to certification as a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners. All health care professionals and front line staff who work in the health care industry are encouraged to attend. Visit [www.nccdp.org](http://www.nccdp.org) to confirm qualification. \$200 per person. Register at [insightmcc.org](http://insightmcc.org), or contact Christi Clark at 703-204-4664 or [christi.clark@insightmcc.org](mailto:christi.clark@insightmcc.org).

## TUESDAY/FEB. 19

**Board of Supervisors Meeting.** 9:30 a.m. at the Fairfax County Government Center Board Auditorium, 12000 Government Center Parkway, Fairfax. For information on draft agendas, to sign up, for the meeting schedule and past agendas, as well as additional committee meetings, visit [www.fairfaxcounty.gov/boardofsupervisors/2019-board-meetings](http://www.fairfaxcounty.gov/boardofsupervisors/2019-board-meetings). For more information, questions or a printed copy of the meeting agenda call the County Executive's Office at 703-324-2531 (TTY 711).

**Fairfax Gratefulness Gathering.** 7-8:30 p.m. at Richard Byrd Public Library, Room 1, 7250 Commerce St., Springfield. Grateful living makes us aware of and available to the opportunities that are always available; opportunities to learn and grow, and to extend oneself with care and compassion to others. Learn more about how to be a source of gratefulness in the community. Free. A program of [gratefulness.org](http://gratefulness.org). Email Joanne.spahnrd@gmail.com to RSVP or with questions.

## WEDNESDAY/FEB. 20

**Volunteers Wanted.** 10:30 a.m. at the Salvation Army Corp building, 4915 Ox Road, Fairfax. The Fairfax Salvation Army Women's Auxiliary are seeking volunteers for their upcoming events. Meetings are held monthly on the third Wednesday, September through May. Call Lori Smith at 703-830-3520 or Sylvia Laiti at 703-830-8849.

**Dementia 101 & Clinical Trials.** 1-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, #100, Fairfax. Learn about the general stages to help anticipate future changes. Learn the basics of dementia, along with current research and clinical trials available. Free. Respite care may be available by request; please notify us when registering to confirm availability. Register online at [www.insightmcc.org](http://www.insightmcc.org), or contact Lindsey Vajpeyi at 703-204-4664 or [lindsey.vajpeyi@insightmcc.org](mailto:lindsey.vajpeyi@insightmcc.org).

**Fairfax Commission on Aging Meets.** 1-3 p.m. at the Hunter Mill District Office, Community Room A, 1801 Cameron Glen Drive, Reston. The public is welcome to attend and join in the comment period that begins each session. Find out more at [www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/coa.htm). Call 703-324-5403, TTY 711 for meeting access needs.

**Smart Growth.** 7-8:30 p.m. at Fairfax Library, 4135 Evergreen Drive, Fairfax. Citizens are invited to join a discussion of proposed developments and Fairfax Master Plan in the City. This group meets monthly and all are welcome to participate. Free. Email [judyteach912@aol.com](mailto:judyteach912@aol.com) or call 703-273-1324 for more.

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## So Far, So Good



By KENNETH B. LOURIE

This column will be the definition of premature.

After subjecting you regular readers to multiple columns discussing my anxiety – and fear – about the potential/presumptive and possibly debilitating and life-changing/life-ending side effects of immunotherapy, I am here to say that after my first pair of bi-weekly infusions – occurring over the past three weeks, I am no worse for the experience.

I'm feeling better than I felt while undergoing chemotherapy: No eating issues, less fatigue, less shortness of breath and more energy. The only caveat to this empor is whether the infusions are actually shrinking my Adam's Apple tumor, which was the primary reason for making the medicine change we did.

Now whether the side effects are still coming; I certainly don't know, but should they still be on the way, I can't help but wonder: Will they change the quality of my life – for the worse? Because, for the bi-weekly moment, I am less impacted by my treatment than I have been for years.

I can't say with any degree of certainty however, or recall what my oncologist might have said concerning the likely onset of the "over 30 percent report some side effects" as the reprint from "chemocare.com" indicated. Generally speaking, my oncologist would rather not discuss future scenarios: What happens when? What do we do if? When do we do what? And so I don't ask nearly as many questions as I used to.

It's not that I'm less curious, it's that I'm more experienced. And I have learned through my experience, that part of being a cancer patient is unfortunately, waiting and seeing – and of course, hoping. Talking/anticipating/being told what to expect is helpful – up to a point.

The point which is most helpful is when something actually happens. Knowing what to expect is less important than knowing what to do/how to manage expectations should they manifest. It may be something or it may be nothing. Trying not to make matters worse is the key.

Being a cancer patient/survivor is a series of challenges – both emotional and physical. Finding a stride in which you can take the ups and downs and all-arounds will help you live life in the cancer lane. And just because the road is bumpy, doesn't preclude you from smoothing it out.

Actions and reactions, plan "A" and plan "B" are par for the course. So be grateful for today because tomorrow the course may play much more difficult. Being positive about the negative offers the path of least resistance.

Today, I am not experiencing any side effects, thankfully.

"Tomorrow" however, as Scarlet O'Hara said at the end of "Gone With The Wind," "is another day." Worrying, as I had been admitting to in previous columns, about something which as yet had not happened, is especially unhelpful and wastes precious time.

As a cancer patient, there's plenty of actual bad news, generally, so there's no benefit in rushing it along. Let it happen naturally, or not at all; and occasionally, you might be pleasantly surprised, as three weeks into my new immunotherapy regimen, I am, as what side effects I anticipated/feared have not affected.

I realize I'm probably early in assessing the likely side effects of my treatment but, for the time being, I can find some peace and quiet; and when you're a cancer patient diagnosed originally as "terminal," "peace and quiet" is never to be taken for granted.

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

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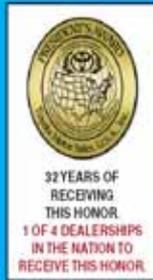
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